

Fall 2023

SoWashCo

COMMUNITY EDUCATION

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



Woodbury
MAGAZINE

WINNER
BEST
OF '23



REGISTER ONLINE
FOR ADULT & YOUTH CLASSES
SOWASHCO.CE.ELEYO.COM

Visit commed.sowashco.org

Very Important Person Red Carpet Dance

(previously known as the Daddy Daughter Dance)

Hosted by SoWashCo CARES Education Foundation
in partnership with SoWashCo Community Education

5-8 p.m., Saturday, Sept. 30 • Oltman Middle School

This event is intended for guardians and a child age 3 and up to attend together. Please register with the child's name and include the accompanying very important adult's name on the registration. Additional adults or children may also register.

TO REGISTER: Visit sowashco.ce.eleyo.com and search for VIP Red Carpet.

Snacks | Raffle | Crafts | Balloon Sculptures | Dancing



SoWashCo CARES
Community Action Reaching Every Student
EDUCATION FOUNDATION

SoWashCo
COMMUNITY EDUCATION



We focus on students, families, staff and community members working together as partners in education to set our students up for success in every way we can!

who we are

SoWashCo CARES Education Foundation is the community-led non-profit that exists to support the SoWashCo Schools Community.

We are a community that CARES.



visit us at sowashcocares.org



follow us @SoWashCoCARES



Basic Needs

Ensuring students have food, clothing, school supplies and other resources.



Snacks



School Supplies



Clothing/Shoes



Grocery/Gas Cards



Winter Clothing



Access to Opportunities

Providing access to learning opportunities and removing barriers.



Financial Assistance



Mental Health Resources



Free After School Programs



Scholarships



Transportation



Staff Appreciation

Recognizing the hard work of teachers and district staff.



Classroom Grants



Awards and Recognition



Events



Community Building

Creating opportunities for the community to connect, give help and get help.



our community helping our community!

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Media Consent: Media taken within SoWashCo Community Education classes, programs, events and activities, including activities sponsored or in partnership with SoWashCo Community Education, may be included in district publications. Media includes, but is not limited to, interviews, photos and videos. Please notify our office at 651-425-6600 if you wish to opt-out.



Rent a SoWashCo Auditorium for Your Next Event!

SoWashCo auditoriums are excellent venues for religious groups, lectures and dance, music, theater, or private performances.

Auditorium Locations:

- The Loft Stage at East Ridge High School
- Oltman Middle School Auditorium
- Park High School Auditorium
- Woodbury High School Auditorium

Why District Facilities?

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

Learn more about renting facilities on page 41 or visit commed.sowashco.org/facility-rental.

Contact Us

General Community Education 651-425-6600

District Program Center

8400 E. Point Douglas Rd. S, Cottage Grove, MN 55016

Email: communityeducation@sowashco.org

Website: commed.sowashco.org

Map and locations on page 46-47

Community Education classes and activities are held at locations throughout our community. View the directory for addresses, site codes and a map of the district.



Cards and Games,
Mah Jongg



Become a
Member
\$15 per year

Minnesota Landscape Arboretum, May 2023

ADULTS 50+ ACTIVITIES

SoWashCo Community Education offers programming designed to meet the social, educational, health and human service needs of people age 50 and over. **Memberships are available** for just \$15 per year for those who wish to attend a variety of 50+ programming at no additional cost.

Weekly and Monthly Activities include:

- Monthly Potluck
- BINGO
- Cards and Games
- Book Discussion
- Support Groups (Caregivers/Diabetes/Grief)
- Wellness Groups
- Trips and Tours
- and more!

More information

For details about our activities or programs or to become a member, call 651-425-6650 or visit commed.sowashco.org/seniors

Pick up a monthly calendar at the District Program Center, 8400 E. Point Douglas Rd. S in Cottage Grove.

ADULTS 50+ CLASSES

Woodcarving Class for Beginners

Learn the basics to transform a block of wood into a cute little critter! See full details online.

SA10711 DPC 10 sessions \$20
10-11:30 a.m. Fri Sept. 28-Dec. 14

Chess 101 - Berry Conway

Meet face-to-face to learn or re-learn the game of chess.

SA10701 DPC 8 sessions Free
10:30- 11:30 a.m. Tue Oct. 3-Nov. 21

Computer Basics for Absolute Beginners

Gain confidence with a computer and keyboard, including how to use a mouse, search the internet, and send and receive emails. To learn more call 651-425-6634 or visit commed.sowashco.org/greatrivers.

Driver Discount Program

Save 10% on your insurance for 3 years by attending this 4-hour seminar from the Minnesota Highway and Safety Research Center at St. Cloud State University. To register, call St. Cloud State University at 1-888-234-1294.

SA10671 DPC 1 session \$24
1-5 p.m. Tue Aug. 29

SA10672 DPC 1 session \$24
8 a.m.-12 p.m. Fri Sept. 22

SA10673 DPC 1 session \$24
4-8 p.m. Mon Oct. 30

SA10674 DPC 1 session \$24
4-8 p.m. Mon Nov. 20

Landmark Tours Travel Show

Are you dreaming of adventure?! Landmark Tours will be sharing details about their exciting travel opportunities - both overseas and U.S. destinations. Take the first step toward planning your dream vacation.

SA10201 DPC 1 session Free
1-2 p.m. Tue Oct. 3

ADULTS 50+ WELLNESS

Pickleball Lessons Page 13



Pickleball – Drop-in and play – Age 18 and up
Designed for experienced players, no instructor or leader will be present. Two courts are available and all play is doubles; all players take turns rotating in for games. Registration and pre-purchase of passes is required. View options at sowashco.ce.eleyo.com.

SA10321 DPC \$3/time slot
4-8 p.m. Mon/Wed/Fri

Tai Ji Quan–Movement for Better Balance – Vivien Tressler

Reduce stress and increase your balance with Tai Ji. This research-based balance training regimen is low impact and puts minimal stress on muscles and joints. *Registration is required.*

SA14161 DPC 24 sessions
9:15-10:15 a.m. Tue/Thu Sept. 21-Nov. 9
Per adult\$99
SilverSneakers, Silver&Fit or Renew
Active/One Pass Members..... Free

Arthritis Foundation Exercise Program (AFEP)

A community-based, recreational exercise program. No experience is necessary to participate in instructor led range-of-motion and endurance-building activities, relaxation techniques, and health education topics.

SA10221 The Grove Church Free
3:15-4:15 p.m. Tue/Thu

SAIL Fitness – Stay Active and Independent for Life

Exercise to improve strength, balance, fitness and reduce the chance of falling. Class combines a variety of formats including resistance bands, light weights, body weight, Tai Ji Quan and yoga.

SA10221 The Grove Church Free
3:15-4:15 p.m. Mon/Wed

Social Shenanigans – Laughter and Connections
Join us for a speed “get-to-know-new-people” event! We’ve assembled a list of 20 fun questions designed to make it easy for everyone to meet new people, share a few laughs, and discover things in common.

SA10661 DPC 1 session \$10
6:30-8 p.m. Wed Sept. 20

COTTAGE GROVE

Wellness50+



Biking, hiking, kayaking, snowshoeing and more! Cottage Grove Wellness 50+ offers a variety of fun activities for you to get active and meet others who share your interests.

Sept. Events:

- Fall Prevention and Awareness at Park Grove Library
- Social Shenanigans (\$10) at the District Program Center
- Last Walk in the Park at Mississippi Dunes
- Disc Golf at Oakwood Park
- Trivia Night (\$5) at 3rd Act Brewery

Oct. Events:

- Benefits of Group Fitness – Park Grove Library
- Evening Hike in the Park at Cottage Grove Ravine
- Line Dancing at the VFW (Red Barn)

Nov. Events:

- Healthy Living at Park Grove Library

Dec. Events:

- Self Care During the Holidays at Park Grove Library

Learn More and Register:

 vital-aging-network.org/wellness-50/cottage-grove/

 CGWellness50MN@gmail.com

 651-425-6650

Add some local color and adventure to your life.

Visit our website for a list of our upcoming **trips and tours** at commed.sowashco.org/seniors

Discover even more adult enrichment opportunities beginning on page 6.

COOK

**Focaccia** – Jan Zita Grover

Learn to bake focaccia. Loaded with savory flavor and a chewy, light crumb, focaccia supports simple and hearty toppings including rosemary, coarse salt, grated parmesan, Italian sausage, caramelized onions, ham and Gruyere cheese.

AD18031 ERHS 1 session \$38
6-9 p.m. Thu Sept. 28

Date Night Crepes – Laurel Severson

Learn to make crepes, an easy, impressive do-ahead dish. Including Chicken Divan, Cheese Blintzes, Mushroom Crepes with Sherry Sauce, Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes and other desserts.

AD18241 ERHS 1 session \$42
6-9 p.m. Mon Oct. 23

Handmade Pasta with Red and Cream Sauces – Mimi Selam

Learn how to make the perfect pasta dough, roll and slice it into noodles and cook up a red tomato sauce and creamy Alfredo sauce to smother your freshly made noodles.

AD18911 DPC 1 session \$39
6:30-8:30 p.m. Mon Oct. 9

Easy Ethiopian/Eritrean Cooking – Mimi Selam

Experience light, healthy and flavorful Ethiopian/Eritrean food, ranging from very spicy to very mild. Discover exotic spices paired with vegetables, beans and lentils or different types of meat.

AD18881 ERHS 1 session \$39
6:30-8:30 p.m. Thu Oct. 19

Pad Thai – Mimi Selam

Learn to make this classic dish, known for its diverse flavor profile of sweet, salty, sour and spicy. Perfect for entertaining, wow your friends and family!

AD18901 DPC 1 session \$39
6:30-8:30 p.m. Mon Dec. 4

**Cooking Beans in the Instant Pot** **ONLINE** –

Kirsten Madaus

Be amazed at how versatile, economical, and easy it is to whip up a batch of beans, including BBQ Baked Beans, Greek Salad with Black Eyed Peas, One Pot Lebanese Lentils and Rice, Borracho Beans, Hummus, and more!

OL18571 Online 1 session \$39
6:30-8 p.m. Thu Sept. 28

Air Fryer Advanced **ONLINE** – Kirsten Madaus

Learn how to whip up delicious and healthy meals in no time, all without sacrificing flavor or texture. Whether you're an omnivore, a veggie fanatic, or a dessert enthusiast there are recipes for everyone.

OL18501 Online 2 sessions \$49
6:30-8 p.m. Thu Oct. 5-12

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

Learn to make family friendly recipes in an Air Fryer. Cook-along with Tess to make her Copycat KFC Chicken recipe. Learn how to air fry homemade eggroll wraps, pizza bites, seasoned potato wedges, and burgers! See full details online.

OL18421 Online 1 session \$35
6-8 p.m. Fri Oct. 6

Instant Pot Holiday Hacks **ONLINE** – Kirsten Madaus

Shake up your holiday cooking routines and impress your guests with delicious, time-saving dishes. Learn Kirsten's cool cooking hacks to whip up Turkey Stock, Cranberry Sauce, Make Ahead Mashed Potatoes, and Sweet Pumpkin Cheesecake.

OL18541 Online 1 session \$39
6:30-8 p.m. Thu Nov. 2

Monthly Meal Planning **ONLINE** – Kirsten Madaus

Spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or a seasoned home cook, this class includes something for everyone, including "a Month of Meatless Mondays", "Taco Tuesdays Ten Ways", and "Souper Sundays".

OL18561 Online 2 sessions \$49
3-4 p.m. Sat-Sun Dec. 2-3

East Indian Instant Pot **ONLINE**

– Tess Georgakopoulos

Learn to cook Butter Chicken, Coconut Curried Lentils and Homemade Naan. Choose one to cook-along, and watch how to make other. See full details online.

OL18511 Online 1 session \$35
4-6 p.m. Sat Sept. 23

Fright Night Delight! Ghoulish Fall Family Fun!

ONLINE – Tess Georgakopoulos

Follow step-by-step instructions to make billowy-soft Pumpkin and Potato Gnocchi, Stuffed Pastry seasoned meat roll, Cranberry dipping sauce, and Pumpkin Spice Chocolate Chip Muffins! See full details online.

OL18521 Online 1 session \$40
6-8:30 p.m. Fri Oct. 13

Freezer Meal Boot Camp! Instant Pot/ANY Pot Make-Ahead Freezer Meals **ONLINE**

– Tess Georgakopoulos

Have dinner ready in no time! Instant Pot® recipes include: Cheesy Herbed Stuffed Shells, Sweet and Zesty Meatballs, Greek Lemon Garlic and Herbed Chicken, Pork Chops with Herbs and Gravy, Chicken Vegetable Noodle Soup, and more. See full details online.

Recipes can also be made with a slow cooker.

OL18661 Online 1 session \$40
4-6 p.m. Sat Oct. 14

Pretzel Crust Pizza & Pretzel Knots with Beer Cheese Dip! **ONLINE** – Tess Georgakopoulos

Follow step-by-step instructions to create Specialty Gourmet Pretzel Crust Pizza! Learn how to create homemade pizza sauce, soft pretzel knots and a velvety beer-cheese dip! See full details online.

OL18621 Online 1 session \$40
6-8:30 p.m. Fri Oct. 27

Dim Sum Stuffed Steamed Buns! **ONLINE**

– Tess Georgakopoulos

Follow step-by-step instructions to create Dim Sum Stuffed Steamed Buns with homemade dough and fillings include Chinese BBQ Chicken filling and a savory vegetarian filling. See full details online.

OL18631 Online 1 session \$40
6-8:30 p.m. Fri Nov. 3

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

– Katie Elwood, Hudson Food Tour

Explore Hudson's thriving food scene and experience all this quaint river town has to offer. We'll stop at six popular downtown destinations to enjoy a variety of tastings including classic American and Latin-inspired dishes.

For a list of destinations and the starting location, visit sowashco.ce.eleyo.com.

AD19021 Hudson Food Tour 1 session \$55
1:30-4:30 p.m. Fri Sept. 15

AD19022 Hudson Food Tour 1 session \$55
1:30-4:30 p.m. Sat Oct. 7



“I had such a good time. So much food! And I learned a little history of Hudson too. I would recommend this tour.”

–Hudson Food Walk Participant

Jamaican Meat Hand Pies! **ONLINE**

– Tess Georgakopoulos

Follow along with Tess to create homemade pastry dough and ground meat filling seasoned with the warm savory spices and flavors of Jamaica. Then bake until tender and flaky. See full details online.

OL18531 Online 1 session \$35
4-6 p.m. Sat Nov. 4

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Contact: Tricia Schwiets

Cell/Text: (651) 605-5784

Email: tricia@danceandentertainment.com

www.danceandentertainment.com



New Location
in Stillwater!

Register Online at sowashco.ce.eleyo.com | Fall 2023

COOK

Baklava & Spanakopita! Sweet & Savory Greek Filo Pastries ONLINE – Tess Georgakopoulos

Cook-along as Tess makes layered Baklava Rolls and filled spanakopita triangles. See full details online.

OL18581 Online 1 session \$40
6-8:30 p.m. Tue Nov. 14

Kolache! Texan Savory & European Sweet! ONLINE – Tess Georgakopoulos

Follow along to make two yeast doughs for savory baked doughnuts and filled sweet rolls! See full details online.

OL18651 Online 1 session \$40
6-8:30 p.m. Fri Nov. 17

Mediterranean Chicken Gyro Meal! ONLINE – Tess Georgakopoulos

Tess Georgakopoulos

Learn to create a full-flavored, mouthwatering meal! On the menu: Greek Chicken Gyro, Tzatziki Greek yogurt dipping sauce, Greek Oven Roasted Lemon Potatoes, homemade pita bread, and Greek Salad Dressing too! See full details online.

OL18671 Online 1 session \$40
4-6:30 p.m. Sat Nov. 18



Beginning Cake Decorating – Diana Hirte

Decorate an 8" celebration cake to take home and gain skills in shell borders, writing, stars and rosettes.

AD12161 DPC 1 session \$39
6-8 p.m. Mon Sept. 25

Fun and Fancy Cupcakes

– Diana Hirte

Learn basic decorating skills to make beautiful cupcakes including hydrangeas, roses and fancy flower tips. Take home 12 decorated cupcakes.

AD12131 DPC 1 session \$39
6-8 p.m. Mon Oct. 16



Make Your Own Lefse! – Laurel Severson

Learn the fine points of making lefse dough, baking, storing and how to serve lefse – bonus learn a bit of lefse history and humor too.

AD18091 ERHS 1 session \$39
6-9 p.m. Thu Nov. 16

Holiday Copycat Cinnabon Cinnamon Rolls & Hot Cocoa Bombs ONLINE

– Tess Georgakopoulos

Learn to bake gooey Cinnamon Rolls with Cream Cheese Frosting, and luscious, velvety Hot Cocoa Bombs! Great for sharing or to give as gifts.

OL18451 Online 1 session \$40
4-6:30 p.m. Sat Dec. 2



Holiday Cookie and Candy Make & Take – Diana Hirte

Diana Hirte

Make your holiday prep work less stressful with this festive group bake and take! Leave with 10 dozen treats including Russian Teacakes, Peanut Butter Kiss Cookies, Cranberry-Orange Shortbread, Chocolate Fudge and Dipped Pretzel Rods.

