

TIGER TRACKS

Volume 20 / Issue 3 School District 2769



An open door to learning for all ages



Morris Area Community Education

153 South Columbia Avenue

Morris, MN 56267

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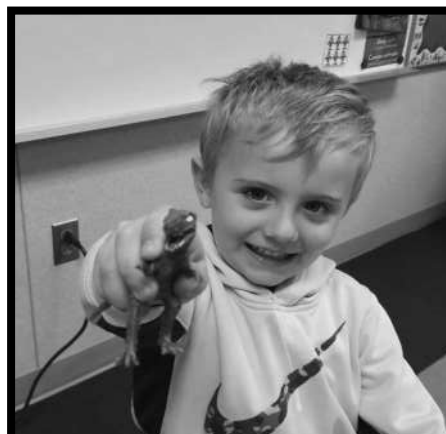
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Explore S'more Classes

For ages 3, 4, and 5 + Potty Trained—Please send your child with complete outside clothing gear for each class to fit the changing weather.

CREEPY CRAWLY, CREEPY CRAWLY, FUN, FUN, FUN!!!	Pre-Historic Playtime	A Camping We Will Go!!	My Big Messy Art Class	Wet & Wild: Splash Into Summer
<p>"Bugs are not going to inherit the earth. They own it now. So we might as well make peace with the landlord." (Thomas Eisner) There are nearly one million known species of insects and more are being discovered each year! Join this class and discover more about this large population which lives on our planet. Through fun activities, music, art, and exploration your child will learn about the important part bugs play in our everyday life and why it shouldn't bug us to have them around!</p> <p>3 Classes - \$29 Tuesday, Wednesday, Thursday June 7 - 9 8:30 - 11:30 a.m. MAES ECFE Rooms - Pod A COURSE NO. 4310</p>	<p>Although dinosaurs lived long ago before man was on this earth, their fascination and popularity remain strong, especially with children. In this class, students will be taken back to pre-historic time to learn about some of the biggest reptiles that ever walked this earth. Using a variety of loose parts and recycled materials, their will be fun projects, art activities, games, and songs that let your children explore the world of dinosaurs!</p> <p>3 Classes - \$29 Tuesday, Wednesday, Thursday June 14 - 16 8:30 - 11:30 a.m. MAES ECFE Rooms - Pod A COURSE NO. 4311</p>	<p>We're going on a camping trip so pack your knapsack and join the fun! The weather is warm, grass is green, and the water is flowing. It's time to get out in nature and discover what is there! Imagine sitting by the campfire, pitching a tent, fishing in the lake, getting wet in the water, and hiking through the great outdoors! Join this class and enjoy all these things.</p> <p>3 Classes - \$29 Tuesday, Wednesday, Thursday June 21 - 23 8:30 - 11:30 a.m. MAES ECFE Rooms - Pod A COURSE NO. 4312</p>	<p>Dress for mess and artistic success! Young children are free to smear, squeeze, splatter and otherwise explore artistic possibilities in this big, messy art class. We will do activities that are so messy and big that you'll be glad they're at school and not at home. Inspiring new ideas and creativity will emerge as children work with a variety of materials that include paint, crayons, chalk, food color, and more. Many of the day's projects will be about the process, not the end product. Come and join us for a messy good time!</p> <p>3 Classes - \$29 Tuesday, Wednesday, Thursday June 28 - 30 8:30 - 11:30 a.m. MAES ECFE Rooms - Pod A COURSE NO. 4313</p>	<p>Water, water, everywhere you're going to get wet! Come along on this water ride! What can you discover and learn about water through play, experiments, and activities? Here is your chance to find out! There will be water to paint with, for science experiments, to measure, to spray, and to just have fun!! The last day of class, we will meet at the Pomme de Terre Splash Park for an afternoon of fun water play. Join this class and get wet and wild!</p> <p>3 Classes - \$29 Tuesday, Wednesday, Thursday June 28 - 30 12:30 - 3:30 p.m. MAES ECFE Rooms - Pod A COURSE NO. 4313</p>



2022—2023 Morris Area School Pre-Kindergarten/School Readiness Classes

Important Registration Information:

- *Registration begins Monday, April 18 at 7:30 a.m.
- *A student's age is determined on September 1 of the current school year.
- *Registration can be done online, mailed in, or in-person at the MACE office.
- *Children must be completely toilet trained.
- *Registration is complete when a copy of child's birth certificate, current immunization records, registration form, & 1st month's payment are submitted.
- *Parent/Child/Teachers conferences held September 6 - 9.
- *Classes begin the week of September 12 - 16.
- *There will be a \$50 cancellation fee if a child is withdrawn from a class.
- *Priority will be given to Morris Area School District and open enrolled families.
- *Prior to August 1st, children can be registered for up to 3 full days of classes (unless a class is specified to have more days). After August 1st, children can be registered for additional classes if there is space available.



Class Offerings for Children Age 3 & 4 <i>Children must be THREE years old by September 1, 2022 to enroll in these classes.</i>			
Course Number	Half Days	Class Time	9 Month Payment Schedule
#4409	Monday/Wednesday Morning	8:15am to 11:15pm	\$104/Month
#4410	Monday/Wednesday Afternoon (No Class on Early Dismissal Wed)	12:15pm to 3:15pm	\$90/Month

Mixed Age Class Offerings for Children Age 3, 4, & 5 <i>Children must be THREE years old by September 1, 2022 to enroll in these classes.</i>			
Course Number	Full Days	Class Time	9 Month Payment Schedule
One Day Options			
#4404	Monday (Bilingual Class)	8:15am to 3:15pm	\$116/Month
#4405	Friday (Bilingual Class)	8:15am to 3:15pm	\$98/Month
#4407	Tuesday	8:15am to 3:15pm	\$130/Month
#4408	Thursday	8:15am to 3:15pm	\$116/Month
Two Day Options			
#4403	Mon/Fri (Bilingual Class)	8:15am to 3:15pm	\$214/Month
#4406	Tues/Thurs	8:15am to 3:15pm	\$246/Month

Class Offerings for Children Age 4 & 5 <i>Children must be FOUR years old by September 1, 2022 to enroll in these classes.</i>			
Course Number	Full Days	Class Time	9 Month Payment Schedule
Three Day Options			
#4402	Tues/Wed/Thurs (Bilingual Class)	8:15am to 3:15pm	\$374/Month
Four Day Options			
#4401	Tues/Wed/Thurs/Fri	8:15am to 3:15pm	\$476/Month
Five Day Options			
#4411	Mon/Tues/Wed/Thurs/Fri (Bilingual Class)	8:15am to 3:15pm	\$592/Month

TUITION ASSISTANCE AVAILABLE

Financial assistance and scholarships may be available to qualifying families. Scholarship options include **Child Care Aware Pathway I, MDE Pathway II, and MACE local scholarships.** We encourage you to apply for scholarships as soon as you know you would like to attend programming to ensure that funds will be available. All scholarship applications are available at the Morris Area Community Education office. Families may be asked to provide proof of income. All information provided is confidential. For further information, please call Diane Strobel at 320-585-2237 or email dstrobel@morris.k12.mn.us.



EARLY CHILDHOOD SCREENING IS A REQUIREMENT FOR ALL PRE-K CLASSES (3-5)

Early Childhood Screening is requirement for Pre-Kindergarten participation. The screening is scheduled through Morris Area Community Education. Early Childhood Screening only needs to be completed once. If your child has already had it done by another agency or a family physician, please forward the screening results to our program. If you need your child screened, appointments can be made by calling the Community Ed office at 320-585-2237.



Pre-K Supply List for 2022-23 School Year:

*Please label these items with your child's name.

