

LCARC & COMMUNITY ED. *present the*

2024 WINTER/SPRING ACTIVITY GUIDE



The Rec



Lake Crystal Welcome Memorial



Knights

Lake Crystal Area
Recreation Center

LCARC.com

Lake Crystal Area Recreation Center (LCARC)

621 West Nathan Street
Lake Crystal, MN 56055
Phone: (507) 726-6730
Fax: (507) 726-6876
lcarc.com

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LCWM Community Education

607 Knights Lane
PO Box 160
Lake Crystal, MN 56055
Phone: (507) 726-2673
Fax: (507) 726-2334
isd2071.k12.mn.us

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LCARC Staff:

Renee Dahm - Marketing /
Health & Wellness

Bethany Maxwell- Membership/Recep.

Lora Honstad - Housekeeping

Ralph Huls- Maintenance

Marcie Larson - Family Programs

Katie Murphy - Aquatics / Rentals

Ryan Yunkers - Executive Director

LCARC Board:

Rachel Jones- President

Meghan Peterson - VP/Secretary

Jennifer Wiens - Treasurer

- **Brenda Rogers**
- **Pat Gengler**
- **Mark Schuck**
- **Marissa Johansen**
- **Zack Alms**
- **Dewey Escher**



LCARC Director & Program Managers

Registration Policy:

Registrations can be made:

- In Person
- By Mail
- Over the Phone @ (507) 726-6730

All programs require pre-registration unless otherwise specified. Payment must accompany all registrations.

No refunds will be processed after program has started. If program is cancelled because of bad weather or other reasons beyond LCARC control, and program cannot be made up, a credit voucher will be issued upon request.

Registration deadlines apply for some programs. Register early to avoid late fees and program cancellations. You are not registered until fee has been paid.

Missions & Vision:

To provide the Lake Crystal and surrounding areas with a family-oriented recreational facility that will encourage people in all age groups to improve health and physical fitness through the use and enjoyment of a variety of recreational activities.



The Facility:

- Zero-depth entry, 6-lane lap pool with 102' waterslide, kid's play pool with slide, and hot tub
- Gymnasium with 2 courts
- Indoor Walking and Running Track
- Weight Room with Free Weights, Fitness Machines, and Cardiovascular Equipment
- Aerobics Room with spin bikes, TRX equipment, kettle bells and more!

Business Hours:

Monday-Friday: 5:30 a.m. - 9 p.m.
 Saturday: 7 a.m. - 6 p.m.
 Sunday: Noon - 5 p.m.

Holiday Hours:

Thanksgiving 11/23: Closed
 Christmas Eve 12/24: Closed
 Christmas Day 12/25: Closed
 New Year's Eve 12/31: Noon-5pm
 New Year's Day 1/1: 9am-9pm
 *Always open for 24/7 Members!

24/7 ACCESS
REACH YOUR
FITNESS GOALS
ANYTIME

ADD 24/7 TO YOUR MEMBERSHIP
FOR JUST \$60- 1ST YEAR/ \$48 AFTER

Daily Admissions:

| Non-Member Admission | Adult | Senior/Youth* | Family* |
|-----------------------|----------|---------------|---------|
| Daily Pass | \$7.00 | \$5.00 | \$24.00 |
| 5 Punch Punch Card | \$33.00 | \$23.00 | |
| 10 Punch Punch Card | \$64.00 | \$46.00 | |
| 20 Punch Punch Card | \$120.00 | \$90.00 | |
| Daily Waterslide Pass | \$2.00 | \$2.00 | \$7.00 |
| Spectator Fee | \$1.00 | \$1.00 | |

*Family waterslide rate is only valid when purchased with family day pass

*Family - Up to 2 adults, 4 children of the same family

*Senior - Age 65+

*Youth - Age 18 and Under (Under 12 Months is free)

Why purchase a Membership?

If you use the facility on a regular basis, having a membership at the LCARC is the most popular, cost-effective option. The membership includes daily access to the entire facility.

With several different types of memberships, we are sure to have something that works best for you and your family!



Membership Options:

If your insurance provides Silver Sneakers or Silver & Fit you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!



Check with your health insurance!

Did you know that your health insurance may reimburse you for regular use of LCARC? You can call your provider to learn if you qualify for these benefits!

If your insurance provides Silver Sneakers, Tivity Prime, Silver & Fit or Active & Fit you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!

Corporate partnership discounts:

Be sure to tell us where you work! We have numerous agreements with area businesses to provide discounted memberships to their employees. For exact rates, please call LCARC.

LCARC Corporate Members -
Receive a discount if you work at City of Lake Crystal, TBEI, Crysteel Truck, Farm Business Info., GM Contracting, MinnStar Bank, Rescom Realty, Blue Earth County, IFS, or MCHC.

Annual Membership Rates:

| Membership Type | New | | Renewal | |
|-----------------|--------|---------|---------|---------|
| | Annual | Monthly | Annual | Monthly |
| Family | \$695 | \$67 | \$657 | \$63 |
| Couple | \$611 | \$59 | \$576 | \$55 |
| Individual | \$445 | \$43 | \$415 | \$41 |
| Student | \$235 | \$22 | \$216 | \$21 |
| Senior | \$355 | \$35 | \$335 | \$34 |
| Senior Couple | \$480 | \$47 | \$452 | \$43 |

Lake Crystal Resident Discount Rates:

| | | | |
|---------------|-------|------|---|
| Family | \$510 | \$50 | IF YOU LIVE OR OWN A BUSINESS WITHIN LAKE CRYSTAL CITY LIMITS, YOU GET A DISCOUNT ON ANNUAL MEMBERSHIPS AT THE LCARC!! |
| Couple | \$447 | \$43 | |
| Individual | \$323 | \$32 | |
| Student | \$169 | \$18 | |
| Senior | \$260 | \$27 | |
| Senior Couple | \$351 | \$34 | |

BRING YOUR UTILITY BILL TO THE FRONT DESK TO GET YOUR DISCOUNT TODAY!!

Family: Limited to spouse or domestic partner and dependent children in school (age 1 to 24) residing at the same residence. Includes up to 8 family members. \$10 per each additional member.

Couple: Includes married or domestic partners residing at the same residence.

Student: Includes K-12 and college students. College students must show proof of enrollment.

Senior: Individuals age 65 and older.

Senior Couple: At least one person is over the age of 65 and couple is married or residing at the same residence.