AD18251 ERHS 1 session \$49
6-9 p.m. Thu Dec. 7

Holiday Cookie Bake & Decorate: Foundations of Royal Icing ONLINE – Tess Georgakopoulos

Learn how to make Royal Icing and cookie decorating basics. Bake cookies ahead of time to decorate during class. Recipes include soft and chewy sugar cookies and crisp sugar cookies. See full details online.

OL18691 Online 1 session \$30
6-7:30 p.m. Fri Dec. 8

Deepest, Darkest Chocolate Cakes for the Holidays – Jan Zita Grover

Learn to bake deeply flavored chocolate cakes, including an almost flourless bomb of pure chocolate robed in a semi-sweet ganache and a dense, 12-cup cocoa cake that will satisfy the most avid chocolate fan.

AD18611 DPC 1 session \$49
6:30-8:30 p.m. Mon Dec. 11

Four Famous Cookies (Bake and Take Workshop)

– Laurel Severson

Get into the holiday spirit! Prepare four famous cookies to bake and take home! We'll listen to festive music as we make Scandinavian Krumkakes, Sandbakkelse, Rosettes, and Italian Pizzelles.

AD18081 ERHS 1 session \$45
6-9 p.m. Thu Dec. 14



CREATE

Home Landscape Design - Master Gardeners Lynn Vernon, Kristin Tooze and team

Bring measurements and photos of your lot to create your own landscape plan. Develop an overall design that can be implemented in stages or all at once. Learn about basic landscape design principles, methods for working through constraints, needs and wants.

AD17281	LMS	1 sessions	\$35/person
6:30-9 p.m.	Wed	Nov. 1	\$55/couple

Photo Organization - Print and Digital

- Kathy Povolny

Learn to organize all your photos, old slides, movies and memorabilia in one place. Build a system to find any photo in seconds! Includes discussion on scanners, digitizing older media, cloud storage, digital book software and repairing damaged photos.

AD16401	ERHS	1 session	\$19
6:30-8:30 p.m.	Thu	Sept. 28	

Potter's Wheel - Open Studio for All Levels - Sophia Kosel or Beth Ostby

Open studio time for past participants. New students receive short demos in basic throwing techniques, handles and glazing. One-on-one assistance available. Tools, clay and glazes included.



Note: The last class will be from 5:30-9 p.m. to allow time to complete your projects.

AD13321	ERHS	6 sessions	\$139
6-8:30 p.m.	Mon	Sept. 18-Oct. 30	
AD13311	PHS	6 sessions	\$139
6-8:30 p.m.	Tues	Sept. 19-Oct. 24	
AD13322	ERHS	6 sessions	\$139
6-8:30 p.m.	Mon	Nov. 6-Dec. 11	
AD13312	PHS	6 sessions	\$139
6-8:30 p.m.	Tues	Nov. 14-Dec. 19	

Paint Monet's Autumn Effect in Argenteuil -

Beginner's Welcome - Molly Oleson

Re-create Claude Monet's "Autumn Effect in Argenteuil". Learn how to paint using the impressionist style. You will be taught the unique texture and movement that Monet so beautifully brought to the world.



AD13451	DPC	1 session	\$39
5:30-8:30 p.m.	Mon	Sept. 25	

Paint Your Pet - Ages 10 and up - Molly Oleson

Create a personalized pet portrait. Learn from a professional pet portrait artist the techniques of painting texture that looks like fur, making realistic looking eyes and more. No experience is needed!

AD13421	DPC	1 session	\$45
5:30-8:30 p.m.	Mon	Oct. 23	

Paint "The Kiss" by Gustav Klimt - Molly Oleson

Recreate Gustav Klimt's "The Kiss".

In this two-part series, challenge yourself to learn how to paint skin tones, improve your blending, and create intricate patterns.



AD13471	DPC	2 sessions	\$79
5:30-8:30 p.m.	Mon	Nov. 6-13	

Paint a Holiday Snowman - Family-friendly

- Ages 10 and Up - Molly Oleson

Kick off your holiday festivities with this fun, family-oriented, class designed for all ages and abilities. Receive step-by-step instruction and enjoy a warm cocoa while painting this cold winter scene.

AD13461	DPC	1 session	\$30
5:30-7:30 p.m.	Mon	Dec. 4	

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COTTAGE GROVE

COMPLIMENTARY
CHILDWATCH

CHALLENGING AND
ENCOURAGING
WORKOUTS

EMPOWERING &
SUPPORTIVE
COMMUNITY

MEMBER REVIEW

"I am so happy Burn has come to Cottage Grove! I feel so energized and ready to seize the day after my early morning workouts. Crushing goals I have had for years finally seems possible with the help and encouragement from everyone on the floor! Also a safe and loving environment for my children- they request to come along!"
-Liz

START TODAY!

SCAN THE QR CODE
TO LEARN MORE

8700 E Point Douglas Rd S, Cottage Grove, MN 55016

CREATE

Watercolor Demo and Discussion

- Professional Artist Dan Wiemer

Join internationally-known watercolor artist, Dan Wiemer, as he demonstrates how he utilizes opaque acrylic paints and transparent watercolors to create artworks full of contrast.

AD12341 DPC 1 session \$15
6:30-8 p.m. Mon Oct. 16



Northern Lights Watercolor Hands-on Painting Class

- Professional Artist Dan Wiemer

Explore painting hard edge to soft edge as you create your own Minnesota scene. Recommended: Attend the Dan's Watercolor Demo on Monday, Oct. 16 to see Dan paint this same image from start to finish.

AD12351 DPC 1 session \$49
3:30-6:30 p.m. Wed Oct. 18

The Recycled Gnome

- Lynn Hjelman

Learn how to make a 12" Scandinavian gnome from recycled materials, including sweaters, pillows, sheets, cardboard, items that you probably already have!

AD12241 DPC 1 session \$40
6-9 p.m. Mon Oct. 2



Alcohol Ink Silk Scarves

- Terese M Oleson

Explore using alcohol inks to create three one-of-a-kind, colorful scarves. Perfect for gifting or to treat yourself.

AD15191 LMS 1 session \$39
6:30-8:30 p.m. Wed Nov. 1

Henna Workshop

- Swetha Avula

Discover the rich culture of henna, a temporary body art created with dye prepared from henna leaves. Learn and practice the basics of henna tattoos.

AD13691 LMS 1 session \$39
6-8 p.m. Wed Oct. 4

Mandala Art on Canvas

- Swetha Avula

Experience the soothing power of Mandala Art. Create a vibrant and colorful design on a 12x12 canvas using dotting tools. Materials will be provided.

AD15211 DPC 1 session \$39
5:30-7:30 p.m. Mon Nov. 6

Wine Glass Painting - Flowers

- Swetha Avula

Get together with friends and paint something fun! Paint a set of two wine glasses to display, give as a gift or use it for yourself.

AD13671 ERHS 1 session \$45
6-8 p.m. Thu Dec. 14



Beginning Hand Embroidery

- Christina Lyn Noble

Learn a new skill that is both practical and beautiful! Learn the seven basic embroidery stitches and all the skills you need to customize anything from a kitchen towel to your canvas sneakers.

AD15081 DPC 3 sessions \$54
6:30-8:30 p.m. Mon Oct. 23-Nov. 6



Hand Embroidered Ornament

- Christina Lyn Noble

Learn and use the most common embroidery stitch to create a winter-themed ornament. Then stitch and finish your ornament so you can enjoy it for years to come.

AD15091 ERHS 1 session \$20
6:30-8:30 p.m. Thu Nov. 16

FEEL GREAT

CPR/AED with First Aid Informational Training

- HeartCert CPR

We love to give back and help our communities! Join us to learn the basics of CPR, AED use and First Aid for **FREE**.

Registration required.

This class is informational only and not for certification. If you'd like to become certified please select course AD14141 or AD14902.

AD14151	ERHS	1 session	Free
6:30-7:30 p.m.	Thu	Nov. 16	



Adult and Pediatric CPR/AED - HeartCert CPR

Receive the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, including CPR and AED training. You will become certified by the American Heart Association.

AD14141	DPC	1 session	\$85
6-8:30 p.m.	Mon	Oct. 30	

First Aid Training - HeartCert CPR

Receive first aid instruction to deal with injuries and sudden illnesses until advanced medical personnel arrive and take over. You will become certified by the American Heart Association.

AD14902	DPC	1 session	\$85
6-9 p.m.	Mon	Nov. 6	

Group Hypnosis - Mary Fischer

Hypnosis can help! Stop constant cravings, overeating and snacking. Or stop smoking immediately without withdrawal, cravings or weight gain! Receive a reinforcement CD and a lifetime guarantee to attend any future seminar free. See full details online.

Weight Loss/Weight Control

AD14541	LMS	1 session	\$59
5:45-8:45 p.m.	Wed	Oct. 4	

Stop Smoking/Stop Chewing

AD14531	LMS	1 session	\$59
5:45 -8:45 p.m.	Wed	Oct. 4	

“The day I took your class was the day I quit smoking! I highly recommend the class Quit Smoking Through Hypnosis – it definitely works!”

-Diana B.



Community Documentary Premier:

Screenagers Under The Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age

Screenagers Under The Influence focuses on practical solutions for keeping our teens safe in a changing world. The film delves into how the tech revolution has reshaped adolescence and its effects on substance use. Debunking myths and depicting strategies parents and schools can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments.

- 6-6:30p.m. resource tables available
- 6:30 p.m. film screening and panel discussion

Register at [ScreenagersUnderTheInfluenceOct5.eventbrite.com](https://www.eventbrite.com/e/screenagers-under-the-influence-oct5).

AD15671	OMS	1 session	Free
6-8:30 p.m.	Thu	Oct. 5	

Balanced Wellness Educational Series

Topics include: Healthy & Hydrated on Aug. 7, Fall Prevention Awareness on Sept. 11, Benefits of Group Fitness for 55+ on Oct. 2, Healthy Meals Planning on Nov. 6, and Self Care During the Holidays on Dec. 4. For more information, contact Park Grove Library at 651-459-2040.

Acupressure to Relieve Stress, Anxiety, Insomnia and More **ONLINE** - Janice Novak

Feel your best! Learn the Nine Master Pressure Points which can help relieve stress, insomnia, anxiety, irritability and even weight gain.

OL14551	Online	1 session	\$29
6-7:30 p.m.	Tue	Sept. 26	

Posture, Get it Straight! Look Younger, Thinner, and Feel Better **ONLINE** - Janice Novak

Learn how to correct common posture problems, an 'Instant Alignment Technique', and easy tips when at a computer, in a car or working out.

OL14581	Online	1 session	\$29
6-7:30 p.m.	Tue	Oct. 3	

Register Online at sowashco.ce.eleyo.com | Fall 2023

FEEL GREAT

Thyroid - Things You Need to Know ONLINE

- Janice Novak

Discover how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; foods that help or hinder; and much more.

OL14811 Online 1 session \$29
6-7 p.m. Mon Oct. 23

Vitamins & Herbs: Facts and Fallacies ONLINE

- Janice Novak

Learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. Including what current research says about: antioxidants, phytochemicals, anti-aging nutrients, and much more.

OL14561 Online 1 session \$29
6-7:30 p.m. Wed Nov. 1

Overcome Your Carbohydrate Cravings ONLINE

- Janice Novak

Get a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Learn the facts, to stop the vicious cycle of food craving and weight gain.

OL14521 Online 1 session \$29
6-7:30 p.m. Mon Nov. 6

Women, Weight and Hormones ONLINE - Janice Novak

Discover concrete solutions for controlling appetite and cravings to safely break the cycle of hormone-related weight gain. Topics include boosting metabolism, and the affects of heart rate and birth control pills.

OL14571 Online 1 session \$29
6-7:30 p.m. Tue Dec. 5

The Secrets of Travel-Hacking:

Free Air, Hotels, & Cash Back

ONLINE - Gina Henry

Discover how to earn thousands of frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel. Then redeem them for high-value trips!

OL16831 Online 1 session \$49
11 a.m.-2 p.m. Sat Oct. 7

Mystery Shopping - Get Paid ONLINE - Gina Henry

Get paid to shop! Learn to avoid scams, the Top 100 Mystery Shopping Companies, review an actual mystery shopping assignment and more!

OL26871 Online 1 session \$49
11 a.m.-2 p.m. Sat Nov. 4



5 Love Languages - Merri Guggisberg

Explore the 5 Love Languages to identify your and your loved ones' primary language. Then learn simple concepts that can be immediately applied to strengthen any relationship.

AD19381 DPC 1 session \$19
6:30-8 p.m. Mon Oct. 16

Prep for Your Birth & Postpartum Journey - Hannah Strom

Learn and practice pelvic and prenatal tips and exercises, breathing techniques and labor and delivery positions, and more.

For those in their 2nd trimester of pregnancy and beyond and one birth partner (spouse, friend, or family member).

AD19681 ERHS 1 session \$39
6:30-8 p.m. Thu Oct. 19

Calming the Chaos - Merri Guggisberg

Learn five peaceful parenting tools that you can use today. These strategies bring family members closer together, increase a child's self-esteem, and develop long-term solutions for family cooperation.

AD19391 ERHS 1 session \$19
6:30-8 p.m. Thu Nov. 16

Healthy Screen Relationships - Merri Guggisberg

Is tech enhancing or taking away from your family life? Learn the process for making a family media plan that brings balance, peace, and connection.

AD19461 ERHS 1 session \$19
6:30-8 p.m. Thu Dec. 14

FITNESS

Golf Intro for Adults & Teens 15+ - Bill Tschida

Learn the game of golf! Practice putting, chipping, a half swing and L-swing with irons, and full swing with fairway clubs and drivers. Learn golf rules and etiquette and how to build confidence through mental game.

AD19334 BES 4 sessions \$195
6:30-8 p.m. Mon Sept. 25-Oct. 23

AD19331 BES 4 sessions \$195
6:30-8 p.m. Wed Sept. 27-Nov. 1

AD19335 BES 4 sessions \$195
6:30-8 p.m. Mon Oct. 30-Nov. 27

AD19332 BES 4 sessions \$195
6:30-8 p.m. Wed Nov. 1-Nov. 29

AD19336 BES 4 sessions \$195
6:30-8 p.m. Mon Dec. 4-Jan. 8

AD19333 BES 4 sessions \$195
6:30-8 p.m. Wed Dec. 6-Jan 10



Pickleball Lessons for Beginners – Linda Kauss

Learn about the equipment used, how the game is played, and then practice a series of skills and drills. *All equipment will be provided.*

AD19301 DPC 4 sessions \$79
5:15–6:15 p.m. Thu Sept. 21–Nov. 16

AD19303 DPC 4 sessions \$79
7:15–8:15 p.m. Thu Sept. 28–Oct. 19

Pickleball–Advanced Beginner – Linda Kauss

Go beyond the basics. We will cover developing stroke technique on the serve, volley and drive shots and work on movement and comfort at the non-volley zone.

AD19361 DPC 4 sessions \$79
6:15–7:15 p.m. Thu Sept. 21–Nov. 16

AD19362 DPC 4 sessions \$79
7:15–8:15 p.m. Thu Oct. 26–Nov. 30

Pickleball Intermediate Drill Sessions

– Linda Kauss

Work on the 3rd shot drop, transition zone shots, dinking with purpose and strategy. Designed for intermediate players 3.5–4.0.

AD19351 DPC 4 sessions \$59
8:15–9 p.m. Thu Sept. 28–Oct. 19

AD19352 DPC 4 sessions \$59
8:15–9 p.m. Thu Oct. 26–Nov. 30

Pickleball – Age 18 and up

Drop-in and play! Designed for experienced players, no instructor or leader will be present. Two courts are available and all play is doubles; all players take turns rotating in for games. Registration and pre-purchase of Pickleball Passes is required. See online options at sowashco.ce.eleyo.com.

SA10321 DPC \$3/time slot
4–8 p.m. Mon/Wed/Fri



“Thursday is my favorite day of the week because of Yoga class. Tamaras’ knowledge, attention to students, and energy level are unbeatable!”

–Dmitrijs K.

Yoga – Level 1 – Jill Hawthorne

This flow-style class uses a series of yoga poses to warm up and encourage awareness in connecting breath to movement. Basic yoga poses build muscle strength and improve flexibility. Modifications are offered.

AD11981 DPC 6 sessions \$54
5:15–6:15 p.m. Tue Sept. 26–Oct. 31

AD11982 DPC 6 sessions \$54
5:15–6:15 p.m. Tue Nov. 7–Dec. 12

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

Practice at your convenience. This flow-style class includes a warm up and breathing exercises. Then moves into basic yoga poses to build muscle strength and improve flexibility. Modifications are offered.

OL11981 Recording 6 sessions \$54
Released weekly Sept. 26–Oct. 31

OL11982 Recording 6 sessions \$54
Released weekly Nov. 7–Dec. 12

Recordings are available for up to 2 weeks and can be viewed multiple times.

Therapeutic Yoga for Releasing Stress – Level 1 Foundations – Dr. Tamara Kraft

Strengthen your body, rebalance your nervous system and experience deep relaxation. Includes a mind/body theme, easy warm up, asana flow practice and final relaxation.

AD17771 BES 8 sessions \$75
7:30–8:45 p.m. Thu Sept. 21–Nov. 9

AD17772 BES 8 sessions \$75
7:30–8:45 p.m. Thu Nov. 16–Jan. 18

Therapeutic Yoga for Releasing Stress – Level 2 – Dr. Tamara Kraft

Using breath and mindful movements, this class builds on the Level 1 class and includes a mind/body theme, easy warm up and challenging asana flow practice.

