

Winter 2024

SoWashCo

COMMUNITY EDUCATION

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Woodbury
MAGAZINE

WINNER
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OF '23



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Map and locations on page 30-31

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.



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

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.



Advertise with Us!

The Community Education catalog is mailed three times a year to over 50,000 households and businesses in Afton, Cottage Grove, Denmark, Grey Cloud Island, Newport, St. Paul Park and Woodbury.

Contact us: communityeducation@sowashco.org

More information:
commed.sowashco.org/catalogs

SPRING/SUMMER 2024
Reserve your ad space by Jan. 12!

Ask About Reduced Rates for Non-Profits

Full Page \$950 | Half Page \$600 | Quarter Page \$350

SoWashCo Community Education reserves the right to refuse any advertisement for any reason, including similar programming and/or services as SoWashCo Community Education.



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**
- **Book Discussion**
- **Support Groups**
- **Craft Group**
- **BINGO**
- **Cards and Games**
- **Trips and Tours**
- **and more!**

New Games!
Apples
to Apples
Yahtzee

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.

Become a Member
\$15 per year



Pickleball lessons and drop in and play on page 7.



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



Save 10%
on car
insurance*

Driver Discount Refresher Class - Age 55+

A four-hour refresher class from the Minnesota Highway and Safety Research Center at St. Cloud State University. Adults age 55 and older who complete the course qualify for a 10% discount on their auto insurance premiums for three years.

4-hour Refresher Class 1 session • \$24

District Program Center (DPC) in Cottage Grove

Tuesday, Jan. 9 1-5 p.m.

Monday, Feb. 26 4-8 p.m.

Tuesday, March 12 1-5 p.m.

To register, call 1-888-234-1294.

**First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the 10% discount.*

Adult 50+ Monthly Potluck Sign Up

Please sign up and let us know what you are bringing.

SA10551 DPC 12-1 p.m. 2nd Wed

Landmark Tours Travel Show

Are you dreaming of adventure? Discover exciting overseas and U.S. travel opportunities from Landmark Tours.

SA20201 DPC 10-11 a.m. Tue, Jan. 30

Arthritis Foundation Exercise Program (AFEP)

A community-based, recreational exercise program, featuring range-of-motion and endurance-building activities, relaxation techniques and health education.

SA10221 DPC 3:15-4:15 p.m. Tue/Thu

SAIL Fitness - Stay Active and Independent for Life

Maintain your independence and reduce the risk of falling with exercises to improve your strength, balance and fitness.

SA10251 The Grove Church 3:15-4:15 p.m. Mon/Wed

Social Clubs and Support Groups

Book Club Discussion

SA10121 DPC 1-2:30 p.m. 2nd Tue

Men's Group - Coffee and Conversation

SA10301 DPC 10:30-11:30 a.m. Thu

Caregiver Support Group

SA20741 DPC 12:30-1:45 p.m. 2nd Thu

Diabetes Support Group

SA10141 DPC 6:30-8 p.m. 3rd Tue

Grief Support Group

SA10041 KOK Funeral Home 6:30-8 p.m. 3rd Mon

Lighten Up (Weight Loss) Group

SA10101 DPC 8:30-9:30 a.m. Tue

COOK

Date Night Dinner: Chicken Cordon Blue, Chicken Marsala, Chicken Strips, and More!

- Laurel Severson

Explore a diverse selection of healthy and delicious chicken dishes, including appetizer and entree recipes.

AD28121	ERHS	1 session	\$39
6-9 p.m.	Thu	Feb. 15	

Handmade Pasta with Red and Cream Sauces

- Mimi Selam

Learn to craft homemade pasta and red tomato and Alfredo sauces. Round out the meal with a garden salad.

AD28911	DPC	1 session	\$39
6:30-8:30 p.m.	Mon	Mar. 11	

East African Classics: Goat Stew, Chipati, Rice and Matooke - Mimi Selam

Join a hands-on East African cooking class while learning about the food culture of the region.

AD28891	DPC	1 session	\$39
6:30-8:30 p.m.	Mon	Mar. 18	

Hands-on Instant Pot Cooking 101 - Jan Zita Grover

Discover the speed and versatility of contemporary pressure cookers, and learn to cook a variety of dishes, from butter chicken to cheesecake, in a fraction of the time.

AD28751	ERHS	1 session	\$45
6-9 p.m.	Thu	Mar. 21	

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

Explore Hudson's downtown food scene on a three-hour guided tour, including tastings of American and Latin-inspired dishes, craft beverages and desserts.

AD29021	Hudson, WI	1 session	\$55
1:30-4:30 p.m.	Sat	Mar. 23	

Beginning Cake Decorating - Diana Hirte

Learn cake decorating techniques, including shell borders, writing, stars, and rosettes.

AD22161	DPC	1 session	\$39
6:30-8:30 p.m.	Mon	Mar. 25	



Homemade Egg Rolls & Samosas

- Mimi Selam

Learn to make restaurant-quality, flavorful egg rolls and samosas with a variety of fillings and sauces.

AD28821	ERHS	1 session	\$39
6:30-8:30 p.m.	Thu	Jan. 18	

CREATE



Paint Your Pet - Molly Oleson

Learn techniques for painting lifelike fur texture, realistic eyes and other tips to create a personalized pet portrait.

AD23421	DPC	1 session	\$45
5:30-8:30 p.m.	Mon	Jan. 29	

AD25041	DPC	1 session	\$45
5:30-8:30 p.m.	Mon	Mar. 25	

Paint Wheat Field with Cypresses - Van Gogh

-Molly Oleson

Discover Van Gogh's unique style while learning to recreate "Wheat Field with Cypresses". Beginner-friendly.

AD25101	DPC	1 session	\$39
5:30-8:30 p.m.	Mon	Feb. 26	

Degas' Ballerina Mix Media

- Molly Oleson

Recreate Degas's "Ballerina in a Rose Dress" using acrylic paint and oil pastels. Intermediate-level.

AD23471	DPC	2 sessions	\$79
5:30-8:30 p.m.	Mon	Mar. 11-18	



Improve Your Everyday Photos of People and Pets

- Kent Johnson

Learn to master the art of portrait photography. Capture classic portraits or candid moments. Covers camera settings, lighting and composition. DSLR cameras only.

AD26371	ERHS	3 sessions	\$59
5:45-7:45 p.m.	Wed	Feb. 20-Mar. 13	

Photo Organization - Kathy Povolny

Find any photo in seconds! Learn to organize, preserve and repair photos, slides, movies and memorabilia using scanners, cloud storage, photo book software and more.

AD26401	LMS	1 session	\$19
6:30-8:30 p.m.	Wed	Feb. 21	

Photo Organizing Workshop - Kathy Povolny

A hands-on organizing session for all your photos, negatives, slides and more. Bring your materials and start organizing!

AD26331	DPC	1 session	\$19
10 a.m.-12 p.m.	Wed	Feb. 28	

Counted Cross Stitch - Christina Lyn Noble

Discover this timeless craft. Learn pattern reading and stitching basics, while creating a winter-themed project.

AD25091	ERHS	1 session	\$25
6-8:30 p.m.	Thu	Jan. 18	



Potter's Wheel - Open Studio for All Levels

Open studio for past and new students with throwing demos and one-on-one instructor assistance.

Park High School - Allison Breen

AD23311 PHS 6 sessions \$149
6-8:30 p.m. Tue Jan. 9-Feb. 13

AD23312 PHS 6 sessions \$149
6-8:30 p.m. Tue Mar. 12-Apr. 16

Woodbury High School - Crysta Bedard

AD23323 WHS 6 sessions \$149
6-8:30 p.m. Mon Jan. 22-Mar. 11

AD23324 WHS 6 sessions \$149
6-8:30 p.m. Mon Mar. 18-Apr. 22

Acrylic Pouring: "Up North"

- Lisa Van Wyk

Experiment with acrylic pouring. Choose between a Minnesota outline, Bear or Fish design.

AD23551 LMS 1 session \$49
7-8:30 p.m. Mon Mar. 13



Alcohol Ink Silk Scarves - Terese M Oleson

Craft unique, vibrantly colored scarves using alcohol inks. Perfect for Mother's Day or to treat yourself.

AD25191 ERHS 1 session \$39
6:30-8:30 p.m. Thu Mar. 21

FEEL GREAT

CPR/AED and First Aid Training for Non-healthcare Providers

- HeartCert CPR

Receive the training necessary to recognize medical emergencies and provide basic care until advanced medical help arrives. American Heart Association certification included.



Adult and Pediatric CPR/AED

AD24141 ERHS 1 session \$85
6-8:30 p.m. Thu Feb. 15

First Aid Training

AD24902 ERHS 1 session \$85
6-9 p.m. Thu Feb. 22

Renewed Routines: New Year, New Habits, Whole Wellness - Amy Dovenmuehle

Discover keys to unlocking your potential, explore the Wellness Wheel and set goals with expert guidance.

AD27961 DPC 2 sessions \$39
6-7:30 p.m. Mon Jan. 22-29

Journey to Joyful Retirement: Cultivating Wellness in Your Retirement Years

- Amy Dovenmuehle

Gain expert insights in these interactive workshops. Leave with a roadmap for a joyful retirement.

- Session 1: Foundations of Wellness in Retirement
- Session 2: Thriving in Mind, Body, and Spirit.

AD27841 DPC 2 sessions \$39
6-7:30 p.m. Mon Feb. 5-12

A Course for Dads: Habit Formation, Origin of Feelings and Stress Reduction

- Steve Anderson

Gain 3 actionable strategies to make parenting easier and more enjoyable. Learn how the brain works, habit formation, emotional responses and stress reduction.

AD27931 ERHS 3 sessions \$59
7-8:30 p.m. Thu Feb. 15-29

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COTTAGE GROVE AREA

Women in Business

CELEBRATING 15 YEARS!

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

UPCOMING SPEAKERS

Dec 15Ginny Preim, Speaker|Author|Podcast Host|Coach

Jan 19Paula Skoviera, Princess Paula Consulting

Feb 16Holly Bernatz, House of Colour

Mar 15Tarah Beyer, Good Dog Marketing & Design

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FEEL GREAT

Wellness Kickstart: Start Strong, Live Well – Amy Dovenmuehle

Discover your wellness potential and build your personal wellness routine with actionable insights.