★ **Add a 24/7 pass or a waterslide pass to your membership!**

Additional Membership Types

3 Month Memberships:

| Membership Type: | Cost: |
|------------------|-------|
| Family | \$265 |
| Couple | \$230 |
| Individual | \$170 |
| Student | \$95 |
| Senior | \$140 |
| Senior Couple | \$185 |

Walking Track Membership: Cost:

| Contract Length | Cost: |
|-----------------|-------|
| 1 Month | \$32 |
| 1 Year | \$196 |

3 Month Pool Membership Cost:

| Membership Type | Cost: |
|-----------------|-------|
| Individual | \$65 |
| Family | \$115 |

For questions or more information, please contact Bethany at lcarcbethany@gmail.com!

Room Rentals, Gym Rentals and Party Packages are available at the LCARC!

For Availability

Call 507-726-6730, or email Katie at lcarcwellness@gmail.com for available dates. A \$10 non-refundable deposit is required to schedule all rentals.

Rates are effective as of January 1, 2023 and are subject to change without notice

| | Members Corporate Members Non-Profit Org. | Non- Members Private Org. Individuals |
|--|---|---|
| Derksen (Fit Kids Rm, w/ kitchenette) | \$20/hr \$95/day | \$25/hr \$120/day |
| Meixell (Community Rm, w/ presentation capacity) | \$20/hr \$95/day | \$25/hr \$120/day |
| Gym - Half | \$25/hr \$150/day | \$35/hr \$180/day |
| Gym - Full | \$40/hr \$240/day | \$50/hr \$320/day |

Bounce House Party Package

Enjoy 2 hours in a party room, and 2 hours in a bounce house!

Bounce House Options:

Basic Bounce House: \$175.00 Slide Bounce House: \$200.00
Inflatable Obstacle Course: \$225.00

Swim Party Package

With the swim package you can enjoy 90 minutes in the party room, the swimming pool and slide during open swim (and the gym if available).

Bring in your own food and treats!

Includes 10 party participants and 2 chaperones.

Each additional person: \$2 member, \$5 non-,member, \$1 spectator.

Cost: \$75

Optional: Add a Bounce House for 1 hour!

Slide Bounce House: add \$100

Big Fun House: add \$125

Inflatable Obstacle Course: add \$150



Water Aerobics:

Water Aerobics Class Schedule:

| Mon | Tues | Wed | Thurs | Fri |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| Aqua Fit 8:30-9:30a | Aqua Fit 8:30-9:30a | Aqua Fit 8:30-9:30a | Aqua Fit 8:30-9:30a | Aqua Fit 8:30-9:30a |
| Aqua HIIT 5:30pm | | Aqua Walk 3:45pm | | |

*Most current schedule always available at www.lcarc.com or call 507-726-6730

Aqua HIIT: Are you looking for a low-impact, cross-training, full body workout? If so, try AQUA HIIT! The high intensity interval training will get your heart rate up, while the added resistance of the water surrounding your entire body creates an element of intensity!

Aqua Fit: A lower intensity class consists mainly of muscle toning and flexibility with some cardiovascular work.

*All skills can be modified/adjusted to meet the needs of each individual.

Session Dates -

Session 1: January 1 - April 30

Session 2: May 1 - August 31

Session 3: Sept 1 - Dec 31

Notes -

If there is bad weather, call the LCARC before arriving to be sure the instructor is able to make it to class.

Purchase a new punch card at the beginning of each session. The Unlimited Pass lasts the entire first session. **Consider choosing the Monthly Payment Option to save money!** Punches do not carry over to the next session. No refunds will be given on punches once the session has started.



Water Aerobics Punches:

| Punches: | Members: | Non-Members: |
|------------------------|------------|--------------|
| Drop In | \$3.25 | \$6.00 |
| 2-10 Punches | \$2.75 | \$5.00 |
| 11-20 Punches | \$2.50 | \$4.50 |
| 21+ Punches | \$2.25 | \$4.00 |
| Monthly Payment Option | \$26/month | \$36/month |
| Unlimited Session Pass | \$120.00 | \$160.00 |

*Land Aerobics punches are the same.

Swimming:

Lap Swimming is available daily. Swimmers during this time must be over the age of 18 as there are no lifeguards on duty. For exact dates and times, call the LCARC or check lcarc.com.



Discount Night:

Be sure to check us out on Monday nights during Discount Night at the LCARC POOL! Daily Admission is HALF OFF for all who attend!

Mondays from 6 - 8:30pm

Visit www.lcarc.com for most updated open swim and pool schedule.

Private Pool Rentals :

Zero Depth only:

\$40/hr for up to 25 people (kids and adults in the pool area)

Entire Pool Rental:

Up to 20 people in pool area: \$60/hr

21 to 40 people in the pool area: \$85/hr

41 to 80 people in the pool area: \$110/hr

81 to 100 people in the pool area: \$135/hr

100+: use the above rates

*Add the Large waterslide for \$25 flat rate



EGG DIVE!

FRIDAY MARCH 29TH, 2024

TIME: 1-4PM

COME HAVE SOME EGG-STRA FUN IN THE POOL!! IT'S OUR ANNUAL CRAZY EGG GRAB. YOU GET A SPECIAL TREAT FOR EVERY EGG YOU FIND!

INCLUDES: SWIMMING & FUN EASTER THEMED ACTIVITIES!

COST: \$3 MEMBER/\$5 NON MEMBER/\$1 SPECTATOR

621 W NATHAN ST LAKE CRYSTAL MN 56055



Aquatics Special Events

Swimming Lessons at The



Lake Crystal Area Rec Center

LCARC offers Public and Private swimming lessons. Public lessons are held during the following dates and times. These lessons are for children only. Please register for classes early as any class with fewer than 4 participants signed up will be cancelled. Swim Lesson Scholarships are available through Connecting Kids. Apply for Scholarship at connectingkidsmankato.org.



| Saturday Lessons | |
|----------------------------------|-------------------|
| January 6th - February 24th 2024 | |
| 10:00- 10:30am | Preschool Age 3-5 |
| 10:35 - 11:15am | Level 1 |
| 11:20a - Noon | Level 2 |
| 12:05- 12:45pm | Level 3 |
| 12:05- 12:45pm | Level 4 |
| Member Fees: | \$40.00 |
| Non-Mmbr Fees | \$55.00 |

| Session 1: Tuesday/ Thursday | |
|-----------------------------------|-------------------|
| February 6th - February 29th 2024 | |
| 5:30 - 6:00pm | Aqua Tots |
| 6:05 - 6:35pm | Preschool Age 3-5 |
| 6:40- 7:20pm | Level 1 & 2 |
| Session 2: Tuesday/ Thursday | |
| March 19th - April 11th 2024 | |
| 5:30 - 6:10pm | Levels 3 & 4 |
| 6:20 - 7:00pm | Levels 5 & 6 |
| Mem/Non | \$40/\$55 |

Private Swim Lessons :

To register for private lessons, please call the LCARC to discuss scheduling and availability. These lessons are for people of all ages. All lesson fees must be paid in full upon the first lesson.

| | | |
|--------------------|----------------------------|---|
| Members: | 1 student-- \$80.00 | 2 students (together)-- \$115.00 |
| Non-Members | 1 student-- \$95.00 | 2 Students (together)-- \$135.00 |

*Lesson bundles are 4 for 45 mins or 5 for 30 mins each.