AD17751 BES 8 sessions \$85
7–8:30 p.m. Wed Sept. 20–Nov. 15

AD17752 BES 8 sessions \$85
7–8:30 p.m. Wed Nov. 29–Jan. 24

Experience in the Therapeutic Yoga for Releasing Stress – Foundations class is helpful, but not required.

Gentle Therapeutic Yoga for Releasing Stress

NEW – Dr. Tamara Kraft

Use breath and mindful movements to release stress, strengthen your body, quiet your mind, and more. This slower paced, less challenging foundational class is great for all experience levels.

AD17761 BES 8 sessions \$75
6:15–7:15 p.m. Thu Sept. 21–Nov. 9

AD17762 BES 8 sessions \$75
6:15–7:15 p.m. Thu Nov. 16–Jan 18

FITNESS

Tai Ji Quan—Movement for Better Balance - Age 50+ -

Vivien Tressler

Reduce stress and increase your balance with Tai Ji. This research-based balance training regimen is low impact and puts minimal stress on muscles and joints.



This class is FREE with SilverSneakers, Silver&Fit or Renew Active/One Pass. Registration is required.

SA14161	DPC	24 sessions	
9:15-10:15 a.m.	Tue/Thu	Sept. 21-Nov. 9	
	Per adult		\$99
	SilverSneakers, Silver&Fit or Renew Active/One Pass Members		Free

Feldenkrais – Awareness Through Movement

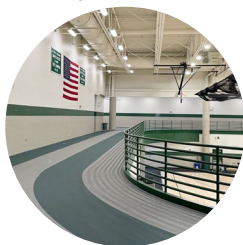
ONLINE - Maggie Vogel-Martin

Explore the Feldenkrais Method® through easy-to-do sequences which can improve posture and flexibility, relieve tension, and reduced pain and stress.

OL11471	Online	5 sessions	\$49
6-7 p.m.	Wed	Sept. 6-Oct. 4	
OL11472	Online	5 sessions	\$49
6-7 p.m.	Wed	Oct. 11-Nov. 8	
OL11473	Online	5 sessions	\$49
6-7 p.m.	Wed	Nov. 15-Dec. 13	

Come Run and/or Walk with us - Age 15 and up

Walk or run with the Random Runners, a group of men and women at a variety of levels from experienced to relatively new. Optional speed work and strength suggestions will be posted along the track.



AD19341	PHS	6 sessions	
6:30-7:30 p.m.	Tue	Nov. 7-Dec. 19	
AD19341	PHS	6 sessions	
6:30-7:30 p.m.	Thu	Nov. 9-Dec. 21	
	Per adult		\$18
	Per parent + child (age 12-14)		\$30
	Drop in (1 session)		\$5

Chisel **ONLINE** - T Salmonson

Start your weekend off with a great workout! This fun class alternates between cardio and strength training and targets all major muscle groups. A wide variety of moves keeps it interesting!

OL11531	Online	4 sessions	\$36
6-6:50 a.m.	Fri	Oct. 6-27	
OL11532	Online	7 sessions	\$63
6-6:50 a.m.	Fri	Nov. 3-Dec. 22	

Nutrition & Exercise Challenge – Start Anytime!

Let the changes begin! The UpLift Fitness team offers a specific plan for exercise and healthy eating, including four 1-on-1 sessions and a 3-week gym membership. A package savings of \$150 off regular prices!

Gym membership must begin anytime prior to Dec. 15, 2023

AD11791	Uplift Fitness	\$149/3 weeks
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POUND – Rockout. Workout. – Ages 10 and up

Get ready to rock out! Work your core and scorch calories using lightly-weighted drumsticks. The class is guided by upbeat music and upwards of 15,000 stick strikes to the ground and overhead!

AD11881	CGMS	6 sessions	\$54
6-7 p.m.	Wed	Sept. 27-Nov. 1	
AD11882	CGMS	6 sessions	\$54
6-7 p.m.	Wed	Nov. 8-Dec. 20	

Children ages 10-14 must be accompanied by a registered adult. Age 15 and up may register alone.

Dance Fit – Bollywood & Latin Inspired

- Vijayalakshmi Adhinarayanan

Get moving, sweating, and smiling during this 40-minute cardio workout. Follow dynamic choreography with the hottest music from around the world. Include high and low-intensity sequences.

AD11281	LRES	5 sessions	\$45
6:30-7:10 p.m.	Mon	Sept. 11-Oct. 9	
AD11282	LRES	6 sessions	\$53
6:30-7:10 p.m.	Mon	Oct. 23-Dec. 4	

Zumba – Megan Knowles

Work up a sweat and get your heart pumping! Zumba® is a dance-based fitness class incorporating Latin, Hip-hop, Pop and International rhythms.

AD17801	ROES	6 sessions	\$54
6:30-7:30 p.m.	Mon	Sept. 25-Oct. 30	
AD17802	ROES	6 sessions	\$54
6:30-7:30 p.m.	Mon	Nov. 6-Dec. 11	

30/30 Zumba **NEW** – Megan Knowles

Tone and sculpt your body during this hybrid class. We'll combine 30 minutes of Zumba® dance-fitness movements, followed by 30 minutes of Zumba Toning with weighted toning sticks or light hand weights.

Please bring your own weights or toning sticks to class.

AD17901	ROES	6 sessions	\$54
6:30-7:30 p.m.	Wed	Sept. 27-Nov. 1	
AD17902	ROES	6 sessions	\$54
6:30-7:30 p.m.	Wed	Nov. 8-Dec. 20	

Easy Partner Dancing for All Occasions - Deanna Constantine

Be prepared to dance, no matter the occasion! Learn easy to remember mini-routines using classic ballroom dance steps, danceable to all your favorite songs.

Couples stay together and singles rotate with other singles.

AD11251	RRES	4 sessions	\$65
7-8:30 p.m.	Wed	Sept. 20-Oct. 11	



Celebration Line Dance – All Ages! –Monica Mohn

Learn three popular line dances: Electric Slide, Cha Cha Slide and the Cupid Shuffle. No partner needed! All ages are welcome to this family friendly activity!

AD11231	CGMS	1 session	\$15/adult
6-7 p.m.	Tue	Sept. 26	\$8/child

Children ages 6-14 must be accompanied by a registered adult.

Wedding Dance Workshop – Monica Mohn

Get ready for your special day! In this 2-hour workshop Monica Mohn, nominated by MN Bride for “Best Wedding Dance Instruction” will have you feeling comfortable and looking great! Couples only please.



AD11351	CGMS	1 session	\$39
7-9 p.m.	Tue	Sept. 26	

Swing Dance Workshop – Monica Mohn

Try swing dancing! Monica Mohn makes swing dancing easy, with patterns you can use for years to come. Couples only please.

AD11291	OMS	1 session	\$39
7-9 p.m.	Tue	Oct. 24	

Ghost Busters Line Dance – Monica Mohn

“Who you gonna call? Ghostbusters!” Learn to line dance to this toe tapping song. No partner needed.

AD11241	OMS	1 session	\$15/adult
6-7 p.m.	Tue	Oct. 24	\$8/child

Children ages 6-14 must be accompanied by a registered adult.

Dance to Naatu, Naatu! The Oscar Award-Winning Indian Song – Monica Mohn

Experience the joy of Bollywood dance! Learn the exuberant line dance that was performed live at this year’s Oscars to the winner of Best Original Song.

AD11301	CGMS	1 session	\$15/adult
7-8 p.m.	Tue	Dec. 12	\$8/child

“Happy” Line Dance – Monica Mohn

Move your feet and sing along as you learn to line dance to “Happy” by Pharrell Williams. No partner required. Bring the kids for a fun family night!

AD11271	CGMS	1 session	\$15/adult
6-7 p.m.	Tue	Dec. 12	\$8/child

Children ages 6-14 must be accompanied by a registered adult.

GAIN SKILLS

Photography Level 1: Essential Elements

– Kent Johnson

Learn the basic elements of photography including rules of composition, exposure triangle, metering, semiautomatic and manual shooting modes and more.

Please bring your digital (DSLR) camera. No “point & shoot” cameras please.



AD16411	ERHS	5 sessions	\$99
5:45-7:45 p.m.	Thu	Oct. 5-Nov. 2	

Photography Level 2 – More Essential Elements

– Kent Johnson

Learn more about metering, exposure and composition. Explore your camera’s auto focus modes. Designed for students with experience with a DSLR camera.

Please bring your digital (DSLR) camera. No “point & shoot” cameras please.

AD16041	ERHS	5 sessions	\$99
5:45-7:45 p.m.	Thu	Nov. 9-Dec. 14	

Women’s ADHD Support Group

Gain a better understanding of how ADHD affects us, and create a supportive community built specifically for women with ADHD. Discuss related topics and explore our talents, growth areas, and life hacks to get through tough days.

AD14271	DPC	3 sessions	Free
6:30-8 p.m.	Mon	Sept. 25-Nov. 27	

FamilySearch and Ancestry.com –

Tips and Tricks for Online Genealogy ONLINE

– Sadie Nelson

Learn how to utilize FamilySearch and Ancestry.com websites for efficient and easy family research. You will leave this course with a new understanding of online genealogy and plenty of new tricks to put to use!



AD19791	DPC	1 session	\$16
7-8:30 p.m.	Mon	Oct. 9	

Knowing Your Muslim Neighbors – Mashood Yunus

Learn about basic beliefs and practices of community members who practice the religion of Islam. You’ll also learn about the role of women and family, social justice, Shariah law and other topics. Includes discussion and Q&A.

AD15271	DPC	2 sessions	\$20
6:30-9 p.m.	Mon	Sept. 25-Oct. 2	

GAIN SKILLS



DIY Flooring – Javier Celis

Learn the basics of flooring installation and potentially save hundreds of dollars! Find out how to prep your floors, measure accurately so you order the right amount of product, understand tools needed and participate in a hands-on installation simulation. No experience necessary.

Carpet

AD15201 LMS 1 session \$79
6:30–8:30 p.m. Wed Oct. 4

Laminate and Hardwood Flooring

AD15221 LMS 1 session \$79
6:30–8:30 p.m. Thu Nov. 1

Vinyl (Luxury Vinyl Plank, LV Tile and Sheet Vinyl)

AD15231 DPC 1 session \$79
6:30–8:30 p.m. Mon Dec. 11

Home Basics – Plumbing – Ray F Lehman

Learn about your home plumbing system. Get a close up of fixtures and fittings to understand how they work and how they fail. Save money by doing minor maintenance and repairs and knowing when to call in the professionals.

AD16061 ERHS 1 session \$29
5:45–7:45 p.m. Thu Oct. 19

Home Basics – Electrical

– Ray F Lehman

Take out the mystery and fear of dealing with basic home electrical problems. Learn how electricity comes into and flows around your home. Save money by doing repairs yourself and learn when to call in the professionals.

AD16051 ERHS 1 session \$29
5:45–7:45 p.m. Thu Nov. 16



Home Buyer Workshop **ONLINE** – Tina Hagen

Learn the in's and out's of home buying including finding a realtor, closing process, key players in purchasing a home and mortgage loan options. Plus, Q & A time with a certified mortgage loan expert.

OL17631 Online 1 session Free
6:30–7:30 p.m. Wed Oct. 18

Got Buckthorn? **ONLINE** – Kim Dupre, Washington County Master Gardener

Learn how to identify Buckthorn, an invasive tree and shrub that is harming our native habitats. Understand removal techniques, including chemical and chemical-free control.

OL17111 Online 1 session \$15
6:30–7:30 p.m. Wed Oct. 4

Adult Conversational Spanish **ONLINE** – Juliann Hoffman Futura Language Professionals

Learn Spanish or refresh your high school knowledge. Build conversational tools in Spanish through interactive practice and exercises.

Beginner Part 1

Learn how to carry on small conversations. Topics include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes, and grammar.

AD19431 Online 6 sessions \$125
6–7 p.m. Mon Oct. 23–Nov. 27

AD19432 Online 6 sessions \$125
6–7 p.m. Tue Oct. 24–Nov. 28

Beginner Part 2

Keep up your momentum! Topics include giving and asking for directions and restaurant conversation, weather, seasons, dates with months, days of the week, family vocabulary, the verbs ser and tener conjugations.

AD19451 Online 6 sessions \$125
6–7 p.m. Tue Oct. 24–Nov. 28

Intermediate Part 1

Improve your conversational skills. Grammar and vocabulary concepts will include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs of frequency, useful prepositions, and more.

AD19441 Online 6 sessions \$125
6–7 p.m. Wed Oct. 25–Dec. 6

Advanced Part 1

Broaden your conversational skills. Topics include the past tense (preterite and imperfect tenses) and more complex grammatical aspects of conversation including verb tenses and conjugations.

AD19481 Online 6 sessions \$125
6–7 p.m. Thu Oct. 26–Dec. 7

Adult Spanish in the Kitchen – Vamos a Comer y Cocinar

Learn useful Spanish vocabulary and conversation components. Topics will include typical Hispanic dishes, restaurant vocabulary, understanding the market experience, setting the table, cooking from a recipe, food vocabulary, and conversation elements.

OL19441 Online 6 sessions \$125
6–7 p.m. Thu Oct. 26–Dec. 7



Chess 101 – Berry Conway

Meet face-to-face to learn or re-learn the game of chess

SA10701 DPC 8 sessions Free
10:30– 11:30 a.m. Tue Oct. 3–Nov. 21

Instant Piano for Hopelessly Busy People **ONLINE**

– Age 15 and up – Craig Coffman

Learn to play piano using chords. In just a few hours, you'll learn enough secrets of the trade to give you years of enjoyment – all from the comfort of your own home!

OL13861 Online 1 session \$65
6:30–9:30 p.m. Mon Sept. 25

Instant Guitar for Hopelessly Busy People **ONLINE**

– Age 13 and up – Craig Coffman

Learn basic chords that get you playing along with your favorite songs. In just a few hours, learn enough about playing the guitar to give you years of enjoyment – all from the comfort of your own home.

OL13871 Online 1 session \$65
6:30–9 p.m. Tue Sept. 26

How to Earn Money with Your Voice ... Getting Started in Voiceovers **ONLINE**

Explore voiceovers! Discover current trends, opportunities, and tools to find success in this growing remote-working industry. Read from a real script and receive one-on-one coaching from a professional voice actor.

OL19401 Online 1 – 90-minute session \$49

South Washington County Community Band

– Sharon Gunder

Expand your talents and enjoy the camaraderie of fellow musicians—all while sharing music with appreciative local audiences. All ages and instruments are welcome. Join anytime. For more information, e-mail at sgunder@sowashco.org.



AD13930 LMS 27 sessions \$20/Adult
7–9 p.m. Tue Sept. 26–May 28 \$10/Student

Harmony Adventure for Women:

Sing with the Vallee de Croix Women's Chorus! – Bev Williams

Have fun and enhance your well-being while singing four-part harmony with the chorus. At evening rehearsals, receive music, learning materials and vocal coaching. One or two holiday performance opportunities in Dec.



AD14041 Our Savior's Church 9 sessions \$35
7–9 p.m. Mon Oct. 9–Dec. 4

Using Improv Techniques for Everyday Life

– Amy Stedman, Just Kidding Improv

Learn how to think on your feet, get out of uncomfortable situations, stay positive and see mistakes as opportunities for growth in a safe environment. Strengthen your communication skills, gain speaking confidence, learn how to listen without agenda and “clear the fog”.



AD14251 DPC 1 session \$29
6:30–8 p.m. Mon Nov. 13

Paid Advertisement

COTTAGE GROVE AREA

Women in Business

CELEBRATING 15 YEARS!

8:00–9:30 a.m. - Held at the Cottage Grove City Hall Training Room

September 15Speaker - Kim Nagle
October 20Speaker - Becky Amble
November 17Speaker - Kelly Jahner-Byrne
December 15Speaker - Ginny Priem

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MANAGE MONEY



How to be a Smart College Shopper! ONLINE

– Betsy and Bob Fine

Discover how to be a smart college shopper! Learn where your student will fit best, academically, socially and financially. Includes how the FAFSA works and scholarships and grants. Get an education, not a debt!

OL16451 Online 1 session \$20
6:30–8:30 p.m. Wed Sept. 27

OL16452 Online 1 session \$20
6:30–8:30 p.m. Thu Oct. 19

OL16453 Online 1 session \$20
6:30–8:30 p.m. Mon Nov. 13

OL16454 Online 1 session \$20
6:30–8:30 p.m. Tue Dec. 5

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

Learn how to be more successful when acquiring real estate by understanding purchase agreements, strategies for use in multiple offers scenarios, covering closing costs and mortgage insurance and loan programs.

AD17551 ERHS 1 session \$15
7–9 p.m. Thu Sept. 28

Downsizing in the Current Housing Market

– John Mazzara

Thinking about downsizing? Learn how to get started and your options. Receive a PDF of Downsizing Made Easy Guide, access and discounts to preferred service providers, and a no cost home evaluation.

AD17541 DPC 1 session \$15
7–9 p.m. Mon Oct. 30

How to Win with Investment Properties

– John Mazzara

Learn about how to invest in property in today's Twin Cities market. Topics include how to analyze a property, tax considerations, things to put in a lease, and all aspects of becoming a landlord.

