

# Burroughs Community School - PE and Art Teachers and Ms. Kenna (Community Dance Teacher)



are proud to present

**Summer: PE, Individual and Team Sports, Recreation, Fitness,  
Hip Hop Dance, Kayaking, Canoeing, Bicycling, Fishing, Jump Rope-  
Rope Power Training, and Art Studio for Kids with:**

**"Mr. Hill, Mr. Peterson, Mr. Fairbanks, Mr. Caldwell and Ms. Kenna"**

**A Great Summer Alternative; Brought to you by:**

ACTIVE SOLUTIONS-PE TEACHERS ON WHEELS, LLC

**We bring a variety of activity to your kids!**

## 2010 Summer Programs

(Open to any student from any school, students that attend Minneapolis Kids programs are welcome and encouraged to attend, students will be escorted to and from the gymnasium and art room.)

"The Minneapolis Public Schools does not sponsor, endorse or recommend the activities announced by this flyer."



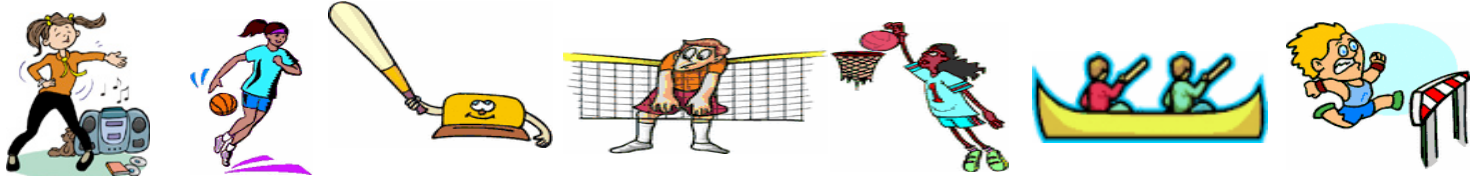
Activity	Grade	Dates	Times	Course #	Fee
- eXtreme Outdoor Adventure Day Camp #1	3-6	06/10-06/11	8:00AM-4:00PM	1076	\$148
Thursday - Friday (2, 8 hour sessions, 16 total hours)					
- Hip Hop Dance Day Camp	2-6	06/10-06/11	8:00AM-4:00PM	1077	\$98
Thursday - Friday (2, 8 hour sessions, 16 total hours)					
- PE Safari Day Camp	K-6	06/10-06/11	8:00AM-4:00PM	1078	\$98
Thursday - Friday (2, 8 hour sessions, 16 total hours)					
- Jump Rope Training/ Rope Power Day Camp	K-6	06/14-06/17	8:00AM-4:00PM	1079	\$198
Monday - Thursday (4, 8 hour sessions, 32 total hours)					
- PE Safari and Art Studio for Kids Combined Day Camp #1	K-6	06/21-06/24	8:00AM-4:00PM	1080	\$198
Monday - Thursday (4, 8 hour sessions, 32 total hours)					
- PE Safari and Art Studio for Kids Combined Day Camp #2	K-6	08/02-08/05	8:00AM-4:00PM	1081	\$198
Monday - Thursday (4, 8 hour sessions, 32 total hours)					
- eXtreme Outdoor Adventure Day Camp #2	3-6	08/09-08/12	8:00AM-4:00PM	1082	\$298
Monday - Thursday (4, 8 hour sessions, 32 total hours)					
- Bike Tour and Fish Day Camp	2-6	08/16-08/19	8:00AM-4:00PM	1083	\$198
Monday - Thursday (4, 8 hour sessions, 32 total hours)					

**All classes meet in the Burroughs Gymnasium to start, if weather plays a factor, classes will be held in the gymnasium and alternate activities will be played; classes will not be rescheduled.**