All Ages Open Swim:

Monday: Open Swim (All Ages) W/Slide
6:00pm - 8:30pm

Tuesday: No open swim (all ages)

Wednesday: Open Swim (All Ages)
6:00pm - 8:30pm (No big waterslide.
Deep end area closed.)

Thursday: No open swim (all ages)

Friday: Open Swim (All Ages) 3:30-
5:00pm (No big waterslide.) & Open
Swim (All Ages) 6:00pm - 8:30pm
W/Slide

Saturday: Open Swim (All Ages)
W/Slide 1-5pm

Sunday: Open Swim (All Ages) W/Slide
1-4pm

*Holiday and other events may change this
schedule. For certainty, check lcarc.com or call
507-726-6730.

Waterslide:

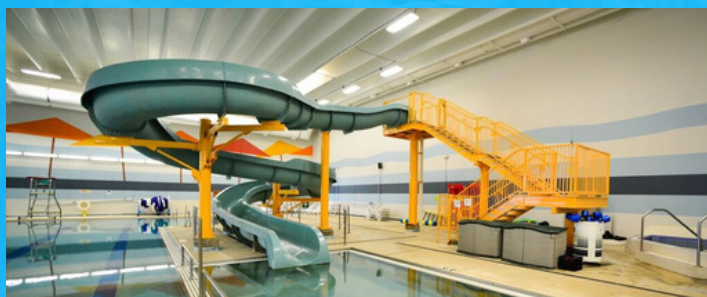
The waterslide is only open on specific
nights. Be sure that it is open if you
plan use before arriving.

Everyone that goes down the slide
must have a waterproof hand stamp.

Daily Admission Stamp Cost: \$2

Annual Waterslide Cost: \$110

(In addition to membership)



Lifeguard Class:

The LCARC offers Lifeguard Certification and
WSI training.

Email Katie at lcarcwellness@gmail.com for more
information about upcoming training
opportunities.

Scholarships available through Connecting Kids
Apply for Scholarship
(connectingkidsmankato.org)



Lock ins:

4 Hour Lock ins and Overnight Lock in
options are available. For more
information please call the LCARC at
507-726-6730 or email Katie at
lcarcwellness@gmail.com



LCARC Fit Kids Program



A fun, openly structured recreation program for children ages 5-12 years. Weekly activities call attention to important social and intellectual skills to promote individual growth and respect for others. Children are given time to play, explore, and learn in a caring environment. All dates are consistent with LCWM Dist. 2071 no school, late start, and early out dates with the exception of major holidays. If school closes on an unscheduled date due to weather or other emergency, Fit Kids will close also.

School Year

Monday-Friday, 2:45-6 p.m.
 Grades K-5
 September 7th - May 31st

| Price per child | Member | Non-Member |
|-----------------|---------|------------|
| 5 Days/Week | \$40/wk | \$50/wk |
| 4 Days/Week | \$32/wk | \$40/wk |
| 3 Days/Week | \$24/wk | \$36/wk |
| 2 Days/Week | \$20/wk | \$24/wk |
| 1 Day/Week | \$12/wk | \$15/wk |

After School Fit Kids
 At LCWM Elementary
 Monday-Thursday & LCARC Fridays
 Snack and busing provided.

Late Start Fit Kids
 Member: \$10/child
 Non-Member: \$12/child

Dates: Late Start Fit Kids Dates: 9/11, 10/9, 12/11, 1/08, 2/12, 3/11, 5/13
 Snack and busing provided.

All Day Fit Kids
 Member: \$30/child
 Non-Member: \$35/child

Dates: 10/19, 10/20, 11/10, 11/22, 12/27, 12/28, 12/29, 1/2, 1/22, 2/19, 3/21, 3/29, 4/1, 4/2, 5/1

*On days when there is no school.

Summer Program

June 3rd-August 23rd
 Monday-Friday, 7a.m. - 5:30 p.m.
 Grades K-5

Registration applications will be available at LCARC starting in April. Registration applications will be considered in the order they are received. Families involved with Fit Kids will be eligible for early registration.

| Price per child | Member | Non-Member |
|-----------------|----------|------------|
| 5 Days/Week | \$115/wk | \$125/wk |
| 4 Days/Week | \$105/wk | \$115/wk |
| 3 Days/Week | \$85/wk | \$95/wk |
| 2 Days/Week | \$55/wk | \$65/wk |
| 1 Day/Week | \$30/wk | \$35/wk |

Summer Program Requires:

- Water bottle
- Gym shoes
- Spray sunscreen to share
- Swimming Suit
- Additional fees for field trips

Contact Family Programs Manager
 Marcie Larson for more information at
 lcarcfitkids@gmail.com



LCARC'S 40 LAP SWIM CHALLENGE!

OPTION 1: PARTICIPATE AS AN INDIVIDUAL AND COMPLETE ALL 40 CONTINUOUS LAPS.

OPTION 2: PARTICIPATE AS A RELAY TEAM OF 4 AND COMPLETE 10 LAPS EACH.

OPTIONAL WEEKLY SWIMMING WORKOUTS PROVIDED BY EMAIL

SCHEDULED SWIM DATE IN MARCH IS TBD

COST: \$25 PER PERSON
(PRICE INCLUDES AN AWESOME T SHIRT!)

*SHIRT DEADLINE IS FEB 15TH 2023

LAKE CRYSTAL REC CENTER

SPRING CARNIVAL

04.12.2024

GAMES, BOUNCE HOUSE, & PRIZES!

6-8PM IN THE LCARC GYM

**COST IS \$5 AND INCLUDES AN UNLIMITED BOUNCE HOUSE WRISTBAND
AND 10 GAME TICKETS!!**

ADDITIONAL TICKETS CAN BE PURCHASED FOR .50 EACH

Physical Therapy:

Provided by Madelia Community Hospital & Clinic:

- Aquatic Therapy
- Sports Medicine
- General Orthopedics
- Graston Technique

Call 507-642-5211 to schedule an appointment

Senior Series Lunch & Learn:

These semi-monthly programs are geared toward adults 50+ and involves recreational, nutritional, educational and/or social components. Each Lunch & Learn has a different compelling topic specifically chosen for the interests and needs of our 50+ population.

