

Community Education

*Building Bridges Through
Lifelong Learning*

ISD 709 DULUTH PUBLIC SCHOOLS
www.duluthcommunityed.org

WINTER 2022-23



ISD 709 **Duluth**
Public Schools

- Early Childhood
- KEY Zone/Youth
- Adult Enrichment Classes
- And more...

**Registration starts
January 9th!**

Exciting class opportunities
in-person and on-line.

Growing the Circle of Community Education



Hike! Gee! Haw! Woah. These words can be familiar to those who have spent a measurable amount of time in a place that receives measurable amounts of snow. As we near the start of our annual world-famous dog sledding race, we celebrate having made it past the winter solstice. With plenty of time left to enjoy the beauty of a north shore Minnesota winter, people will continue to enjoy the activities only winter can provide. We join in other activities too, often focused on warmth and bringing people together, baking bread and heart-warming foods, a winter ski followed by a sauna, or sitting by a fire and reading a good book.

Each year we go through a sequence of seasons in Minnesota, and participating in these seasonal changes reminds us of our seasons in life. This year Community Education in Duluth wished well two long-time staff members on their new season of retirement and welcomed two new staff members. The importance these two long-time staff members played in the community cannot be calculated or fully understood. We know that for many years they helped create and support programming done by the Duluth community for the Duluth community. They helped to support critical programming like Duluth's essential Early Childhood Family Education program (ECFE), collaborated with Duluth Adult Education (DAE), coacted meaningfully with the YMCA's K.E.Y. Zone, and additionally supported countless and significant opportunities brought into our school buildings during out-of-school time by individuals and community partners.

As Community Education experiences new leadership, we will encounter change and growth alongside the Community Education programming that we love and know. Duluth's Community Education is excited to continue to do what we have done with our long-standing partners and is eager to actively reach out and welcome new people and essential communities into our collaborative, meaningful, and important work.



Cover photo credit: Kendall Aro, Shades of the North Photography @shadesofthenorth

Our Mission

To provide and continually improve lifelong learning opportunities that complement and support the school district educational programs. Community Education provides opportunities for all ages through classes and activities which serve people's social, recreational, enrichment and academic needs.

Community Education DIRECTORY

Academic Excellence Online

High School

218-336-8766

11 E. Superior St., Suite 140, Duluth, MN 55802

Aquatics

218-310-8124

www.lsscaquatics.com • haleathers@lsscaquatics.com

Area Learning Center

218-336-8756

11 E. Superior St., Suite 140, Duluth, MN 55802

District Office

218-336-8760

4316 Rice Lake Road, Suite 108 • Duluth, MN 55811

Driver Education

218-336-8760 x. 3

301 North 40th Avenue East • Duluth, MN 55804

Duluth Adult Education

218-336-8725

325 W. 1st St., 3rd Floor • Duluth, MN 55802

Duluth Preschool

218-336-8815 x. 2

4316 Rice Lake Road, Suite 108 • Duluth, MN 55804

Early Childhood

218-336-8815 x. 1

4316 Rice Lake Road, Suite 108 • Duluth, MN 55811

K.E.Y. Zone Laura MacArthur

Elementary School

218-336-8760 x. 6

720 North Central Avenue • Duluth, MN 55807

Lincoln Park Middle School

Community Education Office

218-336-8760 x. 5

3215 West 3rd Street • Duluth, MN 55806

Ordean East Middle School

Community Education Office

218-336-8760 x. 1

2900 East 4th Street • Duluth, MN 55812

Table of Contents

Arts, Crafts & Hobbies	4
Cooking.....	5
Dance.....	6
General Interest	7-10
Health & Wellness/Lifestyle.....	11
Music	11
Project Access	12
Sports & Exercise/Fitness	13
Yoga.....	14
Pool Activities	15
Early Childhood Family Education (ECFE).....	16-20
Drivers Ed Program	21
K.E.Y. Zone	22-23
Duluth Preschool	24-25
Duluth Adult Education	26-30
Duluth Parks and Recreation	31
Duluth Public Library.....	32
Area Learning Center.....	33
Academic Excellence Online.....	34
ISD 709 Winter 2022-23 Newsletter	35-42
Community Education ISD 709 Registration Form.....	43

Understanding Adverse Childhood Experiences (ACEs)

When we understand the impacts of childhood adversity, the discussion changes from "What's wrong with you?" to "What happened to you?" This free online class provides information and brain science that explains why ACEs impact people's lives. The class provides time for Q&A and discussion of resiliency strategies to improve health and build resiliency in our community.

To register email: duluthaces@gmail.com

Choose one class offering:

February 1, Noon-1:00pm

or

March 1, 6:00-7:30 p.m



CLASS LOCATION CODES

Denfeld High School (DEN)
Lincoln Park Middle School (LIN)
Ordean East Middle School (ORD)
Piedmont Elementary (PIED)
Myers Wilkins Elementary (MYW)
Laura MacArthur Elementary (LMAC)



Find us on Facebook at
www.facebook.com/duluthcommunityed

Send us an email at
communityeducation@isd709.org

Visit our website
www.duluthcommunityed.org

WHAT DO THE NEW CLASS SYMBOLS MEAN?



Class will meet virtually on a specific time and day. Participants need to have access to a computer/laptop or phone to view and participate. See descriptions for details.



Class is pre-recorded and can be viewed at any time on your computer/laptop or phone. Some of these classes have optional virtual meets for class discussions and Q/A. See descriptions for details.

Arts, Crafts & Hobbies

2D FELTING

Instructor: Chrissy Valento

We will talk about the art of felting and the many uses of raw wool. Come and create a wet felted artwork by "painting with a needle." You will learn both the wet felting technique and how to use a special needle to create an image. All pieces turn out very unique, and it's great fun to see what your peers are also creating! Beginners welcome. Additional materials fee of \$25 due to instructor at time of class.

#5005 LIN 2/8 Wed 6:00-8:00 PM 1 Mtg \$25

ALTERED AND REDACTED: CREATIVE BOOKS AND POETRY

Instructors: Mary Lovold and Debra Hannu

Work across literacies! Learn various methods of creating altered book pages, utilizing poetry, prose and art as a vehicle for creative expression (and stress reduction!) Poetry, Prose, Samples of other Redacted Poetry will be available for participants to utilize and gain understanding of the concepts addressed. Explore therapeutic techniques for using art with others and for yourself. Minimum age 17. Additional supply fee of \$15 due to instructors at class.

#2050 ORD 3/7-3/28 Tue 5:00-7:00PM 4 Mtg \$45

ATTRACTING BATS

Instructor: Ron Weber

Having bats in your backyard is a good deal for you and them. Build an attractive house and they will stay out of yours and eat pesky mosquitoes to boot. You'll be amazed at what a good neighbor "myotis" can be. Bring a hammer and \$15 materials fee to class to build a bat house. Under 16 must be accompanied by a parent/guardian while in class.

#5102 LIN 4/5 Wed 6:30-8:30 PM 1 Mtg \$10

CANOE PADDLES

Instructors: Ron Weber and Bill Majewski

Custom paddle designs, construction, and detail to suit your preferences. Choose bent or straight-shafted paddles with solid or laminated construction. Design help and material available in class make this an easy way to personalize your paddling experience. Materials and gluing extra charge discussed in class (about \$30). Minimum age 16 with adult supervision.

#5011 LIN 1/24-2/7 Tue 6:30-9:00 PM 3 Mtg \$20

DRAWING FUNDAMENTALS: LANDSCAPE/ OUTDOOR SKETCHING

Instructor: William Wise

This drawing course will review gestural and other techniques to get accurate drawings on the paper. We will draw images of outdoor subjects (buildings, landscapes, etc.) projected in the classroom. We will learn the classic technique of Sight-Size and review the basic rules of perspective as we progress to translating what you see outdoors onto the paper. This course is useful for people wanting to draw while traveling or exploring their own backyard. It is open to all skill levels. Materials list available on registration website. No class on March 8th.

#2008 ORD 3/1-3/29 Wed 5:30-8:30 PM 4 Mtg \$80

FUSED GLASS PENDANTS

Instructor: Chrissy Valento

Come create five glass pendants. All pendants will be unique and handmade. Great for gifts or to keep as a gift for yourself. Glass fusing can be addicting, so watch out. Beginners or advanced students welcome. Additional materials/kiln fee of \$30 due to instructor at time of class.

#5010 LIN 3/23 Thu 6:00-8:00 PM 1 Mtg \$25

LINOLEUM PRINTING

Instructor: Chrissy Valento

In this class, you will be working with an easy to use linoleum material, in which you will carve out your own design and print onto paper with Blick brand printing ink. The ink is water soluble and does not stain clothing. Carving and printing is a ton of fun; all you have to bring is your creativity! All materials included in the additional \$20 materials fee due to the instructor.

#5029 LIN 1/26 Thu 6:00-8:00 PM 1 Mtg \$25

PORTRAITS OF IDENTITY

Instructors: Deb Hannu and Mary Lovold

Learn various methods of creating an Identity Portrait utilizing prose, poetry, images, and art as a vehicle for creative expression (and stress reduction!). Samples of other Identity Portraits will be available for participants to view and gain understanding of the concepts addressed. Explore therapeutic techniques for using art to connect with Culture, Ancestors, and self. Minimum age 17. Additional supply fee of \$20 due to instructors at class. BRING THE FIRST NIGHT - A current personal selfie/headshot to begin creating the project - A small object that is important to you that represents the past you OR the future you.

#2055 ORD 1/24-2/28 Tue 5:00-7:00 PM 4 Mtg \$45

SNOWSHOE MAKING

Instructor: Ron Weber

Students will learn the process and techniques for making traditional Ojibwa style snowshoes: frame making, material selection, sources and more. Demonstrations and discussion of lacing techniques and tips with detailed written instructions available. Snowshoes will NOT be made in class, but all the info you need will be provided so you can make your own. First class will cover frames and second class will focus on lacing. Bring any wooden snowshoes you may have for discussion.

#5040 LIN 1/23-1/30 Mon 6:30-9:00 PM 2 Mtg \$15

WALKING STICKS AND STUFF INTRO

Instructor: Ron Weber

Choose from a variety of woods and create your own custom walking stick. Learn how to highlight the natural features of the wood and enhance the natural beauty of each piece. Sticks available from the instructor for \$8 each. Please bring any carving tools that you may have. Under 16 must be accompanied by a parent/guardian while in class.

#5051 LIN 3/29 Wed 6:30-9:00 PM 1 Mtg \$10

Cooking

CARDAMOM TWIST BREAD

Instructors: Carla and Bob Boyd

Cardamom buns, rolls or twists are all wonderful ways to serve up tasty bread that is perfect for serving fresh or warming up later. Please bring additional \$15 to instructors at class to cover supplies (cash, check or Venmo accepted). Have a favorite food safe container? Bring it to safely transport your creations.

#2230 ORD 2/1 Wed 6:00-8:00 PM 1 Mtg \$15

CHARCUTERIE FOR THE BIG GAME

Instructors: Carla and Bob Boyd

Presentation of cured meats and a variety of paired small bites is food art and a bit of joy. Join us for an evening of the basics of French flair cooking and entertainment. Take home a beautiful assortment of delicacies to share. Please bring an additional \$25 supply fee to instructors at class for all necessary materials (cash, check or Venmo accepted). Various types of fruits and nuts will be present - a consideration for those who may have allergies.

#2232 ORD 2/8 Wed 6:00-8:00 PM 1 Mtg \$15

PASTA PRIMER

Instructor: Ilone Hamilton

Learn to cook pasta like a pro. Learn to make noodles from scratch, ravioli, puttanesca, and some sauces. We will share tips and recipes along with hands-on cooking for you. Bring \$15 for recipes and supplies.

#5225 LIN 2/6 Mon 6:00-8:30 PM 1 Mtg \$10

TASTE OF MEDITERRANEAN

Instructor: Ilone Hamilton

Find out how inexpensive and easy it is to make these delicious Mediterranean classics. Italian stew, fresh homemade pita bread, Tzatziki sauce, and Falafel (everyone's favorite). Please bring your favorite wooden rolling pin if possible. This is a hands-on class where you will make your own. Bring \$15 for recipes and supplies.

