

Fall 2022

# SOWASHCO

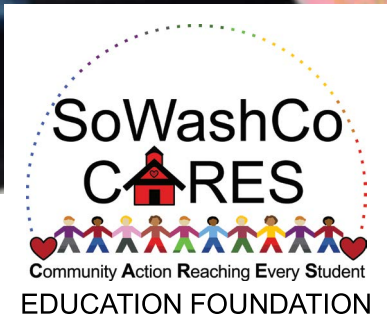
COMMUNITY EDUCATION

COTTAGE GROVE | NEWPORT | ST. PAUL PARK | WOODBURY | AFTON | DENMARK | GREY CLOUD ISLAND



**REGISTER ONLINE  
FOR ADULT & YOUTH CLASSES  
[SOWASHCO.CE.ELEYO.COM](https://sowashco.ce.eleyo.com)**

Visit [commed.sowashco.org](https://commed.sowashco.org)



## **Helping Every Student Feel Supported and Prepared to Succeed in School and Beyond.**

We help set our students up for success by providing basic needs, learning opportunities and community connections.

SoWashCo CARES Education Foundation is a community-led effort to support our students, families and staff in the South Washington County (SoWashCo) Schools District.

### **Ways to help**

Interested in getting your company, your family or yourself engaged in the campaign to help our community?

Follow @SoWashCoCARES on Facebook and Instagram to help meet the needs of our students and their families in real time.

To make a financial contribution visit [sowashcocares.org](http://sowashcocares.org).

### **Everyone Needs a Little Help from Time to Time**

So many families are just one job change, health issue, or rent increase away from needing a little extra help putting food on the table. Many families only need to access food resources for a period of time until they get back on their feet. No matter your circumstance, there is a program that can help.

Visit [sowashcocares.org](http://sowashcocares.org) to find free food year-round, including school district meal programs and resources provided by community partners.



@SoWashCoCARES



@SoWashCoCARES



[sowashcocares.org](http://sowashcocares.org)

# CONTACT

## Aquatics

651-425-6600

## Adults 50+ Activities

651-425-6650

## Adult Enrichment

651-425-6600

## Great Rivers Adult Education Consortium

651-425-6634

## High School Programming

651-425-6600

## Gymnastics

651-425-6600

## Middle School Athletics

651-425-6600

## Youth Classes & Activities

651-425-6600

## Elementary Intramurals (Grades 2-5)

651-425-6600

## School Age Care (Kids Club)

651-425-6637

## Preschool

651-425-6632

## Early Childhood Family Education

651-425-7160

## Early Childhood Screening

651-425-6175

## Facility Use

651-425-6604

**Photo Consent:** Unless you notify SoWashCo Community Education office, photos taken within community education classes, programs, events, and activities, including activities sponsored or in partnership with community education, may be included in district publications.

# TABLE OF CONTENTS

## Adults 50+ Activities

Membership.....	4
Fitness.....	4
Activities .....	5
Community Events.....	6
Services.....	6
Support Groups.....	6

## Adult Enrichment

Cook .....	7
Create .....	10
Feel Great .....	12
Fitness.....	14
Gain Skills.....	16
Manage Money.....	20

## Adults with Developmental Disabilities.....22

## Great Rivers Adult Education .....23

## Aquatics.....26

## Facility Rental.....27

## Community Education Directory.....28

## Youth Athletics and Recreation

Elementary Intramurals.....	30
Middle School Athletics.....	30
Camps and Clinics .....	31
Gymnastics .....	35
Recreation.....	36

## Youth Classes and Activities

Create .....	38
S.T.E.M.....	43
Skills and Development .....	48
Music.....	51

## Kids Club (School Age Child Care) .....52

## Early Learning.....54

## Registration Information.....56

## Financial Assistance.....58



SoWashCo Community Education offers a variety of activities, trips, resources and educational programming for adults 50+ in a welcoming environment where social engagement thrives.

Our adults 50+ programming is designed to meet the social, educational, health and human service needs of people age 50 and over. Whether you are ready to play a game of cards, discuss a book, exercise, or attend local trips and tours, there is something for you at SoWashCo Schools Community Education.

## Become a member

For just \$15 per year members may attend a variety of 50+ programming with no additional cost.

### Fee assistance

Please contact the office if you would like to become a member and are in need of financial assistance.

### Sponsor a membership

Please contact the office if you would like to gift or sponsor a membership.

### More information

Call 651-425-6650 or visit [commed.sowashco.org](http://commed.sowashco.org)

**Monthly calendars are available** at the District Program Center in Cottage Grove.

## FITNESS

### Arthritis Foundation Exercise Program (AFEP)

Arthritis Foundation Exercise Program (AFEP) is a community-based recreational exercise program developed by the Arthritis Foundation. Trained instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. Benefits include improved functional ability, decreased depression, and increased confidence. Designed for people living with arthritis or anyone interested in becoming more physically active. No experience is necessary; all ability levels are welcome. Class is taught by Nationally Certified Personal Trainer, Jose.

**SA10221** DPC Free  
3:15-4:15 p.m. Tues/Thur

### SAIL Fitness – Stay Active and Independent for Life

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. Class combines a variety of formats including resistance bands, light weights, body weight, Tai Ji Quan and yoga for balance and flexibility.

**SA10261** DPC Free  
3:15-4:15 p.m. Mon/Wed

### Pickleball – All Adults

Pickleball is a fun sport that combines elements of tennis, badminton and ping pong. This popular sport uses a hand paddle to hit a light-weight ball with holes (similar to a whiffle ball) across the net. Teams of two to four players rotate through quick games. Beginners are welcome! Cost is just \$3 per night per person and is paid when you arrive. No need to preregister.

**SA10321** DPC \$3/per night  
Mon/Wed/Fri



“ I am so grateful to have found you! What you do is so important. My mother looks forward to Wednesdays and talks about her new friends often. It makes a huge difference in our lives. ”

–Member’s Daughter





# ACTIVITIES

## 500 Card Game

500 is an easy way to get connected. This popular group averages 20-40 people. New group members and beginners are welcome. Come and join the fun!

**SA10031** DPC Fri Free

## Bingo

Join us for this popular event each week. You might just win a B-I-N-G-O!

**SA10021** DPC Mon Free

## Bridge Card Game

Whether you are a seasoned Bridge player or new to the game, please join us! Bridge is a fairly complex card game involving trick-taking and strategy. The game is played with partners at a table of four people. This group is open to new players and will teach anyone interested in learning how to play. Beginners welcome!

**SA10331** DPC 1st and 3rd Tues Free

## Men's Bridge (Open to seasoned players only)

Are you an experienced Bridge player looking for a group of avid Bridge players to join? This group has been playing together for years, but may have room for new players with experience. If you are interested, please call Jerry Jensen at 651-459-8210.

**SA10341** DPC 2nd Wed Free

## Bunco

Join us for Bunco, known as the "famous social dice game". If you haven't yet played, we can teach you. Come join the fun!

**SA10071** DPC 1st and 3rd Fri Free

## Farkle

This crowd-pleasing dice game brings laughter and fun. If you don't yet know how to play, we'll teach you!

**SA10081** DPC Mon Free

## Cribbage

Let cribbage play lead your way to a more enjoyable day. This traditional English and Scandinavian card game uses a cribbage board and points accrued for cards totaling 15. Guaranteed 8 games of fun and changing partners to even the play and camaraderie!



**SA10351** DPC Wed Free

## Hand & Foot

If you enjoy Canasta or rummy, check out Hand & Foot. Come and join us for an enjoyable way to connect with new friends. Teachers are available for assistance.

**SA10091** DPC Thur Free

## Mah Jongg

Are looking for a game of strategy? The American versions of Mah Jongg is a game of both skill and luck. We play for fun, not money, with three or four players seated around a table using tiles, racks, and a "Hands and Rules" card. New players are welcome, seasoned players will work with you to help you learn the game. Questions? Contact Hjordes at 651-283-3989.

**SA10061** DPC Tues Free

## Mexican Train Dominoes

Come and learn Mexican Train from our volunteer instructor. It's played with a standard set of double twelve dominoes. This fun game is filled with strategies and chances to win!



**SA10151** DPC Wed Free

## BRING A FRIEND

## Senior 50+ Membership Kickoff and Picnic

**THURS | SEPT. 1**  
**12-1:30 PM**

**COMMUNITY · FOOD**  
**ACTIVITIES · INFO.**

**FREE LUNCH**

## RSVP

[sowashco.ce.eleyo.com](mailto:sowashco.ce.eleyo.com)

651-425-6600

[CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org)

## DISTRICT PROGRAM CENTER COTTAGE GROVE

Sponsored by Nygard Fitness, Synergy Homecare and SoWashCo Cares Education Foundation

Register Online at [sowashco.ce.eleyo.com](https://sowashco.ce.eleyo.com) | Fall 2022

## Book Club Discussion

Do you love to read? Want a place to discuss and share reactions with like-minded people? Join us for a monthly book discussion. Group members choose the authors and titles for the year from a list of popular books. Most will be available at the public library.

**SA10121** DPC 2nd Tues Free

## Lighten Up

Join others on the journey to feel your best. Each week we will discuss practical topics including the latest diet secrets and trends. Whether you want to lose weight or maintain your ideal weight, having weekly accountability is a key to success!

**SA10101** DPC Tues Free

## Men's Get-Together

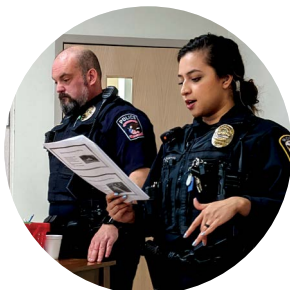
Men don't often have a place to just go and talk. Come and bring your stories and see what you have in common. We'll provide tables and coffee. You're sure to meet some new friends. Join us!

**SA10301** DPC Thur Free

# COMMUNITY EVENTS

## Police Presentations—Local. Timely. Relevant. Friendly.

Join us for monthly meetings with Cottage Grove, Hastings and Woodbury Police as they share the important trends and safety tips. Each month will have a different topic. Bring your questions and meet the friendly folks who keep our communities safe. Leave with up-to-date information designed to help protect you and those you love.



**SA10281** Program Center Monthly Free

## Music Jam – A Gathering for Musicians and Music Lovers

– Led by Doug Chasar at the American Legion in St. Paul Park

Stop by to play or listen to the music. This half-circle Jam provides musicians an opportunity to lead a song, request a song or pass to the next person. All experience levels and instrument types are welcome (with compatible volume). Experience community with people who love music. Come as a musician or come just to listen! Registration not required.

**SA10501** American Legion Thur Free

# SERVICES

## Driver Discount Program

Join a 4-hour refresher course to save 10% on your car insurance. For dates and registration please call St. Cloud State University at 1-888-234-1294. Classes will be held at the District Program Center, 8400 E. Point Douglas Rd. S, Cottage Grove.

**SA1042** Program Center 1 session \$24

## Ginny's Foot Care

Foot care is available by appointment only on the first Tuesday and Friday of the month. Service is offered by Ginny's Foot Care and located at the Grove Church in Cottage Grove. Call 651-425-6650 to schedule.

**SA1054** The Grove Church 1 session \$23

# SUPPORT GROUPS

## Diabetes Support Group

Are you dealing with diabetes or pre-diabetes? Could you use a little support and practical tips to feel your best? Join us for a friendly and informal discussion to share facts and ideas. The group is facilitated by Connie Allen, a nurse and Certified Diabetes Educator. Class meets the third Tuesday of the month. Spouses and support persons are encouraged to attend. For more information, call Connie Allen at 651-232-7057.

**SA10141** DPC 3rd Tues Free

## Grief Group

If you have lost a loved one and could use support as you grieve, please join us. Grief Group meets the third Monday of each month at KOK Funeral Home, 7676 80th St. S, Cottage Grove. For more information call 651-459-2875.

**SA10041** Kok Funeral Home 3rd Mon Free



“As an educator, I feel I can offer information and support..and share with them what they struggle with and what works for them.”

–Connie Allen, Diabetes Support Group

# COOK



## Savor, Stroll and Experience Hudson on a Guided Food and Walking Tour

– Hudson Food Tour

Explore Hudson's thriving food scene and experience all this quaint river town has to offer. Learn about Hudson's rich history stroll along the banks of the scenic St. Croix River and make stops at six popular downtown destinations to enjoy nearly a dozen (food and drink) tastings including classic American and Latin-inspired dishes. For specifics, see complete description online. Tours begin in the lobby of the Phipps Center for the Arts (109 Locust St, Hudson).



**AD19022** Phipps Center 1 session \$55  
1:30-4:30 p.m. Thu Sept. 8

**AD19023** Phipps Center 1 session \$55  
1:30-4:30 p.m. Fri Oct. 7

## Homemade Egg Rolls & Samosas

– Selam (Mimi) Asfaha

Restaurant-quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jam-packed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class.



\$20 food fee payable to instructor. Please note dietary restrictions when registering.

**AD18821** DPC 1 session \$39  
6:30-8:30 p.m. Mon Oct. 10

## Classic Homemade Pierogi ONLINE

– Tess Georgakopoulos

Have some fun participating in this virtual class! Learn how to make your own homemade Classic Pierogi with homemade dough and filling that will make your taste buds dance for joy! We will also be learning how to cook and freeze these little dumplings that you can make ahead and store for a rainy day. No fancy equipment needed.



**OL18431** Online 1 session \$35  
6-8 p.m. Fri Oct. 7

## Escape to the Mediterranean! ONLINE

– Tess Georgakopoulos

Escape to the Mediterranean with the flavors of Greece in this LIVE COOK-ALONG class! Learn how to create a classic full-flavored, mouth-watering Mediterranean Meal for you and your family. Or better yet, have your family join you in your kitchen! Menu includes: Greek Grilled Chicken Souvlaki (skewers), Tzatziki (Greek yogurt dipping sauce), Greek Veggie Rice, homemade pita bread, drizzle dressing, and Greek Salad Dressing too!

**OL18441** Online 1 session \$35  
4-6 p.m. Sat Nov. 19



## Tess Georgakopoulos

Tess Georgakopoulos has been cooking and baking for over 45 years. Born into a Greek family, the art of cooking was passed on from one generation to the next. Her father was a trained chef who brought the magic of food to life as they cooked elaborate family meals together. Food prepared from the heart, was and continues to be an expression of love in her home.

Through her teaching, Tess has helped people of all skill levels increase their confidence and expand their skills in the kitchen.

## Meet Your Instructor



## Make Delicious Cream Cheese Wontons – Li Sun

One of our instructor's favorite snacks to make during the weekend is cream cheese wonton. It is sweet, creamy and crunchy. Our instructor would love to share this delicious and simple recipe with you. We'll sample some of what we've made in class; please also bring your own container to take additional wontons home.

**AD18451** ERHS 1 session \$35  
6-8 p.m. Thu Oct. 20

## Pantry Meals- When You Don't Feel Like

**Takeout** **ONLINE** – Kirsten Madaus

Do you wonder how cooks pull a meal out of thin air when the fridge seems bare? Join Kirsten live online from her kitchen as she demonstrates meals using cupboard, freezer, and/or other long-storing ingredients. Recipes include Copycat Olive Garden Shrimp Scampi in the Instant Pot and more. Includes extensive recipe handout and class recording link to re-watch at your convenience.

**OL18561** Online 1 session \$39  
6:30-8 p.m. Tue Nov. 29

## Meat Pies & Pasties – Jan Zita Grover

Learn to make delicious crusts and create tasty fillings, bake miniature versions of traditional fist-sized pasties for eating in class or taking home. Extensive handout provided. Bring an apron, an appetite, and a cardboard box for carrying home your smoking-hot treasures.

**AD18611** ERHS 1 session \$45  
6-9 p.m. Thu Dec. 15



## Kirsten Madaus

A recent transplant to Minnesota, Kirsten Madaus has been eating with local intention and sharing how to make the most of the farm share via her website Farm Fresh Feasts.

In addition to sharing her love of Instant Pot and air fryer cooking with folks in person and online, Kirsten spends her days helping fight food insecurity with Minnesota Central Kitchen at Chowgirls Catering.

# Meet Your Instructor

## Instant Pot 101 **ONLINE** – Tess Georgakopoulos

Demystify the electric pressure cooker during a LIVE VIRTUAL class! Learn the foundations of cooking and care, and how to make a few amazingly satisfying dishes. Instructor will demonstrate Yogurt, Creamy Steel-Cut Oatmeal or Egg Bites, Luscious



Lava Cakes or Dreamy Banana Bread. Optional: join in a COOK-ALONG for the Creamy-Cheesy Tuscan Chicken with Penne. A PDF of the Instructor's Original Recipes plus tips will build your confidence.

**OL18411** Online 1 session \$35  
4-6 p.m. Sat Sept. 17

## Copycat Meals from your Instant Pot

(Fondue, Pasta eFagioli, Wings and More!) **ONLINE**

– Kirsten Madaus

Join Kirsten live online from her home kitchen as she demonstrates Wisconsin Cheddar Fondue like The Melting Pot, Pasta e Fagioli like Olive Garden, Traditional Wings like Buffalo Wild Wings, Pumpkin Cheesecake like The Cheesecake Factory and more. Includes extensive recipe handout and link to class recording so you can re-watch at your convenience.

**OL18551** Online 1 session \$39  
6:30-8 p.m. Tue Nov. 15

## Air Fryer Advanced **ONLINE** – Kirsten Madaus

Up your air fryer game. Join Kirsten live online from her home kitchen as she demonstrates a variety of advanced air fryer cooking methods. Recipes include "Everything Bagel" Rolls with Holes, Sweet Potato Hash, Wild Rice & Kale-stuffed Chicken Thighs, and Mini Pumpkin Pies. Includes extensive recipe handout and a link to the class recording so you can re-watch at your convenience.

**OL18501** Online 2 sessions, \$49  
6:30-8 p.m. Tue Sept. 13-20

## Air Fryer Hype! Copycat KFC & Recipe Ideas for All Ages! **ONLINE** – Tess Georgakopoulos

Wondering what the Air Fryer hype is about? This class is for you! The instructor will demonstrate family favorite recipes including: homemade eggrolls wraps, pizza bites, seasoned potato wedges, and burgers! The cook-along recipe is the instructor's own Copycat KFC Chicken! Participants say it's BETTER than KFC!

**OL18421** Online 1 session \$35  
4-6 p.m. Sat Oct. 1

## Festive Appetizers from your Air Fryer/ Instant Pot **ONLINE** – Kirsten Madaus

Use your kitchen gadgets to create yummy appetizers for holiday gatherings, game nights, or just for fun. Join Kirsten live online from her kitchen as she demonstrates Instant Pot Hot Crab & Shrimp Dip, Air Fryer Buffalo Cauliflower, Goat Cheese & Garlic Crostini, Jalapeño Rarebit Poppers, and more! Includes extensive recipe handout and class recording link to re-watch at your convenience. Recipes include oven/stovetop directions.

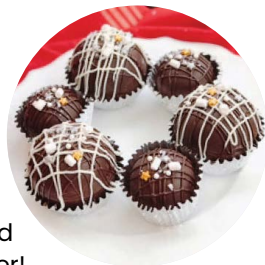
**OL18541** Online 1 session \$39  
6:30–8 p.m. Tue Oct. 18

## Holiday Copycat Cinnabon Cinnamon Rolls & Hot Cocoa Bombs **ONLINE**

– Tess Georgakopoulos

Learn how to create melt-in-your-mouth Cinnamon Rolls, and luscious, velvety Hot Cocoa Bombs! After keeping her Copycat Cinnabon recipe a secret, the instructor has decided to share it with those who register!

You will love these pillowy warm, luscious, gooey rolls topped with a cream-cheese frosting. While rolls are rising, learn how to create a wonderful winter treat known as Hot Cocoa Bombs!



**OL18451** Online 1 session \$35  
4–6:30 p.m. Sat Dec. 3

## Gingerbread House Bake & Build **ONLINE**

– Tess Georgakopoulos

Have fun participating in this LIVE virtual Family Fun BAKE-ALONG class, as you BAKE & BUILD your own GINGERBREAD HOUSE together! Start a new family tradition creating a show-stopping edible work of art! Learn to make stiff Royal Icing “glue” to hold everything together along with decorations of candies and delicious treats. Receive ingredients list and template to print and cut at least a week in advance.

**OL18461** Online 1 session \$35  
6–8 p.m. Fri Dec. 16

## Beautiful Holiday Tarts for Winter Entertaining & Gift Giving – Jan Zita Grover

Don't let crust-making intimidate you. They're truly easy. If you use traditional, humble equipment and tried-and-true techniques, your crusts will come out beautifully! Make short, flaky butter or butter-nut crusts and fill them with celebratory sweets to end holiday meals or make one-of-a-kind gifts. Choose between chocolate ganache, lemon curd, and cranberry curd fillings with beautiful embellishments. Tarts are individual-sized and you'll complete 2.