A healthy lunch is provided (free-will offering) and the program is FREE.

This program is partially supported by Mayo Clinic Health Systems, MinnStar Bank and a grant from the Consolidated Communication Community Fund.

Most sessions are Wednesdays over lunch; stop by the LCARC for the full calendar.



LCARC Duathlon & 5K -



Get your training started for the LCARC Duathlon or 5K!

Run a 5K, bike 13 miles, then run 2 miles. OR run just the 5K. Compete in the Duathlon as an individual or a team of two.

Follow us on Facebook, Instagram, and visit www.lcarc.com for more details.

Pickleball:

Full gym reserved for this activity. 3 courts.

Date: Mondays, Wednesdays, Fridays

Time: 9 - 11 a.m.

Where: LCARC

Members: FREE

Non-Members: Daily Admission

No registration necessary

*Pick-up games whenever the gym is open. Daily admission applies.

SAIL-Stay Active & Independent For Life:

Designed for Seniors, this FREE class has been proven to increase bone density, strength, and flexibility. Energize and enhance your well being with this bi-weekly class. This osteoporosis prevention exercise program is open to men & women.

Brought to you by Common Good RSVP & the LCARC!

Date: Mondays & Wednesdays

Time: 9:30 a.m.

Where: LCARC

No registration necessary

Adult Swimming Lessons:

Do you wish you had better technique?

Did you never learn to swim?

Private Swim Lessons could be what you need!

To register for private lessons, please call the LCARC to discuss scheduling and availability. These lessons are for people of all ages. All lesson fees must be paid in full upon the first lesson.

See page 19 for pricing.



Work site Wellness

If you want to make a positive difference in the health of your workplace, Worksite Wellness is for you! The LCARC will design incentive programs, fitness classes, "Lunch and Learns", and even comprehensive worksite wellness programs and evaluations. Healthier employees are happier, more productive employees!

Weight Room Orientation

Do you have a 13-15 year old interested in using the weight room? Set up an appointment with the Fitness Coordinator to go through the orientation for free during his normal hours. The cost is \$10 for scheduling outside of normal hours.

Aerobics Class Punches:

| Punches: | Members: | Non-Members: |
|------------------------|------------|--------------|
| Drop In | \$3.25 | \$6.00 |
| 2-10 Punches | \$2.75 | \$5.00 |
| 11-20 Punches | \$2.50 | \$4.50 |
| 21+ Punches | \$2.25 | \$4.00 |
| Monthly Payment Option | \$26/month | \$36/month |
| Unlimited Session Pass | \$120 | \$160 |

*Water aerobics punches are the same.

Session Dates:

Session 1: January 1 - April 30

Session 2: May 1 - August 31

Session 3: Sept 1 - Dec 31

Class Cancellation Policy:

Classes will be cancelled when school and roads are closed or when instructors aren't able to make it. For late starts or early releases, call the Rec Center or check our Facebook page to find out.



PERSONAL TRAINING WITH RENEE

"I want to help you be well"
lcarcrenee@gmail.com

We Train, You Grow

Join Me!

Services:

- Program Set Up
- Strength Training
- Cardio Training
- Aqua Training
- And more!



Personal Training Rates:

| | Member: | Non-Member: | 2 Members: | 2 Non-Members: |
|-------------|---------|-------------|------------|----------------|
| 1 Session | \$30 | \$40 | \$40 | \$60 |
| 3 Sessions | \$85 | \$115 | \$114 | \$144 |
| 5 Sessions | \$120 | \$175 | \$170 | \$220 |
| 10 Sessions | \$225 | \$300 | \$320 | \$420 |
| 20 Sessions | \$420 | \$500 | \$600 | \$800 |

Group Fitness Classes:

Aqua Fit: This class is a mixture of cardio and toning, all low impact! Great for those who need a gentle workout.

Aqua HIIT: Are you looking for a low-impact, cross-training, full body workout? If so, try AQUA HIIT! The high intensity interval training will get your heart rate up, while the added resistance of the water surrounding your entire body creates an element of intensity!

Upper & Lower Body Blast, & Core and More: 30 minute class with strength and cardio intervals. The workouts will be led by personal trainers who will utilize the bars and free weights in the LCARC studio. The workout will include the same exercises for 6 weeks so participants can increase the intensity and their weights each week if desired. Attend all three workouts per week and get a full body workout each week!

Boot Camp: Come in and join us for a fun and energizing way to start your day! We will be doing a different workout each week to combine with exercise and fun, making the time fly! Come give it a try!

Generation Exercise: Want to keep exercising well into your youth, but not sure if you can or where to start. We have just the class for you! Resistance train, walk, get fit, and have fun doing it while keeping it low impact. (45mins)

Pilates: This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment, and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this class is for you!

POUND®: A full body cardio-jam workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out!

ZUMBA: Zumba is a complete workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. You will find a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.



www.lcarc.com
(507) 726-6730
Lake Crystal Area Rec Center

FREE 24/7

ONE YEAR FREE 24/7 PASS
WITH NEW ANNUAL
MEMBERSHIP

Limit 1 coupon per customer.
Not valid with any other promo.
Expires 02/01/2024

FREE

ONE FREE DAILY ADMISSION
WITH PURCHASE OF ANY
DAILY ADMISSION

Limit 1 coupon per customer.
Not valid with any other promo.
Expires 02/01/2024

FREE

ONE FREE FITNESS CLASS
WITH PURCHASE OF ANY
FITNESS CLASS

Limit 1 coupon per customer.
Not valid with any other promo.
Expires 02/01/2024

ADDRESS

621 W Nathan St
Lake Crystal MN 56055

CONTACT

507-726-6730

ON THE WEB

www.lcarc.com

Find us on Facebook and Instagram



LCWM District Facilities:

LCWM Community Education is a part of the LCWM School District. The Community Education office is located at LCWM Secondary School. Community Education courses and programs are primarily hosted at LCWM school facilities, but also occur at other community facilities. Be sure to check the location of your program before arriving.

Facilities Rental:

LCWM district facilities are available to rent. Community members and organizations are invited to apply for the use of district facilities. For more information, contact the Facilities Department.

Phone: (507) 726-2673

Email: facilities@isd2071.org



Registration Support:

Our Community Ed. staff can help you through the process to register online or register you over the phone. Office hours are generally 8:00 a.m. to 3:00 p.m. on school days.