- Water bottle with covered mouthpiece
- Velcro Tennis Shoes
- Small blanket for rest time (half-day students do not need this item)
- 3-ring binder (size 1")
- 1 wide-ruled notebook
- 1 plastic pocket folder (take home folder-to stay in backpack)
- 1 BACKPACK (**school age size) - One large enough to fit winter gear, extra clothes, shoes, blanket, and papers

*These items will be shared collectively in the classroom - Do not label

Please bring what is listed, no extras needed at this time as storage limited.

- 1 glue bottle
- 2 glue sticks
- 1 dry erase markers (any color)
- 2 sets of Prang or Crayola brand watercolor paints
- 1 box of Crayola crayons
- 1 box of Crayola washable markers (8 count)
- 1 box Dixie Cups (5 oz. size)
- 2 roll of paper towels
- 1 package of white cardstock paper (8" X 11")
- 1 Kleenex box
- 1 package of napkins
- 1 container of disinfectant wipes
- 1 container of shaving cream

Are Your Children On The Morris Area School's Birth To Five Census?

You matter to us! The school census is a list of students from birth to school age. It is used to inform parents about opportunities that their child needs to be ready to enter school when they turn five years of age.

Notifications for events and programs such as early childhood screening, pre-kindergarten opportunities, special events, family nights, kindergarten registration, etc. will be mailed to families based on the census data.

When And How To Contact The School:

*You've had a new baby

*Recently moved into the Morris Area School District

*Recently changed your address

*Just want to check

Contact Diane Strobel by calling 320-585-2237 or email her at dstrobel@morris.k12.mn.us with updates to assure you receive the necessary information on Early Childhood Screening and other Pre-Kindergarten programs!

Child Care Provider Day in OLE MAECFE Outdoor Learning Environment Open to all Providers in Stevens County

Monday, April 25

9:00 - 10:30 a.m.

No cost to attend

This class provides a time for children to play in OLE. No prepared lessons or learning objectives will take place; only the natural learning that comes through play and discoveries. Meet in the foyer at the Morris Area Elementary School that morning and sign in at the Community Education office. Call or email Diane Strobel to register, 320-585-2237 or dstrobel@morris.k12.mn.us

In case of bad weather, the event may be cancelled.

Listen to KMRS/KKOK radio station or check the MACE Facebook page.

Child Care Provider Child Classes

Monday, May 16

9:00 - 10:30 a.m.

MAES - ECFE Pod A

Space is limited, so register early. Call or email Diane Strobel to register, 320-585-2237 or dstrobel@morris.k12.mn.us. Class is free, but you must provide transportation to and from class. A 1 hour Training Certificate will be given to providers attending. Sponsored by the Stevens County Early Childhood Initiative (ECI).

Field Trip to Destination Playground

Ride with ECFE to one of the nation's largest playgrounds. Destination Playground is a one-of-a-kind, 19,000 square foot, community built playground located at Robbins Island Regional Park in Willmar. A school bus will take us to our destination. The bus will leave at 9:00 from the front of the Elementary School. We should arrive at the park at about 10 a.m. We will explore and play on the playground equipment. Bring a picnic lunch for your family. Bus will load at 12:30 p.m. and return to the school by 1:30 p.m.

1 Class - \$5 per family

Friday, May 6

9:00 a.m.—1:30 p.m.

Destination Playground - Highway 71 N, Willmar
COURSE NO. 6413

Morris Area Pre-Kindergarten Spring Program

Family and friends are invited to a short program of songs put on by the Morris Area Pre-K classes on
Thursday, May 5th at 6:30 p.m.
in the Morris Area Elementary
Concert Hall.

Stevens County Early Childhood Initiative Story Walk & RUSC Kinship Garden Gala:

**Tuesday, July 19 at the West Central Experiment
Station Children's Garden—5:00pm to 7:30pm**

Stevens County residents are invited to attend the Stevens County ECI Story Walk in conjunction with the RUSC Kinship's Garden Gala on Tuesday, July 19th from 5 to 7:30pm at the West Central Experiment Station Children's Garden.

West Central Initiative has created a children's book that highlights White Earth and the nine counties in their region called "*Let's Go! Ten Adventures through West Central Minnesota*". The Story Walk will bring the

pages of the book to life. Families with children birth to age 5 will receive a copy of the book to take home. In case of inclement weather this event will be held at the AgCountry Auditorium and look for more details to come.



This family event is brought to you by RUSC Kinship and the many agencies and organizations who are part of the Stevens County Early Childhood Initiative. This evening promises to be a fun-filled, exciting, educational day for all young and old alike. Mark your calendars and bring the entire family to attend the RUSC Kinship Garden Gala and the ECI Story Walk. For more information, contact Diane Strobel at 320-585-2237 or email her at dstrobel@morris.k12.mn.us.

Upcoming Early Childhood Screening Events:

Free Developmental Screening, Ages 3 1/2 to 5 years of age.

Early Childhood Screening is a simple, easy method of finding out how a child between the ages of 3 and 5 is growing and developing. A screening is required for Pre-Kindergarten programs to be completed 90 days following enrollment into the program and by law before entering kindergarten in a Minnesota public school. A typical child's screening takes between 45 minutes to 1 hour to complete.

Spring Screening date for Morris Area Schools:

Monday, May 23 —Appointments are scheduled every 15 minutes from 8:30 a.m. to 2:15 p.m.

For more information or to schedule an appointment:

Call Diane Strobel: 320-585-2237

Email: dstrobel@morris.k12.mn.us.

Morris Area Community Education and Recreation

A jointly sponsored program of School District 2769 and the City of Morris

Pre-registration is a must for all classes and trips offered by Morris Area Community Education. Register early, as we reserve the right to cancel any courses without minimum enrollments one week prior to the class start date. We consider you registered when your registration form and fee have been received by our office. You will not receive a call confirming your registration. We will only call if a class is cancelled.

REFUND POLICY

A full refund will be made if enrollment is not sufficient to run the class. If a class does not meet your expectations, you may request a refund up to two days after the first class meeting. NO REFUNDS will be made after that time.

SCHOLARSHIP OPPORTUNITIES

It is our policy that no one shall be denied the opportunity to participate in a Community Education class because of inability to pay. Contact the Community Education Director to inquire about scholarships. No more than one waiver or class scholarship shall be granted per person per session. **Thank you to the Stevens County Family Services Collaborative and the Morris Area Public Schools Foundation for making these scholarships possible.**

FACILITY USE

We encourage groups and organizations to utilize school district facilities. Usage of rooms, gyms, auditoriums, etc. in the school buildings is reserved through Community Education. A completed building use permit is required. Nominal rental fees are charged depending on your group. Service fees such as custodial and food services may also be charged depending on your specific permit requests. Contact the Morris Area Community Education office in the Elementary School, 320-589-4394.



ONLINE

Have your credit card ready.

www.morris.k12.mn.us

- ⇒ Community Education
- ⇒ Online Registration



IN PERSON

Located inside the MAES Building
Morris Area
Community Education
153 South Columbia Avenue
Morris, MN 56267

REGISTRATION MADE EASY



BY MAIL

Morris Area
Community Education
153 South Columbia Avenue
Morris, MN 56267



BY PHONE

Have your credit card
ready.
320-589-4394

Morris Area Community Education Registration Form

Please return completed form to Morris Area Community Education | 153 South Columbia Avenue | Morris, MN 56267

Parent/Guardian Name _____

Address _____ City _____ State _____ Zip _____

Email (will be used for important class updates) _____

Primary Cell (Name) _____ Secondary Cell (Name) _____

Participant's Current School _____

OFFICE USE: Entered _____ Date _____

Participant Name(s)	Male/ Female	Grade 21-22	Birthdate	COURSE NO.	CLASS TITLE	FEE	T-Shirt Size
				1.			YS - YM - YL AS - AM - AL
				2.			YS - YM - YL AS - AM - AL
				3.			YS - YM - YL AS - AM - AL
				4.			YS - YM - YL AS - AM - AL
TOTAL							

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I hereby waive and release Morris Area Community Education, the City of Morris, and Morris Area School and their employees from any and all liability for any damages or injuries while participating in any activities. I agree to allow Morris Area Community Education to use any photos of me and/or my children for publicity purposes.