**AD18031** ERHS 1 session \$48  
6–9 p.m. Thu Nov. 17

## Four Famous Cookies (Bake and Take Workshop) – Laurel Severson

Get into the holiday spirit as we prepare four famous cookies to bake and take home! We'll listen to festive music as we make Scandinavian Krumkakes, Sandbakkelse, Rosettes, and Italian Pizzelles. Receive a recipe booklet, make ahead tips and gift-giving ideas. Master deep fried Rosettes – those fragile Scandinavian delicacies dusted with confectioner's sugar – with techniques to make your baking a success! Bring a container large enough to hold 50 cookies.

**AD18081** ERHS 1 session \$39  
6–9 p.m. Wed Dec. 7

## Make Your Own Lefse! – Laurel Severson

This wonderful Norwegian delicacy is made for holidays and special occasions. If you missed Grandma's recipe and techniques – this is for you! Note: other nationalities find lefse delicious too! Learn the fine points in making the dough, baking, storing and serving lefse – with a bit of history and humor too. Sample your fresh, warm creations with traditional fillings plus take home finished lefse and dough to bake then share. Food costs included.

**AD18091** DPC 1 session \$39  
6–9 p.m. Mon Oct. 17

## Basic Cake Decorating – Diana Hirte

Become your own cake boss! Learn to decorate an 8" celebration cake to take home; gain skills in class practicing shell boarders, writing, and star fill-in work. \$12 supply fee payable to instructor. Take home starter kits available for an additional \$12.

**AD12161** DPC 1 session \$36  
6–8 p.m. Mon Sept. 26

## Halloween Cookie Bouquets (Age 12+) – Diana Hirte

Make a spooky Halloween Cookie Bouquet your family will enjoy! Display as a fun centerpiece or eat this tasty treat! Each student will decorate 8 cookies and then arrange them in an edible cookie bouquet to take home. \$12 supply fee payable to instructor.

**AD18861** ERHS 1 session \$29  
6–8 p.m. Mon Oct. 24

## Holiday Cookie and Candy Make & Take – Diana Hirte

Make your holidays more delicious and prep work less stressful with a festive group bake & take! We'll make favorites like Russian Teacakes, Peanut Butter Kiss Cookies, Cranberry-Orange Shortbread Cookies, Chocolate Fudge and Pretzel Rods dipped in caramel and chocolate. Leave with 10 dozen holiday treats. \$25 supply fee payable to instructor. Please bring your own containers.

**AD18251** DPC 1 session \$39  
6–9 p.m. Mon Dec. 12

# CREATE

## Watercolor Demo and Discussion

– with Professional Artist Dan Wiemer

Internationally-known watercolor artist, Dan Wiemer demonstrates how he paints using both acrylic and watercolor. He is a landscape artist who likes to utilize the opaque nature of acrylic and the transparent qualities of watercolor to create contrasts. You'll enjoy a relaxing evening watching this professional artist demonstrate how he paints while listening to him share insights he has gained over 25 years.

<b>AD12341</b>	DPC	1 session	\$15
6:30–8 p.m.	Mon	Oct. 10	

## Paint a Dot Mandala Design on Bottles

– Mangala Acharya

Create exquisite, one-of-a-kind artwork on bottles with no special tools or experience. Great for hostess gifts or for decorating. All supplies are included.



<b>AD15101</b>	DPC	1 session	\$29
6:30–8 p.m.	Mon	Nov. 21	



## Molly Oleson

Molly Oleson has been a pet portrait artist for 10 years. She taught step-by-step painting classes/advanced painting technique to adults for six years and managed an art studio for three. She loves creating meaningful paintings of people's pets, both to honor the memory of pets that have passed and to decorate the home with active animals that are so important to our day-to-day lives. Molly is a stay-at-home, working mom of two beautiful girls. Being an artist allows her to do what she loves and be at home with her little ones.

## Meet Your Instructor

## Paint Your Pet (Age 10 and up) – Molly Oleson

Learn how to create a personalized pet portrait. No experience is needed! You will be taught by a professional pet portrait artist the techniques of painting texture that looks like fur, making eyes that look realistic and other tips to creating your very own pet's portrait. All supplies including the 16" x 20" canvas are included. Email a photo instructor prior to class so she can pre-sketch the image. See details in online description.



<b>AD13421</b>	DPC	1 session	\$39
5:30–8:30 p.m.	Mon	Sept. 26	

## Galaxy Painting (Age 10 and up) – Molly Oleson

Create your own galaxy in this lively yet laidback class. Choose your own colors and prepare to get messy as we splatter our canvases with stars. This class is perfect for beginners and anyone ready to shake loose and have fun. Receive a step-by-step instruction using acrylic paints. All supplies including the 16" x 20" canvas are included. Children age 10 and up are welcome to register but must do so with a registered adult.



<b>AD15061</b>	DPC	1 session	\$39
5:30–8:30 p.m.	Mon	Oct. 17	

## Paint Van Gogh's Starry Night

(All levels welcome) – Molly Oleson

Learn how to re-create your own rendition of Van Gogh's Starry Night. Discover the texture and strokes that make Van Gogh's style truly unique and memorable. Instructor will demonstrate each step in the painting process. This will allow you (even if you are an absolute beginner) to create your very own masterpiece! A 16" x 20" canvas, paint and brushes will be provided. Please wear clothes for painting.



<b>AD13441</b>	DPC	1 session	\$39
5:30–8:30 p.m.	Mon	Nov. 21	



## Watercolor Demo and Discussion

– with Professional Artist Dan Wiemer

Join internationally-known watercolor artist, Dan Wiemer, as he demonstrates how he paints using both acrylic and watercolor. He is a landscape artist who likes to utilize the opaque nature of acrylic and the transparent qualities of watercolor to create contrasts. You'll enjoy a relaxing evening watching this professional artist demonstrate how he paints while listening to him share insights he has gained over 25 years.

<b>AD12341</b>	DPC	1 session	\$15
6:30–8 p.m.	Mon	Oct. 10	

## Beginning Hand Embroidery

– Christina Lyn Noble

Learn a new skill that is both practical and beautiful! This introduction will teach you seven basic embroidery stitches and give you all the skills you need to customize anything from a kitchen towel to your canvas sneakers. Complete one embroidered kitchen towel to give as a gift or to use in your own kitchen. Fee covers the supply kit which includes a circle hoop, 8 colors of embroidery thread, a tea towel and needles.



<b>AD15081</b>	DPC	2 sessions	\$36
6:30–8:30 p.m.	Mon	Oct. 10–17	

## Wheel Throwing and Handbuilding Techniques (Beginner/Intermediate)

– Julie Christensen

What's it like to throw on the potter's wheel? Get your hands in the clay and learn basic throwing techniques as well as hand building skills to create simple yet distinctive bowls and cylinders. Returning students welcome! Supply costs are included. No discounts. Please wear old clothes and bring a bucket.

<b>AD12501</b>	PHS	6 sessions	\$125
5:30–7:30 p.m.	Tue	Oct. 4–Nov. 15	

## Potter's Wheel (Open studio for all levels)

– Mary Otremba

Past participants will appreciate the open studio time to continue to practice. New students will receive short demos in basic throwing techniques to learn how to create cylinder and bowl forms, handles and practice glazing. Our instructor will be available to all for one-on-one assistance throughout the evening. Tools, clay and glazes included.

<b>AD13311</b>	ERHS	6 sessions	\$139
6:30–9 p.m.	Thu	Oct. 20–Dec. 8	



## Bead Together (Age 9 and up)

– Mangala Acharya

Enjoy a memorable evening together while creating a matching set of bracelet and earrings for yourselves or to give as a gift. Designed for mothers and their adult daughters as well as moms with daughters age 9 and up. A variety of colors and bead styles are available and will be included in the fee. Singles welcome too!

<b>AD13651</b>	DPC	1 session	\$29
6:30–8 p.m.	Mon	Nov. 14	

## Bead Like a Pro (Make 5 pairs of earrings!)

– Mangala Acharya

Learn to make beaded earrings with different beading techniques. Make earrings to match every outfit and every mood, or create perfect, unique gifts for everyone on your list. All supplies will be provided to make 5 pairs of earrings.

<b>AD13641</b>	DPC	1 session	\$29
6:30–8 p.m.	Mon	Nov. 7	

## Photo Organization – Print and Digital ONLINE

– Kathy Povolny

Imagine all your photos organized and in one place and you now have a new system to find any photo in literally seconds! This includes old slides, movies and memorabilia too. We will talk about scanners and digitizing old media, cloud storage accounts as well as software for creating digital books and projects and how to repair older damaged photos.

<b>AD16401</b>	Online	1 session	\$19
6:30–8:30 p.m.	Wed	Oct. 5	

Very reasonably priced and really fun! The teacher was great! It was a very hands-on class (the best kind!) and the teacher was very helpful to help us get our techniques down. Thank you for a great class!!

– Wheel Throwing Pottery Student



# FEEL GREAT

## Emotional Release for Inner Peace ONLINE

– Jesse Wicher

Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. Learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

**OL19771** Online 1 session \$35  
5:30–8 p.m. Mon Sept. 26

## Don't Drop the Glass Balls! – Megan Adams

Do you find yourself juggling your time more and more each day? With so many balls in the air, you know one is going to drop. The key is to know which balls will bounce. Your top priorities – those glass balls – need to be protected at all cost. Narrow down and honor your priorities without letting others down or feeling guilty. Are you ready to ditch the overwhelm and enjoy life now?



**AD17851** DPC 1 session \$29  
7–8:30 p.m. Mon Nov. 7

## It's More Than What You Eat – Megan Adams

Do you experience the 3 p.m. slump every day? Suddenly reaching for a snack or caffeine? Are you often tired and foggy-brained? We tend to think that food is the only way to boost our energy. But in this workshop, we'll discover techniques that boost your energy in body, mind, and spirit! These proven tricks will help you get through the workday, the kids' bedtime routine, and allow you to rest easier at night!

**AD17841** DPC 1 session \$29  
7–8:30 p.m. Mon Oct. 17



## Creating a Life You'll Love – Megan Adams

Do you sometimes feel like you're just "going through the motions"? Is your life defined by to-do lists and obligations? Get a jump start on discovering a vision for your life that will inspire you. Begin with a relaxing vision experience to reignite excitement about your future. Develop a plan addressing the 6 areas of your life and establish practical steps to make your vision a reality.

**AD17831** DPC 1 session \$29  
7–8:30 p.m. Mon Oct. 3

## Fit for Life! (for Women) – Wendy Kreimer

Achieve inner and outer wellness! Develop an action plan to achieve your fitness goals. Learn how to mentally prepare for success, gain clarity on your "why" and understand how to overcome obstacles. Learn healthy meal planning strategies and options for cardio, strength training and flexibility. Incorporate exercise and activities to reach your fitness goals.

**AD17761** LMS 1 session \$29  
6:30–8:30 p.m. Wed Oct. 5

## Posture, and Osteoporosis Workshop: Building Better Bones ONLINE – Janice Novak, M.S.

Learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Find out how to reduce the risk of osteoporosis and re-gain bone mass. Hear the latest research on nutrition and the importance of minerals for bone health; foods that help and/or harm, and more. Wear loose, comfortable clothing. A resistance band or tube is needed for some of the exercises.

**OL14581** Online 1 session \$29  
6–7:30 p.m. Tue Oct. 25





## Acupressure to Assist Weight Loss ONLINE

– Janice Novak, M.S.

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. Learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

<b>OL14561</b>	Online	1 session	\$29
6-7:30 p.m.	Tue	Oct. 18	

## Overcome Your Carbohydrate Cravings ONLINE

– Janice Novak, M.S.

Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Discover a two-week plan that will STOP your cravings, help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain.

<b>OL14521</b>	Online	1 session	\$29
6-7:30 p.m.	Mon	Oct. 10	

## Women, Weight and Hormones ONLINE

– Janice Novak, M.S.

Are you finding that no matter how well you eat or exercise your weight is not budging? Hormone levels may be a factor. Until imbalances are corrected, trying to lose weight may seem almost impossible. We'll discuss concrete solutions for controlling appetite and cravings, boosting your metabolism, getting rid of hormone mimicking chemicals and breaking the vicious cycle of hormone-related weight gain so you can begin to lose weight again.

<b>OL14571</b>	Online	1 session	\$29
6-7:30 p.m.	Thu	Oct. 13	

## Adult & Pediatric CPR/AED – HeartCert CPR

For non-healthcare providers to receive the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies. You will become certified by the American Red Cross

<b>AD14141</b>	DPC	1 session	\$85
6-8:30 p.m.	Mon	Nov. 14	

## Adult & Pediatric CPR/AED with First Aid – HeartCert CPR

For non-healthcare providers to receive the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies. In addition, receive first aid instruction to deal with injuries and sudden illnesses until advanced medical personnel arrive and take over. This first evening will include CPR and AED and the second evening will cover First Aid. You will become certified by the American Red Cross.

<b>AD14131</b>	DPC	2 sessions	\$99
6-8:30 p.m.	Mon	Nov. 14-21	

## First Aid Training – HeartCert CPR

For non-healthcare providers to receive first aid instruction to deal with injuries and sudden illnesses until advanced medical personnel arrive and take over. You will become certified by the American Red Cross.

<b>AD14902</b>	DPC	1 session	\$85
6-9 p.m.	Mon	Nov. 21	



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# FITNESS



## Feldenkrais – Awareness Through Movement

– Maggie Vogel-Martin

The Feldenkrais Method® utilizes the extraordinary power of the brain and nervous system to quickly improve functioning and comfort! You will be verbally guided through a sequence of movements. Enjoy improved posture, flexibility, relief from tension, reduced pain and stress; and explore easy-to-do sequences which can improve every area of the body.

<b>AD11471</b>	ERHS	6 sessions	\$59
6-7 p.m.	Mon	Sept. 19 – Oct. 24	

<b>AD11472</b>	ERHS	6 sessions	\$59
6-7 p.m.	Mon	Nov. 7 – Dec. 12	

## Feldenkrais – Awareness Through Movement

**ONLINE** – Maggie Vogel-Martin

Good news! This popular course has been transitioned into a convenient online format. You must enroll at least 30 minutes prior to the start of class to receive the Zoom link. We are confident that you will enjoy the same quality experience from the comfort of home!

<b>OL11471</b>	Online	6 sessions	\$59
6-7 p.m.	Wed	Sept. 21 – Oct. 26	

<b>OL11472</b>	Online	6 sessions	\$59
6-7 p.m.	Wed	Nov. 2 – Dec. 14	

## Therapeutic Yoga for Releasing Stress

– Dr. Tamara Kraft

In yoga, breath and mindful movements help our nervous system release stress, strengthen our body, quiet the mind, and bring a range of health benefits. Join us to strengthen, rebalance your nervous system and experience deep relaxation. Class includes a mind/body theme, an easy warm up and a physical asana flow practice. End with relaxation that may include sound healing and optional use of affirmations, essential oils and meditation strategies.

<b>AD17751</b>	BES	8 sessions	\$75
7-8:15 p.m.	Wed	Sept. 28 – Nov. 16	

## Yoga – Level 1 – Jill Hawthorne

This flow-style class uses a series of yoga poses to warm up the body, while encouraging awareness in connecting breath to movement. Basic yoga poses are utilized to build muscle strength and improve flexibility. Modifications are offered to “individualize” your practice. Participants will also receive a recording of the Online Yoga Level 1 class each week. Bring your own yoga mat and wear comfortable clothing.

<b>AD11981</b>	DPC	6 sessions	\$54
5:30–6:30 p.m.	Tue	Sept. 20–Oct. 25	

<b>AD11982</b>	DPC	6 sessions	\$54
5:30–6:30 p.m.	Tue	Nov. 8–Dec. 13	

## New Yoga – Level 1 **ONLINE ON-DEMAND** – Jill Hawthorne

Yoga Level 1 is now offered in a convenient online format. A recording will be emailed to you each week to watch and practice at your convenience. Recordings are available for up to 2 weeks after you receive them.

<b>OL11981</b>	On-Demand	6 sessions	\$54
4:15–5:15 p.m.	Tue	Sept. 27–Nov. 1	

<b>OL11982</b>	On-Demand	6 sessions	\$54
4–5:15 p.m.	Tue	Nov. 8–Dec. 13	

## Indoor Running Club (All ages and skill levels are welcome) – Carol DeBlieck & Angel Glass

The Random Runners is a mixed group of men and women from experienced to relatively new. Whether you are a competitive athlete, long-time runner or new to a running/jogging routine, come do your running indoors with us! Meet fellow runners for a group warm-up, speed work and strength. Or simply come and run. Bring a mat and water. Designed for adults 15+.

<b>AD19341</b>	PHS	6 sessions	\$18
6:30–7:30 p.m.	Thu	Nov. 10–Dec. 22	



I loved Tamara’s class so much & looked forward to the peace & relaxation it brought me each week. Looking forward to signing up again this fall.

–Therapeutic Yoga Student

In the classes I teach, there is zero judgment. Everyone is welcome. The participants encourage each other & build each other up.

– T Salmonson



### Tabata - Interval Training – T Salmonson

Tabata is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results quickly.

**AD11521** PHS 5 sessions \$45  
5:30–6:30 p.m. Mon Sept. 26–Nov. 7

**AD11522** PHS 6 sessions \$54  
5:30–6:30 p.m. Mon Nov. 14–Dec. 19

### Arms & Abs **ONLINE** – T Salmonson

Looking for stronger shoulders & arms? Want a more toned core? Join us online! Using body weight and dumb bells you will tone everything from your hips up! Start with a cardio warm up, move into a variety of exercises concentrating on arm, shoulders and abs (including light cardio), and end with a cool down. Work on getting amazing arms and fabulous abs!

**OL11911** Online 6 sessions \$48  
6–6:50 a.m. Tue Sept. 27–Nov. 1

**OL11912** Online 6 sessions \$48  
6–6:50 a.m. Tue Nov. 8–Dec. 13

### POUND – Rockout. Workout. (Age 10 and up)

– Sara Monson

Find your inner rock star with this heart-pounding, cardio jam session! This all-ages workout is designed to work your core and scorch calories! Using lightly-weighted drumsticks, the class is guided by upbeat music and upwards of 15,000 stick strikes to the ground and overhead! Get ready to sweat, tone and more importantly rock out to POUND!

**AD11881** CGMS 6 sessions \$54\*  
6–7 p.m. Wed Sept. 21–Nov. 2

**AD11882** CGMS 5 sessions \$45\*  
6–7 p.m. Wed Nov. 16–Dec. 14

\*Children (ages 10–14) must be accompanied by a registered adult (ages 15 and up).

### Chisel – T Salmonson

Tired of the same old workout routine? Looking for a class to tone your body and burn lots of calories? Try Chisel! This fun class alternates between cardio and strength training and targets all major muscle groups. A wide variety of moves keeps it interesting!

**AD11531** PHS 4 sessions \$32  
8:15–9:05 a.m. Sat Nov. 5–Dec. 3

### Dance Fit – Bollywood & Latin Inspired

– Viji Adhinarayanan

This 40-minute cardio workout combines dynamic choreography with the hottest music from around the world. Higher and lower-intensity dance sequences get you moving, sweating and smiling. Experience health benefits such as fat loss, improved cardiovascular endurance, increased lean muscle, mind/body awareness and core abs.



**AD11281** LRES 6 sessions \$45  
6:30–7:10 p.m. Mon Oct. 3–Nov. 14

### Mamma Mia “Dancing Queen” Line Dance

(All ages) – Monica Mohn

Join us for a delightful evening of line dancing to this toe-tapping ABBA classic. No partner needed. All ages are welcome to this family friendly activity!

**AD11231** CGMS 1 session \$15/Adult\*  
7:15–8:15 p.m. Tue Dec. 13 \$8/Child\*

\*Children (ages 6–14) must be accompanied by a registered adult (ages 15 and up).

### Easy Partner Dancing for All Occasions –

Deanna Constantine

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your event, or just have some fun dancing together at home! Taking steps from classic ballroom dances, you'll learn easy-to-remember mini-routines, danceable to all your favorite songs! Couples remain together & singles rotate with other singles. Casual dress.



**AD11251** ROES 4 sessions \$65  
7–8:30 p.m. Tue Oct. 18–Nov. 15

# GAIN SKILLS

## Saint Paul's Downtown Deco & River Balcony

– Joan Mathison

Learn about 13 art deco structures next to the river and the 1920's-1940's when it evolved after the devastating 1918 pandemic. Enjoy the bluff's incredible view, where the river balcony connects downtown to the river. Meet in the cultural garden at the foot of Robert Street Bridge, 160 E. Kellogg Blvd., to hear the epic story from a local historian. Download her self-guided walking tour to your phone to later explore on your own.



