

Fall 2024

# SoWashCo

COMMUNITY EDUCATION

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



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

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

# SAVE THE DATE VIP Red Carpet Dance

**5-8 p.m., Saturday, Nov. 2 • Oltman Middle School**

★ Family-friendly | Snacks | Raffle | Crafts | Balloon Sculptures | Dancing



Scan the code to register or visit [bit.ly/swcVIP24](https://bit.ly/swcVIP24)



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

## generations CAFE Check out what's brewing.

Serving coffee, tea, espresso drinks,  
homemade baked goods and lunch.



Scan to view  
the full menu or  
order online.



### HOURS

Monday-Friday | 8 a.m.-1:30 p.m.  
Friday hours may vary.

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

District Program Center • 651-425-6650  
8400 E. Point Douglas Rd. S in Cottage Grove

## Advertise with Us!

SoWashCo Community Education provides lifelong learning and enrichment opportunities for all ages. We serve the communities of Afton, Cottage Grove, Denmark, Grey Cloud Island, Newport, St. Paul Park and Woodbury. We produce a catalog three times per year and a summer youth activities brochure for the.

### Contact us:

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

### More information:

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

### WINTER 2025

**Reserve your ad  
space by Oct. 11**

**Ask About Reduced  
Rates for Non-Profits**

**Full Page \$1200 | 2/3 Page \$800  
Half Page \$600 | 1/3 Page \$400 | 1/6 Page \$200**

Save 10% when you commit to advertising in three or more consecutive publications.



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



## Immediate openings:

- School Bus Drivers
- Nutrition Services
- Paraprofessionals
- Kids Club
- Special education
- Athletic and Activity Coaches



Apply at [sowashco.org/careers](https://sowashco.org/careers)

Work in the  
community  
you live in!



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Paid Advertisement

## Now hiring!

substitute teachers  
and paraeducators.

- Make a difference in the community
- Flexible schedule
- Great pay and bonus opportunities
- Prior teaching experience not required

Call or visit us online to learn more.  
800.713.4439 | [teachersoncall.com](https://teachersoncall.com)

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## Map and locations on page 38-39

Community Education classes and activities are held at locations throughout our community. View the directory for addresses 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

[communityeducation@sowashco.org](mailto:communityeducation@sowashco.org) | [commed.sowashco.org](https://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.

## ADULTS 50+



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 \$20 per year. Members may attend a variety of 50+ programming with no additional cost.

### Weekly Games

Join in on the fun and camaraderie during our weekly game play.

*Located at the District Program Center.*

#### 500 Card Game

1-3 p.m. Thu/Fri

#### Bingo

1-3 p.m. Mon

#### Bunco

10 a.m.-12:15 p.m. Fri

#### Cribbage

1-3 p.m. Wed

#### Farkle

10-11:30 a.m. Mon

#### Hand and Foot

12:30-4 p.m. Thu

#### Mah Jongg

9 a.m.-12:30 p.m. Tue

#### Mexican Train Dominoes

10 a.m.-12 p.m. Wed

### Adult 50+ Monthly Potluck Sign Up

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

**SA10551** 12-1 p.m. 1st Wed  
District Program Center

### Social Clubs and Support Groups

*Located at the District Program Center unless otherwise noted.*

#### Monday Morning Coffee and Cards

**SA10611** 8-9:30 a.m. Mon

#### Grief Support Group

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

#### Open Craft Time

**SA10751** 9:30-11:45 a.m. Tue

#### Book Club Discussion

**SA10121** 1:30-3 p.m. 2nd Tue

#### Diabetes Support Group

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

#### Lighten Up (Weight Loss) Group

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

#### Caregiver Support Group

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

**Become a Member**  
\$20 per year



### Questions

Call 651-425-6650 or visit [commmed.sowashco.org/adults50](http://commmed.sowashco.org/adults50)

**Monthly activity calendars** are available at the District Program Center.

## WELCOME BACK Age 50+ Member Celebration



### RSVP

[sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) ☎ 651-425-6600

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

**Monday, Sept. 30 | 10-11:30 a.m.**

**COMMUNITY • FOOD • ACTIVITIES • INFO.**

District Program Center • Cottage Grove





What a godsend those afternoon Senior fitness classes have been. It's fantastic! It has made a huge impact on a lot of people's lives.

-Bonnie M.

## Arthritis Foundation Exercise Program (AFEP)

The program features range-of-motion and endurance-building activities and relaxation techniques.

**SA10221** 3:15-4 p.m. Tue/Thu  
District Program Center

## 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.

**SA10261** 3:15-4 p.m. Mon/Wed  
The Grove Church

## Foot Care

Call 651-425-6650 to schedule a 40-minute appointment.

Members .....\$29  
Non-members... \$39

## Landmark Tours Travel Show

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

**SA30821** 11:30 a.m.-12:30 p.m.  
Mon, Oct. 14  
District Program Center

## 55+ Driver Discount Same 4 Hour Class for New and Returning Attendees!

In partnership with the Minnesota Highway and Safety Research Center at St. Cloud State University we offer 55+ Driver Discount classes for new or returning attendees at the District Program Center in Cottage Grove.

For class dates and to register, call St. Cloud State at 1-888-234-1294.

**Save 10%**  
on car  
insurance



## adults Trips & Tours

“

I haven't had a bad trip, and I have been on almost all that you offer!" said avid Community Ed trip taker, Elmer Sabin. "It's given me such a nice day out, to meet new people and see old friends."

”

Visit our website for a list of our upcoming **trips and tours** at [commed.sowashco.org/adults50](http://commed.sowashco.org/adults50)



**Pickleball** lessons and drop in and play on page 11.

Paid Advertisement

## DARTS Learning Buddies & Pen Pals

Give back to your community, mentor young people, and connect with others!



Scan to learn more!

## Become a Learning Buddy!

- Volunteer 1-2 hours/week in a local elementary school
- Help students with math, reading, science or art
- Create intergenerational friendships

Volunteers age 55+ welcome.

Contact Annie at DARTS to learn more:



[volunteer@darts1.org](mailto:volunteer@darts1.org)



651-455-1560



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

Want to volunteer from home?  
Contact us about our  
Pen Pal program!



Register Online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) | Fall 2024

# COOK

## Vietnamese Pho NEW

**Instructor: Sanida Xiong**

Discover how to prepare this iconic Vietnamese dish from scratch and the secrets behind this beloved comfort food.

**AD18891** 1 session \$49  
6-9 p.m. Mon Sept. 23  
District Program Center



## Pasties - The Northern Pocket Pie NEW

**Instructor: Jan Zita Grover**

Learn to bake miniature versions of traditional fist-sized pasty pies with delicious crusts and tasty fillings.

**AD18611** 1 session \$55  
6-9 p.m. Tue Sept. 24  
East Ridge High School

## Beef Risotto with Gremolata Sauce NEW

**Instructor: Mimi Selam Asfaha**

Get hands-on experience and step-by-step instructions on how to make this classic Italian dish.

**AD18931** 1 session \$65  
6:30-8:30 p.m. Thu Sept. 26  
East Ridge High School

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

**Instructor: Katie Elwood, Hudson Food Tour**

Explore Hudson's thriving food scene while learning about Hudson's rich history, stroll along the banks of the scenic St. Croix River and stop at six popular downtown destinations to enjoy a true "taste of Hudson".

For a list of destinations and where to meet, visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com).

**AD19021** 1 session \$55  
1:30-4:30 p.m. Thu Sept. 26

**AD19022** 1 session \$55  
1:30-4:30 p.m. Thu Oct. 5

## Beginning Cake Decorating

**Instructor: Diana Hirte**

Gain cake decorating skills: shell borders, writing, stars and rosettes.

**AD18611** 1 session \$49  
6:30-8:30 p.m. Mon Oct. 7  
District Program Center

Take-home starter kits will be available for an additional \$12

## Korean Bipimbap "Mixed Rice" NEW

**Instructor: Sanida Xiong**

Learn to prepare and assemble a colorful array of veggies and protein over warm rice, served with spicy gochujang sauce on the side.



**AD18901** 1 session \$49  
6-9 p.m. Thu Oct. 10  
East Ridge High School

## More Buttercream Skills - Roses, Borders, Leaves and Lettering!

**Instructor: Diana Hirte**

Go beyond the basics to learn how to make buttercream roses, leaves, borders and writing.

**AD12131** 1 session \$49  
6:30-8:30 p.m. Mon Oct. 14  
District Program Center



## Halloween Sugar Cookie Fun

**Instructor: Diana Hirte, Age 12+**

Discover sugar cookie decorating techniques you can use to make treats for your next special occasion.

**AD18861** 1 session \$49  
6:30-8:30 p.m. Mon Oct. 21  
District Program Center

## Revival of the Fittest: Chicken Marbella! NEW

**Instructor: Jan Zita Grover**

Discover how to make this simple, flavorful chicken with couscous – a popular throwback to the 1980s!

**AD18621** 1 session \$55  
6-9 p.m. Tue Oct. 22  
East Ridge High School

## Four Famous Cookies - Bake and Take

**Instructor: Laurel Severson**

Get into the holiday spirit as we bake four famous cookies to take home – Rosettes, Scandinavian Krumkakes, Sandbakkelse, and Italian Pizzelles.



**AD18081** 1 session \$49  
6-9 p.m. Thu Nov. 14  
East Ridge High School



## Finger-licking Louisiana Style Shrimp & Grits with Cornbread NEW

**Instructor: Mimi Selam Asfaha**

Learn to make Jambalaya, a flavorful, one-pot Cajun/Creole comfort food, served with a side of cornbread.

**AD18911** 1 session \$65  
6:30-8:30 p.m. Thu Nov. 21  
East Ridge High School

## Make Your Own Lefse!

**Instructor: Laurel Severson**

Learn the fine points of making, baking, storing and how to serve lefse – a traditional Norwegian flatbread.

**AD18091** 1 session \$49  
6-9 p.m. Mon Dec. 2  
District Program Center

## Holiday Cookie and Candy Make and Take

**Instructor: Diana Hirte, Age 12+**

Get ready for the holidays as we make favorites like Russian Teacakes, Peanut Butter Kiss Cookies, Cranberry-Orange Shortbread Cookies, Chocolate Fudge and Dipped Pretzel Rods.

**AD18251** 1 session \$75  
6-9 p.m. Thu Dec. 5  
East Ridge High School

## Homemade Egg Rolls & Samosas

**Instructor: Mimi Selam Asfaha**

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

**AD18821** 1 session \$65  
6:30-8:30 p.m. Mon Dec. 9  
District Program Center

## Handmade Pasta with Red and Cream Sauces

**Instructor: Mimi Selam Asfaha**

Craft homemade pasta smothered in tomato and Alfredo sauces. Round out the meal with a garden salad.

**AD18921** 1 session \$65  
6:30-8:30 p.m. Mon Dec. 16  
District Program Center





## CREATE

### Potter's Wheel-Open Studio for All Levels

**Instructor: Crysta Bedard**

New and past students are welcome! Throwing demos, instructor assistance, tools, clay and glazes are included.

**AD13311** 6 sessions \$175  
6-8:30 p.m. Tue Sept. 3-Oct. 8  
Park High School

**AD13321** 6 sessions \$175  
6-8:30 p.m. Mon Sept. 9-Oct. 21  
Woodbury High School

**AD13312** 6 sessions \$175  
6-8:30 p.m. Tue Oct. 22-Dec. 3  
Park High School

**AD13322** 6 sessions \$175  
6-8:30 p.m. Mon Oct. 28-Dec. 9  
Woodbury High School

### Adult Pottery-Hand Building & Wheel Instruction with Stoneware Clay **NEW**

**Instructor: Craig J Seath**

Gain an introduction to the basic techniques of hand building, throwing on a potter's wheel, and glazing. New and returning students are welcome. \$35 supply fee required the day of class.

**AD15041** 3 sessions \$110  
6:30-8:30 p.m. Thu Oct. 3-17  
Craig Seath's Pottery Studio

**AD15042** 3 sessions \$110  
6:30-8:30 p.m. Thu Nov. 7-21  
Craig Seath's Pottery Studio



### Pottery Workshop - Adult and Child Age 8+ **NEW**

**NEW**

**Instructor: Craig J Seath**

Use a slab roller, extruder, electric pottery wheel and glaze to make a variety of projects.

\$25 supply fee required the day of class.

**AD15051** 1 session \$55  
3-5:30 p.m. Sat Oct. 5  
Craig Seath's Pottery Studio

**AD15052** 1 session \$55  
3-5:30 p.m. Sat Nov. 2  
Craig Seath's Pottery Studio

**AD15053** 1 session \$55  
3-5:30 p.m. Sat Dec. 7  
Craig Seath's Pottery Studio

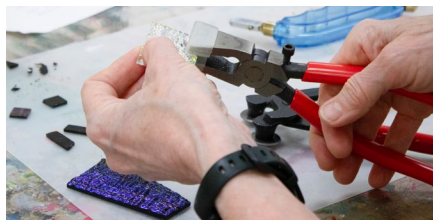
### Holiday Pottery Workshop - Adult and Child Age 8+ **NEW**

**Instructor: Craig J Seath**

Use a slab roller, extruder, electric pottery wheel and glaze to make holiday pottery gifts.

\$15 supply fee required the day of class.

**AD15071** 1 session \$29  
2-3:30 p.m. Sat Dec. 14  
Craig Seath's Pottery Studio



### Fused Glass

**Instructor: Theresa Charpentier**

Learn to make your own fused glass works of art. Select and hand cut special glass, then get designing.

Projects will be fused in a high-temperature kiln at the artist's studio and will be available for pick up at a later date.

### Classic Holiday Ornaments **NEW**

Three ornaments: snowperson, Santa and tree.

**AD15121** 1 session \$49  
6-8 p.m. Wed Oct. 2  
Lake Middle School

### Large Bowl or Plate

One 9" x 9" vessel

**AD15141** 1 session \$79  
5:30-7:30 p.m. Wed Oct. 16  
Lake Middle School

### Funky Tree Ornaments Class **NEW**

Three ornaments

**AD15131** 1 session \$49  
5:30-7:30 p.m. Wed Nov. 6  
Lake Middle School

### Funky Tree Ornaments Class - Adult and Child Age 9+ **NEW**

Work in a pair to design and build two funky tree ornaments.

**AD15251** 1 session \$59  
3:30-5:30 p.m. Wed Nov. 6  
Lake Middle School

### Flashy Wire-wrapped Stars **NEW**

Three star ornaments; wire for wrapping will be provided when you pick up your fused pieces.

**AD15151** 1 session \$55  
5:30-7:30 p.m. Mon Nov. 25  
District Program Center



### Board & Brush Community Ed Nights!

**NEW**

Invite-only DIY workshops at the Board & Brush Studio in Woodbury.

Select a wood project from the B&B gallery. We provide all the materials and instruct you step-by-step to create a beautiful piece for your home or for a gift.

### Register through Board & Brush:

Scan the QR code or enter the bit.ly link into your web browser. Enter access code: SOCO. Then select your project.

### Pick Your Project

Select a seasonal or home décor project from the B&B gallery.

[bit.ly/CE-BBpick](https://bit.ly/CE-BBpick)

5:50-9 p.m. Wed Sept. 18  
Woodbury Board & Brush Studio

### Mini Sign Project

Make a small wooden, framed sign for your home or as a gift.