Signature _____ Date _____

55+ Refresher Course: In-person

Instructor: Mary Holmberg

Improve your driving skills, and if you're 55 or older, get a discount on your personal auto insurance. This Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques, and has a proven record of reducing traffic violations and incidents. The class consists of lecture, films, and discussions. There is no behind-the-wheel driving and there are no tests. According to Minnesota state law, people age 55 and older who complete a state-approved defensive driving course are eligible to receive a 10 percent, three-year discount on auto insurance. If you have successfully completed a state-approved eight-hour defensive driving course you are eligible to take this 4-hour defensive driving course to renew your insurance certificate. After you complete this 4-hour course, you will receive a certificate of completion to give to your insurance company.

To ensure the proper documentation is filed with the State of Minnesota, participants must register PRIOR to May 23.

1 Sessions - \$25 – **Must register prior to May 23**

Tuesday, June 14

8:00am- 12:00pm

Morris Area High School Room 114

Course No. 3014



educational needs, preparation for the GED tests, and for those wanting to learn English. Anyone 17 or over and is not currently enrolled in the K-12 system is eligible for classes. Classes are free; receive help to improve reading, writing, math, and everyday skills; learn to complete applications and forms; prepare for vocational school or college; prepare for the written driver's license test. Work at your own pace in a small group setting.

Wednesdays, 5:00—7:30 p.m. MAES, Parent Education Room—Pod A
Call 320-762-3312 to register or for more information.

Pickleball in the Park

Mary Asche and Mark Torgerson

Ages: 18+

Put on your tennis shoes and join America's fastest growing sport. Learn to play this fun and amazing sport from Morris Area High School teachers Mary Asche and Mark Torgerson. Participants will learn the fundamentals of pickleball play, scoring, and strategy with other players. Equipment is provided or bring your own. Register for one session, two sessions or all three!

Session 1 - \$9 (\$5 before 6/3)

Thursday, June 9

8:30-9:30 a.m.

Wells Park Pickleball Courts

COURSE NO. 2706A

Session 2- (\$5 before 7/6)

Tuesday, July 12

8:30-9:30 a.m.

Wells Park Pickleball Courts

COURSE NO. 2706B

Session 3 - (\$5 before 7/31)

Thursday, August 4

8:30-9:30 a.m.

Wells Park Pickleball Courts

COURSE NO. 2706C

Adult Basic Education

Salvador Monteagudo and Becky Gilbertson



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Flag Football

Head Coach Kevin Pope & Tiger Football Team
Grades 2 - 6

Down, set, hike! Join the Varsity Tigers to focus on the football fundamentals of throwing and catching the perfect pass, offense possession, and team defense.

4 Sessions - Tuesdays and Thursdays
April 26, 28, May 3, 5
3:20 - 4:30 p.m. North Side of MAES

Have a Jersey

\$24 (\$19 if registered before April 19)
COURSE NO. 1645

Need a Jersey

\$40 (\$35 if registered before April 19)
COURSE NO. 1645A



Fall Youth Tackle Football

Boys Grades 5 - 6 (Fall 2022)

Are you interested in playing tackle football this fall? The current plan is to practice from 5:00 - 7:00 p.m. on Mondays and Thursdays with various days for games, including some on Saturdays. Athletes can wear tennis shoes or molded football cleats. Metal and removable spikes are not allowed. Morris Area Community Education will provide a helmet, mouth guard, practice jersey, pants and pads, shoulder pads, and game jersey. You can register by picking up a form at the MACE office or on our website. If you have any questions, please contact Matt Johnson, Coordinator at 320-589-6432, email johnson1@morris.umn.edu, or call MACE at 320-589-4394.

Equipment Pick Up

Monday, August 15, 5:00 - 6:30 p.m.
South of the High School at the Equipment Shed

First 2 Practices

Tuesday, August 16 and Thursday, August 18
5:00 - 7:00 p.m.
East (behind Elementary) Practice Fields

\$95 if registered before August 15
\$115 if registered on August 15 and later
COURSE NO. 1640

Tae Kwon Do

Steve Just & Allen Monroe
Age 6 through Adults

Tae Kwon Do is the ancient art of hand and foot fighting in Korea. Through these classes, students will learn the basic stances, kicks, and blocks of Tae Kwon Do, as well as improve their flexibility, balance, and coordination. Students can advance according to their own skill levels; new students may start at any time. There is also a 50% discount for the third family member enrolled. Parents are strongly encouraged to take classes with their children. For more information, call Allen Monroe at 589-4137 or Steve Just at 287-1519.

12 Weeks - \$85 (\$105 with T-shirt)

Mondays, June 6 - August 29

No class July 4

7:00 - 8:00pm

MAES Gymnasium - North Court

COURSE NO. 1410

Optional T-shirt included - \$105

COURSE NO. 1410A

Tiger Track and Field

Grades K-6 Completed

Let's move those feet! You will become a better and faster runner while learning about warm up techniques, field event mechanics, and other fun running activities. Emphasis will be on participation, involvement, and development of physical fitness. The end of the program will conclude with a mini meet where grades 3-6 Tiger runners can run, jump, and throw at a friendly competition! Fee includes a Tiger Track and Field t-shirt!

11 Sessions - \$50 (\$45 if registered before May 28)

Monday, Tuesday, Thursday

June 6, 7, 9, 13, 14, 16, 20, 21, 23, 27, 28

Morris Area High School Track

Grades K-2

9:30 - 10:30 a.m.

COURSE NO. 1604

Grades 3-6

8:30 - 9:30 a.m.

COURSE NO. 1604A



Grades 3-6 Track Showcase

Grades K-2 Track Showcase

Tuesday, June 28

Morris Area High School/UMM Track |

Grades K-2 9:30 a.m.

Grades 3-6 8:30 a.m.

Elementary Tennis

Head Coach Britney House & The Tiger Tennis Team
Grades 1 - 6 Completed

Lessons include the basic fundamentals: game rules, etiquette, ground strokes, volleys, and serves. There will be time each day for game play and a small tourney will conclude the weeks. Participants should bring their own racquet, water bottle, and appropriate clothing for movement. All sessions will be held at the Morris Area High School tennis courts.

June Session

8 Sessions - \$45 (\$39 if registered before May 23)
June 13, 14, 15, 16, 20, 21, 22, 23

Grades 1 - 3 | 8:30 - 9:15 a.m.
COURSE NO. 1435

Grades 4 - 6 | 9:30 - 10:30 a.m.
COURSE NO. 1436

July Session

8 Sessions - \$45 (\$39 if registered before July 1)
July 11, 12, 13, 14, 18, 19, 20, 21

Grades 1 - 3 | 8:30 - 9:15 a.m.
COURSE NO. 1435A

Grades 4 - 6 | 9:30 - 10:30 a.m.
COURSE NO. 1436A

High School Tennis

Head Coach Britney House
Girls Entering Grades 7 - 12

The focus of these 8 sessions will be on game play and technique for upcoming and current tennis players. Please bring your own racquet and water bottle.

8 Sessions - \$45 (\$39 if registered before May 23)
Thursdays - June 9, 16, 23, 30, July 14, 21, 28, August 4
7:00 - 8:30 p.m.
Morris Area High School Tennis Courts
COURSE NO. 1691

MACA Boys Basketball Camp

Coaches: Mark Torgerson, Joey Fragodt, Jacob Torgerson
Grades 3-8 Completed

This four day camp is for MACA boys looking to move and improve their basketball skills. This camp has been a staple in refining some of the best athletes the MACA Tigers has ever seen. We will help you get better in all things basketball with some in house competitions while having fun playing the game we love!

