Youth Basketball

Boys and girls entering grades K through 12th are invited to attend this summer’s Youth Basketball Camp. The focus on this summer program will include skills and drills of various positions. Those that are enrolled in the Youth Basketball Program are still able to enjoy other community education classes including Summer Reading to prevent summer reading loss for students in grades K through 8th grade.

Little Knights Wrestling

Join Head Coach Greg Luedke from Roseville High School and the WCA Varsity coaching staff to hone your skills and improve your overall game. Join Head Coach Greg Ueland from Roseville High School and the WCA Varsity coaching staff to hone your skills and improve your overall game. Camp participants will work fundamentals, game and court awareness and strategy. Campers will have the opportunity to apply the skills learned in competition throughout camp with various games, competitions, and drills. Don’t miss out on this summer on this great opportunity. Sign up today! All Participants will receive a t-shirt. Please indicate size on registration form.

Dates: July 27-28
Location: WCA Secondary School, Barrett
Times: Individual Grades 5-12 $75 (including t-shirt), 1-4 pm
Cost: $50 per wrestler

Knights Volleyball Camp

This summer, WCA North Elementary will be offering the Knights Summer Care Program to students in Pre-K through grade 5. Students will have an opportunity to enjoy fun summer programming that includes outdoor activities, arts and crafts, team events and some educational reinforcement. Those that are enrolled in the Knights Summer Care Program are still able to enjoy other community education classes including Summer Reading to prevent summer reading loss for students in grades K through 8th grade.

WCA Knights Summer Care

This summer, WCA North Elementary will be offering the Knights Summer Care Program to students in Pre-K through grade 5. Students will have an opportunity to enjoy fun summer programming that includes outdoor activities, arts and crafts, team events and some educational reinforcement. Those that are enrolled in the Knights Summer Care Program are still able to enjoy other community education classes including Summer Reading to prevent summer reading loss for students in grades K through 8th grade.

Little Knights Football Camp

Boys and girls entering grades K through 8th grade are invited to attend this summer’s Little Knights Football Camp. Players will learn the fundamentals of offensive and defensive positions, play games like 7 on 7, and have a Pant, Pass, Kick Competition, and Obstacle Course Race Challenge. (awards will be given to winners of competitions) All Participants will receive a Camp T-Shirt.

Dates: July 7th & 8th
Location: WCA Secondary School Football Field, Barrett
Times: Grades K-4th - 9:30 - 10:30 am Grades 5th-8th 10:45 - 12:00 pm
Cost: $30 per individual or $50 per family (t-shirts and awards are included in cost)

AARP Defensive Driving Course

AARP Defensive Driving Course

WCA Secondary School Football Field, Barrett

Cost: $15 for AARP members, $24 for non-members

Little Knights Wrestling

Take wrestling to the next level with this fun and exciting camp. Develop and build on your wrestling skills with instruction by WCA-A/B Head Coach Brandon Gruchow.

Dates: July 20th and 21st
Location: WCA Secondary School Wrestling Room, Barrett
Times: Grade Pre-K-6th (2019-2020 school year)
8:00 – 8:45 am
Cost: $40 per wrestler

T-shirts, food, and awards are included in cost!

(please register early as there is enough for everyone)

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### WCA Community Education/WCA Swimming Lessons

In cooperation with the Fergus Falls Area Family YMCA, WCA Community Education is happy to provide swim lessons for kids ages 3-13. All lessons are American Red Cross Certified Curriculum taught by trained American Red Cross Certified Water Safety Instructors.

Instructors will not have very much time between lessons, so swimmers are asked to be ready to begin their lesson immediately at their start time. Parents are encouraged to stay and watch lessons. If parents leave the swimming area during lessons, they are asked to be back promptly at the end of the lesson. Instructors will not be able to supervise swimmers in the water who are not in a lesson. Swimming lessons meet regardless of weather. If it is unsafe to swim due to weather, safety skills will be taught in the shelter located near the beach.

**LEVEL 1**
- **Introduction to Water Skills—Approx. ages 5-7**
  This level is ideal for children that have not had previous swim instruction or are unable or uncomfortable with putting their entire face in the water. The purpose of this level is for students to become more comfortable in the water. Students will become proficient in skills such as entering and exiting the water safely, submerging entirely face down, and beginning front and back float.
  - Elk Lake: 11:10 - 11:40 am (max. 18 students)
  - Fairhaven: 1:00 - 1:30 pm (max. 6 students)

- **Fundamental Aquatic Skills—Approx. ages 7-8**
  This level is ideal for children that are able to put their face in the water but are unable to independently float on their front and back. The purpose of this level is for students to begin to develop fundamental water skills. In this level, students will learn to swim unaided 15 feet on either their front or back as well as entering the water by jumping or stepping from the side, treading water, roll over from back-to-front and front-to-back.
  - Elk Lake: 10:35 - 11:05 am (max. 18 students)
  - Fairhaven: 1:00 - 1:30 pm (max. 6 students)