#5230 LIN 2/27 Mon 6:00-8:30 PM 1 Mtg \$10



TASTE OF THAILAND

Instructor: Ilone Hamilton

Thai food is traditionally a spicy, simple food. In this class we will make one spicy entrée, but will explore other flavors for those who like a little less heat. Recipes we will make include: Pad Thai, roti dough, and chicken ginger soup. Send your taste buds on an exotic vacation, no passport required. Bring a \$16 supply fee for the instructor.

#5220 LIN 1/30 Mon 6:00-8:30 PM 1 Mtg \$10

TASTE OF THAILAND: SPICY SELECTIONS

Instructor: Ilone Hamilton

This new version of our class will focus on spicier Thai offerings including hot chicken stir fry and a ginger spice soup. Bring \$15 for recipes and all supplies.

#5226 LIN 3/20 Mon 6:00-8:30 PM 1 Mtg \$10

TEA AND SCONES

Instructor: Ilone Hamilton

Ah, there's nothing like a tender, steaming scone in the morning. They're quick, they're easy, and with a few tips, they are absolutely delectable. Come learn the tricks to making those flakey, tender scones that you've been dreaming about. When all the baking is complete, sit down, relax and sample a variety of tea with your scones. Bring \$15 for recipes and supplies.

#5235 LIN 3/6 Mon 6:00-8:30 PM 1 Mtg \$10

THAI FINGER FOODS

Instructor: Ilone Hamilton

Expand your Thai food knowledge! You will need nimble fingers to make egg rolls, potstickers, chicken satay, peanut sauce, and thai chai. Bring a \$20 supply fee for the instructor.

#5237 LIN 4/3 Mon 6:00-8:30 PM 1 Mtg \$10

Need Some Extra Cash?

Work with us in the ISD 709 Duluth School Lunch Program!



We need Kitchen Assistants, Dishwashers and Kitchen Managers!

We offer:

- Convenient daytime shifts
- No night/weekends
- Free lunch
- Great benefits

Contact:

Child Nutrition Department
(218) 336-8707

See our contact info and give us a call!

Dance

BALLROOM DANCING

Instructor: Keith Miernicki

We will start slow and spend time learning the basic footwork for the Cha-Cha, Rumba, Tango, and Foxtrot (2 step). Once you learn the basic steps, we add turns and twirls. Each night starts with a review of the steps learned the week before. Singles are always welcome. Life is short, learn to dance.

#5402 LIN 3/15-4/5 Wed 7:00-8:00 PM 4 Mtg \$20

BEGINNER BELLY DANCE I

Instructor: Debbie Poldoski

This class is for those who have basic knowledge of belly dance steps and movements. This class will focus on learning choreography that will be performed in the Spring Student Performance Show. Some basic techniques will be included, but you should have a foundation of previous dance experience. No class 2/15 & 2/22.

#5401 LIN 1/18-4/5 Wed 7:05-8:05 PM 10 Mtg \$50

BEGINNER BELLY DANCE II

Instructor: Debbie Poldoski

You must have taken at least 1 year (3 sessions) of Beginner Belly Dance I. The class will be a Belly Dance Choreography class with the option to perform in the Spring Student Performance Show. No class 2/15 & 2/22.

#5403 LIN 1/18-4/5 Wed 6:00-7:00 PM 10 Mtg \$50

DULUTH INTERNATIONAL FOLK DANCE

Instructors: Kathie Haney, Dianne Dorland

Join the long running Duluth International Folk Dance class. Classes are ongoing and you may start any time. Come dance in a friendly, welcoming environment. Covid-19 vaccinations are strongly recommended because of the proximity of dancing. We will learn dances from all around the world and no partners are necessary. Dances are taught the first hour and the second hour focuses on requests from participants. Street shoes are not allowed on the gym floor, bring appropriate inside shoes that have not been worn outside. Class takes place at Myers-Wilkins Elementary School. No class 2/20.

#5404 MYW 1/23-4/3 Mon 6:45-8:45 PM 10 Mtg \$5



INTRODUCTION TO BALLROOM DANCE

Instructors: North Shore Ballroom instructors

Thorough dance instruction in the smooth ballroom styles including the Waltz, Tango and FoxTrot. You will learn the basics of ballroom dancing and have fun along the way.

No class 2/22, 3/8.

#2400 ORD 2/1-3/22 Wed 6:30-7:20 PM 6 Mtg \$50

INTRODUCTION TO LATIN DANCE

Instructors: North Shore Ballroom instructors

Spice things up with the rhythm dances. This class will introduce you to the ChaCha, Rhumba, swing dance and Salsa. No class 2/22, 3/8.

#2430 ORD 2/1-3/22 Wed 7:30-8:20 PM 6 Mtg \$50

SWING DANCING

Instructor: Keith Miernicki

A,B,C Swing Dancing: Geared toward the absolute beginner. Check "learn to dance" off your bucket list, prepare for a specific event, or just come and have a little fun learning to dance. Start at the beginner level and move slowly, adding a few steps each week. Life is short, learn to dance. Classes are very casual and fun. Singles welcome.

No class 2/1, 2/15, 2/22.

#5412 LIN 1/18-4/1 Wed 7:00-8:00 PM 4 Mtg \$20



**Duluth Community
School Collaborative**



**Looking for employees
& volunteers!**

duluthcsc.org/employment

General Interest



Webinar

AGING SUCCESSFULLY LIVING IN COMMUNITY

Instructor: Lee Pedersen

An overview about living in community, rather than home care or residing in assisted living or nursing homes, to “age in place”. Explore models for community for second half living. Once you register, you will be emailed the content link. You may view it anytime. There is an optional follow up/discussion on Lee’s Zoom March 13 Monday 6:30 – 7:30 PM

#5418 ONLINE Webinar - available anytime \$5



Webinar

CO-HOUSING 101

Instructor: Lee Pedersen

An overview of a multifamily housing model started in Denmark and brought to the United States in the late 1980’s. Cohousing combines a collaborative and cooperative community of private residences with common spaces, activities, and governance (no shared income). Examples in the U.S. will be discussed. Resources will be recommended for attendees to use as follow-up. Once you register, you will be emailed the content link. You may view it anytime. There is an optional follow up/discussion on Lee’s Zoom March 20 Monday 6:30 – 7:30 PM

#5154 ONLINE Webinar - available anytime \$5



Webinar

CO-HOUSING 50+

Instructor: Lee Pedersen

Learn about 50+ (aka Seniors, Elders, Active Adult) communities based on cohousing principles of a property with private homes and common spaces, meals, governing, and activities. Cooperation, collaboration, sharing, access-friendly design, and, especially, caring for neighbors are the values of this age specific cohousing. Explore examples of senior communities. Discuss principles and practices. Once you register, you will be emailed the content link. You may view it anytime. There is an optional follow up/discussion on Lee’s Zoom March 27 Monday 6:30 – 7:30 PM

#5149 ONLINE Webinar - available anytime \$5

5 KEYS TO RETIRING FEARLESSLY

Instructors: Jordan A. Fahlsing and Kevin J. King

Do you know the next steps to take so you can retire? Join us for this workshop that will provide insights to help you achieve your retirement goals and help answer the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? In this workshop we’ll also explore how understanding the tax status of retirement investments can help you make informed decisions and avoid paying more than your fair share.

#2157 ORD 2/1 Wed 6:00-7:00 PM 1 Mtg \$5

ABC&Ds OF MEDICARE

Instructors: Celeste Plunkett

This is an educational presentation that will provide a foundation of understanding of Medicare, one letter at a time.

#2195A ORD 1/31 Tue 5:30-6:30 PM 1 Mtg \$5

#2195B ORD 3/15 Wed 5:30-6:30 PM 1 Mtg \$5

CLASS LOCATION CODES

Denfeld High School (DEN)	Piedmont Elementary (PIED)
Lincoln Park Middle School (LIN)	Myers Wilkins Elementary (MYW)
Ordean East Middle School (ORD)	Laura MacArthur Elementary (LMAC)

ASTROLOGY, NUMEROLOGY AND THE WHEEL OF PREDICTABILITY

Instructor: Pam Losasso

“The Wheel of Predictability[®]” is Pam’s modern version of a horoscope in which she utilizes your date of birth, Numerology and the Houses of Astrology to explore the predictability of life experiences. Discover the hidden meaning of numbers in your date of birth and the numeric formula that reveals when you may be faced with predestined life events, potential opportunities and/or challenges throughout 2023. Additional supply fee of \$25 to be paid to the instructor at class time.

#2115 ORD 2/8 Wed 6:00-8:00 PM 1 Mtg \$15

ASTRONOMY FOR EVERYONE

Instructor: Bob King

Want to learn more about what’s twinkling overhead at night? Get all the latest space news? Join us for four weeks of heaven as we survey the sky. We’ll use the planetarium to get better acquainted with the current constellations, planets and deep-sky objects. On clear nights after class, we’ll meet at Hawk Ridge to see these spectacular sights through a telescope. Class will be held in person at the UMD Marshall Alworth Planetarium. Please bring an additional \$8.00 fee per person that will go toward supporting UMD planetarium programs, payable to UMD and given to the instructor the first night of class.

#2190 UMD 2/14-3/7 Tue 7:00-8:30 PM 4 Mtg \$17

BROADENING YOUR KNOWLEDGE OF INVESTING

Instructor: Rebecca Hudoba

This seminar is designed to help you by increasing your knowledge beyond your current investments. It is an expanded look at the “how” of creating an investment strategy as well as the investment components that form your financial picture. And we’ll discuss investing as a process and a journey toward your goals. Must be 18 years or older to attend.

#2196 ORD 3/20 Mon 7:00-8:30PM 1 Mtg \$5

CONFIDENT RETIREMENT: Planning for a Confident Retirement

Instructors: Conrad Hjort and Brian Johnson

Rather than JUST retiring, you want to be CONFIDENT about your retirement. This class will be an overview of many retirement topics that you need to be aware of. These topics include retirement income, tax strategies, pensions, social security, investment choices, healthcare, estate planning and much more.

#2407 ORD 1/23 Mon 5:00-7:00 PM 1 mtg \$5

CONFIDENT RETIREMENT: Retirement Income Strategies

Instructors: Conrad B. Hjort and Brian Johnson

Your successful retirement depends on a sustainable source of income. We will review strategies for pensions, social security and investments. We will discuss health care needs, premature deaths and economic risks. Designed for people approaching retirement or already retired. This class will help you be confident about your retirement. Bring your questions.

#2408 ORD 2/6 Mon 5:00-7:00 PM 1 mtg \$5

General Interest

DECLUTTER YOUR HOME

Instructor: Amanda Robertson

Do you feel defeated by the clutter in your home? Let me walk you through a simple process that we can apply to any space from your junk drawer to your bedroom. We will cover specific rooms, special cases such as paperwork and collections, and resources in our area to help you with the process. Leave feeling encouraged and capable of reclaiming your space!

#1125A ORD 2/16 Thu 6:00-8:00 PM 1 Mtg \$15

#1125B ORD 3/23 Thu 6:00-8:00 PM 1 Mtg \$15

HOW TO KEEP THE FAMILY CABIN IN THE FAMILY

Instructor: Raymond J. Peterson

An experienced estate planning attorney will discuss different types of ownership structures for cabins including passing the cabin from one generation to the next, maintaining family harmony, shared costs, ownership transfer and endowments.

#2145 ORD 2/28 Tue 6:00-7:30 PM 1 Mtg \$5

INTERMEDIATE BRIDGE

Instructor: Laird Schaub

Each night will consist of instruction followed by card play - learn by doing and have fun at the same time. New and returning students are welcome.

#1124 ORD 2/7-3/28 Tue 6:30-8:30PM 8 Mtg \$40



INTRODUCTION TO INTERMITTENT FASTING

Instructor: Julie O'Connor

A broad look at Intermittent Fasting - Intermittent Fasting (IF) is NOT another diet - it's a lifestyle! We'll discuss intermittent fasting formats (focused on 'daily scheduled eating', not extended fasting); how/why fasting works; unexpected health benefits of IF; strategies for integrating fasting into your lifestyle; how mindset and neuroscience can help you reach your goal, and resources & tools to make getting started easier. We will NOT discuss calorie counting, restrictive eating diets or fitness programs.