4 sessions- \$59 (\$65 if registered before May 23)
Monday June 13, 14, 15, 16

Tiger Center

Session 1 : Gr 3 & 4 completed 8:00 a.m.-10:30 a.m.
COURSE NO. 1662

Session 2: Gr 5 & 6 completed 10:30 a.m.-1:00 p.m.
COURSE NO. 1663

Session 3: Gr 7 & 8 completed 1:00 p.m.- 3:30 p.m.
COURSE NO. 1664

Lightning Tennis Camp

Jon Koenigs, Tennis Professional
ENTERING grades 9 - 12

Jon Koenigs is coming back to Morris! Jon Lightning Koenigs has been directing Lightning Tennis Camps all across greater MN for the past 20 years. Jon is currently the Head Tennis Professional at PublicIndoorTennis.com in the Twin Cities metro area. Jon is a native of Benson and a graduate of Gustavus Adolphus College. Upon graduation Jon taught with international tennis management company, Peter Burwash International (PBI) where he taught tennis all around the world. Jon also teaches in the winter months in Indian Wells, CA and Maui, HI. Campers should bring water, sunscreen, a hat, towel, tennis racket, and sunglasses. They should wear tennis shoes and shorts/pants that can hold a tennis ball.

3 Sessions- \$145

Wednesday, Thursday, Friday - June 1, 2, 3
9:00 a.m. - 12:00 p.m. and 1:00-3:00 p.m.
Morris Area High School Tennis Courts
COURSE NO. 1639

MACA Girls Basketball Camp

Coaches: Dale Henrich and Jim Greenwaldt
Grades 3-11 Completed

Are you a MACA girl interested in working on your game? Step up your performance on the court by signing up for our 5 day camp! With over a combined 50 plus years of experience, our coaches will help teach you the importance of fundamentals, teamwork, and most of all to have FUN! Pre-register today to guarantee your place at a great basketball experience!

5 sessions - \$59 (\$55 if registered before May 23)
Monday June 13, 14, 15, 16, 17
Tiger Center 9th Grade Court

Session 1 Gr. 3-5 completed: 8:00-9:30 a.m.
COURSE NO. 1665

Session 2 Gr. 6-8 completed : 9:30-11:00 a.m.
COURSE NO. 1666

Session 3 Gr 9-11 completed: 11:00-1:00 p.m.
COURSE NO. 1667



Athlete Bootcamp

ELC Fitness Coach/Owner: Cate Schultz & CrossFit ELC
Head Coach: Steph Schmidgall
Any student entering grades 7-9

Athlete Bootcamp will introduce athletes to correct movement and instructors will begin to teach proper lift techniques. Instructors will use CrossFit Techniques to improve conditioning, mobility, and strength to help athletes excel in all sports. This class will support young athletes in being physically active, teaching safe movements, and encouraging them to try new things. Instructors also hope to plant a seed by inspiring lifelong fitness. Join Athlete Bootcamp today!

Mondays, Tuesdays, & Thursdays
Morris Area High School Fitness Center

Session 1: June 6 – 30	Session 2: July 11 - August 4
8:30 – 9:30 a.m.	8:30 – 9:30 a.m.
Cost Per Session:\$65	Cost Per Session: \$65
(\$59 if before 5/23)	(\$59 if before 7/1)
COURSE NO. 1720A	COURSE NO. 1720B

Tiger Strength and Speed Training

Head Football Coach Kevin Pope
Any BOY that is entering Grades 9-12

This class is all about giving boys the confidence to maximize their potential in and out of the weight room. Whether training for their sport, staying in shape during their off-season, or just wanting to feel more comfortable exercising, there is room for all goals and fitness levels in this class! We will break down the basics of weight lifting while focusing on building strength, and improving speed, agility and conditioning.

Cost : \$75 (\$69 if before 5/23)
Mondays, Tuesdays, Thursdays, & Fridays
June 7-July 30 (No classes July 5-July 8)
Meet in Morris Area High School Fitness Center

Section 1	Section 2
6:00 – 7:30 a.m.	7:00 – 8:30 a.m.
COURSE NO. 1721A	COURSE NO. 1721B



Tuesday, June 21

Thanks to the local area Masons and Shriners, Morris Area Community Education will be taking a bus trip to see the Shrine Circus in Fergus Falls at the Ottertail County Arena! The bus will depart from the Morris Area Elementary School at 12:30 p.m. for a 2:00 p.m. show time. The show will last approximately 2 hours, and we will return around 5:00 p.m. Children 13 and under must be accompanied by an adult chaperone. You must pre-register in advance.

\$5/person—COURSE NO. 4101

TiGer StrenGth

ELC Fitness Coach/Owner: Cate Schultz & CrossFit ELC
Head Coach: Steph Schmidgall
Any GIRL that is entering grades 10-12

This class is all about giving girls the confidence to maximize their potential in and out of the weight room. Whether training for their sport, staying in shape during their off-season, or just wanting to feel more comfortable exercising, there is room for all goals and fitness levels in this class! We will break down the basics of weight lifting while focusing on building strength, and improving speed, agility and conditioning.

Mondays, Tuesdays & Thursdays
Morris Area High School Fitness Center

Session 1: June 6 – 30	Session 2: July 12 - August 5
10:00 – 11:30 a.m.	10:00 – 11:30 a.m.
Cost Per Session:\$65	Cost Per Session:\$65
(\$59 if before 5/23)	(\$59 if before 7/1)
COURSE NO. 1722A	COURSE NO. 1722B

Junior Golf Lessons

Joey Fragodt
Grades 3-4 & 5-6 Completed

This instructional program at the Pomme De Terre Golf Club will provide the junior golfer with the proper fundamentals for the game of golf. Topics covered will be proper etiquette, grip, stance and set-up, putting, chipping, pitching, and full swing. Bring your own clubs, or there are junior clubs for purchase in the pro-shop.

8 Sessions - \$40
3 day Camp June 6, 7, 8
Followed by Mondays June 13, 27, July 11, 18, 25
Pomme De Terre Golf Club

Grades 3 - 4	Grades 5 - 6
9:00 - 10:30 a.m.	10:30 a.m. - 12:00 p.m.
COURSE NO. 1637 A	COURSE NO. 1637B

Junior Golf League

Joey Fragodt
Grades 3-4 & 5-6 Completed

This Junior Golf League is designed to get the golfer out on the course. It is recommended that players attend the lesson portion if they want to play in this league. League dates will include skill work, friendly competition, mini games, and different golf challenges! Players will work with players of similar ability. Parents are invited to volunteer to be a "walker" with the golfers. This Junior Golf League will be held at the Pomme De Terre Golf Club.

9 Sessions - \$40 (\$30 if signed up for Junior Golf Lessons)
June 20, 21, 28, July 12, 19, 26
Pomme De Terre Golf Club

Grades 3 - 4	Grades 5 - 6
9:00 - 10:30 a.m.	10:30 a.m. - 12:00 p.m.
COURSE NO. 1636A	COURSE NO. 1636B

Tykes T-ball

Parent Child Program

Ages 4 and 5 (Kindergarten Eligible Fall 2022)

T-ball with your preschooler is a great opportunity to introduce your son or daughter to the sport of softball/baseball. This is a parent child program where parents will be directly involved in doing all of the fun drills with their child(ren). The program teaches kids the basic skills needed to play softball/baseball while they work one on one and spend quality time with their adult teammate.