AD27851 DPC 1 session \$20
6-7:30 p.m. Mon Feb. 26



Building Wellness as Partners – Amy Dovenmuehle

Focus on practical strategies for making sustainable lifestyle changes, navigating common challenges and fostering a deeper connection as partners.

AD27911 DPC 2 sessions \$69
6-7:30 p.m. Mon Mar. 11-18

Group Hypnosis – Mary Fischer

Beat cravings, overeating and snacking with hypnosis. Receive a reinforcement CD and a lifetime guarantee for free future seminars.

Weight Loss/Weight Control

AD24541 LMS 1 session \$59
5:45-8:45 p.m. Wed Mar. 13

Stop Smoking/Stop Chewing

AD24531 LMS 1 session \$59
5:45-8:45 p.m. Wed Mar. 13

Theodore Roosevelt, Husband and Father – Steve Anderson

Go beyond Theodore “Teddy” Roosevelt’s political career. Using his personal letters and photographs, discover the family side of one of America’s most famous presidents.

AD27941 LMS 1 session \$20
7-8:30 p.m. Wed Mar. 13



FITNESS

The Feldenkrais Method ONLINE

– Maggie Vogel-Martin

Experience the Feldenkrais Method to enhance posture, flexibility and relieve tension, pain and stress through guided movements.

Daytime class – modified with seated and standing movements

OL21491 Online 1 session Free Trial
10-11 a.m. Thu Jan. 4

OL21481 Online 5 sessions \$49
10-11 a.m. Thu Jan. 11-Feb. 8

Evening class

OL21461 Online 1 session Free Trial
6-7 p.m. Wed Feb. 7

OL21471 Online 6 sessions \$59
6-7 p.m. Wed Feb. 21-Mar. 27



Yoga – Level 1 – Sandy K LeMay

This flow-style yoga class warms up the body, emphasizing breath-movement connection. Strengthen muscles and enhance flexibility with basic poses. Modifications offered for personalized practice.

AD21981 DPC 6 sessions \$54
5:15-6:15 p.m. Tue Jan. 2-Feb. 6

AD21982 DPC 6 sessions \$54
5:15-6:15 p.m. Tue Feb. 13-Mar. 26

Yoga – Level 1 ONLINE ON-DEMAND – Jill Hawthorne

Receive weekly recorded classes via email for flexible viewing and practice at your convenience.

OL121981 Prerecorded 6 sessions \$54
Released weekly Jan. 9-Feb. 13

OL121982 Prerecorded 6 sessions \$54
Released weekly Feb. 20-Mar. 26

Gentle Yoga – Dr. Tamara Kraft

Provides a slower-paced, stress-releasing practice appropriate for all levels. Enhance your well-being with breath, mindful movement and relaxation techniques.

AD27763 DPC 8 sessions \$75
3:30-4:30 p.m. Wed Jan. 10-Feb. 28

AD27764 DPC 8 sessions \$75
3:30-4:30 p.m. Wed Mar. 13-May 1

Gentle Therapeutic Yoga for Releasing Stress

– Dr. Tamara Kraft

Suitable for beginners or those seeking a gentler, stress-reducing practice. Experience breath and mindful movement for body strengthening and relaxation.

AD27761 BES 8 sessions \$75
6:15-7:15 p.m. Thu Jan. 25-Mar. 28

Therapeutic Yoga for Releasing Stress – Dr. Tamara Kraft

Improve your overall wellness through yoga. Utilize breath and mindful movement to reduce stress, enhance body strength and quiet your mind. Class includes a mind/body theme, warm-up, physical practice, and relaxation.

Level 1 – Foundations

AD27771 BES 8 sessions \$75
7:30-8:45 p.m. Thu Jan. 25-Mar. 28

Level 2 – Build and Challenge

AD27751 BES 8 sessions \$85
7-8:30 p.m. Wed Jan. 31-Mar. 27



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

The Random Runners group is open to people of all running levels. Join us for indoor running, walking and speed work and strength suggestions.

AD29341	PHS	6 sessions	
6:30-7:30 p.m.	Tue	Jan. 2-Feb. 6	
AD29342	PHS	5 sessions	
6:30-7:30 p.m.	Thu	Jan. 4-Feb. 8	
AD29343	PHS	6 sessions	
6:30-7:30 p.m.	Tue	Feb. 13-Mar. 26	
AD29344	PHS	6 sessions	
6:30-7:30 p.m.	Thu	Feb. 15-Mar. 21	
Per adult.....			\$18
Per parent + child (age 12-14).....			\$30
Drop in (1 session).....			\$5

Nutrition & Exercise Challenge – Start Anytime

Join a 3-week challenge, led by the UpLift Fitness team. You will be given a specific plan for exercise and healthy eating, including four 1-on-1 personal sessions.

AD21791	UpLift Guided Fitness	\$149/3 weeks
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Arms & Abs **ONLINE** – T Salmonson

Build shoulder, arm and core strength with body weight and dumbbell exercises. Class includes cardio warm-up, arm, shoulder and ab workouts and a cool down.

OL21911	Online	7 sessions	\$63
6-6:50 a.m.	Tue	Jan. 2-Feb. 13	
OL21912	Online	7 sessions	\$63
6-6:50 a.m.	Tue	Feb. 20-Apr. 9	

EMOM: Every Minute on the Minute **ONLINE**

– T Salmonson

Build strength, muscle and endurance. Choose your reps and how long you get to rest for each 60 seconds.

OL23551	Online	7 sessions	\$56
6-6:30 a.m.	Thu	Jan. 4-Feb. 15	
OL23552	Online	7 sessions	\$56
6-6:30 a.m.	Thu	Feb. 22-Apr. 11	

POUND – Rockout. Workout. – Ages 10 and up.

Rock out with POUND, a cardio jam session using lightly-weighted drumsticks. Get ready to sweat and tone!

AD21881	PHS	6 sessions	\$54
6-7 p.m.	Wed	Jan. 10-Feb. 14	
AD21882	PHS	6 sessions	\$54
6-7 p.m.	Wed	Feb. 28-Apr. 10	

Children ages 10-14 must be accompanied by a registered adult (aged 15 or older).

Zumba – Megan Knowles

Join this high-energy, calorie-burning, dance-based fitness class with Latin, Hip-hop, Pop, and International music. There are no right or wrong moves!

AD27801	LMS	6 sessions	\$54
6:30-7:30 p.m.	Mon	Jan. 8-Feb. 26	
AD27802	LMS	6 sessions	\$54
6:30-7:30 p.m.	Mon	Mar. 11-Apr. 15	

30/30 Zumba – Megan Knowles

Start with 30 minutes of Zumba Fitness then tone and sculpt your muscles during 30 minutes of Zumba Toning.

AD27901	LMS	8 sessions	\$72
6:30-7:30 p.m.	Wed	Jan. 10-Feb. 28	
AD27902	LMS	6 sessions	\$54
6:30-7:30 p.m.	Wed	Mar. 13-Apr. 17	



Pickleball

Pickleball Drop-in and Play – Age 18 and up

Drop in with a friend or pair up at the courts. Game experience and knowledge of the rules is necessary. Registration is required. View details at sowashco.ce.eleyo.com.

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

Pickleball Lessons – Linda Kauss

Beginner

We'll cover the equipment used, how the game is played and practice a series of skills and drills.

AD29301	DPC	4 sessions	\$79
7:15-8:15 p.m.	Thu	Mar. 7-28	

Advanced Beginner

We'll go beyond the basics, including developing stroke technique on the serve, volley and drive shots and movement and comfort at the non-volley zone.

AD29361	DPC	4 sessions	\$79
8:15-9:15 p.m.	Thu	Mar. 7-28	

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FITNESS



Easy Partner Dancing for All Occasions

- Deanna Constantine

Learn easy-to-remember mini-routines danceable to all your favorite songs. No experience necessary.

AD21251	RRES	4 sessions	\$65
7- 8:30 p.m.	Tue	Jan. 16-Feb. 6	

"Dance The Night" Barbie Movie Line Dance - Monica Mohn

Learn the steps to a fun and upbeat disco dance set to Dua Lipa's "Dance the Night Away." No partner required.

AD21241	CGMS	1 session	
6-7 p.m.	Wed	Jan. 24	
Per adult.....			\$15
Per child (age 6-14).....			\$8

Children ages 6-14 must be accompanied by a registered adult (aged 15 or older).

Swing Dance Workshop - Monica Mohn

Swing dancing for beginners, designed to be easy and fun with patterns you can use for a lifetime. Couples only.

AD21291	CGMS	1 session	\$39
7-9 p.m.	Wed	Jan. 24	

Taylor Swift's "Shake It off" Line Dance - Monica Mohn

Line dance to Taylor Swift's "Shake It Off". No partner required. Perfect for enjoying with friends.

AD21242	PHS	1 session	
6-7 p.m.	Tue	Feb. 20	
Per adult.....			\$15
Per child (age 6-14).....			\$8

Children ages 6-14 must be accompanied by a registered adult (aged 15 or older).

Salsa Dance Workshop - Monica Mohn

Spice up your week with salsa dancing. Sassy spins, flirty moves and a close hold create a fun and lively class. Couples only.

AD11292	PHS	1 session	\$39
7-9 p.m.	Tue	Feb. 20	



GAIN SKILLS

South Washington County Community Band

- Sharon Gunder

Join the Community Band of South Washington County, open to all ages and instruments. Improve your skills, make friends and play for local audiences.

AD13930	LMS/OMS	19 sessions	\$30/Adult
7-9 p.m.	Tue	Nov. 21-May 28	\$15/Student

Photography Lessons - Kent Johnson

Level 1: Essential Elements

Perfect your visual storytelling. Master photography basics: composition, exposure, metering, and shooting modes.

DSLR camera required.

AD26411	ERHS	5 sessions	\$99
5:45-7:45 p.m.	Thu	Jan. 18-Feb. 15	

Level 2 - More Essential Elements

Expand your knowledge. Gain hands-on experience with metering, exposure, composition, auto and focus modes.