**AD15411** St. Paul Cultural Garden 1 session \$20  
10:30-11:30 a.m. Sat Oct. 1

## Knowing Your Muslim Neighbors – Part 1

– Mashood Yunus

Who are Muslims and what are their core beliefs? Understand Islam's 6 Articles of Belief and 5 Pillars of Faith including Shahadah (declaration of faith), Salat (daily prayers), Zakat (Obligatory Poor due), Sawm (fasting) and Hajj (pilgrimage). How does this belief system guide the day-to-day lifestyle of a Muslim? What are the similarities and differences to American Culture? Class is designed to be educational with open dialogue and Q & A. Boxed dinner is included.

**AD15271** LMS 1 session \$10  
6:30-9 p.m. Wed Oct. 5

## Understanding Muslim Women, Muslim Cultures and Political Matters

– Mashood Yunus

Women are the core of the family, and family is the social fabric in Muslim Society. Learn about the role of women in Muslim society and the importance of social justice while comparing political situations in the Muslim world that are shaping the media's presentation of Islam. The class Knowing Your Muslim Neighbors is helpful, but not required. Boxed dinner is included.



**AD15272** LMS 1 session \$10  
6:30-9 p.m. Wed Nov. 2



## Home Buyer Workshop ONLINE – Tina Hagen

From finding a realtor to closing on your dream home, learn the in's and out's of buying your home. Discover the key players in purchasing a home, mortgage loan options and the steps you can start to make home ownership a reality. Plus – ask all of your questions to a certified mortgage loan expert.

**OL17631** Online 1 session Free  
6:30-7:30 p.m. Thu Dec. 15

## Home Basics – Electrical – Ray F Lehman

Take the mystery and fear out of dealing with basic home electrical problems. Learn how electricity comes into and flows around your home. It's a must for every home owner. See what repairs you can do and when to call a professional. You can save hundreds of dollars on repairs.

**AD16051** ERHS 1 session \$20  
5:45-7:45 p.m. Thu Oct. 20

## Home Basics – Plumbing – Ray F Lehman

Learn about the plumbing system in your home. A must for every home owner, those in charge of home maintenance or others just wanting a better understanding of the components and how they fit together. Get a close up of fixtures and fittings to understand how they work and how they fail. Save money by doing minor maintenance and repairs and knowing when to call in the professionals.

**AD16061** ERHS 1 session \$20  
5:45-7:45 p.m. Thu Nov. 17



## Downsizing the Family Home ONLINE

– Valerie Cady

Wishing your parents would get on board with eliminating the clutter or are you getting ready to embark on your own downsizing journey? Having a plan can make all the difference. Prepare for hard conversations; create an action plan that includes where to start, deciding what to keep, and what to do with everything else. Assist your parents in taking care of their stuff now so it doesn't burden your family later.

<b>OL19441</b>	Online	1 session	\$20
6:30–7:30 p.m.	Thu	Oct. 13	



## Get Creative with Cool Weather Containers

ONLINE – Michelle Mero Riedel

Container designer, Michelle Mero Riedel, will show you how to reflect the rich texture of the fall season in your container combinations. Get creative adding seasonal favorites like mums, kale and pansies to your existing containers or start new combining with perennials, annuals and seasonal grasses. Detailed, color handout provided. Presentation is via Zoom and PowerPoint. More information will be sent after enrollment and before class.

<b>OL17211</b>	Online	1 session	\$25
7–8:30 p.m.	Thu	Sept. 15	

## Got Buckthorn? ONLINE – Paul Richtman

Buckthorn is that invasive tree and shrub that is harming our native habitats. You will learn how to identify both types of buckthorn and removal techniques, including chemical and chemical-free control. This class is timely because fall is the absolute best time for buckthorn control. Handouts and a Zoom link will be delivered to you via email the day before the class.

<b>OL17111</b>	Online	1 session	\$15
6:30–7:30 p.m.	Wed	Oct. 26	

## Successful Composting ONLINE – Paul Richtman

Composting is a process that converts plant material such as grass clippings and leaves to a more usable organic soil amendment or mulch. Many homeowners find it convenient and economical to compost leaves and grass clipping in their own backyards. Learn how to build and successfully maintain a compost pile, as well as how to use the compost in your yard and garden. Handouts and a Zoom link will be emailed the day before class.



<b>OL17171</b>	Online	1 session	\$15
6:30–7:30 p.m.	Mon	Oct. 24	

## Power Writing – with longtime Pioneer Press reporter Bob Shaw

Learn to write with impact. A veteran journalist and writing coach shares tips for strengthening your writing – in anything from a memoir to a job application to a publishable novel.

<b>AD19131</b>	DPC	4 sessions	\$49
6:30–8 p.m.	Mon	Oct. 17–Nov. 14	

## Real Truth vs. Fake News: Inside Journalism

**Today** – with longtime Pioneer Press reporter Bob Shaw

The business of news is fading, along with its high-minded traditions of objectivity, fairness and truth. In its place is a gusher of material produced by anyone in the world with a computer. Is journalism dying? Or is it entering a Golden Age of free-flowing information? A Pulitzer-nominated journalist discusses the new approaches to the truth, which have life-or-death consequences for the public.

<b>AD19121</b>	DPC	1 session	\$10
6:30–8 p.m.	Mon	Oct. 3	

## Increase Your SEO Ranking So People Find Your Business in their Online Searches!

– Chase Linzmeyer

Are you having difficulty getting found on the internet? Not showing up on page 1 of your Google search results? In this 2-part lesson, we go beyond the talking points of SEO and dive into the tactical things you can do in order to stay relevant on the web.

<b>AD19141</b>	LMS	2 sessions	\$49
6:30–8:30 p.m.	Wed	Nov. 2–Nov. 9	

## Photography Level 1: Essential Elements

– Kent Johnson

Photograph tells the story of our adventures and our lives and allows us to share those stories. How well your photographs tell that story depends on how well you understand the basic elements of photography and composition. Learn about rules of composition, the exposure triangle, metering, semiautomatic and manual shooting modes and more. Bring your digital (DSLR) camera with a fully charged battery, camera manual, pen, and notebook. No “point & shoot” cameras please.

**AD16411** ERHS 5 sessions \$99  
5:45–7:45 p.m. Thu Oct. 20–Nov. 17



## Dakota Adventure: Badlands Photography Workshop Event – Jay Grammond

Join Photographers Chad Coppess and Jay Grammond on an unforgettable Fall adventure in and around South Dakota’s amazing Badlands National Park. Discover fantastic landscapes, sunrises/sunsets; search for wildlife like buffalo, big horn sheep, fox, and more. Cowboy/Cowgirl models available. Travel/Food/Lodging is separate. \$950 through September 1; \$1150 after September 1. All skill levels welcome. To see an itinerary of workshops, email GCarlson@sowashco.org.



**AD19221** Badlands National Park 4 sessions  
9 a.m.–5 p.m. Thu–Sun Nov. 17–Nov. 20

Register by Sept. 1 .....\$950  
Register after Sept. 1 .....\$1,150

## Harmony Adventure for Women – Bev Williams

Experience great fun and enhanced well-being through singing four-part harmony with the Vallee de Croix Women’s Chorus. Participants will attend evening rehearsals and be provided with music, learning materials and vocal coaching, culminating in one or two holiday performances in December. A free voice lesson is included. If you love to sing and have been looking for a fun group, this is the place for you! Meet at Our Savior’s Lutheran Church in Stillwater.

**AD14041** Our Savior’s Lutheran Church 9 sessions \$35  
7–9 p.m. Mon Oct. 10–Dec. 5

## Self-Growth and the Art of Singing ONLINE

– Jesse Wicher

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Explore the profound relationship between breath, body and voice, and personal growth. This engaging course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life— NO SINGING REQUIRED! Come learn what good singing can teach you about good living!

**OL1978** Online 1 session \$35  
5:30–8 p.m. Mon Dec. 5

“ I gained much more confidence behind my camera through hands-on practice in class each week. I am so glad I can now shoot in manual mode.

–Photography Level 1 Student



## Instant Piano for Hopelessly Busy People

**ONLINE** – Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of enjoyment. Learn to play piano the way professionals do—using chords. This part lecture/demo, part hands-on instruction is held online via ZOOM so you can sit at your piano and learn without pressure. Course includes an online book and follow-up video lessons to continue on your own. An optional online Q & A session and class recording included. See online description for more details.



**OL13861** Online 1 session \$59  
6:30–9:30 p.m. Mon Sept. 26

## Instant Guitar for Hopelessly Busy People

**ONLINE** – Craig Coffman

In just a few hours you can learn enough about playing the guitar to give you years of enjoyment. Learn basic chords that get you playing your favorite songs. Since class is held online with ZOOM, you can learn from home with your guitar without pressure. Includes an online book and online follow-up video lessons to continue practice after class. An optional online Q & A session and class recording is included. For ages 13+. See online description for more details.

**OL13871** Online 1 session \$59  
6:30–9 p.m. Tue Sept. 27

## 30 minute Private Lessons (String, piano, voice, and more) – Michelle Dunkirk

Michelle Dunkirk is a certified and licensed music instructor with over 20 years experience. She received her Bachelors of Music on a full vocal scholarship at the U of E, Indiana, majoring in string technique, piano and voice and has played in orchestras for over 14 years including the U of M Concert Orchestra, Minnesota Opera and has also studied with the teachers of the Julliard School of Music. Her experience also includes several years of playing in dozens of bands, performing solo and in ensembles locally and internationally. Michelle's true passion is teaching music. Her warm and personal style sets her apart from other teachers.

Lessons are offered Tuesday and Wednesday afternoons at Red Rock Elementary for students and adults in Grades 4 and older. Choose the half hour time slot that best fits your schedule.

**YE1901-1918** RRES

## Private Guitar Lessons – George McCorkell

Personalized, private guitar lessons are offered to students in beginning to advanced guitar (acoustic or electric) and beginning banjo. A guitar or banjo is required for lessons. Lessons are taught online or in person at East Ridge by Mr. McCorkell, a professional guitarist with a degree in Guitar Performance who has been teaching privately for over 10 years. Questions? Please contact the instructor, George McCorkell, at [georgemccorkell5@gmail.com](mailto:georgemccorkell5@gmail.com)

**YE11741-11744** ERHS

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# MANAGE MONEY



## How to be a Smart College Shopper! ONLINE

– Betsy Fine & Bob Fine

Your student is getting ready for college. You saved your money. Is it enough? Learn where your student will fit best academically, socially & financially. Discover which schools offer the largest merit scholarships! Get an education, not a debt!

<b>OL16451</b>	Online	1 session	\$20
6:30–8:30 p.m.	Tues	Sept. 20	
<b>OL16452</b>	Online	1 session	\$20
6:30–8:30 p.m.	Wed	Oct. 19	
<b>OL16453</b>	Online	1 session	\$20
6:30–8:30 p.m.	Tues	Nov. 15	
<b>OL16454</b>	Online	1 session	\$20
6:30–8:30 p.m.	Thur	Dec. 8	

## Top Three Financial Questions Parents Need to Consider – Ashley Vance–Bryan

Because your parenting energy is devoted to hour-by-hour needs, it's understandable when long-range priorities get pushed aside. But long-term procrastination will lead to regret. Consider these: What have you saved for your child's college so far? Do you have the right life insurance? Do you have a Will and is it updated? Solutions are much less complicated than parents expect. We'll address these priorities in understandable, accessible ways. Register as a couple and your spouse/partner may attend for just \$5 more.

<b>AD19181</b>	ERHS	1 session	\$10/Single
7–8 p.m.	Thur	Oct. 20	\$15/Couple

## Crush Your Debt – Lucie Misfeldt

Find financial freedom by creating a plan to crush your debt. You'll learn how create a monthly budget that is focused on maximizing debt payments, knock out debt quickly and more efficiently with the debt snowball plan, and how to make thoughtful financial decisions to stay debt free.

<b>AD10652</b>	DPC	1 session	Free
6:30–7:30 p.m.	Mon	Sept. 26	

## Budgeting Basics – Tips & Tricks to Stay on Track – Lucie Misfeldt

Begin telling your money what to do instead of wondering where it went by creating a zero-based monthly budget. In this class, we'll walk step-by-step through the budgeting process including setting up your budget, how to track your spending throughout the month and tips & tricks to save money on monthly expenses.



<b>AD10641</b>	LMS	1 session	Free
6:30–7:30 p.m.	Wed	Nov. 2	

## 10 Secrets & Tips for Successfully Buying a Home or Investment Property – John Mazzara

Learn how to be more successful in acquiring real estate. Learn about what things to put in the purchase agreement, strategies for getting your offer accepted in a multiple offer, and different ways to cover closing costs and mortgage insurance. Evaluate a purchase agreement and discuss the home buying process.

<b>AD17551</b>	DPC	1 session	\$15
7–9 p.m.	Mon	Oct. 10	

## How to Win with Investment Properties – John Mazzara

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities market, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord from buying, selling and renting.

<b>AD16602</b>	LMS	1 session	\$15
7–9 p.m.	Wed	Nov. 2	



### Retirement Planning Today – Matt Gulbransen

Discover more about planning a secure retirement than most people learn in a lifetime. Build wealth, align your money with your values, and achieve your retirement lifestyle goals. Learn how to manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan, and adjust your estate plan to function properly under the new laws. An illustrated textbook is included. Register your spouse at no additional charge and share materials.

<b>AD16611</b>	ERHS	2 sessions	\$49
6:30–9:30 p.m.	Thur	Oct. 20–27	

<b>AD16612</b>	LMS	2 sessions	\$49
6:30–9:30 p.m.	Wed	Nov. 2–9	

### Downsizing in the Current Housing Market

– John Mazzara

Thinking about downsizing and a possible move? Receive an overview of the current housing market and home selling process. We'll cover frequently asked questions about making a downsizing move.

**Bonus:** free Downsizing Made Easy PDF (a \$24.95 value). Access to preferred service providers and discount coupons provided. Also included is a no-cost home evaluation includes an appraisal of your home's value and recommendations to make your home more salable.

<b>AD17541</b>	DPC	1 session	\$15
7–9 p.m.	Mon	Sept. 26	

### Medicare 101 – Diane Kass

Get to know Medicare. We'll discuss eligibility, options, important dates and how to choose the right plan.

<b>AD16171</b>	DPC	1 session	\$5
6–7 p.m.	Mon	Sept. 19	

<b>AD16172</b>	ERHS	1 session	\$5
6–7 p.m.	Thur	Oct. 20	

<b>AD16173</b>	DPC	1 session	\$5
10–11 a.m.	Tues	Nov. 15	

### How Wills and Trusts Can and Cannot Help You

– Jeffrey Scott

What exactly is estate planning and who needs it? We discuss property, and how it should be titled to avoid probate and make for an easy transition in case of disability or death. We compare wills and trusts, and see which is better for a particular individual. Finally, we look at the probate process, and discuss what it is, when it's necessary, and why.

<b>AD16701</b>	DPC	1 session	\$19
6–7:30 p.m.	Mon	Oct. 3	

### What Happens If I Need a Nursing Home?

– Jeffrey Scott

This class is a must for anyone who has a family member currently in a nursing home or who may need a nursing home in the future. Can any assets be protected? (Yes, they can.) What is the difference between Medicare and Medicaid? (You'll learn them.) Are there any special benefits available to a veteran? (Yes, there are.) Gain crucial information you must have when your family finds itself headed for a nursing home. Get the info. you need now.

<b>AD14791</b>	DPC	1 session	\$19
6–7:30 p.m.	Mon	Oct. 24	



I love Community Ed!  
It is a great way to talk to people about issues that have a big impact on them. Many people are unaware of how important estate planning is until something drastic happens. (The students) are practical, smart, and participate in a way that keeps the classes lively.

– Jeffery Scott,  
Estate Planning

## ADULTS WITH DEVELOPMENTAL DISABILITIES

SoWashCo Community Education offers opportunities for adults with developmental disabilities through the Community Bridge Consortium.

Designed for teens and adults with developmental cognitive disabilities, the Community Bridge Consortium facilitates the participation of adults with disabilities in all aspects of Community Education programming by providing reasonable support and accommodations. Through participation, these adults learn new things, engage with others and become active citizens in their communities.

The consortium is sponsored by South Washington County, Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville Area, and White Bear Lake Area School Districts.

### The Community Bridge Consortium offers:

- Customized education and enrichment classes for adults with developmental disabilities
- Opportunities to socialize with peers and friends
- Fine arts experiences
- Sign language interpreters
- Resources for disabilities awareness and education
- Adapted materials and equipment
- Registration assistance

### To Register:

Visit [isd622.ce.eleyo.com](http://isd622.ce.eleyo.com)

or call 651-748-7232

o request the latest brochure.



For me, it's the feeling you get seeing the participants. How happy they are to be involved. They cheer each other on. I love how excited they are to accept everyone. It's simple pleasures like being out together, playing a sport, socializing and being with others. That's why I do what I do.

- Judy Ptacek,  
T-ball Coach



Our mission is to provide learners with a comfortable, challenging, learning and networking environment to enhance work, English language and life skills.

We offer programming in Washington and Dakota counties for all residents at no cost.

### Basic Education and Professional Development

- Essential computer skills
- Internet and email basics
- Essential software skills – including Microsoft Word, Excel, PowerPoint and Google Docs
- Using technology in daily life – social media, information literacy, career search skills, supporting K-12 distance learning and your digital footprint
- Customer service internship
- Microsoft Office Specialist (MOS) Associate Certificate Training
- Official Certiport MOS Test Center

### Diploma Completion

Earn your GED® diploma or K-12 diploma.

- K-12 diploma completion
- GED® test preparation
- Official Pearson Vue GED® Test Center

### English Learners (EL)

Learn to speak, read and write in English. Beginning, intermediate and advanced classes are available.

Additional support courses:

- Conversation
- Pronunciation
- English in the workplace
- Practical life skills
- Basic computer skills
- Career exploration
- U.S. citizen test prep

“ I’ve been learning new expressions every day and meeting good people.

–English Learner”

# GREAT RIVERS

ADULT EDUCATION CONSORTIUM

ADULT COLLEGE CAREER ENGLISH SKILLS SERVICES



## No English?

Please text or email, in your own language, for information about our FREE programs.

651-270-3266

[greatrivers@sowashco.org](mailto:greatrivers@sowashco.org)

저희 무료 프로그램에 관한 정보는 여러분의 모국어로 문자 또는 이메일을 통해 문의해 주십시오.

لوصح لىل مأل لتغلب، ينورتكلى دىرب وأ قيصن قلاسر لاسرل ىجىري  
قىناجىلما انجمارب لوح تامولعم ىلع.

要获得关于FREE项目的信息, 请使用您自己的语言, 发短信或电子邮件给我们。

Envíe un mensaje de texto o correo electrónico, en su propio idioma, para solicitar información sobre nuestros programas GRATUITOS.

ناتدوخ نابز دب، ام ناگىار ىادهمازب درابرد رتشیب تاغلطا ىارب أفطل  
دىنک لاسرل ىمىا ى نتم.

Macluumaadka laxiriira barnaamijyadayada BI-LAASHKA ah, fadlan ku soo dir text ama iimayl ah luqadaada.

Favor enviar mensagem de texto ou email, no seu idioma, para informações sobre nossos programas GRATUITOS.

Vui lòng gửi tin nhắn hay email cho chúng tôi, bằng ngôn ngữ của quý vị, để biết thông tin về những chương trình MIỄN PHÍ của chúng tôi.

በቋንቋዎ የእጭር የጽሁፍ መልእክት በመላክ ወይም ስልክ በመደወል ስለ ነጻ ፕሮግራሞች መረጃ ለማግኘት ይችላሉ።

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សម្ប ផេ ញើប្បអី មលី របសអំ កន ។

The knowledgeable staff helped me navigate the program so I could focus on learning. The teaching staff explained things in a manner that made the subjects just “click”. This GED program has proved invaluable in finishing my degree and helping me create a better future for myself and my family.

—Adult GED Learner



# PROGRAM HIGHLIGHTS

## English Learner (EL) Program

Our English language program helps improve skills in reading, writing, listening and speaking in and out of the classroom. Classroom instruction, life skills classes and field trips provide opportunities to practice English in real-life settings and connect with the community.

## English in the Workplace

In partnership with local businesses, our English in the workplace program provides English language education to employees of our partners. Our program helps current employees strengthen their English language skills, better understand their workplace and become more successful in their roles.

## Microsoft Office Specialist (MOS) Associate Certificate Training

Great Rivers Adult Education Consortium and Washington County CareerForce have partnered to deliver this training. During this 12 week course, students receive training in Microsoft Word, Excel and PowerPoint as well as exam prep from a certified Microsoft Instructor. Software, computer labs, textbooks, study materials and exam are supplied at no cost.

I like it here because class is dynamic with people of different cultures and different accents.

–English Learner

To view more information and to apply visit:

[commed.sowashco.org/greatrivers](http://commed.sowashco.org/greatrivers)



All class sessions can be viewed online



## Did you know?

Pools can be rented for parties and events. For more information, visit [commed.sowashco.org/aquatics](http://commed.sowashco.org/aquatics)

To view more information and course offerings visit:  
[commed.sowashco.org/aquatics](http://commed.sowashco.org/aquatics)

## AQUATICS

SoWashCo Community Education Aquatics program offers swimming lessons, specialty classes, fitness and recreational opportunities starting at 12 months of age through adult.