8 Sessions - \$34 (\$29 if registered before May 23)
Monday & Tuesday - June 6, 7, 13, 14, 20, 21, 27, 28,
6:00 - 7:00 p.m.
Green River Park
COURSE NO. 1608

Tiger Baseball Camp

Coach Kirby Sayles

Grades 3 - 6 completed

Are you ready for some baseball? This is a great opportunity to learn from the best! Campers will learn the proper throwing and catching mechanics. We will also learn how to hit the ball hard and consistently and continually sculpt our game just in time for playoff summer baseball season! Pre register today to get on base with us at the Tiger Baseball Camp

3 Sessions - \$51 (\$45 if registered before June 22)
Tuesday- Thursday, July 5, 6, 7
8:30 a.m. - 12:00 p.m.
Chizek Field
COURSE NO. 1631



Elementary Softball League Information

The summer softball season is fast approaching! Players are responsible for providing their own glove and pants. While MACE does provide some batting helmets, having your own NOCSAE approved helmet with a NOCSAE stamped mask is encouraged.

- Wednesday April 13: Draft and Head Coaches' Meeting
- Wednesday May 18: Tentative Season Start Date

Games will be played at the MCSC on Wednesday and Thursday evenings. The regular season will tentatively conclude on June 23. The post season tournament will wrap up on Thursday July 14 (weather permitting).

Tiger Elementary Volleyball Camp

Tiger Volleyball Coaches

Entering Grades 1-6

This is a perfect opportunity to learn and have fun with two fantastic volleyball coaches. If you are interested in playing volleyball, learning new skills, learning to be a great teammate and enjoy playing volleyball, register today.

4 Sessions- \$29
Monday - Thursday,
June 27, 28, 29 & 30
MAES Tiger Center

Entering Grades 1-3
9:00 - 10:30 a.m.
COURSE NO. 1620A

Entering Grades 4-6
10:30 a.m. - 12:00 p.m.
COURSE NO. 1620B



Little Little League

Tim Grove

Grades K - 2 Completed

Morris Area Community Education, UMM Coach Tim Grove and local staff members are excited about and are committed to making this league the best beginner program in West Central Minnesota. This co-ed league will focus on developing the skills necessary to be a successful softball or baseball player while keeping the fun in "fundamentals". The emphasis will be on skill building and learning the proper techniques for playing softball and baseball. The players will be divided into smaller groups to increase fielding and batting opportunities. All players will be given opportunities to bat and field multiple times throughout each session. Team play concepts will also be covered. The coaches will do most of the pitching to keep the mini games and drills moving.

In this League, we use Softie Training balls and tennis balls. Therefore, batting helmets are not required. However, athletes can bring and use their personal batting helmet. Having the child's name clearly written on all items is also helpful. Please bring your glove, appropriate footwear, and a water bottle to practice each day. The registration fee includes a league t-shirt. Information about Picture Day will be given at the first practice. Registration deadline to ensure a league t-shirt: May 23. Get ready to have a fantastic softball/baseball experience! Guaranteed 10 Sessions! If we lose days due to poor weather; Tuesday, June 28th will be added.

10 Sessions - \$45 (\$40 if registered before May 23)
Mondays, Tuesdays, and Thursdays
June 6, 7, 9, 13, 14, 16, 20, 21, 23, 27
12:30 - 1:45 p.m.
Morris Community Softball Complex
COURSE NO. 1610

Summer Sizzle

Grades K-6 Completed

Explore a summer of hands-on interactive fun with recreation and enrichment topics that feature active participation and imagination. Summer Sizzle combines approximately three hours of academic enrichment each day, introducing the fascinating worlds of reading and literacy, technology, math, and science in a format that focuses on fun. The rest of the day is spent playing sports or games, swimming, creative enrichment, and exploring the many facets of the Morris community, resulting in a great, well-rounded experience. Afternoons at Summer Sizzle will include approximately two hours of swimming and play **3 days each week** at the Regional Fitness Center. **One day each week** will be spent on a Summer Sizzle field trip or participating in a special event! These days and events will be communicated with families ahead of time.

Procare: Childcare App Requirement for families

Summer Sizzle will use the [Procare app](#) for attendance and to stay connected with parents. If you are not currently enrolled or signed up for the Procare engagement app, you will receive an email with directions for registering just prior to the start of the program. Once signed up, you'll be able to receive photos, videos, messages, and updates about your child's daily activities directly to your phone. Anytime your child is dropped off or picked up, you'll know. Parents will use the app to sign their children in, and out of the program daily.

Summer Schedule

We are in session Monday through Thursday from 8:00 a.m.-5:00 p.m., June 6-August 18. Fridays we are closed. No Summer Sizzle during the week of July 4-8.

Summer Sizzle Fees

Daily fees will depend on the time attended.

- Full Day- More than 4 hours of care \$32/daily
 - Half -Day Up to 4 hours of care \$20/daily
- There is a one time **non-refundable** registration fee
- April 1-May 1: \$35 per child rate; \$65 family rate
 - After May 1: \$50 per child rate; \$95 family rate

Need based financial assistance is available.



22nd Annual Camp Alpha

June 19-22

Kevin Pope, Camp Director
Grades 4-8 Completed



Do you enjoy hands-on activities? Would you like to build rockets that can travel over 200 miles per hour? How about designing a landing craft with a mass of only 45 grams - about the weight of a cell phone - capable of protecting an egg dropped from over 40 feet? Students at camp will be involved with many different aspects of astronomy, aerospace, science, and math. They will tackle problems faced by real NASA scientists and learn the latest information on current space missions. Our goals are to provide meaningful, hands-on experiences in the space sciences and to foster the natural curiosity and interest that children have in space exploration.

Camp Alpha features: Air Powered Rockets, Principles of Flight, Hands-on Activities, Field Trips

Novice Division: Campers will receive two model rockets with a complete launching kit. Guided instruction during the building of each rocket will be provided.

Challenger Division: Campers will work more independently and will be supplied with various model rocket kits. Campers will be encouraged to make modifications, design changes, and are expected to have a strong work ethic. You will NOT receive a launch system.

Novice Division Day Only Option : COURSE NO. 1494	Challenger Division Day Only Option: COURSE NO. 1495
Cost for all options: Non-refundable \$25 See in gold & red below for further funding information	
Novice Division Overnight Option: COURSE NO. 1494A	Challenger Division Overnight Option: COURSE NO. 1495A

Camp Alpha & Morris Maker Camp Funding Information

The Minnesota Department of Education (MDE) made funding available to Minnesota school districts to encourage low-income and other underserved students to participate in Science, Technology, Engineering and Math (STEM) programs. The Morris Area School District applied for and will be receiving MDE funding in Summer 2022 to support both Camp Alpha and Morris Maker Camp. With this MDE funding, Camp Alpha and Morris Maker Camp will have a registration fee of just \$25.

To increase access to multiple individuals, students must **choose either Camp Alpha or Morris Maker Camp** prior to May 16. On May 16, if spots are available, students can choose to participate in both STEM programs. A limited number of spots are available, please register early to participate in these amazing STEM programs.

Morris Maker Camp

July 18-20 or July 25-27

Kirby Sayles, Camp Director
Grades 2-8 Completed



Campers will learn the basics of coding using Scratch, Code.org, Swift Playgrounds, Osmo, and Tynker. They will learn 3D design using Tinkercad and will send their designs to a 3D printer and see how the 3D printing process works. Each camper will leave on the last day with their own 3D printed piece! Campers will compete in coding challenges using Sphero, Dash & Dot, Ozobot and take their skills to the sky by coding Drones (all supervised by a licensed drone pilot). Campers will explore the use of green screens and stop motion as well as learn how to create amazing videos using a green screen and advanced editing software. Campers will also learn how to create animated videos using stop motion.