### Additional Program Information

Students should register for the grade they will be attending next school year, 2010-2011. Parents; our services are TAX DEDUCTIBLE and qualify for education expenses (Minnesota Revenue, K-12 Education Credit, Schedule M1ED Form). Our services may also qualify for Dependent Care Flex Spending and Work Child Care Programs. Active Solutions-PE Teachers on Wheels, LLC is fully insured and licensed in the state of Minnesota; visit us online for more information ([activesolutionsforkids.com](http://activesolutionsforkids.com)). For more information, site address and specific grouping requests contact: Burroughs PE Teachers Peter Hill or Lowell Peterson; at: 952-212-7290 (call or text), email [activesolutions@mac.com](mailto:activesolutions@mac.com), or visit [activesolutionsforkids.com](http://activesolutionsforkids.com). Registrations are accepted at the door (please call to reserve roster spot). Students that attend Minneapolis Kids and Rec Plus programs are welcome and encouraged to attend; all students will be escorted to and from these programs. Parents will only be notified if the class is full; assume your child is registered and that we are expecting them. Make check payable to Active Solutions, a receipt will be send via email or US Mail upon parent request. All returned check fees and a 25% processing fee will be applied to all cancelations and will be paid by the parent. Active Solutions classes that are canceled due to school district closure due weather or other circumstance will not be rescheduled and a credit will be provided which may be applied to future Active Solutions programs. Parents must provide transportation home, unless your child attends the Minneapolis Kids or Rec Plus programs.





## Camp Descriptions

### eXtreme Outdoor Adventure Day Camp #1 and Camp #2 (Grades 3-6)

Pedal, Paddle and Wheel, Physical Education Teacher Pete Hill (Camp #2), Pat Caldwell (Camp #1 and Camp #2), Andy Pritchard (Camp #1) and Active Solutions have created eXtreme Pedal, Paddle and Wheel Camps that are perfect for the child that needs more movement in their lives. The camps include: canoeing, kayaking, inline skating or scootering and on/off road bicycling (should be proficient with basic skills at inline skating or scootering and bicycling), trail etiquette, basic bicycle mechanics, boating skill development, boating etiquette and water safety. A great Minneapolis Kids break alternative. Character building, cooperative skills, individual success and safety are all emphasized. Math, reading, health, nutrition and wellness are incorporated into the lessons. Camp #1: •Day 1- Canoeing, Kayaking and Inline Skating or Scootering Tour (Brownie, Calhoun, Cedar and Isles Lakes - Minneapolis) •Day 2- Bicycling Tour (Minneapolis Lakes, Parkways and City Trail System). Camp #2: •Day 1- Off Road Mountain Biking Tour and Campfire snack (smores will be provided) (Minnesota River Valley - Bloomington) •Day 2- Canoeing, Kayaking and Inline Skating or Scootering Tour (Brownie, Calhoun, Cedar and Isles Lakes - Minneapolis) •Day 3- Canoe, Kayaking and Inline Skating or Scootering Tour (Minnehaha Creek - Minneapolis) •Day 4- Bicycling Tour (Minneapolis Lakes, Parkways and City Trail System). Please bring: bicycle (any style, in good working condition) and helmet (Camp #1: Day 2 only, Camp #2: Days 1 & 4), inline skates or scooter, helmet, water shoes/sandals and optional wrist guards, knee/elbow pads (Camp #1: Day 1 only, Camp #2: Days 2 & 3), one very big lunch and two very big snacks in backpack (Camp #1 and Camp #2: All Days), shorts, t-shirts, gym shoes, sweat pants/ shirts, swimsuit & towel (Camp #2: no swimming Day 1) in backpack (Camp #1 and Camp #2: All Days) and a water bottle (Camp #1 and Camp #2: All Days). Students may bring their own Life Jacket (Camp #1: Day 1 only, Camp #2: Days 2 & 3) otherwise, all other equipment will be provided including Life Jackets.