It is our goal to teach in a positive, fun and safe environment. Through our program, we strive to develop self-esteem and physical ability. Lesson information and descriptions can be found on our website, [commed.sowashco.org/aquatics](http://commed.sowashco.org/aquatics). For class times, locations and registration visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com).

Course offerings typically include:

### Swimming Lessons

- Toddler
- Preschool
- Beginner
- Intermediate
- Advanced
- Adult Beginner
- Special Needs
- Semi Private
- Private
- Diving

### Recreation

- Exercise
- Open Swim
- Lap swim

### Certifications and Safety

- Swim Aide Training
- Lifeguard Training

**Is your child currently in swimming lessons and you don't know which class level to sign up for next?**

Register them for the level they are currently in, and depending on their progression, we will either move them to the next level, based on availability, or contact you directly to review other options.

## Registration Information

- Aquatics registration is due seven days before the session begins. This will allow review of rosters and to schedule staff for a safe instructor/student ratio.
- Late registration is \$10 per registration and is taken up to 24 hours in advance by calling 651-425-6600.
- As a reminder, please be sure to check online and review your course confirmation for any no class/ closed dates.
- Classes are canceled or combined one week in advance.
- Visit our registration site [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) to view all class offerings and to find more detailed information.
- Same season class transfers can be made up to 7 days prior to class start date. After 7 days a fee of \$10 is assessed.

## Class Information

We are unable to offer make-up classes due to limited pool access. Exception is made for private lessons when arrangements are made in advance. If we cancel classes due to weather an email will be sent.

## Pool Locations

### Lake Middle School (LMS)

3133 Pioneer Dr., Woodbury, MN 55125

### Oltman Middle School (OMS)

6625 Goodview Ave. S, Cottage Grove, MN 55016

### Cottage Grove Middle School (CGMS)

9775 Indian Blvd., Cottage Grove, MN 55016

### Woodbury High School (WHS)

2665 Woodlane Dr. , Woodbury, MN 55125

# FACILITY RENTAL

SoWashCo Schools District encourages the use of the schools by outside groups and community members. For your next meeting or event in Cottage Grove, Newport, St. Paul Park or Woodbury, consider your local school facilities.

## Why District Facilities?

- Affordable and close to home
- Large and small group accommodations
- Smoke free environment
- Handicap accessible facilities

## Spaces Available

- Conference rooms
- Lecture halls
- Gyms
- Auditoriums
- Cafeterias
- Classrooms
- Fields

Space is available for rent in the evenings and on weekends.



## Information and Reservations

Please contact the facilities scheduler at 651-425-6604 or visit the website at [commed.sowashco.org/facility-rental](http://commed.sowashco.org/facility-rental)

# COMMUNITY EDUCATION DIRECTORY

## District Offices

**District Program Center (DPC)**  
8400 E. Point Douglas Road S.  
Cottage Grove, MN 55016

**District Service Center (DSC)**  
7362 E. Point Douglas Road S.  
Cottage Grove, MN 55016

## School Locations

**Armstrong Elementary (AES)**  
8855 Inwood Avenue S.  
Cottage Grove, MN 55016

**Bailey Elementary (BES)**  
4125 Woodlane Drive  
Woodbury, MN 55129

**Cottage Grove Elementary (CGES)**  
7447 65th Street S.  
Cottage Grove, MN 55016

**Crestview Elementary (CES)**  
7830 80th S.  
Cottage Grove, MN 55016

**East Ridge High School (ERHS)**  
4200 Pioneer Drive  
Woodbury, MN 55129

**Great Rivers Adult Education Consortium**  
8400 E. Point Douglas Road S.  
Cottage Grove, MN 55016

**Grey Cloud Elementary (GCES)**  
9525 Indian Blvd. S.  
Cottage Grove, MN 55016

**Hillside Elementary (HES)**  
8177 Hillside Trail S.  
Cottage Grove, MN 55016

**Lake Middle School (LMS)**  
3133 Pioneer Drive  
Woodbury, MN 55129

**Liberty Ridge Elementary (LRES)**  
11395 Eagle View Blvd.  
Woodbury, MN 55129

**Liberty Ridge Site 2 (LR2)**  
11283 Eagle View Blvd.  
Woodbury, MN 55129

**Middleton Elementary (MES)**  
9105 Lake Road  
Woodbury, MN 55125

**Newport Elementary (NES)**  
851 6th Avenue  
Newport, MN 55125

**Nuevas Fronteras Spanish Immersion (NFSI)**  
1020 Third Street  
St. Paul Park, MN 55071

**Oltman Middle School (OMS)**  
6625 Goodview Ave. S.  
Cottage Grove, MN 55016

**Park High School (PHS)**  
8040 80th Street S.  
Cottage Grove, MN 55016

**Pine Hill Elementary (PHES)**  
9015 Hadley Ave. S.  
Cottage Grove, MN 55016

**Pullman Elementary (PES)**  
1260 Selby Ave  
St. Paul Park, MN 55071

**Red Rock Elementary (RRES)**  
3311 Commonwealth Ave  
Woodbury, MN 55125

**Royal Oaks Elementary (ROES)**  
7335 Steepleview Road  
Woodbury, MN 55125

**South Washington Alternative High School (SWAHS)**  
8400 E. Point Douglas Road S.  
Cottage Grove, MN 55016

**Valley Crossing Elementary (VCES)**  
9900 Park Crossing  
Woodbury, MN 55125

**Woodbury Elementary (WES)**  
1251 School Drive  
Woodbury, MN 55125

**Woodbury High School (WHS)**  
2665 Woodlane Drive  
Woodbury, MN 55125

**Woodbury Middle School (WMS)**  
1425 School Drive  
Woodbury, MN 55125

## Off-Site Class Locations

**All Saints Lutheran**  
8100 Belden Blvd  
Cottage Grove, MN 55016

**American Legion**  
328 Broadway Ave,  
St Paul Park, MN 55071

**Cottage Grove Ravine Park**  
9653 Keats Ave S  
Cottage Grove, MN 55106

**Conquer Ninja Gym**  
707 Commerce Drive  
Suite 120  
Woodbury, MN 55125

**Grove Church**  
8600 90th Street  
Cottage Grove, MN 55016

**Kidcreate Studio**  
1785 Radio Drive  
Woodbury, MN 55125

**Kok Funeral Home**  
7677 80th Street  
Cottage Grove, MN 55016

**Nena's Designs**  
434 Hale Ave. N, Suite 120  
Oakdale, MN 55128

**Our Savior's Lutheran Church**  
1616 Olive St W  
Stillwater, MN 55082

**Phipps Center for the Arts**  
109 Locust St  
Hudson, WI 54016

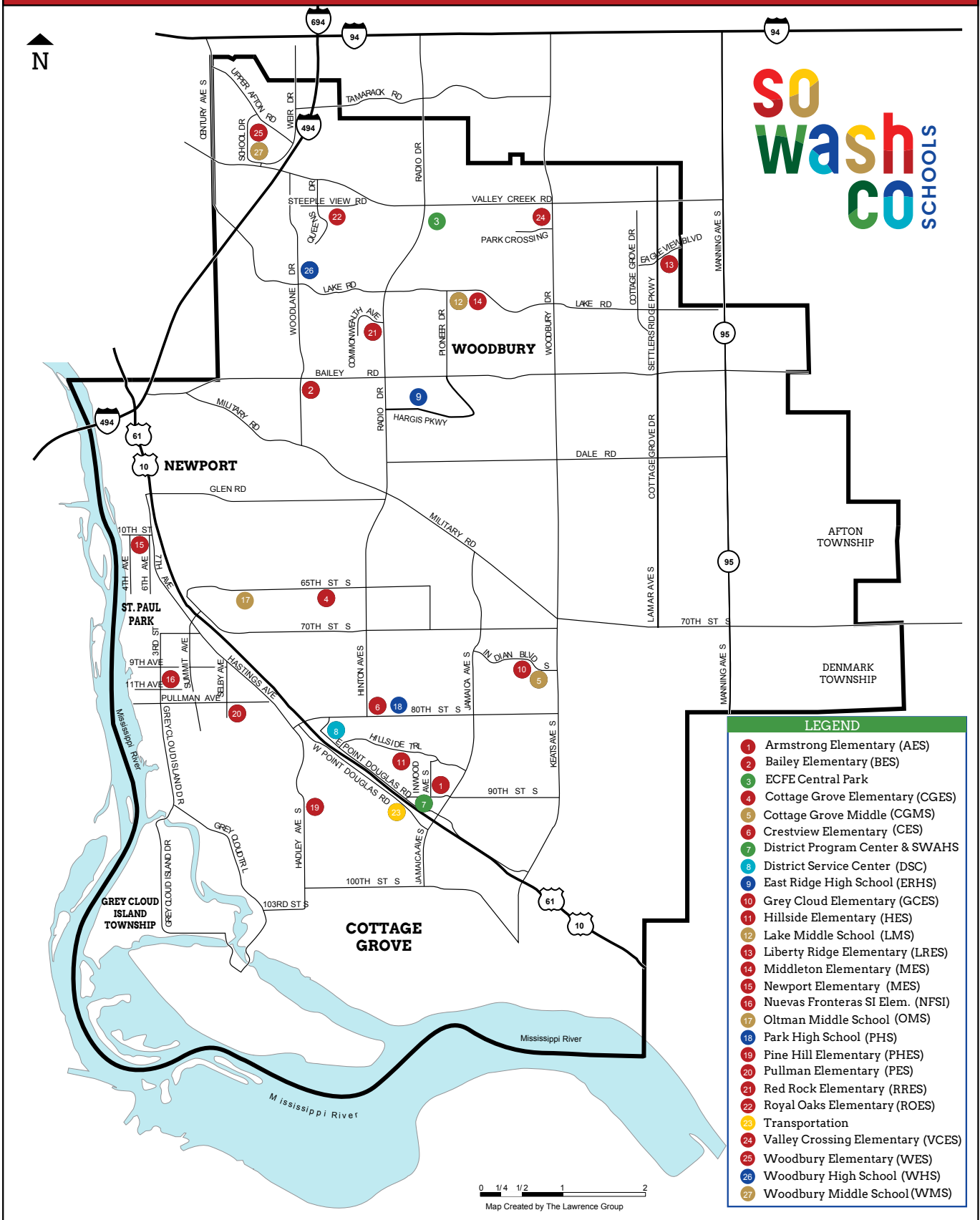
**Serenity Horse Farm**  
11490 Julianne Ave N  
Stillwater, MN 55082

**St Paul Cultural Garden Kellogg Mall**  
62 Kellogg Blvd. E.  
Saint Paul, MN 55101

**Tilden Community Center**  
310 River Street  
Hastings, MN 55003



# South Washington County Schools



# ELEMENTARY

## Elementary Intramural *Grade 2-5*

A chance for kids to learn basic fundamental skills in a sport and meet new friends in an affordable after school program. The Intramural program is offered to elementary students in grades 2-5 two days per week for five weeks. Sports we have offered in the past include soccer, dodgeball, floor hockey and basketball. Check out our website this upcoming fall to see what we will have to offer!

**Group A** Mon/Wed 10 sessions \$35

**Group B** Tues/Thur 10 sessions \$35

View location and times at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)

# MIDDLE SCHOOL

## Middle School Boys and Girls Flag Football *Grade 6-8*

Middle school flag football offers boys and girls the opportunity to learn the fundamentals of football in a safe environment. One to two teams will be formed per middle school. Teams will play a schedule against other SoWashCo middle school teams. Students will receive a shirt/jersey.

**Transportation will not be provided.**

**JR100** CGMS 23 sessions \$165  
Mon-Thur Sept. 8-Oct. 18 2:45-4:15 p.m.

**JR101** LMS 23 sessions \$165  
Mon-Thur Sept. 8-Oct. 18 2:45-4:15 p.m.

**JR102** OMS 23 sessions \$165  
Mon-Thur Sept. 8-Oct. 18 2:45-4:15 p.m.

**JR103** WMS 23 sessions \$165  
Mon-Thur Sept. 8-Oct. 18 2:45-4:15 p.m.

## Middle School Boys and Girls Running Club *Grade 6-8*

Students will learn different running styles and participate in a cross country meet. Practice will not be held on rainy days and will not be made up. Please wear comfortable running shoes, shorts and t-shirt. Students will receive a t-shirt. First practice will be 2:45 p.m. on Thursday, Sept. 8. **Must register by Sept. 2.**

**JR161** CGMS 16 sessions \$70  
Mon/Tues/Thur Sept. 8-Oct. 13 2:45-4:15 p.m.

**JR171** LMS 16 sessions \$70  
Mon/Tues/Thur Sept. 8-Oct. 13 2:45-4:15 p.m.

**JR181** OMS 16 sessions \$70  
Mon/Tues/Thur Sept. 8-Oct. 13 2:45-4:15 p.m.

**JR191** WMS 16 sessions \$70  
Mon/Tues/Thur Sept. 8-Oct. 13 2:45-4:15 p.m.

## Middle School Girls Volleyball\* *Grade 7-8*

Emphasizes skill development and team play. Students are instructed in fundamentals and participate in matches against schools within SoWashCo Schools District. Coaches will distribute a schedule at the first team meeting/practice, Wednesday, Sept. 7. Games will start at 3:45 p.m. **Transportation will not be provided.**

**JR161** CGMS Grade 7 24 sessions  
\$165 Mon-Thur Sept. 7-Oct. 18 2:45-4:45 p.m.

**JR162** CGMS Grade 8 24 sessions  
\$165 Mon-Thur Sept. 7-Oct. 18 2:45-4:45 p.m.

**JR171** LMS Grade 7 24 sessions  
\$165 Mon-Thur Sept. 7-Oct. 18 2:45-4:45 p.m.

**JR172** LMS Grade 8 24 sessions  
\$165 Mon-Thur Sept. 7-Oct. 18 2:45-4:45 p.m.

**JR181** OMS Grade 7 22 sessions  
\$165 Mon-Thur Sept. 7-Oct. 17 2:45-4:45 p.m.

**JR182** OMS Grade 8 22 sessions  
\$165 Mon-Thur Sept. 7-Oct. 17 2:45-4:45 p.m.

**JR191** WMS Grade 7 23 sessions  
\$165 Mon-Thur Sept. 7-Oct. 18 2:45-4:45 p.m.

**JR192** WMS Grade 8 23 sessions  
\$165 Mon-Thur Sept. 7-Oct. 18 2:45-4:45 p.m.

## Middle School Wrestling\* *Grade 6-8*

Emphasizes skill development and team play. Students are instructed in fundamentals and participate in matches against schools within SoWashCo Schools District. **Transportation will not be provided.**

**JR260** CGMS/OMS Grade 6 27 sessions  
\$175 Mon-Fri Nov. 7-Jan. 13 3-5 p.m.

**JR270** CGMS/OMS Grade 7 27 sessions  
\$175 Mon-Fri Nov. 7-Jan. 13 3-5 p.m.

**JR280** CGMS/OMS Grade 8 27 sessions  
\$175 Mon-Fri Nov. 7-Jan. 13 3-5 p.m.

**JR262** LMS/WMS Grade 6 30 sessions  
\$175 Mon-Thur Nov. 7-Jan. 12 2:45-4:45 p.m.

**JR272** LMS/WMS Grade 7 30 sessions  
\$175 Mon-Thur Nov. 7-Jan. 12 2:45-4:45 p.m.

**JR282** LMS/WMS Grade 8 30 sessions  
\$175 Mon-Thur Nov. 7-Jan. 12 2:45-4:45 p.m.

**Please note:** Due to the national bus driver shortage, there will be **no transportation** provided for middle school athletics. Parents will need to transport their child to and from practices and matches.

**\*All participants MUST have a sports physical on file** at their respective school's health office. All forms can be found at [commed.sowashco.org/athletics](http://commed.sowashco.org/athletics) under "Middle School Athletics".

# CAMPS AND CLINICS

## Park Youth Wrestling Program

For questions call Ed Cortinas 612-868-4106 or Jim LaBrosse at 651-425-3966

### Beginner Grades PreK-3

Beginner wrestling will focus on the fundamental positions, movements and a selection of moves from each position in wrestling. For first-to-second time wrestlers in grades PreK-3. T-shirts will be made available early in the season. Medals will be given out at the end of the session.

<b>C200</b>	PHS	15 sessions	\$75
6-6:50 p.m.	Mon/Wed	Oct. 24-Dec. 14	

### Intermediate and Advanced Grades 1-6

Focuses on intermediate-to-advanced techniques, conditioning and live wrestling needed for youth wrestling competition. Wrestlers will be asked to compete in a number of team events and require at least two years of experience OR one year plus and at least one session of Freestyle/Greco or other equivalent experience. Wrestlers competing in tournaments and team events will also need to obtain a USA Wrestling card through [mnusawrestling.org](http://mnusawrestling.org)

<b>C201</b>	PHS	15 sessions	\$95
7-8:20 p.m.	Mon/Wed	Oct. 24-Dec. 14	

### Soccer Shots Grade K-2

Soccer Shots is a nationally recognized program that offers a high energy, fun and age-appropriate introduction to the wonderful game of soccer. This program is for children who are new to soccer or who want to build upon what they have learned in Soccer Shots Classic. Focusing on individual skill, fitness, and sportsmanship, each session provides an opportunity for kids to be challenged through fun games and team competitions. Children will also be introduced to tactical elements of the game as they prepare to play on competitive teams. For ages 5-8. For Fall session, cost of \$228 includes a new Adidas soccer jersey.

<b>C710</b>	BES	8 sessions	\$208
3:55-4:40 p.m.	Fri	Sept. 16-Nov. 11	
<b>C711</b>	MES	8 sessions	\$208
3:15-4 p.m.	Fri	Sept. 16-Nov. 11	
<b>C712</b>	RRES	8 sessions	\$208
2:30-3:15 p.m.	Fri	Sept. 16-Nov. 11	
<b>C713</b>	ROES	8 sessions	\$208
2:30-3:15 p.m.	Fri	Sept. 16-Nov. 11	
<b>C714</b>	VCES	8 sessions	\$208
3:50-4:35 p.m.	Fri	Sept. 16-Nov. 11	
<b>C715</b>	CGMS	6 sessions	\$168
6:10-6:55 p.m.	Fri	Sept. 16-Oct. 28	

## Golf Squad - Elementary Level Grade 1-5

Golf Squad is for children ages 6+ and is offered during your school's Fall/Winter/Spring Semesters. It is a six week, after school club that meets once a week for one hour with a golf industry professional. All participating families receive weekly emails detailing what students will be doing and learning in class. All class essentials are provided. Each student receives Golf Squad Handbook and Golf Squad visor. For more information please go to [www.golfsquad.com](http://www.golfsquad.com)



<b>C140</b>	BES	6 sessions	\$190
3:55-4:55 p.m.	Mon	Oct. 10-Nov. 21	
<b>C141</b>	LRES	6 sessions	\$190
3:55-4:55 p.m.	Tues	Oct. 11-Nov. 22	
<b>C142</b>	GCES	6 sessions	\$190
3:15-4:15 p.m.	Wed	Oct. 12-Nov. 16	
<b>C143</b>	VCES	4 sessions	\$190
3:50-5:20 p.m.	Thur	Oct. 27-Nov. 17	

Paid Advertisement

## RACE INTO CUB SCOUTING

Boys and Girls Grades K-5 WELCOME

Find a pack near you at

## JoinCubs.org

Register Online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) | Fall 2022



## CHEM Athletics- Character, Hand, Eye, Mind Camp for Beginner Tennis *Grade K-5*

CHEM Athletics is a unique approach to tennis providing learning that extends beyond the court including skills youth can use for life. The aim is to increase hand-eye coordination while placing an emphasis on character development.

CHEM stands for Character, Hand, Eye and Mind

Youth learn the STARS concept which stands for Safety, Teamwork, Attitude, Responsibility and Sportsmanship.

<b>C130</b>	PHS	6 sessions	\$97
6:30-7:30 p.m.	Mon	Sept. 19-Oct. 24	



“My daughter struggled to find her path in other sports programs never feeling like she fit in. She found camaraderie at CHEM. We appreciate how you teach kids to never quit and how to display good character. You challenge them, but they know you believe in them.. we are so happy we found your program!”

-Participant's Parent

## Happy Feet - Little Toes 2-3 years

The little toes program uses a story tie with soccer ball approach to stimulate your children imagination while learning advance soccer skill development. This unique concept keeps kids captivated and entertained for every second of every happy feet class. Your child will love being the zookeepers, and showing the animals their soccer skills; blasting off to outer space with their Bobs and visiting all the planets; traveling around the world to visit countries and meeting new friends along the way. Every class is just as educational as it is fun.