UCare Discount:

If your child has UCare as their insurance company, they can get up to a \$15 discount on most Community Ed. classes. If the class is less than \$15, it's free. To get your discount, please register your ID number by calling us at (507) 726-2673

Youth Scholarships:

The Greater Mankato Area United Way believes all children should have the opportunity to be a part of youth development activities. We understand that, at times, it may be difficult for some families to find the resources to enroll their children in these activities. The Connecting Kids Initiative can help these individuals. For more information, contact the office at (507) 726-2673.

Community Ed. Staff:

Logan Manska

Director of Community Education
lmanska@isd2071.org

Alisha Prange

Early Childhood Coordinator
aprange@isd2071.org

Jenny Bierma

Community Education/ECFE
Assistant, Registrations & Facilities
jbierma@isd2071.org

Board Members:

Gail Graupman

Tanya Doherty

Marcie Larson

Kari Paul

Interested in joining the
Community Ed Advisory
Council? We're always looking
for new members! Call us at
(507) 726-2673 or email
Logan Manska at
lmanska@isd2071.org

To Register: Registration for all classes and activities is required unless otherwise noted. Class sizes are limited and enrollment is accepted on a first-come, first-served basis. Payment is needed to reserve your spot. Pay by cash (exact change), check, Visa or MasterCard. Early Bird Rates apply only to those that register prior to the deadline.

Publicity Policy: LCWM Community Education reserves the right to use photos and videos for publicity purposes. Those who wish their likeness to not be used can call the Community Education Office.

Cancellations: Classes and activities will be cancelled if there is insufficient enrollment. Refunds will be issued.

Registration Cancellations: There are no refunds after the class has started. If the entire class is cancelled because of bad weather or for other reasons beyond our control, and classes cannot be made up, a credit voucher will be issued upon request.

Emergency School Closing & Bad Weather: In the event that LCWM Schools are closed due to weather or emergency situations, Community Ed. classes, games and practices are automatically cancelled. Tuition refunds are not given in this situation.

COVID Policy:

If you are not able to attend a class, or a session is cancelled due to COVID-19, refunds will not be given. If you have tested positive, have been in close contact with someone who has tested positive or are in quarantine, you may not attend the Community Ed. class unless it is offered virtually. All current Minnesota Department of Health and Minnesota Department of Education policies must be followed.

Questions? Call the Community Education Office at (507) 726-2673

Daddy - Daughter Dance:

Preschool - Grade 5

Just in time for Valentine’s Day! Show that little girl how special she is by taking her to the Annual Daddy Daughter Dance. This night will make any daughter feel like a princess and every father smile ear to ear! Light refreshments will be served.

Professional photographs will be available. Please note: Escorts can also be an adult male relative or friend of the family. Formal attire recommended but not required. Please register online or by phone so we can plan for food and beverages accordingly.

Date: Friday, February 2

Time: 6:30 p.m. to 9:00 p.m.

Cost: \$20 for a couple; \$5 for additional girl

Location: LCWM Elementary School Gym

Registration deadline: February 2



Mother - Son Cosmic Bowling Party:

Preschool - Grade 5

As a special event just for boys, this year we’re going to go bowling at Wow Zone! Wear something neon or glowy for the Cosmic Bowling party.

Please note: Escorts can also be an adult female relative or friend of the family.

Date: Friday, April 19

Time: 6:30 p.m. to 9:00 p.m.

Cost: \$14 per person attending before deadline.

Please register everyone that will attend.

Preregistration is required. Bowling and shoes are included. Snacks will be served.

Location: Wow Zone, Mankato

Registration deadline: March 29



Family Night at the Planetarium:

Mankato East’s Planetarium is only one of nine planetariums in the whole state and we are lucky enough to be neighbors with them! The dome is 40 feet high and has an amazing specialty camera system that shines the night sky directly into our imaginations. There is only 58 seats, so register early!

Date: Friday, April 12

Time: 6:30 p.m. to 7:30 p.m.

Cost: \$4 per seat

Location: Mankato East Highschool

Registration deadline: April 2

Jungle Boogie:

Come celebrate the 16th Annual Jungle Boogie! Ticket prices includes dancing at the “Hippo Hop” to the DJ sounds of Red Hot Entertainment, feasting at the “Crocodile Crunch,” reading in the “Zebra Zone,” enjoying crafts for kids at the “Leopard Spot,” playing a little “Lizard’s Luck” at the raffle and scooping up deals at the “Anaconda Silent Auction.” There will be numerous non-profits setup to share information regarding health and fitness, home safety and education.

Date: Saturday, April 6

Time: 4:00 p.m. to 7:00 p.m.

Cost: \$5 per person (including dinner)

*Under 1 year of age FREE

Location: LCWM Secondary School

 facebook.com/lcwmce

 instagram.com/lcwmcommunityeducation

 youtube.com/channel/LCWMStreaming

Ball-Basics/T-Ball Combo:

Boys & Girls, Entering Kindergarten or Knights Plus Fall 2024

The first three Tuesdays will be a series of stations where participants will learn the fundamentals of catching, throwing, hitting and base running. In order to learn the activities and be able to practice at home, parents will be active participants with their child. One adult (parent or guardian) must accompany the participant to the program these times. The students will then split into T-Ball teams for the remaining Tuesdays. On these days they will play parent coached T-Ball games. Volunteer coaches needed.

Dates: Tuesdays, May 14, 21, 28, June 4, 11 & 18

Time: 6:00 p.m. to 7:00 p.m.

Location: LCWM Elementary School Field

Cost: \$30 before deadline, \$35 after

Registration Deadline: April 26

Baseball:

Current Grades 2-6

Participants will play in a summer baseball league and play games against different community baseball teams. Practices are scheduled to begin the week of May 6 but are dependent on field and coach availability.

Cost:

Grade 2 & 3 - \$70 before deadline, \$75 after

Grade 4, 5 & 6 - \$80 before deadline, \$85 after

Registration Deadline: April 1

Grades 2nd & 3rd play one game a week and have one day of practice. Grades 4th-6th play games 2 nights a week. Players are required to provide their own batting helmet, grey baseball pants, royal baseball socks and belt. Players also are requested to have sliding shorts and protective cup. Team caps are required for these leagues and are available for purchase at the Community Ed webstore for \$20. They are the same caps as last year, so those who purchased them last year will not have to purchase them again unless they need a new one.

Mini Baseball:

Current Kindergarten/1st Grade

Through a series of practices and games against other kids in your age group, you will get a chance to learn the fundamentals of playing the game of baseball. Practices begin the week of May 13 but are dependent on field and coach availability.