### Hip Hop Dance Day Camp (Grades 2-6)

Professional dancer, teacher and Burroughs Community Member Ms. Kenna has taken the best of Hip Hop Dance and created a summer day camp your child(ren) will not forget. A great Minneapolis Kids break alternative. Learn many styles of Hip Hop's greatest elements, DANCE!, Loc'in, Poppin', Breakin', New Jack, House Dance, Jerkin', Old Skool and more! Learn about Hip Hop Fashion and learn to write rhyme like a true emcee. Learn the basics of these Hip Hop dances with funky fresh music and positive style. This class is physically demanding! You will need workout clothes with long pants preferred. Bring: one very big lunch, two very big snacks, shorts, t-shirts, gym shoes, sweat pants/sweat shirts and water bottle. Ms. Kenna will need to be gone for 2 hours on Thursday (mid-day) and the last 1.5 hours on Friday to attend another previously scheduled class. For those hours, Ms. Kenna's dance students will join the PE Safari Day Camp with Mr. Hill for gym games and outdoor activities.

### Jump Rope Training - Rope Power Day Camp (Grades K-6)

Short and Long Rope Routines Skills Tricks Stunts and Novelties. Mr. Hill and Mr. Peterson (Burroughs Physical Education Teachers) and Active Solutions have created a eXtreme Rope Power Training (4 day) course your child(ren) will not forget. A great Minneapolis Kids alternative. Your child(ren) will experience many different jump rope activities during each days session. This class is perfect for the child that needs more movement in their lives and wants to learn more about jump roping! All skill levels are welcome, no experience necessary, this is a developmental program. Lessons are designed to keep kids engaged in learning activities and to keep their heart rates elevated. Character building, cooperative skills, individual success and safety are all emphasized. Activities include short and long rope skills, lead-ins, routines, novelties, 2 and 3 person stunts/tricks with long and short ropes, double dutch, jump the shot, jump the stick, tail tag, individual jump rope skill check-off evaluations and other fun jump rope games and activities. All students can look forward to a performance (2:00 PM on the Thursday 06/17/2010), showcasing their skills by demonstrating their own choreographed routine to music while jumping rope and will perform various novelty stunts/tricks while jumping rope. This performance will also include a criss cross arms, continuous jump, jump the shot, jump the stick and double unders competition. Bring: one very big lunch, two very big snacks, shorts, t-shirts, gym shoes, sweat pants/sweat shirts and water bottle. All participants will receive new jump ropes.

### PE Safari and Art Studio for Kids Combined Day Camps #1 and Camp #2 (Grades K-6)

Physical Education, Sports, Recreation, Fitness, Drawing, Sculpture, Mixed Media and Painting. PE and Art will combine elements of the following two course descriptions. Students will be escorted back and forth between the gym and the art room and at times we will have large group activities; the best of both worlds. Can you imagine the fun here? A great Minneapolis Kids alternative.

Physical Education, Sports, Recreation and Fitness. These Active Solutions Day Camps are perfect for the child that needs more movement in their lives! Lessons are designed and taught by Burroughs Community School Physical Education Teachers (Mr. Hill and Mr. Peterson) to keep kids engaged in learning activities and to keep their heart rates elevated. Character building, cooperative skills, individual success and safety are all emphasized. Children will experience many different activities during each day's sessions, such as lifelong sport, recreation and fitness: most all individual and team sports, rope jumping, racket games, track and field, kickball, tag games, ultimate frisbee, capture the flag, frisbee golf, four square, floor hockey, bowling and many others. Teachers also incorporate math, reading, health, nutrition and wellness into their lessons. Daily walking field trips to Lake Harriet Beach and along Minnehaha Creek for hiking, fishing and swimming (weather permitting). Please bring, one very big lunch, two very big snacks, shorts, t-shirts, gym shoes, sweat pants/shirts, swimsuit, towel, water bottle and 2 books to read. All participants will receive a new piece of athletic equipment.