DSLR camera required.

AD26041	ERHS	5 sessions	\$99
5:45-7:45 p.m.	Thu	Feb. 29-Mar. 28	

FamilySearch and Ancestry.com - Tips and Tricks for Online Genealogy - Sadie Nelson

Change the way you search for ancestors online. Learn to use FamilySearch and Ancestry.com for efficient and easy family research.

AD29791	ERHS	1 session	\$16
7-8:30 p.m.	Thu	Feb. 15	

Moonlight Snowshoe Hike

Take a moonlit snowshoe hike at Carpenter Nature Center. You'll learn snowshoe basics, spot nocturnal animals and explore winter ecology.

AD25111	Carpenter Nature Center	1 session	\$12
7-9 p.m.	Thu	Jan. 25	

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

Explore a career in voiceovers in a 90-minute, one-on-one video-chat class. Learn industry trends, tools and receive coaching tips to improve your delivery.

OL19401	Online	1 session	\$49
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Resume Writing - Paul Fisk

Stand out as the best candidate. Learn how to craft effective resumes and career advancement tips and tactics.

AD26651	DPC	1 session	\$20
6:30-7:30 p.m.	Mon	Feb. 26	

Interviewing Skills - Paul Fisk

Master interview skills: handle tough questions, boost confidence, spot ideal employers and negotiate effectively.

AD26671	LMS	1 session	\$20
6:30-7:30 p.m.	Wed	Mar. 13	





Gardening and Home Landscape ONLINE

with Master Gardener Paul Richtman

Pruning Trees & Shrubs

Improve your home landscape and prolong plant life by learning the essentials of tree and shrub maintenance.

OL27451 Online 1 session \$20
6:30-8:30 p.m. Mon Mar. 4

Backyard Fruits

Learn about plant selection, maintenance, and disease control for a fruitful harvest in Minnesota.

OL27101 Online 1 session \$20
6:30-8:30 p.m. Wed Mar. 6

Vegetable Gardening for Beginners

Understand essential vegetable gardening basics, from location and soil prep to planting and harvesting.

OL27471 Online 1 session \$20
6:30-8 p.m. Mon Mar. 11

Growing Blueberries in Your Backyard

Discover how to provide the right soil, site conditions, plant selection, and protection in our climate.

OL27461 Online 1 session \$20
6:30-8 p.m. Tue Mar. 19

Successful Composting

Learn how to compost yard waste, turning it into an organic soil enhancer or mulch.

OL27171 Online 1 session \$15
6:30-7:30 p.m. Wed Mar. 20

Grow Your Own Vegetables

Gain tips and techniques including site selection, pest control, composting and how to extend your growing.

OL27071 Online 1 session \$20
6:30-8:30 p.m. Mon Mar. 25

Container Garden Design ONLINE

- Michelle Mero Riedel

Learn to create stunning, healthy container gardens. Discover fast-growing, nursery-quality, colorful plants and get detailed container design recipes.

OL27211 Online 1 session \$25
7-8:30 p.m. Wed Mar. 20



Home Basics - Ray F Lehman

Save money by doing maintenance and minor repairs and learning when to call a professional.

Plumbing

Understand your plumbing system, fixtures and fittings.

AD26061 ERHS 1 session \$29
5:45-7:45 p.m. Thu Jan. 18

Electrical

Take the mystery and fear out of home electrical repairs.

AD26051 ERHS 1 session \$29
5:45-7:45 p.m. Thu Feb. 15



Pet Care

Multi-Dog Households:

How to Control the Chaos! - Erin O'Donnell

Learn how to navigate multi-dog household dynamics, common pitfalls helpful behaviors and resources to turn the chaos into community.

AD25241 DPC 1 session \$30
6-7:30 p.m. Mon Jan. 22

Apartment Life with a Dog

- Brittany Storm Plisek

Learn to manage small living spaces with your dog. Minimize common issues like barking, house training and resource guarding. Keep your dog and neighbors happy.

AD25251 LMS 1 session \$30
6-7:30 p.m. Wed Feb. 21

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MANAGE MONEY

Understanding Your Budget and Debt – Paul Fisk

Gain control of your finances by understanding day-to-day spending, prioritizing expenses, reducing debt, and creating financial goals for a more secure and confident future.

AD26641	ERHS	3 sessions	\$59
6:30–7:30 p.m.	Thu	Jan. 18 –Feb. 1	

How Wills and Trusts Can and Cannot Help You

– Jeffrey Scott

What exactly is estate planning and who needs it? Learn estate planning essentials including how a property should be titled to avoid probate, wills vs. trusts and the probate process.

AD26701	DPC	1 session	\$19
6–7:30 PM	Mon	Jan. 29	

Retirement Planning Today – Jeff Clark

Discover how to plan a secure retirement. Learn to build wealth, align your money with your values, manage risks, understand new tax laws, leverage your company retirement plan and estate plan under new laws.

AD16611	ERHS	2 sessions	\$49
6:30–9:30 p.m.	Thu	Jan. 25–Feb. 1	

AD16612	ERHS	2 sessions	\$49
6:30–9:30 p.m.	Tue	Jan. 30–Feb. 6	

How to Win with Investment Properties

– John Mazzara

Explore real estate investment in the Twin Cities, covering property analysis, taxes, leasing, buying, selling and renting. Learn about all aspects of becoming a landlord from buying, selling and renting.

AD26601	DPC	1 session	\$15
7–9 p.m.	Mon	Feb. 5	

What Happens If I Need a Nursing Home?

– Jeffrey Scott

Essential information for those with loved ones in or considering nursing homes. Learn about asset protection, Medicare vs. Medicaid, and veterans' benefits. Prepare for the future. Get the information you need now!

AD24791	DPC	1 session	\$19
6–7:30 p.m.	Mon	Feb. 5	

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

– John Mazzara

Enhance your real estate success with insights on purchase agreements, offer strategies, loan programs, and home sale tips. Includes a no-obligation property evaluation.

AD27551	DPC	1 session	\$15
7–9 p.m.	Mon	Feb. 26	

Introduction to Senior Housing – John Mazzara

Discover housing alternatives beyond single-family living, including cooperatives, apartments, and care continuum housing. Get answers to make the best choice for your needs.

AD27511	DPC	1 session	\$15
7–9 p.m.	Mon	Mar. 11	

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.



"It's A-Okay ... pretty good class!"

- Bill D.

generations CAFE

Check out what's brewing.

Coffee | Tea | Soup
Espresso | Baked Goods



District Program Center
8400 E. Point Douglas Rd. S
Cottage Grove, MN 55016
651-425-6650

HOURS

Monday-Friday | 7:30 a.m.-1:30 p.m.

commed.sowashco.org/gencafe

A Great Rivers Adult Education Consortium initiative, providing essential job training for adult English language learners.



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pics
Partners in
Community Supports



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

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picsmn.org/sowash | 651.967.5060

PICS is a subsidiary of Lutheran Social Service of Minnesota.

Register Online at sowashco.ce.eleyo.com | Winter 2024

GREAT RIVERS

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ADULT COLLEGE CAREER ENGLISH SKILLS SERVICES



**To view more information
and register visit:**

commed.sowashco.org/greatrivers

Our goal is to create a welcoming and supportive place for people to learn and make connections.

We work with students to achieve their personal and educational goals.

FREE CLASSES FOR ADULTS

- Learn English
- Finish your High School Diploma
- Prepare for the GED
- Take an Official GED Test

Join Our Programs

You can join our FREE program if you're 17 or older, not in high school, and need help with reading, math, writing, or speaking English below the 12th-grade level.

We offer morning, afternoon and evening classes in Cottage Grove, Hastings and Woodbury.

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



No English?

Please text 651-270-3266 or email, in your own language, for information about our FREE programs.

651-425-6634 | greatrivers@sowashco.org

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



“ This program has proved invaluable in helping me create a better future for myself and my family. ”



Pursue Higher Education

- Master foundational reading, writing and math skills
- Attain your high school diploma
- Prepare for the high school equivalency test
- Take an official GED test at one of our two official Pearson Vue Testing Centers
- Explore higher education options

Advance Your Career

- Practice interviewing
- Explore career options
- Find employment opportunities
- Prepare for the ParaPro Assessment
- Achieve stability and independence

Gain Computer and Online Skills

- Develop basic computer skills
- Learn to use email and the Internet
- Learn to use Microsoft Word, Excel, PowerPoint and Outlook

Learn English

- Learn to read, speak and write in English
- Increase your English language proficiency
- Improve your pronunciation

Connect with the Community

- Navigating systems within the community
- County services
- College application process
- Employer benefits packages
- Public school system
- Prepare for your citizenship exam

VOLUNTEER WITH US



We are looking for volunteers to:

- Assist in the classroom
- Work one-on-one with students in reading, writing, speaking, math and more.
- Become a conversation partner with students to practice English skills
- Mentor students in various career focuses

For more information email us at greatrivers@sowashco.org

AQUATICS

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

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

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

Register them for the level they are currently in,. Based on the student's progression, our staff will adjust their placement if necessary.

For course information and registration policies visit website, commed.sowashco.org/aquatics. Register or view class times and locations at sowashco.ce.eleyo.com.

MIDDLE SCHOOL



Middle School Boys Basketball Grade 7-8

Focus on skill development and team play while learning the fundamentals of basketball. Participate in games within the SoWashCo Schools district. **Transportation is not provided.**

Cottage Grove Middle School

JA220	Grade 7	23 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 22	

JA221	Grade 8	23 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 22	

Lake Middle School

JA230	Grade 7	21 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 21	

JA231	Grade 8	21 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 21	

Oltman Middle School

JA240	Grade 7	22 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 22	

JA241	Grade 8	22 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 22	

Woodbury Middle School

JA250	Grade 7	19 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 22	

JA251	Grade 8	19 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 8-Feb. 22	

Middle School Winter Speed and Strength Grade 6-8

Gain a competitive edge on your opponents! This program will develop athletes' speed, power, strength, mobility, agility and conditioning.