- **Stroke Development—Approx. ages 8-9**
  In this level, students will continue to build on the fundamentals learned in the previous levels. The skills mastered in this level include: rotary breathing, front and back crawl, butterfly kick and body motion, standing or kneeling dive, survival float, tread water for 30 seconds, as well as emergency situation check—call—care.
  - Elk Lake: 10:00 - 10:30 am (max. 21 students)
  - Fairhaven: 1:30 - 2:00 pm (max. 7 students)

**LEVEL 2**
- **Introduction to Water Skills—Approx. ages 3-4**
  This level is for children that are unable to independently float on their front and back. This level is ideal for children that are able to put their face in the water but are unable or uncomfortable with putting their entire face in the water. Students will become proficient in skills such as entering and exiting the water safely, submerging entirely face down, and beginning front and back float.
  - Pre-Kindergarten: 11:45 - 12:15 pm (max. 5 students)

**LEVEL 3**
- **Fundamental Aquatic Skills—Approx. ages 5-6**
  This level is ideal for children that have not had previous swim instruction or are unable or uncomfortable with putting their entire face in the water. The purpose of this level is for students to become more comfortable in the water. Students will become proficient in skills such as entering and exiting the water safely, submerging entirely face down, and beginning front and back float.
  - Elk Lake: 11:10 - 11:40 am (max. 18 students)
  - Fairhaven: 1:00 - 1:30 pm (max. 6 students)

- **Fundamental Aquatic Skills—Approx. ages 7-8**
  This level is ideal for children that are able to put their face in the water but are unable to independently float on their front and back. The purpose of this level is for students to begin to develop fundamental water skills. In this level, students will learn to swim unaided 15 feet on either their front or back as well as entering the water by jumping or stepping from the side, treading water, roll over from back-to-front and front-to-back.
  - Elk Lake: 10:35 - 11:05 am (max. 18 students)
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  In this level, students will continue to build on the fundamentals learned in the previous levels. The skills mastered in this level include: rotary breathing, front and back crawl, butterfly kick and body motion, standing or kneeling dive, survival float, tread water for 30 seconds, as well as emergency situation check—call—care.
  - Elk Lake: 10:00 - 10:30 am (max. 21 students)
  - Fairhaven: 1:30 - 2:00 pm (max. 7 students)

**LEVEL 4**
- **Stroke Development—Approx. ages 9-10**
  In this level, students will develop confidence in the skills learned in previous levels as well as improve other aquatic skills. The skills mastered in this level include: swimming 25 yards of front and back crawl as well as 15 yards of butterfly, breaststroke and elementary backstroke. In addition to these skills, water safety will also be implemented through the learning of a throwing assist, safe diving rules and how to care for a choking victim.
  - Elk Lake: 11:45 - 12:15 pm (max. 8 students)
  - Fairhaven: 1:30 - 2:00 am (max. 8 students)

**LEVEL 5**
- **Stroke Refinement—Approx. ages 9-12**
  In this level, students will further coordinate and refine skills they have learned in past levels. Students will master the following skills: standing dive, pike and tuck surface dives, front and back crawl, sidestroke, breaststroke, shallow dive, front flip turn and elementary backstroke.
  - Elk Lake: 11:45 - 12:15 pm (max. 8 students)
  - Fairhaven: 1:30 - 2:00 pm (max. 8 students)

**LEVEL 6**
- **Swimming and Skill Proficiency—Approx. ages 11-13**
  In this level, students will focus on endurance and stroke technique. The purpose of this level is for students to refine strokes and be able to swim with ease, efficiency, power and effectiveness over great distances. Some skills for lifesaving and fitness will be taught.
  - Elk Lake: 11:45 - 12:15 pm (max. 8 students)
  - Fairhaven: 1:30 - 2:00 pm (max. 8 students)

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**WCA Knights Summer Care**

This summer, WCA North Elementary will be offering the Knights Summer Care Program to students in Pre-K through grade 8. Students will have an opportunity to enjoy fun summer programming that includes outdoor activities, arts and crafts, team events and some educational reinforcement. Those that are enrolled in the Knights Summer Program are still able to enjoy other community education classes including Summer Rec.

WCA Community Education will also be partnering with Prairie Ridge Hospital And Health Services to provide lunches to students throughout the summer as well. A monthly menu will be sent home so families can decide whether or not they would like hot lunch or cold lunch each day.

**Dates:**
- June 3rd - August 30th

**Location:**
- WCA North Elementary Wrap Around Room

**Times:**
- 7:30 am - 5:30 pm

**Cost:**
- Must Be Registered Before June 1st!

**Cost:**
- $30 per month
- $35 for full month

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**West Central Area Community Education**

**2020 Summer Recreation**

Welcome Parents and Families:

To Register for any of our summer programs, please visit our website www.isd2342.org and click on Community Education. You will be directed to our new Community Education Registration page. Or you may call the District Office at 320-528-7305.

Thank you for choosing WCA Community Education!

Registration will be open on Monday, May 18th!

Serving the communities of Barrett, Elbow Lake, Wendell, Kensington, and Hoffman.