AD16601 DPC 1 session \$15
7–9 p.m. Mon Nov. 20

Introduction to Senior Housing – John Mazzara

Explore alternatives to single family living from cooperatives, subsidized apartments, market rate independent rentals, and housing complexes that offer a continuum of care ranging from independent living to assisted living.

AD17511 ERHS 1 session \$15
7–9 p.m. Thu Dec. 7

How Wills and Trusts Can and Cannot Help You

– Jeffrey Scott

Explore estate planning and who needs it. Topics include how to title property to avoid probate and ease transition in case of disability or death, comparison of wills and trusts and the probate process.

AD16701 DPC 1 session \$19
6–7:30 p.m. Mon Oct. 2



What Happens If I Need a Nursing Home?

– Jeffrey Scott

Gain crucial information to plan for when you or a family member needs a nursing home. Topics include: what assets can be protected, the difference between Medicare and Medicaid and benefits for veterans.

AD14791 DPC 1 session \$19
6–7:30 p.m. Mon Oct. 16

Medicare 101 – Elin Langley or Kati Rolloff

Better understand Medicare—and get the right care for you. Topics include: Medicare Parts A, B, C and D, and what they cover, Medicare options, eligibility and when you can enroll.

AD16171 LMS 1 session \$5
6–7 p.m. Wed Oct. 4

AD16181 DPC 1 session \$5
4–5 p.m. Mon Nov. 13

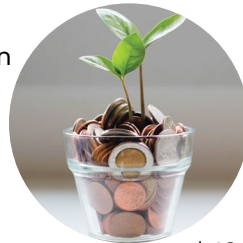
Retirement Planning Today – Matt Gulbransen

Plan a secure retirement. This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals.

Register your spouse for no charge.

AD16611 ERHS 2 sessions \$49
6:30–9:30 p.m. Wed Oct. 18–25

AD16612 ERHS 2 sessions \$49
6:30–9:30 p.m. Thu Oct. 26–Nov. 2



Women, Wealth & Wisdom – Autumn Schinka

Learn from the stories of six women who have applied real-world lessons about managing finances and reaching financial goals, including budgeting, saving, investing, insurance, generosity, and more.

AD19721 LMS 1 session \$15
6:30–8 p.m. Wed Oct. 4

Practical Personal Finance for Young Adults –

Olusola Dada

Discover how to manage your money to make it work for you! Learn to set goals, reach financial freedom, and have financial stability. Including how to maintain excellent credit while paying off debt.

AD16731 ERHS 4 sessions \$39
6:30–7:30 p.m. Thu Oct. 19–Nov. 9

Prepare Your Own Will – Adam Altman

Ensure your wishes are carried out. Receive everything you need to prepare a completed legal Will during class, including a notary public.

Couples must register individually.

AD16711 LMS 1 session \$49
6:30–8:30 p.m. Wed Nov. 1

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ADULTS WITH DEVELOPMENTAL DISABILITIES

Opportunities for adults with developmental disabilities to learn and engage with others and become active citizens in their communities.

The Community Bridge Consortium facilitates the participation of adults with disabilities in all aspects of Community Education programming by providing reasonable support and accommodations.

The consortium is sponsored by the school districts of South Washington County, Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville Area, and White Bear Lake Area.

The Community Bridge Consortium:

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

To Register:

Visit isd622.ce.eleyo.com or call 651-748-7232 to request the latest brochure.



I love seeing my friends at Bingo, but the prizes are my most favorite!

—Ranice

GREAT RIVERS

ADULT EDUCATION CONSORTIUM

ADULT COLLEGE CAREER ENGLISH SKILLS SERVICES



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

We offer programming in Washington and Dakota counties for residents age 17+ at no cost.

Locations:

District Program Center

8400 East Point Douglas Rd. S
Cottage Grove, MN 55016

Central Park

8595 Central Park Pl.
Woodbury, MN 55125

Tilden Community Center

310 River St.
Hastings, MN 55033

To view more information and to apply visit:

commed.sowashco.org/greatrivers

Basic Education and Professional Development

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

Diploma Completion

Earn your GED® diploma or K-12 diploma.

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

English Language

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

Additional support courses:

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

No English?

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

651-270-3266 | greatrivers@sowashco.org

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

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

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

要获得关于FREE项目的信息,请使用您自己的语言,发短信或电子邮件给我们。

The teaching staff explained things in a manner that made the subjects just “click”. This GED program has proved invaluable in finishing my degree and helping me create a better future for myself and my family.

–Adult GED Learner



Macluumaadka laxiriira barnaamijyadayada BILAASHKA ah, fadlan ku soo dir text ama iimayl ah luqadaada.

لوصحلل ، مأل لتغلب يزورتكل ديب وأ قيصن قلاسر لاسر! ای جری
قینا جمل ان جمارب لوح تاملول عم لعل .

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دینک لاسرا لیمای ای نتم .

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

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AQUATICS

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

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

Registration Information

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

Pool Locations

Lake Middle School (LMS)

3133 Pioneer Dr., Woodbury, MN 55125

Oltman Middle School (OMS)

6625 Goodview Ave. S, Cottage Grove, MN 55016

Cottage Grove Middle School (CGMS)

9775 Indian Blvd., Cottage Grove, MN 55016

Woodbury High School (WHS)

2665 Woodlane Dr. , Woodbury, MN 55125

**To view more information
and course offerings visit:**

commed.sowashco.org/aquatics

**All class
sessions can be
viewed online**

Course offerings typically include:

Swimming Lessons

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

Recreation

- Exercise
- Open Swim
- Lap swim

Certifications and Safety

- Swim Aide Training
- Lifeguard Training

Class Information

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

Don't know which class level to sign up for next?

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

GYMNASTICS

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

Registration Information

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

Missing a Class

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

Financial Assistance

Financial assistance is available. See page 50 for details or visit commed.sowashco.org/gymnastics.



Park Gymnastics



Park High School Gymnastics Center

8040 80th Street South
Cottage Grove, MN

For questions, contact
Coach Kristy Clarke at
kclarke2@sowashco.org

East Ridge Gymnastics



East Ridge High School Gymnastics Center

4200 Pioneer Drive
Woodbury, MN

For questions, contact
Coach Caroline Ugo at
curgo0@sowashco.org

Woodbury Gymnastics



Woodbury High School Gymnastics Center

2665 Woodlane Drive
Woodbury, MN

For questions, contact
Coach Julie Dornseif at
jdornsei@sowashco.org

MIDDLE SCHOOL

SoWashCo Community Education Middle School Athletics provides students in grades 6-8 an opportunity to participate in a variety of seasonal sports activities.

Middle school athletics emphasizes skill development and team play. Students are instructed in the fundamentals of the sport and participate in matches against schools within SoWashCo Schools District.

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

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

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

Course #	School	Grade	Sessions	Cost	Time	Days	Dates
JR100	CGMS	6-8	24	\$165	2:45-4:15 p.m.	Mon-Thu	Sept. 11-Oct. 25
JR101	LMS	6-8	24	\$165	2:45-4:15 p.m.	Mon-Thu	Sept. 11-Oct. 25
JR102	OMS	6-8	24	\$165	2:45-4:15 p.m.	Mon-Thu	Sept. 11-Oct. 25
JR103	WMS	6-8	24	\$165	2:45-4:15 p.m.	Mon-Thu	Sept. 11-Oct. 25

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

Registration deadline is September 1. Practice will not be held on rainy days and will not be made up.

Course #	School	Grade	Sessions	Cost	Time	Days	Dates
JR161	CGMS	6-8	15	\$70	2:45-4:15 p.m.	Mon/Tue/Thu	Sept. 7-Oct. 12
JR171	LMS	6-8	15	\$70	2:45-4:15 p.m.	Mon/Tue/Thu	Sept. 7-Oct. 12
JR181	OMS	6-8	15	\$70	2:45-4:15 p.m.	Mon/Tue/Thu	Sept. 7-Oct. 12
JR191	WMS	6-8	15	\$70	2:45-4:15 p.m.	Mon/Tue/Thu	Sept. 7-Oct. 12

Middle School Girls Volleyball* *Grade 7-8*

A schedule will be provided at the first team meeting/practice, Wednesday, Sept. 6. Games will start at 3:30 p.m.

Course #	School	Grade	Sessions	Cost	Time	Days	Dates
JA161	CGMS	7	23	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA162	CGMS	8	23	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA171	LMS	7	22	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA172	LMS	8	22	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA181	OMS	7	22	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA182	OMS	8	22	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA191	WMS	7	22	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17
JA192	WMS	8	22	\$165	2:45-4:45 p.m.	Mon-Thu	Sept. 6-Oct. 17

Middle School Wrestling *Grade 6-8*

Athletes will participate in a number of matches with surrounding schools within the Suburban East Conference.

Course #	School	Grade	Sessions	Cost	Time	Days	Dates
JA260	CGMS/OMS	6	27	\$175	3-5 p.m.	Mon-Thu	Nov. 6-Jan. 12
JA270	CGMS/OMS	7	27	\$175	3-5 p.m.	Mon-Thu	Nov. 6-Jan. 12
JA280	CGMS/OMS	8	27	\$175	3-5 p.m.	Mon-Thu	Nov. 6-Jan. 12
JA262	LMS/WMS	6	31	\$175	2:45-4:45 p.m.	Mon-Thu	Nov 6-Jan. 11
JA272	LMS/WMS	7	31	\$175	2:45-4:45 p.m.	Mon-Thu	Nov 6-Jan. 11
JA282	LMS/WMS	8	31	\$175	2:45-4:45 p.m.	Mon-Thu	Nov 6-Jan. 11

ELEMENTARY

Elementary Intramural *Grade 2-5*

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

2 days per week 8 sessions \$45

View dates and times at sowashco.ce.eleyo.com

CAMPS AND CLINICS

Park Youth Wrestling Program

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

Beginner *Grades PreK-3*

Beginner wrestling will focus on the fundamental positions, movements and a selection of moves from each position in wrestling. For first-to-second time wrestlers in grades PreK-3.

C200 PHS 13 sessions \$75
6-6:50 p.m. Tue/Thu Oct. 24-Dec. 14

Intermediate and Advanced *Grades 1-6*

Focuses on intermediate-to-advanced techniques, conditioning and live wrestling needed for youth wrestling competition.

Wrestlers compete in a number of team events and require at least two years of experience OR one year plus and at least one session of Freestyle/Greco or other equivalent experience. Wrestlers competing in tournaments and team events will need to obtain a USA Wrestling card through mnusawrestling.org

C201 PHS 13 sessions \$95
7-8:20 p.m. Tue/Thu Oct. 24-Dec. 14

Soccer Shots *Ages 5-8*

Soccer Shots offers a high energy, fun and age-appropriate introduction to the game of soccer. Each session provides an opportunity for kids to be challenged through fun games and team competitions.

C710 BES 9 sessions \$195
3:55-4:40 p.m. Fri Sept. 8-Nov. 17

C711 MES 9 sessions \$195
3:15-4 p.m. Fri Sept. 8-Nov. 17

C712 RRES 9 sessions \$195
2:30-3:15 p.m. Fri Sept. 8-Nov. 17

C713 NFSI 9 sessions \$195
3:55-4:40 p.m. Fri Sept. 8-Nov. 17

C714 VCES 9 sessions \$195
3:50-4:35 p.m. Fri Sept. 8-Nov. 17

CHEM Athletics- Character, Hand, Eye, Mind Camp for Soccer and Kickball

Grade K-5

CHEM Athletics programs increase hand-eye coordination while placing an emphasis on character development. Athletes learn the STARS concept which stands for Safety, Teamwork, Attitude, Responsibility and Sportsmanship.

Soccer

C180 RRES 6 sessions \$97
2:30-4 p.m. Mon Sept. 11-Oct. 30

Kickball

C181 RRES 6 sessions \$97
2:30-4 p.m. Tue Sept. 12-Oct. 17

Happy Feet - Little Toes *Age 2-3*

The little toes program uses a story tie with soccer ball approach to stimulate your children's imagination while learning advance soccer skill development.

C150 GCES 4 sessions \$59
5-5:30 p.m. Tue Sept. 12-Oct. 3

C153 GCES 4 sessions \$59
5-5:30 p.m. Tue Oct. 10-Nov. 14

C156 GCES 4 sessions \$59
6-6:30 p.m. Tue Nov. 21-Dec. 12

Happy Feet - Big Toes *Age 4-5*

In this stage we introduce your child to key concepts, new skills, cooperation, and goal setting. Your child learns valuable lessons for all areas of life. Your child will have fun and develop motor skills in a non-competitive way.

C151 GCES 4 sessions \$59
5:30-6 p.m. Tue Sept. 12-Oct. 3

C154 GCES 4 sessions \$59
5:30-6 p.m. Tue Oct. 10-Nov. 14

C157 GCES 4 sessions \$59
6:30-7 p.m. Tue Nov. 21-Dec. 12

Happy Feet Academy *Age 6-7*

Training transitions to a more traditional soccer environment. Each session involves creative soccer activities while advancing to the final progression of deceptive dribbling skills and gradually introducing manageable pressure to enhance skill development and decision-making.

C152 GCES 4 sessions \$59
6-6:30 p.m. Tue Sept. 12-Oct. 3

C155 GCES 4 sessions \$59
6-6:30 p.m. Tue Oct. 10-Nov. 14

C158 GCES 4 sessions \$59
7-7:30 p.m. Tue Nov. 21-Dec. 12



CAMPS AND CLINICS

DASH Sports Basketball Tykes Camp Age 2-3

Get an introductory experience to basketball through fun skill-based drills and mini-games. Learn how to properly dribble, pass, shoot, and play defense.

Parent participation is encouraged when necessary.

C131	VCES	4 sessions	\$75
5:05-5:35 p.m.	Mon	Nov. 27-Dec. 18	

DASH Sports Basketball Camp Grade K-5

Receive a well-rounded basketball experience covering a broad range of skills training and skill-based games. Learn to properly shoot, pass, dribble, and play defense. Camp ends with scrimmages/games on the final two days.

C132	CES	4 sessions	\$85
2:30-3:30 p.m.	Mon	Nov. 27-Dec. 18	
C130	VCES	4 sessions	\$85
3:55-4:55 p.m.	Mon	Nov. 27-Dec. 18	
C133	BES	4 sessions	\$85
3:55-4:55 p.m.	Mon	Nov. 27-Dec. 18	



DASH Sports No School Multi-Sport Camp Grades K-5

Looking for a fun non-school day filled with fun sports activities? This camp includes fun skills training and games in Soccer, Basketball, and Flag Football. Athletes will spend roughly 2 hours on each sport.

C134	OMS	1 session	\$95
9 a.m.-4 p.m.	Mon	Sept. 25	
C135	CGES	1 session	\$95
9 a.m.-4 p.m.	Fri	Oct. 6	
C136	RRES	1 session	\$95
9 a.m.-4 p.m.	Wed	Oct. 18	
C137	OMS	1 session	\$95
9 a.m.-4 p.m.	Wed	Nov. 22	

DASH Sports Soccer Tykes Camp Age 4-6

Get an introductory experience to the game of soccer. Learn the key elements of dribbling, passing, and shooting. *Parent participation is encouraged when needed.*

C117	LRES	4 sessions	\$75
5:05-5:35 p.m.	Wed	Sept. 20-Oct. 11	
C121	OMS	4 sessions	\$75
10:10-10:55 a.m.	Sat	Sept. 23-Oct. 14	
C120	OMS	4 sessions	\$75
9:30-10 a.m.	Sat	Sept. 23-Oct. 14	

DASH Sports Soccer Camp Grade K-5

Get a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games.



Grades K-5

C115	ROES	4 sessions	\$85
2:30-3:30 p.m.	Wed	Sept. 20-Oct. 11	
C116	LRES	4 sessions	\$85
3:55-4:55 p.m.	Wed	Sept. 20-Oct. 11	
C118	CES	4 sessions	\$85
2:30-3:30 p.m.	Thu	Sept. 21-Oct. 12	

Grade K-3

C122	OMS	4 sessions	\$85
11:05 a.m.-12:05 p.m.	Sat	Sept. 23-Oct. 14	

Grade 4-5

C123	OMS	4 sessions	\$85
12:15-1:15 p.m.	Sat	Sept. 23-Oct. 14	

DASH Sports Flag Football Tykes Camp Age 3-5

Get an introductory experience to football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills.

C125	VCES	4 sessions	\$79
5:05-5:35 p.m.	Mon	Oct. 16-Nov. 6	

DASH Sports Flag Football Camp Grade K-5

Get a well-rounded football experience in a little to no contact safe environment. Learn key elements of passing, catching, rushing, and defense.

C124	VCES	4 sessions	\$85
3:55-4:55 p.m.	Mon	Oct. 16-Nov. 6	
C126	CES	4 sessions	\$85
2:30-3:30 p.m.	Wed	Oct. 25-Nov. 15	
C127	BES	4 sessions	\$85
3:55-4:55 p.m.	Wed	Oct. 25-Nov. 15	
C128	ROES	4 sessions	\$85
2:30-3:30 p.m.	Thu	Oct. 26-Nov. 16	
C129	MES	4 sessions	\$85
3:15-4:15 p.m.	Fri	Oct. 27-Nov. 17	

Skyhawks Hoopster Tots Camp Age 2-4

Focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

C112	CGES	4 sessions	\$69
6-6:30 p.m.	Wed	Nov. 29-Dec. 20	

Skyhawks Basketball Camp Age 5-10

Focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to provide just the right amount of challenge.