C296	ERHS	14 sessions	\$210
6-7 p.m.	Mon/Wed	Jan. 3-Feb. 28	



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 games/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".

CAMPS AND CLINICS



Soccer Shots Grades K-2

Soccer Shots offers a high energy, fun and age-appropriate introduction to the game of soccer. Kids will be challenged through fun games and team competitions.

C710	BES	9 sessions	\$195
3:55-4:40 p.m.	Fri	Jan. 5-. 15	
C711	MES	9 sessions	\$195
3:15-4 p.m.	Fri	Jan. 5-. 15	
C713	NFSI	9 sessions	\$195
3:55-4:40 p.m.	Fri	Jan. 5-. 15	
C714	VCES	9 sessions	\$195
3:50-4:35 p.m.	Fri	Jan. 5-. 15	

Happy Feet Ages 2-7

Happy Feet uses imaginative play and play-to-learn concepts to teach real deceptive dribbling skills on the move. Athletes will engage in fun activities and scrimmages.

Little Toes -Age 2-3

Ignite your child's imagination using a story-tie and soccer ball approach to develop advanced soccer skills. Be zookeepers, explore outer space or travel the world in every captivating class.

C250	GCES	4 sessions	\$59
6:05-6:35 p.m.	Tue	Jan. 9-30	
C253	GCES	4 sessions	\$59
6:05-6:35 p.m.	Tue	Feb. 6-27	
C256	GCES	4 sessions	\$59
6:05-6:35 p.m.	Tue	Mar. 12-Apr. 2	

Big Toes-Age 4-5

Introduce your child to key concepts, skills, cooperation and goal setting. They'll enjoy advanced games, learning soccer moves in a fun, non-competitive atmosphere.

C251	GCES	4 sessions	\$59
6:35-7:05 p.m.	Tue	Jan. 9-30	
C254	GCES	4 sessions	\$59
6:35-7:05 p.m.	Tue	Feb. 6-27	
C257	GCES	4 sessions	\$59
6:35-7:05 p.m.	Tue	Mar. 12-Apr. 2	

Happy Feet Academy-Age 6-7

Transition to a traditional soccer setting. Work on skill development including deceptive dribbling skills and decision-making under manageable pressure.

C252	GCES	4 sessions	\$59
7:05-7:45 p.m.	Tue	Jan. 9-30	
C255	GCES	4 sessions	\$59
7:05-7:45 p.m.	Tue	Feb. 6-27	
C258	GCES	4 sessions	\$59
7:05-7:45 p.m.	Tue	Mar. 12-Apr. 2	



Multi-Sport Camps for Non-School Days

No school? No problem! Keep your kids active with one of these multi-sport camps featuring soccer, basketball and flag football.

DASH Sports Multi-Sport Camp Grades K-5

C314	OMS	1 session	\$95
9 a.m.-4 p.m.	Mon	Jan. 29	
C315	CGMS	1 session	\$95
9 a.m.-4 p.m.	Fri	Feb. 16	
C316	OMS	1 session	\$95
9 a.m.-4 p.m.	Mon	Feb. 19	
C317	OMS	1 session	\$95
9 a.m.-4 p.m.	Mon	Mar. 11	

Skyhawks Multi-Sport Camp Age 5-10

C335	MES	1 session	\$79
9 a.m.-3:30 p.m.	Fri	Feb. 16	
C336	ERHS	4 sessions	\$169
9 a.m.-12 p.m.	Mon-Thu	Mar. 4-7	

Skyhawks Volleyball Camp Age 5-10

This co-ed camp covers passing, setting, spiking, blocking and serving. Focus on fundamental skills through game-speed drills and daily scrimmages.

Age 5-7

C330	MES	4 sessions	\$79
4:30-5:15 p.m.	Thu	Jan. 11-Feb. 8	

Age 8-10

C331	MES	4 sessions	\$79
5:25-6:10 p.m.	Thu	Jan. 11-Feb. 8	

Skyhawks Floor Hockey Camp Age 6-12

Learn stick handling, passing, and shooting, along with offensive and defensive fundamentals. Players will develop endurance, coordination and speed.

Age 6-8

C333	MES	4 sessions	\$79
4:30-5:15 p.m.	Mon	Feb. 12-18	

Age 9-12

C334	MES	4 sessions	\$79
5:25-6:10 p.m.	Mon	Feb. 12-18	

Skyhawks Speed, Agility and Quickness Camp Age 6-12

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.

Age 6-8

C340	MES	4 sessions	\$79
4:30-5:15 p.m.	Thu	Mar. 21-Apr. 11	

Age 9-12

C341	MES	4 sessions	\$79
5:25-6:10 p.m.	Thu	Mar. 21-Apr. 11	



My7on7 Football Passing League **Grade K-8**

Welcome to the future of football! This co-ed, minimal contact (touch) league is for youth in Kindergarten-grade 8. Learn and develop football skills in a dynamic, fast-paced environment.

Soft shell helmets are **MANDATORY** and are available for purchase or rent during registration.

Schedule (all grade levels):

- **Kickoff Day** 2-7 p.m., Saturday, Apr. 13, ERHS
- **Skills training and games** 2-7 p.m., Sundays, Apr. 14-27, ERHS
- **My7on7 State Championship** will be held on Sunday, May 5 at a metro location (TBD).

Kindergarten

C351 5 sessions..... \$55

Grade 1-8

C350 5 sessions

Register between Dec. 1-Mar. 15..... \$125

Late Registration after Mar. 15..... \$175

**Based on availability*

DASH Sports Phy Ed Games Camp **Grade K-4**

Learn teamwork and values while playing your favorite phy ed games, including Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, and more.



C308	ROES	4 sessions	\$89
2:30-3:30 p.m.	Tue	Feb. 6-27	
C309	VCES	4 sessions	\$89
3:50-4:50 p.m.	Tue	Feb. 6-27	
C310	RRES	4 sessions	\$89
2:30-3:30 p.m.	Wed	Feb. 7-28	
C311	LRES	4 sessions	\$89
3:55-4:55 p.m.	Wed	Feb. 7-28	
C312	CES	4 sessions	\$89
2:30-3:30 p.m.	Thu	Feb. 8-29	
C313	BES	4 sessions	\$89
3:55-4:55 p.m.	Thu	Feb. 8-29	



DASH Sports Basketball Tykes Camp **Age 2-6**

Discover basketball with fun drills and games. Learn dribbling, passing, shooting and defense.

Parent participation is encouraged when necessary.

Age 2-3

C306	VCES	4 sessions	\$79
5:15-5:45 p.m.	Mon	Jan. 9-30	

Age 4-6

C307	VCES	4 sessions	\$79
5:55-6:25 p.m.	Mon	Jan. 9-30	

DASH Sports Basketball Camp **Grade K-4**

Get a well-rounded basketball experience through skills training and skill-based games. Learn to properly shoot, pass, dribble, and play defense. End the camp with fun scrimmages and games.

C304	CES	4 sessions	\$89
2:30-3:30 p.m.	Thu	Jan. 4-Feb. 1	
C300	ROES	4 sessions	\$89
2:30-3:30 p.m.	Tue	Jan. 9-30	
C301	VCES	4 sessions	\$89
3:50-4:50 p.m.	Tue	Jan. 9-30	
C302	RRES	4 sessions	\$89
2:30-3:30 p.m.	Wed	Jan. 10-31	
C303	LRES	4 sessions	\$89
3:55-4:55 p.m.	Wed	Jan. 10-31	
C305	BES	4 sessions	\$89
3:55-4:55 p.m.	Wed	Jan. 10-31	

DASH Sports Jr. NBA Basketball Camp **Grade K-5**

Offers the same experience as the DASH Sports Basketball Camp but includes a Jr. NBA jersey customized with your choice of NBA Team, name and number.

Grade K-1

C318	WES	4 sessions	\$99
9-9:45 a.m.	Sat	Jan. 27-Feb. 17	

Grade 2-3

C319	WES	4 sessions	\$109
10-11 a.m.	Sat	Jan. 27-Feb. 17	

Grade 4-5

C320	WES	4 sessions	\$109
11:15 a.m.-12:15 p.m.	Sat	Jan. 27-Feb. 17	

RECREATION



Bowling Club Grade 1-7

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.

YE275 Park Grove Bowl 6 sessions \$84
9-10 a.m. Sat Jan. 13-Feb. 24

Unicycling for All Age and Skill Levels Age 6.5+

Unicycling is a fun and engaging activity for all ages. Beginners and experienced riders are welcome. Unicycles are provided.

6:30-7:30 p.m. Beginner class, all ages
7:30-8:30 p.m. Open gym for practice

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

YE2781 WMS 12 sessions
6:30-8:30 p.m. Tues Jan. 16-Apr. 16
Per individual\$30
Per family.....\$45



Parent Child Ninja Class Age 5+

You and your ninja will work together to tackle ninja obstacles and problem-solve courses while building self-esteem!

YE2351 Conquer Ninja Gym 8 sessions
9-10 a.m. Sat Jan. 6-Feb. 24

Parent + 1 child..... \$225
Additional family member \$75

YE2352 Conquer Ninja Gym 8 sessions
9-10 a.m. Sat Mar. 2-Apr. 27

Parent + 1 child..... \$225
Additional family member \$75

Parents Day Out Age 5-13

No School? No Problem! Sign up for 2 hours of activities and fun, including 40+ obstacles and a warped wall challenge.

YE2250 Conquer Ninja Gym
1 session \$40
9-11 a.m. Mon Jan. 15

YE2251 Conquer Ninja Gym 1 session
\$40 1-3 p.m. Mon Jan. 15

YE2252 Conquer Ninja Gym 1 session \$40
9-11 a.m. Mon Feb. 19

YE2254 Conquer Ninja Gym 1 session \$40
1-3 p.m. Mon Feb. 19



Intro to Ninja Age 5-13

Develop strength, flexibility, problem-solving and coordination while learning how to master all obstacles!

