

Adventure



NEW Adventure Mania - Flyboarding

Community Services Staff
ages 10+

Adventure Mania is a family-friendly adventure program offering a variety of exhilarating adventures throughout the year. Adventures will depart and return to the Northfield Community Resource Center parking lot. Transportation is provided. Participants can bring snacks and a water bottle, sunscreen, swim suit and a towel.

Summer Adventure: Flyboarding

At Minnesota Fly Board Rental, you will have the opportunity to buzz above the water on a Flyboard, an extreme water sports accessory! You will be instructed on the basic techniques for boarding and be given the proper equipment necessary to really fly! Spend a half hour trying out the flyboard and enjoy time out on the water while others board.

Registration deadline: July 1

\$95 1 - 5 p.m.

F, July 14

MN Flyboard Rental

Class #: 1112-S17A



NEW Youth Mountain Bike Camp

C.R. Offroad Cycling & Trails (CROCT)

ages 9 - 18

Learn the basics of mountain biking from the IMBA certified mountain bike instructors at Cannon River Offroad Cycling & Trails (CROCT). The camp will consist of lessons on the operation of the bike (brakes, shifting), basic body position, skills (cornering, climbing, descents, ratcheting, front and rear wheel lifts), and terrain challenges (logovers, skinnies, switchbacks, bermed & flat corners). A variety of group games, some bike maintenance tips, and open riding in the Sechler skills park will be included. Rain make-up will be on Friday. If the Sechler trail is closed due to flooding, other city or school district parks in Northfield or Dundas will be used. A mountain bike safety check is required a week or more prior to camp, performed at no-charge by Downtown Bikes in Northfield (a limited number of mountain bikes will be available to rent for the week for those who don't have a bike or who do not meet the safety standard. Contact Downtown Bikes if you need to rent). Participants must wear a helmet and carry their own water (bottle cage or pack) and a snack. Meet at the cul-de-sac behind Walgreens.

\$160/pair; \$90/single
Sechler Park MTB Trail

ages 9 - 13

9 a.m. - noon

M - Th, June 12 - 15

Class #: 1288-S17A9-13

ages 14 - 18

1 - 4 p.m.

M - Th, July 24 - 27

Class #: 1288-S17B14-18

ages 9 - 13

1 - 4 p.m.

M - Th, July 31 - Aug. 3

Class #: 1288-S17C9-13

Martial Arts

Gumdo - Youth Korean Sword

Susan Shirk, North Star

Haidong Gumdo

grades 6 - 12

Haidong Gumdo, Korea's fastest growing martial art focuses on the use of the long sword, or Jigung.

This is a non-contact, low-impact, fast-paced martial art. This class runs concurrently with the adult class.

There is a \$20 fee for the practice sword, payable to the instructor on the first day of class. Uniform and testing fees are additional.

\$29 7:45 - 8:45 p.m.

High School Auxiliary Gymnasium

entering grades 6 - 12

Students will learn forms, drills and cutting exercises based on battlefield tactics.

Tu & Th, June 13 - 29

Class #: 4108-S17A

Tu & Th, July 11 - 27

Class #: 4108-S17B

entering grades 1 - 5

Develop confidence and coordination while getting exercise and having fun with Haidong Gumdo, Korea's fastest growing martial art.


Tu & Th, July 11 - 27

Class #: 4108-S17C



Adults

can find **martial arts** and outdoor experiences, including **archery, fishing and trap shooting**, on pages 36 & 37.

 Some classes offered in this brochure will be held at a location other than one of the district's facilities. If you see this icon, you can look at page 53 to find the address for the class location.