<b>C150</b>	GCES	4 sessions	\$59
5-5:30 p.m.	Tues	Sept. 13-Oct. 4	
<b>C153</b>	GCES	4 sessions	\$59
6:05-6:35 p.m.	Tues	Oct. 18-Nov. 15	
<b>C156</b>	GCES	4 sessions	\$59
6:05-6:35 p.m.	Tues	Nov. 29-Dec. 20	

## Happy Feet - Big Toes 4-5 years

In this stage we introduce your child to key concepts & new skills, cooperation, & goal setting. Your child learns valuable lesson for all areas of life. All children have a soccer ball for maximum skill development. We make use of fun props & play more advanced games. The kids learn some of the most difficult skills & moves in soccer while having a blast. Your child will have fun & develop motor skills in a non-competitive way.



<b>C151</b>	GCES	4 sessions	\$59
5:30-6 p.m.	Tues	Sept. 13-Oct. 4	
<b>C154</b>	GCES	4 sessions	\$59
6:35-7:05 p.m.	Tues	Oct. 18-Nov. 15	
<b>C157</b>	GCES	4 sessions	\$59
6:35-7:05 p.m.	Tues	Nov. 29-Dec. 20	

## Happy Feet Academy 6-7 years

Happy Feet Academy training transitions away from the songs and stories to a more traditional soccer environment. Each session involves creative soccer activities while advancing to the final progression of deceptive dribbling skills and gradually introducing manageable pressure to enhance skill development and decision making.

<b>C152</b>	GCES	4 sessions	\$59
6-6:30 p.m.	Tues	Sept. 13-Oct. 4	
<b>C155</b>	GCES	4 sessions	\$59
7:05-7:35 p.m.	Tues	Oct. 18-Nov. 15	
<b>C158</b>	GCES	4 sessions	\$59
7:05-7:35 p.m.	Tues	Nov. 29-Dec. 20	

## DASH Sports No School Multi-Sport Camp *Grade K-5*

Looking for a fun non-school day filled with fun sports activities? This Multi-Sport camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Athletes will spend roughly 2 hours on each sport, performing instructor-led fun skill-based activities and games. Athletes should bring two snacks, a lunch, and a water bottle.

<b>C111</b>	CGES	1 session	\$79
9 a.m.-4 p.m.	Fri	Oct. 7	
<b>C112</b>	OMS	1 session	\$79
9 a.m.-4 p.m.	Tues	Nov. 8	
<b>C113</b>	OMS	1 session	\$79
9 a.m.-4 p.m.	Wed	Nov. 23	

### DASH Sports Soccer Camp *Grade K-5*

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with scrimmages/games on the final two days. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided.

<b>C100</b>	RRES	5 sessions	\$95
2:30-3:30 p.m.	Mon	Sept. 19-Oct. 17	

<b>C101</b>	VCES	5 sessions	\$95
3:55-4:55 p.m.	Mon	Sept. 19-Oct. 17	

### DASH Sports Soccer Tykes Camp *Age 3-5*

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes and shin guards optional). Soccer balls are provided. Parent participation is encouraged when needed.

<b>C102</b>	VCES	5 sessions	\$79
5:05-5:35 p.m.	Mon	Sept. 19-Oct. 17	

### DASH Sports Flag Football Camp *Grade K-5*

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with scrimmages/games the final two days. Footballs and flag belts are provided.

<b>C103</b>	ROES	5 sessions	\$95
2:30-3:30 p.m.	Wed	Sept. 21-Oct. 19	

<b>C104</b>	LRES	5 sessions	\$95
3:55-4:55 p.m.	Wed	Sept. 21-Oct. 19	

### DASH Sports Flag Football Tykes Camp *Ages 3-5*

Dash Sports flag football Tykes camps provide players with an introductory experience to the great game of football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes/cleats are optional). Footballs and flag belts are provided. Parent participation is encouraged when needed.

<b>C105</b>	LRES	5 sessions	\$79
5:05-5:35 p.m.	Wed	Sept. 21-Oct. 19	

### DASH Sports Basketball Camp *Grade K-5*

DASH Sports basketball camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camp ends with scrimmages/games on the final two days. Athletes should bring a water bottle. Balls are provided.

<b>C107</b>	VCES	5 sessions	\$95
3:55-4:55 p.m.	Mon	Nov. 7-Dec. 5	

<b>C106</b>	RRES	5 sessions	\$95
2:30-3:30 p.m.	Mon	Nov. 7-Dec. 5	

### DASH Sports Basketball Tykes Camp *Age 3-5*

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided. Parent participation is encouraged when necessary.

<b>C108</b>	VCES	5 sessions	\$79
5:05-5:35 p.m.	Mon	Nov. 7-Dec. 5	

### DASH Sports Volleyball Camp *Grade K-5*

DASH Sports volleyball camps provide players with a well-rounded experience in a fun environment. Key volleyball skills such as passing, serving, and hitting will be taught and practiced. Fun, volleyball skill specific games are also incorporated, giving players game type experience, and a better understanding of the game! Athletes should bring a water bottle (knee pads optional). Balls are provided.

No camp on November 23, 2022.

<b>C109</b>	ROES	5 sessions	\$95
2:30-3:30 p.m.	Wed	Nov. 9-Dec. 14	

<b>C110</b>	LRES	5 sessions	\$95
3:55-4:55 p.m.	Wed	Nov. 9-Dec. 14.	



### Skyhawks Hoopster Tots Camp Age 2-4

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

**C126** CGES 4 sessions \$69  
6:10-6:40 p.m. Wed Nov. 16-Dec. 14

### Skyhawks Basketball Camp Age 5-10

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

**C127** CGES 4 sessions \$89  
4:30-6 p.m. Wed Nov. 16-Dec. 14

### Skyhawks Soccer Camp Age 5-11

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved his or her sport skills.

#### Age 5-7

**C119** CGMS 4 sessions \$79  
10:20-11:20 a.m. Sat Sept. 17-Oct. 8

#### Age 7-11

**C120** CGMS 4 sessions \$79  
11:30 a.m.-12:30 p.m. Sat Sept. 17-Oct. 8

### Skyhawks Flag Football Camp Age 5-11

Skyhawks Flag Football is the perfect program for young athletes who want a complete introduction to "America's Game" or for those who simply want to brush up on their skills in preparation for league play. Through our "skill of the day" activities, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. Skyhawks Flag Football is recommended for beginning to intermediate athletes. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

#### Age 5-11

**C115** MES 4 sessions \$89  
4:30-6 p.m. Mon Sept. 12-Oct. 3

**C117** CGES 4 sessions \$89  
4:30-6 p.m. Wed Sept. 14-Oct. 5

#### Age 5-7

**C123** CGMS 4 sessions \$79  
10:20-11:20 a.m. Sat Oct. 15-Nov. 5

#### Age 7-11

**C124** CGMS 4 sessions \$79  
11:30 a.m.-12:30 p.m. Sat Oct. 15-Nov. 5

### Skyhawks 1st Down Tots Camp Age 2-4

In this parent participation class we use a variety of fun games to teach basic football techniques including running control, passing, receiving and defense.

#### Age 2-4

**C116** MES 4 sessions \$69  
6:10-6:40 p.m. Mon Sept. 12-Oct. 3

**C118** MES 4 sessions \$69  
6:10-6:40 p.m. Wed Sept. 14-Oct. 5

#### Age 2-3

**C121** CGMS 4 sessions \$69  
9-9:30 a.m. Sat Oct. 15-Nov. 5

#### Age 3-4

**C122** CGMS 4 sessions \$69  
9:40-10:10 a.m. Sat Oct. 15-Nov. 5

We are  
committed to our  
mission of teaching life  
skills through sports.  
– Skyhawks Coaches





# GYMNASTICS

SoWashCo Community Education offers year-round evening and weekend classes for girls and boys ages 18 months-18 years old. It is our goal to teach in a positive, fun and safe environment. We strive to develop self-esteem and physical fitness. Our program is suited for recreational, developmental and competitive gymnasts. We offer classes at East Ridge, Park and Woodbury High School. Check out the level descriptions and upcoming schedules and registration deadlines.

## Registration Information

- Registration deadline dates are posted online.
- Gymnastics registration is due one week before the session begins. This will allow for staff to review rosters and employ adequate number of instructors so we can provide a safe coach to student ratio.
- If you cancel a class registration BEFORE the registration deadline, a per course processing fee will be deducted from your refund.
- Class cost \$5-\$124 = \$5 processing fee.
- Class cost of \$125 and up = \$10 processing fee.
- No cost transfers to another class in the same session prior to class start and during class session with instructor approval.
- No refunds will be given after the registration deadline date.
- As a reminder, please review your course confirmation on the registration site and make note of any dates calls will not be held.
- Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) to view all class offerings and to find detailed course information.

## Missing a Class

There are no make up classes if you miss a class. If we must cancel classes due to weather or other unforeseen reasons, you will be refunded for that one class. Exceptions may include private lessons and competitive team practices.

## Financial Assistance

Financial assistance is available. See page 50 for details or visit [commed.sowashco.org/gymnastics](http://commed.sowashco.org/gymnastics).



## Park High Gymnastics



### Park High School Gymnastics Center

8040 80th Street South  
Cottage Grove, MN

For questions, contact  
**Coach Maria Ortiz** at  
[mortiz@sowashco.org](mailto:mortiz@sowashco.org)

## East Ridge Gymnastics



### East Ridge High School Gymnastics Center

4200 Pioneer Drive  
Woodbury, MN

For questions, contact  
**Coach Carol Ugo** at  
[curgo0@sowashco.org](mailto:curgo0@sowashco.org)

## Woodbury Gymnastics



### Woodbury High School Gymnastics Center

2665 Woodlane Drive  
Woodbury, MN

For questions, contact  
**Coach Julie Dornseif** at  
[jdornsei@sowashco.org](mailto:jdornsei@sowashco.org)

# RECREATION

## Unicycling for All Age and Skill Levels Age 7+

Why settle for two wheels when one will do? Age 7-97 can learn the basics of riding a unicycle! Unicycling is an awesome individual or family activity that gets everyone moving and having fun! All skill levels are welcome. Learn to ride or polish some new techniques.



Classes meet in the gym and unicycles are provided.

Instruction is provided by members of the Twin Cities Unicycle Club. The club is the oldest in the area and the largest in the country, holding over 30 national titles and over 15 world championships. Note: If the class member is a minor child, parents or guardians are required to stay with them during class.

6:30-7:30 Beginner unicycle class open to all ages

7:30-8:30 Open gym for unicycle practice

<b>YE1781</b>	ROES	9 sessions
6:15-8:30 p.m	Tues	Sept. 13-Nov. 29
Per individual.....		\$30
Per family.....		\$45

Whether the students are new to the sport or have been on the team for many years, you wouldn't know the difference. the coach is so supportive and energetic.

-Parent of YEL Fencing Student



## Fencing Fall Grade 2-12

Join this fast growing Olympic sport. Each {YEL!} fencing class follows four basic components:

- **Teach It!**...Hall of Fame Olympic Fencing Coach Ro Sobalvarro crafts our lessons and curriculum.
- **Practice It!**...Students pair up and practice the fencing move or concept, rotate partners and repeat.
- **Move It!**...Students then participate in fencing matches using only the moves taught so far.
- **Play It!**...10-15 minutes each class students fence with multiple fencers at their skill level.

All equipment provided. Sign up today to THINK, LEARN and PLAY WELL with {YEL!}.

### Grade 2-5

<b>YE1324</b>	DPC	8 sessions -	\$132
6-7 p.m.	Tues	Oct. 11-Dec. 13	

### Grade 6-12

<b>YE1325</b>	DPC	8 sessions -	\$167
7:05-8:35 p.m.	Tues	Oct. 11-Dec. 13	

## Bowling Club - Fall 2022 Grade 1-6

Spare, split, strike! Learn the skills and techniques of bowling including how to keep score, proper etiquette and more. The program will culminate with a competition and pizza party with the other school districts involved. All participants will receive a t-shirt and certificate. No experience necessary. Instructors are bowling alley staff or youth bowling coaches. The final competition will be held on November 5 at Flaherty's Arden Bowl in Arden Hills.

<b>YE175</b>	Park Grove Bowl	6 sessions	\$99
9-10 a.m.	Sat	Oct. 1-Nov. 5	

## Mommy & Me Miss Laura's Little Athletes Gym Class Ages 1-5

A Gym class that kids will beg to come back to. Shoes are optional as we tumble, march in the band, stretch with maracas and run with superhero capes! Circle time then allows us to catch our breath as we learn new songs and fun lap games. What comes next weekly can be hula-hoop time, parachute time, big balls, bubbles and more. It's a great class for kids to come to where learning simple social skills is a breeze. Come get the wiggles out!

<b>YE1852</b>	All Saints Lutheran	8 sessions	\$87
9-9:45 a.m.	Wed	Sept. 28-Nov. 16	
<b>YE1853</b>	All Saints Lutheran	8 sessions	\$87
10-10:45 a.m.	Wed	Sept. 28-Nov. 16	

## Conquer Ninja Rec Team Age 6-13

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Not only is Ninja the fastest growing sport, but it is the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience. Our Conquer Rec Team is designed for youth, ages 6-9 of all experience levels. Our Rec Team will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their Ninja Skills with over 40 different obstacles! This 8 weeklong Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

### Age 6-9

<b>YE1243</b> 5-6 p.m.	Conquer Ninja Gym Fri	8 sessions Sept. 9-Oct. 28	\$219
<b>YE1244</b> 3:45-4:45 p.m.	Conquer Ninja Gym Fri	8 sessions Sept. 9-Oct. 28	\$219
<b>YE1348</b> 3:45-4:45 p.m.	Conquer Ninja Gym Fri	6 sessions Nov. 4-Dec. 16	\$163
<b>YE1349</b> 5-6 p.m.	Conquer Ninja Gym Fri	6 sessions Nov. 4-Dec. 16	\$163

### Age 8-13

<b>YE1258</b> 6:15-7:15 p.m.	Conquer Ninja Gym Fri	8 sessions Sept. 9-Oct. 28	\$219
<b>YE1350</b> 6:15-7:15 p.m.	Conquer Ninja Gym Fri	6 sessions Nov. 4-Dec. 16	\$163

## Parent Child Ninja Class Age 5+

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

<b>YE1351</b> 9-10 a.m.	Conquer Ninja Gym Sun	8 sessions Sept. 11-Oct.30	
	Parent/child .....		\$281
	Additional family member .....		\$94
<b>YE1352</b> 9-10 a.m.	Conquer Ninja Gym Sun	7 sessions Nov. 6-Dec. 18	
	Parent/child .....		\$244
	Additional family member .....		\$84

## Ninja Winter Camp Age 6-13

This winter break give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances. All camps are coached by an experienced Ninja Trainer.

<b>YE1353</b> 9-11 a.m.	Conquer Ninja Gym Mon-Thur	4 sessions Dec. 26-29	\$200
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## Serenity Farm Horse Camp Age 6-12

Offered for kids ages 6-12, Spark Equestrian's day camps at Serenity Farm teach kids the basics of horse care, grooming, and riding. Our indoor arena and barn are heated to about 50 degrees in the winter. Kids should provide their own lunch and wear long pants with close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside (mostly inside, though!). Drop off is at 9 a.m. and pick up is at 2 p.m. We will provide the rest!

Serenity Farm Horse Camp	1 session	\$125
<b>YE1180</b>	9 a.m.-2 p.m. Sat	Sept. 10
<b>YE1181</b>	9 a.m.-2 p.m. Sat	Sept. 17
<b>YE1182</b>	9 a.m.-2 p.m. Sat	Sept. 24
<b>YE1183</b>	9 a.m.-2 p.m. Sat	Oct. 1
<b>YE1184</b>	9 a.m.-2 p.m. Sat	Oct. 8
<b>YE1185</b>	9 a.m.-2 p.m. Sat	Oct. 15
<b>YE1186</b>	9 a.m.-2 p.m. Sat	Oct. 22
<b>YE1187</b>	9 a.m.-2 p.m. Sat	Oct. 29
<b>YE1188</b>	9 a.m.-2 p.m. Sat	Nov. 5
<b>YE1189</b>	9 a.m.-2 p.m. Sat	Nov. 12
<b>YE1190</b>	9 a.m.-2 p.m. Sat	Nov. 19
<b>YE1191</b>	9 a.m.-2 p.m. Sat	Dec. 3
<b>YE1192</b>	9 a.m.-2 p.m. Sat	Dec. 10



# CREATE

## Anime Character Creation Age 10-14

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5 day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging – this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings. Sign up today!

<b>YE1220</b>	CGMS	5 sessions	\$60
6:30-7:30 p.m.	Mon	Sept. 19-Oct. 17	
<b>YE1240</b>	ERHS	5 sessions	\$60
6:30-7:30 p.m.	Thu	Nov. 10-Dec. 15	

## Awesome Mandalas Age 10-14

Learn how to draw a mandala! A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms. Join us and be inspired to draw your own mandalas!

<b>YE1221</b>	ERHS	4 sessions	\$48
6:30-7:30 p.m.	Thu	Sept. 15-Oct. 6	
<b>YE1239</b>	ERHS	5 sessions	\$60
6:30-7:30 p.m.	Tue	Nov. 15-Dec. 13	

## Pattern and Design Age 10-14

Young Rembrandts now offers a five-day chalk pastel drawing class! Explore multicultural art in our Worldly Artistic Designs workshop. We begin our world tour in Mexico as we draw several welcoming, colorful doorways. Next, we journey to Africa and explore the design intricacies of

African crafts. Our artistic enlightenment doesn't stop there; we'll move on to design Paisley patterns, an ancient design embraced by many cultures. Then, Asian paper lanterns will shed light on the Far Eastern design styles. Our travels end in Russia as we illustrate a mainstay of Russian architecture – the onion dome.

<b>YE1238</b>	CGMS	5 sessions	\$60
6:30-7:30 p.m.	Mon	Nov. 14-Dec. 12	



## Drawing Made Easy with Kidcreate Studios Age 5-12

Have you ever wished drawing was easy? Well in this class, it couldn't be easier! For each drawing project, students will learn a simple step-by-step method as they draw well-dressed llamas, cute kittens, adorable pandas, and more. Drawing is easy, fun, and anyone can do it- and this class proves it!

<b>YE164</b>	Kidcreate Studio	2 sessions	\$102
1-4 p.m.	Wed-Thu	Dec. 28-29	

## Let's Draw with Kidcreate Studios Age 5-12

If it's drawing, sketching, and cartooning you're after, then this is the class for you! In this introductory drawing class, we'll learn basic techniques and principles of drawing as we create puppies, ponies, people, and more. The kids will master a simple step-by-step method that is essential to creating memorable drawings. Each child will receive their own take-home How to Draw booklet!

<b>YE156</b>	Kidcreate Studio	6 sessions	\$116
4:30-5:30 p.m.	Tue	Nov. 1-Dec. 13	

## Household Pets Age 10-14

Our students will be elated as we celebrate our cuddly friends in the new Household Pets workshop. We'll get our feet wet on the first day of class as we draw a stylized aquarium graphic. The second day of class will be a colorful one as we learn to draw a detailed birdcage. The following day, we will explore the playful side of our animal friends in amusing cartoon images. The fourth day of class will see more realistic renderings of various household pets. And on the last day of class, we will create a wonderful pet-inspired, pastel illustration. Enroll today!

<b>YE1241</b>	DPC	2 sessions	\$74
9 a.m.-12 p.m.	Thu- Fri	Oct. 20-21	

## Street Art On Paper Age 10-14

Street Art on Paper: Art is all around us. In this class we are going to experience artistic expression forms in the street. We will integrate techniques, elements and colors found in public places with irony and fun. This is a cool workshop you don't wanna miss!

<b>YE1222</b>	ERHS	4 sessions	\$48
6:30-7:30 p.m.	Tue	Sept. 20-Oct. 11	

## Colorful Magic Grade K-5

Experience the colorful magic of fall in the Young Rembrandts classroom. Kick off the season with an interesting Iguana, a video game favorite Pixel Block Character and the geometrical world of architecture as we draw the Notre Dame Cathedral. Later, students will immerse themselves in the seasonal spirit as they learn still life technique of pumpkins, draw a detailed Scarecrow, and draw a silly but challenging Patterned Bat. Finally, get ready for winter as we turn out a "sweet" drawing of a gingerbread house (almost good enough to eat!). We'll draw these (and many more exciting lessons!) while we improve creative and critical thinking skills today's students need.