[bit.ly/CE-BBmini](https://bit.ly/CE-BBmini)

6:20-8:30 p.m. Wed Oct. 9  
Woodbury Board & Brush Studio

### Adult /Child Night

Spend time together as you each make a wood project. Adults can attend solo too!

[bit.ly/CE-BBchild](https://bit.ly/CE-BBchild)

5:50-9 p.m. Thu Nov. 7  
Woodbury Board & Brush Studio

Adult.....\$78

Child 6+ .....\$25

Children must be accompanied by a registered adult. If you register with a child, you must select one adult project and one child project.



# CREATE

## The Recycled Gnome

**Instructor:** Lynn Hjelman

Make a 12" gnome from recycled materials like sweaters, pillows, sheets and more!

**AD12241** 1 session \$45  
6-9 p.m. Thu Sept. 19  
East Ridge High School

## Alcohol Ink Silk Scarves

**Instructor:** Terese M Oleson

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

**AD15191** 1 session \$39  
6:30-8:30 p.m. Mon Sept. 23  
District Program Center



## Acrylic Pouring: "Up North"

**Instructor:** Lisa Van Wyk

Discover the world of acrylic pouring! Create beautiful abstract artwork using fluid acrylics and pouring medium. Choose on 12" cut-out of Minnesota, a bear or a fish.

**AD13552** 1 session \$49  
7-8:30 p.m. Mon Oct. 7  
District Program Center

## Alcohol Ink Coaster Set NEW

**Instructor:** Lisa Van Wyk

Using intense, vibrant pigments learn to create a stunning, one-of-a-kind alcohol ink coaster set (four coasters).

Choose between three themes: Minnesota state shape, snowflakes, or holiday items.

**AD13561** 1 session \$49  
7-8:30 p.m. Mon Nov. 18  
District Program Center

## Traditional Hmong Cross-Stitch Bookmark NEW

**Instructor:** Sanida Xiong

Learn to stitch an intricate and colorful bookmark with traditional Hmong patterns depicting elements of nature, animals and daily life.

**AD15061** 2 sessions \$39  
6:30-8:30 p.m. Mon Oct. 14-21  
District Program Center



## Fabric Wreath NEW

**Instructor:** Robyn Renfro

Discover how to build a festive wreath for any season using patterned fabric and wire mesh.

## Hello Fall Theme

**AD13541** 1 session \$65  
6:30-8:30 p.m. Mon Oct. 14  
District Program Center

## Holiday Theme

**AD13551** 1 session \$75  
6:30-8:30 p.m. Thu Nov. 21  
East Ridge High School

## Mandala Art on Coffee Mugs NEW

**Instructor:** Swetha Avula

Get step-by-step instructions on how to paint a beautiful mandala on a pair of coffee mugs.

**AD15211** 1 session \$49  
5:30-7:30 p.m. Mon Oct. 21  
District Program Center



## One-Stroke Floral Painting NEW

**Instructor:** Swetha Avula

Explore the beauty of floral motifs through the simplified technique of one stroke floral painting

**AD15241** 3 sessions \$89  
5:30-7:30 p.m. Thu Nov. 14-Dec. 12  
East Ridge High School

## Paper Quilling Monogram NEW

**Instructor:** Swetha Avula

Discover the intricate art of paper quilling. Create a stunning, personalized monogram design on an 8" x 10" canvas.

**AD15221** 1 session \$49  
5:30-7:30 p.m. Mon Dec. 9  
District Program Center



## Beginning Hand Embroidery

**Instructor:** Christina Lyn Noble

Gain a skill that is practical and beautiful! Learn seven basic stitches to customize anything from a kitchen towel to your canvas sneakers.

**AD15081** 3 sessions \$54  
6:30-8:30 p.m. Wed Nov. 6-20  
District Program Center

## Photo Organization-Print and Digital

**Instructor:** Kathy Povolny

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

**AD16401** 1 session \$19  
6:30-8:30 p.m. Thu Nov. 14  
East Ridge High School

## Home Landscape Design

**Led by Washington County Master Gardeners**

Learn the basics of landscape design, how to handle challenges, and balance your needs and wants to create a plan you can complete all at once or in stages.

**AD17281** 2 sessions  
6:30-9 p.m. Thu Nov. 14-21  
East Ridge High School



Per person.....\$35  
Per couple.....\$55

# FEEL GREAT

## Sound Bath and Healing Frequencies

**Instructor:** Theresa Charpentier

Experience a therapeutic practice that uses sound to help reduce stress, anxiety and tension.

**AD17881** 1 session \$29  
6-8 p.m. Wed Sept. 18  
Lake Middle School

**AD17882** 1 session \$29  
6-8 p.m. Wed Nov. 20  
Lake Middle School



## Navigating Food Allergies & Intolerances

**NEW Instructor:** Amy Dovenmuehle

Feel more confident and in control. Gain practical knowledge and strategies to live your life safely and comfortably.

**AD17841** 1 session \$20  
6:30-8 p.m. Mon Sept. 23  
District Program Center



## CPR/AED and First Aid Training

**Instructor: HeartCert CPR**

Receive the training necessary to provide basic care until advanced medical personnel arrive.

*For non-healthcare providers. Includes American Heart Association certification.*

## Adult & Pediatric CPR/AED

**AD14141** 1 session \$85  
6-8:30 p.m. Thu Sept. 19  
East Ridge High School

## First Aid Training

**AD14901** 1 session \$85  
6-9 p.m. Thu Sept. 26  
East Ridge High School

## The Perfect Storm-Getting to the Root Cause When a Child is Struggling **NEW**

**Instructor: Mindset Chiropractic**

Learn how to better understand what our children are experiencing and why and how natural, drug-free, neurologically-based care can help.

**AD17911** 1 session Free  
7-8:30 p.m. Tue Sept. 24  
East Ridge High School

## Group Hypnosis

**Instructor: Mary Fischer**

Stop cravings, overeating and snacking with hypnosis.

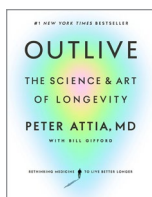
*Includes a reinforcement CD and a lifetime guarantee for free future seminars.*

## Weight Loss/Weight Control

**AD14541** 1 session \$59  
5:45-8:45 p.m. Wed Oct. 2  
Lake Middle School

## Stop Smoking/Stop Chewing

**AD14531** 1 session \$59  
5:45-8:45 p.m. Wed Oct. 2  
Lake Middle School



## Wellness Book Club **NEW**

**Instructor: Amy Dovenmuehle**

Each month, we'll explore a different wellness topic through a thought-provoking book, diving deep into the core messages and practical advice. *Books not included.*

**AD17891** 3 sessions Free  
6:30-7:30 p.m. Wed Oct. 2-Dec. 4  
Lake Middle School

## Are you a highly sensitive person? **NEW**

**Instructor: Amy Dovenmuehle**

Gain insight into managing sensitivity with a self-assessment and practical coping strategies. Get tips, tricks, and resources for ongoing support.

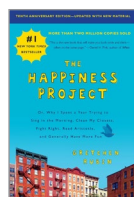
**AD17851** 1 session \$20  
6:30-8 p.m. Mon Oct. 7  
District Program Center

## Journey to Joyful Retirement: Cultivating Wellness in Your Retirement Years

**Instructor: Amy Dovenmuehle**

Get a roadmap to not only embracing the freedom of retirement but also nurturing your physical, mental, and emotional well-being.

**AD17871** 1 session \$20  
6:30-8 p.m. Mon Oct. 28  
District Program Center



## Embracing Your Encore: The Successful Woman's Guide to Finding Love After 40 **NEW**

**Instructor: Jamie J Jones**

Delve into the essential elements of successful dating and embark on a fulfilling quest for love, connection, and personal growth.

**AD11221** 2 sessions \$49  
6-8 p.m. Mon Nov. 4-11  
District Program Center

## Prep for Your Birth & Postpartum Journey

**Instructor: Hannah Strom**

Prepare yourself and your partner for birth. Get actionable steps, strategies, and exercises to help you feel more confident for your birth.

*For pregnant people in their 2nd trimester and beyond, as well as one birth partner.*

**AD19681** 1 session \$39  
6:30-8 p.m. Wed Nov. 6  
Lake Middle School



## Tackling Stress So You Can Be the Best Dad You Can Be

**Instructor: Steve Anderson**

Learn three neuroscience-based strategies to manage stress. Get a plan to reduce stress's negative effects and build resilience for the challenges of fatherhood.

**AD17941** 1 session \$25  
7-8:30 p.m. Wed Nov. 6  
Lake Middle School

Paid Advertisement



## A CAMPAIGN TO SHADE OUR PLAYERS



Help us raise \$75,000 to improve the Woodbury Rotary Miracle Field at Jeff Hanson Memorial Ballpark.

Visit [www.woodburyrotaryCF.org](http://www.woodburyrotaryCF.org) for details. We would like a shade structure and wheelchair-friendly picnic tables in place for the 2026 playing season.

The Woodbury Rotary Club thanks you!

[www.woodburymnrotary.org](http://www.woodburymnrotary.org)



## FEEL GREAT



### Explore the World Through Service: Join Global Volunteers Information Night! **NEW**

**Instructor: Julie Costa**

Wage peace through service as a global neighbor in the USA or abroad! Get tips on choosing the right volunteer program for you.

**AD16161** 1 session \$12  
6:30-8 p.m. Tue Sept. 24  
East Ridge High School

### A Service Learning Adventure in Cuba! **NEW**

**Instructor: Julie Costa**

Now is the time to experience Cuba before there is an American fast-food restaurant on every corner.

**AD16191** 1 session Free  
6:30-8 p.m. Tue Oct. 22  
East Ridge High School

### What to Know When Planning a Disney Vacation **NEW**

**Instructor: Rebecca Ruprecht-Barrett**

A seasoned expert and former Disney cast member will guide you through the countless options, price points and challenges of planning a Disney trip.

**AD19191** 1 session \$15  
6:30-8 p.m. Wed Oct. 2  
Lake Middle School

### The Secrets of Travel-Hacking: Free Air, Hotels, & Cash Back **ONLINE**

**Instructor: 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** 1 session \$49  
11 a.m.-2 p.m. Sat Oct. 19

### Exploring America's National Parks: A Family's Guide to Adventure **NEW**

**Instructor: Amy Dovenmuehle**

Through insights from park rangers and experienced park visitors, learn to plan your visits, including our favorite trails and must-see sights!



**AD17861** 1 session \$20  
6:30-8 p.m. Mon Oct. 21  
District Program Center

### What to Know When Planning a Cruise **NEW**

**Instructor: Meadowbrook Travel**

Discover the different types of cruises available, the array of amenities on board, what to keep in mind choosing a cruise line and at booking.

**AD19201** 1 session \$15  
6:30-8 p.m. Wed Nov. 6  
Lake Middle School

### Tips and Tricks for Traveling with Kids **NEW**

**Instructor: Meadowbrook Travel**

Discover tips for traveling with kids so you can create memories and have a great time.

**AD19211** 1 session \$15  
6:30-8 p.m. Wed Dec. 4  
Lake Middle School



## FITNESS

### Nutrition & Exercise Challenge

**Uplift Guided Fitness for Women**

Join this 3-week challenge to improve your health, body and mind. Start before Dec. 31 to get a specific plan for exercise and healthy eating, three 1-on-1 personal sessions and a 3-week gym membership.

Register online, then call 651-209-6778 to schedule your first two training sessions.

**AD11791** \$75



### Therapeutic Yoga for Releasing Stress!

**Instructor: Dr. Tamara Kraft**

Improve your overall wellness. Utilize breath and mindful movement to reduce stress, enhance body strength and quiet your mind.

#### Level 1 Foundations

**AD17771** 8 sessions \$85  
7:30-8:45 p.m. Thu Sept. 5-Oct. 24  
Bailey Elementary

**AD17772** 7 sessions \$75  
7:30-8:45 p.m. Thu Oct. 31-Dec. 19  
Bailey Elementary

#### Level 2 Build and Challenge

**AD17751** 8 sessions \$95  
7-8:30 p.m. Wed Sept. 4-Oct. 23  
Bailey Elementary

**AD17752** 8 sessions \$95  
7-8:30 p.m. Wed Oct. 30-Dec. 18  
Bailey Elementary

### Gentle Therapeutic Yoga for Releasing Stress

**Instructor: Dr. Tamara Kraft**

Learn the foundations of physical practice, our nervous system, and tools to enhance our ability to stay regulated and balanced.

*Suitable for beginners or those seeking a gentler, stress-reducing practice.*

**AD17761** 8 sessions \$85  
6:15-7:15 p.m. Thu Sept. 5-Oct. 24  
Bailey Elementary

**AD17762** 7 sessions \$75  
6:15-7:15 p.m. Thu Oct. 31-Dec. 19  
Bailey Elementary



### Yoga -Level 1

**Instructor: Jill Hawthorne**

This flow-style yoga class strengthens your muscles and enhances flexibility with basic poses. Modifications are offered for personalized practice.

#### In-Person

**AD11981** 6 sessions \$59  
5:15-6:15 p.m. Tue Sept. 17-Oct. 29  
District Program Center

**AD11982** 6 sessions \$59  
5:15-6:15 p.m. Tue Nov. 12-Dec. 17  
District Program Center

#### Online **ONLINE ON-DEMAND**

**OL11981** 6 sessions \$54  
4:15-5:15 p.m. Tue Sept. 17-Oct. 29

**OL11982** 6 sessions \$59  
4:15-5:15 p.m. Tue Nov. 12-Dec. 17

### Mat Pilates

**Instructor: Annie Thompson**

Strengthen and lengthen muscles while improving coordination, balance and posture through a series of full-body exercises.

*Can be modified for all fitness levels.*

**AD11621** 6 sessions \$72  
6:30-7:30 p.m. Mon Sept. 23-Oct. 28  
Royal Oaks Elementary

### Move Better and Feel Better Using The Feldenkrais Method **ONLINE**

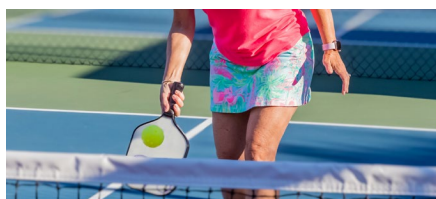
**Instructor: Maggie Vogel-Martin**

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

**OL11471** 6 sessions \$59  
6-7 p.m. Wed Sept. 25-Oct. 30

**OL11472** 6 sessions \$59  
6-7 p.m. Wed Nov. 6-Dec. 18





## Pickleball Drop-in and Play

Drop in with a friend or pair up at the courts. Game experience and knowledge of the rules is necessary. Register at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com).

**SA10321** \$3/pass  
4-8 p.m. M/W/F Oct. 7-May 30  
District Program Center

## Pickleball Lessons

Instructor: Linda Kauss

### Beginners

Learn about the equipment used, how the game is played, and then practice a series of skills and drills.

**AD19301** 4 sessions \$79  
7:15-8:15 p.m. Thu Sept. 19-Oct. 10  
District Program Center

**AD19302** 4 sessions \$79  
5:15-6:15 p.m. Thu Sept. 19-Oct. 31  
District Program Center

### Intermediate Drill Sessions

Work on your third shot drop, transition zone shots and dinking with purpose and strategy.