Burroughs Art Teacher, Mr. Fairbanks and Active Solutions will take your kids on an Art Adventure your child(ren) will not forget! We are proud to present a summer Art Adventure program that turns art education into a genuine Art Studio. In other words: FUN! These classes are designed to keep kids engaged in creative learning activities while learning important, invaluable principals for lifelong Art Appreciation; we afford the students the opportunity to be creative. This summer, students will learn how to observe and see as an artist. They will learn how to look at an object, break it down into basic steps and draw it. We will also learn about negative/positive space, proportion, background, middle ground and foreground. Students will learn pencil, color pencil, crayon, brush, chalk, craypas, mixed media and clay techniques and proper use/care of these tools. Students will create a drawing, a water color painting, a craypas drawing of objects and use clay as a means to express their thoughts while creating a sculpture. Character building, cooperative skills and individual success are all emphasized. Students will look at famous artists works for a theme background before all projects. We will Paint to Music; students will use music to create a rhythmical colorful paintings on paper. Mr. Fairbanks will work with your child(ren) to develop individual techniques of drawing, painting and sculpture. Mr. Fairbanks will also incorporate math and reading into his lessons. Daily field Trips may include walking to Lake Harriet and hiking along Minnehaha Creek. Students will display their drawing, sculpture and painting portfolios in the Burroughs Atrium at the end of the session. Students need to bring one very big lunch, two very big snacks, water bottle and clothes for outside hikes.

### Bike Tour and Fish Day Camp (Grades 2-6)

Daily Bicycling Adventures to Different Lakes and Fishing Holes with Burroughs Physical Education Teachers (Mr. Hill and Mr. Peterson) and Active Solutions have created a 4 day Bike Hike, Fish and Swim Adventure that is perfect for the child that needs more movement in their lives. A great Minneapolis Kids alternative. The camp includes: on and off road bicycling, fishing, swimming, trail etiquette and basic bicycle mechanics (rider should be proficient with basic bicycling skills). •Day 1- Bicycling Tour around Lake Harriet, Lake Calhoun, Fish and Swim. •Day 2- Bicycling Tour around Cedar Lake, Lake of the Isles, Fish and Swim. •Day 3- Bicycling Tour to the Sculpture Gardens, Fish and Swim. •Day 4- Bicycling Along Minnehaha Creek, Around Lake Nokomis, Lake Hiawatha, Fish and Swim. Character building, cooperative skills, individual success, bicycle maintenance, trail etiquette and bicycle safety are all emphasized. Math, reading, health, nutrition and wellness are incorporated into the lessons. Please bring bicycle, helmet, one very big lunch, two very big snacks, shorts, t-shirt, gym shoes, sweat pants/shirts and a water bottle.

### PE Safari Day Camp (Grades K-6)

Same as above (PE Safari and Art Studio for Kids Day Camps #1 and #2) without the Art Studio for Kids component.





# 2010 Summer Programs

## Youth Registration Form and Information

**Don't Miss Out! Sign up NOW! Programs Fill Quickly**



**Active Solutions-PE Teachers on Wheels, LLC Class Safety Procedures to ensure the safety of your child please follow these simple steps.**

• When registering please provide an accessible daytime phone number. • If someone else will be picking your child up, please provide a name and accessible telephone number of that person to Active Solutions. • Please Pick up your child(ren) **on time in the Gymnasium or Main Doors** each day of class. It is your responsibility to pick up your child on time. Teachers are not required to stay past the classroom time. Fees may be assessed if late; \$1.00 per minute after 5 minutes. If you have an emergency please call Active Solutions direct at 952-212-7290 or make other arrangements for your child(ren) to be picked up on time.

**Active Solution Class Behavior Procedures**

To allow the teachers to teach effectively, we expect the behavior of the students to be appropriate for a learning environment. If the behavior of a student is not appropriate during classroom instruction or breaks, the instructor reserves the right to dismiss the student immediately without a refund. Parents would be informed and required to pick the child up from the class as soon as possible if this should happen.

**Active Solutions-PE Teachers on Wheels, LLC, 14077 Zinran Avenue, Savage, MN, 55378**  
**Phone: 952-212-7290    Email: activesolutions@mac.com    Website: activesolutionsforkids.com**  
 Please complete one registration form per student (photo copy if needed).