<b>YE1218</b>	CGES	6 sessions	\$73
3:15-4:15 p.m.	Thu	Sept. 15-Nov. 3	
<b>YE1219</b>	ROES	6 sessions	\$73
2:30-3:30 p.m.	Fri	Sept. 16-Nov. 4	
<b>YE1212</b>	HES	6 sessions	\$73
3:10-4:10 p.m.	Mon	Sept. 19-Oct. 31	
<b>YE1213</b>	PHES	6 sessions	\$73
3:15-4:15 p.m.	Mon	Sept. 19-Oct. 24	
<b>YE1214</b>	GCES	6 sessions	\$73
3:15-4:15 p.m.	Tue	Sept. 20-Nov. 1	
<b>YE1215</b>	VCES	5 sessions	\$60
3:50-4:50 p.m.	Tue	Sept. 20-Oct. 25	
<b>YE1216</b>	MES	6 sessions	\$73
3:15-4:15 p.m.	Wed	Sept. 21-Oct. 26	
<b>YE1217</b>	RRES	6 sessions	\$73
2:30-3:30 p.m.	Wed	Sept. 21-Oct. 26	

## Adult with Child Paint Night Age 6-12

What a memory you and your child will have when you paint together. Our Parent/Child Art class is a special time for you to experience. Each course focuses on a different theme: fishing together, fall scene or winter barn. Join us for one or sign up for all three. We will supply all the materials needed to create a masterpiece. A professional artist will guide you every step of the way. You will take home a special two piece canvas art along with your unforgettable memories.

### Fishing Together

<b>YE1101</b>	ERHS	1 session	\$75
6-8 p.m.	Thu	Sept. 29	

### Fall Scene

<b>YE1102</b>	ERHS	1 session	\$75
6-8 p.m.	Thu	Oct. 27	

### Winter Barn

<b>YE1103</b>	ERHS	1 session	\$75
6-8 p.m.	Thu	Nov. 17	



## Henna Art Class Grade 6-8

This 2 hour class that will help you create henna designs with friends. An artist will guide you and finish the design at the end of the class. Henna tattoos are a widely popular form of body art in many cultures and is an ancient, traditional form of body art that has been practiced all over the world dating back 5,000 years. Henna tattoos burst with rich, earthy tones that resonate with deep browns, reds and oranges. It's a special paste that leaves behind a natural, non-permanent tattoo on your skin.



<b>YE1104</b>	ERHS	1 session	\$50
6-8 p.m.	Tue	Sept. 27	

## Roblox with Kidcreate Studios Age 5-12

In this workshop, artists will use air-dry clay, Model Magic clay, paint, and more as they sculpt a clever little fox.

<b>YE167</b>	Kidcreate Studio	1 session	\$43
9 a.m.-12 p.m.	Sat	Nov. 5	

## Smart Art with Kidcreate Studios Age 5-12

This is no ordinary S.T.E.M. class! We'll explore S.T.E.A.M. (Science-Technology-Engineering-Art-Math) concepts in creative ways, resulting in fridge-worthy masterpieces, tons of experiential learning, and loads of messy fun. We'll design our own mini playgrounds, learn about M.C. Escher and Picasso, make our own lava lamps, and more.

<b>YE155</b>	Kidcreate Studio	5 sessions	\$99
1:30-3:30 p.m.	Tue	Sept. 20-Oct. 25	

## Encanto with Kidcreate Studios Age 4-9

Can't stop singing We Don't Talk About Bruno?? We can't either!! Come join the Madrigals as we create magical projects inspired by the hit Disney movie Encanto. We'll use glitter, clay, paint and more as we create clay butterflies, magical bedroom doors, Colombian rainforest creatures, and so much more. This is your chance to be part of the Family Madrigal!



**YE152** Kidcreate Studio 2 sessions \$102  
1-4 p.m. Thu-Fri Oct. 20-21

## Glitter and Glow with Kidcreate Studios Age 5-12

What rules supreme in your child's world? Art projects that glitter or glow-in-the-dark? No need for your child to choose when you sign them up for this art class! We will work with a variety of art supplies including clay, glow-in-the-dark paint, and of course, lots and lots of glitter! The kids will create snow globes that glow-in-the-dark, butterflies that shimmer and glimmer, an Eiffel Tower with stars that twinkle, and so much more. Glitter and glow...here we go!

**YE162** Kidcreate Studio 5 sessions \$98  
4:30-5:30 p.m. Tue Sept. 20-Oct. 25

## Squishy Squishmallows with Kidcreate Studios Age 4-9

Bunnycorn, Prince the Pug, Mauve the Alpaca and more – the hardest thing about those squishy Squishmallows is deciding which one you love the most! In this workshop, artists will create a clay version of their favorite Squishmallow using air-dry clay, paint, and so much more. What could be more fun? Bring your Squishmallow to class so they can join in the fun!

**YE158** ERHS 1 session \$43  
9 a.m.-12 p.m. Sat Sept. 24

## Party with a Sloth with Kidcreate Studios Age 4-9

It's a sloth-eriffic soiree! If you love cute, cuddly, super-slow sloths, we've got the perfect class for you. Join us as we learn to paint an adorable sloth on a real canvas board.

**YE159** ERHS 1 session \$43  
9 a.m.-12 p.m. Sat Oct. 8

## Lovely Llama with Kidcreate Studios Age 3-9

Llama, Llama, Llama! We love llamas! Come sculpt with air-dry clay and Model Magic as we create a llama sculpture that feels as fuzzy as she looks. No llama has ever been lovelier!

**YE154** Kidcreate Studio 1 session \$51  
9 a.m.-12 p.m. Fri Oct. 7

## Made in Egypt with Kidcreate Studios Age 5-12

Who wants to "walk like an Egyptian" when they can create like an Egyptian? King Tut and Cleopatra would have been crazy for these projects! We'll make pyramids, mummies, jewels fit for a pharaoh and even write our names in hieroglyphics. We'll paint, sculpt and draw our way through ancient times. Art makes history fun!

**YE163** Kidcreate Studio 2 sessions \$102  
1-4 p.m. Mon-Tue Dec. 26-27

## Crafty like a Fox with Kidcreate Studios Age 5-12

In this workshop, artists will use air-dry clay, Model Magic clay, paint, and more as they sculpt a clever little fox.

**YE166** Kidcreate Studio 1 session \$43  
9 a.m.-12 p.m. Sat Nov. 12

## Nailed It! with Kidcreate Studios Grade K-5

Calling all creative kids! This is the perfect camp to hone both your artistic side and your puzzle-solving skills. Just like on the popular TV show Nailed It!, we'll show you a final product and give you all the goods needed to recreate it. The rest is up to you! Challenges will include creating a unicorn cake sculpture, painting a fox at sunset, a llama with a flower crown, and so much more. We can't wait to see if you can nail it! This is Nailed It!, Kidcreate-style, so instead of baking, we'll be sculpting, painting, collaging, and more!

**YE150** WES 4 sessions \$71  
3:15-4:15 p.m. Wed Sept. 28-Oct. 26

**YE148** GCES 4 sessions \$71  
3:10-4:10 p.m. Thu Sept. 29-Nov. 3

**YE149** LRES 4 sessions \$71  
3:50-4:50 p.m. Mon Oct. 3-24

**YE147** BES 4 sessions \$71  
3:15-4:15 p.m. Tue Oct. 4-Nov. 1

**YE151** ERHS 4 sessions \$71  
6:30-7:30 p.m. Tue Oct. 4-Nov. 1



I liked that the projects weren't too messy. We even got to make slime! The teacher had a great mind for art. The kids were nice. It was the best camp ever!

-Art Student



## Sensational Slime with Kidcreate Studios Age 4-9

We think slime is sensational! Once you've mixed up a batch of our fabulous fluffy slime then tried your hand at our special Bubblegum-scented silly putty slime, we're sure you'll think slime is sensational too! Sorry, grown-ups; this class is for KIDS ONLY!!!

<b>YE160</b>	ERHS	1 session	\$43
9 a.m.-12 p.m.	Sat	Oct. 15	

## Grinch Slime with Kidcreate Studios Age 4-9

Calling all mess-makers!!! Nothing is better than slime, and nothing says Holidays more than everyone's favorite nasty-wasty mean one, Mr. Grinch! Artists will learn a secret slime recipe as they mix up their very own batch of glittery green Grinch Slime. Then they will create a gift box to store it in. Our Grinch Slime is the best for slimy, gooey play—plus we guarantee Grinchy good time!



<b>YE161</b>	ERHS	1 session	\$43
9 a.m.-12 p.m.	Sat	Dec. 3	

## Handmade for the Holidays with Kidcreate Studios Age 5-12

This is your child's chance to come and create hand-crafted gifts. Gifts that mom, dad, grandma, grandpa and their favorite teacher would love to receive. We'll be making picture frames, wooden trinket boxes, clay mosaics and more in this class. What great keepsakes! Wrap them up as gifts or keep them for yourself.

<b>YE157</b>	Kidcreate Studio	4 sessions	\$80
6-7 p.m.	Wed	Nov. 30-Dec. 21	

## Frosty the Snowman with Kidcreate Studios Age 4-9

Frosty the snowman was a jolly happy soul! We will create snowman themed art using a variety of different materials. We'll create corncob pipes, button noses and oh, so much more out of Model Magic® clay, paint, and air-dry clay. Look at Frosty go!

<b>YE153</b>	Kidcreate Studio	2 sessions	\$102
9 a.m.-12 p.m.	Wed-Thu	Dec. 28-29	

Paid Advertisement



# Totally you. Totally fun. Be a Girl Scout!

Girl Scouts explore art in nature, design digital games, and change their communities. They build forever friendships, take on new adventures, and tell their stories to the world. **Girl Scouts know how to dream big and have fun!**

## Join Girl Scouts.

To join, scan the QR code on a mobile device or visit us at **GirlScoutsRV.org/Join.**



## Holiday Art Grade K-5

This workshop is all about Holidays! We'll create drawings and cartoons all related to Christmas themed characters including: a special squid tree, a super cute holiday puppy, a reindeer and more. Pencils, markers color pencils and Sharpies™ will be used. Have an Artastic holiday season!

<b>YE1231</b>	HES	6 sessions	\$73
3:10-4:10 p.m.	Mon	Nov. 7-Dec. 12	
<b>YE1232</b>	PHES	6 sessions	\$73
3:15-4:15 p.m.	Mon	Nov. 7-Dec. 12	
<b>YE1235</b>	MES	5 sessions	\$60
3:15-4:15 p.m.	Wed	Nov. 9-Dec. 14	
<b>YE1236</b>	RRES	5 sessions	\$60
2:30-3:30 p.m.	Wed	Nov. 9-Dec. 14	
<b>YE1237</b>	CGES	5 sessions	\$60
3:15-4:15 p.m.	Thu	Nov. 10-Dec. 15	
<b>YE1260</b>	ROES	5 sessions	\$60
2:30-3:30 p.m.	Fri	Nov. 11-Dec. 16	
<b>YE1233</b>	GCES	5 sessions	\$60
3:15-4:15 p.m.	Tue	Nov. 15-Dec. 13	
<b>YE1234</b>	VCES	5 sessions	\$60
3:50-4:50 p.m.	Tue	Nov. 15-Dec. 13	

## Candy Crafts with Kidcreate Studios Ages 5-12

Come and join us as we create art out of candy! Our art materials of choice will be frosting, gummy bears, gum drops, marshmallows, and other candy treats. We will create a mosaic, a winter wonderland scene, and more all made out of things that are edible.

<b>YE165</b>	Kidcreate Studio	1 session	\$102
9 a.m.-3 p.m.	Fri	Dec. 23	

## IMPROV: Acting without a Script Grade 1-9

JUST KIDDING IMPROV is offering a laughter filled class for kids to learn communication skills, self-confidence and respect towards other's ideas. Students play improv games and practice exercises in scene work and characters while learning theater basics, and basic performing skills. Improv takes hold when we take our imaginations and silliness and apply it to scene work and games. The focus and structure that students learn in this class, can also be applied to any number of areas in their lives. Come out and play.

### Grade 1-5

<b>YE1323</b>	CGE	7 sessions	\$98
3:15-4:15 p.m.	Tue	Sept. 20-Nov. 15	

### Grade 3-5

<b>YE1321</b>	ERHS	8 sessions	\$131
6-7 p.m.	Mon	Sept. 19-Nov. 14	

### Grade 6-9

<b>YE1322</b>	ERHS	7 sessions	\$142
6-7:15 p.m.	Tue	Sept. 20-Nov. 15	

## Creative Sewing Age 8- 12

Nena will teach students how to sew, including basic techniques, knowledge of sewing tools, types of stitches and how to use a sewing machine. They will create a sketch of garments and sew a project of their own creation.

Lessons are scheduled monthly and students can work at their own pace and create new projects each month. Nena's Atelier has been offering custom made garments and alterations for the last 10 years.

<b>YE1600</b>	Nena's Designs	3 sessions	\$90
4-6 p.m.	Mon	Sept. 12-26	
<b>YE1601</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	Oct. 3-24	
<b>YE1602</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	Nov. 7-28	

## Intensive Sewing Camp Grade 4-8

In this camp we will be learning the basic knowledge about sewing and we will create two projects from scratch. We will be using hand and machine sewing techniques. All materials included.

<b>YE11206</b>	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Thu	Oct. 20	
<b>YE11207</b>	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Tue	Nov. 8	



## Doremi (Nena) Tinoco

Doremi (Nena) Tinoco is an apparel designer. Her love of fashion stems from three generations of women working with fashion in her home county of Venezuela. She has been working in the area for the last 23 years. Now she has her own atelier (studio) where she teaches all about sewing and the fashion world.

## Meet Your Instructor

# S.T.E.M.



## Chess Club (Beginner/Intermediate) Grade 1-5

Join this club to meet and interact with other chess players in your school and play on a weekly basis. New players will learn the basic rules and strategies of chess. All players will be able to:

- Complete a full game (checkmate) or recognize a stalemate
- Set and use a chess clock during a game
- Resolve a disagreement
- Explain the rules of chess including movement of the pieces

### Woodbury Elementary Chess Club

**YE1247** WES 12 sessions \$114  
3:10-4:10 p.m. Fri Sept. 9-Dec. 16

### Liberty Ridge Chess Club

**YE1246** LRES 11 sessions \$104  
3:50-4:50 p.m. Wed Sept. 14-Dec. 14

### Pine Hill Chess Club

**YE1248** PHES 12 sessions \$114  
3:10-4:10 p.m. Wed Sept. 14-Dec. 14

### Bailey Chess Club

**YE1245** BES 12 sessions \$114  
3:50-4:50 p.m. Thu Sept. 15-Dec. 15

### Royal Oaks Chess Club

**YE1230** ROES 11 sessions \$104  
2:30-3:30 p.m. Thu Sept. 15-Dec. 15

## Online Competition Chess Club ONLINE Grade 1-12

A program for players of all grades interested in competing at a higher tactical level. Players will meet Saturday mornings online for instruction and fun competitive play. Expert coaching will be provided at tournaments. Perfect for students that want challenges in addition to their school clubs.

**YE1249** Online 12 sessions \$208  
8-9:30 a.m. Sat Sept. 10-Dec. 17

## Middle School Strategy Game and RPG Club Grade 6-8

Take strategy gaming to the next level! Playing games helps develop analysis, problem solving, communication and negotiation skills and it's great fun! Players will learn:

- At least 3 new games and how to complete a full game
- Make decisions on game play
- Explain the rules with or without adults present
- Resolve a disagreement with & without adults present
- Set-up and take down

Play challenging and popular games such as Catan, Pandemic, 7 Wonders, Splendor, and Godsforge. Role Playing & Collectable Card Games will be run by students.

<b>YE1259</b>	ERHS	7 sessions	\$94
6:30-8 p.m.	Mon	Sept. 12-Oct. 24	
<b>YE1263</b>	ERHS	6 sessions	\$83
6:30-8 p.m.	Mon	Nov. 7-Dec. 12	

## Young Engineers Robotics and STEM Program Grade 1-6

This is a problem and project-based learning program. Students learn about new Robotics and STEM concepts and apply those concepts by building unique and different operational robots and machines. Independently or in pairs, students will build working robotic models.



### Transportation Machines

**YE1170** ERHS 4 sessions \$96  
6:30-8 p.m. Thu Oct. 6-Nov. 3

### Military Machines

**YE1171** ERHS 4 sessions \$96  
6:30-8 p.m. Thu Nov. 10-Dec. 8

## Mobile App Development using MIT App Inventor ONLINE Grade 4-8

This course introduces students to MIT App Inventor. Students understand the purpose and the user interface of MIT App Inventor, and use it to build several applications/games. As students build these projects, they explore core programming concepts and the different aspects of the program, including adding components and design to layouts, how to use the blocks editor and writing scripts to add behavior to the components. No coding experience is required.

**YE1502** Online 11 sessions \$234  
10:50-11:40 a.m. Sat Sept. 17-Nov. 26





## Video Production for YouTube ONLINE **Grade 2-8**

Learn how to create YouTube content! Shoot videos, edit sound and create an online presence with YouTube. YouTube is the top destination for online videos. Learn tricks that pro filmmakers use for better shots, lighting, and sounds. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world.

### Grade 2-6

<b>YE1145</b>	Online	2 sessions	\$75
10 a.m.-12 p.m.	Wed-Thu	Dec. 28-29	

### Grade 3-8

<b>YE1136</b>	Online	2 sessions	\$75
10:30 a.m.-12:30 p.m.	Sat	Nov. 12-19	

## Video Production for YouTube: Podcasting

**NEW** ONLINE **Grade 4-7**

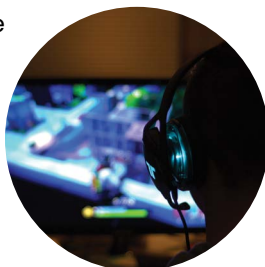
Learn how to produce a YouTube Video including the ins and out of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world.

<b>YE1127</b>	Online	2 sessions	\$75
10:30 a.m.-12:30 p.m.	Sat	Sept. 10-17	

## Video Production for YouTube: Gaming ONLINE

### Grade 4-7

Learn how to produce a YouTube - "Let's Play" Video including how to capture a gaming session. YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world.



<b>YE1140</b>	Online	2 sessions	\$75
10:30 a.m.-12:30 p.m.	Sat	Dec. 3-10	

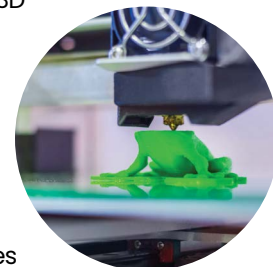
## Elementary TCAD/3D Design & Printing Fall 1 **Grade 3-5**

Challenge your creativity by designing 3D objects using Computer Aided Design (CAD) software and then printing your designs. Learn about scale when prototyping a design that is not at full size. Design an object that is at functional scale and usable! We will be using 3D printers and CAD software.

<b>YE1261</b>	ERHS	6 sessions	\$100
6:30-7:30 p.m.	Tue	Sept. 20-Nov. 1	

## 3D Printing & CAD ONLINE **Grade 2-6**

New projects this semester! This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD (an online web app), and Cura (use the 3D slicing program) to bring their creations to life. This course serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life. Students will be designing 1-2 objects, and the 3D print will be mailed home. No experience is necessary, but familiarity with doing common tasks using a computer and keyboarding is required. Fees listed include printing fee for one project.



<b>YE1131</b>	Online	2 sessions	\$94
8-10 a.m.	Sat	Oct. 8-15	

<b>YE1144</b>	Online	2 sessions	\$94
1-3 p.m.	Mon-Tue	Dec. 26-27	

## Minecraft Coding: Ride the Ender Dragon ONLINE **Grade 2-6**

We will write code to summon the Ender Dragon, and learn to code using MinecraftEdu. No coding experience necessary. Minecraft playing experience would be helpful.

<b>YE1138</b>	Online	1 session	\$56
9 a.m.-12 p.m.	Sat	Nov. 19	

## Escape the Ender Dragon: Escape Room

**Adventure Map** ONLINE **Grade 1-6**

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed Escape Room Adventure Map. Our mission: race through to the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home.

<b>YE1142</b>	Online	1 session	\$56
9 a.m.-12 p.m.	Sat	Dec. 17	

## Minecraft: Battle the Ender Dragon ONLINE

### Grade 2-6

Get ready to face the biggest challenge in Minecraft, defeating the Ender Dragon. Work collaboratively with students to brainstorm and develop strategies to defeat this enemy. Learn techniques to create tools, prep equipment, gather resources, brew potions, use enchantments and craft armor to use in battle.

**YE1143** Online 2 sessions \$113  
9 a.m.-12 p.m. Mon-Tue Dec. 26-27

## Minecraft Mod Development NEW ONLINE

### Grade 2-6

Learn to make Java mods for Minecraft Java Edition using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. Students should be comfortable with keyboarding, and playing Minecraft! At the end of the class, take home your mods to share with family and friends.



**YE1137** Online 2 sessions \$56  
6-7:30 p.m. Wed Nov. 9-16

## Minecraft Mod Development: Amour ONLINE

### Grade 3-7

Learn to make Java mods for Minecraft Java Edition using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. At the end of the class, take home your mods to share with family and friends.