Morris Maker features: Coding, Robotics, 3D Design, 3D Printing, Drones, VR, Green Screen

Section 1 - May only choose either section 1 or 2
3 Sessions - \$25 - See in gold & red above
Monday, Tuesday, Wednesday - July 18, 19, 20
8:30 a.m. - 12:30 p.m.
Morris Area Elementary School Computer Lab
COURSE NO. 1220A

Section 2 May only choose either section 1 or 2
3 Sessions - \$25 - See in gold & red above
Monday, Tuesday, Wednesday - July 25, 26, 27
8:30 a.m. - 12:30 p.m.
Morris Area Elementary School Computer Lab
COURSE NO. 1220B

West Central Research and Outreach Center (WCROC) Opportunities

Horticulture Night

Thursday, July 28, 4:00 - 8:00 p.m. in the Horticulture Display Garden at the U of MN West Central Research and Outreach Center, Morris. Gardening demonstrations on bud grafting, soil health, extending the garden season and much more. Keynote speaker Dr. Mark Seeley, farm tours, and live music. Admission is free. More info at <https://wcroc.cfans.umn.edu/events/hort-night>

Hands-on Hort

Saturday, September 10, 1:00 - 4:00 p.m. in the Horticulture Display Garden at the U of MN West Central Research and Outreach Center, Morris. Gardening sessions on dividing perennials, plants for pollinators and more! Admission is free, pre-registration required by calling the WCROC at 320-589-1711.

PRCA Art Camp

Where Imagination Takes Art to Creation
Grades 1- 7 Completed

Explore various art mediums including painting, drawing, visual, and performing arts. Register by June 20 for a \$25 discount. Bread 'n Bowls sponsored scholarships are also available thanks to the Office of Community Engagement's involvement. Look for a brochure coming home in May with more information.

5 Sessions- \$175 (\$150 before June 20)
Monday-Friday, July 11-15
9:15 a.m. - 3:15 p.m.
MAHS FACS/Art Room
COURSE NO. 1470

Summer Band Lessons

Wanda Dagen
Grades 5 - 12

Ms. Dagen is offering instrumental band lessons to any students, grades 5-12, who were in band during the school year. Please register with the MACE office to get your name on the list. Ms. Dagen will contact students to set up dates and times for lessons to be scheduled.

Four pack of half-hour lessons
\$59(\$55 if registered before May 23)
COURSE NO. 1450

Slime Time

Summer Dobratz
Entering Grades K - 3

What time is it? Slime time! Learn about the ingredients needed to make a good 'ol batch of slime. With the instructor's help, students will whip up several different slime recipes to enjoy including fluffy slime, scented slime, and more!

1 Session - \$9 (\$5 if registered before May 23)
Tuesday, June 14
11:00 - 11:45 a.m.
MAES ECFE Classroom A102
COURSE NO. 1408

School of Fish

Instructor and Pro-Angler Mike Frisch
Grades 3 +

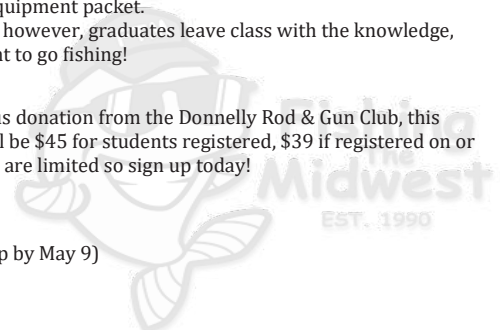
School of Fish is a 2 1/2-hour kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and fishing TV show host Mike Frisch. Students learn about lakes, finding fish in those lakes, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. For that, kids get:

- *Rod & Reel
- *Hannay's Marine/School of Fish T-shirt
- *Tackle box and tackle
- *School of Fish full color workbook
- *One adult is invited to attend with a child at no additional charge, provided they share one equipment packet.
- **Most importantly, however, graduates leave class with the knowledge, skills, and equipment to go fishing!

Thanks to a generous donation from the Donnelly Rod & Gun Club, this \$59+ value class will be \$45 for students registered, \$39 if registered on or before May 9. Spots are limited so sign up today!

1 session
Tuesday May 17
\$45 (\$39 if signed up by May 9)
3:45-6:15 p.m.
COURSE NO. 1455

 <p>UNIVERSITY OF MINNESOTA EXTENSION Driven to DiscoverSM For more information on happenings or to register, please contact Savannah at aaner032@umn.edu</p>	<h4>4-H Summer Adventures</h4> <p>Looking for fun activities for the summer? Sign up for our 4-H Summer adventures! 4-H Adventures are open to all youth. To register for 4-H Summer Adventures, go to http://z.umn.edu/4-HAdventures or contact Stevens County Extension at 320-208-6575 two weeks prior to the event.</p>
<h4>Summer Shooting Sports Series</h4> <p>July 13, 20, 27, August 3, 10, & 17 6-8 p.m. 9F Sportsman Club Try 1 or more disciplines, all on the same night! Archery: Grades 3+ Completed (\$20) Air Rifle: Grades 4+ Completed (\$25) .22 Rifle: Grades 7+ Completed (\$25) Trap Shooting: Grades 7+ Completed (\$40) Fees include all supplies; max fee of \$75 For Shooting Sports Series Only: Sign up at z.umn.edu/summershootingsports by June 15.</p>	<h4>Change your Lens, Change your Story</h4> <p>June 7 Grades 3-5 (9-12 p.m.) Grades 6-8 (1-4 p.m.) Cost: \$5 Dairy Barn at the Stevens County Fairgrounds Join us as we explore photography, learn about perspective, and capture moments! Photography equipment will be available, but, if you have your own camera, you are encouraged to bring it! Look forward to taking home a flash drive with your uploaded pictures and enjoying a snack! Sign up by May 24!</p>
<h4>Yes, I can CAN; Homesteading 101</h4> <p>June 14 Grades 3-5 (9-12 p.m.) Grades 6-8 (1-4 p.m.) Cost: \$10 Dairy Barn at the Stevens County Fairgrounds Youth will learn about canning, can a seasonal product, and enjoy a tasty snack! Sign up by May 31!</p>	<h4>Looking Sharp: Picking, Propagating, and Planting Succulents</h4> <p>June 28 Grades 3-5 (9-12 p.m.) Grades 6-8 (1-4 p.m.) Cost: \$10 WCROC Horticulture Garden Youth will be exposed to the succulent world around them, take home a succulent, and enjoy a healthy snack! Sign up by June 14!</p>



Información sobre Educación Comunitaria

Queremos darles la bienvenida a todos los programas que ofrece la Oficina de Educación Comunitaria de Morris Área. La educación comunitaria, también conocida como la educación basada en la comunidad, se refiere a los programas que ofrece una ciudad o región para promover el aprendizaje y recreación para personas de todas las edades después del día escolar. Cualquier persona se puede inscribir en un programa de educación comunitaria, sin importar su profesión o edad (a menos que sean diseñados para los niños o los de la tercera edad). Generalmente los programas o cursos son cortos.

La educación comunitaria se enfoca en proporcionar actividades recreativas y educacionales para la comunidad en las siguientes áreas:

- Educación de la primera infancia ECFE (0-5 años)/Pre Kinder
- Programas de enriquecimiento después de la escuela y durante el Verano
- Deportes y recreación después de la escuela y durante el Verano
- Educación y actividades recreativas para adultos

La Oficina de Educación Comunitaria está ubicada en la Escuela Primaria de Morris Área, entrando a mano izquierda enfrente de la oficina principal de la primaria. Usted puede registrarse para los cursos y Pre Kinder en la oficina, por correo o en línea en <https://morris.k12.mn.us/community-education/>, bajo la pestaña "Register."