C111	ROES	4 sessions	\$109
4:30-6 p.m.	Wed	Nov. 29-Dec. 20	

Skyhawks 1st Down Tots Camp Age 3-5

Play a variety of fun games to learn basic techniques including running control, passing, receiving and defense. *Parent participation required.*

C101	MES	4 sessions	\$69
6:10 p.m. 6:40 p.m.	Mon	Sept. 18-Oct. 9	

C103	GCES	4 sessions	\$69
6:10-6:40 p.m.	Wed	Sept. 20-Oct. 11	

C110	CGMS	4 sessions	\$69
4-4:30 p.m.	Sun	Sept. 24-Oct. 15	

Skyhawks Flag Football Camp Age 5-11

Learn skills on both sides of the football including the core components of passing, catching, and defense—all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!



Age 5-11

C100	MES	4 sessions	\$109
4:30-6 p.m.	Mon	Sept. 18-Oct. 9	

C102	GCES	4 sessions	\$109
4:30-6 p.m.	Mon	Sept. 18-Oct. 9	

C108	CGMS	4 sessions	\$79
2-2:50 p.m.	Sun	Sept. 24-Oct. 15	

Age 7-11

C109	CGMS	4 sessions	\$79
3-3:50 p.m.	Sun	Sept. 24-Oct. 15	

Skyhawks Soccer Tots Camp Age 3-5

Experience our flagship program! Our soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self confidence; older classes focus more on developing core soccer skills and personal focus with an element of light competition.

C104	CGMS	4 sessions	\$69
9-9:30 a.m.	Sat	Sept. 23-Oct. 14	

C105	CGMS	4 sessions	\$69
9:45-10:15 a.m.	Sat	Sept. 23-Oct. 14	

Skyhawks Soccer Camp Age 5-7

Gain technical skills and sport knowledge, including dribbling, passing, shooting, and ball control. Learn new life skills such as teamwork and sportsmanship, and make new friends!

C106	CGMS	4 sessions	\$79
10:20-11:20 a.m.	Sat	Sept. 23-Oct. 14	

C107	CGMS	4 sessions	\$79
11:30 a.m.-12:30 p.m.	Sat	Sept. 23-Oct. 14	

Skyhawks Speed, Agility and Quickness Camp Age 5-11

Increase your speed, improve your agility and overall quickness with our fast paced drills coordinated by our Skyhawks coaches. Designed for athletes at any skill level.

C113	RRES	4 sessions	\$109
4:30-6 p.m.	Thu	Nov. 30-Dec. 21	

TGA Tennis Enrichment Program Grade K-5

Experience a mix of tennis instruction, rules and etiquette lessons, educational components, character development lessons, and physical activity as they advance through the five-level program.

C810	GCES	6 sessions	\$164
3:15-4:15 p.m.	Tue	Sept. 12-Oct. 17	

C811	NFSI	6 sessions	\$164
3:55-4:55 p.m.	Wed	Sept. 13-Oct. 25	

C812	VCES	6 sessions	\$164
3:50-4:50 p.m.	Thu	Sept. 14-Nov. 2	

TGA Golf Enrichment Program Grade K-5

Experience skill development, rule and etiquette lessons, physical activity, and a STEAM component that examines the concepts through the lens of the sport.



C816	GCES	6 sessions	\$164
3:15-4:15 p.m.	Thu	Sept. 14-Nov. 2	

C817	LRES	6 sessions	\$164
3:55-4:55 p.m.	Thu	Sept. 14-Nov. 2	

C815	BES	6 sessions	\$164
3:55-4:55 p.m.	Mon	Sept. 18-Nov. 6	

C818	VCES	6 sessions	\$164
3:50-4:50 p.m.	Mon	Oct. 2-Nov. 13	

RECREATION



Unicycling for All Age and Skill Levels Age 7+

Why settle for two wheels when one will do? Unicycling is an awesome individual or family activity that gets everyone moving and having fun! All skill levels are welcome. Unicycles are provided.

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

7:30-8:30 p.m. Open gym for unicycle practice

Note: If the class member is a minor child, parents or guardians are required to stay with them during class.

YE1781	ROES	13 sessions
6:30-8:30 p.m.	Tues	Sept. 12-Dec. 12
	Per individual.....	\$30
	Per family.....	\$45

Intro to Ninja Age 5-13

Ninjas will develop strength and agility during this 8-week course by learning different styles and techniques to master all obstacles! Increase flexibility, problem-solving, and coordination.

Age 5-8

YE1246	Conquer Ninja Gym	8 sessions	\$160
4-5 p.m.	Wed	Sept. 6-Oct. 25	
YE1248	Conquer Ninja Gym	6 sessions	\$120
4-5 p.m.	Thu	Nov. 1-Dec. 13	

Age 9-13

YE1247	Conquer Ninja Gym	8 sessions	\$160
5-6 p.m.	Fri	Sept. 6-Oct. 25	
YE1249	Conquer Ninja Gym	6 sessions	\$120
5-6 p.m.	Sat	Nov. 1-Dec. 13	

Ninja Winter Camp Age 6-13

Develop strength and agility while learning different styles and techniques to master all obstacles!

YE1467	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Tue-Fri	Dec. 26- 29	

Conquer Ninja Rec Team Age 6-13

Develop confidence, strength, endurance, balance, and friendships with a fun, unique sport! Athletes benefit from training in agility, power, perseverance, and resilience. Consists of 6 practices and 2 competitions.



Rec Team Age 6-9

YE1084	Conquer Ninja Gym	8 sessions	\$185
4-5 p.m.	Fri	Sept. 8-Oct. 27	
YE1085	Conquer Ninja Gym	8 sessions	\$185
5-6 p.m.	Fri	Sept. 8-Oct. 27	
YE1082	Conquer Ninja Gym	6 sessions	\$140
4-5 p.m.	Fri	Nov. 3-Dec. 15	
YE1083	Conquer Ninja Gym	6 sessions	\$140
5-6 p.m.	Fri	Nov. 3-Dec. 15	

Rec Team 2 Age 8-13

YE1086	Conquer Ninja Gym	8 sessions	\$185
6:15-7:15 p.m.	Fri	Sept. 8-Oct. 27	
YE1087	Conquer Ninja Gym	6 sessions	\$140
6:15-7:15 p.m.	Fri	Nov. 3-Dec. 15	

Parent Child Ninja Class Age 5+

Get moving and have fun together! You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem!

YE1351	Conquer Ninja Gym	8 sessions
9-10 a.m.	Sat Sept. 9-Oct. 28	
	Parent + 1 child.....	\$225
	Additional family member	\$75
YE1352	Conquer Ninja Gym	6 sessions
9-10 a.m.	Sun Nov. 4-Dec. 16	
	Parent + 1 child.....	\$170
	Additional family member	\$75

Parents Day Out Age 5-13

No School-No Problem! Drop off your kids at Conquer Ninja for 2 hours of fun and activities, including 40+ obstacles, a warped wall challenge and ninja games.

YE1250	Conquer Ninja Gym	1 session	\$40
9-11 a.m.	Thu	Oct. 19	
YE1251	Conquer Ninja Gym	1 session	\$40
1-3 p.m.	Thu	Oct. 19	
YE1252	Conquer Ninja Gym	1 session	\$40
9-11 a.m.	Fri	Oct. 20	
YE1254	Conquer Ninja Gym	1 session	\$40
1-3 p.m.	Fri	Oct. 20	
YE1255	Conquer Ninja Gym	1 session	\$40
9-11 a.m.	Fri	Nov. 24	
YE1256	Conquer Ninja Gym	1 session	\$40
1-3 p.m.	Fri	Nov. 24	

Serenity Farm Horse Camp Ages 6-12

Spark Equestrian's day camps at Serenity Farm teach kids the basics of horse care, grooming, and riding.

YE4272 Serenity Farm 1 session \$125
9 a.m.-2 p.m. Mon Sept. 4

Additional dates will be added on non school days and weekends. Visit sowashco.ce.eleyo.com to find more.

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

March in the band, stretch, run, sing, play games and more. Activities include parachute, hula-hoops, hoppy balls, and an indoor obstacle course. Miss Laura's classes encourage participation and language development while boosting memory, coordination, and timing.

Not church affiliated.

YE1751 All Saints Lutheran 6 sessions \$80
9-9:55 a.m. Wed Nov. 29-Jan. 17

YE1753 All Saints Lutheran 6 sessions \$80
9-9:55 a.m. Wed Oct. 11-Nov. 15

YE1755 All Saints Lutheran 6 sessions \$80
10-10:55 a.m. Wed Oct. 11-Nov. 15

YE1757 All Saints Lutheran 6 sessions \$80
10-10:55 a.m. Wed Nov 29-Jan. 17



Bowling Club-Fall 2023 Grade 1-6

Spare, split, strike! Learn the skills and techniques of bowling including how to keep score, proper etiquette and more. No experience necessary. Join us to learn more about bowling and met new friends.

YE175 Park Grove Bowl 6 sessions \$84
9:30-10:30 a.m. Sat Sept. 30-Nov. 11



YEL Fencing Grade 2-12

Experience YEL's Teach It, Practice It, Play It® approach. Fencers learn new skills in each class, practices those skills in kid-friendly fencing games, and encourages students to use those skills in fencing bouts.

Grade 2-5

YE1324 DPC 8 sessions \$123
6-7 p.m. Tue Oct. 3-Dec. 5

Grade 6-12

YE1325 DPC 8 sessions \$167
7:05-8:35 p.m. Tue Oct. 3-Dec. 5



CREATE

Adult/Tween Paint Date- Acrylic Studio Art Age 10+

Explore your artistic side together! Guided by a professional artist, parents and their children will work together to create a painting. Each partner will work on a different side of a canvas. At the end of class, join the pieces to create one painting.

Full Moon Halloween Theme

YE1171 ERHS 1 session \$63
5:30-7:30 p.m. Wed Oct. 11

Sunset Theme

YE1172 ERHS 1 session \$63
5:30-7:30 p.m. Mon Nov. 13

Explore Acrylics and Watercolors Painting Class - Acrylic Studio Art Grade 6-7

Learn to create bright color, texture and depth, including how to use different brushes and their techniques. Beginners or intermediate painters are welcome.

YE1212 ERHS 4 sessions \$125
5:30-7:30 p.m. Tue Nov. 14-Dec. 5

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All BOYS and GIRLS grades K-5 are invited to join

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CREATE

Fantastic Fairies and Gnomes – Young Rembrandts *Grade 1-3*

Come explore the magical world of fairies and gnomes! Students will experience themed imagination stations, crafts and games and leave with their own fairy houses.

YE1039	ERHS	1 session	\$31
10 a.m.-12 p.m.	Sat	Sept. 23	

Anime and Manga – Young Rembrandts *Grade K-5*

Draw and color all things ANIME! Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more.

YE1033	DPC	3 sessions	\$137
9 a.m.-12 p.m.	Wed-Fri	Oct. 18-20	

Anime Academy – Young Rembrandts *Grade 3-6*

Led by an experienced instructor, this class will introduce students to the basics of anime drawing and help them develop their own unique anime style.



YE1030	CGMS	5 sessions	\$69
6:30-7:30 p.m.	Mon	Nov. 6-Dec. 4	
YE1031	ERHS	5 sessions	\$69
6:30-7:30 p.m.	Thu	Nov. 9-Dec. 14	
YE1032	ERHS	5 sessions	\$69
6:30-7:30 p.m.	Tue	Nov. 14-Dec. 12	



Creative Sewing *Age 8-12*

Learn to sew, including basic sewing techniques, sewing tools, different types of stitches and practice with a sewing machine. Work at your own pace and create new projects each month.

YE1600	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Sept. 6-27	
YE1602	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Oct. 4-25	
YE1603	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Nov. 1-29	
YE1604	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Dec. 6-27	

Draw It! – Young Rembrandts *Grade K-5*

New school year and ALL NEW amazing drawings. If your kids looking to build skills or develop new techniques, they will love this class.

YE1012	GCES	6 sessions	\$81
3:15-4:15 p.m.	Tue	Sept. 19-Oct. 24	
YE1013	VCES	5 sessions	\$68
3:50-4:50 p.m.	Tue	Sept. 19-Oct. 24	
YE1015	RRES	6 sessions	\$81
2:30-3:30 p.m.	Wed	Sept. 20-Nov. 1	
YE1016	CGES	5 sessions	\$68
3:15- 4:15 p.m.	Thu	Sept. 21-Nov. 2	
YE1014	MES	6 sessions	\$81
3:15- 4:15 p.m.	Fri	Sept. 29-Nov. 17	
YE1017	ROES	6 sessions	\$81
2:30-3:30 p.m.	Fri	Sept. 29-Nov. 17	
YE1010	HES	5 sessions	\$68
3:50-4:50 p.m.	Mon	Oct. 2-Nov. 6	
YE1011	PHES	5 sessions	\$68
3:15- 4:15 p.m.	Mon	Oct. 2-Nov. 6	

Cartoon Club – Young Rembrandts *Grade 3-6*

Young Rembrandts' Cartoon Club. Our lively cartoon class is packed with hilarious and silly characters and scenes your cartoonist won't want to miss!

YE1020	ERHS	5 sessions	\$69
6:30-7:30 p.m.	Tue	Sept. 26-Oct. 31	
YE1019	ERHS	5 sessions	\$69
6:30-7:30 p.m.	Thu	Sept. 28-Nov. 2	
YE1018	CGMS	5 sessions	\$69
6:30-7:30 p.m.	Mon	Oct. 2-30	

YR Toon Time *Grade K-5*

Learn more about the art of cartooning and improve your drawing abilities. This class will provide a supportive and nurturing environment.



YE1025	MES	6 sessions	\$81
3:15- 4:15 p.m.	Thu	Oct. 26-Dec. 7	
YE1026	RRES	6 sessions	\$81
2:30-3:30 p.m.	Thu	Nov. 2-Dec. 14	
YE1027	CGES	6 sessions	\$81
3:15- 4:15 p.m.	Thu	Nov. 9-Dec. 21	
YE1028	ROES	5 sessions	\$68
2:30-3:30 p.m.	Fri	Nov. 10-Dec. 15	
YE1021	HES	6 sessions	\$81
3:50-4:50 p.m.	Mon	Nov. 13-Dec. 18	
YE1022	PHES	6 sessions	\$81
3:15- 4:15 p.m.	Mon	Nov. 13-Dec. 18	
YE1023	GCES	6 sessions	\$81
3:15- 4:15 p.m.	Tue	Nov. 14-Dec. 19	
YE1024	VCES	6 sessions	\$81
3:50-4:50 p.m.	Tue	Nov. 14-Dec. 19	

Action Art with Kidcreate Studio Age 1.5-6

Your little one will have a blast creating vivid and energetic artwork, with endless chances to smear, splatter, and swipe their way to unique and charming masterpieces. *Children must be accompanied by a caregiver.*

Age 1.5-6

YE1283 Kidcreate Studio 6 sessions \$110
9:30-10:15 a.m. Tue Oct. 31-Dec. 12

YE1284 Kidcreate Studio 6 sessions \$110
9:30-10:15 a.m. Wed Nov. 1-Dec. 13

Age 3-6

YE1290 Kidcreate Studio 7 sessions \$134
1-2:30 p.m. Wed Nov. 1-Dec. 13

Awesome Art with Kidcreate Studio Age 4-9

Explore all the coolest art materials as we learn drawing techniques, create with clay, and paint on real canvas boards. We'll even create a beach scene out of real candy! Art really is awesome!

YE1298 Kidcreate Studio 5 sessions \$98
4:30-5:30 p.m. Tue Sept. 19-Oct. 24

YE1300 Kidcreate Studio 5 sessions \$98
4:30-5:30 p.m. Thu Sept. 21-Oct. 26



Artsy Glow Party with Kidcreate Studio Age 4-9

Create a colorful art project using special fluorescent art materials that really glow under blacklight. After we create, we'll turn on the music and the blacklights to get the glow party started!

YE1293 Kidcreate Studio 2 sessions \$102
1-4 p.m. Thu-Fri Oct. 19-20

Handprint Keepsakes with Kidcreate Studio Age 1.5-6

Work with your young artist to create adorable keepsakes. Including artwork featuring your child's little handprints to a darling self-portrait on a real canvas board.

Children must be accompanied by a caregiver.

YE1282 Kidcreate Studio 5 sessions \$93
9:30-10:15 a.m. Sat Sept. 23-Oct. 28

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CREATE

IlluminART with Kidcreate Studio *Grade K-5*

Get ready to light up the night with art! Use clay, paint and other luminescent materials to craft extraordinary pieces of art the really glow-in-the-dark.

YE1305	PHES	5 sessions	\$89
3:50-4:50 p.m.	Thu	Sept. 28-Nov. 9	
YE1304	NFSI	5 sessions	\$89
3:50-4:50 p.m.	Wed	Oct. 4-Nov. 8	

Little Mess Maker's Art Class with Kidcreate Studio *Age 1.5-6*

Leave the mess with us! Your little mess-maker will enjoy many artistic, mess-making moments as they paint, sculpt, scribble, and giggle.

Children must be accompanied by a caregiver.