Game Dates: June 3, 5, 10, 12, 17, & 19

(Make-up dates: June 24 & 26, as needed)

Game Times: 6:00 p.m. or 7:00 p.m.

Cost: \$30 before deadline, \$35 after

Registration Deadline: April 26

Must be registered by May 1 for a team shirt.

Volunteer coaches are needed! Please contact the Community Ed. office at (507) 726-2673.



Spring Soccer



Youth Soccer:

Current Grades K-3

Through a series of practices and games against other boys and girls in your age group, you will get a chance to learn the basics of the world's most popular game.

Soccer 1:

Current Kindergarten & Current Grade 1

Soccer 2:

Current Grade 2 & Current Grade 3

Practices begin the week of April 3, but dependent on field and coach availability

Game Dates: (New days, now Mondays & Thursdays)

April 15, April 18, April 22, April 25, April 29, May 2, (make-up day - May 6)

Game Times: 6:00 p.m. or 7:00 p.m.

Cost: \$30 before deadline, \$35 after

Deadline: March 8

*Must be registered by March 12 to receive a team shirt

Volunteer coaches are needed. Please contact the Community Education office at (507) 726-2673.



Soccer Club:

Grades 4-6

Join the soccer club to build on the fundamentals of the game and to be able to play a little more competitively as a team. Our purpose is to promote good sportsmanship, teamwork, achievement, excellence, self-confidence, and fun for players and their families through the game of soccer.

Cost: \$75 before deadline, \$80 after

Registration Deadline: March 8

Uniforms may be purchased or rented.

Practices begin the week of April 8, but are dependent on field and coach availability.

Games: Run early May to early July. Light travel is required. Games are usually played Monday or Tuesday nights, but can change due to field and team availability.

Freestyle & Greco Roman Wrestling:

Kindergarten-12th Grade

"The sport of wrestling is unique in that competitors develop a brotherhood from within the sport"

Coaches: Cory Harnitz (2 time MN State Champion and 3 time USA Fargo All American), Clint Adams (6 time MN State qualifier and 2 time Finalist), Andre Harnitz (3 year USA Team Member and LCWM High School Coach with 332 Dual wins) and Cody Adams (3 time MN State Champion and USA Fargo All-American). Held at LCWM Secondary School Wrestling Gyms

Dates: Tuesdays and Thursdays, March 12 to May 2

Time: 6:30 to 7:30 p.m. (K-4) & 6:30 to 8:00 p.m. (5-12)

Cost: \$80 before deadline, \$100 at the door

Registration Deadline: March 12

Softball Open Gym:

The Lake Crystal Area Softball Association and Community Ed. are proud to partner in offering softball players the opportunity to work on skills over the winter months at an open gym in the Lake Crystal Secondary School! Players can stay for as little or as long as they want during the open gym. Players do not need to come every Sunday, come as your schedule allows.



**Baseball
Times:**

1:00 to 3:00 p.m.

**Softball
Times:**

3:00 to 5:00 p.m.

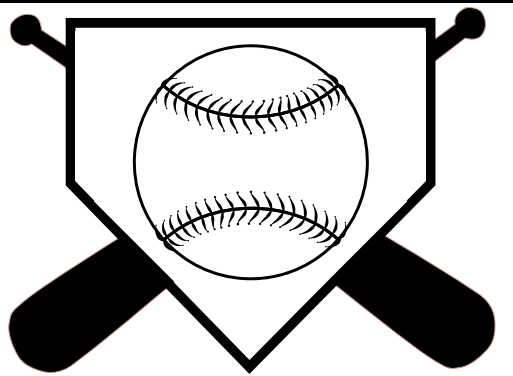
Sundays:

Feb. 11, 18, Mar. 3, 10

**\$5 per player covers
entire session**

PLEASE NOTE!

This is available to players who have played at least one year of LCAFA softball or Community Ed. baseball. **This is not a "drop and go" open gym. Parents are strongly encouraged to stay and work with their players at various stations that will be set up by coaching staff and board members.** Older, more experienced players can come with a partner to work on the stations as a pair. There will be a few board members/coaches present to help direct and help with technique, but they will not be running the stations.



Baseball Open Gym:

The Lake Crystal Community Ed is also going to offer baseball players the opportunity to work on skills over the winter months at an open gym in the Lake Crystal Secondary School with a varsity Coach. Players can stay for as little or as long as they want during the open gym. Players do not need to come every Sunday, come as your schedule allows.

Pokémon Adventures

If you love Pokémon, this is the class for you! We will make a clay Snorlax, paint a Pokémon ball box, draw our very or Torterra and craft corner bookmarks to use while reading.

Dates: Tuesdays, January 16, 23, 30, February 6

Cost: \$45 before deadline, \$50 after

Registration Deadline: January 3



Cats vs. Dogs

Who loves cats and dogs? Have fun creating a pastel puppy, cat cover journal, cardboard dogs and popsicle stick cats to take home and play with!

Dates: Tuesdays, March 12, 19, 26, April 9

Cost: \$45 before deadline, \$50 after

Registration Deadline: February 27

Fuzzy Koala Canvas Painting

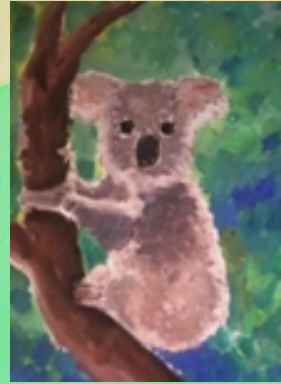
Paint a fuzzy friend to hang out on your wall.

Make this koala using acrylic paint on canvas!

Date: Monday, February 12

Cost: \$25 before deadline, \$30 after

Registration Deadline: February 6



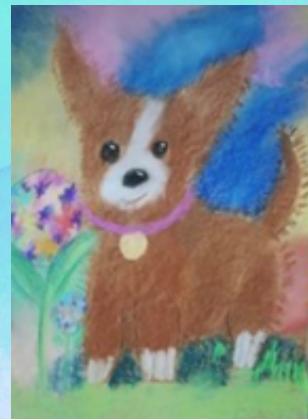
Cute Cow Canvas Painting

Ready for an 'udderly' fun art project? Paint your own cute cow using acrylic paints on canvas!