Ages 5-8

YE2246 Conquer Ninja Gym 8 sessions \$160
4-5 p.m. Wed Jan. 10-Feb. 28

YE2248 Conquer Ninja Gym 8 sessions \$160
4-5 p.m. Wed Mar. 6-Apr. 24

Ages 9-13

YE2247 Conquer Ninja Gym 8 sessions \$160
5-6 p.m. Wed Jan. 10-Feb. 28

YE2249 Conquer Ninja Gym 8 sessions \$160
5-6 p.m. Wed Mar. 6-Apr. 24

Conquer Ninja Rec Team Age 6-13

Develop confidence, strength, endurance, balance, and friendships with a fun, unique sport! This course consists of 6 practices and 2 competitions.

Ages 6-9

YE2083 Conquer Ninja Gym 8 sessions \$185
5-6 p.m. Fri Jan. 5-Feb. 23

YE2082 Conquer Ninja Gym 8 sessions \$185
4-5 p.m. Fri Jan. 5-Feb. 23

YE2085 Conquer Ninja Gym 8 sessions \$185
4-5 p.m. Fri Mar. 1-Apr 26

YE2086 Conquer Ninja Gym 8 sessions \$185
5-6 p.m. Fri Mar. 1-Apr 26

Ages 8-13

YE2084 Conquer Ninja Gym 8 sessions \$185
6:15-7:15 p.m. Fri Jan. 5-Feb. 23

YE2087 Conquer Ninja Gym 8 sessions \$185
6:15-7:15 p.m. Fri Mar. 1-Apr 26

Paid Advertisement

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

CUB SCOUTS



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NORTHERN STAR SCOUTING

Register Online at sowashco.ce.eleyo.com | Winter 2024

GYMNASTICS

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 year-round evening and weekend classes for girls and boys ages 18 months-18 years old at East Ridge, Park and Woodbury high schools.



More Information

For gymnastics schedules, course information, registration dates and policies visit our website at commed.sowashco.org/gymnastics.

Financial Assistance

Financial assistance is available. Details on page 34 or visit our website.



Park Gymnastics

Park High School Gymnastics Center

8040 80th Street South
Cottage Grove, MN 55016

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



EAST RIDGE HIGH SCHOOL

East Ridge Gymnastics

East Ridge High School Gymnastics Center

4200 Pioneer Drive
Woodbury, MN 55129

For questions, contact
Coach Caroline Urgo
curgo0@sowashco.org



Woodbury Gymnastics

Woodbury High School Gymnastics Center

2665 Woodlane Drive
Woodbury, MN 55125

For questions, contact
Coach Julie Remackel
jremackel@sowashco.org

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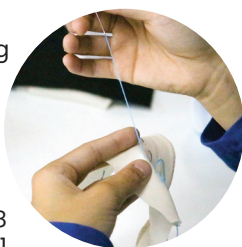
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CREATE

Creative Sewing Age 8-12

Learn to sew, including basic sewing techniques, sewing tools, different types of stitches and practice with a sewing machine. Create new projects each month.

YE2600	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Jan. 10-31	
YE2602	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Feb. 7-28	
YE2603	Nena's Designs	4 sessions	\$118
4-6 p.m.	Wed	Mar. 6-27	



Intensive Sewing Camp Grade 4-8

Create two projects from scratch while gaining basic sewing knowledge including hand and machine sewing techniques.

YE21208	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Mon	Jan. 29	
YE21209	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Mon	Feb. 19	



ArtVentures Club Grade K-5

All new drawing lessons, including a vibrant pop art dog and a powerful unicorn. Students will improve their drawing skills while exploring different styles, art history, proper technique and color selection.

YE2501	HES	6 sessions	\$82
3:15-4:15 p.m.	Mon	Jan. 8-Mar. 18	
YE2502	PHES	6 sessions	\$82
3:15-4:15 p.m.	Thu	Jan. 25-Mar. 14	
YE2503	GCES	6 sessions	\$82
3:15-4:15 p.m.	Tue	Jan. 9-Feb. 13	
YE2504	VCES	6 sessions	\$82
3:50-4:50 p.m.	Tue	Feb. 6-Mar. 26	
YE2505	MES	5 sessions	\$68
3:15-4:15 p.m.	Fri	Jan. 12-Feb. 9	
YE2506	RRES	6 sessions	\$82
2:30-3:30 p.m.	Wed	Jan. 10-Feb. 14	
YE2507	CGES	6 sessions	\$82
3:15-4:15 p.m.	Thu	Jan. 11-Feb. 15	
YE2508	ROES	5 sessions	\$68
2:30-3:30 p.m.	Fri	Jan. 12-Feb. 9	

Comic Strip Design Grade 3-6

Build your own comic! We'll create awesome characters and fantastic expressions to bring our short stories to life.

YE2511	ERHS	4 sessions	\$56
6:30-7:30 p.m.	Thu	Feb. 8-29	
YE2512	ERHS	4 sessions	\$56
6:30-7:30 p.m.	Tue	Feb. 6-Mar. 12	
YE2513	CGMS	4 sessions	\$56
6:30-7:30 p.m.	Wed	Feb. 7-28	

Paint Along Evening For Middle School: Winter Sign Painting Grade 3-6

Invite your friends to relax, paint and have fun as you get step-by-step instructions in sign painting.

YE2171	ERHS	1 session	\$63
5:30-7:30 p.m.	Thu	Mar. 14	
YE2172	LMS	1 session	\$63
5:30-7:30 p.m.	Tue	Feb. 6	

Ready, Set, MESS! Art Camp Age 2-6

Get messy making mosaics, creating with clay and painting. We'll even make puffy paint ice cream cones.

Children must be accompanied by a caregiver.

YE2101	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Tue	Jan. 16-Feb. 20	
YE2102	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Wed	Jan. 17-Feb. 21	
YE2103	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Sat	Jan. 20-Feb. 24	

Color Encounter Age 2-6

Ooey, gooey sensory play! Get messy as we explore colors and the wonderful world of art.

Children must be accompanied by a caregiver.

YE2104	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Tue	Feb. 27-Apr. 16	
YE2105	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Wed	Feb. 28-Apr. 17	
YE2106	Kidcreate Studio	6 sessions	\$110
9:30-10:15 a.m.	Sat	Mar. 2-Apr. 20	

Bluey Age 3-6

Your Bluey fan will love getting messy as they paint, cut and collage a mixed-media portrait of Bluey! Then stay for a tail-shaking dance!

YE2107	ERHS	1 session	\$26
9-10:30 a.m.	Sat	Feb. 3	

More Slime, Please! with Kidcreate Studio Age 4-9

Level up your slime game with epic, sparkly and stretchy recipes, including glowing alien, fluffy cloud, and Gustav Klimt-inspired gold slime. Explore painting and sculpting too!

YE2108	Kidcreate Studio	3 sessions	\$162
9 a.m.-12 p.m.	Tue-Thu	Mar. 5-7	



Beyond Pinch Pots with Kidcreate Studio Age 4-9

Create wacky projects that will teach you silly stuff you never thought artistically possible! Including a mushy monster, 3D goldfish and pop-up art.

YE2109	DPC	2 sessions	\$106
9 a.m.-12 p.m.	Tue-Wed	Mar. 5-6	

Watermelon Slime with Kidcreate Studio

Age 4-9

Dress for mess! We're going to make a goopy, gloopy, drippy watermelon slime with seeds and all!

YE2099	DPC	1 session	\$42
9 a.m.-12 p.m.	Thu	Mar. 7	

Pet Shop with Kidcreate Studio Grade K-5

Work with clay, paint and draw as you make your dream pet. Create a pet of any shape or size.

YE2095	NFSI	4 sessions	\$71
3:50-4:50 p.m.	Wed	Jan. 17-Feb. 7	
YE2096	BES	4 sessions	\$71
3:50-4:50 p.m.	Tue	Jan. 16-Feb. 6	
YE2098	WES	4 sessions	\$71
3:10-4:10 p.m.	Thu	Jan. 18-Feb. 8	
YE2097	LRES	4 sessions	\$71
3:50-4:50 p.m.	Wed	Jan. 24-Feb. 14	

Inspired By with Kidcreate Studio Age 5-12

Spark your imagination as you recreate masterpieces by renowned artists like Banksy, Van Gogh and Da Vinci.

YE2075	Kidcreate Studio	1 session	\$102
9 a.m.-3 p.m.	Mon	Jan. 15	

Claylicious with Kidcreate Studio Age 5-12

Roll up your sleeves! We'll sculpt, slab, coil, and carve silly puppies, fuzzy hedgehogs, a chocolate layer cake and more.

YE2076	Kidcreate Studio	1 session	\$102
9 a.m.-3 p.m.	Mon	Feb. 19	

Kawaii Cute with Kidcreate Studio Grade K-5

Create Kawaii-style projects with clay, paint and Model Magic clay including a teeny tiny succulent garden, a happy avocado and a teddy bear macaroon that's as cute as can be!

YE2091	NFSI	4 sessions	\$71
3:50-4:50 p.m.	Wed	Feb. 21-Mar. 27	
YE2093	WES	4 sessions	\$71
3:10-4:10 p.m.	Thu	Feb. 22-Mar. 28	



Willy Wonka's Candy Crafts Age 5-12

Use real candy such as frosting, gummy bears, gum drops, marshmallows and traditional art materials to create masterpieces Willy Wonka would be proud of!

YE2077	Kidcreate Studio	1 session	\$102
9 a.m.-3 p.m.	Mon	Mar. 4	



Canvas & Clay Age 5-12

Experiment with different types of art while learning simple step-by-step painting and clay techniques. Make 3D bears, owls that glow-in-the-dark, a scratch board painting of a cat and more!

YE2074	DPC	1 session	\$106
9 a.m.-3 p.m.	Wed	Mar. 6	

MUSIC

30-minute Private Music Lessons

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

String, piano, voice, etc. with Michelle Dunkirk - Age 8+ 10 or 11 sessions \$350-\$385

Guitar or banjo with George McCorkell - Grade 4-12 10 sessions \$310

PERFORMING ARTS

Jack and the Bean Stalk with Locally Grown Theatre - Spring Break Camp Grade 1-5

Banjos will twang and the hills ring with country folk music as we rehearse and perform this classic tale retold in country style. No experience necessary!