Age 1.5-6

YE1280	Kidcreate Studio	5 sessions	\$93
9:30-10:15 a.m.	Tue	Sept. 19-Oct. 24	
YE1281	Kidcreate Studio	5 sessions	\$93
9:30-10:15 a.m.	Wed	Sept. 20-Oct. 25	

Age 3-6

YE1289	Kidcreate Studio	5 sessions	\$116
1-2:30 p.m.	Wed	Sept. 20-Oct. 25	

Nailed it- Hawaii Challenge with Kidcreate Studio *Grade K-5*

Just like in the series "Nailed It!", we'll show you a final product and give you all the supplies to sculpt, paint and collage as you recreate it!

YE1302	BES	5 sessions	\$91
3:50-4:50 p.m.	Tue	Oct. 3-Nov. 14	
YE1303	LRES	5 sessions	\$91
3:50-4:50 p.m.	Mon	Oct. 9-Nov. 13	



Rainbow Candy Scene with Kidcreate Studio *Age 4-9*

Explore the colors of the rainbow as we use sprinkles, Fruit Loops, marshmallows, frosting, and more to create a colorful candy scene complete with a 3D rainbow. Sweet!

YE1296	DPC	1 session	\$45
9 a.m.-12 p.m.	Wed	Dec. 27	

Dino Day! with Kidcreate Studio *Age 3-6*

Hip hip hooray, it's Dino Day! Your artist will explore several different mediums as they tear, paint, glue and more; it'll be dino-riffic!!!

YE1292	DPC	1 session	\$43
9 a.m.-12 p.m.	Fri	Oct. 6	



The Best-Ever Art Class with Kidcreate Studio *Age 4-9*

This class is packed full of fan favorites! From snow globes, projects that glow-in-the-dark, and messy clay masterpieces, these are the most requested Kidcreate projects of all time!

YE1299	Kidcreate Studio	6 sessions	\$116
4:30-5:30 p.m.	Tue	Oct. 31-Dec. 12	
YE1301	Kidcreate Studio	6 sessions	\$116
4:30-5:30 p.m.	Thu	Nov. 2-Dec. 14	

Marvelous Messy Monster Art with Kidcreate Studio *Age 1.5-6*

Use plaster, paint, and more simply to make a project that's way too messy to do at home! Become a master at making a mess and have lots of fun!

Children must be accompanied by a caregiver.

YE1286	ERHS	1 session	\$22
9:30-10:30 a.m.	Sat	Nov. 4	



Big Machines with Kidcreate Studio *Age 1.5-6*

Your little artist will explore a variety of art materials, create a clay construction zone and design their own 3D rollercoaster; they'll even create a rocket ship that really glows in the dark!

Children must be accompanied by a caregiver.

YE1285	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Sat	Nov. 4-Dec. 16	

Goey Gunk with Kidcreate Studio *Age 1.5-6*

Ooey goey gunk- kids love it! Parents hate it in their home! Leave it to us. Come ready to get messy with your child as we make goey gunk and shaving cream sundaes.

Children must be accompanied by a caregiver.

YE1288	ERHS	1 session	\$22
9:30-10:30 a.m.	Sat	Dec. 2	

Ornament Making with Kidcreate Studio Age 1.5-6

Join us for an ornament making party. You and your child will rotate through 4 stations, creating an adorable wooden Christmas tree, silly gnomes, and much more!

Children must be accompanied by a caregiver.

YE1287	ERHS	1 session	\$24
9:30-10:30 a.m.	Sat	Dec. 9	



Frosty Fun Camp with Kidcreate Studio Age 4-9

Whip up a flurry of projects full of frosty fun. From making your own snow globe to designing your own winter wonderland scenes, the possibilities are endless.

YE1295	Kidcreate Studio	2 sessions	\$102
9 a.m.-12 p.m.	Wed-Thu	Dec. 27-28	

Tinkerbell and Her Fairy Friends with Kidcreate Studio Age 3-6

If you believe in fairies, clap your hands, and come to this whimsical, glitter-filled camp! Your little fairy artist will create a fairy castle, a crown, fairy wings, a wand and more.

YE1291	DPC	2 sessions	\$95
9 a.m.-12 p.m.	Wed-Thu	Dec. 27-28	

Confetti Cake Slime with Kidcreate Studio Age 4-9

Be inspired by colorful confetti cakes as we fill our soft, stretchy handmade slime with real rainbow sprinkles- what fun! This is the sweet, sweet slime time you've been waiting for.

YE1297	DPC	1 session	\$43
9 a.m.-12 p.m.	Thu	Dec. 28	

MUSIC

30-minute Private Music Lessons

One-on-one instruction with experienced musicians. Register for the instrument and time slot that best fits your schedule.

String, piano, voice, etc. with Michelle Dunkirk - Age 8+
12 or 13 sessions **\$420-\$455**

Trumpet with Amy Schendel - Age 8.5+
12 sessions **\$420**

Guitar or banjo with George McCorkell - Grade 4-12
12 sessions **\$372**

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

Inspire a lifelong love of music. In this high-energy class, your wiggly kid can join the band, hula-hoop, sing, play instruments, and more. Miss Laura's classes encourage participation and language development while boosting memory, coordination, and timing.

Not church affiliated.

YE1851	All Saints Lutheran	6 sessions	\$80
10-10:55 a.m.	Thu	Oct. 12-Nov. 16	

YE1853	All Saints Lutheran	6 sessions	\$80
9-9:55 a.m.	Thu	Oct. 12-Nov. 16	

YE1855	All Saints Lutheran	6 sessions	\$80
9-9:55 a.m.	Thu	Nov. 30-Jan. 18	

YE1857	All Saints Lutheran	6 sessions	\$80
10-10:55 a.m.	Thu	Nov. 30-Jan. 18	

PERFORMING ARTS

Stage Combat Grade 6-12

Explore how the body is an essential tool for any actor! Learn the principles of safe physical interaction on stage by working on choreographed fights for the theatre.

YE1723	PHS	6 sessions	\$150
11 a.m.-12:30 p.m.	Sat	Oct. 7-Nov. 18	

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Ages 2 - Adult | Join us for a 6 session or our Sept - May program
Creative Movement | Tap - Jazz - Ballet/Lyrical - Hip Hop



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PERFORMING ARTS

Character Kids *Grade 1-5*

Learn the basics of acting, singing and musical theater dance while playing theatre games, exploring stage skills and learning a group song or scene from a Broadway musical. New and returning students are welcome!

YE1701	ROES	7 sessions	\$119
2:30-3:30 p.m.	Mon	Sept. 18-Nov. 13	
YE1702	BES	7 sessions	\$119
3:50-4:50 p.m.	Mon	Sept. 18-Nov. 13	
YE1703	ERHS	7 sessions	\$119
6:30-7:30 p.m.	Mon	Sept. 18-Nov. 6	

Fractured Fairy Tales *Grade 2-5*

Explore enchanted forests, castles, kingdoms, and the characters of classic fairy tales. Then change up the characters, plot, setting, point of view, or moral of your fairy tale to create your own unique tale.

YE1722	PHS	6 sessions	\$120
10:45 a.m.-12:15 p.m.	Sat	Oct. 7-Nov. 18	

Staged Storybooks *Age 4-7*

Explore theater and imaginative play as you immerse yourself in your favorite storybooks and bring their enchanting characters to the stage.

YE1721	PHS	6 sessions	\$120
9-10:30 a.m.	Sat	Oct. 7-Nov. 18	

Shakespeare 101 *Grade 6-12*

Step into the world of Shakespeare and discover the beauty of Shakespearean language. Emerge as a seasoned actor able to bring these classic stories to life.

YE1720	AES	3 sessions	\$180
9 a.m.-4 p.m.	Thu-Sat	Oct. 19-21	



IMPROV: Acting without a Script *Grade 3-9*

Come out and play! Learn communication skills, self-confidence and respect towards other's ideas while playing improv games and learning theater basics.

Grade 3-5

YE1321	ERHS	8 sessions	\$130
6-7 p.m.	Wed	Sept. 20-Nov. 8	

Grade 6-9

YE1322	ERHS	8 sessions	\$162
6-7:15 p.m.	Tue	Sept. 19-Nov. 21	

S.T.E.M.

Chess Club *Grade 1-5*

Meet and interact with other chess players in your school and play on a weekly basis. New players will learn the basic rules and strategies of chess.



All players will learn to:

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

YE1261	BES	11 sessions	\$121
3:20-4:20 p.m.	Thu	Sept. 14-Dec. 14	
YE1264	GCES	11 sessions	\$121
3:10-4:10 p.m.	Thu	Sept. 14-Dec. 14	
YE1269	RRES	11 sessions	\$121
2:30-3:30 p.m.	Thu	Sept. 14-Dec. 14	
YE1270	VCES	11 sessions	\$121
3:20-4:20 p.m.	Fri	Sept. 15-Dec. 15	
YE1267	NFSI	13 sessions	\$143
3:20-4:20 p.m.	Mon	Sept. 18-Dec. 18	
YE1271	WES	13 sessions	\$143
3:10-4:10 p.m.	Mon	Sept. 18-Dec. 18	
YE1260	ROES	12 sessions	\$132
2:25-3:25 p.m.	Tue	Sept. 19-Dec. 19	
YE1262	CGES	11 sessions	\$121
3:10-4:10 p.m.	Tue	Sept. 19-Dec. 12	
YE1268	PHES	13 sessions	\$143
3:10-4:10 p.m.	Tue	Sept. 19-Dec. 19	
YE1265	LRES	11 sessions	\$121
3:20-4:20 p.m.	Wed	Sept. 20-Dec. 13	
YE1266	MES	11 sessions	\$121
3:10-4:10 p.m.	Wed	Sept. 20-Dec. 13	
YE1263	HES	10 sessions	\$110
3:10-4:10 p.m.	Fri	Sept. 22-Dec. 15	

Online Competition Chess Club **ONLINE** *Grade 1-12*

Compete at a higher tactical level. Players of all grade levels will meet online for instruction and fun competitive play. Expert coaching will be provided at tournaments. Perfect for students looking for a challenge beyond their school club.

YE1272	Online	10 sessions	\$166
8-9:30 a.m.	Sat	Sept. 16-Dec. 16	

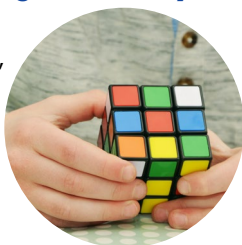
YEL Chess 1.1 Fall **Grade K-5**

The {YEL!} Teach It! Practice It! Play It!® method keeps new and returning students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session.

YE1426	NFSI	8 sessions	\$123
3:50-4:50 p.m.	Fri	Sept. 29-Dec. 8	
YE1427	VCES	8 sessions	\$123
3:50-4:50 p.m.	Thu	Oct. 5-Dec. 14	
YE1428	RRES	8 sessions	\$123
2:30-3:30 p.m.	Thu	Oct. 5-Dec. 14	

Rubik's Cube Conquerors - Beginners Only **Grades 1-5**

Learn the basics of cube notation, finger techniques, and the essential solving strategies. Then dive into solving each layer. Pick up tips and tricks to help you overcome obstacles and speed up your solves.



YE1557	VCES	6 sessions	\$86
3:45-4:45 p.m.	Fri	Sept. 15-Nov. 3	

Rubik's Cube Conquerors - Intermediate/ Advanced **Grades 1-5**

Push the boundaries of what you thought was possible. Get ready for an adrenaline-fueled, finger-flicking adventure to dominate the cube and cement your place among the Rubik's Cube elite!

YE1558	VCES	8 sessions	\$99
3:45-4:45 p.m.	Thu/Fri	Nov. 16-Dec. 15	

Dungeons & Dragons 101 with Character Creation

NEW **ONLINE** **Grade 1-5**

Learn the basics of this timeless game, create your own character, and embark on an amazing roleplaying game while developing problem-solving skills, team-building abilities, and creative thinking.



Grade 1-5

YE1119	Online	2 sessions	\$75
10:30 a.m.-12 p.m.	Sat	Oct. 14-21	

Grade 3-6

YE1112	Online	2 sessions	\$56
6-7:30 p.m.	Wed	Sept. 27-Oct. 4	

Dungeons & Dragons - One Shot Campaign

NEW **ONLINE** **Grade 3-6**

Go on an epic adventure for all ages and experience. D&D is a timeless roleplaying game that helps develop math skills, storytelling, and collaboration skills. Work in groups of 4-7 students to complete this one-shot campaign.

YE1126	Online	2 sessions	\$56
6-8 p.m.	Tue	Oct. 24-31	



MS/HS Stock Market, Personal Finance & Business Club **Grade 6-12**

Take control of your present and future by understanding personal finance. Topics include: stock market data and trading, IPO's, cryptocurrency markets, mutual funds, credit, banking, and navigating employment.

This club is meant to be a full year program, but can be stand alone each session students participate.

YE1714	Online	13 sessions	\$157
6:45-7:30 p.m.	Thu	Sept. 14-Dec. 21	

MS Collectible Card and Strategy Game Club **Grade 6-8**

Take strategy gaming to the next level! Develop analysis, problem solving, communication, and negotiation skills while playing challenging and popular games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, and Godsgorge.

YE1710	ERHS	6 sessions	\$66
6:30-7:30 p.m.	Wed	Sept. 13-Oct. 25	

YE1711	ERHS	7 sessions	\$77
6:30-7:30 p.m.	Wed	Nov. 1-Dec. 20	

Web Design **ONLINE** **Grade 4-8**

Learn to create web pages with HTML and CSS. No experience is necessary.

YE1120	Online	2 sessions	\$75
6-8 p.m.	Tue	Oct. 17-24	

3D Printing: Jewelry Design & Fabrication

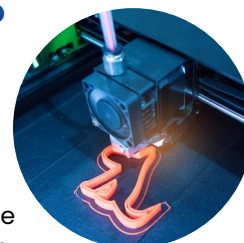
ONLINE **Grade 3-8**

Learn to build 3D models using TinkerCAD while designing a pair of earrings and a ring. Pick one design to be printed and be mailed home.

YE1113	Online	2 sessions	\$75
6-7:30 p.m.	Thu	Sept. 28-Oct. 5	

Elementary Tinker & Print 3D Design Studio **Grade 3-5**

Challenge your creativity by designing 3D objects using Computer Aided Design software and 3D printers. Learn about measurement, units, & scale while creating your prototyped designs.



YE1713	ERHS	7 sessions	\$91
6:30-7:30 p.m.	Tue	Oct. 31-Dec. 19	

S.T.E.M.

3D Printing: Harry Potter NEW ONLINE Grade 2-5

Learn 3D design and modeling skills using TinkerCAD while creating a Deathly Hallow model. Then create your own magical pendant. Pick one design to be printed and mailed home.

YE1124	Online	2 sessions	\$75
6-7:30 p.m.	Wed	Oct. 25-Nov. 1	

3D Printing: Dungeon & Dragon Die Design

NEW ONLINE Grade 3-7

Learn the ins and outs of 3D Design and with TinkerCAD. Students will design a custom D&D 4-sided die and 10-sided die. Dice will be printed and mailed home.

YE1129	Online	2 sessions	\$75
6-7:30 p.m.	Tue	Nov. 7-14	

Robotics & Engineering - Military Machines Grade 1-6

Learn about synchronous and asynchronous movement, friction and sensor techniques. Build working robotic models of military tank, landmine sweeper, commando soldier, military radar system and more.

YE1102	CGMS	4 sessions	\$100
6:30-8 p.m.	Wed	Oct. 4-25	

YE1103	ERHS	4 sessions	\$100
6:30-8 p.m.	Thu	Oct. 5-26	

Construction Machines- STEM Young Engineers Grade 1-5

Learn about cantilever principles, science of vibration, Gear box and its uses and other engineering concepts. Build working motorized models of Semi-Trailer, Construction Crane, Concrete Mixer, Ground Compactor, Dock lift, Street Sweeper and more.

YE1051	RRES	6 sessions	\$150
2:30-4 p.m.	Mon	Oct. 2-Nov. 13	

YE1052	VCES	6 sessions	\$150
3:50-5:20 p.m.	Wed	Oct. 4-Nov. 15	

YE1053	LRES	6 sessions	\$150
3:50-5:20 p.m.	Thu	Oct. 5-Nov. 30	

Robotics & Engineering - Flying & Driving Machines Grade 1-6

Learn about transmissions, Power and Speed Gears and Elastic energy. Build working robotic models of Rescue Helicopter, Airplane, Forklift, Unloading truck and more.

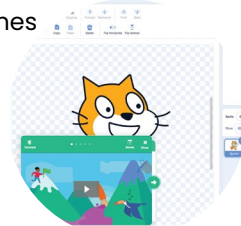


YE1104	CGMS	4 sessions	\$100
6:30-8 p.m.	Wed	Nov. 1-29	

YE1105	ERHS	4 sessions	\$100
6:30-8 p.m.	Thu	Nov. 2-30	

Elementary Scratch Coding Grade 3-5

Get a crash course in coding games in Scratch. Create and develop 3-4 basic games while learning foundational programming skills with boundless potential for creativity and expansion. Tailored for beginners.



YE1712	ERHS	6 sessions	\$72
6:30-7:30 p.m.	Tue	Sept. 12-Oct. 24	

Intro to Java Coding ONLINE Grade 4-8

Learn to code a text-based RPG (Roleplaying Game) with this introduction to object-oriented programming and elements of the Java language. No programming experience is necessary.