ECFE es un programa para todas las familias con niños desde el nacimiento hasta el kínder (0 a 5 años) y los padres asisten con ellos a las clases. Las clases de Pre Kinder, o preescolar, son solamente para los niños de 3, 4 o 5 años y los padres no asisten con sus hijos. Es una excelente oportunidad para que los niños aprendan a estar en la escuela sin sus padres.

Educación comunitaria ofrece otros programas durante el ciclo escolar como:

El programa de cuidado de niños en edad escolar después de la escuela "La Zona" (3:15 am-5:00 pm) y durante el verano "Summer Sizzle" (8:00am-5:00pm).

Otras opciones son los pequeños cursos de diferentes actividades deportivas y culturales ej. clases de cocina, legos, francés, gimnasia, football, softball, soccer, la liga de voleibol y basketball para adultos, etc.

Clases gratis de inglés para adultos, los miércoles de 5:00-7:00 pm en el área A de la Escuela Primaria de Morris Área.

Si tiene alguna pregunta acerca de los programas que ofrece la Oficina de Educación Comunitaria de Morris Área póngase en contacto con Citlalli Ibañez al 320-585-2230 o cibanez@morris.k12.mn.us. Si tiene alguna pregunta acerca de la Escuela Primaria o Secundaria, por favor póngase en contacto con Autumn Macias al 320-585-2234 o amacias@morris.k12.mn.us.

Morris Transit

TO SCHEDULE A RIDE PLEASE

CALL 320-589-1000

Service Hours

Monday- Friday
6am-10pm

Saturday
12pm-4pm

Sunday
8am-12:30pm

Rates

Weekday with two hour notice: \$1.25
Weekday without notice: \$2.50
Weekdays after 6pm, weekends & evenings: \$2.50
Group rates starting at: \$10.00
Transit passes available for: \$25.00

TO LEARN MORE ABOUT THE TRANSIT'S POLICIES AND RATES, VISIT:


<http://ci.morris.mn.us/transit.php>


[Check us out on Facebook](#)


transit@ci.morris.mn.us


 610 Oregon Avenue, Morris, MN



Elementary School

A Message from Principal Ose

Has Spring Sprung?? As I write this, the calendar says spring, but the thermometer still says winter. But I know that warmer days are right around the corner, and with it Morris Area Elementary School will be looking to wrap up this 2021-2022 school year and begin preparing for 2022-2023. It is a fun and exciting time for staff and students.

The past year has presented many challenges, but the staff and students have come together and come through the year strong. For all the struggles that COVID has presented we seem to be coming out of the woods now and returning to a more “normal” state of affairs. We look forward to opening our school up a bit more to volunteers and visitors.

Morris Area Elementary continues to enjoy solid enrollment numbers that allow us to staff for class sizes of about 20 students or less per class across the kindergarten to sixth grade spectrum. Next year we will staff for four sections of each grade level but utilize one of the first grade teachers as a roving substitute, thus allowing our interventionists more time to work with struggling students and not be pulled from their regular roles in order to substitute.

Now might be a good time to bring up that in Minnesota, anyone with a four year college degree can get licensed as a short call substitute teacher. When COVID hit, many of the traditional substitute teachers, retired teachers, decided the risk of catching COVID was too great and they decided to stop subbing in schools. Despite COVID being on the wane, it is unlikely that those traditional substitutes will ever come back. If you have a four year degree, love kids, and are willing to give subbing a try, don't hesitate to call the elementary school office. We will do our best to help you get your short call license and to get you into our substitute rotation.

MAES looks forward to welcoming a new special education teacher, a new fifth grade teacher, and a new ADSIS reading specialist into our ranks. These new people will be joining a caring and dedicated team that are very excited to work with you and your children to make Morris Area Elementary School the best school in Western Minnesota. Happy Spring and Summer!! Go Tigers!!

Dr. Eric J. Ose



MCA Testing Schedule

3rd Grade—Reading 4-27, Math 5-3

4th Grade—Reading 4-12, Math 4-19

5th Grade—Reading 4-28, Math 5-5, Science 5-12

6th Grade—Reading 4-25, Math 4-27



Important Note:

Title 1 Family Fun Night

MAES Cafeteria, April 27, 6-8 pm



High School

A Message from Principal Kehoe

Spring activities are in full swing and the last quarter of the school year began on March 28th. We will continue to work hard to provide the best possible education for our students and to make the most of the days we have left, as summer will be here before we know it.

With the spring of the year, comes required annual state assessments for our students. Minnesota Comprehensive Assessments (MCA's) are given to students across the state. Elementary and junior high students in grades third through eighth will take tests in reading and mathematics. Fifth and eighth grade students will also be administered a science test. In the high school, tenth grade students will take a reading and science test and eleventh grade students take a test in mathematics.

These statewide tests are summative measurements of student achievement that are used to evaluate student learning, skills, and assess achievement of the Minnesota Academic Standards. Our English language learners are also tested on their language proficiency development. Our staff works very hard throughout the school year delivering these standards to our students and giving them the skills necessary to be successful on these assessments and the skills necessary to be successful in life after high school. These tests will begin during the week of April 26th and will continue through May 13th. Please visit the high school or elementary website for a complete testing schedule. On April 5th, our eleventh grade students had the opportunity to take the ACT test during the school day.

As the school year comes to an end, planning for the 2022-2023 school year is underway. Course registration has been completed and work continues on student schedules and the master schedule.

If you have questions about the remaining days of this school year or about next year, feel free to contact me at bkehoe@morris.k12.mn.us or 320-585-2200.

Sincerely,
Bill Kehoe

Upcoming Events:

April 30th: Prom

May 27th: Graduation (7:00 pm in Tiger Center)

May 31st: Last Day of School

September 6th: First Day of School (2022-2023)



District Office

A Message from Superintendent Monson

Tiger Families,

As I was reflecting on the 2021-2022 school year, I am so proud of the staff at Morris Area Schools. Our staff perform their duties at a very high level every day and go “above and beyond” to provide a safe, happy learning environment for all students. Our school and community need every staff member to perform those duties so we can support all students to reach their full potential.

With the change in seasons, we begin to turn our focus to spring and summer all the time knowing there are many new learning opportunities and memories to be made along the way. We have spring activities, prom, graduation, field trips, and so much more!

Our community continues to support the education of our students by attending events and cheering on the Tiger students and their achievements both in and out of the classroom. It takes all of us to maintain a high standard of excellence for EVERY student to aspire to!

Thank you all for helping us continue to make Morris a great place to live, work, and attend school. As always, it is a great day to be a Tiger! Go Tigers!

Kind regards,
Mr. Shane Monson





Visit us Online!
regionalfitnesscenter.com

**Class Schedules
Swim Lessons Information
Facility Hours
Upcoming Events**

**ALL ACCESS
SATURDAYS**



The first Saturday of every month
Beginning Saturday June 4th

Bring your family to enjoy the RFC
for free. Play in the gym, get in a
workout, or go swimming.

**Contact Clare
about
Memberships!
(320) 589-6483**

¡Se habla español!

Para obtener información en español
sobre membresías y más, comuníquese
con Clare Sorensen-
soren789@morris.umn.edu

NEW! Outdoor Rentals

Get out and enjoy the warm weather and
all Morris has to offer with outdoor rentals!
from the RFC!

Inflatable paddle boards

Spike ball

Ladder toss

Inflatable Kayaks

Bocce Ball

Kickballs, volleyballs, basketballs

Canoes

Kayaks

Birthday Parties are better at the RFC!

The RFC can provide you the space to
make your next birthday celebration a
memorable one!

Memberships

For information on an RFC membership or punch
pass, stop in between 8am-4pm Monday through
Friday, or call 320-589-6483, or email Clare at
soren789@morris.umn.edu

Business/Company Owners:

Ask us about our corporate membership options!
Give the gift of health to your employees!