Date: Tuesday, February 27

Cost: \$25 before deadline, \$30 after

Registration Deadline: February 19



**All art classes are for
K-5th Graders,
held in the Art Room,
and from
3:00 to 4:00 p.m.**

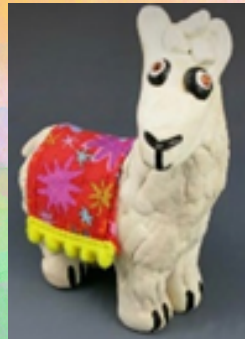
Spring into Spring

Jump into Springtime as we create bouncing cardboard frogs, painted bunny rocks, watercolor snails and a cute clay llama! bookmarks to use while reading.

Dates: Thursdays, April 18, 25, May 2, 9

Cost: \$45 before deadline, \$50 after

Registration Deadline: April 11



Sail Away Canvas Painting

Dreaming of a summer adventure? Paint this boat and sunset to take you there!

Date: Monday, May 13

Cost: \$25 before deadline, \$30 after

Registration Deadline: May 6



Meet The Teacher!

Mrs. Lawver has been teaching art with Community Ed for 10 years! She enjoys creating art, writing stories and spending time on her farm with her family and some crazy cats, dogs and bunnies. Most of all she loves learning new things and helping others make their own masterpieces!

All art classes are for K-5th Graders, held in the Art Room, and from 3:00 to 4:00 p.m.

Save the Date!

Spotlight Dance Company Presents:

Winter Showcase:

Sunday, January 28, at 2:30 p.m.

Spring Recital:

Sunday, May 5, at 2:30 p.m.



Performances are held in the LCWM Secondary School Cafetorium. Tickets will be for sale online at www.ticketsource.us/lcwm-community-ed



Learn Spanish:

Grades 3rd-5th

A dynamic and engaging way for children to learn Spanish! Students will learn the new language through relaxing and fun ways, such as simple songs, stories and games. Busing is provided from the Elementary to the Secondary School.

Dates: Thursdays, February 1, 8, 15, 22 & 29, March 7

Time: 3:15 p.m. to 4:15 p.m.

Location: LCWM Secondary, Room 312

Cost: \$35 if registered by deadline, \$40 after

Registration deadline: January 17

Youth Cheerleading

Grades Kindergarten-5th

Boys and Girls are welcome in this fun and exciting class! Students will learn some popular cheers, proper techniques, and many other skills related to cheerleading performance. Students will have the opportunity to cheer at an Elementary Assembly.

Uniform shirts, poms and bows to keep are included in price!

Dates: Tuesdays, May 7, 14, 21 & 28

Performance date during the assembly on the last day of school!

Time: 3:15 p.m. to 4:15 p.m.

Location: LCWM Elementary Small Gym

Cost: \$30 if registered by deadline, \$35 after

Registration deadline: April 22



Music Lessons

PIANO AND BAND

INSTRUMENTS TEACHER:

Sheldon Meyer

(507) 327-0060

PIANO TEACHERS:

Holly Havemeier

(507) 202-2873

Brenda Williams

(706) 604-5282

Grace Pahl

(507) 381-9637

Music lessons are set up between the instructors and the families. Please reach out to see each instructors availability.



Create-Your-Own Fleece Tie Blanket **Grades 4th-Adults**

Have you seen those snuggly fleece blankets everywhere and want one for yourself? We've got the class for you! Make no sew fleece tie blankets in class with us! You can come with no experience and leave with a cozy blanket.

Class options:

We can provide the fabric, LCWM blue inspired for you, or you can pick out your own fabric before class and bring it with you.

Location: LCWM Secondary School FACS Room

Date: Friday, January 26

Time: 6:00 p.m. to 7:30 p.m.

Registration deadline: January 12

Cost:

Fabric Provided: \$25 before deadline, \$30 after

Fabric Brought: \$10 before deadline, \$15 after

If bringing your own fabric, please get 1.5 yards each of 2 colors/patterns. Class provided materials will be one solid and one print.

Red Cross Babysitter's Training: **Students, age 11 and older**

Ready to babysit? The purpose of the American Red Cross Babysitter's Training course is to provide youth ages 11 and older with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first aid. Class fee includes textbooks (babysitter handbook & emergency response book). This class will also certify participants in pediatric first aid and CPR. Participants should bring a water bottle and lunch.

Location: LCWM Secondary School Media Center

Date: Thursday, March 21

Time: 9:00 a.m. to 3:30 p.m.

Cost: \$125 before deadline, \$130 after

Registration deadline: March 7

Class max is 10 students, so register early.

Class taught by Tia Dupont and Melanie Schmidt.

High School Driver's Ed:

This course is designed to prepare the first-time driving student with the information and knowledge required to pass the Minnesota Driver's permit test and the Minnesota Class D Driver's License test. This class requires the student to complete 30 hours of classroom instruction and 6 hours of behind the wheel instruction. These hours are mandated by law if a student under the age of 18 is to acquire a Driver's Permit or License.

Location: LCWM Secondary School, Cafetorium

Dates and Times:

May 30 & 31, 3:30 p.m. to 6:30 p.m.

June 1, 9:00 a.m. to 12:00 p.m.

June 4, 5 & 6, 8:30 a.m. to 11:30 a.m.

and 12:30 p.m. to 3:30 p.m.

June 8, 9:00 a.m. to 12:00 a.m.

Parent Meeting:

Saturday, June 8, 11:30 to 1:00 p.m.

Behind the Wheel schedule will be chosen after the parent meeting.

Fee: \$350 (\$150 is due at pre-registration)

The balance is due at the completion of the classroom instruction.

Registration Deadline: May 19

MUST BE 15 years old by September 15, 2024

Students need to bring a pen or pencil and a notebook to class. It is mandatory that the students are present the entire class period unless arranged differently with the instructor.

There is a maximum of 35 students per classroom session. Please register early to get a spot.

Early Childhood Screening:

Screening is a free and simple check of how your child is doing at age 3-4 years. During the screening, well-qualified staff will check your child’s vision, hearing, growth, immunization status, skills in thinking, communication and language, large and small motor skills, and social/emotional development. The screening is free of charge. Children are required to have had an Early Childhood Screening done prior to entering Kindergarten.

Monday, January 29, from 8:00 a.m. to 3:00 p.m.

Monday, March 18, from 8:00 a.m. to 3:00 p.m.

Location: LCWM Elementary School

Parents of children who are eligible for screening will receive a letter inviting them to screen, however, if your child is over 4-1/2 please call us to schedule. All children who were born before August 1, 2020 are eligible for screening in January and children who were born before October 1, 2020 are eligible for screening in March. If your child has not been screened or you do not receive information about screening, please contact the Early Childhood Coordinator at (507) 726-2320.

Little Knights Preschool Fall 2024

Open House:

Information for Preschool, Fall 2024.