YE1130	Online	2 sessions	\$75
6-8 p.m.	Wed	Nov. 8-15	

Coding: Hacking Java Games ONLINE Grade 4-8

Hack into the code of classic games! Learn Java coding skills while modifying games. Coding beginners and experienced students are welcome.

YE1116	Online	2 sessions	\$75
6-7:30 p.m.	Wed	Oct. 11-18	

Intro to Game Coding ONLINE Grade 1-4

Don't Just PLAY games. CREATE them! Create and learn to modify arcade-style games using Scratch, a drag-and-drop creative coding platform developed by MIT.

YE1127	Online	2 sessions	\$56
8-9:30 a.m.	Sat	Nov. 4-11	



Video Production: YouTube Shorts & IG Reels

NEW ONLINE Grade 3-8

Learn the art of video production for Tiktok, YouTube Shorts, and Instagram Reels. Edit your video, add motion graphics, and special effects, while practicing storytelling and film production techniques.

YE1123	Online	1 session	\$56
9 a.m.-12 p.m.	Fri	Oct. 20	



Multiplayer Minecraft: World Builder ONLINE Grade 1-6

Work as a team to create a world. Build different biomes or base a section on your favorite movie or video game! Meld your quadrants together with bridges, and separate them with moats of water, lava, or even the void!

YE1110 Online 2 sessions \$112
9 a.m.-12 p.m. Sat Sept. 16-23

Multiplayer Minecraft: Escape the Ender Dragon ONLINE Grade 2-6

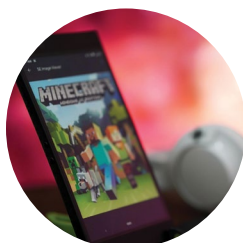
Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed escape room adventure maps. Our mission is to race through the end and escape the Ender Dragon.

YE1114 Online 2 sessions \$75
10 a.m.-12 p.m. Sat Sept. 30-Oct. 7

Multiplayer Minecraft: City Builder ONLINE Grade 1-6

Collaborate with fellow students to construct a city! Beginners and experienced Minecrafters alike will love this action-packed camp!

YE1115 Online 2 sessions \$56
6-7:30 p.m. Tue Oct. 10-17



Minecraft Mod Development: Custom Sword NEW ONLINE Grade 2-6

Learn how to make mods! This class is for Minecraft enthusiasts that want to learn how to create their own custom sword.

YE1121 Online 1 session \$37
6-8 p.m. Wed Oct. 18

Multiplayer Minecraft: Theme Park Builder ONLINE Grade 1-5

Work as a team to create a custom Minecraft theme park using creative and Redstone. Projects include roller coasters, water rides, a trampoline park, and many more rides and attractions!

YE1122 Online 1 session \$56
9 a.m.-12 p.m. Thu Oct. 19

Multiplayer Minecraft: Map Builder ONLINE Grade 2-7

Work as a team to create a custom multiplayer adventure map with monster spawners, hidden armor, and more. Create tons of mini-games with your friends!

YE1125 Online 1 session \$56
9 a.m.-12 p.m. Sat Oct. 28

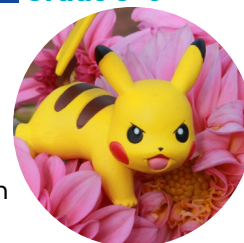
Minecraft Mod Dev: Lucky Blocks & Ores NEW ONLINE Grade 2-6

Take your game to the next level by creating your own custom Minecraft mod. Learn to create new blocks and ores for the Java Edition of Minecraft.

YE1128 Online 2 sessions \$75
10 a.m.-12 p.m. Sat Nov. 4-11

Pokémon Game Coding ONLINE Grade 3-6

Learn to create an interactive 2D video game using your FAVORITE Pokémon characters. In this class, we introduce programming concepts using Scratch, a drag-and-drop creative coding platform developed by MIT.



YE1111 Online 2 sessions \$56
6-7:30 p.m. Tue Sept. 26-Oct. 3

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HK
HENSELER & KOCIAN
ORTHODONTICS

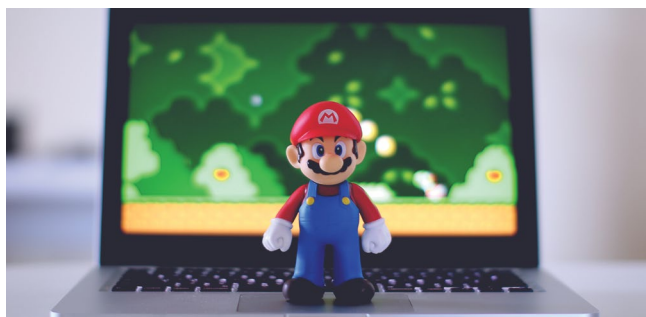
2850 Curve Crest Blvd, Suite 230
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1000 Radio Drive, Suite 220
Woodbury, MN 55125
651 739-1555

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S.T.E.M.



Game Coding: Nintendo Characters

NEW **ONLINE** **Grade 2-4**

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game.

YE1117 Online 1 session \$29
6-7:30 p.m. Thu Oct. 12

Super Mario Game Coding **ONLINE** **Grade 3-7**

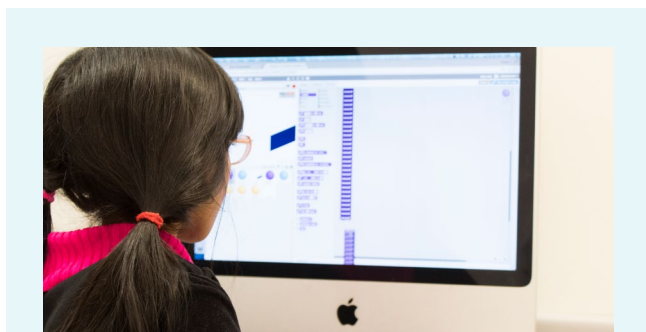
Use Scratch, a drag-and-drop creative coding platform, to create a Mario Kart-style game. Then pick custom characters, and track, to customize your game.

YE1118 Online 2 sessions \$75
8-10 a.m. Sat Oct. 14-21

Star Wars Game Coding **NEW** **ONLINE** **Grade 2-5**

Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. In this class, we introduce programming concepts using Scratch, a drag-and-drop creative coding platform developed by MIT.

YE1131 Online 1 session \$29
6-7:30 p.m. Thu Nov. 9



Code Championship Tournament Series | Virtual Computer Coding Competition

ONLINE **Grade 3-9**

Build a computer bot to play head-to-head against other coders! Perfect for first time and seasoned competitors to explore the world of Code Championship. No previous coding experience is necessary.

YE1101 Online 4 sessions \$82
9-11 a.m. Sat Oct. 7-28

SKILLS AND DEVELOPMENT



Advantage ACT Prep Course **Grade 9-12**

Improve your test-taking skills and overall scores. Since 1988, on average, students who finish the course increase their scores significantly on the ACT (36 pt. total). Advantage will provide an introduction to the ACT format with strategies for answering questions and instruction on specific subject areas. Including diagnostic testing, overcoming test anxiety and time management.

YE16243	PHS	4 sessions	\$180
5:45-8:45 p.m.	Wed	Sept. 20-Oct. 11	
YE16253	ERHS	4 sessions	\$180
5:45-8:45 p.m.	Thu	Sept. 21-Oct. 12	
YE16204	WHS	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	Sept. 23-Oct. 14	
YE16343	PHS	4 sessions	\$180
5:45-8:45 p.m.	Wed	Oct. 25-Nov. 29	
YE16304	WHS	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	Oct. 28-Nov. 18	
YE16305	WHS	4 sessions	\$180
12:45-3:45 p.m.	Sat	Oct. 28-Nov. 18	
YE16324	ERHS	4 sessions	\$180
5:45-8:45 p.m.	Mon	Oct. 30-Nov. 27	
YE16354	WHS	4 sessions	\$180
5:45-8:45 p.m.	Thu	Nov. 2-30	

Virtual Advantage ACT Prep Class **ONLINE**

Grade 9-12

An excellent alternative for any student unable to attend an in-person class, but still prefers interaction with an experienced instructor. Instructors teach live via virtual classroom and are available to answer questions when needed.



YE16920	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Sept. 23-Oct. 14	
YE16921	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Nov. 4-Dec. 2	



Driver Education Age 14.5-18

Community Education offers teen driver's education in partnership with Safeway Driving School.

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

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

DE11001	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Sept. 11-27	
DE11002	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Oct. 9-30	
DE12001	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Nov. 1-20	
DE12002	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Dec. 4-9	
DE13001	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Sept. 11-28	
DE13002	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Oct. 9-31	
DE13003	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Nov. 1-20	
DE13004	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Dec. 4-19	
DE14001	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Sept. 11-27	
DE14002	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Oct. 9-30	
DE14003	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Nov. 1-20	
DE14004	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Dec. 4-19	

Driver Education **ONLINE** Age 14.5-18

A distance learning option with the same content as our in-person course. Classroom instruction is conducted through a secure Zoom platform. Safeway will email the classroom handouts and the MN Driver's Manual in PDF format. **The curriculum should be printed and available to the student for use during class.**

Behind-the-wheel instruction is included, see in person Driver Education description for details.

DE149001	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Sept. 11-27	
DE149002	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Oct. 9-26	
DE149005	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Oct. 30-Nov. 14	
DE149006	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Nov. 27-Dec. 12	

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

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

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

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Looking for an alternative to PCA?

PICS handles the details of self-direction for individuals with disabilities and older adults who receive waiver funds to remain in their own homes and communities.

PICS services:

CDCS | CSG | 245D | Private Pay

Your Choices. Our Support.

picsmn.org/sowash | 651.967.5060

PICS is a subsidiary of Lutheran Social Service of Minnesota.

Register Online at sowashco.ce.eleyo.com | Fall 2023

SKILLS AND DEVELOPMENT

Ready To Be Home Alone Age 7.5+

Are you ready? A Red Cross instructor will teach skills in CPR/First aid, home emergencies, medical emergencies, home safety checklist, what your parents expect check list, addressing problems, and handling the unexpected.

Washington County's guideline for unsupervised children states that children ages 8-10 should not be left alone for more than three hours.

YE14826	DPC	1 session	\$42
9 a.m.-12 p.m.	Fri	Oct. 6	
YE14827	DPC	1 session	\$42
12-3 p.m.	Thu	Oct. 19	
YE14828	DPC	1 session	\$42
9 a.m.-12 p.m.	Fri	Dec. 22	

Babysitting for Boys and Girls Age 10.5+

Learn leadership, safety, basic care, the business of babysitting, and first aid for breathing and bleeding emergencies from a certified instructor. A must for novice and experienced babysitters.

Students must attend all 6 hours of instruction.

YE14853	DPC	2 sessions	\$89
8:30-11:30 a.m.	Thu-Fri	Oct. 19-20	



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

-Babysitting Student

Language Sprout Elementary French-Full Year Class Grade K -5

Get your child speaking French fast with this elementary-focused, immersive program. Classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Access the parent portal to continue learning at home!

YE1253	VCES	22 sessions	\$382
3:45-4:45 p.m.	Thu	Sept. 28-May 9	

Language Sprout Elementary Spanish-Full Year Class Grade K -5

Get your child speaking Spanish fast with this elementary-focused, immersive program. Classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Access the parent portal to continue learning at home!

YE1228	MES	28 sessions	\$540
3:15-4:15 p.m.	Tue	Sept. 19-May 14	
YE1230	GCES	25 sessions	\$474
3:10-4:10 p.m.	Wed	Sept. 27-May 8	
YE1229	CGES	24 sessions	\$457
3:10-4:10 p.m.	Mon	Oct. 2-May 13	

Embark on Your Spanish Language Journey with Futura Grade K -5

Learn practical conversation skills and vocabulary related to the home, community, health, sports and pastimes. In the fall session, learn about the culture and daily life of a small town in Mexico. After break, the learning journey continues with the bustling city of Madrid, Spain.

YE1041	LRES	16 sessions	\$268
3:50-4:50 p.m.	Tue	Oct. 3-April 2	
YE1042	RRES	16 sessions	\$268
2:30-3:30 p.m.	Tue	Oct. 3-April 2	
YE1040	BES	16 sessions	\$268
3:50-4:50 p.m.	Wed	Oct. 4-April 10	
YE1043	ROES	16 sessions	\$268
2:25-3:25 p.m.	Wed	Oct. 4-April 10	
YE1044	VCES	16 sessions	\$268
3:50-4:50 p.m.	Mon	Oct. 9-April 15	
YE1060	Online	8 sessions	\$144
4:15-5 p.m.	Wed	Oct. 18-Dec. 13	

Middle School Spanish Prep with Futura Language Professionals ONLINE Grade 6-8

Get a jump start on preparing for middle school and traditional high-school Spanish classes. Participate in practical learning, engaging games, and cultural anecdotes in a live interactive virtual setting. Access the online portal resources and practice tools to continue learning outside of class.

YE1091	Online	8 sessions	\$144
3:30-4:15 p.m.	Mon	Oct. 16-Dec. 4	
YE1092	Online	8 sessions	\$144
4:45-5:30 p.m.	Mon	Oct. 16-Dec. 4	

FACILITY RENTAL

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

Why District Facilities?

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

Spaces Available

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

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



Information and Reservations

Please contact the facilities scheduler at 651-425-6604 or visit the website at commed.sowashco.org/facility-rental

Educational Benefits

Learn more and apply at sowashco.org/edbenefits

Educational Benefits provide a variety of discounted or free benefits. Applying also helps provide essential funding to support all students in the district.



Community Education Programs

Discounted or free classes and activities in the arts, athletics, academics and more.



Field Trips

Schools can offer discounted or free field trips to student.



Athletics

Students can participate in discounted or free school athletics.



Instrument Rentals

Discounted or free instrument rentals for school band or orchestra.



Kids Club

Discounted Kids Club childcare before and after school, during the summer and on select non-school days.



Student Fees

Receive free or discounted graduation fees, student parking permits and more.



Device Protection Plans

Receive free or discounted protection plans on school provided devices.



Additional Funding for Your School

Simply applying could provide additional funding for your child's school.

Work with Us!

Join our team to make a meaningful impact on a child's life. If hired, you will lead groups of children in grades K-5 as they participate in special events, activities, field trips and more!

- Full and part-time positions, Monday-Friday
- All positions are eligible for **recruitment and retention bonuses** throughout the year!

Positions

Paraprofessionals

Starting at \$20.38 per hour

Support students in developing skills in a safe learning environment.

Inclusion Site Specialist

Starting at \$22.50 per hour

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

Site Supervisor

Starting at \$21.93 per hour plus bonuses equal to \$23.50 per hour

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

Learn More and Apply Online

 sowashco.org/careers

 ctobin@sowashco.org

 651-425-6612



“All of the kids are so kind to each other and the staff in the building which creates an environment that they can be themselves in.”

– Jordan Sabelko,
Hillside Kids Club
Supervisor

Care Options

Before and After School

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

- Full or part-time schedules.
- Monday-Friday, 6:30 a.m. until the start of the school day-after school until 6 p.m.
- **Registration for the 2024-25 school year will be held in April.**

Non-School Days

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

- Select non-school days, 6:30 a.m.-6 p.m.
- Located at one consolidated site.
- Pre-registration required.
- **Registration timelines for 2023-24 non-school days are communicated via email to enrolled school year families. Watch your email closely for important updates!**

Summer

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

- Full or part-time schedules.
- Monday-Friday, 6:30 a.m.-6 p.m.
- Held at consolidated locations.
- **Registration for summer 2024 will be held in February.**

Schedules, Fees and Registration Information

Visit commed.sowashco.org/kidsclub.

Questions

Please contact 651-425-6639 or kidsclub@sowashco.org.



School-Age Child Care

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

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

Key Learning Areas

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

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



Our kids absolutely loved the program and were very excited to go each day! I know it takes a lot of effort and work to create these experiences/activities for the program so I want to say thank you and it was greatly appreciated.

—Parent



Enroll in Kindergarten

SoWashCo Schools has 16 elementary schools, all of which offer all-day kindergarten with excellent teachers and an engaging curriculum in math, language arts, health and physical education, social studies and science.

Enroll Online at sowashco.org/enroll
For additional assistance call 651-425-6328

Early childhood screening is required by the State of Minnesota prior to entering Pre-K or kindergarten. Learn more about our free screening service on page 44.



Register Online at sowashco.ce.eleyo.com | Fall 2023

EARLY LEARNING

Early Childhood Family Education (ECFE)

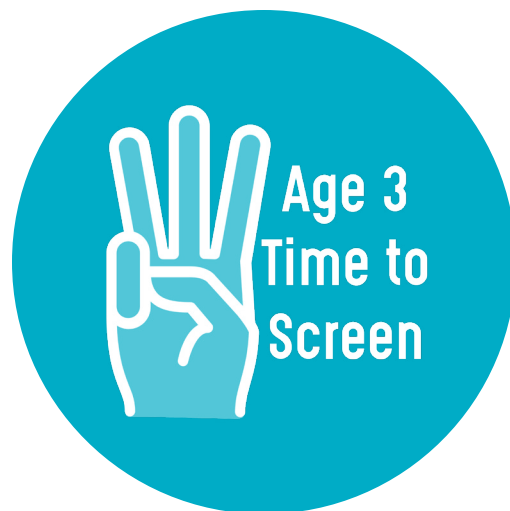
ECFE is a family education program unique to Minnesota and is offered in most school districts within Community Education programming. ECFE helps to support parents through community and early school connection and provides information and ideas that support children's growth and development from birth to kindergarten. Call 651-425-7181 or visit commed.sowashco.org for more information.