Contact Clare at
soren789@morris.umn.edu

**Summer Student Membership special
\$30.00 per month**



2022 Spring Group Fitness Schedule

www.regionalfitnesscenter.com • (320)589-6485

Instagram @rfc_morris

Facebook @RegionalFitnessCenter

Beginning April 4th, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Body Pump/ Les Mills Core™ <i>Esther</i>	5:15-6:00am Early Bird Circuit <i>Bonnie</i>	Body Pump™ <i>Brooke</i>	5:15-6:00am Early Bird Circuit <i>Bonnie</i>	Body Pump™ <i>Brooke</i>		
8:15-9:00am	Sunrise Splash <i>Suzie</i>	Dance Fitness <i>Elissa</i>	Sunrise Splash <i>Suzie</i>				
9:15-10:00am	Seated Yoga <i>Suzie</i>	Seated Strength & Cardio <i>Elissa</i>	Seated Yoga <i>Ingrid</i>	Seated Strength & Cardio <i>Ingrid</i>		9:00-10:00am Body Pump™ <i>Rotation</i>	
11:05-11:50am	Power 45 <i>Shadow</i>	SPIN® <i>Shadow</i>	Barre <i>Ingrid</i>	Cycle Circuit <i>Ingrid</i>	Total Body Toning <i>Shadow</i>		
12:10-12:50pm	Total Body Toning <i>Elissa</i>	Body Pump™ <i>Elissa</i>	Kickboxing <i>Shadow</i>	Body Pump™ <i>Shadow</i>	Tabata & Core <i>Ingrid</i>		
1:10-1:50pm	Yoga <i>Shadow</i>		Yoga <i>Shadow</i>		Yoga <i>Tricia</i>		
4:45-5:30pm				HIIT Shallow <i>Mary</i>			4:00-4:45pm SPIN® <i>Suzie</i>
5:00-5:45pm	Aqua Bootcamp <i>Mary</i>	HIIT Shallow <i>Amy</i>	Aqua Bootcamp <i>Susie</i>	5:30-6:00pm Aqua Focus <i>Mary</i>			
5:15-6:00pm	5:30-6:15pm SPIN® <i>Suzie</i>	Body Pump™ <i>Andrea</i>	Power Pilates <i>Amy</i>				
6:15-7:00pm		Power 45 <i>Jenna</i>		Power 45 <i>Sydney</i>			

***Schedule subject to change. Check out our RFC Facebook & Instagram pages for class announcements, upcoming events & more!**

Watch our social media pages, and the website for the Summer group fitness schedule to begin on May 31st!



AQUATICS

Summer Swim Lessons

Register 3 or more and get 20% off!

Session 1 Semi- Private

Monday– Wednesday
June 13th– June 22nd
Cost: Members \$59
Non-members \$69

Preschool Aqua– 9:10am– 9:40am
Level 2 9:10am– 10:00am

Level 3 10:10am-11:00am
Level 5/6 10:10am-10:00am

Level 1 11:10am-11:50am
Level 4 11:10am-12:00pm

Session 2 Group

Monday– Thursday
July 11th- July 21st
Cost: Members \$49
Non-members \$59

Level 1 – 9:10am– 9:50am
Level 4 9:10am-10:00am

Preschool Aqua 10:10am– 10:40pm
Level 3 10:10am-11:00am

Level 2 11:10am-12:00pm
Level 5/6 11:10am-12:00pm

Session 3 Semi- Private

Monday– Wednesday
July 25th– August 3rd
Cost: Members \$59
Non-members \$69

Preschool Aqua– 9:10am– 9:40am
Level 2 9:10am– 10:00am

Level 1 10:10am– 10:50pm
Level 4 10:10am-11:00am

Level 3 11:10am-12:00pm
Level 5/6 11:10am-12:00pm



Water babies and tiny tots

Monday- Thursday
June 27th- June 30th
Cost: Members \$29 | Non-members \$39

Water babies 9:10 am- 9:40 am
Tiny tots 10:10 am- 10:40 am

Water babies 6:00 pm- 6:30 pm
Tiny tots 6:45 pm- 7:15 pm

The



Pulse

Summer 2022

Facility Hours

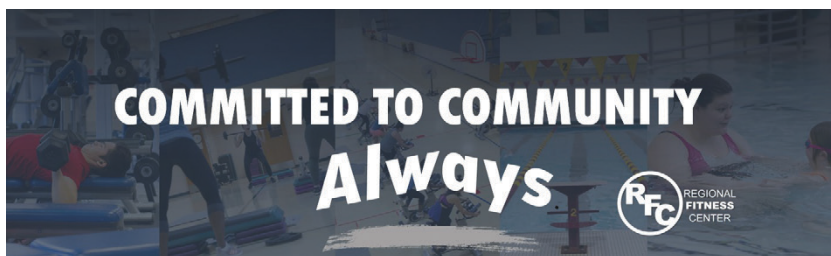
Current Hours

Monday—Thursday.....5am-10pm
Friday.....5am-9pm
Saturday.....8am-9pm
Sunday.....10am-9pm

Summer Hours

Beginning May 16th

Monday—Thursday.....5am-9pm
Friday.....5am-7pm
Saturday.....8am-7pm
Sunday.....10am-7pm



Pool Hours

Summer Hours Beginning May 16th	Recreation	Competition
Monday & Wednesday	7:30-9am* 3:30-6:00pm	11:50am-12:50pm
Tuesday & Thursday	3:30-6:00pm	6:30-7:30am 5-7pm
Friday	3:30-6:00pm	11:50am-12:50pm
Saturday	1-4pm	8:30-10am
Sunday	1-4pm	Closed

Hours are subject to change. See website & front desk for closings.

*Adults only

REGIONAL FITNESS CENTER

a campus/community partnership

RegionalFitnessCenter.com • (320)-589-6485 • Facebook • Instagram



Summer 2021 Tiger Sharks

Monday-Friday | June 13th-July 29th

Beginner, Developmental,
and Advanced -

10:00am-11:00am

Members: \$125

Non-members: \$135

High school

8:30-10am

Members: \$165

Non-members: \$175

PRIVATE SWIM LESSONS

Contact the RFC to set up your
personalized swim instruction!
(320)589-6485

Cost: \$25 per half-hour

High School Diving

Monday - Friday

8:30am- 10:00am

Members \$85.00 Non-members \$100.00

This is for divers that are on the high school boys and girls teams. They will have the opportunity to work on their dives, and learn new ones to be ready for the season.

Pool Rentals

Want to take your group,
family, or daycare swimming?

Give us a call at (320)-589-6485
for more information or to book a
time in the pool.

We also offer gym rentals.



Swimming Registration Form

Participant's Name: _____ Parents Name: _____

Participant's Age: _____ Birth Date: _____

Email Address: _____ Phone (home/cell): _____

Address: _____ City: _____ State: _____ ZIP: _____

Session	Level	Time	Date	Fee

Group	Time	Fee	Discount %	\$	Office use only

Grand Total \$ _____

Waiver: In consideration of the opportunity to participate in the programs registered for, I on behalf of myself, my agents, my heirs and next-of-kin, hereby release and hold harmless the Regional Fitness Center and it's respective agents, employee and representatives from any responsibility of liability of personal injury, including death, or damage to or loss of property, that I may incur due to the negligence of the Regional Fitness Center, my own negligence, or accidents that occur while I am participating in these programs. Refunds will not be given. In the event a class is canceled, every effort will be made to reschedule as time and space allow. Due to limited spots and high demand, cancellation of your registration must take place no later than 1 week prior to the first class.

Signature of Participant or Parent: _____ Date: _____

In system _____ PD _____ (check _____ credit card _____) Initials _____