YE2720	CGMS	5 sessions	\$200
9-8 p.m.	Mon-Fri	Mar. 4-8	

Locally Grown Theatre Cabaret - Spring Break Camp Grade 6-12

Learn the skills needed to become a triple threat while performing pieces from some of your favorite musicals! Then put them together to create an amazing performance!

YE2721	CGMS	6 sessions	\$200
9-8 p.m.	Mon-Sat	Mar. 4-9	

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

YE2321	ERHS	8 sessions	\$130
6-7 p.m.	Tue	Jan. 23-Mar. 26	

Grade 6-9

YE2322	ERHS	8 sessions	\$162
6-7:15 p.m.	Wed	Jan. 24-Mar. 20	



Character Kids After School Theater: The Lion King Grade 1-5

Hakuna Matata! New and returning students will learn songs from The Lion King mini-script and work on character development and stage skills. Join us for a special performance on the last day.

YE2701	ROES	8 sessions	\$138
2:30-3:30 p.m.	Mon-Sat	Feb. 5-Apr. 15	
YE2702	BES	8 sessions	\$138
4-5 p.m.	Mon-Sat	Feb. 5-Apr. 15	
YE2703	ERHS	8 sessions	\$138
6-8 p.m.	Mon-Sat	Feb. 5-Apr. 15	

STEM

Chess Club *Grade 1-5*

Join the chess club to meet and play with other players in your school. Learn the basics and strategies of chess. Tournament play is encouraged but not mandatory. Perfect for beginners and intermediates.



YE2266	MES	13 sessions	\$143
3:15-4:15 p.m.	Wed	Jan. 10-May 1	
YE2262	CGES	15 sessions	\$165
3:10-4:10 p.m.	Tue	Jan. 16-May 7	
YE2268	PHES	15 sessions	\$154
3:15-4:15 p.m.	Tue	Jan. 16-May 7	
YE2260	ROES	15 sessions	\$165
2:30-3:30 p.m.	Tue	Jan. 16-May 7	
YE2265	LRES	15 sessions	\$165
3:50-4:50 p.m.	Wed	Jan. 17-May 1	
YE2261	BES	15 sessions	\$165
3:55-4:55 p.m.	Thu	Jan. 18-May 9	
YE2263	HES	13 sessions	\$143
3:15-4:15 p.m.	Fri	Jan. 19-May 10	
YE2270	VCES	12 sessions	\$132
3:50-4:50 p.m.	Fri	Jan. 19-May 3	
YE2267	NFSI	12 sessions	\$132
3:50-4:50 p.m.	Mon	Jan. 22-May 6	
YE2271	WES	12 sessions	\$132
3:15-4:15 p.m.	Mon	Jan. 22-May 6	

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

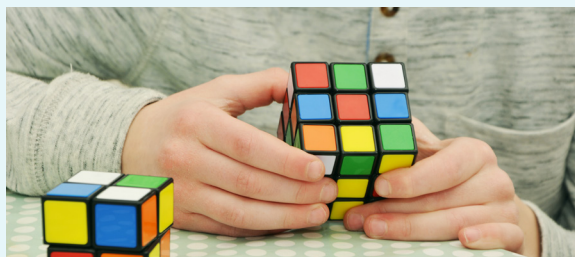
A program for players in all grades interested in competing at a higher tactical level. Ideal for students looking for challenges alongside their school clubs.

YE2272	Online	15 sessions	\$166
8-9:30 a.m.	Sat	Jan. 13-May 11	

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

Explore the stock market, analyze data using a simulator, manage portfolios, and understand investments. Learn personal finance, budgeting and more.

YE2714	Online	15 sessions	\$188
6:45-7:30 p.m.	Thu	Jan. 11-May 9	



Rubik Cube Conquerors *Grades 1-5*

Learn Rubik Cube basics and tips and tricks to overcome obstacles and speed up your solves.

YE2557	CGES	8 sessions	\$115
3:15-4:15 pm	Wed	Feb. 21-Apr. 17	
YE2558	PHES	8 sessions	\$115
3:15-4:15 pm	Thu	Feb. 29-Apr. 25	

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

Enhance your skills in strategic thinking, decision-making and conflict resolution with games like Catan, Pandemic, 7 Wonders and more.

YE2710	ERHS	8 sessions	\$88
6:30-7:30 p.m.	Wed	Jan. 10-Feb. 28	
YE2711	ERHS	8 sessions	\$88
6:30-7:30 p.m.	Wed	Mar. 13-May 1	

YEL Grandmasters of Chess 1.2 *Grade K-5*

New and returning students will focus on advanced beginner and intermediate chess concepts.

YE2426	NFSI	7 sessions	\$109
3:55-4:55 p.m.	Fri	Jan. 12-Mar. 1	
YE2427	VCES	7 sessions	\$109
3:50-4:50 .m.	Thu	Jan. 11-Mar. 21	
YE2428	RRES	8 sessions	\$123
2:30-3:30 p.m.	Thu	Jan. 11-Mar. 14	

Dungeons & Dragons 101 with Character Creation

NEW **ONLINE** *Grade 2-6*

Learn the basics of this classic roleplaying game and create your own character while developing skills in problem-solving, team-building and creative thinking.

YE2136	Online	1 session	\$56
9 a.m.-12 p.m.	Sat	Feb. 10	

Robotics & Engineering *Grade 1-6*

Delve into STEM and programming while constructing up to four motorized models.

Aerodynamic Machines

Learn about aerodynamics and renewable energy.

YE2070	ERHS	4 sessions	\$100
6:30-8 p.m.	Thu	Feb. 8-29	
YE2080	CGMS	4 sessions	\$100
6:30-8 p.m.	Wed	Feb. 7-28	

Spring Sports Machines

Explore mechanical concepts.

YE2058	ERHS	4 sessions	\$100
6:30-8 p.m.	Thu	Mar. 14-Apr. 11	
YE2059	CGMS	4 sessions	\$100
6:30-8 p.m.	Wed	Mar. 13-Apr. 10	

Warehouse Machines

Learn about mechanical advantage.

YE2090	ERHS	4 sessions	\$100
6:30-8 p.m.	Thu	Jan. 11-Feb. 1	
YE2100	CGMS	4 sessions	\$100
6:30-8 p.m.	Wed	Jan. 10-31	

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

Learn to create web pages! Build an HTML web page with HTML tags and experiment with design and CSS. *Computer skills are needed (text editing and directory structures).*

YE2141	Online	2 sessions	\$56
6-7:30 p.m.	Tue	Feb. 20-27	

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

Challenge your creativity! Design 3D objects using Computer Aided Design (CAD) and 3D printing.

YE2713	ERHS	9 sessions	\$99
6:30-7:30 p.m.	Tue	Mar. 12-May 7	

Intro to 3D Printing ONLINE Grade 1-5

Design a keychain while learning the 3D printing process from start to finish. Your design will be printed and mailed home. *Basic computer skills needed (keyboarding and mouse skills).*

Grade 2-5

YE2135	Online	2 sessions	\$56
6-7:30 p.m.	Thu	Feb. 8-15	

Grade 1-4

YE2139	Online	2 sessions	\$75
8-10 a.m.	Sat	Feb. 17-24	

3D Printing ONLINE Grade 2-8

Receive a basic overview of CAD modeling and design software. Your design will be printed and mailed home

New! Harry Potter Grade 2-6

Create a Deathly Hallow model and magical pendant.

YE2124	Online	2 sessions	\$94
10:30 a.m.-12:30 p.m.	Sat	Jan. 6-13	

YE2153	Online	1 session	\$38
9-11 a.m.	Sat	Mar. 23	

New! Pokemon Grade 3-7

Design your own 3D pocket monster.

YE2151	Online	1 session	\$38
6-8 p.m.	Wed	Mar. 20	

Jewelry Design & Fabrication Grade 3-8

Design earrings and a ring.

YE2149	Online	2 sessions	\$56
9-11 a.m.	Sat	Mar. 9-16	

Video Production: TikTok, Shorts & Reels NEW

ONLINE Grade 3-7

Practice storytelling and film production techniques, including video editing, motion graphics and special effects.

YE2140	Online	2 sessions	\$75
10:30 a.m.-12:30 p.m.	Sat	Feb. 17-24	

Video Production: Special Effects NEW ONLINE

Grade 3-6

Create magical special effects! Learn film editing basics and how to use Hollywood-style special effects techniques.

Grade 3-7

YE2130	Online	2 sessions	\$75
8-10 a.m.	Sat	Jan. 27-Feb. 3	

Grade 3-6

YE2155	Online	2 sessions	\$56
6-7:30 p.m.	Wed	Mar. 27-Apr. 3	

Elementary Scratch Coding Grade 3-5

Learn foundational skills in programming. Create your own detailed, personalized game to share and play!

YE2712	ERHS	7 sessions	\$77
6:30-7:30 p.m.	Tue	Jan. 9-Feb. 20	

Virtual Reality Coding NEW ONLINE Grade 3-6

Design characters and virtual reality environments for your own 3D game using Metaverse's Hatch for Kids .

YE2132	Online	2 sessions	\$94
6-7:30 p.m.	Tue	Jan. 30-Feb. 6	

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Girl Scouts.

gsrv.gs/join

FIND YOUR Courage

girl scouts river valleys

STEM

Extreme Coding: Artificial Intelligence NEW

ONLINE **Grade 3-6**

Create a chatbot, Rock Paper Scissors game and more! Explore computer science concepts, including augmented reality, artificial intelligence and machine learning.

YE2133 Online 2 sessions \$56
6-7:30 p.m. Wed Jan. 31-Feb. 7

Video Game Design NEW ONLINE **Grade 4-8**

Gain hands-on experience developing your own game. *Computer skills are needed (good keyboarding and mouse skills).*

YE2127 Online 2 sessions \$75
6-8 p.m. Thu Jan. 18-25

Intro to Video Game Design with Nintendo

Characters NEW ONLINE **Grade 1-4**

Create your own video game with popular Nintendo characters as your stars. Create your own storyline and add challenges and difficulty levels.

YE2131 Online 2 sessions \$75
10:30 a.m.-12:30 p.m. Sat Jan. 27-Feb. 3

Game Coding ONLINE **Grade 1-7**

Don't just PLAY games. CREATE them! Create and learn to modify games using Scratch, a beginner-friendly coding platform from MIT.