**AD19371** 4 sessions \$59  
8:15-9 p.m. Thu Sept. 19-Oct. 10  
District Program Center

**AD19372** 4 sessions \$59  
8:15-9 p.m. Thu Oct. 24-Nov. 21  
District Program Center

### Advanced Beginner

Go beyond the basics: develop stroke technique on the serve, volley and drive shots and movement and comfort at the non-volley zone.

**AD19361** 4 sessions \$79  
6:15-7:15 p.m. Thu Sept. 19-Oct. 31  
District Program Center

**AD19362** 4 sessions \$79  
7:15-8:15 p.m. Thu Oct. 24-Nov. 21  
District Program Center

## Intro to Golf for Adults & Teens 15+

Instructor: TGA Premier Sports

Practice putting, chipping, a half swing and L-swing with irons, and full swing with fairway clubs and drivers. Includes rules, etiquette and confidence through the mental game. Beginner-friendly.

**AD19331** 4 sessions \$139  
6:30-7:30 p.m. Thu Oct. 3-24  
Bailey Elementary

**AD19332** 4 sessions \$139  
6:30-7:30 p.m. Tue Nov. 12-Dec. 3  
Bailey Elementary

## Open Walking at Park H.S. Activity Center

Open indoor walking or running on the Park High School Activity Center second floor track.

Designated days and times only.  
Pre-registration required, no walk-ins.

**6:30-8:30 p.m. 4 sessions \$20**

**AD19353** Thu Sept. 5-26

**AD19351** Mon Sept. 9-30

**AD19352** Tue Sept. 10-Oct. 1

**AD19354** Mon Oct. 7-28

**AD19356** Tue Oct. 8-29

**AD19355** Mon Nov. 11-Dec. 2

**6:30-8:30 p.m. 3 sessions \$15**

**AD193510** Thu Oct. 3-17

**AD19359** Mon Jan. 6-Feb. 3

**7:30-9 p.m. 4 sessions \$15**

**AD193511** Thu Oct. 31-Nov. 21

**AD19357** Tue Nov. 12-Dec. 3

**AD19358** Tue Jan. 7-28

**AD193512** Thu Jan. 9-30



## Come Run and/or Walk with Us

Instructor: Carol DeBlicke & Angel Glass

Join us for indoor running, walking and speed work and strength suggestions. Open to people of all running levels.

**AD19342** 6 sessions  
6:30-7:30 p.m. Thu Nov. 7-Dec. 19  
Park High School

**AD19341** 6 sessions  
6:30-7:30 p.m. Tue Nov. 12-Dec. 17  
Park High School

Adult.....\$18

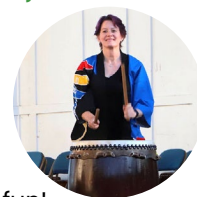
Adult/Child.....\$30

Drop in .....\$5

## Come Hit Big Drums (Play Taiko!)

Instructor: Wendy Jo Gertjeanssen

Originally a Japanese art, taiko is social, physical, mental, musical, LOUD, and fun! Beginners welcome!



**AD19861** 6 sessions \$149  
6:30-7:30 p.m. Tue Sept. 24-Oct. 29  
Bailey Elementary

**AD19862** 4 sessions \$99  
6:30-7:30 p.m. Tue Nov. 12-Dec. 10  
Bailey Elementary

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# FITNESS



## Zumba

**Instructor: Megan Knowles**

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

**AD17801** 5 sessions \$49  
6:30-7:30 p.m. Mon Sept. 9-Oct. 7  
Lake Middle School

**AD17802** 5 sessions \$49  
6:30-7:30 p.m. Mon Oct. 14-Nov. 25  
Lake Middle School

**AD17803** 5 sessions \$49  
6:30-7:30 p.m. Mon Dec. 9-Jan. 27  
Lake Middle School

## 30/30 Zumba (Includes Zumba Toning)

**Instructor: Megan Knowles**

Start with 30 minutes of Zumba then tone and sculpt using weighted toning sticks or light hand weights.

**AD17901** 6 sessions \$59  
6:30-7:30 p.m. Wed Sept. 11-Oct. 16  
Lake Middle School

**AD17902** 6 sessions \$59  
6:30-7:30 p.m. Wed Oct. 23-Dec. 4  
Lake Middle School

**AD17903** 6 sessions \$59  
6:30-7:30 p.m. Wed Dec. 11-Jan. 29  
Lake Middle School

## POUND -Rockout. Workout.

**Instructor: Sara Monson**

Get ready to sweat and tone during this heart-pounding cardio jam session! Using lightly-weighted drumsticks, you will be guided by upbeat music and upwards of 15,000 stick strikes!

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

**AD11881** 6 sessions \$54  
6-7 p.m. Wed Sept. 11-Oct. 30  
Park High School

**AD11882** 6 sessions \$54  
6-7 p.m. Wed Nov. 6-Dec. 11  
Park High School



## Arms & Abs ONLINE

**Instructor: T Salmonson**

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

**OL11911** 9 sessions \$85  
6-6:50 a.m. Tue Sept. 3-Oct. 29

**OL11912** 7 sessions \$65  
6-6:50 a.m. Tue Nov. 5-Dec. 17



## Tabata -Interval Training ONLINE

**Instructor: T Salmonson**

Simple, intense exercises will blast calories and quickly provide noticeable results. Four-minute sequences are broken into 20 seconds of intense work followed by 10 seconds of rest.

**OL11521** 9 sessions \$75  
6-6:30 a.m. Thu Sept. 5-Oct. 31

**OL11522** 6 sessions \$50  
6-6:30 a.m. Thu Nov. 7-Dec. 19

## Dance Fit -Bollywood & Latin Inspired

**Instructor: Viji Adhinarayanan**

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

**AD11281** 5 sessions \$49  
6:30-7:10 p.m. Thu Sept. 19-Oct. 24  
Lake Middle School

**AD11282** 5 sessions \$49  
6:30-7:10 p.m. Thu Oct. 31-Dec. 19  
Lake Middle School



## Line Dancing with Deena NEW

**Instructor: Deena Broadus**

Join us for six weeks of fun! A quick mini lesson will introduce each dance pattern. You'll feel confident and be able to follow the moves for a great workout!

**AD10851** 6 sessions \$49  
6:15-7 p.m. Tue Sept. 10-Oct. 22  
Grey Cloud Elementary

**AD10852** 6 sessions \$49  
6:15-7 p.m. Tue Nov. 12-Dec. 17  
Grey Cloud Elementary

## Line Dancing

**Instructor: Monica Mohn**

All ages are welcome to this family-friendly activity!

### Beyonce's "Texas Hold'em"

**AD11231** 1 session  
6-7 p.m. Tue Sept. 24  
Park High School

### Grease "You're the One that I Want"

**AD11241** 1 session  
6-7 p.m. Thu Oct. 24  
Oltman Middle School

### Elvis "Jailhouse Rock"

**AD11261** 1 session  
6-7 p.m. Tue Nov. 26  
Park High School

Age 15+ .....\$15

Age 6-14 .....\$8

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

## Wedding Dance Workshop

**Instructor: Monica Mohn**

Get ready for your special day! Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction" will have you feeling comfortable and looking great! *Couples only please.*



**AD11351** 1 session \$39/couple  
7-9 p.m. Tue Sept. 24  
Park High School

## Easy Partner Dancing for All Occasions

**Instructor: Deanna Constantine**

No matter the occasion, you'll be prepared to dance! Learn easy-to-remember mini-routines danceable to all your favorite songs.

**AD11251** 4 sessions \$69  
7-8:30 p.m. Tue Oct. 22-Nov. 19  
Red Rock Elementary

## Swing Dance -One Night of Fun!

**Instructor: Monica Mohn**

Learn easy and fun dance patterns you can use for a lifetime.

*Beginner-friendly. Couples only.*

**AD11291** 1 session \$39/couple  
7-9 p.m. Thu Oct. 24  
Oltman Middle School

## Ballroom Blast with Waltz, Foxtrot and Rumba

**Instructor: Monica Mohn**

Whirl to the Waltz, rotate to the romantic Rumba and float across the floor with the flirty Foxtrot!

*Couples only please.*

**AD11301** 1 session \$39/couple  
7-9 p.m. Tue Nov. 26  
Park High School



## GAIN SKILLS

### Photography Level 1: Essential Elements

Instructor: Kent Johnson

Perfect your visual storytelling by mastering photography basics including composition, exposure, metering and shooting modes with a Digital Single Lens Reflex (DSLR) camera. *DSLR camera required.*

**AD16411** 5 sessions \$99  
5:45-7:45 p.m. Thu Sept. 26-Oct. 24  
East Ridge High School

### Photography Level 2 - More Essential Elements

Instructor: Kent Johnson

Expand your knowledge with hands-on experience in metering, exposure, composition and auto focus modes. *DSLR camera required.*

**AD16041** 5 sessions \$99  
5:45-7:45 p.m. Thu Nov. 7-Dec. 12  
East Ridge High School



### Harmony Adventure for Women

Instructor: Vallee de Croix Chorus

Sing four-part harmony with the chorus. Evening rehearsals consist of music, learning materials and vocal coaching with performance opportunities in Dec. A free voice lesson is included.

**AD14041** 9 sessions \$35  
7-9 p.m. Mon Oct. 7-Dec. 2  
Our Savior's Lutheran Church

### Adult Conversational Spanish ONLINE

Instructor: Futura Language Professionals

Build conversational tools through interactive practice and exercises.

#### Beginner Part 1

Start learning Spanish with common greetings, basic grammar, and everyday vocabulary. Includes interesting cultural insights.

**OL19533** 6 sessions \$125  
6-7 p.m. Wed Oct. 16-Nov. 20

**OL19531** 6 sessions \$125  
6-7 p.m. Mon Oct. 21-Nov. 25

**OL19532** 6 sessions \$125  
6-7 p.m. Tue Oct. 22-Nov. 26

#### Beginner Part 2

Continue building Spanish skills with practical phrases, directions, and family vocabulary. Includes cultural discussions about food and family.

*New and previous Beginner Part 1 students are welcome.*

**OL19451** 6 sessions \$125  
6-7 p.m. Tue Oct. 22-Nov. 26

#### Intermediate Part 1

Improve your Spanish with present and future tense verbs, making plans, and discussing preferences. Learn about holiday traditions in Spanish-speaking countries.

*New and previous Beginner Part 1 and Part 2 students are welcome.*

**OL19441** 6 sessions \$125  
6-7 p.m. Wed Oct. 16-Nov. 20

#### Advanced Part 1

Enhance your Spanish by focusing on past tense verbs and complex grammar. Express past actions and broaden your conversational skills.

*New and previous Intermediate students are welcome.*

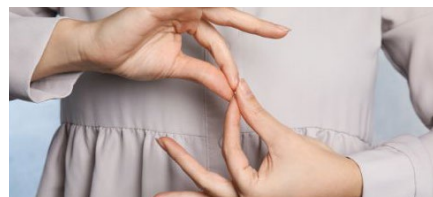
**OL19481** 6 sessions \$125  
6-7 p.m. Thu Oct. 17-Nov. 21

### Adult Spanish for Travel ONLINE

Instructor: Futura Language Professionals

Practice essential, real-world Spanish for travel. Includes greetings, bartering, ordering in restaurants and asking for directions.

**OL19431** 6 sessions \$125  
6-7 p.m. Thu Oct. 17-Nov. 21



### American Sign Language (ASL) Lessons - Adult Class for Beginners NEW

Instructor: Karlie Kurtz

Learn about ASL culture, including how to sign names, greetings, sports, activities and appearance.

**AD19121** 5 sessions \$149  
6-7 p.m. Tue Oct. 1-Nov. 12  
Woodbury High School

### Exploring Hmong American History, Culture, and Language NEW

Instructor: Kao Nou Moua

Discover Hmong history, culture and language through activities, stories and videos.

**AD17961** 1 session \$10  
6:30-8 p.m. Mon Oct. 28  
District Program Center

### Hmong Language for Adults - Beginner NEW

Instructor: Kao Nou Moua

Learn the basic sounds to begin reading and writing in Hmong and explore Hmong culture.

*For students with little or no knowledge of the Hmong language.*

**AD17951** 6 sessions \$149  
6-7 p.m. Mon Nov. 4-Dec. 9  
District Program Center

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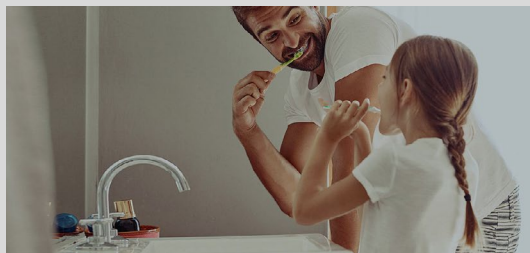


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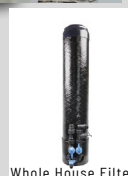
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## GAIN SKILLS

### Got Buckthorn? ONLINE

**Instructor:** Kim Dupre

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

**OL17111** 1 session \$15  
6:30-7:30 p.m. Mon Oct. 14

### Home Basics

**Instructor:**  
Ray F Lehman

#### Plumbing

Learn about your home's plumbing, how to do minor repairs and when to call a pro. Essential for homeowners and maintenance managers.

**AD16061** 1 session \$29  
5:45-7:45 p.m. Tue Oct. 22  
East Ridge High School

#### Electrical

Fear no more and save on repair costs! Learn about your home's electrical system, how to do minor repairs and when to call a pro.

**AD16051** 1 session \$29  
5:45-7:45 p.m. Thu Nov. 14  
East Ridge High School

### DIY Flooring

**Instructor:** Javier Celis

Learn flooring installation basics to save money! Prep floors, measure and order correctly, understand tools and join a hands-on installation simulation.

#### DIY Flooring - Vinyl (Luxury Vinyl Plank, LV Tile and Sheet Vinyl)

**AD15231** 1 session \$79  
6:30-8:30 p.m. Mon Nov. 4  
District Program Center

#### DIY Flooring - Carpet

**AD15201** 1 session \$79  
6:30-8:30 p.m. Mon Nov. 18  
District Program Center

### Home Buyer Workshop ONLINE

**Instructor:** Lindsey Palin

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

**OL17631** 1 session Free  
6:30-7:30 p.m. Wed Nov. 13



## MANAGE MONEY

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

**Instructor:** Jeffrey Scott

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

**AD16701** 1 session \$19  
6-7:30 p.m. Thu Sept. 19  
East Ridge High School

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

**Instructor:** John Mazzara

Get insights on purchase agreements, offer strategies, loan programs, and home sale tips. Includes a no-obligation property evaluation.

**AD17551** 1 session  
7-9 p.m. Thu Sept. 19  
East Ridge High School  
Per person.....\$20  
Per couple.....\$30

### Leaving a Legacy NEW

**Instructor:** Mary Tillman

Learn creative ways to share your cherished treasures when downsizing. Real Estate Specialists will share how to leave a meaningful legacy for your loved ones.

**AD16431** 1 session Free  
6:30-7:30 p.m. Mon Sept. 23  
District Program Center



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

**Instructor:** Jeffrey Scott

Gain essential information for those with loved ones in or considering nursing homes. Learn about asset protection, Medicare vs. Medicaid, and veterans' benefits.