#5667 ONLINE 3/20 Mon 6:30-8:00 PM 1 Mtg \$20

INTUITION: THE KEY TO SELF-EMPOWERMENT

Instructor: Pam Losasso

This class will review James Redfield's "The Celestine Prophecy's" 9 insights that will help to heighten your sixth sense (intuition).

#1235 ORD 12/1 Wed 6:00-8:30 PM 1 Mtg \$10



IPAD & IPHONE INTRODUCTION

Instructor: Sara Reimann

The iPad and iPhone are unlike any computer you've ever laid your hands on. But despite its friendliness, it's still a complex piece of hardware and you'll need to know a little about what makes it tick: how you turn it on for instance, and what functions it's few buttons offer. And what about all the other controls embedded in the software? How can you use its many features to the fullest? We will endeavor to show you all of this in this class, helping you feel comfortable with the device so you can hit the ground running in no time at all.

#5621 ONLINE 4/4 Tue 5:30-7:30 PM 1 Mtg \$29

LANDSCAPING WITH NATIVE PLANTS

Instructor: Carol Andrews

Gardening for pollinators is growing in popularity as people discover the joys of attracting birds and butterflies to their yard and doing their part to replace lost habitat. Native plants play a crucial role in this effort. The first class will include suggestions for planning a landscape project (big or small), benefits of native plants, plant sources and tips for success. During the second session we will learn about specific native plants, options for buying plants or growing them from seed, examples of landscape projects, and identification & control of the Duluth area's "top 10" invasive plants. Wild Ones and Duluth Monarch Buddies will have information tables and members available to discuss your specific yard projects and questions before and after class.

#5600 LIN 3/7-3/14 Tue 6:30-8:30 PM 2 Mtg \$15

55+ DRIVER IMPROVEMENT PROGRAM

The Driver Improvement course is a state approved accident prevention/insurance discount course that is open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone! The fee for the four hour refresher course is \$24.00 and the eight hour course is \$28.00.

For more information or to register, visit our website at www.mnsafetycenter.org or call TOLL FREE 1-(888)-234-1294.

Person's age 55 and older who complete the course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four-hour refresher class every three years to maintain the 10% discount.

These classes are offered by Minnesota Safety Center - DO NOT register with Duluth Community

Education. For more information or to register, visit their website at www.mnsafetycenter.org or call 1-888-234-1294.



All classes will be held at Denfeld High School - Room 1206

March 15, 2023 from 4:00-8:00 PM
(4 hour refresher class)

April 5-6, 2023 from 4:00-8:00 PM
each day (8 hour new student class)

May 11, 2023 from 4:00-8:00 PM
(4 hour refresher class)

General Interest

LEGAL ESTATE PLANNING

Instructor: Carrie L. Schneider

An experienced estate planning attorney will discuss and explain information about legal estate planning topics such as: wills, trusts, probate, and power of attorney.

#2129 ORD 2/7 Tue 6:00-7:30 PM 1 Mtg \$5

NUMEROLOGY: AGE IS NOT JUST A NUMBER

Instructor: Pam Losasso

According to the teachings of Pythagoras, numbers esoterically represent characteristics, abilities, events and the spiritual progression of life cycles. Using the numbers in your date of birth and age, discover their hidden meanings and the predictability of life experiences. Bring additional supply fee of \$25 for printed materials and "Numeric Forecast Cards"© to be paid to the instructor at time of class.

#2114 ORD 2/15 Wed 6:00-8:30 PM 1 Mtg \$15

NURSING HOME AND PERSONAL ASSETS

Instructor: Carrie L. Schneider

An experienced estate planning attorney will discuss and explain: what happens to a person's assets when he/she needs long term care (nursing home); options and risks in protecting assets; a person's home and nursing home resolution; and process for applying for medical assistance.

#2169 ORD 3/7 Tue 6:00-7:30 PM 1 Mtg \$5

PSYCHOLOGY OF RELIGION

Instructor: Tom O'Neil

We will review the application of psychological methods to religion. We will explore three major ideas : a. Systematic description of religious contents, attitudes, experiences, and expressions; b. Explanations of the origins of religion; and c. map out religious attitudes and conduct.

#2134 ORD 1/26-3/9 Thu 6:30-9:00 PM 6 Mtg \$20

SIGN LANGUAGE: LEVEL 3

Instructor: David Moberg

This is the 3rd of 6 in this ongoing series of classes. Text required, please purchase your copy in advance. Title: A Basic Course In American Sign Language by Tom Humphries (Spiral or hard bound 2nd edition 1994). Returning students are welcome.

#2313 ORD 1/11-2/15 Wed 6:15-8:15 PM 6 Mtg \$35

SIGN LANGUAGE: LEVEL 4

Instructor: David Moberg

This is the 4th of 6 in this ongoing series of classes. Text required, available to order in advance online; title: A Basic Course In American Sign Language by Tom Humphries (Spiral or hard bound 2nd edition 1994.) Continue learning from the beginning book and Please confirm class start date before registering, as it is subject to change. No class 3/8, 4/12.

#2314 ORD 3/1-4/19 Wed 6:15-8:15 PM 6 Mtg \$35

SIMPLIFY YOUR SPENDING AND SAVING STRATEGIES

Instructor: Rebecca Hudoba

This presentation is designed to help you bring balance to your budget. You'll learn more about: setting personal financial goals, balancing saving, spending and borrowing to help achieve your goals, strategies for controlling debt and improving credit scores, and practical savings options for now through retirement. Must be 18 years or older to attend.

#2170 ORD 2/2 Thu 7:00-8:30 PM 1Mtg \$5

SOCIAL SECURITY: TIMING IS EVERYTHING

Instructors: Jordan A. Fahlsing and Kevin J. King

Social Security is a vital source of income for many retirees. But it can be a confusing topic, and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

#2156 ORD 1/25 Wed 6:00-7:00 PM 1 Mtg \$5

STOCKS: THE NUTS AND BOLTS

Instructor: Rebecca Hudoba

Stocks may play a major role as investors try to reach their long-term financial goals. This presentation shares basic information to help investors evaluate how this type of investment may fit into an overall strategy. We will look at common vs. preferred stock, dividends, investment strategy and different ways to own stock.

#2173 ORD 3/9 Thu 7:00-8:30 PM 1 Mtg \$5



Live Online

USING GOOGLE AND ALL IT HAS TO OFFER

Instructor: Sara Reimann

What is the use of Google? Google offers Gmail, Chrome, Maps, Drive, Spreadsheets, YouTube, Calendar...and much more! With Google, you can upload and store all of your files online. Google Docs is similar to Microsoft Word and Google Sheets is similar to Microsoft Excel. THE BEST PART...They are FREE to use! You can then share these files with others and access them from any computer, smartphone, or tablet. With Google you can quickly and easily get answers on your smartphone or computer. Come and find out more about using Google and all it has to offer.

#5616 ONLINE 3/7 Tue 5:30-7:30 PM 1 Mtg \$29



Live Online

PHOTO ORGANIZATION: PRINT & DIGITAL

Instructor: Kathy Povolny

Imagine all your photos in one place with a system that allows you to access any photo and movie in literally seconds. Learn about scanners for copies and repair of older prints and slides, cloud storage services, and owning vs renting. Discover everything you need to know to complete this project and quickly. Never worry about losing another photo again!

#5033A ONLINE 2/13 Mon 6:30-8:30 PM 1 Mtg \$15

#5033B ONLINE 3/7 Tue 6:30-8:30 PM 1 Mtg \$15

CLASS LOCATION CODES

Denfeld High School (DEN)

Lincoln Park Middle School (LIN)

Ordean East Middle School (ORD)

Piedmont Elementary (PIED)

Myers Wilkins Elementary (MYW)

Laura MacArthur Elementary (LMAC)

General Interest



WINTER BLISS - DRESSING FOR SAFETY AND COMFORT IN WINTER

Instructor: Julie O'Connor

You don't have to be cold and miserable anymore! Whether you're running errands, snowshoeing, shoveling your roof or winter camping, you'll enjoy your outdoor time more if you're dressing well. We'll learn about different fabrics, layering techniques, managing changing conditions and human physiology as well as how to find great gear without spending a fortune!



#5668 ONLINE 2/6 Mon 6:30-8:00 PM 1 Mtg \$20



CLEAN UP CLUTTER AND ORGANIZE YOUR MIND

Instructor: Yana Stockman

Do you ever wonder why your home doesn't look like the ones in the magazine or how come your life seems so messy or disorganized? Introducing the "21-Day Guide" which will focus on changing your clutter habit, help you get organized and allow you to find extra space, more time, and feel better about your current lifestyle.

#2117 ONLINE 1/24 Tue 6:00-7:00 PM 1 Mtg \$25



EFFECTIVE USE OF TIME TO STAY FOCUSED AND ACCOUNTABLE

Instructor: Yana Stockman

Time moves quickly and there are only 24 hours in a day to accomplish all of your important things? Learn how to manage your time, day, and life more effectively and efficiently using these 4 key elements: Manage, Focus, Avoid, and Limit. These are the tools; come join the process, practice the skills, and learn 101 ways to minimize your procrastination.

#2118 ONLINE 1/31 Tue 6:00-7:00 PM 1 Mtg \$25



HOW TO BUILD STRONG COMMUNICATION IN ANY RELATIONSHIPS

Instructor: Yana Stockman

One of the most important factors in any successful and long-lasting relationship is communication. This class will provide insight into our own and other people's behavior. We'll consider your existing relationships, including the relationships with your family, friends, and business relationships. You will learn ways to prevent or resolve conflicts in relationships.

#2120 ONLINE 2/7 Tue 6:00-7:00 PM 1 Mtg \$25



PRESENTING YOURSELF WITH STYLE AND CONFIDENCE

Instructor: Yana Stockman

Giving a speech, being in an interview or impressing someone special on a date can provoke great fears for people. Learn useful tips and guidelines for presenting yourself. You will learn about clothing color combinations, shapes and styles to translate the message you want to send.

#2116 ONLINE 2/28 Tue 6:00-7:00 PM 1 Mtg \$25



SET AND CRUSH YOUR GOALS IN 30 DAYS

Instructor: Yana Stockman

Remember when you were ready to jump into your 2022 new year's resolution? This year we might need a little help with motivation to start a project, create a habit or change our career. This class can point you in the right direction. You will learn how to set & crush your goal in 30 days, gain clarity regarding what you want to accomplish, and help determine areas of focus.

#2200 ONLINE 3/7 Tue 6:00-7:00 PM 1 Mtg \$25

BUILDING FOUNDATIONS FOR LOVE-TO-LEARN ATTITUDES

Instructor: Howard Zmudy

How parents can become active partners in their children's education in the classroom, home, and community by empowering their children to own their education.

#1188A ORD 2/9 Tue 6:00-7:30 PM 1 Mtg \$10

#1188B ORD 3/9 Thu 6:00-7:30 PM 1 Mtg \$10

APPLE GRAFTING

Instructor: Deb Shubat

Save or propagate the old family apple tree by learning to graft it onto a new root. Grafting also works on most temperate trees, not just apples. All bands and parafilm, rootstocks, a few non-patented scion sticks & Band-Aids will be available through the instructor. Each student must bring a sharp, straight bladed knife along with \$7 for each apple root (supplies limited).

Bring your own scion wood from a 1-2 year old 6-8 inch long twig that has been cut directly before class if you prefer. Let the instructor know if you want more than one rootstock. Also you can learn these techniques without purchase of a rootstock.

#2112 ORD 3/13 Mon 6:00-8:00 PM 1 Mtg \$15

GREAT GARDEN SOIL

Instructor: Deb Shubat

The plants in your yard are dependent on healthy soil. Duluth tends to be clay, so you will learn how to modify or adapt garden soil to grow a healthy productive garden. Subtopics include: What are major plant nutrients, how much water does the soil need, how to increase drainage in clay and maintain moisture in sandy soil, and why is pH important to plants.

#2102 ORD 2/13 Mon 6:00-8:00 PM 1 Mtg \$15

GROWING BERRIES IN DULUTH

Instructor: Deb Shubat

Get the most variety of fruits for your small space by planting smaller Hardy perennial berry plants. The class will cover selecting varieties that have a good production track record in Duluth. Some berries have different soil and watering requirements. Some are ever-bearing, some have a small picking window. All need lots of sun.