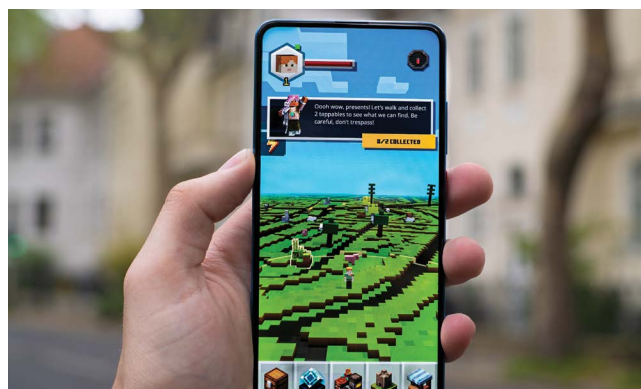
**YE1132** Online 2 sessions \$75  
10:30 a.m.-12:30 p.m. Sat Oct. 8-Oct. 15

## Multiplayer Minecraft: City Builder ONLINE

### Grade 1-6

Collaborate with fellow students to construct a city! Students will take home their completed world files at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp!

**YE1133** Online 2 sessions \$94  
6-7:30 p.m. Thu Oct. 6-13



## Multiplayer Minecraft: Colosseum Builder ONLINE

### Grade 1-6

Become the architect of mini-game battle arenas! Build your own arena, then challenge your friends! Students will get a copy of the world map to take home and expand on. We will be using the PC/Java Edition of Minecraft.

**YE1126** Online 2 sessions \$75  
8-10 a.m. Sat Sept. 10-17

## Multiplayer Minecraft: Mini-Game Builder ONLINE

### Grade 2-6

Become the architect of mini-game battle arenas! Build your own spleef arena, capture the flag base, king of the hill stadium or one of many more mini-games. Then challenge your friends! Battle it out in spleef, plan your base in capture the flag, or have a snowball fight in king of the hill! Create tons of mini-games with all of your friends!



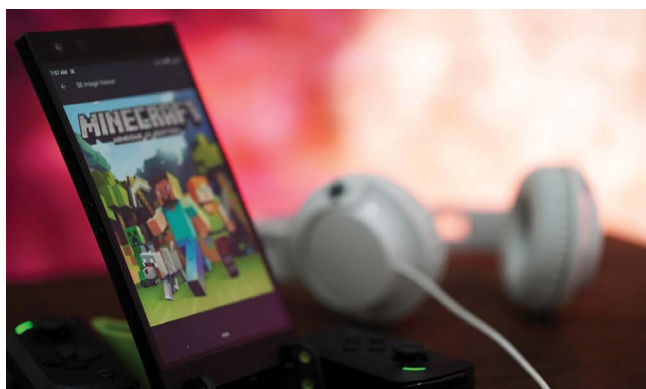
**YE1135** Online 2 sessions \$75  
8-10 a.m. Sat Nov. 12-19

## Multiplayer Minecraft: Theme Park Builder ONLINE

### Grade 1-5

Work as a team to create a custom theme park in Minecraft. Use Minecraft Creative and Redstone to create this world! Possible projects include roller coasters, water rides, a trampoline park, an obstacle course, a boat race, bumper boats, a dunk tank, and many more rides and attractions! Students will get a copy of the world map to take home and expand on.

**YE1128** Online 2 sessions \$56  
6-7:30 p.m. Tue Sept. 13-20



## **Multiplayer Minecraft: World Builder** ONLINE **Grade 1-6**

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed lands. Build different biomes or base a section on your favorite movie or video game! Meld your quadrants together with bridges, and separate them with moats of water, lava or even the void! Students will get a copy of the world to continue development at home.

<b>YE1141</b>	Online	2 sessions	\$56
6-7:30 p.m.	Tue	Dec. 6-13	

## **Advanced Minecraft: Command Block** ONLINE **Grade 3-7**

Get ready to wire up your Minecraft worlds with command blocks and Redstone! Even if you're a seasoned Minecraft pro, there's plenty for you to learn. From basic traps to powered machines, Redstone offers Minecraft players a whole new range of opportunities to create amazing things. Minecraft's command block is a pseudo-programming language that consists of logic and execution written in text. We'll learn to spawn creatures, teleport all over your world and make multiplayer games.

<b>YE1139</b>	Online	2 sessions	\$75
8-10 a.m.	Sat	Dec. 3-10	

## **Introduction to Python** ONLINE **Grade 5-8**

Whizara's Introduction to Python Programming course introduces students to the fundamentals of syntax-based programming via its fun, graphics, animation, and game-based engaging curriculum. Students learn fundamental programming concepts including variables, user inputs/output, random, conditionals, loops, functions, events, list and more. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism and algorithmic thinking, and software development process. No prior coding experience.

<b>YE1496</b>	Online	11 sessions	\$234
9-9:50 a.m.	Sat	Sept. 17-Nov. 26	

## **Intro to Java Coding** ONLINE **Grade 3-7**

Introduction to object-oriented programming and elements of Java language while learning to code a text-based RPG (Roleplaying Game). No programming experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required.

<b>YE1134</b>	Online	2 sessions	\$113
9 a.m.-12 p.m.	Sat	Oct. 29-Nov. 5	

## **Introduction to Javascript Programming** ONLINE **Grade 4-12**

Whizara's Introduction to JavaScript programming course introduces students to the fundamentals of browser-based application development via its fun, graphics, animation and game-based engaging curriculum. Students learn the fundamentals of programming including variables, user inputs/output, random, conditionals, loops, functions, events, lists and more. Throughout the course, students develop a range of browser-based applications and a course-end project to showcase their learnings. The programming concepts learned in this course are transferable to any other programming language. No coding experience is required.



### **Grade 4-8**

<b>YE1495</b>	Online	11 sessions	\$234
9:55-10:45 a.m.	Sat	Sept. 17-Nov. 26	

### **Grade 6-12**

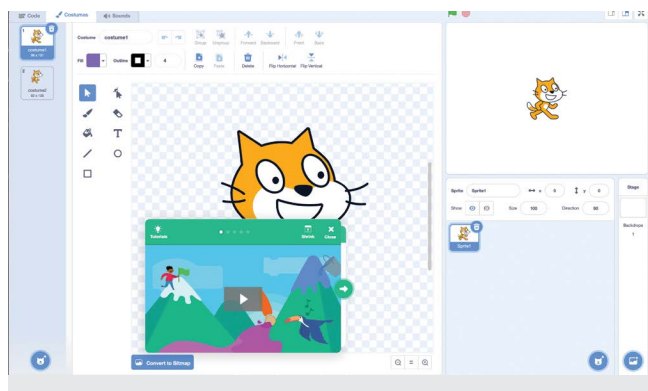
<b>YE1494</b>	Online	10 sessions	\$243
4:30-5:20 p.m.	Mon	Sept. 12-Nov. 21	

## **Web Design** **Grade 2-6**

Learn to create web pages! Students will learn how to create an HTML web page, learn various HTML tags, and experiment with design, javascript, and CSS.

<b>YE1146</b>	Online	2 sessions	\$75
1-3 p.m.	Wed-Thu	Dec. 28-29	





## Scratch Junior Programming ONLINE Grade K-2

Whizara's Scratch Junior programming course offers a fun way for young students to learn programming fundamentals as they explore and develop imaginative stories, animations and games using MIT's Scratch Junior drag and drop visual programming interface. Students learn programming concepts and Scratch Junior specific concepts including motion, looks, sound, loops, events and get creative with designing, drawing, recording and storyboarding personalized projects. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism and algorithmic thinking.

**YE1499** Online 11 sessions \$234  
4:30-5:20 p.m. Tue Sept. 13-Nov. 29

## Scratch Programming ONLINE Grade 2-5

Whizara's Scratch programming course offers a fun way for young students to start thinking like a programmer as they explore and develop imaginative stories, animations and games using MIT's Scratch programming interface. Students learn programming concepts and Scratch specific concepts including motion, looks, sound, events, loops, conditionals, game mechanics, operators and variables. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism and algorithmic thinking. No coding experience is required.

**YE1498** Online 11 sessions \$234  
4:30-5:20 p.m. Wed Sept. 14-Nov. 30

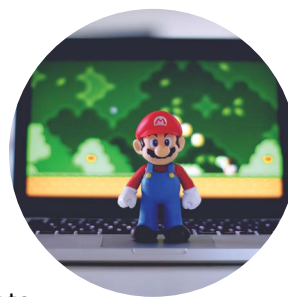
## Game Coding: Nintendo ONLINE Grade 2-5

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. Scratch uses colorful, visual blocks that fit together like legos. Inspire your student to pursue today's most exciting technologies.

**YE1130** Online 1 session \$29  
6-7:30 p.m. Thu Sept. 29

## Game Coding: Super Mario ONLINE Grade 2-6

In this class, we introduce students to programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart style game. They will then pick custom characters and track to customize their games.



**YE1129** Online 1 session \$56  
9 a.m.-12 p.m. Sat Sept. 24

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# SKILLS AND DEVELOPMENT

## Driver Education Age 14.5-18

Community Education offers teen driver's education in partnership with Safeway Driving School. Safeway Driving School has been graduating teen drivers in the Twin Cities area for over 45 years.



Classroom instruction prepares students to take the Minnesota permit test and begin the responsibility of driving. The 30 hours of classroom time is structured into 10 independent lessons. Students can take the class at age 14 but cannot take their permit test until age 15. After class is completed, students who are 15 years old are eligible to take their permit test at any Minnesota exam center. Students over the age of 18 do not have to take driver education exam.

Behind-the-wheel instruction includes six hours of driving in three, two-hour private lessons. All driving is done in a Safeway car on city streets, highways and freeways with a responsible, licensed Safeway instructor.

<b>DE11001</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Sept. 12-28	
<b>DE12001</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Sept. 12-28	
<b>DE13001</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Sept. 13-28	
<b>DE11002</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Oct. 3-25	
<b>DE12002</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Oct. 3-25	
<b>DE13002</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Oct. 3-26	
<b>DE11003</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Nov. 1-17	
<b>DE12003</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Nov. 1-17	
<b>DE13003</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Nov. 1-17	
<b>DE11004</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Dec. 5-20	
<b>DE12004</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Dec. 5-20	
<b>DE13004</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Dec. 5-20	



## Driver Education **ONLINE** Age 14.5-18

We are pleased to offer a distance learning option for classroom instruction. The course content is the same as our in-person classroom instruction course.

Distance learning classroom instruction is conducted through a secure Zoom platform. Safeway will email the classroom handouts and the MN Driver's Manual in pdf format. **The curriculum should be printed and available to the student for use during class.**

Behind-the-wheel instruction includes six hours of driving in three, two-hour private lessons. All driving is done in a Safeway car on city streets, highways and freeways with a responsible, licensed Safeway instructor.

<b>DE149001</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Sept. 12-27	
<b>DE149002</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Oct. 3-18	
<b>DE149003</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Nov. 7-23	
<b>DE149003</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Dec. 5-20	

**Please note:** The State of Minnesota requires that drivers education distance learning be conducted in a face-to-face platform, which requires that students have a video camera and audio capabilities on a laptop, tablet or desktop computer.

**Students will be required to be in front of the camera and interactive for the full three-hour class.**

Please make sure your student has an environment that allows them to be uninterrupted for the three-hour class.

## Advantage ACT Prep Course Fall Grade 9-12

For the past 26 years, Advantage Educational Programs has benefited thousands of students in Minnesota by preparing them for the college entrance exams.

These courses are designed for students who wish to improve their test-taking skills and improve their overall scores on the college entrance exams. Since 1988, on average, students who finish the course increase their scores significantly on the ACT (36 pt. total). Advantage will provide an introduction to the ACT format with strategies for answering questions, as well as instruction for the specific subject areas tested.

Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, science reasoning, concentration improvement, overcoming test anxiety, essay writing, and time management.

<b>YE16234</b>	ERHS	4 sessions	\$150
5:45-8:45 p.m.	Tue	Sept. 20-Oct. 11	
<b>YE16243</b>	PHS	4 sessions	\$150
5:45-8:45 p.m.	Wed	Sept. 21-Oct. 12	
<b>YE16206</b>	WHS	4 sessions	\$150
9:15 a.m.-12:15 p.m.	Sat	Sept. 24-Oct. 15	
<b>YE16334</b>	ERHS	4 sessions	\$150
5:45-8:45 p.m.	Tue	Nov. 1-Dec. 6.	
<b>YE16343</b>	PHS	4 sessions	\$150
5:45-8:45 p.m.	Wed	Nov. 2-Nov. 30	
<b>YE16354</b>	WHS	4 sessions	\$150
5:45-8:45 p.m.	Thu	Nov. 3-Dec. 1	
<b>YE16306</b>	WHS	4 sessions	\$150
9:15 a.m.-12:15 p.m.	Sat	Nov. 5-Dec. 3	
<b>YE16307</b>	WHS	4 sessions	\$150
12:45-3:45 p.m.	Sat	Nov. 5-Dec. 3	

## Virtual Advantage ACT Prep Class ONLINE Grade 9-12

This is an excellent alternative for any student unable to attend an in-person class, but still prefers interaction with an experienced instructor from Advantage Educational Programs. The virtual ACT Prep course is the same as the in-person ACT Prep course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions when needed. Students will receive an email with login instructions a few days before classes begin.

<b>YE16913</b>	Online	4 sessions	\$150
9 a.m.-12 p.m.	Sat	Sept. 24-Oct. 15	
<b>YE16914</b>	Online	4 sessions	\$150
9 a.m.-12 p.m.	Sat	Nov. 5-Dec. 3	



Thank you for offering babysitting. I loved everything about the class and learned how to be a good babysitter in a fun way.

-Babysitting Student

## Babysitting Age 10.5+

Taught by a certified instructor, this course offers leadership, safety, basic care, and the business of babysitting, first aid for breathing and bleeding emergencies. This course is a must for novice and experienced babysitters. Students must attend all 6 hours of instruction. Class is open to both boys and girls.

<b>YE14850</b>	DPC	2 sessions	\$89
9 a.m.-12 p.m.	Thu-Fri	Oct. 20-21	
<b>YE14851</b>	DPC	1 session	\$89
9 a.m.-3 p.m.	Wed	Nov. 23	
<b>YE14852</b>	DPC	2 sessions	\$89
9 a.m.-12 p.m.	Wed-Thu	Dec. 28-29	

## Ready To Be Home Alone Age 7.5+

Are you ready? The course will cover CPR/First aid skills, home emergencies, medical emergencies, home safety checklist, what your parents expect check list, addressing problems, and handling the unexpected. Taught by a Red Cross instructor. Washington County's guideline for unsupervised children states that children ages 8-10 should not be left alone for more than 3 hours.

<b>YE14825</b>	DPC	1 session	\$42
8:30-11:30 a.m.	Fri	Oct. 7	
<b>YE14826</b>	DPC	1 session	\$42
12:30-3:30 p.m.	Thu	Oct. 20	
<b>YE14827</b>	DPC	1 session	\$42
9 a.m.-12 p.m.	Tue	Dec. 27	

## Intensive Etiquette Camp Age 8-12.5

This camp will emphasize respect for others and will teach children manners and etiquette with a fun, hands-on approach. Your child will learn social etiquette, proper introductions and fine dining skills.

Topics to be covered will include: proper behavior at the table, conversation skills, polite behavior in public, and public speaking. Lunch demo last day of camp.

<b>YE1318</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Thu	Oct. 20	
<b>YE1319</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Tue	Nov. 8	



## Language Sprout Elementary French *Grade K-5*

Come learn French with Language Sprout. This elementary-focused, immersive program will get your child speaking fast. Our classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Class includes a parent portal for continued learning at home. Award-winning, language learning curriculum will take your child from the basics through being a confident language speaker - all while having fun.



<b>YE1253</b>	VCES	28 sessions	\$438
3:10-4:10 p.m.	Thu	Sept. 22-May. 25	

## Language Sprout Young Learners Spanish *Age 2-5*

Come sing, dance and play as we learn Spanish! Our young learners program blends real world play with language immersion to have your child on a fast track to bilingualism. Join us as we learn colors, shapes, numbers, feelings, pets, vegetables and more in this uniquely fun language program. **Child must be accompanied by a parent/guardian.**

<b>YE1251</b>	ERHS	25 sessions	\$394
9:30-10:15 a.m.	Sat	Sept. 17-May. 20	

## Language Sprout Elementary Spanish *Grade K-5*

Come learn Spanish with Language Sprout. This elementary-focused, immersive program will get your child speaking fast. Our classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Class includes a parent portal for continued learning at home. Award-winning, language learning curriculum will take your child from the basics through being a confident language speaker - all while having fun.

### Fall Session

<b>YE1224</b>	GCES	25 sessions	\$420
3:10-4:10 p.m.	Mon/Wed	Sept. 19-Dec. 19	
<b>YE1226</b>	CGES	26 sessions	\$437
3:10-4:10 p.m.	Mon/Wed	Sept. 19-Dec. 19	
<b>YE1225</b>	MES	22 sessions	\$370
3:10-4:10 p.m.	Tue/Thu	Sept. 20-Dec. 20	

### Full Year

<b>YE1227</b>	GCES	59 sessions	\$920
3:10-4:10 p.m.	Mon/Wed	Sept. 19-May. 24	
<b>YE1229</b>	CGES	61 sessions	\$952
3:10-4:10 p.m.	Mon/Wed	Sept. 19-May. 24	
<b>YE1228</b>	MES	57 sessions	\$890
3:10-4:10 p.m.	Tue/Thu	Sept. 20-May. 25	

## Discover the Magic of SPANISH! *Grade K-5*

During ¡Vamos con la Familia! (Let's go with Family!), the class visits the fascinating country of Peru. The children will learn to describe and ask questions about their families and talk about likes and dislikes. After break, we continue adventures with ¡Vamos con la Música! (Let's go with Music!) in the enchanting city of Buenos Aires, Argentina. Students will learn music and school related vocabulary in Spanish along with real life communicative practices.

<b>YE1123</b>	LRES	16 sessions	\$269
3:50-4:50 p.m.	Tue	Oct. 4-Apr. 11	
<b>YE1121</b>	BES	16 sessions	\$269
3:50-4:50 p.m.	Wed	Oct. 5-Mar. 29	
<b>YE1122</b>	ROES	16 sessions	\$269
2:30-3:30 p.m.	Wed	Oct. 5-Mar. 29	
<b>YE1125</b>	VCES	16 sessions	\$269
3:50-4:50 p.m.	Mon	Oct. 10-Apr. 17	
<b>YE1124</b>	RRES	16 sessions	\$269
2:30-3:30 p.m.	Tue	Oct. 11-Apr. 18	

## Vamos con la Familia Live Virtual **ONLINE** *Grade K-5*

Discover the Magic of SPANISH! In this eight-week LIVE virtual adventure, ¡Vamos con la Familia! (Let's go with Family!), students learn adjectives, clothing, and family related vocabulary while delving into the Peruvian culture. Useful Spanish and traditional vocabulary taught with songs, games, and cultural activities make for a dynamic and educational class!

<b>YE1250</b>	Online	8 sessions	\$144
4:15-5 p.m.	Wed	Oct. 19-Dec. 14	
<b>YE1252</b>	Online	8 sessions	\$144
4:15-5 p.m.	Thu	Oct. 20-Dec. 15	

## YEL Chess 1.1 *Grade K-5*

New and returning students are invited. Learn, practice and play chess each class. The {YEL!} Teach It! Practice It! Play It!® method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments.

<b>YE1326</b>	NFES	8 sessions,	\$122
3:55-4:55 p.m.	Fri	Sept. 30-Dec. 9	
<b>YE1327</b>	VCES	8 sessions,	\$122
3:50-4:50 p.m.	Thur	Sept. 29-Dec. 8	
<b>YE1328</b>	RRES	8 sessions,	\$122
2:30-3:30 p.m.	Thur	Sept. 29-Dec. 8	



This class has been a great addition to my child's curriculum.  
- Parent of YEL Chess Student

## Winter Wonderland Cake Decorating Class Grades 6-9

Come learn from start to finish how to decorate a beautiful winter themed cake. Students will decorate a 2-layer 8" cake with fun wintry shapes. We will use fondant to create this delicious treat to take home.



**YE1632** ERHS 1 session \$34  
10 a.m.-12 p.m. Tues Dec. 27

## New Year's Cookie Class Grades 6-9

Come make and decorate 10 festive sugar cookies for the New Year to take home.

**YE1633** ERHS 1 session \$34  
10 a.m.-12 p.m. Wed Dec. 28

Ms. Dunkirk is a wonderful teacher! My son has high functioning Autism, anxiety, and depression issues which can make taking lessons and advancing his music skills a challenge. Ms. Dunkirk and her guidance and interactions with my son have been nothing less than amazing. She is always positive, supportive and encouraging of her students!"