**AD14791** 1 session \$19  
6-7:30 p.m. Tue Sept. 24  
East Ridge High School

### Prepare Your Own Will

**Instructor:** Adam Altman

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

**AD16711** 1 session \$49  
6:30-8:30 p.m. Tue Sept. 24  
East Ridge High School

### Retirement Planning Today

**Instructor:** Jeff Clark and Matt Gulbransen

Learn comprehensive retirement planning strategies covering financial education, life planning, wealth building and tax advantages.



Spouses may attend for free and a free 225-page illustrated textbook is included.

**AD16611** 2 sessions \$49  
6:30-9:30 p.m. Thu Sept. 26-3  
East Ridge High School

**AD16612** 2 sessions \$49  
6:30-9:30 p.m. Tue Oct. 1-8  
East Ridge High School

### Understanding Your Budget and Debt

**Instructor:** 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.

**AD16651** 2 sessions \$39  
6:30-8 p.m. Thu Sept. 26-Oct. 3  
East Ridge High School



### Kitchen Design 101: Curating Your Dream Kitchen Remodel NEW

**Instructor:** Ann Haws

Discover budget-friendly ideas to improve your kitchen. Learn about open concepts, cabinetry, countertops, and contractor selection.

**AD16151** 1 session \$25  
6:30-8:30 p.m. Wed Oct. 2  
Lake Middle School

### Medicare 101

**Instructor:** Elin Langley

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 to enroll.

**AD16171** 1 session \$5  
6-7 p.m. Wed Oct. 2  
Lake Middle School





### Retirement Income Planning Through Home Equity Management **NEW**

**Instructor: Harlan Accola**

Discover how a Home Equity Conversion (reverse mortgage) can offer tax-free cash for qualified borrowers age 62+. Retirees can maintain ownership and eliminate mortgage payments.

**AD16691** 1 session Free  
4-6 p.m. Mon Oct. 7  
District Program Center

### How to Win with Investment Properties

**Instructor: John Mazzara**

Explore real estate investment in the Twin Cities, covering property analysis, taxes, leasing, buying, selling, renting and becoming a landlord.

**AD16601** 1 session  
7-9 p.m. Mon Oct. 7  
District Program Center

Per person.....\$20  
Per couple.....\$30

### Easy Fixes That Pay Off When You Sell **NEW**

**Instructor: Mary Tillman**

Prepare your home for sale. Get tips on valuable upgrades, essential repairs, and maximizing your home's value.



**AD16441** 1 session Free  
6:30-7:30 p.m. Tue Oct. 22  
East Ridge High School

### Antique Road Show - The Challenge of Stuff!

**NEW Instructor: Mary Tillman**

Get tips on handling a garage full of inherited items. Learn what sells, estate sale costs and how to get item appraisals.

**AD16421** 1 session Free  
6:30-7:30 p.m. Mon Oct. 28  
District Program Center



### Veterans Administration (VA) Benefits - Options That Can Help You Thrive **NEW**

**Instructor: Mary Tillman**

Discover available benefits for veterans, including eligibility, how to apply, Presumptive Benefits related to wartime service and resources to help veterans thrive.

**AD16451** 1 session Free  
6:30-7:30 p.m. Wed Nov. 6  
Lake Middle School



### Introduction to Senior Housing

**Instructor: John Mazzara**

Make the best choice for your needs. Discover alternatives to single-family living, including cooperatives, subsidized apartments, market rate independent rentals and continuum of care housing.

**AD17511** 1 session  
7-9 p.m. Mon Nov. 18  
District Program Center

Per person.....\$20  
Per couple.....\$30

### Social Security for Couples: Maximizing Your Benefits Together **NEW**

**Instructor: Rolf White**

Learn to maximize Social Security benefits for couples nearing retirement, including spousal benefits, claiming strategies, taxes, coordinating with other income, and working while receiving benefits.

**AD16621** 1 session  
6:30-8 p.m. Mon Dec. 2  
District Program Center

Per person.....\$15  
Per couple.....\$25

### Ladies Only: Your Strategic Guide to Maximizing Social Security Benefits **NEW**

**Instructor: Rolf White**

Women face unique challenges in maximizing Social Security benefits. Learn proven strategies tailored for women to secure retirement income.

**AD16631** 1 session \$15  
6:30-8 p.m. Wed Dec. 4  
Lake Middle School



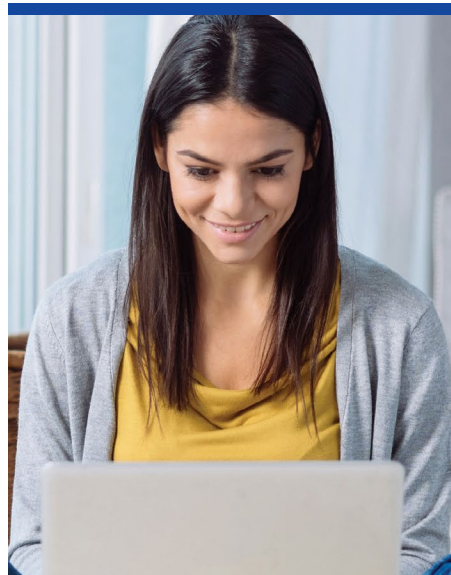
### Taxes in Retirement **NEW**

**Instructor: Rolf White**

Learn to create a retirement tax strategy that minimizes taxes and maximizes income. Understand tax implications on Social Security, Medicare and investment withdrawals.

**AD16641** 1 session  
6:30-8 p.m. Mon Dec. 16  
District Program Center

Per person.....\$15  
Per couple.....\$25



## Online Career Training

**Don't just find a job. Start a career!**

### Categories include:

- Medical
- Language
- Art
- Business
- Writing
- Trades
- Computer
- and more!

**Choose from over 250 courses.**

Six-week enrichment classes:  
[ed2go.com/sowashcoCE](https://ed2go.com/sowashcoCE)

In-depth career training courses:  
[careertraining.ed2go.com/sowashcoCE](https://careertraining.ed2go.com/sowashcoCE)



**24-HOUR ACCESS | EXPERT INSTRUCTORS | CONVENIENT | AFFORDABLE**

**Register Online at [sowashco.ce.eleyo.com](https://sowashco.ce.eleyo.com) | Fall 2024**

## 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](http://isd622.ce.eleyo.com) or call 651-748-7232 to request the latest brochure.



“Happiness is yelling ‘Bingo!’ And winning like never ‘B4’ with friends and fun!”

-Craig

# GREAT RIVERS

ADULT EDUCATION CONSORTIUM

ADULT COLLEGE CAREER ENGLISH SKILLS SERVICES



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

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



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

## 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 attending 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.

### 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



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

### Locations:

#### District Program Center

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

#### Valley Creek Mall

1750 Weir Dr.  
Woodbury, MN 55125

#### Tilden Community Center

310 River St.  
Hastings, MN 55033

### Learn more and register:

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



## 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](mailto: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

### 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](https://commed.sowashco.org/aquatics). Register or view class times and locations at [sowashco.ce.eleyo.com](https://sowashco.ce.eleyo.com).

## FACILITY RENTAL

South Washington County Schools (SoWashCo Schools) encourages the use of district buildings and 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](https://commed.sowashco.org/facility-rental)



(651) 964-2020

[www.mn-np.com/](http://www.mn-np.com/)



# MINNESOTA NEUROPSYCHOLOGY

**Diagnostic Assessments for  
Learning Differences such as  
Dyslexia, ADHD, and others.**

**Contact us today to learn more  
[info@mn-np.com](mailto:info@mn-np.com)**

Minnesota Neuropsychology, LLC  
370 Selby Avenue, Suite 216 | St Paul | MN | 55102



## MIDDLE SCHOOL

SoWashCo Community Education middle school athletics emphasizes skill development and team play. Students learn the fundamentals of the sport and play matches against other SoWashCo middle schools.

### Middle School Boys and Girls Flag Football

#### Grade 6-8

**JR100** 23 sessions \$165  
2:45-4:15 p.m. M-Th Sept. 9-Oct. 24  
Cottage Grove Middle School

**JR101** 23 sessions \$165  
2:45-4:15 p.m. M-Th Sept. 9-Oct. 24  
Lake Middle School

**JR102** 23 sessions \$165  
2:45-4:15 p.m. M-Th Sept. 9-Oct. 24  
Oltman Middle School

**JR103** 23 sessions \$165  
2:45-4:15 p.m. M-Th Sept. 9-Oct. 24  
Woodbury Middle School

### Middle School Boys and Girls Running Club

Run with your friends while learning different running styles and participate in a cross country meet.

#### Grade 6-8

**JR161** 15 sessions \$70  
2:45-4:15 p.m. M/T/Th Sept. 9-Oct. 14  
Cottage Grove Middle School

**JR171** 15 sessions \$70  
2:45-4:15 p.m. M/T/Th Sept. 9-Oct. 14  
Lake Middle School

**JR181** 15 sessions \$70  
2:45-4:15 p.m. M/T/Th Sept. 9-Oct. 14  
Oltman Middle School

**JR191** 15 sessions \$70  
2:45-4:15 p.m. M/T/Th Sept. 9-Oct. 14  
Woodbury Middle School

### Middle School Girls Volleyball

#### Grade 7

**JA161** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Cottage Grove Middle School

**JA171** 123 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Lake Middle School

**JA181** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Oltman Middle School

**JA191** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Woodbury Middle School

#### Grade 8

**JA162** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Cottage Grove Middle School

**JA172** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Lake Middle School

**JA182** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Oltman Middle School

**JA192** 23 sessions \$165  
2:45-4:45 p.m. M-Th Sept. 9-Oct. 24  
Woodbury Middle School



### Middle School Wrestling

Athletes will participate in matches with local schools within the Suburban East Conference.

*Cottage Grove and Oltman middle schools will form one team and practice at Oltman Middle School. (The first two weeks of practice will be held at the Park High School, Nov. 4-14).*

*Lake and Woodbury middle schools will form one team and practice at Woodbury Middle School.*

#### Grade 6

**JA260** 25 sessions \$175  
3-5 p.m. M-Th Nov. 4-Jan. 9  
Oltman Middle School

**JA262** 25 sessions \$175  
2:45-4:45 p.m. M-Th Nov. 4-Jan. 9  
Woodbury Middle School

#### Grade 7

**JA270** 25 sessions \$175  
3-5 p.m. M-Th Nov. 4-Jan. 9  
Oltman Middle School

**JA272** 25 sessions \$175  
2:45-4:45 p.m. M-Th Nov. 4-Jan. 9  
Woodbury Middle School

#### Grade 8

**JA280** 25 sessions \$175  
3-5 p.m. M-Th Nov. 4-Jan. 9  
Oltman Middle School

**JA282** 25 sessions \$175  
2:45-4:45 p.m. M-Th Nov. 4-Jan. 9  
Woodbury Middle School

### Middle School Girls Basketball

#### Grade 6-7

**JA290** 24 sessions \$165  
2:45-4:45 p.m. M-Th Nov. 4-Dec. 19  
Cottage Grove Middle School

**JA293** 24 sessions \$165  
2:45-4:45 p.m. M-Th Nov. 6-Dec. 19  
Lake Middle School

**JA295** 21 session \$165  
2:45-4:45 p.m. M-Th Nov. 4-Dec. 18  
Oltman Middle School

**JA297** 21 session \$165  
2:45-4:45 p.m. M-Th Nov. 4-Dec. 19  
Woodbury Middle School

#### Grade 8

**JA291** 24 sessions \$165  
2:45-4:45 p.m. M-Th Nov. 4-Dec. 19  
Cottage Grove Middle School

**JA294** 24 sessions \$165  
2:45-4:45 p.m. M-Th Nov. 6-Dec. 19  
Lake Middle School

**JA296** 21 session \$165  
2:45-4:45 p.m. M-Th Nov. 4-Dec. 18  
Oltman Middle School

**JA298** 21 session \$165  
2:45-4:45 p.m. M-Th Nov. 4-Dec. 19  
Woodbury Middle School



**No transportation** will be provided for middle school athletics due to the bus driver shortage. Families must transport their students to and from practices and matches.

**All participants MUST have a sports physical on file** at their school's health office. Download forms at [commed.sowashco.org/athletics](https://commed.sowashco.org/athletics).



# CAMPS AND CLINICS

## Park Youth Wrestling Program

For questions, please contact Mark Duffy 612-986-2246 or Jim LaBrosse 651-425-3966.

### Beginner, Age 4-9

We'll focus on the fundamental positions, movements, and select moves from each wrestling position.

*Beginning wrestlers must be accompanied by an adult.*

**C200** 14 sessions \$80  
6-6:50 p.m. T/W Oct. 22-Dec. 11  
Park High School

### Intermediate/Advanced, Grade 2-6

We'll focus on intermediate-to-advanced techniques, conditioning, and live wrestling needed for competitive youth wrestling.

*Wrestlers will have the opportunity to compete in a number of team events. At least two years of experience or one+ years of tournament experience is required.*

**C201** 14 sessions \$100  
7-8:15 p.m. T/W Oct. 22-Dec. 11  
Park High School

## East Ridge Youth Wrestling Program

For questions, please contact Stacey Utley 203-214-0983.

### Beginner, Age 5-7

Designed for first or second-year wrestlers. We'll focus on the fundamentals of wrestling including stance and positions, moves from each position, and the basics of live wrestling. Practices are organized to be both fun and challenging!

*Parent participation is encouraged.*

**C210** 16 sessions \$100  
5:45-6:40 p.m. Tue Nov. 12-Mar. 11  
East Ridge High School

### Intermediate/Advanced, Grade 3-6

Learn intermediate and advanced techniques from a former college wrestler. Designed for new wrestlers and returning wrestlers.

*Wrestlers will have the opportunity to compete in weekend tournaments.*

**C211** 31 session \$250  
6:45-8 p.m. T/Th Nov. 12-Mar. 13  
East Ridge High School

## South Washington County Schools-Girls Intro to Wrestling

We'll focus on the basics including different positions, scoring, and what to expect at tournaments. High school varsity girl wrestlers will help during the two sessions. For questions, please contact Kyle Viesselman 651-334-3351.

### Elementary, Grade 1-5

**C212** 2 sessions \$15  
5-5:50 p.m. M/W Nov. 4-6  
East Ridge High School

### Middle/High School, Grade 6-12

**C213** 2 sessions \$20  
6-7 p.m. M/W Nov. 4-6  
East Ridge High School



## Soccer Shots

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.

### Mini, Age 2-3

**C715** 7 sessions \$142  
5-5:30 p.m. Thu Sept. 12-Oct. 24  
Pullman Elementary

### Classic, Age 3-5

**C716** 7 sessions \$142  
5:35-6:05 p.m. Thu Sept. 12-Oct. 24  
Pullman Elementary

### Premier, Age 5-8

**C717** 7 sessions \$142  
6:10-6:40 p.m. Thu Sept. 12-Oct. 24  
Pullman Elementary

### Grade K-2

**C710** 10 sessions \$225  
3:55-4:40 p.m. Fri Sept. 13-Nov. 22  
Bailey Elementary

**C711** 10 sessions \$225  
3:15-4 p.m. Fri Sept. 13-Nov. 22  
Hillside Elementary

**C712** 10 sessions \$225  
3:55-4:40 p.m. Fri Sept. 13-Nov. 22  
Red Rock Elementary

**C713** 10 sessions \$225  
3:55-4:40 p.m. Fri Sept. 13-Nov. 22  
Nuevas Fronteras Spanish Immersion

**C714** 10 sessions \$225  
3:50-4:35 p.m. Fri Sept. 13-Nov. 22  
Valley Crossing Elementary



## Happy Feet Preschool Soccer

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.