#2111 ORD 1/23 Mon 6:00-8:00 PM 1 Mtg \$15

GROWING FRUIT TREES

Instructor: Deb Shubat

Learn how to select, plant and care for fruit trees in Duluth. The following types will be discussed: apple, pear, plum, cherry, and some interesting little known fruit trees, cherry-plum, seaberry, serviceberry.

#2103 ORD 4/3 Mon 6:00-8:00PM 1 Mtg \$15

Health & Wellness/Lifestyle

ALL ABOUT HEARING AIDS, IMPLANTS, AND RELATED TECHNOLOGY

Instructor: Brent Fisher

This course will provide a basic review of hearing equipment including hearing aids, implantable devices, and over-the-counter (OTC) products intended to support communication.

#1195 ORD 2/28 Tue 6:00-7:00 PM 1 Mtg \$5

TAI CHI & QIGONG GENTLE EXERCISES

Instructor: Richie Townsend

In this class we will explore a variety of ancient Chinese movements and breathing exercises of Tai Chi Chuan and Qigong. They are geared towards promoting balance, proper breathing, relaxation, better circulation and increased energy. We will practice a variety of walking, standing, and sitting exercises. These gentle exercises are easy to learn and practice, and having fun learning them is the highest priority. Wear loose fitting, comfortable clothes. Enrollment is limited. No class 2/22, 2/23.

#2354 ORD 1/18-3/15 Wed 4:45-5:45 PM 8 Mtg \$20

#2354 PIED 1/19-3/16 Thu 5:00-6:00 PM 8 Mtg \$20

TAI CHI: 24 FORMS

Instructor: Richie Townsend

The Yang Style 24 Forms, also known as Simplified Tai Chi Chuan, contains the essence of Yang Family Tai Chi Chuan. In this class we will learn proper breathing, body alignment, focus of energy, and the choreographed movements of the basic forms. The main priority is to have fun and enjoy movement. The exercises are relaxing and enjoyable with many health benefits. No Tai Chi experience is needed. Wear comfortable, loose fitting clothing. Enrollment is limited. No class 2/22, 2/23.

#2355 ORD 1/18-3/16 Wed 5:45-6:45 PM 8 Mtg \$20

#2355 PIED 1/19-3/16 Thu 6:00-7:00 PM 8 Mtg \$20



Music

5-STRING BANJO: BEGINNING

Instructor: Eileen Sugars

Learn to play Scruggs-Style 5-string banjo. Learn how to hold, tune, and pick your banjo. Also shopping for banjos and accessories, chords, practice methods, reading banjo tablature with eventual learning to play by ear, and some basic bluegrass tunes. Please bring a 5-string banjo in playable condition, 1 thumb pick and 2 finger picks. No class 2/21, 4/11.

2470A ORD 1/17-2/28 Tues 7:00-8:00 PM 6 Mtg \$40

2470B ORD 3/7-4/18 Tues 7:00-8:00 PM 6 Mtg \$40

5-STRING BANJO: INTERMEDIATE

Instructor: Eileen Sugars

For those wishing to continue their banjo journey, we will start transitioning into the "soft skills" of learning to play by ear, improvising in different keys, playing in a group, and basic music theory. Students should have basic 5-string skills and be able to play some tunes from memory. No class 2/21, 4/11.

#2471A ORD 1/17-2/28 Tues 6:00-7:00 PM 6 Mtg \$40

#2471B ORD 3/7-4/18 Tues 6:00-7:00 PM 6 Mtg \$40

CAMPFIRE GUITAR

(Advanced Beginner and Intermediate)

Instructor: Jerry Kaldor

Are you comfortable switching between some basic chords and want to learn more? Join us! We will cover the basic chords (major, minor, 7th), work on basic barre (bar) chords,

and practice a variety of strumming patterns using songs you might sing around a campfire. Ages 14 and up are welcome. You must have your own guitar. No class 2/20, 3/6

#2475 ORD 1/23-3/13 Mon 7:00-8:00 PM 6 Mtg \$20

DULUTH CIVIC ORCHESTRA

Instructor: Brandon Smith

Play a varied repertoire for the joy of it with a congenial group of musicians. We welcome anyone who plays standard symphony orchestra instruments (within the confines of balanced instrumentation). No auditions required, and no age restrictions, but you must be able to sight-read music, have your own instrument, and play at the high school level. Regular concerts in the area. No class 2/14 or 2/21.

#5450 LIN 1/17-4/4 Tue 7:00-9:00 PM 10 Mtg \$40

DULUTH SYMPHONIC WINDS/COMMUNITY BAND

Instructor: Tracey Gibbens

Dust off your old instrument and join up with a great collection of players performing fun and interesting pieces. This long-standing Duluth group welcomes all new members who can sight-read music, and provide their own instruments. Come ready for upcoming concert dates. No solos or auditions required. Trumpets and trombones are especially wanted! No class Monday 2/20.

#5460 DEN 1/23-4/3 Mon 7:00-9:00 PM 10 Mtg \$40

Project Access



PAINT BY NUMBERS

Instructors: Claire Hoffman and Megan Hughley

This is an opportunity for anyone with cognitive, developmental, emotional, and physical disabilities to participate in the creative process and develop as artists. We will work on our own Paint by Numbers project and go home with your wonderful art to display. Additional materials fee of \$10 due to instructors at time of class.

#5113 LIN 3/15 Wed 6:00-7:00 PM 1 Mtg \$5

WANTED: INSTRUCTORS

Interested in offering a class through Duluth Community Education?

We are always looking for new instructors willing to share their special skill, talent, hobby, or expertise with the community. Community Education classes are creatively designed, and flexible, because they are built around the real needs of the people in our community.

For more information, please contact the Community Education Office at 218-336-8760, or email communityeducation@isd709.org.



**Community
Education**

Building bridges through lifelong learning

PROJECT ACCESS



Classes Accessible to Individuals with Disabilities or Special Needs

FREE SUPPORT SERVICES AVAILABLE (advance notice needed)

Interpreters, Classrooms, Mobility aids, Entrances, Readers/note takers, Elevators, Limited Scholarships, Restrooms, Disability Parking

ACCESSIBILITY

Duluth Community Education welcomes participants of all abilities. Reasonable accommodations available with advance notice. Indicate your need on registration form, or call the **Community Education Office at 218-336-8760**

INTERESTED IN TEACHING?

Have you ever thought about leading an activity or teaching a Community Education class for Project Access? You do not need a license or special training, just a desire to share your time and knowledge. Persons with disabilities are encouraged to apply.

**Call the Community Education Office
for more information on programs
and Project Access Scholarship
Applications at 218-336-8760 or email
communityeducation@isd709.org**

CLASS LOCATION CODES

Denfeld High School (DEN)
Lincoln Park Middle School (LIN)
Ordean East Middle School (ORD)
Piedmont Elementary (PIED)
Myers Wilkins Elementary (MYW)
Laura MacArthur Elementary (LMAC)

Sports and Exercise/Fitness

BODY FITNESS

Instructor: Mary Gavitt

This class has been designed to complement your regular fitness routine. Classes include both cardio and Pilates workouts, with a focus on stretching and low impact floor exercises. A thorough warm-up and cool-down are incorporated into the class. All ages and fitness levels are welcome in this comfortable atmosphere. Bring a floor mat/pad. No class 2/20, 2/23 and 3/6.

#2502 ORD 1/23-3/23 Mon/Thu 5:00-6:00 PM 15 Mtg \$40

STRENGTH AND CONDITIONING

Instructor: Dan Howe

For those who want to stay in shape during the winter months, get fit for spring sports or simply to compliment your outdoor fitness activities, this workout may be for you! Designed to build strength using core training, principles of conditioning, proper techniques for body weight training, and mechanics for safe and effective stretching and generally increasing overall fitness. All fitness levels are welcome. Bring a mat and weights. No class 1/31, 2/21

#2505 ORD 1/24-3/21 Tue 5:30-6:30PM 7 Mtg \$45

XTREME HIP HOP STEP AEROBICS

Instructor: K. Carroll

Welcome to Xtreme Hip-Hop! We are sure you've heard of step, and may have seen it at many gyms, studios, on the Internet, and even home videos. However, our version of a step program is like no other! We have combined Xtreme cardio, the step board, hip-hop music and lots of swag to provide our participants with a fresh spin on an old concept. We are

making STEP great again. Whether participants are beginners, advanced, old or young they can all benefit from this unique and effective workout regimen. Participants must bring their own step aerobics platform to class. Please contact us with any questions re: where to purchase a step. No class 2/23.

#2760A ORD 1/26-3/16 Thu 7:00-8:00 PM 7 Mtg \$45

ZUMBA: LOW IMPACT

Instructor: Sue Brunette

This Zumba fitness dance class is great for beginners or those new to an exercise program. Zumba combines fast and slow rhythms that tone and sculpt the body using merengue, salsa, Cumbia, Reggaeton, hip hop and belly dance. This class is a blast with easy to follow steps for all levels, ages and sizes. No class 2/20.

#2550 ORD 1/23-3/13 Mon 6:15-7:15 PM 7 Mtg \$40

ZUMBA: HIGH IMPACT

Instructor: Chasity Lindquist

Join the party and melt the pounds away in this Zumba fitness dance class. Zumba combines fast and slow rhythms that tone and sculpt the body using merengue, salsa, Cumbia, Reggaeton, hip hop and belly dance. This class is a blast with easy to follow steps for all levels, ages and sizes. Zumba is a great weight loss and stress relief party environment. No class 1/26, 1/31, 2/21, 2/23.

#2552A ORD 1/24-3/21 Tue 7:00-8:00 PM 7 Mtg \$40

#2552B ORD 1/19-3/16 Thu 7:00-8:00 PM 7 Mtg \$40

#2552C ORD 1/19-3/21 Tue & Thu 7:00-8:00 PM 14 Mtg \$60

CROSS COUNTRY SKI GROUP LESSONS

Instructor: Joe Trela

Ski Duluth's Lester-Amity trails with instruction in beginner's classic or skating style. Minnesota Ski Pass required for ages 16 and up (cost is \$25 per season). Students should attend the information session at Ordean East Middle School on Thursday, January 19th from 7:00 - 8:00 PM. Questions: please contact Ordean East Community School at (218)336-8760 x1.

#2801 A Beginner	1/24-2/21	Tue 4:00-5:00 PM	5 Mtg	\$30
#2801 B Beginner	1/25-2/22	Wed 4:00-5:00 PM	5 Mtg	\$30
#2801 C Beginner	1/26-2/23	Thu 4:00-5:00 PM	5 Mtg	\$30
#2801 D Beginner	1/21-2/18	Fri 4:00-5:00 PM	5 Mtg	\$30
#2801 E Beginner	1/21-2/18	Sat 10:00 AM-12:00 PM	5 Mtg	\$30
#2801 F Beginner	1/21-2/18	Sat 12:10-1:10 PM	5 Mtg	\$30
#2801 G Beginner	1/21-2/18	Sat 1:10-2:10 PM	5 Mtg	\$30
#2801 H Beginner	1/22-2/19	Sun 10:00 AM-12:00 PM	5 Mtg	\$30
#2801 I Beginner	1/22-2/19	Sun 12:10-1:10 PM	5 Mtg	\$30
#2801 J Beginner	1/22-2/19	Sun 1:10-2:10 PM	5 Mtg	\$30
#2802 A Skate Style	1/24-2/21	Tue 5:00-6:00 PM	5 Mtg	\$30
#2802 B Skate Style	1/25-2/22	Wed 5:00-6:00 PM	5 Mtg	\$30
#2802 C Skate Style	1/26-2/23	Thu 5:00-6:00 PM	5 Mtg	\$30
#2802 D Skate Style	1/27-2/24	Fri 5:00-6:00 PM	5 Mtg	\$30
#2802 E Skate Style	1/21-2/18	Sat 9:00-10:00 AM	5 Mtg	\$30
#2802 F Skate Style	1/22-2/19	Sun 9:00-10:00 AM	5 Mtg	\$30



Yoga

CHAIR YOGA

Instructor: Lois Opseth

Chair yoga provides an opportunity for anyone to practice yoga. In this class you will learn to do yoga poses while sitting on a chair or using the chair as a prop. Modifications of poses will be offered so they can be adapted to match your ability. Breathe work, which helps to quiet our minds and enhances our body functions, is incorporated into the class. Yoga helps improve your flexibility, mobility and balance. Wear comfortable clothes and bring a yoga mat.