New ECFE classes!
Learn more at
commed.sowashco.org/ecfe



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

– Preschool Parent



Early Childhood Screening

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

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

Have questions on your child's development?

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

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

help me



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

Preschool

Preschool supports a child's social-emotional growth while also increasing skills in language, literacy and physical development for future success. Preschool offers a great environment where children can create important social connections with their peers. Registration is ongoing, families may register their child for the current 2023-24 program year. To register, visit sowashco.ce.eleyo.com.

2023-24 Preschool Registration

Openings remain for the 2023-24 school year! Classes are offered for children ages 3-4 on or before September 1, 2023.

For the latest information, please visit sowashco.org/early-learning



Families Learning Together

South Washington County Schools Early Learning program is now accepting registrations for Families Learning Together (FLT).

This class is for beginner and intermediate English language learning families with children birth to 5 years of age. In this class you can participate in supportive conversations with other parents and fun learning activities for you and your child. This class will include a parent discussion time, an early childhood education time, as well as parent/child time to learn and play together. Transportation may be available upon request.

For more information, contact Katie Van Overmeiren at 651-425-7181 or kvanover@sowashco.org

Home Based Support

Early Childhood Family Education (ECFE) Parent Consultations provide an opportunity for families with children birth to eight years of age, to ask parenting questions or share their concerns with a licensed parent educator. Parent consultations are provided in-person, by telephone, or virtually.

Connect with us today for help with:

- Supporting children's emotional well-being
- Answering developmental questions
- Adjusting to life with a new baby in the home
- Connecting with community resources and much more!

Questions about ECFE Parent Consultations?

Contact our ECFE Outreach Coordinator at 651-425-7163.



COMMUNITY EDUCATION DIRECTORY

Main Office

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

Programs

Aquatics

651-425-6600

Adults 50+ Activities

651-425-6650

Adult Enrichment

651-425-6600

Early Childhood Family Education

651-425-7181

Early Childhood Screening

651-425-6175

Elementary Intramurals

(Grades 2-5)
651-425-6600

Facility Use

651-425-6604

Great Rivers Adult Education Consortium

651-425-6634

Gymnastics

651-425-6600

High School Programming

651-425-6600

Kids Club (School Age Care)

651-425-6639

Middle School Athletics

651-425-6600

Preschool

651-425-7160

Youth Classes and Activities

651-425-6600

District Locations

Armstrong Elementary (AES)

8855 Inwood Ave. S
Cottage Grove, MN 55016

Bailey Elementary (BES)

4125 Woodlane Drive
Woodbury, MN 55129

Cottage Grove Elementary (CGES)

7447 65th Street S
Cottage Grove, MN 55016

Cottage Grove Middle School (CGMS)

9775 Indian Blvd.
Cottage Grove, MN 55016

Crestview Elementary (CES)

7830 80th Street S
Cottage Grove, MN 55016

District Service Center (DSC)

7362 E. Point Douglas Road S
Cottage Grove, MN 55016

East Ridge High School (ERHS)

4200 Pioneer Drive
Woodbury, MN 55129

Grey Cloud Elementary (GCES)

9525 Indian Blvd. S
Cottage Grove, MN 55016

Hillside Elementary (HES)

8177 Hillside Trail S
Cottage Grove, MN 55016

Lake Middle School (LMS)

3133 Pioneer Drive
Woodbury, MN 55129

Liberty Ridge Elementary (LRES)

11395 Eagle View Blvd.
Woodbury, MN 55129

Liberty Ridge Site 2 (LR2)

11283 Eagle View Blvd.
Woodbury, MN 55129

Middleton Elementary (MES)

9105 Lake Road
Woodbury, MN 55125

Newport Elementary (NES)

851 6th Ave.
Newport, MN 55125

Nuevas Fronteras Spanish Immersion (NFSI)

1020 Third Street Paul Park, MN 55071

Oltman Middle School (OMS)

6625 Goodview Ave. S
Cottage Grove, MN 55016

Park High School (PHS)

8040 80th Street S
Cottage Grove, MN 55016

Pine Hill Elementary (PHES)

9015 Hadley Ave. S
Cottage Grove, MN 55016

Pullman Elementary (PES)

1260 Selby Ave.
Street Paul Park, MN 55071

Red Rock Elementary (RRES)

3311 Commonwealth Ave.
Woodbury, MN 55125

Royal Oaks Elementary (ROES)

7335 Steepleview Road
Woodbury, MN 55125

South Washington Alternative High School (SWAHS)

8400 E. Point Douglas Road S
Cottage Grove, MN 55016

Valley Crossing Elementary (VCES)

9900 Park Crossing
Woodbury, MN 55125

Woodbury Elementary (WES)

1251 School Drive
Woodbury, MN 55125

Woodbury High School (WHS)

2665 Woodlane Drive
Woodbury, MN 55125

Woodbury Middle School (WMS)

1425 School Drive
Woodbury, MN 55125

Off-Site Class Locations

All Saints Lutheran

8100 Belden Blvd.
Cottage Grove, MN 55016

Central Park

8595 Central Park Pl.
Woodbury, MN 55125

Conquer Ninja Gym

707 Commerce Drive, Suite 120
Woodbury, MN 55125

The Grove Church

8600 90th Street
Cottage Grove, MN 55016

Kidcreate Studio

1785 Radio Drive
Woodbury, MN 55125

Kok Funeral Home

7677 80th Street
Cottage Grove, MN 55016

Nena's Designs

434 Hale Ave. N, Suite 120
Oakdale, MN 55128

Our Savior's Lutheran Church

1616 Olive Street W
Stillwater, MN 55082

Park Grove Library

7900 Hemmingway Ave. S
Cottage Grove, MN 55016

Phipps Center for the Arts

109 Locust Street
Hudson, WI 54016

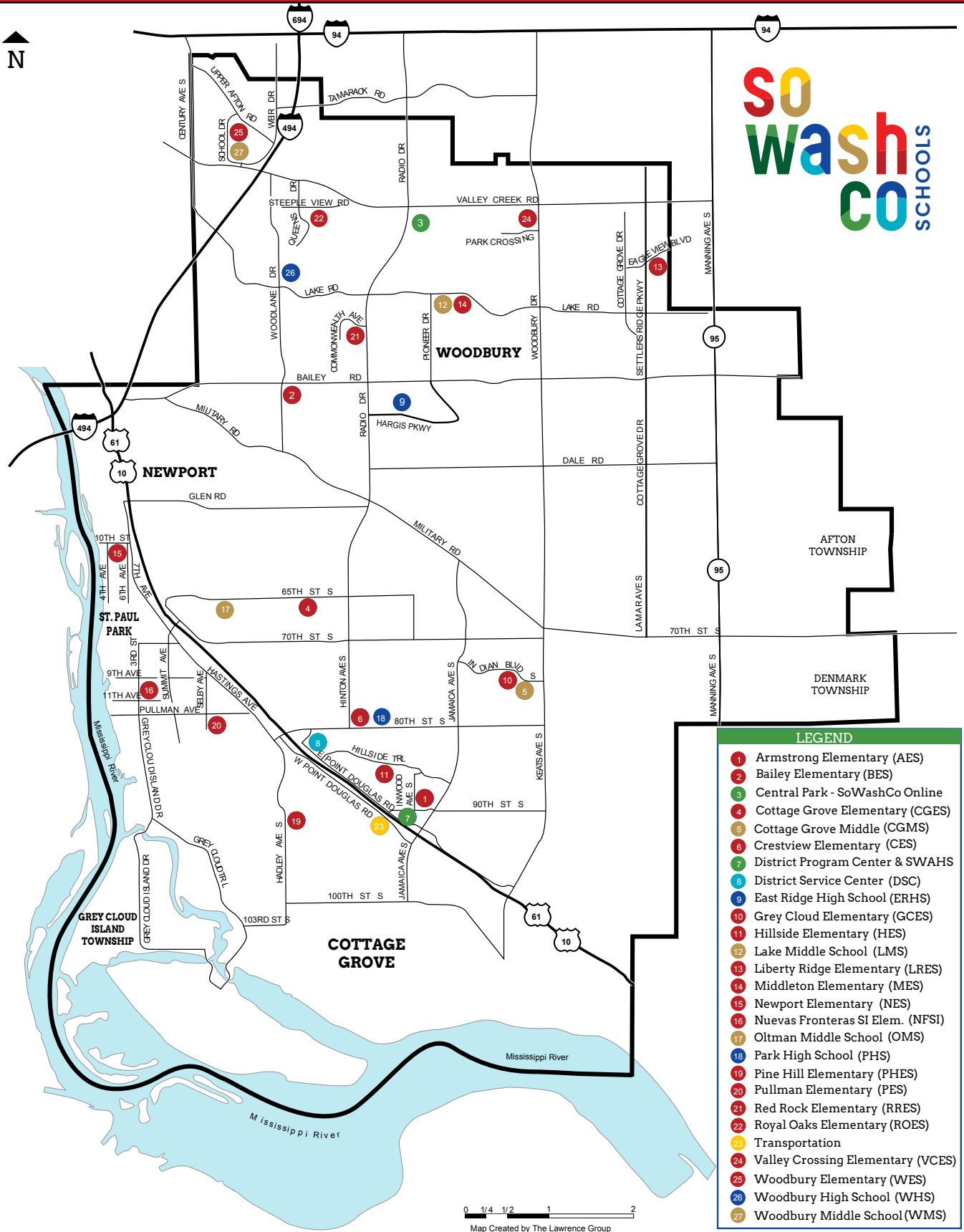
Serenity Horse Farm

11490 Julianne Ave. N
Stillwater, MN 55082

Tilden Community Center

310 River Street
Hastings, MN 55003

South Washington County Schools





Registration

POLICIES & PROCEDURES

Media Consent

Media taken within SoWashCo Community Education classes, programs, events and activities, including activities sponsored or in partnership with SoWashCo Community Education, may be included in district publications. Media includes, but is not limited to, interviews, photos and videos. Please notify our office at 651-425-6600 if you wish to opt-out.

Accommodations

Community Education accommodates individuals with disabilities and believes in providing education and resources to community members regardless of race, color, religion, national origin, sex, age, disability, marital status, or socioeconomic status. Financial assistance is available to those who qualify.

Financial Assistance

Families who qualify for Educational Benefits may request fee assistance to reduce the cost of Community Education activities and classes. Restrictions apply. For more information, visit commed.sowashco.org/financial-assistance or call 651-425-6623.

No Longer Accepting UCare.

General Cancellation and Refund Policy & Procedures

If you need to cancel your registration, seven or more days before the class start date, a per course processing fee will be deducted from your refund.

- If your course is between \$5-\$124, there will be a \$5 processing fee.
- If the course cost is \$125 or higher, there will be a \$10 processing fee.
- Due to staffing considerations, no refunds will be given within 7 days of the beginning of a course or session.
 - Gymnastics and Aquatics courses - no refunds will be given after the registration deadline.

Please read full course descriptions online at sowashco.ce.eleyo.org. Special pricing and discount procedures may be listed for select courses. For registration assistance, please call 651-425-6600.

ECFE Cancellation Procedures

If you decide to cancel a class without enrolling in a replacement class, the following refund policy will apply:

- If you cancel a class before the start date, a processing fee will be deducted from your refund.
 - Class Fee Range \$5-\$112 = \$5 processing fee
 - Class Fee Range \$113-\$240 = \$10 processing fee
 - Cancellation for the ECFE Friends class will incur a \$10 processing fee.
- If you cancel after classes begin, a pro-rated refund will be given up to four weeks into the class.
- No refunds will be given after the fourth week of classes.
- No refunds or class make-ups will be made when classes are canceled due to emergency school closures.

Preschool Cancellation Procedures

Registrations fees are non-refundable after a student has been placed in a class. A two-week notice is required when withdrawing your child from class. Failure to do so may result in additional charges. All outstanding balances must be paid in full.

Kids Club Withdrawal Procedures

Registration fees are non-refundable, non-transferable. A full two-week notification of the change to a contracted scheduler or withdrawal is required. Withdrawal prior to the start of a season involves additional terms. Full information on our Contract Terms and Changes is available within our online [Handbook](#).

Low Enrollment Procedure

Classes must meet minimum number of participants to run. Community Education reserves the right to combine or cancel classes due to low enrollment.



Register Online

Visit sowashco.ce.eleyo.com



Questions

Call 651-425-6600 or email us at CommunityEducation@sowashco.org



Register by Mail or Fax

Mail your form and payment to:

District Program Center
8400 East Point Douglas Rd. S
Cottage Grove, MN 55016

Or fax to 651-425-6620



Register In-person

Drop-off your registration at the District Program Center, Monday-Friday, 7:30 a.m.-4 p.m.

Or leave your form in the secure drop box located to the left of the main doors.



COMMUNITY EDUCATION REGISTRATION FORM

District Program Center, 8400 E. Point Douglas Road South, Cottage Grove, MN 55016-3324

Phone: 651-425-6600 | Fax: 651-425-6620 | Email: CommunityEducation@sowashco.org | Website: commmed.sowashco.org

Please complete a separate form for each participant with a different last name or address. Forms can be printed at commmed.sowashco.org

Participant's Name _____ Birth date _____

First Name

Last Name

Address _____ Apt/Unit# _____ Home Phone (____) _____

City State Zip _____ State _____ Zip _____ Work or Cell (____) _____

E-mail _____

YOUTH
REGISTRATION

Mother/Guardian _____ Work or Cell (____) _____

Father/Guardian _____ Work or Cell (____) _____

Grade in 23/24 _____ Special Needs* _____ Shirt Size or Instrument _____
(If applicable)

*Individuals with special needs are welcome to register for our classes and camps. Please note on your registration any needs your child may have or call 651-425-6600 if your child needs assistance to participate successfully and allow at least a two week notice for us to make assistance arrangements.

COURSE #	COURSE TITLE	CLASS DATE	CLASS FEE	DISCOUNT	FINAL FEE

MAKE CHECKS PAYABLE TO DISTRICT 833 COMMUNITY EDUCATION TOTAL \$

Swimming: Please list your first two choices in order of preference. You will receive a confirmation email.

Charge my: ☐  ☐  ☐ 

_____ - _____ - _____ - _____

Exp. Date _____ Signature _____

Print Name _____

FOR OFFICE USE ONLY

DATE _____ AMOUNT PAID _____

MAIL _____ WALK-IN _____ FAX _____

CHECK # _____ CASH RECEIPT # _____



Financial Assistance Application 2023-24 South Washington County Schools Community Education Youth Programs

Please submit this application with your registration form and a copy of your Educational Benefits letter current for this school year. (Only one copy of the notification letter is necessary. If you have already submitted your family's letter to Community Ed this year, please indicate that it was submitted below.) Application and registration forms are available online at <https://commed.sowashco.org>
Please complete a separate application form for each registration form.

➤ **Financial Assistance MUST be requested ONE WEEK prior to the start of the class –**

Late applications may be denied.

- You must live within the boundaries of District #833 to qualify for financial assistance.
- Financial assistance does not cover the cost of uniforms. Uniforms must be paid for by the participants.
- If your family has been approved for Educational Benefits then the cost for a class is \$15 or 25% of the program/class fee, whichever is greater.
- District residents are eligible to apply for financial assistance up to total of **\$250 per participant (For the fiscal school year July1-June30).**
- All information will be kept confidential.

• **Financial Assistance cannot be processed on-line**

Please complete all information requested below.

Child's name _____

Address _____

City _____ State _____ Zip Code _____

School child currently attends _____ Grade _____

Parent/Guardian name _____

Day phone _____ Evening phone _____

Course number and program _____

Date program begins: _____

☐ Free or ☐ Reduced Educational Benefits letter for 2023-24 is attached or was submitted to Community Ed.

Box below to be completed by CE office staff:

Total/Course Fee: \$ _____
Amount from Participant: \$ _____
Amount of Financial Assistance Awarded: \$ _____

If you have questions regarding financial assistance please contact:
Carol Broman at 651-425-6623 or cbroman@sowashco.org Revised 6/1/2023



Be seen. Be heard. Be bold.

Why SoWashCo?

- Excellent Benefits
- Commitment to Equity
- Professional Development Opportunities
- Career Growth
- Teacher Mentorship Programs



Now Hiring:

- Academic Support Services
- Elementary Teachers
- High School Teachers
- Special Education Teachers
- Special Education Paraprofessionals
- Athletics and Activities Coaches
- Community Education Positions
- Kids Club Child Care
- Bus Drivers and Bus Assistants
- Facilities
- Crossing Guards
- Health Services
- Lunch / Recess Assistants
- Nutrition Services

**Some positions may qualify for hiring or retention bonuses*

- Substitute Teachers
- Substitute Paraprofessionals

Learn more and apply at
sowashco.org/careers

Or call 651-425-6291



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



8400 E. Point Douglas Rd. S.
Cottage Grove, MN 55016

NON-PROFIT ORG.
Permit #12
COTTAGE GROVE, MN
55016-3324



*Dates, times
and locations
may change.
View the most
up-to-date
information
online.*

How to scan the QR code



Open
camera
app



Frame
the QR



Click the
pop-up

Register Online at sowashco.ce.eleyo.com



Securing Our Future

Supporting Our Students.

Nov. 7, 2023

Learn More at sowashco.org/facilityplanning