### Age 2-3

**C182** 4 sessions \$65  
6-6:30 p.m. Tue Sept. 10-Oct. 1  
Grey Cloud Elementary

**C185** 4 sessions \$65  
6-6:30 p.m. Tue Oct. 8-29  
Grey Cloud Elementary

**C188** 3 sessions \$50  
6-6:30 p.m. Tue Nov. 12-26  
Grey Cloud Elementary

**C191** 3 sessions \$50  
6-6:30 p.m. Tue Dec. 3-17  
Grey Cloud Elementary

### Age 4-5

**C183** 4 sessions \$65  
6:30-7 p.m. Tue Sept. 10-Oct. 1  
Grey Cloud Elementary

**C186** 4 sessions \$65  
6:30-7 p.m. Tue Oct. 8-29  
Grey Cloud Elementary

**C189** 3 sessions \$50  
6:30-7 p.m. Tue Nov. 12-26  
Grey Cloud Elementary

**C192** 3 sessions \$50  
6:30-7 p.m. Tue Dec. 3-17  
Grey Cloud Elementary

### Age 6-7

**C184** 4 sessions \$65  
7-7:40 p.m. Tue Sept. 10-Oct. 1  
Grey Cloud Elementary

**C187** 4 sessions \$65  
7-7:40 p.m. Tue Oct. 8-29  
Grey Cloud Elementary

**C190** 3 sessions \$50  
7-7:40 p.m. Tue Nov. 12-26  
Grey Cloud Elementary

**C193** 3 sessions \$50  
7-7:40 p.m. Tue Dec. 3-17  
Grey Cloud Elementary



**Competing wrestlers  
MUST obtain a USA  
Wrestling card through  
[mnusawrestling.org](http://mnusawrestling.org)**

*Please note, Middle School Wrestling is recommended for wrestlers in grades 6-8. See page 21 for more information.*

# CAMPS AND CLINICS



## Skyhawks Flag Football Camp

Learn skills on both sides of the football including the core components of passing, catching, and defense.

### Ages 5-7

**C150** 4 sessions \$89  
3:55-4:55 p.m. Wed Sept. 18-Oct. 9  
Bailey Elementary

## Skyhawks 1st Down Tots Camp

Play fun games while learning basic football techniques including running control, passing, receiving and defense. *Parent participation required.*

### Age 3-4

**C151** 4 sessions \$69  
5:05-5:35 p.m. Wed Sept. 18-Oct. 9  
Bailey Elementary

## Skyhawks Mini-Hawk Flag Football

Experience football in a positive, safe and structured environment.

### Ages 4-5

**C152** 4 sessions \$79  
5:45-6:25 p.m. Wed Sept. 18-Oct. 9  
Bailey Elementary

## Skyhawks Baseball Camp

Beginner and intermediate players will learn the fundamentals of fielding, catching, throwing, hitting and base running.



### Age 5-7

**C153** 4 sessions \$89  
3:20-4:20 p.m. Thu Sept. 19-Oct. 17  
Cottage Grove Middle School

## Skyhawks Baseball Tots Camp

Play fun games, build muscle coordination, a love of the game and learn baseball fundamentals.

### Ages 3-4

**C154** 4 sessions \$69  
4:30-5 p.m. Thu Sept. 19-Oct. 17  
Cottage Grove Middle School

## Skyhawks Mini-Hawk Baseball

Experience baseball in a safe, structured environment.

### Ages 4-5

**C155** 4 sessions \$79  
5:10-5:55 p.m. Thu Sept. 19-Oct. 17  
Cottage Grove Middle School

## Skyhawks Soccer Camp

Beginner and intermediate players will learn dribbling, passing, shooting, and ball control.



### Ages 5-7

**C156** 4 sessions \$89  
3:20-4:20 p.m. Wed Oct. 23-Nov. 13  
Middleton Elementary

## Skyhawks Soccer Tots Camp

Focus on developing motor skills and self confidence.

### Ages 3-4

**C157** 4 sessions \$69  
4:30-5 p.m. Wed Oct. 23-Nov. 13  
Middleton Elementary

## Skyhawks Mini-Hawk Soccer

Learn soccer in a safe, structured environment.

### Ages 4-5

**C158** 4 sessions \$79  
5:10-5:55 p.m. Wed Oct. 23-Nov. 13  
Middleton Elementary

## Skyhawks Floor Hockey Camp

Learn stick handling, passing, shooting, team drills, offense and defensive fundamentals, and play scrimmages.

### Ages 5-7

**C159** 4 sessions \$79  
4:30-5:15 p.m. Thu Oct. 24-Nov. 21  
Grey Cloud Elementary

## Skyhawks Floor Hockey Tots

These playful classes make learning essential skills like stickhandling, passing, and shooting a breeze.

*Parent participation required.*

### Age 3-4

**C160** 4 sessions \$69  
5:25-5:55 p.m. Thu Oct. 24-Nov. 21  
Grey Cloud Elementary

## Skyhawks Basketball Camp

Focus on dribbling, shot technique, passing and teamwork.

*Adjustable hoops and appropriately sized balls provide the right amount of challenge.*



### Ages 5-7

**C161** 4 sessions \$89  
3:55-4:55 p.m. Wed Nov. 20-Dec. 18  
Bailey Elementary

## Skyhawks Hoopster Tots Camp

### Ages 3-4

Focus on dribbling, shot technique, passing and teamwork. *Adjustable hoops and appropriately sized balls provide the right amount of challenge.*

**C162** 4 sessions \$69  
5:05-5:35 p.m. Wed Nov. 20-Dec. 18  
Bailey Elementary

## Skyhawks Mini-Hawk Basketball

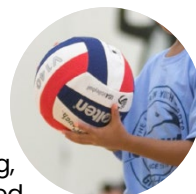
### Ages 4-5

Learn basketball in a safe, structured environment.

**C163** 4 sessions \$79  
5:45-6:25 p.m. Wed Nov. 20-Dec. 18  
Bailey Elementary

## Skyhawks Beginning/Intermediate Volleyball (Co-Ed)

Developing fundamental skills, including passing, setting, spiking, blocking and serving, through game-speed drills and daily scrimmages.



**C164** 3 sessions \$59  
4:30-5:15 p.m. Thu Dec. 5-19  
Grey Cloud Elementary

## Skyhawks Advanced Volleyball (Co-Ed)

Advanced players will practice bumping, setting, spiking, blocking and serving—through engaging drills and exercises.

### Age 8-10

**C165** 3 sessions \$59  
5:25-6:10 p.m. Thu Dec. 5-19  
Grey Cloud Elementary



## DASH MLS GO Soccer Camp

Work on skills training during the first day of camp, followed by three days of scrimmages and games.

### Age 4-5

**C344** 6 sessions \$149  
9:10-10:10 a.m. Sat Sept. 21-Nov. 2  
Red Rock Elementary

### Grade K-1

**C345** 6 sessions \$149  
10:20-11:20 a.m. Sat Sept. 21-Nov. 2  
Red Rock Elementary

### Grade 2-3

**C346** 6 sessions \$149  
11:30 a.m.-12:30 p.m. Sat Sept. 21-Nov. 2  
Red Rock Elementary

### Grade 4-5

**C347** 6 sessions \$149  
12:40-1:40 p.m. Sat Sept. 21-Nov. 2  
Red Rock Elementary

## DASH Sports Soccer Camp

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



### Grade K-5

**C330** 3 sessions \$89  
2:30-3:50 p.m. Mon Sept. 16-Oct. 7  
Crestview Elementary

**C331** 4 sessions \$89  
3:55-4:55 p.m. Mon Sept. 16-Oct. 14  
Nuevas Fronteras Spanish Immersion

**C333** 4 sessions \$89  
2:30-3:30 p.m. Tue Sept. 17-Oct. 8  
Bailey Elementary

**C332** 4 sessions \$89  
3:55-4:55 p.m. Tue Sept. 17-Oct. 8  
Red Rock Elementary

**C334** 4 sessions \$89  
2:30-3:30 p.m. Wed Sept. 18-Oct. 9  
Royal Oaks Elementary

**C335** 4 sessions \$89  
2:30-3:30 p.m. Wed Sept. 18-Oct. 9  
Valley Crossing Elementary

**C336** 4 sessions \$89  
2:30-3:30 p.m. Thu Sept. 19-Oct. 10  
Liberty Ridge Elementary

**C337** 4 sessions \$89  
3:20-4:20 p.m. Fri Sept. 20-Oct. 11  
Grey Cloud Elementary

**C338** 4 sessions \$89  
3:20-4:20 p.m. Fri Sept. 20-Oct. 11  
Middleton Elementary

**C339** 4 sessions \$89  
3:20-4:20 p.m. Fri Sept. 20-Oct. 11  
Woodbury Elementary



## DASH Sports Soccer Tykes Camp

Get an introductory experience to the game of soccer. Learn the key elements of dribbling, passing, and shooting.

*Parent participation is encouraged.*

### Age 2-3

**C340** 4 sessions \$79  
5:15-5:45 p.m. Wed Sept. 18-Oct. 9  
Valley Crossing Elementary

**C342** 4 sessions \$79  
5:15-5:45 p.m. Wed Sept. 18-Oct. 9  
Liberty Ridge Elementary

### Age 4-6

**C341** 4 sessions \$85  
6-6:45 p.m. Wed Sept. 18-Oct. 9  
Valley Crossing Elementary

**C343** 4 sessions \$85  
6-6:45 p.m. Wed Sept. 18-Oct. 9  
Liberty Ridge Elementary

## DASH Sports T-ball Tykes Camp

Learn key elements of throwing, fielding/catching, batting, and baserunning. Show off your skills on during "Game Day" on the final day.



### Age 2-3

*Parent participation is required.*

**C348** 4 sessions \$85  
9-9:40 a.m. Sat Sept. 21-Oct. 12  
Oltman Middle School

**C349** 4 sessions \$85  
9:50-10:40 a.m. Sat Sept. 21-Oct. 12  
Oltman Middle School

### Age 4-6

*Parent participation is encouraged.*

**C350** 4 sessions \$85  
10:50-11:30 a.m. Sat Sept. 21-Oct. 12  
Oltman Middle School

**C351** 4 sessions \$85  
11:40 a.m.-12:20 p.m. Sat Sept. 21-Oct. 12  
Oltman Middle School

## DASH Sports Flag Football Camp

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



### Grade K-5

**C353** 4 sessions \$89  
3:55-4:55 p.m. Tue Oct. 15-Nov. 12  
Bailey Elementary

**C352** 4 sessions \$89  
3:55-4:55 p.m. Tue Oct. 15-Nov. 12  
Red Rock Elementary

**C358** 4 sessions \$89  
3:55-4:55 p.m. Mon Oct. 21-Nov. 11  
Liberty Ridge Elementary

**C356** 4 sessions \$89  
2:30-3:30 p.m. Mon Oct. 21-Nov. 11  
Royal Oaks Elementary

**C357** 4 sessions \$89  
3:55-4:55 p.m. Wed Oct. 23-Nov. 13  
Valley Crossing Elementary

**C355** 4 sessions \$89  
3:55-4:55 p.m. Thu Oct. 24-Nov. 14  
Nuevas Fronteras Spanish Immersion

**C354** 4 sessions \$89  
2:30-3:30 p.m. Thu Oct. 24-Nov. 14  
Crestview Elementary

**C359** 3 sessions \$89  
3:20-4:40 p.m. Fri Oct. 25-Nov. 15  
Grey Cloud Elementary

**C360** 4 sessions \$89  
3:20-4:20 p.m. Fri Oct. 25-Nov. 15  
Middleton Elementary

**C361** 4 sessions \$89  
3:20-4:20 p.m. Fri Oct. 25-Nov. 15  
Woodbury Elementary

## DASH Sports Flag Football Tykes Camp

Learn football in a little to no contact, safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced through fun, skill-based games.

### Age 2-3

**C362** 4 sessions \$79  
5:15-5:45 p.m. Wed Oct. 23-Nov. 13  
Valley Crossing Elementary

### Age 3-6

**C364** 4 sessions \$85  
5:10-5:55 p.m. Mon Oct. 21-Nov. 11  
Liberty Ridge Elementary

### Age 4-6

**C363** 4 sessions \$79  
6-6:45 p.m. Wed Oct. 23-Nov. 13  
Valley Crossing Elementary

## CAMPS AND CLINICS



### DASH Sports Basketball Camp

Learn to properly shoot, pass, dribble, and play defense. Camp ends with scrimmages on the final two days.

#### Grade K-5

**C368** 4 sessions \$89  
2:30-3:30 p.m. Mon Nov. 18-Dec. 16  
Nuevas Fronteras Spanish Immersion

**C367** 4 sessions \$89  
2:30-3:30 p.m. Mon Nov. 18-Dec. 16  
Crestview Elementary

**C370** 4 sessions \$89  
3:55-4:55 p.m. Tue Nov. 19-Dec. 17  
Bailey Elementary

**C369** 4 sessions \$89  
3:55-4:55 p.m. Tue Nov. 19-Dec. 17  
Red Rock Elementary

**C372** 4 sessions \$89  
3:55-4:55 p.m. Wed Nov. 20-Dec. 18  
Valley Crossing Elementary

**C371** 4 sessions \$89  
2:30-3:30 p.m. Wed Nov. 20-Dec. 18  
Royal Oaks Elementary

**C375** 4 sessions \$89  
3:20-4:20 p.m. Fri Nov. 22-Dec. 20  
Middleton Elementary

**C374** 4 sessions \$89  
3:20-4:20 p.m. Fri Nov. 22-Dec. 20  
Grey Cloud Elementary

**C376** 4 sessions \$89  
3:20-4:20 p.m. Fri Nov. 22-Dec. 20  
Woodbury Elementary

### DASH Sports Basketball Tykes Camp

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

*Parent participation is encouraged.*

#### Age 3-6

**C377** 4 sessions \$85  
5:10-5:55 p.m. Wed Nov. 20-Dec. 18  
Valley Crossing Elementary

**C379** 4 sessions \$85  
5:10-5:55 p.m. Thu Nov. 21-Dec. 19  
Liberty Ridge Elementary



### TGA Tennis, Golf and Pickleball

#### Grade K-6

TGA Premier Sports camps offer an unforgettable experience for your child by combining expert instruction and exciting activities that keep students engaged all day. Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) for camp times, dates and locations.



### CHEM (Character, Hand, Eye and Mind) Athletics Sports Sampler

Practice variety of sports while learning a combination of hand-eye coordination and mental focus to improve and develop fundamentals. Learn about Safety, Teamwork, Attitude, Responsibility and Sportsmanship.