#2362A ORD 1/23-2/13 Mon 5:00-6:00 PM 4 Mtg \$35

#2362B ORD 2/27-3/27 Mon 5:00-6:00 PM 4 Mtg \$35

#2362C ORD 4/3-5/1 Mon 5:00-6:00 PM 4 Mtg \$35

GENTLE YOGA TO ENERGIZE

Instructor: Claudia Weber

In this class we will work with gentle poses with modifications that work best for your body. It is designed to be beneficial for both the inexperienced and experienced yoga practitioner. The goal is to gently energize your body and lift your frame of mind using yoga poses, breath and music. Please bring a yoga mat and wear comfortable clothes. No class 2/21.

#2530 ORD Tue 2/7-3/7 6:15-7:15 PM 4 Mtg \$30

QIGONG- ALL LEVELS, VARIETY OF FORMS

Instructor: Rob Bowe

Take control of your health and well being at any age or fitness level. These easy to learn 'moving meditations' will help you boost your immunity and live healthier. Qigong's (pronounced "Chee-gung") gentle, flowing poses, deep breathing rhythms and visualization techniques enhance the flow of Qi (energy) that fuels your movements, thoughts and emotions. We will learn a variety of Qigong techniques and touch on the Martial Arts traditional origins of Qigong. No experience necessary, as we will go over the basics of Qigong and energy movements, but still suitable for intermediate level students. Wear loose-fitting comfortable clothing.

#5206 LIN 1/17-2/7 Tue 6:00-7:00 PM 4 Mtg \$37

SOMA YOGA

Instructor: Lois Opseth

Soma yoga brings together Hatha yoga with small Somatic movements. Hatha yoga is a gentle practice of the classic postures. Somatics are small movements that help release muscle tension and enable us to move with more ease.

Bring a yoga mat and wear comfortable clothes.

#2361A ORD 1/23-2/13 Mon 6:15-7:15 PM 4 Mtg \$35

#2361B ORD 2/27-3/27 Mon 6:15-7:15 PM 4 Mtg \$35

VINYASA YOGA FLOW II

Instructor: Diana Quinn-Jereczek

Expect to position your body, move with your breath and focus your attention. This well balanced flow class will help to discover new and different poses to advance and enhance your practice - moving out of your head and into your body and your breath. Plan to move mindfully while building flexibility, strength and balance, yet slowing down, moving purposely, powerfully, and breathing deeply. All modifications welcome. Bring a yoga mat.

#2525 ORD 9/22-10/27 Thu 6:05-7:05 PM 6 Mtg \$45

YOGA FOR VITALITY

Instructor: Anna Swarts

This slower paced class welcomes beginners and anyone who wants to practice mindful movement in a positive, small group environment. Modifications and alternatives will be provided. Please bring a mat and wear comfortable clothing. No class 2/13 or 2/20.

#5201 LIN 1/23-3/6 Mon 5:30-6:30 PM 5 Mtg \$35

CLASS LOCATION CODES

Denfeld High School (DEN)

Piedmont (PIED)

Lincoln Park Middle School (LIN)

Myers Wilkins (MYW)

Ordean East Middle School (ORD)

Laura Macarthur (LMAC)



Pool Activities

ABS & AQUA FIT

Instructor: Jolane Sundstrom

A safe, complete floor stretching and water aerobics workout. Floor exercises in the locker commons on main floor for 25 minutes, followed by 50 minutes of pool aerobics. A peaceful approach to a relaxing but vigorous workout. Feel your best gaining strength and stamina! Bring (or wear) swimsuit, towel and a mat for floor exercise. Some pilates, stretching, toning, balance and strengthening exercise. Enjoy the company of some fine women ages 20 - 80. No class: 2/14,2/16,2/21,2/23,4/11,4/13.

#2750 ORD Tue/Thu 1/19-4/20 6:30-8:00 PM 19 Mtg \$40

BEGINNING SCUBA DIVING

Instructor: Jorie Strunk

This class is for beginners, ages 12 and up (students under age 18 must be accompanied by a parent/guardian). Classroom and pool time will give you the knowledge and skills to make the open water dives required for certification. The four dives required for certification are not part of the class fee. All equipment is provided including mask, fins and snorkel. There is an equipment fee of \$125 payable to the instructor for equipment use and materials. No class 2/22.

#2752 ORD Wed 1/25-3/8 6:45-8:30 PM 6 Mtg \$25+



OPEN and LAP SWIM SCHEDULE

Ordean East Community School

Mondays:

1/23-5/22 (no swim 2/20, 4/10)

6:45 PM-8:00 PM

Lincoln Park Community School

Tuesdays

1/3 - 5/23 (no swim 2/21, 4/11)

7:30-8:30 PM

Ordean East Middle School aquatics facility located at 2900 East 4th St., Duluth, MN.

Please enter from the parking lot in the rear of the school building off N. Hawthorne Rd. Questions? Please call 218-336-8760 opt. 1.

Lincoln Park Middle School aquatics facility located at 3215 W 3rd. St, Duluth, MN. Family locker rooms available. Please park in the rear parking lot and use the Activities Entrance. Questions? Please call 218-336-8760 opt. 5.

COST: \$4 or Punch Cards Available from the Lifeguard (10 Punches for \$30). Lifeguard supervised. All ages welcome. Perfect for families and groups. There will be special designated lap swim lanes. Balls, water wings, toys, and noodles are not allowed. Bring your own suit and towel. Family locker room area available.

NOTE: Please let us know in advance if you will be bringing a large group (8+). 218-336-8760. Follow Duluth Community Education on facebook for Open Swim updates. Open Swim will be canceled if Duluth Public Schools are closed.

Welcome to Early Childhood Education Birth to Age 5!

Early Childhood Family Education (ECFE) and Duluth Preschool are programs of Duluth Community Education, with a mission of lifelong learning.

We understand that parents are a child's first and most important teachers. We partner with our parents and families to offer the very best in early childhood and family education. Our team of parent educators and early childhood teachers offer support and education for your child and your family. Please join us for a parent/infant class, a class for you and your on-the-move toddler, or one of our preschool classes.

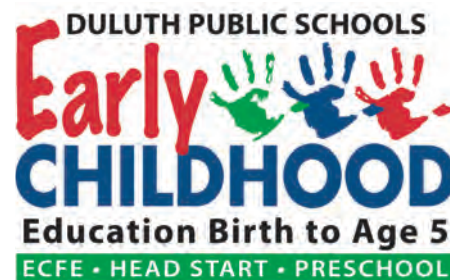
We are eager to welcome your family and young children as an important part of our school communities.



What Happens in ECFE?

All Early Childhood Family Education (ECFE) programs include parent education, early childhood education, and parent-child interaction.

- Parent education time: Guided by a licensed parent educator. Conversations are focused on research-based curriculum, relate to child and parent development and are tailored to meet parent and family needs.
- Parent-child time: Time in the children's classroom for parents and children to play and learn together in a safe and educational environment.
- Early childhood classroom time: Children will have time to play with peers and enjoy activities planned by a licensed early childhood teacher.
- Sibling care: Sibling care is offered, for your convenience, to siblings of class participants who are 5 years of age or younger. You must register your children for sibling care. Sibling care is not available for every class. Please see class registration details online to find out which classes offer sibling care.
- Parent Advisory Council: Parents are given the opportunity to be part of site and citywide advisory council to offer their input around programming.
- Family events: Offered throughout the year at various locations.
- Home visits: Offered to families who are not able to attend a class or have a need to address individual child, parent, or family needs.



Duluth Early Childhood Office:

4316 Rice Lake Road, Suite 108
Duluth, MN 55811
218-336-8815
earlychildhood@isd709.org

Check us out online!

www.isd709.org
(SCHOOL & PROGRAMS/
Opportunities/Pre-school Birth to Age 5)
earlychildhood@isd709.org



Duluth ECFE-Early Childhood
Family Education

Online registration is available:

www.isd709.org
(How to Enroll - Birth to Age 5)
earlychildhood@isd709.org



What are the Benefits of ECFE?

For Parents & Families:

- Information on child development
- Strategies for effective limit-setting and teaching
- Strategies for balancing work & family & managing stress
- Familiarity with community resources for families with young children
- Comfort with schools and understanding the parent's role in supporting kindergarten readiness and long-term school success
- Focused time for parents and children to learn & explore in an early childhood environment

For Schools & Communities

- Parents who have positive connections to schools and other community programs
- Parents who are engaged and ready for leadership in schools
- Enhanced social connections and informal support between families in the community
- Community norms for appropriate and effective discipline for young children



FREE Six Week Parent/Infant Class

Piedmont Elementary –

2827 Chambersburg Ave, Room 201

ECFE offers a Six Week class for parents of 0-4 month olds. These classes provide support, insight on development and attachment and supportive connections.

PI Session #3

Wednesdays 2:30-4:00

January 4, 11, 18, 25
February 1, 8

PI- Session #4

Wednesdays 2:30-4:00

March 1, 8, 15, 22, 29
April 5

PI- Session #5

Wednesdays 2:30-4:00

April 26
May 3, 10, 17, 24, 31

PARENT/INFANT 0-12 Month Olds

Babies learn best by interacting with the people and objects in their environment. Learn about the importance of these early years and what you can do to promote healthy development. Parent/Infant classes include parent-and-baby activity time, parent discussion time, and time to connect with other parents. Parent/Infant classes are non-separating classes.

Mondays:

Piedmont: 3:30-5:00 0-12 Month Olds

Piedmont: 5:30-7:00 0-12 Month Olds

Wednesdays:

Washington The First Few Years: 1:00-3:00 0-23 Month Olds

Lester Park: 9:00-10:30 0-12 Month Olds

Lester Park: 11:00-12:30 0-12 Month Olds

ECFE REGISTRATION & TUITION INFORMATION

REGISTRATION OPTIONS

Online or by Phone:

www.duluthcommunityed.org or call our office at 218-336-8815, option 1

SELECTING A CLASS

We enroll according to the age a child is on 09/01/22. For example, if you are enrolling in a 3 year old class, your child must have turned 3 on or before 09/01/22.



**EARLY CHILDHOOD
FAMILY EDUCATION**

MULTIPLE CLASSES

In order to serve as many families as possible, we allow a family to be registered in only one class at a time. Special topic classes are the exception.

ATTENDANCE

Out of respect for families on our waiting list, consistent attendance is expected.

TUITION

The ECFE program depends upon fees from participants to maintain its scope of services. Fees are based on a sliding scale determined by family income. Those who are unable to pay are still welcome, but we ask that you contact the ECFE office to discuss arrangements that can be made. All payments are confidential.

ECFE TUITION

Annual Income

\$80,000 or more
\$60,000-\$79,999
\$40,000-\$59,999
\$20,000-\$39,999
Under \$20,000

Fee per 10 week trimester

\$130
\$100
\$70
\$40
\$25

SIBLING CARE

Annual Income

\$60,000 or more
\$20,000-\$59,999
Under \$20,000

Fee per 10 week trimester

\$25
\$15
\$10

Duluth Early Childhood Office • 4316 Rice Lake Road, Suite 108, Duluth, MN 55811 • Email: earlychildhood@isd709.org

ECFE CLASSES BEGAN IN SEPTEMBER BUT SOME OPENINGS STILL REMAIN. REGISTER TODAY!

FIRST YEAR PROGRAM

The First Few Years: Led by an Early Childhood and Parent Educator with the support of a Licensed Social Worker specializing in Infant Mental Health, Public Health, nutrition experts and others. This program assists parents who have limited support during the critical transition time between pregnancy, parenthood and the first few years of a child's life. With a small group of parents, observe your child's growth and development, and learn about your relationship with your child. Uses strength based pieces of The Mothers & Babies Program, The Ounce Scale and The Circle of Security. WHO: Parents and children during pregnancy to age 2 years.

WHEN: Wednesdays 1:00-3:00

WHERE: Washington Center, 310 N 1st Ave W, Duluth, MN 55806

If you or a family you know would benefit from this program or would like additional information about parenting support, please call 218-336-8815 or earlychildhood@isd709.org.



