

Community Ed Offers Many Healthy Opportunities

By: Chris Ellefson

The Barnesville Community Education has many Healthy class options for students during the summer. One activity that draws a lot of students is our Speed and Strength program. We have been offering the Speed & Strength program for several years. This activity is for students that will complete seventh-11th grade in the spring.

Students come at one of three time options in the early mornings where they spend half of the time with weight lifting and the other half of the time working on conditioning drills to increase their speed, agility and overall health. Last summer we had 93 students in the program.

Students will get out as much as they put into the program. The workouts focus on dynamic flexibility, balance, speed, agility, strength & power through plyometric, Olympic lifting movements and traditional strength training exercises.

We also offer a program for students that will complete sixth grade in the spring. Quickness & Agility Training is targeted to kids that are looking to increase their speed, quickness and agility. The workouts will focus on form, technique and repetition to help

students maximize their athletic performance and help create good exercise habits.

Our T-ball, Baseball and Softball programs are geared for students that want to learn/play baseball or softball in a fun atmosphere. Students that are four years to Kindergarten will learn the basics of T-ball in a non-competitive format. There are no games with this program, but scrimmages will take place during the program.

Students learn the basics of throwing, catching, batting and base running. The next group is our Coach Pitch program that is for first and second grade students. Students will move from hitting off a tee to being pitched to in this one hour program. This is again a non-competitive atmosphere where kids can learn the game without playing actual games.

Starting in third grade, students will play games against teams from other local towns. The boys are split into four different groups based on their grade. Third graders will play Knothole where the coach starts the year pitching to the players and the players pitch themselves later in the season.

The fourth grade group is called PeeWee and fifth and sixth graders

are Little League players. These teams each meet two times per week for practices and play two days of games each week as well.

The girls in third-sixth grades are split into two different groups. The third and fourth grade girls play ponytail softball. The coach pitches in these games for the first part of the season and then the girls themselves will start pitching about halfway through.

The fifth and sixth graders play more of a fast pitch game and pitch the entire time. The girls will play games versus other local towns as well with practices two days per week and games two days per week.

For our high school students we are hoping to get enough interested students to have a 14U Fast Pitch Softball Team as well as an 18U Fast Pitch Softball Team. These two teams play one night a week of games and try to practice at least two times per week. This is a great feeder program for the BHS high school softball program. It gives the girls an opportunity to sharpen their softball skills. The teams are part of a league where they play games versus other towns in the League.

The seventh through ninth grade boys have an opportunity to play Babe Ruth baseball. In the past few



These girls are busy with their projects that they are making in summer recreation art class.



These boys are enjoying the nice weather during one of their Little League games that are organized through the Community Education Summer Recreation Program. Watch for the brochure the later part of April or beginning of May to get children registered for classes.

years we have had a 13 year old team that plays on Wednesday mornings and a 14/15 year old team that plays games on Monday and Thursday evenings. We will start sign-ups for the Babe Ruth and 14U and 18U teams at the beginning of April. We will need to know if we have enough players for our teams around the middle of April so we can let the leagues know.

Another option that we have for students is our summer golf program. This program is held at the golf course for students that are 10 years and older. Students learn the basic skills of golf including how to hold the club, how to putt and drive the ball and the basics of the game.

We will continue to offer our Track Program where students will learn about running. In past years we have participated in the Hershey Track Program. That program was replaced with a different program a few years back. One option this summer might be to have kids learn about running a 5K or to continue with learning about various track events. We are working on the details for this program.

The Summer Rec brochure also has many craft and theater options in addition to the sports. We will offer our Summer Play again which will help create a 'Healthy' appreciation of the arts. The play itself will be held on Friday, June 1st and Saturday, June 2.

Try-outs will probably be the week of May 21 with rehearsals taking place May 29, 30 and 31. We are looking at doing Lion King Kids. More details will be out regarding the play at a later date.

The Summer Recreation brochure will be out at the end of April or beginning of May. Watch for the brochure to come home and then plan your student's summer of activities.

Anyone that is interested in seeing a class offered should call the Community Education office at 218 354-2638 with your suggestions. Anyone interested in teaching a summer rec class, should contact the Community Education office at 354-2638 or email Chris at cellefson@barnesville.k12.mn.us. We are always looking for new ideas to offer to the students.

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