If you have a child who will be 3 years old by September 1, 2024 stop by our open house! You will get a chance to visit with teachers and see the classrooms. Learn about our daily schedules and developmentally appropriate curriculum. If you can’t attend, call the preschool at (507) 726-2320 for more information.

Date: Thursday, February 1

Time: 6:00 p.m. to 7:00 p.m.

Location: LCWM Elementary School

Registration:

Preschool registration will be available online starting February 8, 2024. If you have questions about our preschool program, curriculum or schedule, please contact the Early Childhood office.

Registrations are made through the Community Ed web store at tinyurl.com/lcwm-lkps

 **Find us on Facebook**

facebook.com/LCWMLittleKnightsPreschoolAndECFE

 instagram.com/littleknightspreschool



The mission of Early Childhood Family Education (ECFE) is to “Grow healthy families through the education and support of all families in providing the best possible environment for the healthy growth and development of their children.”

ECFE recognizes that families provide children their first and most important learning environment and that parents are the children’s first and most significant teachers.

Messy Art Night:

Adults and children will create and explore with many different art mediums. Come dressed to roll up your sleeves and get messy!

This is a class is for children who are 3-5 years old and their parents, but all ages are welcome.

Date: Tuesday, January 16

Time: 6:00 p.m. to 7:30 p.m.

Cost: \$3 per student or \$5 per family

Location: LCWM Elementary School Cafeteria

Pre-registration isn't needed, but is available.

Please sign in when you arrive.

Explore And More:

Join us each week for some great family fun. In this class, each week we will explore art, science, literacy, math, music, and much more through hands-on play experiences! The focus for this class will be to expose your child to our school environment and meet new friends. This class will separate to include parent education topics and is open to all ages.

Dates: Mondays, March 18, 25, April 8, 15, 22, 29, & May 6

Time: 5:45 p.m. to 7:15 p.m.

Location: LCWM Elementary ECFE Rooms

Cost: \$35.00 for the first child and half price for every additional child.

Who: Ages Birth to 5

Kindergarten Parent Informational Meeting:

Date: Thursday, March 26

Time: 6:00 p.m.

Location: LCWM Elementary School

All children who will be 5 years old on or before September 1, 2024 will be eligible to attend kindergarten. Parents of these children should plan to attend this event. Also, did you know that LCWM has a Kindergarten program called Knights Plus? This class is designed for students with spring & summer birthdays, who will be 5 by September 1, 2024. Call the office with questions!



Spring Fling:

This year we have a special event for our Spring Fling, the Teddy Bear Band is coming! Teddy Bear Band's purpose is to provide children with entertainment, music and products that encourage each child to participate and interact in developmentally appropriate ways. There will be dancing and singing, crafts and fun family entertainment. We invite your whole family to attend!

Date: Monday, May 6

Time: 5:45 p.m. to 7:15 p.m.

Location: LCWM Elementary Front Lawn

Cost: Free!



The Community Band invites you to join them! Practices are Mondays, starting April 8th from 7:00 to 9:00 pm.

**Concert Schedule:
May 27th, Memorial Day Program at LCWM Secondary School Cafetorium.**

**June 14th, Lake Days Parade, Down Town Lake Crystal
More concerts dates will be announced and posted on the LCWM Community Education website, under Community Band.**

The Lake Crystal

Community Band

These activities are made possible by a grant provided by the Prairie Lakes Regional Arts council from funds appropriated by the Minnesota State Legislature.

Simple Fix Slow Cooker Meals

Join us at Hilltop Hy-Vee, where we will each be preparing 6 freezer friendly, easy and delicious meals. The class includes 6 freezer meals that serve 4-6 people each, all supplies, and class participation.

This is a class is for adults and is limited to 12 participants. If the class is full and has a waiting list, we can look at booking a second date.

Date: Friday, February 16
Time: 6:00 p.m. to 8:00 p.m.
Cost: \$105 per participant
Location: Hilltop Hy-Vee
2010 Adams Street, Mankato, MN
Pre-registration is required. Please do not bring children with you to this event.





Mount Kato Tubing Trip:

Grades 2-12

Looking for something fun for your students to do while there is no school? Have them join us at Mount Kato for a fun tubing event!

Bus will be leaving the Secondary School at 1:00 p.m. All people tubing need to be 42 inches or taller. Students may bring money for the concessions stand in the building.

Cost: \$20 before deadline, \$25 after

Date: Monday, February 19

Pick up Time: 4:00 p.m.

Location: Meet & Pick Up-LCWM Secondary School

Registration deadline: January 31

Tubing release forms will be emailed after registration for you to bring with you to the event. Parents welcome to come along and tube as well.

Field Trip to Stages Theatre Company

Roald Dahl's Matilda The Musical:

Grades K-8

Another field trip during a no school day! Rebellion is near in Matilda, a gleefully witty ode to the anarchy of childhood and the power of imagination! With the help of the students at her new school, Matilda's about to teach some grown ups that 'even if you're little you can do a lot'. Matilda celebrates the power of young people to change their own stories.

Bus will be leaving the Elementary School at 8:00 a.m. Students will need to bring lunches. After the play, we will stop at a park to eat and play.

Cost: \$25 before deadline, \$30 after

Date: Wednesday, May 1

Time: 8:00 a.m. to 3:00 p.m.

Location: Meet at LCWM Elementary School

Registration deadline: April 5

For younger children, parents are welcome to attend as a chaperone. Contact us for more info.

Rock Climbing at MSU Mankato:

Grades 4-12

Join us on a no-school day to come Indoor Rock Climbing at MSU Mankato! We'll have 3 hours in the indoor field house to climb and adventure. Open to grades 4th-12th, There's a minimum of 15 climbers, with a max of 30. Register early to make sure that you get your spot!

Date: Monday, January, 22

Bus will be leaving at 8:30 a.m.

Pick up Time: 12:30 p.m.

Location: Meet at LCWM Secondary School

Cost: \$30 before deadline, \$35 after

Registration deadline: January 10

Climbing release forms will be emailed after registration for you to bring to the event. Without the form, your student will not be able to climb.



I.S.D No. 2071

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LIBRARY STORYTIME

2nd Saturday of the month

10:00 AM

Lake Crystal Public Library

Join us for an hour of reading, crafts, and surprises!

Best suited for Preschool to Grade 3.

January 13th

Space
&
Stars!

February 10th

Random
Acts of
Kindness.

March 9th

I
LOVE
Pizza!

April 13th

Rain,
Rain,
Go Away.

March 9th

Bugs,
Bugs,
Bugs!