COMMUNITY RESOURCE HUB

Helping pregnant
parents & families
of young children
access services

Help finding resources to keep you and your young child healthy, learning, and on more solid financial footing!

There are many kinds of programs and services for families with young children (birth to 8 years old) and parents who are expecting a baby.

Find out what is available, if you are eligible, and how to sign up. Work with a local navigator who can answer questions and work with you to get to the next step.



**Explore and use the
Help Me Connect
website and Bridge
to Benefits website.**



Apply for things like

- food and nutrition programs
- health insurance programs
- tax credits
- child care resources
- medical & dental care
- and more



Connect with services like

- preschool screening
- early learning programs
- disability services
- family wellbeing and mental health
- legal services
- and more

CALL OR EMAIL US:

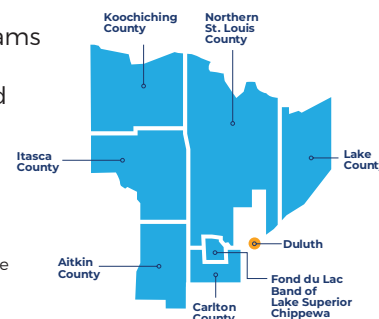
Navigator Name **Diane Mozol**

Name of Organization

Phone Number **218-461-7250**

Email diane.mozol@isd709.org

FUNDING INFORMATION: This project is made possible using federal funding, 93.434 - ESSA Preschool Development Grants Birth through Five. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Office of Child Care, the Administration for Children and Families, or the U.S. Department of Health and Human Services.





Circle of Security® PARENTING SERIES

CIRCLE OF SECURITY PARENTING COURSE

Location: Piedmont Elementary School, Room 201- 2827 Chambersburg Ave

Session 2: Mondays January 23, 30, February 6, 13, 27, March 6, 13, 20

Session 3: Mondays March 27, April 3, 17, 24, May 1, 8, 15, 22

*Commitment to attending the course is important as each class builds upon the other.

Time: 5:30-6:45 pm

Cost: \$25.00 (includes all 8 sessions)

** Fee can be waived for families that need financial assistance

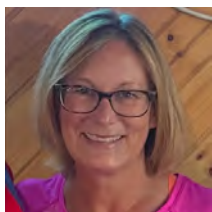
Who can attend: Anyone caring for children is welcome to attend! COPS has been highly valued by parents, grandparents, teachers/school staff, childcare providers, foster parents, and more!

Seats are limited. Limited childcare spots as well. Registration can be found at duluthcommunityed.org Please email sharie.blevins@isd709.org or call 218-336-8815 with any questions.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. The sessions are practical skills-based, using video clips, discussion, and handouts to explore children's emotional needs and build parents' ability to respond sensitively to those needs.

You Will Learn To:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem



Lynn Henderson is a mother of four, and a registered Circle of Security® Parenting™ facilitator. She completed a Masters degree in Family Science, and works as an Early Childhood Teacher and Parent Educator for the ECFE program at ISD 709 .

Are you caring for the young children of a family member, friend, or neighbor?

We have FREE events and resources for you!

Join the Duluth Public Library and/or Duluth ECFE for fun-filled events of reading, singing, and playing together with the little ones you care for! Meet other care providers, help children learn and build skills through play, and learn helpful tips for caring for them.

Receive FREE books, project supplies, snacks and resources each time. Sessions are designed for care providers to bring children with them, but you can also come on your own.

No registration required.

Offered by The Duluth Public Library

Monday 1/9 3:00-4:00
Main Library (520 W Superior St)
Tuesday 2/7 10:00am-11:00am
West Library (5830 Grand Ave)
Wednesday 3/8 10:00am-11:00am
Mount Royal Library (105 Mt. Royal Shopping Circle)
Thursday 3/23 3:00-4:00pm
Location TBD
Thursday 4/20 10:00-11:00am
Main Library (520 W Superior St)
Thursday 5/18 3:00-4:00pm
West Library (5830 Grand Ave)



Questions:
218-730-4222
chatch@duluthmn.gov



**DULUTH
PUBLIC
LIBRARY**



Play & Learn

For Family, Friend & Neighbor (FFN) Care Providers

Offered by Duluth ECFE

Lester Park Elementary - 5300 Glenwood Street

Questions: anne.zimpel@isd709.org / 218-336-8700 ext 2644

Friday 2/3 9:30-11:00am - Winter & Waffles
(receive take-home kit and book)
Friday 2/10 9:30-11:00am - Friendship & Fruit
(receive take-home kit)
Friday 2/17 9:30-11:00am - Mittens & Muffins
(receive a book)
Friday 3/24 9:30-11:00am - Dinos & Donuts
(receive a book)
Friday 3/10 9:30-11:00am - Building & Bananas
(receive a book)
Friday 3/17 9:30-11:00am - Sensory Exploration & Snacks
(receive take-home kit playdough)



Who are FFN Care Providers?

Many young children are cared for by Family Members, Friends, or Neighbors (FFN) while parents work or go to school.

FFN providers might be:

- Grandparents
- Friends of the Family
- Neighbors in the Community
- Aunts or Uncles
- Older Sisters or Brothers



Funded through a grant from the Minnesota Department of Human Services.

Driver Education

DRIVER EDUCATION PROGRAM

Driver education classes are offered at Denfeld and East High Schools, or via distance learning depending on Covid protocols. The program features 32 hours of classroom instruction leading to the permit test followed by 6 hours of behind the wheel instruction.

Classes are open to students 15 years of age and older who reside or attend public school within the Duluth School District and have their parent or guardian's permission if under 18.

Online registration for Spring classes will take place in January with dates yet to be determined. Registration information will be emailed to all Duluth Public School 9th graders at that time. If you are not in that group and would like to receive a schedule through the mail please call 336-8760 ext. 3 and leave your mailing address.

- Instructed by public school teachers
- Guest speakers from MADD, law enforcement, etc.
- Parent involvement component
- Behind the wheel cars from Kia of Duluth



WANTED: Driver Education Teachers

We are looking for individuals who may be interested in teaching Driver Education classroom and behind the wheel for the Duluth Public Schools Community Education Program.

Licensed K-12 teachers interested in teaching Driver Education through the Duluth Public schools are encouraged to contact Community Education by phone 1-218-336-8760 or email communityeducation@isd709.org.

Driver Education classes are offered at Denfeld and East during after school hours and in the summer. It is a great way to earn extra money while helping students learn a critical skill.



K.E.Y. ZONE

K.E.Y. Zone

Knowledge, Enrichment & Youth Development

AN ACADEMIC & ENRICHMENT OUT-OF-SCHOOL PROGRAM

Offers year round programming for students grades K – 5



K.E.Y. Zone is a collaborative program of the Duluth YMCA and Duluth Public Schools. Registration is still open for the 2022-23 school year, but space may be limited at some locations due to staffing and to ensure safety measures.

Child Care Assistance is accepted and scholarships are available for qualifying families.

Summer 2023 Registration Opens March 6 at 7:00 a.m.

Rates & Registration:

duluthcommunityed.org
mark.connor@isd709.org
(218) 336-8900 x2

More Information:

isd709.org
duluthymca.org
[Facebook.com/keyzoneduluth](https://www.facebook.com/keyzoneduluth)



ISD
709
Duluth
Public Schools



**JOIN OUR CAUSE
BE A PART OF
OUR TEAM**

YOU CAN MAKE A DIFFERENCE WITH YOUTH

Youth Specialists

Staff maintain a safe and engaging environment for school aged youth in an afterschool and/or all day program setting. Support youth while building your skills.

SCAN TO APPLY



**15+ years of age minimum
starting rate of \$15/hour**
tinyurl.com/careercenterymca
218-722-4745 x168
recruiting@duluthymca.org

Flexible Hours

**FREE YMCA
Membership**

**Opportunity
for Growth**

Paid Time Off



Duluth Preschool



Duluth preschool believes all children should have three things:

Strong bodies: We strive to spend at least one hour outside daily. We work to ensure families have access to healthcare and balanced meals offering health and nutrition services.

Strong minds: We implement an inquiry-based curriculum that encourages curiosity, collaboration, and communication in a play-based environment led by licensed teachers.

Strong families: We provide advocacy, support, and education to parents and caregivers. We partner with families to celebrate strengths and reach for goals.

Working together, we strive to create a strong learning community in order to achieve success both in the classroom and beyond.

Nature Based Programming:

All sites have access to school forests and nature playscapes. All of our classrooms have Oaki rain suits and rainboots for kids to wear allowing us to get outside in all types of weather.

All of our classrooms have Oaki rain suits and rainboots for kids to wear, allowing us to get outside in all types of weather. Many sites have access to school forests and/or nature playscapes. Spending time outside has physical and mental health benefits.



Duluth Preschool is collaborating with AEOA Head Start to offer Early Head Start Home Visiting in Duluth.

Serving pregnant mothers, infants and toddlers.

- Developmental Assessments to identify children's strengths and needs
- Weekly one-to-one instruction tailored to help every child grow
- Field trips and parent/group socializations
- Comprehensive health and nutrition services
- Assistance with other community programs



Visit their website at aeoa.org to apply or contact them at 218-748-7351



PARENT AWARE RATED FOUR STARS OF EXCELLENCE

We're proud to be one of the first preschool programs in the state to earn a four star rating from Minnesota Parent Aware - the highest rating possible! Parent

Aware's rating system helps parents find preschools and childcare programs focused on high quality early learning and kindergarten readiness.

For more information check out the parent aware website: www.parentawareratings.org



BUS TRANSPORTATION

- Available TO & FROM Full Day Classes
- Available TO the AM Classes
- Child must be 4 years old by 9/1/22
- Must be transported to/from an address within the transportation boundaries
- Mid-day bussing is not available

Use the following link to check your home or childcare's attendance area:

<https://www.myschoollocation.com/DuluthPublicSchools/>

GREAT NEWS!

Many of our preschool classrooms have once again been awarded full- or part time Minnesota Reading Corp tutor positions. For more information or to apply to be a tutor visit:

www.minnesotareadingcorps.org



If you have questions about Duluth Preschool:

218-336-8815 option 2
earlychildhood@isd709.org



Duluth Preschool



HOW TO APPLY

- ▶ **Online Application:** Complete the application online at www.isd709.org ▶ How to Enroll ▶ Birth to Age 5
- ▶ **Paper Application:** Call our office if you would like us to mail you a copy. Paper copies are available at the elementary schools.
- ▶ **Personal Appointment:** Please call 218-336-8815 option 4 to schedule time with our enrollment recruiter in person.
- ▶ **Phone Application:** Please call 218-336-8815 option 4 to apply over the phone.



Income verification is required in order for your application to be complete. Income verification can be mailed, emailed, or faxed to our office.

TUITION

- Head Start funded families will not pay any tuition.
- Voluntary Pre-Kindergarten families will not pay any tuition.
- School Readiness funded families pay tuition based on a sliding fee scale. All payments are confidential.

TUITION ASSISTANCE

State Early Learning Scholarships give families financial support to help pay for high quality early learning care and education to prepare their young children for school.

To be eligible for a scholarship, families must:

1. Live in St. Louis County.
2. Have a child who is 3 or 4 years old by 09/01/2022.
3. Have an annual income at or below 185% of the Federal Poverty Guidelines.