-Parent of Music Student



# MUSIC

## Mommy & Me - Miss Laura's A Little Music In Me Ages 1-5

You and your child(ren) will learn delightful songs, dances and musical activities that focus on singing and keeping a steady beat to enhance timing, coordination, listening and language skills. High-quality percussion instruments are used alongside puppets, stories, and colorful props to make this a very special music time. The repetition of activities and songs assists participation, language development and memory and improves coordination and timing. Kids learn to express their feelings productively. The activities also help to develop the imagination and the ability to focus.

**YE1851** All Saints Lutheran 8 sessions \$87  
10-10:45 a.m. Thur Sept. 29-Nov. 17

**YE1854** All Saints Lutheran 8 sessions \$87  
9-9:45 a.m. Thur Sept. 29-Nov. 17

## 30 minute Private Lessons (String, piano, voice and more) - Michelle Dunkirk

Michelle Dunkirk is a certified and licensed music instructor with over 20 years experience. She received her Bachelors of Music on a full vocal scholarship at the U of E, Indiana, majoring in string technique, piano and voice and has played in orchestras for over 14 years including the U of M Concert Orchestra, Minnesota Opera and has also studied with the teachers of the Julliard School of Music. Her experience also includes several years of playing in dozens of bands, performing solo and in ensembles locally and internationally. Michelle's true passion is teaching music. Her warm and personal style sets her apart from other teachers.

Lessons are offered Tuesday and Wednesday afternoons at Red Rock Elementary for students and adults in Grades 4 and older. Choose the half hour time slot that best fits your schedule.

**YE1901-1918** RRES

## Private Guitar Lessons - George McCorkell

Personalized, private guitar lessons are offered to students in beginning to advanced guitar (acoustic or electric) and beginning banjo. A guitar or banjo is required for lessons. Lessons are taught online or in person at East Ridge by Mr. McCorkell, a professional guitarist with a degree in Guitar Performance who has been teaching privately for over 10 years. Questions? Please contact the instructor, George McCorkell, at [georgemccorkell5@gmail.com](mailto:georgemccorkell5@gmail.com)



**YE11741-11744** ERHS

# Work with Us

If you love working with kids and are looking for a fun job, apply to join our team. If hired, you will lead groups of children in grades K-5 as they participate in special events, activities, field trips and more!

- Full and part-time positions, Monday-Friday
- Most positions are **retention bonus** eligible

## Positions

### Paraprofessionals

**Starting at \$16.63 per hour**

Support students in developing skills in a safe learning environment.

### Inclusion Site Specialist

**Starting at \$19.38 per hour**

Provide an inclusive and educational learning environment for students across multiple sites.

### Site Supervisor

**Starting at \$20.50 per hour**

Lead a team in planning and carrying out an educational and positive school age child care program.

For more information, please contact Carol Tobin at [ctobin@sowashco.org](mailto:ctobin@sowashco.org) or 651-425-6612.

“It’s all about getting to know the kids. Noticing what’s important and interesting to them.”

—Kids Club Staff



# Care Options

## Before and After School

Before and after school care for children in grades K-5

- Full or part-time schedules
- Monday-Friday, 6:30 a.m. until the start of the school day-after school until 6 p.m.
- **Registration for the 2023-24 school year is held in April**

## Non-School Days

Full day sessions held on select non-school days - teacher workshops/conference days, winter and spring breaks

- Select non-school days, 6:30 a.m.-6 p.m.
- Located at one consolidated site
- Pre-Registration required
- **Registration for 2022-23 non-school days begins the first week in September**

## Summer

Full day summer care for students who have completed grades K-5

- Full or part-time schedules
- Monday-Friday, 6:30 a.m.-6 p.m.
- Held at consolidated locations
- **Registration for summer 2023 is held in February**

**To view schedules, fees and registration information visit:**

**[commed.sowashco.org/kidsclub](https://commed.sowashco.org/kidsclub)**



# Kids Club

## School Age Child Care

SoWashCo Schools Kids Club is a school-age care program designed to meet the needs of working families in Cottage Grove, Newport, St. Paul Park, Woodbury, Afton, Denmark and Grey Cloud Island. Kids Club provides high quality care before and after school, during the summer and on select non-school days for kids in kindergarten through fifth grade.

Kids Club is committed to supporting all kids. We acknowledge their individual differences and respect the right of the child and family to quality care. We create an environment that meets unique individuals needs, honors cultural diversity and supports the characteristics of each child.

### Key Learning Areas

We provide a weekly curriculum with a variety of theme-based activities. Children are offered options to participate in group and individual activities in eight key learning areas identified by our families, Kids Club staff and school day staff.

- Social Emotional Learning • Art • STEM • Literacy
- Health and Wellness • Physical Activity • Life Skills
- Language and culture

Just wanted to thank you for years of excellent programming and communication! Both of our kids have loved Kids Club. We appreciate the program for making after school a fun and safe place to be.

—Parent



## Early Childhood Screening

Early childhood screening is required by the State of Minnesota for any child entering kindergarten in a public school and is provided free of charge. Screening is recommended at 3 years old and is a quick and simple check of how your child is growing and developing. If your child has not yet been screened and is between the ages of 3 and 4, please call our office to schedule an appointment at 651-425-6175 or go to: [sowashco.org/screening](https://sowashco.org/screening).

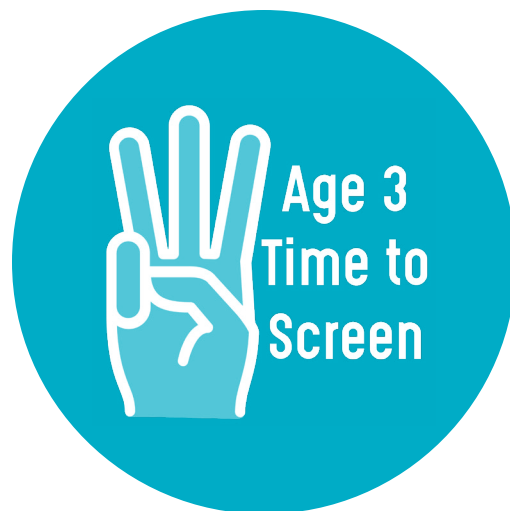
**Please note:** Early childhood developmental screening includes a vision screening that helps detect potential eye problems, but is not a substitute for a comprehensive eye exam.

View the  
Early Learning catalog  
[commed.sowashco.org/  
catalogs](https://commed.sowashco.org/catalogs)



“Thank you so much to all the teachers and staff that made this past school year possible. We feel confident in sending our child to kindergarten knowing he has the base knowledge and skills to succeed in the classroom.”

– Preschool Parent



## Have questions on your child's development?

No two children develop, grow and learn in the same way or at the same pace. However, children do develop in certain predictable ways. To review developmental milestones, encourage healthy development, and learn additional resources for your child, visit Help Me Grow at [www.helpmegrowmn.org](https://www.helpmegrowmn.org).

If you have questions about your child's development, or the milestones they are or are not achieving, please contact our office at 651-425-6121.

help me



## Early Childhood Family Education (ECFE)

ECFE is a family education program unique to Minnesota and is offered in most all school districts within Community Education programming. ECFE helps to support parents through community and early school connection and provides information and ideas that support children's growth and development birth to kindergarten. Call 651-425-7160 or visit [commed.sowashco.org](https://commed.sowashco.org) for more information.

## Preschool

Preschool supports a child's social-emotional growth while also increasing skills in language, literacy and physical development for future success. Preschool offers a great environment where children can create important social connections with their peers. Families can enroll their children in classes with a parent/child day, a child-only experience, or a mixed ages classroom.

Learn more at [sowashco.org/preschool](https://sowashco.org/preschool)

**If you are in need of enrollment assistance or have questions, please call our early learning office at 651-425-7160.**

### Afton Apple Orchard Tour

Join Early Childhood Family Education (ECFE) as we take a tour of the Afton Apple Orchard. Children and parents will experience a hayride to the orchard and learn about how apples grow. Children will be able to experience apple picking and sample apple cider. There is a very large playground and a petting farm for children to enjoy after the tour.

**Deadline to register:** Sept. 13

**Cost:** \$14 (includes transportation and ticket)

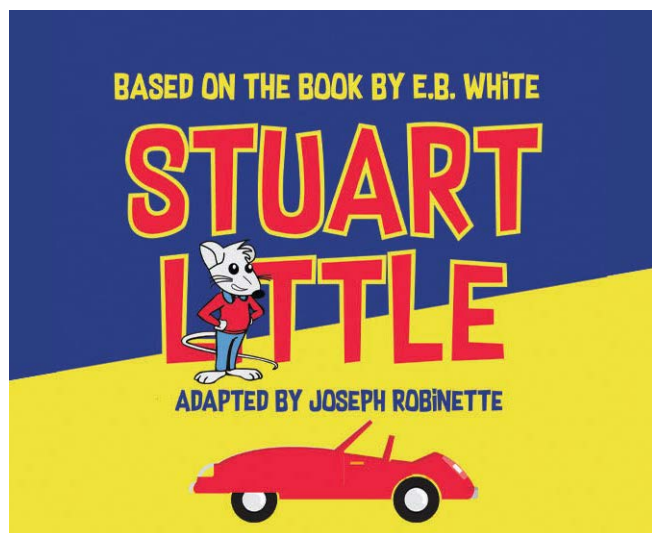
**Age:** All Ages

**Event:** 10:30 a.m., Thursday, Sept. 22

**Event #:** FT1

**Bus departs from the DPC**  
10 a.m.

**Bus returns to the DPC**  
12:30 p.m.



### “Stuart Little” – Stages Theatre Company

A loveable classic comes to life! Escapades and antics ensue as an easy-going mouse named Stuart navigates New York City and the world of people with his ordinary human family.

A charmingly theatrical rendering of the endearing book by the author of “Charlotte’s Web”.

**Deadline to register:** Sept. 12, 2022

**Cost:** \$20/person (includes transportation and ticket)

**Age:** All Ages

**Event:** 10 a.m., Thursday, Oct. 13, 2022

**Event #:** FT2

**Bus departs from the DPC**  
8:45 a.m.

**Bus returns to the DPC**  
12:00 p.m.

### Home Based Support

Early Childhood Family Education (ECFE) Parent Consultations provide an opportunity for families with children birth to eight years of age, to ask parenting questions or share their concerns with a licensed parent educator. Parent consultations are provided in-person, by telephone, or virtually.

Connect with us today for help with:

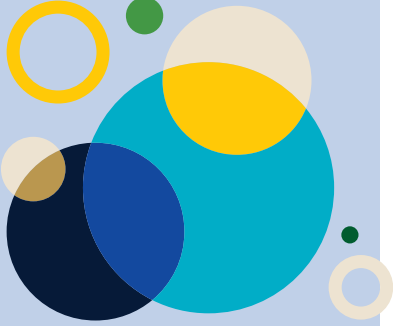
- Supporting children’s emotional well-being
- Answering developmental questions
- Adjusting to life with a new baby in the home
- Connecting with community resources and much more!

### Questions about ECFE Parent Consultations?

Contact our ECFE Outreach Coordinator at 651-425-7163 or request a parent consultation at [bit.ly/2SPzt9v](https://bit.ly/2SPzt9v)







# Registration

## POLICIES & PROCEDURES

### Registration

Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)

Fax this registration form to **651.425.6620**

Mail or hand deliver your registration | Office Hours: 7:30–5 p.m. or use the drop box to the left of the main doors

### Photo Consent

Unless you notify District 833, photos taken within Community Education classes/programs/activities may be included in Community Education publications.

### Accommodations

Community Education accommodates individuals with disabilities and believes in providing education and resources to community members regardless of race, color, religion, national origin, sex, age, disability, marital status, or socioeconomic status. Financial Assistance is available to those who qualify. For more information visit [commed.sowashco.org](http://commed.sowashco.org) or call **651-425-6600**.

### Financial Assistance

Available for youth classes for families on free and reduced lunch. Restrictions apply. For more information, visit [commed.sowashco.org](http://commed.sowashco.org) or call **651-425-6623**.

### No Longer Accepting UCare.

### Low Enrollment Procedure

Classes must meet minimum number of participants to run. Community Education reserves the right to combine or cancel classes due to low enrollment.

### General Cancellation and Refund Policy & Procedures

If you need to cancel your registration, seven or more days before the class start date, a per course processing fee will be deducted from your refund. If your course is between \$5 and \$124, there will be a \$5 processing fee. If the course cost is \$125 or higher, there will be a \$10 processing fee. Due to staffing considerations, no refunds will be given within 7 days of the beginning of a course or session.

Please read full descriptions for courses listed in catalog and online at [commed.sowashco.org](http://commed.sowashco.org). Special pricing and discount procedures may be listed for select courses. Please call **651-425-6600** if you have specific registration questions or inquiries.

### Gymnastics, Aquatics, and Field Trip Refund Procedures

If you need to cancel your registration before the registration deadline, a per course processing fee will be deducted from your refund. If your course is between \$5 and \$124, there will be a \$5 processing fee. If the course cost is \$125 or higher, there will be a \$10 processing fee. Due to staffing considerations, no refunds will be given after the registration deadline.

### ECFE Refund Procedures

If you decide to cancel a class without enrolling in another in its place, the following refund policy will apply. If you cancel a class before the start date, a processing fee will be deducted from your refund. If the class cost is between \$5–\$124, there will be a \$5 processing fee. If the class cost is \$125 or higher, there will be a \$10 processing fee. If you cancel after classes begin, a pro-rated refund will be given up to 4 weeks into classes. No refunds will be given after the fourth week of classes. Classes and sibling care with insufficient enrollment may be canceled prior to the class start date. If this occurs, you would be notified and a full refund would be provided. No refunds or class make-ups will be made when classes are canceled due to emergency school cancellations.

### 3's and 4's Preschool Refund Procedures

A full two-week notification of withdrawal is required. All outstanding balances must be paid in full. If you withdraw from the program prior to the session beginning, any registration fees paid will be forfeited.

### Pre-K Withdrawal Procedures

Registrations fees are non-refundable after a student has been placed in a class. A two-week notice is required when withdrawing your child from class. Failure to do so may result in additional charges. All outstanding balances must be paid in full.

### Kids Club Withdrawal Procedures

Registration fees are non-refundable, non-transferable. A full two-week notification of the change to a contracted scheduler or withdrawal is required. Withdrawal prior to the start of a season involves additional terms. Full information on our Contract Terms and Changes is available within our online [Handbook](#).

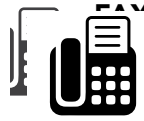
### DPC Community Center Trips & Tours

If cancellation is received within one week of trip all fees will be forfeited.



## ONLINE

Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) and view our course offerings.



## FAX

Fax this registration form to 651-425-6620.



## MAIL

Mail or drop-off your registration.  
Office Hours: 7:30-5 p.m. Drop box is located to the left of the main doors.



## QUESTIONS?

Call 651-425-6600 or email us at [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org)



## COMMUNITY EDUCATION REGISTRATION FORM

Please complete

District Program Center, 8400 E. Point Douglas Road S., Cottage Grove, MN 55016-3324

Phone: 651-425-6600 | Fax: 651-425-6620 Email: [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org) | Website: [commmed.sowashco.org](http://commmed.sowashco.org)

Participant's Name \_\_\_\_\_ Birth date \_\_\_\_\_

Please complete a separate form for each participant with a different last name or address. Forms can be printed at [commmed.sowashco.org](http://commmed.sowashco.org).

Address \_\_\_\_\_ Apt/Unit# \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work or Cell (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

YOUTH  
REGISTRATION

Mother/Guardian \_\_\_\_\_ Work or Cell (\_\_\_\_) \_\_\_\_\_

Father/Guardian \_\_\_\_\_ Work or Cell (\_\_\_\_) \_\_\_\_\_

Grade in 23/23 \_\_\_\_\_ Special Needs\* \_\_\_\_\_ Shirt Size (if included) \_\_\_\_\_ Instrument (if required): \_\_\_\_\_

\* Individuals with special needs are welcome to register for our classes and camps. Please note on your registration any needs your child may have or call 651-425-6600 if your child needs assistance to participate successfully and allow at least a two week notice for us to make assistance arrangements.

Grade in 22/23	COURSE TITLE	CLASS DATE	CLASS FEE	DISCOUNT	FINAL FEE

MAKE CHECKS PAYABLE TO DISTRICT 833 COMMUNITY EDUCATION

TOTAL: \$

• **Swimming** - Please list your first two choices in order of preference. You will receive a confirmations email.

Charge my:



### FOR OFFICE USE ONLY

DATE: \_\_\_\_\_ AMOUNT PAID: \_\_\_\_\_

• **Swimming** - Please list your first two choices in order of preference. You will receive a confirmation email.

" \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Signature \_\_\_\_\_

Print Name \_\_\_\_\_

CHECK # \_\_\_\_\_ CASH RECEIPT # \_\_\_\_\_



## Financial Assistance Application 2022-23 South Washington County Schools Community Education Youth Programs

Please submit this application with your registration form and a copy of your free or reduced school meals notification letter current for this school year. (Only one copy of the notification letter is necessary. If you have already submitted your family's letter to Community Ed this year, please indicate that it was submitted below.) Application and registration forms are available online at [commed.sowashco.org](http://commed.sowashco.org)  
**Please complete a separate application form for each registration form.**

**\*\*\*Due to the unavailability of financial assistance funds, we are unable to provide FA for private and semi-private lessons or classes. We are sorry for any inconvenience this might cause.**

➤ **Financial Assistance MUST be requested ONE WEEK prior to the start of the class – Late applications may be denied.**

- You must live within the boundaries of District #833 to qualify for financial assistance.
- Financial assistance does not cover the cost of uniforms. Uniforms must be paid for by the participants.
- If your family has been approved for free status then the cost for a class is \$15 or 25% of the program/class fee, whichever is greater up to \$150 per class.
- If your family has been approved for reduced status then the cost for a class is \$15 or 30% of the program/class fee, whichever is greater up to \$150 per class.
- District residents are eligible to apply for financial assistance up to total of **\$250 per participant** (For the fiscal school year July1-June30).
- All information will be kept confidential.
- **Financial Assistance cannot be processed on-line**

Please complete all information requested below.

Child's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

School child currently attends \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_

Course number and program \_\_\_\_\_

Date program begins: \_\_\_\_\_

☐ Free or ☐ Reduced Notification letter for 2022-23 is attached or was submitted to Community Ed.

**Box below to be completed by CE office staff:**

Total/Course Fee: \$ _____
Amount from Participant: \$ _____
Amount of Financial Assistance Awarded: \$ _____

If you have questions about financial assistance, please contact: **Carol Broman at 651-425-6623** or [cbroman@sowashco.org](mailto:cbroman@sowashco.org)  
Revised 2/16/22



# Youth Financial Assistance

SoWashCo Schools is the sixth largest school district in the state serving over 19,000 students. Our Community Education department provides financial assistance to allow youth in need to participate in an array of quality enrichment programs. These programs provide participants with the opportunity to pursue their interests, expand their abilities and improve social skills in a fun and safe environment.

## Who Benefits

When people are engaged in consistent, quality learning experiences participants, their families, our schools and the community all prosper.

## How to Apply

Families who qualify for free or reduced-price meals may request fee assistance. Financial Assistance requests must be submitted 1 week prior to class start date and cannot be processed on-line.

Please contact the Community Education office at [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org) or 651-425-6600.

## How to Give

We need your help more than ever. In 2019, SoWashCo Community Education was able to provide over \$85,000 in financial assistance to our youth. Due to the on-going pandemic, we've had to limit fundraising efforts which has reduced our ability to provide assistance in half. Please consider donating to our youth financial assistance fund.


For more information on how to make a donate please visit [commed.sowashco.org/financial-assistance](https://commed.sowashco.org/financial-assistance)

Thank you for supporting learning opportunities for SoWashCo Schools District.

## For more information:

 [commed.sowashco.org/financial-assistance](https://commed.sowashco.org/financial-assistance)

 [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org)

 651-425-6600



## Fee Assistance for Adults

If you are an adult in need of financial assistance please contact our main office at 651-425-6600 to request assistance and eligibility information.



DISTRICT PROGRAM CENTER  
8400 E. Point Douglas Road South  
Cottage Grove, MN 55016 - 3324

NON-PROFIT ORG.  
Permit #12  
COTTAGE GROVE, MN  
55016-3324

Register Online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)



**Do you have a special skill, interest, knowledge or hobby you'd like to share with your neighbors?**

SoWashCo Schools Community Education is always looking for enthusiastic instructors and new class ideas that help meet the needs of learners of all ages, stages, abilities and interests.

For more information on how to submit a course proposal, please visit [commed.sowashco.org/teach](http://commed.sowashco.org/teach)

## Share Your Love for Learning!

Join our team to make a meaningful impact on students' lives. Part-time, full-time and substitute positions are available.


**SoWashCo Community Education is currently seeking**

- Coaches and instructors for adult and youth classes and activities
- Auditorium managers
- Kids Club child care supervisors and paraprofessionals

**Learn more and apply online:**  
**[sowashco.org/careers](http://sowashco.org/careers)**

 [commed.sowashco.org](http://commed.sowashco.org)

 [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org)

 651-425-6600