#### Grade K-5

**C195** 5 sessions \$99  
3:15-4:15 p.m. Tue Sept. 17-Oct. 22  
Middleton Elementary

## RECREATION



### Miss Laura's Little Athletes Gym Class

Help your children build strong, healthy bodies and minds through play. Engage in music, movement, and play activities that encourages a lifelong habit of fitness.

*Children must be accompanied by a caregiver.*

#### Age 1-5

**YE1755** 4 sessions \$60  
10-10:55 a.m. Wed Sept. 4-25  
All Saints Lutheran

**YE1751** 4 sessions \$60  
9-9:55 a.m. Wed Sept. 4-25  
All Saints Lutheran

**YE1752** 4 sessions \$60  
9-9:55 a.m. Wed Oct. 2-23  
All Saints Lutheran

**YE1756** 4 sessions \$60  
10-10:55 a.m. Wed Oct. 2-23  
All Saints Lutheran

**YE1753** 4 sessions \$60  
9-9:55 a.m. Wed Oct. 30-Nov. 20  
All Saints Lutheran

**YE1757** 4 sessions \$60  
10-10:55 a.m. Wed Oct. 30-Nov. 20  
All Saints Lutheran

**YE1754** 4 sessions \$60  
9-9:55 a.m. Wed Dec. 4-Jan 8  
All Saints Lutheran

**YE1758** 4 sessions \$60  
10-10:55 a.m. Wed Dec. 4-Jan 8  
All Saints Lutheran

### Unicycling for All Ages and Skill Levels

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. Children 17 and under must be accompanied by a guardian. Unicycles are provided.*

#### Age 7+

**YE1781** 8 sessions 6:30-8:30 p.m.  
Tue Sept. 10-Nov. 19  
Royal Oaks Elementary

Per person..... \$30  
Per family ..... \$45



## Volleyball Camp Taught in Spanish

Learn volleyball in Spanish: passing, setting, hitting, serving, blocking, offense, defense and game play. For beginner and intermediate players.

### Grade 3-5

**YE1301** 8 sessions \$160  
5-6:30 p.m. T/Th Sept. 24-Oct. 10  
Nuevas Fronteras Spanish Immersion

### Parent Child Ninja Class

Work together to tackle ninja obstacles and problem-solve courses while building self-esteem!

### Age 5+ with an adult

**YE1257** 8 sessions  
9-10 a.m. Sat Sept. 7-Oct. 26  
Conquer Ninja Gym

Parent + 1 child ...\$275  
Additional child.....\$75

**YE1256** 6 sessions  
9-10 a.m. Sat Nov. 2-Dec. 14  
Conquer Ninja Gym

Parent + 1 child ..\$205  
Additional child.....\$75



### Intro to Ninja

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

### Age 5-9

**YE1261** 8 sessions \$190  
4-5 p.m. Wed Sept. 11-Oct. 30  
Conquer Ninja Gym

**YE1264** 6 sessions \$140  
4-5 p.m. Wed Nov. 6-Dec. 18  
Conquer Ninja Gym

### Age 5-13

**YE1262** 8 sessions \$190  
5-6 p.m. Wed Sept. 11-Oct. 30  
Conquer Ninja Gym

**YE1259** 6 sessions \$140  
5-6 p.m. Wed Nov. 6-Dec. 18  
Conquer Ninja Gym

### Age 8-13

**YE1263** 8 sessions \$190  
6:30-7:30 p.m. Wed Sept. 11-Oct. 30  
Conquer Ninja Gym

**YE1258** 6 sessions \$140  
6:30-7:30 p.m. Wed Nov. 6-Dec. 18  
Conquer Ninja Gym

## Conquer Ninja Rec Team

Develop confidence, strength, endurance, balance, and friendships with a fun, unique sport! Includes 6 practices and 2 competitions.

### Age 6-9

**YE1265** 8 sessions \$199  
4-5 p.m. Fri Sept. 6-Oct. 25  
Conquer Ninja Gym

**YE1266** 8 sessions \$199  
5-6 p.m. Fri Sept. 6-Oct. 25  
Conquer Ninja Gym

**YE1269** 6 sessions \$150  
4-5 p.m. Fri Nov. 1-Dec. 13  
Conquer Ninja Gym

**YE1270** 6 sessions \$150  
5-6 p.m. Fri Nov. 1-Dec. 13  
Conquer Ninja Gym

### Age 6-13

**YE1268** 8 sessions \$199  
9-10 a.m. Sun Sept. 8-Oct. 27  
Conquer Ninja Gym

**YE1272** 6 sessions \$150  
9-10 a.m. Sun Nov. 3-Dec. 15  
Conquer Ninja Gym

### Age 8-13

**YE1267** 8 sessions \$199  
6:15-7:15 p.m. Fri Sept. 6-Oct. 25  
Conquer Ninja Gym

**YE1271** 6 sessions \$150  
6:15-7:15 p.m. Fri Nov. 1-Dec. 13  
Conquer Ninja Gym

### Parents Day Out

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

### Age 5-13

**YE1255** 1 session \$40  
9-11 a.m. Thu Oct. 17  
Conquer Ninja Gym

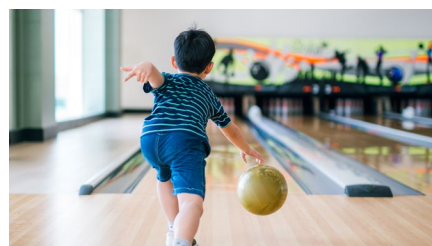
**YE1254** 1 session \$40  
1-3 p.m. Thu Oct. 17  
Conquer Ninja Gym

**YE1253** 1 session \$40  
1-3 p.m. Fri Oct. 18  
Conquer Ninja Gym

**YE1249** 1 session \$40  
9-11 a.m. Fri Oct. 18  
Conquer Ninja Gym

**YE1248** 1 session \$40  
9-11 a.m. Fri Nov. 29  
Conquer Ninja Gym

**YE1247** 1 session \$40  
1-3 p.m. Fri Nov. 29  
Conquer Ninja Gym



## Bowling Club

Learn the skills and techniques of bowling including how to keep score and proper etiquette while meeting new friends.

### Grade 1-7

**YE175** 6 Sessions \$97  
9:30-10:10 a.m. Sat Oct. 5-Nov. 16  
Park Grove Bowl

### YEL Fencing

Experience YEL's Teach It, Practice It, Play It® approach while learning fencing skills, practice in games, and compete in matches. All equipment provided.



### Grades 2-5

**YE1324** 8 sessions \$130  
6-7 p.m. Tue Oct. 8-Dec. 10  
District Program Center

### Grades 6-12

**YE1325** 8 sessions \$170  
7:05-8:45 p.m. Tue Oct. 8-Dec. 10  
District Program Center



## Serenity Farm Horse Camp

Learn the basics of horse care, grooming and riding.

### Age 6-12

**YE1526** 1 session \$125  
9 a.m.-2 p.m. Thu Oct. 17  
Serenity Farm

**YE1527** 1 session \$125  
9 a.m.-2 p.m. Fri Oct. 18  
Serenity Farm

**YE1528** 1 session \$125  
9 a.m.-2 p.m. Fri Nov. 29  
Serenity Farm

**YE1529** 1 session \$125  
9 a.m.-2 p.m. Fri Dec. 27  
Serenity Farm

## 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.



Register at  
[sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com)



### Park Gymnastics

#### Park High School Gymnastics Center

8040 80th Street South, Cottage Grove, MN 55016

For questions, contact

**Coach Kristy Clarke** | [kclarke2@sowashco.org](mailto:kclarke2@sowashco.org)



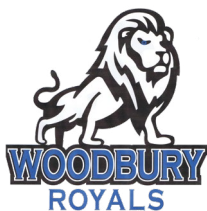
### East Ridge Gymnastics

#### East Ridge High School Gymnastics Center

4200 Pioneer Drive, Woodbury, MN 55129

For questions, contact

**Coach Caroline Urgo** | [curgo0@sowashco.org](mailto: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](mailto:jremackel@sowashco.org)

#### More Information

For gymnastics schedules, course information, registration dates and policies visit our website at [commed.sowashco.org/gymnastics](http://commed.sowashco.org/gymnastics).

#### Financial Assistance

Visit page 42 to learn about financial assistance.

## CREATE

### Creative Sewing

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



#### Age 8-12

**YE1600** 4 sessions \$118  
4-6 p.m. Wed Sept. 4-25  
Nena's Designs

**YE1601** 4 sessions \$118  
4-6 p.m. Wed Oct. 2-23  
Nena's Designs

**YE1602** 4 sessions \$118  
4-6 p.m. Wed Oct. 30-Nov. 20  
Nena's Designs

**YE1603** 4 sessions \$89  
4-6 p.m. Wed/Thu Dec. 4-12  
Nena's Designs

### Intensive Sewing Camp

Create two projects from scratch while learning basic sewing skills including hand and machine sewing techniques.

#### Grade 4-8

**YE1208** 1 session \$96  
9 a.m.-1 p.m. Fri Oct. 18  
Nena's Designs

**YE1209** 1 session \$96  
9 a.m.-1 p.m. Wed Nov. 27  
Nena's Designs

**YE1210** 1 session \$96  
9 a.m.-1 p.m. Mon Dec. 2  
Nena's Designs



### Parent/Child Paint Date - Monsters Party

Spend time together as you create an imaginary monster party. Each partner will work on a different canvas at the same time to create one complete work of art.

#### Grade K-5

**YE1251** 1 session \$44  
5:30-7:30 p.m. Tue Sept. 24  
East Ridge High School





## Drawing Palooza

Embark on a colorful, artistic adventure as you draw yummy taffy apples, charming seasonal scarecrows, sassy bunnies and a vibrant, Van Gogh-inspired sunflower.

### Grade K-5

<b>YE1501</b>	6 sessions	\$82
3:15-4:15 p.m.	Mon Sept. 23-Nov. 4	Hillside Elementary
<b>YE1503</b>	5 sessions	\$68
3:15-4:15 p.m.	Tue Sept. 24-Oct. 29	Grey Cloud Elementary
<b>YE1504</b>	5 sessions	\$68
3:50-4:50 p.m.	Tue Sept. 24-Oct. 29	Valley Crossing Elementary
<b>YE1505</b>	6 sessions	\$82
3:15-4:15 p.m.	Wed Sept. 25-Nov. 6	Middleton Elementary
<b>YE1506</b>	6 sessions	\$82
3:50-4:50 p.m.	Wed Sept. 25-Nov. 6	Red Rock Elementary
<b>YE1502</b>	6 sessions	\$82
3:15-4:15 p.m.	Thu Sept. 26-Nov. 14	Pine Hill Elementary
<b>YE1507</b>	6 sessions	\$82
3:15-4:15 p.m.	Thu Sept. 26-Nov. 14	Cottage Grove Elementary
<b>YE1508</b>	6 sessions	\$82
2:30-3:30 p.m.	Fri Sept. 27-Nov. 8	Royal Oaks Elementary

## Cartoon Character Creations

Learn the basics of cartooning to create your own characters! Including creating characteristics, features, exaggeration, action and personification.



### Grade 3-6

<b>YE1512</b>	4 sessions	\$57
6:30-7:30 p.m.	Tue Oct. 8-Oct. 29	East Ridge High School
<b>YE1513</b>	4 sessions	\$57
6:30-7:30 p.m.	Wed Oct. 9-Oct. 30	Cottage Grove Middle School
<b>YE1511</b>	4 sessions	\$57
6:30-7:30 p.m.	Thu Oct. 10-Oct. 31	East Ridge High School

## Draw Baby Animals

Cuteness and creativity! Draw baby animals in a range of styles from realistic to whimsical Kawaii.

### Grade K-5

<b>YE1033</b>	3 sessions	\$119
9 a.m.-12 p.m.	Wed-Fri Oct. 16-18	District Program Center

## Hooty the Owl Acrylic on Canvas

Paint a perched owl in the moonlight with acrylics on canvas. Learn acrylic painting techniques and the principles of art and design.

### Age 5-10

<b>YE1052</b>	1 session	\$31
2-3:30 p.m.	Sat Oct. 26	East Ridge High School
<b>YE1051</b>	1 session	\$31
10-11:30 a.m.	Sat Nov. 16	East Ridge High School

## The Art of Poetry

Art and poetry go hand in hand and provide students with the perfect outlet for creative expression!

### Age 5-10

<b>YE1053</b>	1 session	\$19
10-11 a.m.	Sat Nov. 23	East Ridge High School

## Festive Drawings

Get creative while exploring exaggerated expressions, sports, baking and seasonal decorating.

### Grade K-5

<b>YE1010</b>	5 sessions	\$68
3:15-4:15 p.m.	Mon Nov. 11-Dec. 16	Hillside Elementary
<b>YE1012</b>	5 sessions	\$68
3:15-4:15 p.m.	Tue Nov. 12-Dec. 17	Grey Cloud Elementary
<b>YE1013</b>	5 sessions	\$68
3:50-4:50 p.m.	Tue Nov. 12-Dec. 17	Valley Crossing Elementary
<b>YE1014</b>	5 sessions	\$68
3:15-4:15 p.m.	Wed Nov. 13-Dec. 18	Middleton Elementary
<b>YE1015</b>	5 sessions	\$68
3:50-4:50 p.m.	Wed Nov. 13-Dec. 18	Red Rock Elementary
<b>YE1017</b>	5 sessions	\$68
2:30-3:30 p.m.	Fri Nov. 15-Dec. 20	Royal Oaks Elementary
<b>YE1011</b>	4 sessions	\$55
3:15-4:15 p.m.	Thu Nov. 21-Dec. 19	Pine Hill Elementary
<b>YE1016</b>	4 sessions	\$55
3:15-4:15 p.m.	Thu Nov. 21-Dec. 19	Cottage Grove Elementary

Paid Advertisement

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

# CUB SCOUTS



**Scan to  
JOIN TODAY!**



**What is Cub Scouts all about?**  
**Outdoor adventures, camping,  
 family outings, games with friends,  
 and character development**

*Scholarships available. No child will be turned away due to inability to pay.*

**Learn more at GoScouting.org**

**NORTHERN STAR SCOUTING**

# CREATE



## Drawing Explorations

Explore the wonders of space and improve your drawing skills while creating illustrations inspired by space shuttles, moon landings and intrepid astronauts.

### Grade 3-6

**YE1514** 4 sessions \$57  
6:30-7:30 p.m. Wed Nov. 6-Dec. 4  
Cottage Grove Middle School

**YE1510** 4 sessions \$57  
6:30-7:30 p.m. Thu Nov. 7-Dec. 5  
East Ridge High School

**YE1509** 4 sessions \$57  
6:30-7:30 p.m. Tue Nov. 12-Dec. 3  
East Ridge High School

## Teddy Bear Jamboree

Experience pretend play, flannel board games and sensory painting and craft inspired by "The Bear Snores On" by Karma Wilson and illustrated by Jane Chapman. Bring your favorite stuffy!



### Age 3-5

**YE1054** 1 session \$13  
10-11 a.m. Sat Dec. 14  
East Ridge High School

## DIY Moss Art

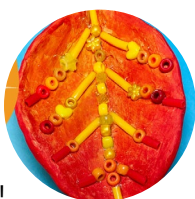
Create a piece of art inspired by the beauty of dry moss-covered trees. Artists of all levels are welcome.