Basic computer skills needed (keyboarding and mouse skills).

Game Coding **Grade 4-7**

YE2144 Online 1 session
\$38 6-8 p.m. ThuFeb. 29

Mario Kart **Grade 3-6**

Make a Mario Kart-style game.

YE2129 Online 1 session \$29
6-7:30 p.m. Wed Jan. 24

Nintendo **Grade 1-3**

Create a Nintendo-themed game.

YE2146 Online 1 session \$29
6-7:30 p.m. Tue Mar. 5

New! Star Wars **Grade 2-5**

Build a game with your favorite Star Wars characters.

YE2126 Online 1 session \$29
6-7:30 p.m. Wed Jan. 17

New! Star Wars **Grade 3-6**

Build a game with your favorite Star Wars characters.

YE2154 Online 1 session \$38
6-8 p.m. Tue Mar. 26

Pokemon **Grade 2-5**

Design a game with your favorite Pokemon characters.

YE2138 Online 2 sessions \$56
6-7:30 p.m. Wed Feb. 14-21

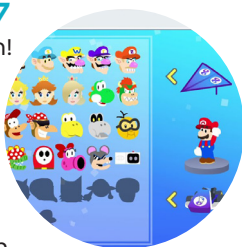
Intro to Minecraft Mod Development ONLINE

Grade 2-6

Customize your gaming experience! Learn Minecraft modding and software programming concepts. Share you mods with family and friends.

Computer skills are needed (includes good keyboarding).

YE2143 Online 1 session \$38
6-8 p.m. Wed Feb. 28



Minecraft Coding NEW ONLINE **Grade 3-7**

Explore beginner coding concepts and solve fun challenges using coding blocks in Minecraft Education Edition.

YE2137 Online 1 session \$45
6-8 p.m. Tue Feb. 13

Engineering in Minecraft NEW ONLINE **Grade 3-7**

Learn the basics of Minecraft circuit-building and engineering concepts using Redstone. We'll build 2-3 electrical contraptions in this course.

YE2142 Online 1 session \$38
6-8 p.m. Thu Feb. 22

Minecraft Automations NEW ONLINE **Grade 2-6**

Make automated machines while learning to use Redstone and command blocks in Minecraft Java Edition. *Computer skills needed (basic keyboarding and using a mouse).*

YE2147 Online 2 sessions \$56
6-7:30 p.m. Wed Mar. 6-13

Minecraft Mod Dev ONLINE **Grade 2-6**

Learn Minecraft modding and software programming using MCreator. Share your mods with family and friends. *Computer skills are needed (includes good keyboarding).*

Portals **Grade 2-6**

Create a new custom dimension and design a portal.

YE2128 Online 1 session \$56
9 a.m.-12 p.m. Sat Jan. 20

Portals **Grade 3-7**

Create a new custom dimension and design a portal.

YE2148 Online 2 sessions \$56
6-7:30 p.m. Thu Mar. 7-14

New! Lucky Blocks & Ores **Grade 2-6**

Learn how to make new blocks and ores.

YE2150 Online 2 sessions \$56
6-7:30 p.m. Tue Mar. 12-19

Multiplayer Minecraft ONLINE **Grade 1-6**

Team up with others in Minecraft.

World Builder **Grade 1-6**

Create different biomes and meld them together or separate them with water, lava or the void.

YE2110 Online 2 sessions \$75
8-10 a.m. Sat Jan. 6-13

New! Survival Camp **Grade 3-6**

Explore, overcome challenges and complete quests.

YE2134 Online 1 session \$45
6-8 p.m. Thu Feb. 1

New! Survival Camp **Grade 2-5**

Explore, overcome challenges and complete quests.

YE2152 Online 1 session \$38
6-8 p.m. Thu Mar. 21

New! Master Builders **Grade 1-5**

Learn building techniques and complete challenges.

YE2145 Online 1 session \$38
9 a.m.-12 p.m. Sat Mar. 2

Dungeons & Dragons 101: One Shot Minecraft

Adventure NEW ONLINE **Grade 2-6**

Discover the world of Dungeons and Dragons while setting off on a Minecraft one shot campaign.

YE2125 Online 2 sessions \$56
6-7:30 p.m. Tue Jan. 16-23

SKILLS AND DEVELOPMENT



Driver Education Age 14-18

Community Education offers teen driver's education in partnership with Safeway Driving School. Classroom instruction prepares the student to take the Minnesota permit test and begin the responsibility of driving. The 30 hours of classroom is structured into 10 independent lessons. After class is completed, students who are 15 years old are eligible to take their permit test at any Minnesota exam center. 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.

DE21001	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Jan. 9-25	
DE21002	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Feb. 12-28	
DE22001	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Mar. 18-Apr. 2	
DE23001	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Jan. 9-25	
DE23002	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Feb. 12-29	
DE23003	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Mar. 18-Apr. 2	
DE24001	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Jan. 9-30	
DE24002	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Feb. 12-29	
DE24003	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Mar. 18-Apr. 2	

Driver Education ONLINE Age 14-18

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.**

See in person Driver Education for behind-the-wheel details.

DE249001	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Jan. 16-31	
DE249002	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Feb. 12-28	

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.

Advantage ACT Prep Course Grade 9-12

Improve test-taking skills and overall ACT scores. Includes ACT format introduction, subject area instruction, test strategies, overcoming test anxiety and time management.

YE26462	ERHS	4 sessions	\$180
5:45-8:45 p.m.	Wed	Jan. 17-Feb. 7	
YE26407	WHS	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	Mar. 16-Apr. 20	
YE26408	WHS	4 sessions	\$180
12:45-3:45 p.m.	Sat	Mar. 16-Apr. 20	
YE26445	PHS	4 sessions	\$180
5:45-8:45 p.m.	Wed	Mar. 20-Apr. 10	
YE26456	WHS	4 sessions	\$180
5:45-8:45 p.m.	Thu	Mar. 21-Apr. 11	
YE26426	ERHS	4 sessions	\$180
5:45-8:45 p.m.	Mon	Mar. 25-Apr. 15	

Virtual Advantage ACT Prep Class ONLINE Grade 9-12

An alternative for students unable to attend an in-person class, but still prefers an interactive class. Instructors teach and answer questions live via virtual classroom.

YE26922	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Jan. 13-Feb. 3	
YE26923	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Feb. 10-Mar. 2	
YE26924	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Mar. 9-30	

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.

Students must attend all 6 hours of instruction.

YE24853	DPC	1 sessions	\$89
8:30 a.m.-2:30 p.m.	Tue	Jan. 2	

Ready To Be Home Alone Age 7.5+

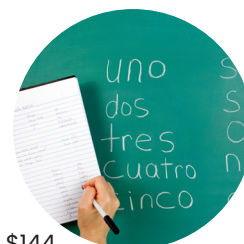
Learn about CPR/First aid, home emergencies, medical emergencies, home safety checklist, what your parents expect check list, addressing problems, and handling the unexpected from a Red Cross instructor.

YE24826	DPC	1 session	\$42
12-3 p.m.	Mon	Jan. 29	

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

Learn authentic Spanish phrases and vocabulary about sports, health, and pastimes in an engaging, immersive class.

YE2060	Online	8 sessions	\$144
4:15-5 p.m.	Wed	Feb. 21-Apr. 10	



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

Prepare middle school students for success in Spanish. Build language foundations, learn advanced vocabulary and verb conjugations. Students will stay engaged with games and cultural anecdotes.

YE2061	Online	8 sessions	\$144
3:30-4:15 p.m.	Mon	Feb. 19-Apr. 15	
YE2062	Online	8 sessions	\$144
4:45-5:30 p.m.	Mon	Feb. 19-Apr. 15	

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 – will increase to \$21.13 starting Jan. 1, 2024!

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



“Seeing the children actively engaged in a variety of activities makes me proud of our program.”

–Mary Kipka

“Kids Club feels like a family! We have such a fun and welcoming environment that is enticing to be around.”

–Alyssa Krings

Care Options

Before and After School

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

Some space available!

- 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.

Kids Club

School Age Child Care

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

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

Key Learning Areas

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



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



I really appreciated everyone's welcoming and fun attitude. My younger daughter really enjoyed her walks with staff. Things like that make her feel special and that one-on-one time was really valuable for her.

-Parent

EARLY LEARNING

Early Childhood Family Education (ECFE)

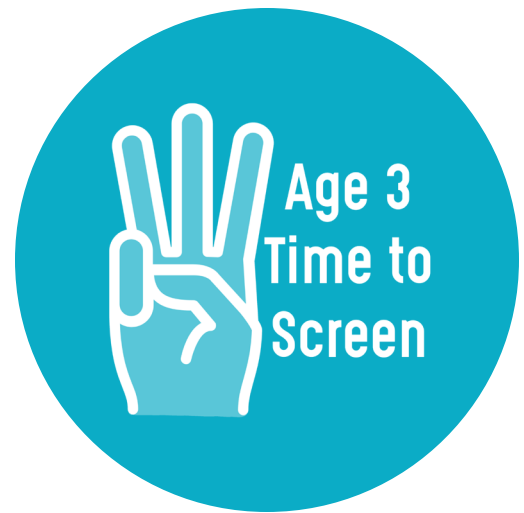
ECFE is a family education program unique to Minnesota and is offered in most school districts within Community Education programming. ECFE helps to support parents through community and early school connection and provides information and ideas that support children's growth and development from birth to kindergarten. Call 651-425-7181 or visit commed.sowashco.org/ecfe 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 a free and simple check of how your child is growing and developing. Screening is recommended at age 3 and is required by the State of Minnesota for any child entering kindergarten in a public school.

Why screen at age 3?

- Find out how your child is growing and developing
- Have more time to provide support if needed
- Get connected to early education programs and resources
- Take care of it before Kindergarten begins

For further information or to schedule an appointment visit our website sowashco.org/screening.

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.

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.

2024-25 Preschool Registration

Preschool registration will take place Jan. 8-Feb. 9, 2024. Children must be 3 or 4 years old by Sept. 1, 2024 to register. More information will be available soon.