Child's Name \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Daytime/Cell \_\_\_\_\_

Email Address (for Requested Receipts, Confirmations and Mailings, please print carefully) \_\_\_\_\_

2010-2011 Grade \_\_\_\_\_ School \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Birthdate \_\_\_\_\_

**I have read and agree to the Active Solutions Class Safety and Behavior Procedures.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

After/Before class/camp routine (please check one).

Minneapolis Kids \_\_\_\_\_ Rec Plus \_\_\_\_\_ Picked up \_\_\_\_\_ Walk/Bike Home \_\_\_\_\_

Person picking child up other than parent \_\_\_\_\_ Phone \_\_\_\_\_

Does your child have any medical or other related conditions that the teacher should be aware of?

\_\_\_\_\_

Course #	Season	Course Title	Date	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**Mail registration form and fee (make check payable to Active Solutions) to:** Active Solutions, 14077 Zinran Avenue, Savage, MN, 55378 - **Walk-in registration to:** Burroughs Community School, PE Office, 1601 West 50th Street, Minneapolis, MN, 55419 - **For more information please contact:** Active Solutions-PE Teachers on Wheels, LLC: 14077 Zinran Avenue, Savage, MN, 55378, phone or text message 952-212-7290, email activesolutions@mac.com, website activesolutionsforkids.com.

**Parents must read and sign the medical consent and liability release to complete registration (STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE OTHERWISE).**

I/We the parent(s)/guardian(s) of (please print child's name) \_\_\_\_\_ give permission for this child to participate in Active Solutions-PE Teachers on Wheels, LLC Camps. I/We acknowledge that playing games/activities in indoor facilities and/or on outdoor grounds carries a risk of serious injury or death. In consideration for the permission to participate in the "Active Solutions-PE Teachers on Wheels, LLC" Camps, I/We hereby remise, release, and forever discharge, for I/We, my child, heirs, executors, administrators, and assigns, any and all volunteers and all other persons, firms, and corporations in any way related to "Active Solutions-PE Teachers on Wheels, LLC" from any and all claims, demands, rights, and causes of action of whatsoever kind of nature, arising from or by sequences thereof, resulting from our participation, use of services, activities, and facilities of "Active Solutions-PE Teachers on Wheels, LLC". I/We assume all the risks of hazards relating to the participation in all activities related to the camp. I/We hold harmless, waive, release and absolve and indemnify and agree to hold Peter Hill, Lowell Peterson, Active Solutions-PE Teachers on Wheels, LLC and all members of staff/employees, or any facility in which we are engaged with activity, harmless for any claim arising from any injury that occurs to my child or damage, lost, or stolen property belonging to my child. In the event my child is injured during the absence of parent(s) or legal guardian(s), I/We give permission for the person in charge to seek medical attention. I/We also agree that the Camp Staff/Employees together with Medical, Hospital and EMT personnel may carry out all treatments deemed necessary in the event of injury or illness. I/We hereby declare that I am of adult age; that I/We have carefully read the foregoing release, and know the contents thereof, that we may not participate, use the services, activities, or facilities of "Active Solutions-PE Teachers on Wheels, LLC" without signing this release and that I/We sign it as my own free act. I agree that pictures taken during program hours may be used for future promotional purposes.

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Tuition Assistance is Available If you live in District 1 and are suffering from financial hardship, scholarships or tuition assistance is available for most classes up to two choices each camp season per family. You need to be a resident of District 1. No person will be refused because of inability to pay. The sponsor, Active Solutions-PE Teachers on Wheels, LLC will make money off of the activity.

**WHAT TO BRING:** Bring: Shorts, t-shirts, gym shoes, sweat pants/sweat shirts and a water bottle; all general equipment and supplies will be provided by Active Solutions-PE Teachers on Wheels, LLC. See course descriptions for specific program requests.