### Grade 5-9

**YE1252** 1 session \$32  
5:30-7:30 p.m. Thu Dec. 19  
East Ridge High School

## Messy Fun Clay Factory

Magical and messy! Sculpt, shape and transform clay to create a sparkly geode, tic-tac-toe game, leaf-shaped pinch pot and more!



### Ages 5-12

**YE1079** 6 sessions \$112  
6-7 p.m. Tue Oct. 8-Nov. 19  
East Ridge High School

## DIY Pinball Machine

Design and construct your own pinball masterpiece, combine fun and engineering in this hands-on class.

### Ages 5-12

**YE1072** 1 session \$48  
9 a.m.-12 p.m. Oct. 12  
East Ridge High School

## Create N Sniff

Art comes alive with the power of scent! Create masterpieces that engage your senses like a tempting birthday cake sculpture and ocean scene with refreshing breeze.



### Ages 5-12

**YE1073** 2 sessions \$109  
1-4 p.m. Wed-Thu Oct. 16-17  
District Program Center

## Pokemon Palooza

Sketch, paint, sculpt and more to create iconic characters like Jigglypuff and Magikarp.

### Ages 5-12

**YE1074** 4 sessions \$72  
3:15-4:15 p.m. Tue Oct. 22-Nov. 19  
Armstrong Elementary

**YE1076** 4 sessions \$72  
3:55-4:55 p.m. Fri Oct. 25-Nov. 15  
Bailey Elementary

**YE1077** 4 sessions \$72  
3:55-4:55 p.m. Thu Oct. 24-Nov. 21  
Nuevas Fronteras Spanish Immersion

**YE1078** 4 sessions \$72  
3:15-4:15 p.m. Wed Oct. 23-Nov. 13  
Woodbury Elementary

## "Gingerbread" House Decorating Party

Choose from an array of delectable treats and decorations as you construct and decorate your own gingerbread house.

### Ages 4-9

**YE1080** 1 session \$48  
9 a.m.-12 p.m. Sat Dec. 7  
East Ridge High School

## Party with a Unicorn

Calling all unicorn lovers! Put on your PJs and create a sparkly unicorn sculpture using clay, paint, glitter and more.



### Ages 4-9

**YE1081** 1 session \$48  
9 a.m.-12 p.m. Sat Oct. 26  
East Ridge High School

# MUSIC

## 30-minute Private Music Lessons

One-on-one instruction with an experienced musician. Register for the 30-minute time slot that best fits your schedule.

### String, piano, voice, etc. with Michelle Dunkirk - Age 8+

**30 minutes** 12 sessions \$420  
4-7 p.m. Tue Sept. 10-Dec. 17  
Red Rock Elementary

**30 minutes** 12 sessions \$420  
4-7 p.m. Wed Sept. 11-Dec. 18  
Red Rock Elementary

### Guitar or banjo with George McCorkell - Grade 4-12

**30 minutes** 11 session \$341  
4-7 p.m. Tue Sept. 17-Dec. 10  
East Ridge High School

### Trumpet Lessons with Amy Schendel - Age 8.5+

**30 minutes** 12 sessions \$600  
3:30-6 p.m. Tue Sept. 10-Dec. 17  
Woodbury Middle School

## Miss Laura's A Little Music In Me

We'll focus on singing, keeping a steady beat, coordination and listening to help improve your child's vocabulary, memory, cognitive abilities, listening and auditory processing skills, rhythm and more. *Children must be accompanied by a caregiver.*

### Ages 1-5

**YE1782** 4 sessions \$60  
10-10:55 a.m. Thu Sept. 5-26  
All Saints Lutheran

**YE1786** 4 sessions \$60  
9-9:55 a.m. Thu Sept. 5-26  
All Saints Lutheran

**YE1783** 4 sessions \$60  
10-10:55 a.m. Thu Oct. 3-24  
All Saints Lutheran

**YE1787** 4 sessions \$60  
9-9:55 a.m. Thu Oct. 3-24  
All Saints Lutheran

**YE1784** 4 sessions \$60  
10-10:55 a.m. Thu Oct. 31-Nov. 21  
All Saints Lutheran

**YE1788** 4 sessions \$60  
9-9:55 a.m. Thu Oct. 31-Nov. 21  
All Saints Lutheran

**YE1785** 4 sessions \$60  
10-10:55 a.m. Thu Dec. 5-Jan. 9  
All Saints Lutheran

**YE1789** 4 sessions \$60  
9-9:55 a.m. Thu Dec. 5-Jan. 9  
All Saints Lutheran



## PERFORMING ARTS



### After School Theater Class - Character Kids

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

#### Grade 1-5

**YE1651** 10 sessions \$163  
2:30-3:30 p.m. Mon Sept. 16-Nov. 25  
Royal Oaks Elementary

**YE1652** 10 sessions \$163  
4-5 p.m. Tue Sept. 16-Nov. 25  
Bailey Elementary

**YE1653** 10 sessions \$163  
6-7 p.m. Wed Sept. 16-Nov. 25  
East Ridge High School

### Staged Storybook Too Many Pumpkins

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



#### Age 4-7

**YE1018** 6 sessions \$120  
9-10:30 a.m. Sat Sept. 21-Nov. 9  
Park High School

### Out of this World

Harness the power of creativity and imagination to conjure our own extraordinary worlds!

#### Grade 2-5

**YE1019** 6 sessions \$120  
9-10:30 a.m. Sat Sept. 21-Nov. 9  
Park High School

### Nailing the Audition

Learn how to nail that audition and get the role. From cold reads to monologues and everything in between, learn tips, tricks and skills needed for a successful audition.

#### Grade 6-12

**YE1020** 6 sessions \$120  
10:45-12:15 p.m. Sat Sept. 21-Nov. 9  
Park High School

### Creating A Story: Magic Tree House

Make your own adventure. Learn story structure, character building and acting skills to create your own Magic Treehouse play.

#### Grade 1-5

**YE1029** 3 sessions \$120  
9 a.m.-4 p.m. Thu-Sat Oct. 17-19  
Park High School

### IMPROV: Acting without a Script

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

#### Grade 3-5

**YE1321** 8 sessions \$130  
6-7 p.m. Tue Sept. 24-Nov. 19  
East Ridge High School

#### Grade 6-9

**YE1322** 8 sessions \$162  
6-7:15 p.m. Wed Sept. 25-Nov. 20  
East Ridge High School

### Intro to Physical Theater

Improve your performance. Learn a variety of techniques through play, body communication and movement to train your perception, expression and connection with yourself, peers and surroundings.



#### Grade 1-5

**YE1030** 3 sessions \$120  
9 a.m.-4 p.m. Thu-Sat Oct. 17-19  
Park High School

## SKILLS AND DEVELOPMENT

### College Application Bootcamp

Complete career assessments, build a college list, navigate the Common Application, start essays, and get personalized planning sessions and resources.

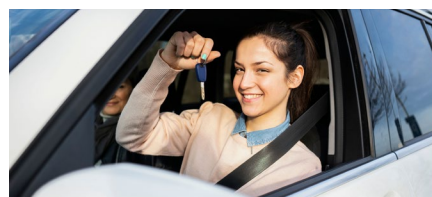


#### Grade 11-12

**YE1090** 4 sessions \$250  
6-8:30 p.m. Wed Sept. 18-Oct. 9  
Woodbury High School

**YE1091** 2 sessions \$250  
8:30 a.m.-12:30 p.m. Sat Sept. 28-Oct. 5  
Woodbury High School

**YE1092** 2 sessions \$250  
8:30 a.m.-12:30 p.m. Sat Oct. 26-Nov. 2  
Woodbury High School



### Driver Education

Prepare to take the Minnesota permit test. Safeway Driving School provides 30 hours of classroom structured into 10 lessons. After completing class, students who are 15 years old are eligible to take the permit test at any Minnesota exam center.

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

#### East Ridge High School, Age 14-18

**DE11001** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Sept. 9-24

**DE11002** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Oct. 7-28

**DE11003** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Nov. 4-20

**DE11004** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Dec. 3-18

#### Park High School, Age 14-18

**DE13001** 10 Sessions \$439  
3:30-6:30 p.m. Mon-Thu Sept. 9-24

**DE13002** 10 Sessions \$439  
3:30-6:30 p.m. Mon-Thu Oct. 7-24

**DE13003** 10 Sessions \$439  
3:30-6:30 p.m. Mon-Thu Nov. 4-20

**DE13004** 10 Sessions \$439  
3:30-6:30 p.m. Mon-Thu Dec. 3-18

#### Woodbury High School, Age 14-18

**DE14001** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Sept. 9-24

**DE14002** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Oct. 7-28

**DE14003** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Nov. 4-20

**DE14004** 10 Sessions \$439  
3:20-6:20 p.m. Mon-Thu Dec. 3-19

#### Distance Learning, Age 14-18 ONLINE

Class 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 for use during class.

**DE449001** 10 Sessions \$439  
4-7 p.m. Mon-Thu Sept. 16-Oct. 1

**DE449002** 10 Sessions \$439  
4-7 p.m. Mon-Thu Oct. 28-Nov. 12

**DE449003** 10 Sessions \$439  
4-7 p.m. Mon-Thu Dec. 4-19

# SKILLS AND DEVELOPMENT

## Advantage ACT Prep Course

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



### Woodbury High School, Grade 9-12

<b>YE16204</b>	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	Sept. 21-Oct. 12
<b>YE16305</b>	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	Nov. 2-23
<b>YE16306</b>	4 sessions	\$180
12:45-3:45 p.m.	Sat	Nov. 2-23
<b>YE16354</b>	4 sessions	\$180
6-9 p.m.	Thu	Nov. 7-Dec. 5

### Park High School, Grade 9-12

<b>YE16241</b>	4 sessions	\$180
6-9 p.m.	Wed	Sept. 25-Oct. 23
<b>YE16343</b>	4 sessions	\$180
6-9 p.m.	Wed	Nov. 6-Dec. 4

### East Ridge High School, Grade 9-12

<b>YE16252</b>	4 sessions	\$180
6-9 p.m.	Thu	Sept. 26-Oct. 24
<b>YE16324</b>	4 sessions	\$180
6-9 p.m.	Mons	Nov. 4-Dec. 2

## Intensive Etiquette Camp

Learn manners and etiquette with a fun, hands-on approach, including proper behavior at the table and in public, conversation skills and public speaking. Lunch demo on the last day.

### Age 8-12

<b>YE1370</b>	1 session	\$84
2-5 p.m.	Fri	Oct. 18
Nena's Designs		
<b>YE1371</b>	1 session	\$84
2-5 p.m.	Wed	Nov. 27
Nena's Designs		
<b>YE1372</b>	1 session	\$84
2-5 p.m.	Mon	Dec. 2
Nena's Designs		

## American Sign Language (ASL)

Learn ASL, connect with Deaf culture, make friends and express yourself. Enhance cognitive skills, foster inclusivity and enjoy an enriching cultural experience.



### Grade 3-5

<b>YE1035</b>	5 sessions	\$125
5-6 p.m.	Tue	Oct. 1-Nov. 12
Woodbury High School		

## Embark on Your Spanish Language Journey with Futura

Practice Spanish in an interactive bilingual classroom using practical and exciting Spanish vocabulary, culture, and conversation skills.

### In-person Grade K-5

<b>YE1041</b>	16 sessions	\$269
3:50-4:50 p.m.	Tue	Oct. 1-Apr. 1
Liberty Ridge Elementary		
<b>YE1042</b>	16 sessions	\$269
3:50-4:50 p.m.	Tue	Oct. 1-Apr. 8
Red Rock Elementary		
<b>YE1040</b>	16 sessions	\$269
3:50-4:50 p.m.	Wed	Oct. 2-Apr. 2
Bailey Elementary		
<b>YE1044</b>	16 sessions	\$269
3:50-4:50 p.m.	Mon	Oct. 7-Apr. 14
Valley Crossing Elementary		
<b>YE1043</b>	16 sessions	\$269
2:30-3:30 p.m.	Wed	Oct. 9-Apr. 2
Royal Oaks Elementary		
<i>Optional: purchase a t-shirt for \$20.</i>		

### ONLINE Grade K-5

<b>YE1060</b>	8 sessions	\$144
4:15-5 p.m.	Wed	Oct. 16-Dec. 11
<b>YE1061</b>	16 sessions	\$276
4:15-5 p.m.	Wed	Oct. 16-Apr. 9

## Leadership Skills Taught in Spanish

Participate in activities to develop communication, socio emotional learning and physical training to gain leadership skills.

### Age 8-10

<b>YE1302</b>	4 sessions	\$84
3:50-5 p.m.	Mon/Wed	Oct. 21-30
Nuevas Fronteras Spanish Immersion		

## 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 class.*

Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) for class times, dates and locations.

## Ready To Be Home Alone

### Age 7.5+

Learn CPR/First aid, how to handle home and medical emergencies and address problems the unexpected situations from a Red Cross instructor. Get a home safety checklist and what your parents expect checklist.

Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) for class times, dates and locations.

# STEM



## Chess Club

Join after school chess club to play weekly, learn rules and strategies and meet other players. Tournament play is encouraged but optional. Suitable for beginners and intermediate players.

### Grade K-5

<b>YE1069</b>	12 sessions	\$144
3:50-4:50 p.m.	Fri	Sept. 20-Dec. 20
Valley Crossing Elementary		

### Grade 1-5

<b>YE1066</b>	12 sessions	\$144
3:15-4:15 p.m.	Mon	Sept. 16-Dec. 16
Middleton Elementary		

<b>YE1067</b>	12 sessions	\$144
3:50-4:50 p.m.	Mon	Sept. 16-Dec. 16
Nuevas Fronteras Spanish Immersion		

<b>YE1063</b>	13 sessions	\$156
3:10-4:10 p.m.	Tue	Sept. 17-Dec. 17
Cottage Grove Elementary		

<b>YE1068</b>	13 sessions	\$156
3:15-4:15 p.m.	Tue	Sept. 17-Dec. 17
Pine Hill Elementary		

<b>YE1070</b>	13 sessions	\$156
3:15-4:15 p.m.	Tue	Sept. 17-Dec. 17
Woodbury Elementary		

<b>YE1065</b>	12 sessions	\$144
3:50-4:50 p.m.	Wed	Sept. 18-Dec. 18
Liberty Ridge Elementary		

<b>YE1071</b>	11 session	\$132
3:15-4:15 p.m.	Wed	Sept. 18-Dec. 18
Armstrong Elementary		

<b>YE1260</b>	11 session	\$132
2:30-3:30 p.m.	Thu	Sept. 19-Dec. 19
Royal Oaks Elementary		

<b>YE1062</b>	12 sessions	\$144
3:55-4:55 p.m.	Thu	Sept. 19-Dec. 19
Bailey Elementary		

<b>YE1064</b>	12 sessions	\$144
3:15-4:15 p.m.	Fri	Sept. 20-Dec. 20
Hillside Elementary		

## Online Competition Chess Club ONLINE

Challenge yourself! Improve your tactical skills through instruction and compete against other players.

*Players can join optional in-person tournaments. Fees are not included.*

### Grade 1-12

<b>YE1088</b>	12 sessions	\$90
8-9:30 a.m.	Sat	Sept. 14-Dec. 14





## SoWashCo Middle School Robotics Teams

Design, build and program robots for head-to-head challenges – a new challenge each season! Learn STEM skills, teamwork, innovation, and engineering principles. Compete in the regional championship at the end of each season.