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

Families Learning Together

South Washington County Schools (SoWashCo Schools) Early Childhood Family Education (ECFE) program is now accepting registrations for the Families Learning Together (FLT) class.

This class is for multilingual/multicultural 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

\$0

This class
is FREE!



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,
St. Paul Park, MN 55071

Oltman Middle School (OMS)

6625 Goodview Ave. S
Cottage Grove, MN 55016

Park High School (PHS)

8040 80th Street S
Cottage Grove, MN 55016

Pine Hill Elementary (PHES)

9015 Hadley Ave. S
Cottage Grove, MN 55016

Pullman Elementary (PES)

1260 Selby Ave.
St. Paul Park, MN 55071

Red Rock Elementary (RRES)

3311 Commonwealth Ave.
Woodbury, MN 55125

Royal Oaks Elementary (ROES)

7335 Steepleview Road
Woodbury, MN 55125

South Washington Alternative High School (SWAHS)

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

Valley Crossing Elementary (VCES)

9900 Park Crossing
Woodbury, MN 55125

Woodbury Elementary (WES)

1251 School Drive
Woodbury, MN 55125

Woodbury High School (WHS)

2665 Woodlane Drive
Woodbury, MN 55125

Woodbury Middle School (WMS)

1425 School Drive
Woodbury, MN 55125

Off-Site Class Locations

Carpenter Nature Center

12805 St Croix Trail S
Hastings, MN 55033

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

Park Grove Bowl

1020 Hastings Ave.
St Paul Park, MN 55071

Phipps Center for the Arts

109 Locust Street
Hudson, WI 54016

Serenity Horse Farm

11490 Julianne Ave. N
Stillwater, MN 55082

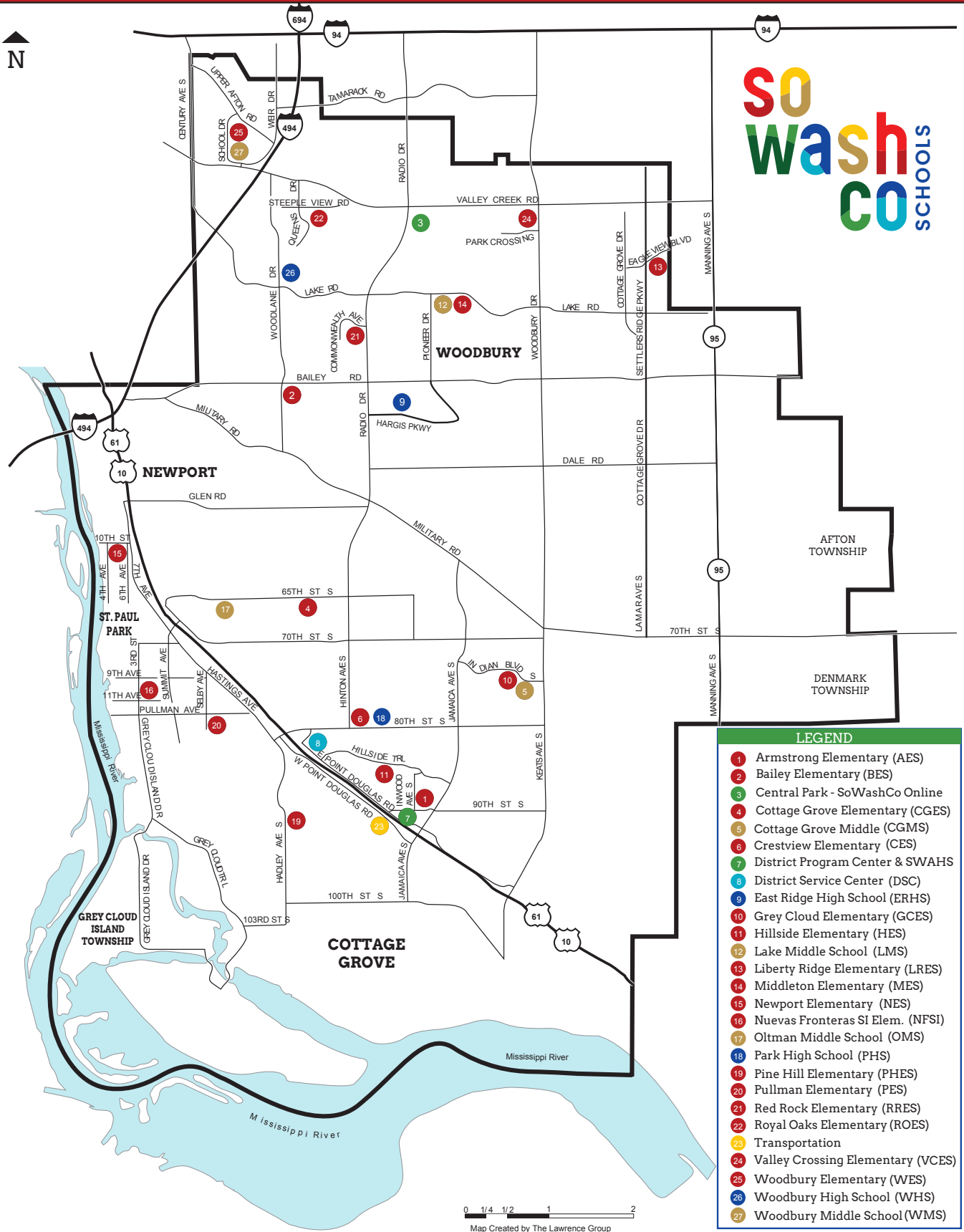
Tilden Community Center

310 River Street
Hastings, MN 55003

UpLift Guided Fitness

257 Rivertown Drive
Woodbury, MN 55125

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.com.

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 and non-transferable. A full two-week notification of the change to a contracted schedule 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 online in our Family Handbook at commed.sowashco.org/kidsclub.

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: commed.sowashco.org

Please complete a separate form for each participant with a different last name or address. Forms can be printed at commed.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 _____

7. 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 current Educational Benefits letter for this school year. Only one copy of the notification letter is necessary. If you have already submitted your family's letter to SoWashCo Community Education this year, please indicate that it was submitted below. Financial Assistance applications and Community Education registration forms are available online at commed.sowashco.org/financial-assistance.

Please complete a separate application form for each registration form.

Financial assistance MUST be requested ONE WEEK before the start of the class – late applications may be denied.

- You must live within the boundaries of South Washington County Schools (SoWashCo Schools) ISD #833 to qualify for financial assistance.
- Financial assistance does not cover the cost of uniforms. Participants must pay for uniforms.
- If your family has been approved for free Educational Benefits the cost of a class is \$15 or 25% of the program/class fee, whichever is greater.
- If your family has been approved for reduced Educational Benefits the cost of a class is \$15 or 30% of the program/class fee, whichever is greater.
- District residents may apply for financial assistance up to **\$250 per participant** (for the fiscal school year July 1-June 30).
- All information will be kept confidential.
- **Financial assistance CANNOT be processed online.**

Please complete all the information below:

Child's name		
Address		
City	State	Zip Code
School child currently attends		Grade
Parent/Guardian name		
Day phone	Evening phone	
Course number and name		
Course start date		
<input type="checkbox"/> Free or <input type="checkbox"/> Reduced Educational Benefits letter for 2023-24 is attached or was submitted to Community Education		

To be completed by Community Education office staff:

Total/Course Fee: \$ _____

Amount from Participant: \$ _____

Amount of Financial Assistance Awarded: \$ _____

If you have questions regarding financial assistance please contact:
Mary Meier at 651-425-6616 or mmeier@sowashco.org

Revised 11/8/2023

FACILITY RENTAL

SoWashCo Schools encourages the use of our 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
- Athletic 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

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

Benefits In School

Benefits Out of School



Community Education



Athletics



Student Fees



Kids Club



Some Energy Providers



Some Internet Providers



Some Phone Providers



Public Transportation



Device Protection Plans



Instrument Rentals



Field Trips



School Funding



Theatres



Zoos



Museums



More

Apply NOW through your **School Café** account



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



*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

NON-PROFIT ORG.
Permit #12
COTTAGE GROVE, MN
55016-3324

Register Online at sowashco.ce.eleyo.com

Join Our Team!

We're currently seeking:

- Nutrition Services Workers
- Bus Drivers
- Community Education Coaches and Instructors for adult and youth classes and activities
- Kids Club Child Care Supervisors and Paraprofessionals

Learn more and apply online
at sowashco.org/careers



so
wash
co
SCHOOLS

Do you have a special skill, interest, knowledge or hobby you'd like to share with your neighbors?

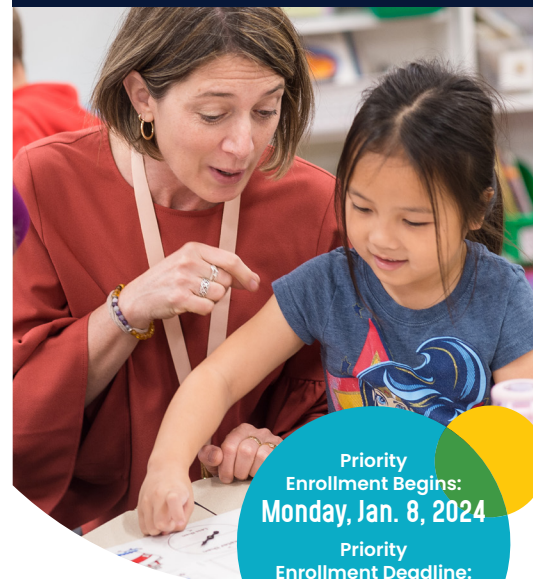
SoWashCo Community Education is looking for enthusiastic instructors and new class ideas that help meet the needs of learners of all ages, stages, abilities and interests.

For information on how to submit a course proposal, please visit commed.sowashco.org/teach



COMING SOON

2024-25 School and
Enrollment Guide



Priority
Enrollment Begins:
Monday, Jan. 8, 2024

Priority
Enrollment Deadline:
Friday, Feb. 9, 2024

SoWashCo
SCHOOLS

Enroll online at
sowashco.org/enroll