*Call the Northland Foundation if you have any questions about the scholarships or application.
218-260-2736 or 1-800-433-4045*

SLIDING FEE SCALE FOR SCHOOL READINESS FUNDED FAMILIES

ALL DAY CLASSROOMS

Income	Annual Tuition	Monthly Payment Sept-May
\$75,000 or more	\$2,655	\$295
\$40,000 to \$74,999	\$2,088	\$232
\$20,000 to \$39,999	\$1,260	\$140
Under \$20,000	\$0	\$0

HALF DAY CLASSROOMS

Income	Annual Tuition	Monthly Payment Sept-May
\$75,000 or more	\$1710	\$190
\$40,000 to \$74,999	\$1386	\$154
\$20,000 to \$39,999	\$837	\$93
Under \$20,000	\$0	\$0

FEDERAL POVERTY GUIDELINES USED FOR HEAD START ENROLLMENT

Persons in Family/ Household	Poverty Guideline
2	\$18,310 - \$23,803
3	\$23,030 - \$29,939
4	\$27,750 - \$36,075
5	\$32,470 - \$42,211
6	\$37,190 - \$48,563
7	\$41,910 - \$54,483
8	\$46,630 - \$60,619
Each Additional Person	\$4,720



DULUTH EARLY CHILDHOOD OFFICE

4316 Rice Lake Road, Suite 108
Duluth, MN 55811

Phone: 218-336-8815 option 2

Fax: 218-336-8788

Email: earlychildhood@isd709.org

DULUTH ADULT EDUCATION CLASS OFFERINGS

BASIC SKILLS, REFRESHER, and COMPUTER SKILLS PROGRAM

• All Classes	Ongoing	Flexible	Flexible	In Person/Online	DAE
---------------	---------	----------	----------	------------------	-----

GED and DIPLOMA PROGRAM

• GED Math Class	1/23-5/4	T, Th	4:30 - 6:30	In Person	YMCA*
• GED Prep/Diploma	Ongoing	Flexible	Flexible	In Person/Online	DAE
• GED Prep/Diploma	Ongoing	T, W	4:30 - 7:00	In Person	CAD*

ENGLISH LANGUAGE PROGRAM (ESL/ELL)

• Beginner	Ongoing	M, T, W, Th	11:30-1:00	In Person/Online	DAE
• Intermediate	Ongoing	M, T, W, Th	9:00 - 11:00	In Person/Online	DAE
• Conversation and Language	Ongoing	T	4:30 - 6:30	In Person	YMCA*
• English Vocab for MN Driver's Manual	1/17-3/23	T, Th	12:30- 2:00	Online	Remote
• English for Careers	Ongoing	Flexible	Flexible	Online	Remote

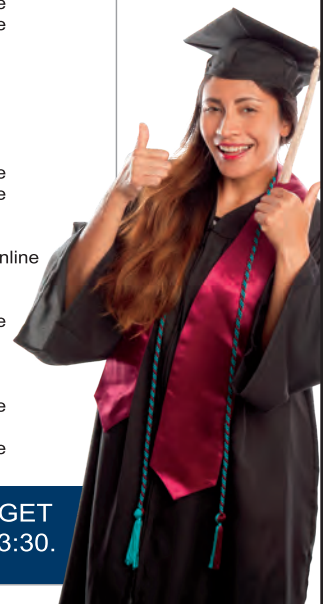
COLLEGE PREP PROGRAM

• Pathways Read/Write	1/9 - 5/9	T, Th	10:30 -12:20	In Person	LSC
• Math Essentials 1	1/9 - 5/9	T, Th	1:00 - 2:50	In Person	LSC
• Math Essentials 2	1/9 - 5/9	T, Th	8:30 - 10:20	In Person	LSC
• Foundations of Math	1/17-3/3	M, T, Th	1:45 - 3:00	Online	Remote

CAREER PATH PROGRAM

• Career Planning Workshop	Ongoing	Varied	Varied	In Person	SOAR
• Career Explore	1/19-2/6	M, Th	6:00-8:00	Online	Remote
• Career Resume	2/13-3/2	M, Th	6:00-8:00	Online	Remote
HEALTHCARE					
• Certified Nursing Assistant	3/20	Varied	Varied	In Person	LSC
• Health Services Office Support	1/23	Varied	Varied	In Person	LSC
• TEAS Exam Prep	1/17-3/9	T, Th	6:00-8:00	Online	Remote
• Health Care Core	Ongoing	Flexible	Flexible	Online	Remote
CONSTRUCTION					
• Construction	1/23	Varied	Varied	In Person/Online	DAE/Online
EDUCATION					
• Paraprofessional Training	1/23-6/8	T, Th	9:00-11:00	Online	Remote
OTHER					
• Driver's Written Exam Prep	1/17-2/16	T, Th	6:30-8:00	Online	Remote
• Accelerated Driver's Written Exam Prep	2/21-3/16	T, Th	6:30-8:00	Online	Remote

ALL DAE STUDENTS MAY DROP IN FOR STUDY SESSION TO GET SUPPORT FROM A TEACHER: MON, TUES, WED, THUR 1:30 - 3:30.



START YOUR FUTURE TODAY! *Register Online.*



Duluth Adult Education

DULUTH ADULT EDUCATION FOR STUDENTS AGES 18-99

CLASSES WITH CHILDCARE

GED and DIPLOMA PROGRAM

• GED Math Class	1/24-5/5	T, Th	4:30 - 6:30	In Person	YMCA
• GED Prep/Diploma	Ongoing	T, W	4:30 - 7:00	In Person	CAD

ENGLISH LANGUAGE PROGRAM (ESL/ELL)

• Conversation and Language	Ongoing	T	4:30 - 6:30	In Person	YMCA
-----------------------------	---------	---	-------------	-----------	------



START YOUR FUTURE TODAY! *Register Online.*



325 W. 1ST STREET, ARVIG BUILDING, 3RD FLOOR, DULUTH, MN 55802
218-336-8725 // DAE@ISD709.ORG // ISD709.ORG/DAE

YESDuluth GED

Earn a paid stipend for time spent working on your GED!



**Are you age 16 to 24 and need to earn your GED?
Call today for information on how YES Duluth can help!**



218-302-8400



/youthemploymentduluth



yesduluth@duluthmn.gov



/yesduluth



CareerForce

DULUTH ADULT EDUCATION



- Online and In Person
- Day and Evening Classes
- Childcare Options
- Transportation Assistance

FREE CLASSES for Adult Learners



Build Basic Skills



Improve
Computer Skills



Learn English



Prepare for College



Get your GED
or Diploma



Start a Career Path

START YOUR FUTURE TODAY! *Register Online.*



DULUTH
ADULT
EDUCATION

ISD 709
Duluth
Public Schools

325 W. 1ST STREET, ARVIG BUILDING, 3RD FLOOR, DULUTH, MN 55802
218-336-8725 // DAE@ISD709.ORG // ISD709.ORG/DAE

Duluth Adult Education

CAREER TRAINING



Looking for a new career?
We've got your back!

We offer a variety of training classes focused on in-demand jobs in fields such as Healthcare, Construction, Manufacturing, Transportation + Automotive. These no-cost programs start you on a career path that offers opportunities for advancement.

SOAR Career Solutions

218.722.3126 | info@soarcareers.org

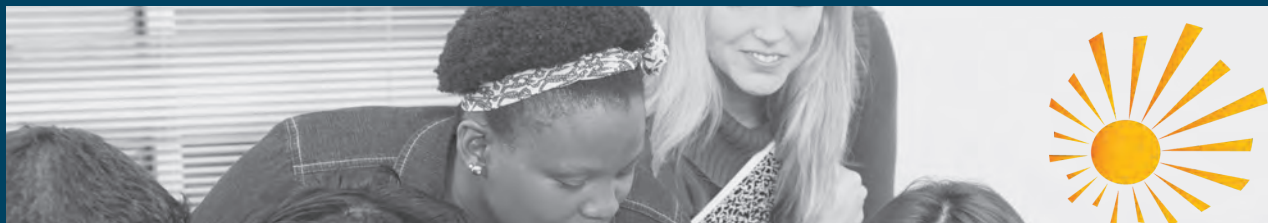
Duluth Workforce Development

To learn more about our current opportunities and eligibility requirements please contact us!

218.302.8400 | workforcedevelopment@duluthmn.gov



SUPPORT ADULT STUDENTS ON THEIR JOURNEY TO LEARN, ACHIEVE, AND SHINE.



VOLUNTEER

FOR DULUTH ADULT EDUCATION

ENGLISH LANGUAGE | GED | COMPUTER SKILLS

Learn more: isd709.org/duluth-adult-education/dae-get-involved OR scan:



325 W. 1ST ST. ARVIG BUILDING, 3RD FLOOR, DULUTH, MN 55802
218-336-8725 // DAE@ISD709.ORG // [ISD709.ORG/DAE](https://isd709.org/dae)

Duluth Adult Education



Career Lab is OPEN!

WE ARE OPEN TO SERVE YOU!
NO APPOINTMENT NECESSARY
TO USE COMPUTERS.

Visit the Duluth CareerForce location to:

- Utilize computers for employment or training-related activities
- Search for jobs, maintain your unemployment account, create a resume
- And more!

We are here to help!

- Friendly and skilled staff are available to assist you
- Customers can also schedule one-on-one appointments with a job counselor



**Monday through Friday
10 a.m. – 4 p.m.**



**Duluth CareerForce
402 W 1st Street
Duluth, MN 55802**



**Call 218-302-8400
with any questions**

We look forward to seeing you!

CareerForceMN.com/Duluth

Individuals needing accommodations to utilize CareerForce Services or who need this document in an alternative format can contact: 218-302-8400. CareerForce is an equal opportunity employer and program provider and a proud partner of America's Job Center Network.

08/2022

WINTER/SPRING 2023 PROGRAMS



Winter/Spring Programs coming to a park near you!

***X-Country Skiing • Play Gym • Skating Leagues
Sled Sheds • Cold Front • Senior Programs and more!***

Parks and Recreation is excited to bring a variety of programming focused on being out and active in our parks throughout the community.

Visit our website for Parks and Recreation Information

Program Guide • Register for Programs • Facility Rentals
Parks and Trails Projects • Volunteer Information

Register online for Parks & Recreation Programs

Visit: duluthmn.gov/parks

- Click the Register for Programs button
- Within the registration portal, click the Log In/Create Account button
- Login:
 - If you have an existing account, select Log in with Email
 - If you're new to Parks programs, select Create your Duluth Account
- Continue with online registration

**Follow DuluthParksMN on social media for the latest
on programs, parks and trails!**



Duluth Public Library

PORT CARDS

Easy to Use. Impossible to Lose.

WHAT IS A PORT CARD?

A PORT CARD is an electronic library card that gives ISD709 students free access to Duluth Public Library resources:

- physical books & materials
- ebooks
- audiobooks
- databases for research
- & more!



To sign up for a **PORT CARD**, complete ISD709's **PORT CARD Opt-In Form**:
(It's quick! Just a name & e-signature!)



ISD
709
Duluth
Public Schools



**DULUTH
PUBLIC
LIBRARY**

AVAILABLE AT THE DULUTH PUBLIC LIBRARY



hoopla®

- Stream movies
- Stream music
- Instant access to ebooks & audiobooks

To get started, sign up for hoopla at hoopladigital.com or download the app. Have your DPL card handy! You'll need your library card number and your library card password.

Note: hoopla is only available to Duluth Public Library cardholders — not Arrowhead Library System cardholders.



- Borrow ebooks & audiobooks
- Borrow emagazines
- Checkout 10 items at a time

Download the Libby app, find Duluth Public Library, enter your library card number and start reading!

OverDrive

Area Learning Center

AREA LEARNING CENTER

ALC

The Minnesota Department of Education alternative education mission is to provide viable educational options for students experiencing difficulty in the traditional system. Programs are characterized by smaller class sizes and a hands-on/experiential approach to learning.

Instruction is designed to meet individual student learning styles as well as social and emotional needs. Teachers build connections with students and focus on vocational and career skills, including independent study options.

INDEPENDENT STUDY/CREDIT RECOVERY PROGRAM

Students must be at least 16 years old and meet one or more of the state eligibility guidelines.

Students ages 16-21 that need to earn credit(s) required for graduation and/or who have failed a required course for graduation are eligible.

Students who have fallen behind in their graduation credits and are currently enrolled in another area high school would be dually enrolled with ALC in these programs.

Each student can earn 1 full credit or two half (0.50) credits at a time.

Students are required to complete all of the coursework with a 60% passing grade

Students must attend at least 10 hours for every 0.50 credit.

Teachers are available Monday-Thursday 3:30p-5:00p

11 E Superior St, STE 450
Duluth, MN 55802

(218) 336-8756

WHO QUALIFIES?

Students must meet one or more of the state eligibility guidelines. Please see the "Indicators of Need" listed on the referral form

Referral/Enrollment forms are required every year and are available in the following locations: ALC main Office (Tech Village, Suite 450), Home School's Guidance Office, Links on website <https://www.isd709.org/area-learning-center/enrollment>

Students interested in Credit Recovery are required to have a counselor-signed enrollment form from their home school.

*Please note: Counselors are required to complete and sign a Continual Learning Plan (CLP) for each student. Students who are referred to ALC with 504 Plans or an IEP will work with our Special Education staff and building administration to review individual needs

TRADITIONAL SEAT-BASED PROGRAM

- The ALC Diploma Program is open to students ages 15 to 20 who meet one or more of the state eligibility guidelines.
- Students are required to attend classes Monday through Thursday, 8 am to 3:48 pm.
- This program follows a traditional 6 period school day.

CR VS IS

Credit recovery is a retake of a course that a student has failed and if they pass they will be awarded the credit.

Credit Recovery is outside of the school day.

Independent Study is a student independently works on self-paced course work and is considered a full-time student

Academic Excellence Online



LET US HELP YOU ACHIEVE YOUR GOALS

- ~A broad range of CITS classes available
- ~A personalized, relationship-based, and interactive online academic experience
- ~Meaningful feedback in real time
- ~Highly educated, experienced teachers dedicated to student success
- ~Lessons that are current, relevant and engaging
- ~A low teacher-to-student ratio, capped enrollment
- ~A local connection for students
- ~Flexible scheduling and instructor accessibility
- ~Personalized Special Education Assistance
- ~AEO courses are NCAA approved

AEO'S MISSION

Flexible, relationship-based
online learning

AEO'S VISION

Online High School Grades 9-12
To inspire every student to achieve their potential
and to prepare students to lead productive,
fulfilling lives as citizens of their communities and
the world

**Call us for more
information**



(218) 336-8766

Duluth

Public Schools

STAY CONNECTED

www.ISD709.org: Register for high school activities, pay for school lunches, apply for free/reduced price lunch, check meals menus, sign up for a Community Education class, apply for a job, access news and information and more.

Electronic Newsletters: Sent to families via Parent Portal, text and email.

Parent Portal: Receive student info through Infinite Campus Parent Portal, sign up to receive school and district news via text and email.

www.PayPAMS.com: Pay for school lunches online, check lunch balances, apply to receive free/reduced price lunches and more.

Follow us on:

- Facebook:
@duluthpublicschools
- Instagram:
@duluthpublicschools
- Twitter:
@Duluth_Schools

A helping hand from one school to another



Mr. Simmons, Noah Edwards and Ernie Barthel go over the outline of the clock hands on a piece of wood.

The Denfeld High School clock tower had its steeple removed in 2021 as preparation for restoration work that began in 2022. The restoration project of the clock tower had many bumps and complications along the way, one being the hands on a face needed to be replaced.

Due to supply chain issues, the district wasn't able to order new hands. Instead, the engineering and manufacturing class at East, taught by Don Simmons, stepped up and made new hands for the tower. Hands that will be viewed for many years to come.

Every Student. Every Day.

Exceptional learning opportunities



Duluth Public Schools are working to inspire every student to achieve their potential and prepare students to lead productive, fulfilling lives as citizens of Duluth and the wider world.

Here at Duluth Public Schools, we offer:

- Robust Curriculum
- State of the Art Classrooms, Science Labs and Media Centers
- Experienced Teachers Dedicated to Student Success
- Enhance Safety and Security
- Healthy, “Green” Facilities
- Designed for Use by Community Members of All Ages

As a community, we believe:

- Every student is unique with the potential to learn and achieve personal success.
- All children have the right to a quality education, delivered by highly qualified educators.
- A wide range of educational opportunities will lead to lifelong learners and productive global citizens.
- Including all voices in our community—inside and outside our schools, all ages and backgrounds—makes our schools strong and successful.
- Schools serve the entire community as places where neighborhoods and families find support, and people of all ages may access learning opportunities.
- It’s important to maximize available resources and identify innovative ways to attain the resources needed to further support education.



Enroll Today!



Duluth
Public Schools

Every Student. Every Day.

CSS continues Tutoring partnership with Duluth Public Schools

Free online tutoring for K-12 students is available through the College of St. Scholastica/ Duluth Public Schools Tutor Program. We have tutors in most grade levels and subjects. They have completed training and are ready to work with Duluth students!

Visit css709tutor.setmore.com to book tutoring appointments. Once there you will be able to choose the grade level needed, the content, the tutor and the time they are available.

Once you book a tutoring session you will receive an email with the details of your appointment. Appointments are online via vid-

eo conference. A link to the video conference session will be sent with the email.

We may need to hire more tutors if we have a large de-

mand, so please email me if you can't find a tutor that meets your needs. Also, if you have any questions please feel free to email me. Beth LaVigne blavigne@css.edu.



FREE
Online
Tutoring
for
Duluth Students
Gr. K-12

— WE ARE —
HIRING

ISD709.ORG/JOBS

Duluth
Public Schools

Every Student. Every Day.



Learning on Hawk's Ridge

On Oct. 12, 10 students from Ms. Hakanson's Plant Science class and Forestry, Fish and Wildlife Class went on a field trip to Hawk's Ridge. We started off the day learning about banding song birds

and raptors. Margie Menzies, the education director with Hawk's Ridge, banded an Orange-Crowned Warbler, a Tennessee Warbler, and two Hermit Thrushes.

Students helped to release birds, once they were weighed and measurements taken.

Margie was able to tell how old the bird was by looking at certain signs in the feathers, as well as the skull; birds grow a second skull around the one they are born with!

They were also lucky enough to see a Sharp-Shinned and Red-Tailed Hawk up close! It was very exciting. Sharp-Shinned Hawks have 14 vertebrae in their necks, so they have an amazing range

of motion in their heads.

The coolest thing we learned about Red-Tailed Hawks is that they have a hole in their tongue so they can breathe while eating!

The day was wrapped up with learning all about the different kinds of raptors we have in northern Minnesota, along with some birding.

They learned how to properly use binoculars as well. It was a beautiful day and we got to see Bald Eagles, a Northern Harrier, more Sharp-Shinned Hawks, a Kestrel, and lots of Blue Jays.

Ms. Hakanson is excited to make the trip to Hawk's Ridge an annual tradition!



Every Student. Every Day.



Lowell Elementary School offers language immersion programs

Could language immersion benefit your child? Research suggests it may contribute to academic achievement, and that students exhibit greater problem-solving abilities, flexible thinking and advanced language literacy and proficiency.

The Misaabekong Ojibwe Language Immersion program is an option currently offered for Kindergarten and Grades 1-5 at Lowell. Classrooms are designed

to enrich the education of students by teaching core academic subjects in Ojibwemowin and developing appreciation of their own and other cultures. Bus transportation is provided for students in the Lowell or Myers-Wilkins attendance areas; otherwise transportation is the responsibility of families.

The Nueva Vision Spanish Immersion program is to help students become proficient in Spanish (in addition to English)

by teaching academic content through the language of Spanish. Research indicates that the study of a second language results in cognitive benefits, gains in academic achievement, and positive attitudes toward diversity.

Students learn the same state & district standards as they would in an English speaking classroom throughout the district, except they learn entirely in Spanish, incorporating culture, language & content!



Every Student. Every Day.

GOOD NEWS ONLY



Miller Hill Subaru selects Piedmont for Subaru Loves Learning Partnership

Miller Hill Subaru selected Piedmont Elementary School for this year's Subaru Loves Learning partnership.

Each grade level team at our school received a credit through their nonprofit partner, AdoptAClassroom.org so our teachers can purchase classroom supplies to help our students learn and thrive. We're proud to be one of over 600 schools nationwide selected by local Subaru retailers.

Through Subaru Loves Learning, supplies have been put into the hands of more than 300,000 students across the country.

We look forward to deepening our partnership with Miller Hill Subaru in the months and years ahead!

Again, THANK YOU to Miller Hill Subaru and AdoptAClassroom.org for supporting our school! We appreciate your generosity!



In September, we recognized two of our digital innovation specialists: Parker Huber (pictured right) and Breanna Shofner (Not pictured).

This spring and summer Parker and Breanna went above and beyond. They recorded interviews with students and alumni and created a video for our professional development day titled, "All Staff Impact."

We want to thank Parker and Breanna for their hard work on this wonderful project that shows our staff they are appreciated.

Every Student. Every Day.

Denfeld boys soccer gives back



The Denfeld boys soccer team spent the Thursday evening giving back by helping out Second Harvest Northern Lights Food Bank. They packed 1200 bags (150 boxes) full of meals for area students. They also donated \$200 which was raised in “Kicks for Cash” at our home games.



Supply giveaway at Myer-Wilkins

Kids in Need Foundation and McDonald's teamed up together to collect donations for their school supply drive. Myers-Wilkins received two boxes of school supplies for every classroom teacher.

They included notebooks, pencils (lots of pencils), crayons, markers, erasers, folders, scissors, pencil bags, cleaning wipes, hand sanitizer, and glue sticks. There was enough in the two boxes that teachers should be good on those specific supplies for a decent chunk of the school year.



Every Student. Every Day.

STAY CONNECTED



@Duluth_Schools



www.linkedin.com/company/duluth-public-schools



@duluthpublicschools



www.isd709.org



@duluthpublicschools



info@isd709.org



4314 Rice Lake Road
Duluth, MN 55811



(218) 336-8700

Communications Officer Adelle Wellens



adelle.wellens@isd709.org



(218) 336-8735



@adellewellens

STUDENT NAME _____

EMAIL ADDRESS _____

ADDRESS _____ CITY/STATE _____ ZIP _____

HOME/CELL _____ WORK PHONE _____

CLASS #	SITE	COURSE NAME	DATE	FEE

CHECK # _____ TOTAL _____

Adults with Disability Services Needed: ☐ Interpreter ☐ Tutor ☐ Mobility Aide ☐ Reader ☐ Other

Parent/Guardian Signature (for youth classes) _____

IMPORTANT INFORMATION

Easy ways to register:

- 1) ONLINE (preferred):** Go to duluthcommunityed.org and click on the Login icon. Set up your own secure personal account for class registration using your Visa, MasterCard, or Discover. Be sure to remember your password for future online registration.
- 2) MAIL:** Mail registration form (above) and payment to address shown on form. Checks payable to ISD #709.
- 3) PHONE:** Call 218-336-8760, then select the building where your class will be located.
- 4) IN PERSON:** Bring registration form and payment to any Community Education office.

GENERAL INFORMATION

Classes are filled on a first come, first serve basis, so register early! A \$5 registration fee is included in the course fee. Class fees do not include supplies, text, or materials fee unless otherwise stated. Such fees are paid at the class location on the first night. Registration accepted late when space is available. All information will be considered confidential. Room numbers will be posted the night of the class.

CONFIRMATIONS/CANCELLATIONS

No news is good news. It means you are in unless you hear from us. Only online registrations receive an email confirmation. If class is cancelled due to insufficient enrollment, or if a class is filled, you will be notified.

REFUND POLICY

A full refund is issued if a class is cancelled. If a student must cancel prior to the beginning of a class, requests for a refund (or credit) must be made at least two days prior to the beginning of class. If, after attending the first class, a refund or credit is desired, requests must be made in the community school office the night of the first class. There will be no refunds for single session classes. If a student requires a refund, the \$5 registration fee is non-refundable.

WEATHER/SCHOOL CLOSINGS

On days when the public schools are closed due to weather, community education locations will also be closed. If threatening weather occurs during the school-day, you will be contacted if evening classes need to be cancelled. Make sure we have your correct contact information on file.



Building bridges through lifelong learning

Independent School District 709
4316 Rice Lake Road, Suite 108
Duluth, MN 55811
www.isd709.org

Non-Profit
U.S. Postage
PAID
Duluth, MN
Permit No. 210

******ECRWSS EDDM******
POSTAL CUSTOMER



Building bridges through lifelong learning

4316 Rice Lake Road, Suite 108 • Duluth, MN 55811 • Phone 218-336-8760



Tristan currently serves with Lincoln Park Boys and Girls Club youth.

YOU CAN MAKE A DIFFERENCE!

**Serve with True North AmeriCorps
in exchange for great benefits
and make a positive impact on the
lives of community youth.**

Learn more and apply at duluthymca.org/tnac
Call Haley with questions: 218-722-4745 x 147



**TRUE NORTH
AMERICORPS**