### Grade 6-8

**YE1812** Schedule TBD \$150

## SoWashCo FIRST Lego League Challenge Teams

Explore real-world scientific challenges and learn coding and robot building principles using LEGO® educational materials. Join FIRST LEGO League for the opportunity to work and create together to solve a common problem.

### Grades 4-6

**YE1813** Schedule TBD \$150

# 4-H in Washington County

## YOUTH

Free and affordable activities for youth in K - College! Gain skills, learn responsibility, serve your community, and have fun all year long!

## FAMILIES

Join a 4-H club in your area and have fun as a family!

## VOLUNTEERS

Lead a workshop, help with a project, become a county fair judge, and more!

**JOIN TODAY!**



[z.umn.edu/WashingtonCounty](http://z.umn.edu/WashingtonCounty)

UNIVERSITY OF MINNESOTA  
EXTENSION

## YEL Grandmasters of Chess

New chess lessons and puzzles each week as well as and guided games and in-class tournaments.

*For new and returning students. Includes ChessKid.com membership for the session.*

### Grade K-5

**YE1426** 8 sessions \$133  
3:55-4:55 p.m. Fri Oct. 4-Dec. 6  
Nuevas Fronteras Spanish Immersion

**YE1427** 8 sessions \$133  
3:50-4:50 p.m. Thu Oct. 3-Dec. 12  
Valley Crossing Elementary School

**YE1428** 8 sessions \$123  
3:50-4:50 p.m. Thu Oct. 3-Dec. 12  
Red Rock Elementary

## Twist, Turn, Solve: Master the Rubik's Cube!

Learn basic steps or become a speedcuber! Explore twisty puzzles, create mosaics and a custom cube, build a Rubik's Cube Solving robot, and use Bluetooth electronic cubes!



### Grades 1-5

**YE1075** 6 sessions \$105  
3:55-4:55 p.m. Wed Nov. 6-Dec. 18  
Nuevas Fronteras Spanish Immersion

## Strategy Game Club

Take strategy gaming to the next level! Play games like Catan, Pandemic, and 7 Wonders. Develop problem-solving, communication, and negotiation skills while having fun!

### Grade 6-12

**YE2710** 6 sessions \$108  
6:30-8 p.m. Thu Sept. 19-Oct. 31  
East Ridge High School

**YE2711** 6 sessions \$108  
6:30-7:30 p.m. Thu Nov. 7-Dec. 19  
East Ridge High School

## Dungeons & Dragons 101: One Shot Campaign

Go on an epic adventure with this timeless roleplaying game. Working in small groups, develop skills in math, storytelling and collaboration.

### Grade 3-6

**YE1102** 2 sessions \$80  
9-11 a.m. Sat Sept. 14-21

### Grade 1-5

**YE1129** 2 sessions \$60  
6-7:30 p.m. Tue Nov. 19-26

## Dungeons & Dragons 101 with Character Creation

ONLINE

Embark on an adventure with this timeless roleplaying game. Create your own character while developing problem-solving skills, team-building abilities, and creative thinking.



### Grade 3-6

**YE1107** 2 sessions \$80  
6-8 p.m. Tue Oct. 1-8

### Grade 1-5

**YE1134** 2 sessions \$60  
6-7:30 p.m. Wed Dec. 4-11

## Dungeons & Dragons 101: One Shot Minecraft

Learn the basics of Dungeon and Dragons. Pick and develop your character and join us for a Minecraft one shot campaign.

### Grade 2-6

**YE1146** 1 session \$60  
9 a.m.-12 p.m. Mon Dec. 30



Computer required (Windows or MacBook), program will not work on Chromebook, tablets or phones. See online course description for additional requirements.

Register Online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) | Fall 2024

## STEM

### Stock Market, Personal Finance & Business Club **ONLINE**

Gain an understanding of how the stock market works. Create and compare investment portfolios and track investments. Use a finance simulator to budget, manage income and explore business growth.

#### Grade 6-12

**YE1714** 12 sessions \$108  
6:45-7:30 p.m. Thu Sept. 19-Dec. 19



### GoSolar! Kidz: Solar Cars

Design, build, and customize easy-to-assemble solar-powered cars. Explore solar energy, problem-solving and stretch your imagination.

#### Grade K-5

**YE1211** 4 sessions \$125  
3:50-4:50 p.m. Mon Oct. 7-Nov. 4  
Valley Crossing Elementary

**YE1212** 4 sessions \$125  
3:55-4:55 p.m. Tue Oct. 8-Nov. 12  
Bailey Elementary

**YE1213** 4 sessions \$125  
3:15-4:15 p.m. Wed Oct. 9-Nov. 6  
Cottage Grove Elementary

**YE1215** 4 sessions \$125  
3:15-4:15 p.m. Fri Oct. 11-Nov. 15  
Grey Cloud Elementary

**YE1214** 4 sessions \$125  
3:15-4:15 p.m. Thu Oct. 24-Nov. 14  
Middleton Elementary

**YE1216** 4 sessions \$125  
3:15-4:15 p.m. Mon Nov. 11-Dec. 16  
Pine Hill Elementary

**YE1217** 4 sessions \$125  
2:30-3:30 p.m. Wed Nov. 13-Dec. 11  
Royal Oaks Elementary

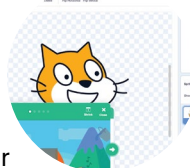
**YE1218** 4 sessions \$125  
2:30-3:30 p.m. Thu Nov. 14-Dec. 12  
Woodbury Elementary

**YE1219** 4 sessions \$125  
3:55-4:55 p.m. Fri Nov. 15-Dec. 13  
Liberty Ridge Elementary

**YE1220** 4 sessions \$125  
3:50-4:50 p.m. Tue Nov. 19-Dec. 17  
Red Rock Elementary

### Elementary Scratch Coding

Learn to code your own games in Scratch. Learn foundational programming skills, and share your creations with friends and family.



#### Grade 3-5

**YE1712** 7 sessions \$84  
6:30-7:30 p.m. Tue Sept. 17-Oct. 29  
East Ridge High School

### Intro to 3D Printing **ONLINE**

Design a keychain while learning the 3D printing process from start to finish. Your design will be printed and mailed home.

#### Grade 2-5

**YE1109** 2 sessions \$75  
6-7:30 p.m. Thu Oct. 3-10

**YE1142** 1 session \$56  
10 a.m.-12 p.m. Mon Dec. 23

#### Grade 3-6

**YE1130** 1 session \$56  
6-8 p.m. Wed Nov. 20

### 3D Printing **ONLINE**

Learn CAD modeling and 3D design. Designs will be printed and mailed home.

### Harry Potter Grade 2-5

Create a Deathly Hallow model, and magical pendant.

**YE1104** 2 sessions \$75  
6-7:30 p.m. Wed Sept. 18-25

### Harry Potter Grade 3-5

Create a Deathly Hallow model, and magical pendant.

**YE1140** 1 session \$56  
6-8 p.m. Tue Dec. 17

### Jewelry Design Grade 3-7

Design earrings and a ring.

**YE1105** 1 session \$56  
6-8 p.m. Thu Sept. 26

### Dungeon & Dragon Die Design Grade 3-7

Design a custom D&D D4 (4-Sided) and D10 (10-Sided).

**YE1116** 2 sessions \$75  
10:30 a.m.-12 p.m. Sat Oct. 19-26

### Pokemon Grade 2-5

Design your own 3D pocket monster.

**YE1111** 2 sessions \$75  
6-7:30 p.m. Tue Oct. 15-22

### Star Wars Grade 3-7

Bring a 3D Star Wars inspired creation to life.

**YE1147** 1 session \$56  
1-3 p.m. Mon Dec. 30

### Elementary Tinker & Print 3D Design Studio

Design and print 3D objects using CAD software and 3D printers. Learn measurement, units, and scale while creating and printing prototypes of functional and original designs.

#### Grade 3-5

**YE1713** 6 sessions \$72  
6:30-7:30 p.m. Tue Nov. 12-Dec. 17  
East Ridge High School

### Multiplayer Minecraft **ONLINE**

Team up with others in Minecraft.

### City Builder Grade 2-6

Collaborate to construct a city!

**YE1103** 2 sessions \$56  
6-7:30 p.m. Tue Sept. 17-24

### Theme Park Builder Grade 1-5

Create a custom theme park with rides and attractions!

**YE1110** 1 session \$56  
9 a.m.-12 p.m. Sat Oct. 12

### Escape the Ender Dragon Grade 1-5

Create an escape room adventure map then race to escape the Ender Dragon.

**YE1112** 1 session \$38  
6-8 p.m. Wed Oct. 16

**YE1148** 1 session \$56  
9 a.m.-12 p.m. Tue Dec. 31

### Survival Challenge Grade 2-6

Explore, overcome challenges and complete quests.

**YE1113** 1 session \$56  
9 a.m.-12 p.m. Thu Oct. 17

**YE1124** 1 session \$38  
6-8 p.m. Tue Nov. 12

### Master Builders Grade 1-5

Learn building techniques and complete challenges.

**YE1132** 1 session \$56  
9 a.m.-12 p.m. Sat Nov. 30

### Block Hunter Grade 3-6

Find hidden blocks and animals. Get ideas to create your own mini-game.

**YE1137** 1 session \$38  
6-8 p.m. Tue Dec. 10

### City Builder Grade 3-6

Collaborate to construct a city!

**YE1139** 2 sessions \$75  
10 a.m.-12 p.m. Sat Dec. 14-21

### World Builder Grade 1-5

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

**YE1135** 2 sessions \$56  
6-7:30 p.m. Thu Dec. 5-12

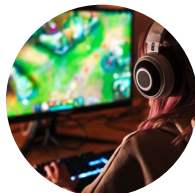


Computer required (Windows or MacBook), program will not work on Chromebook, tablets or phones. See online course description for additional requirements.



## Minecraft Mod Development ONLINE

Dig deeper into Minecraft. Create custom mods and learn programming concepts using MCreator.



### Biomes Grade 2-6

Develop a new biome.

**YE1121** 1 session \$31  
6-7:30 p.m. Wed Nov. 6

### Custom Sword Grade 2-6

Create a custom sword.

**YE1133** 1 session \$38  
6-8 p.m. Tue Dec. 3

## Engineering in Minecraft ONLINE

Discover Minecraft circuit-building and engineering concepts using Redstone. Build 2-3 electrical contraptions.

### Grade 3-7

**YE1126** 1 session \$38  
6-8 p.m. Thu Nov. 14

## Minecraft Game Coding with Scratch

ONLINE

Create an interactive 2D video game with Minecraft characters using Scratch, a coding platform developed by MIT.

### Grade 2-4

**YE1131** 1 session \$31  
6-7:30 p.m. Thu Nov. 21

## Intro to Minecraft Modding

Customize your gaming experience! Learn to make Java mods using MCreator for Minecraft Java Edition.

### Grade 1-5

**YE1143** 1 session \$38  
10 a.m.-12 p.m. Thu Dec. 26

## Intro to Video Game Design with Nintendo Characters ONLINE

Choose your storyline with popular Nintendo characters as your stars. Add challenges and difficulty levels.

### Grade 1-4

**YE1108** 2 sessions \$56  
6-7:30 p.m. Wed Oct. 2-9

**YE1127** 2 sessions \$56  
8-9:30 a.m. Sat Nov. 16-23

## Game Coding ONLINE

Create and modify arcade-style games using Scratch, a coding platform developed by MIT.

### Super Mario Kart Grade 3-6

Make a Mario Kart-style game with custom characters and track.

**YE1115** 2 sessions \$75  
8-10 a.m. Sat Oct. 19-26

**YE1123** 1 session \$56  
9 a.m.-12 p.m. Sat Nov. 9

**YE1138** 2 sessions \$56  
8-9:30 a.m. Sat Dec. 14-21

### Pokémon Grade 2-5

Design a game with your favorite Pokemon characters.

**YE1118** 2 sessions \$56  
6-7:30 p.m. Tue Oct. 29-Nov. 5

### Nintendo Characters Grade 1-3

Create a Nintendo-themed game.

**YE1120** 1 session \$31  
8-9:30 a.m. Sat Nov. 2

### Game Coding Grade 1-4

**YE1125** 1 session \$31  
6-7:30 p.m. Wed Nov. 13

### Intro. to Game Coding Grade 1-4

**YE1145** 1 session \$38  
10 a.m.-12 p.m. Sat Dec. 28



## Extreme Coding with AI & ChatGPT

ONLINE

Dive into artificial intelligence and machine learning. Learn how to code your very own "Choose Your Own Adventure" game.

### Grade 3-6

**YE1117** 2 sessions \$56  
6-7:30 p.m. Wed Oct. 23-30

## Extreme Coding: Artificial Intelligence

ONLINE

Dive into augmented reality, artificial intelligence and machine learning. Create a chatbot, Rock Paper Scissors game, and more.



### Grade 3-6

**YE1141** 1 session \$38  
6-8 p.m. Wed Dec. 18

## Code Championship Tournament Series | Virtual Computer Coding Competition

ONLINE

Compete in four weekly online coding tournaments. Build a computer bot and play against other coders!

*No coding experience necessary. Basic typing, mouse control and Internet skills are required.*

### Grade 3-9

**YE1101** 4 sessions \$74  
9-11 a.m. Sat Oct. 26-Nov. 16

Paid Advertisement



# Girl Scouts.

gsrv.gs/join



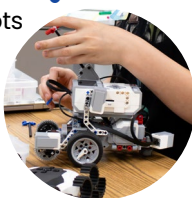
FIND YOUR Friends



## STEM

### Young Engineers STEAM Program

Learn STEAM concepts and build working motorized Engineering models using patented building kits.



### Amusement Machines Grade 1-5

Learn about centrifugal force, vibration, science of rhythm, angular momentum and other topics.

**YE1024** 6 sessions \$125  
3:50-5:20 p.m. Tue Sept. 17-Oct. 29  
Nuevas Fronteras Spanish Immersion

**YE1022** 6 sessions \$125  
3:50-5:20 p.m. Wed Sept. 18-Oct. 30  
Valley Crossing Elementary

**YE1023** 6 sessions \$125  
3:50-5:20 p.m. Thu Sept. 19-Oct. 31  
Liberty Ridge Elementary

**YE1021** 6 sessions \$125  
3:50-5:20 p.m. Mon Sept. 23-Oct. 28  
Red Rock Elementary

### Defense Robotics and Technology Education Program Grade 1-6

Learn about synchronous and asynchronous movement, friction and sensor techniques.

**YE1058** 4 sessions \$100  
6:30-8 p.m. Thu Oct. 3-31  
East Ridge High School

### Construction Machine Grade 1-5

Learn about Elastic and centrifugal force, aviation principles, transmissions and differentials, and other engineering concepts.

**YE1025** 6 sessions \$125  
3:50-5:20 p.m. Mon Nov. 4-Dec. 16  
Red Rock Elementary

### Aviation and Ground Robotics Education Program Grade 1-6

Learn about transmissions, Power and Speed Gears and Elastic energy.

**YE1059** 4 sessions \$100  
6:30-8 p.m. Thu Nov. 7-Dec. 5  
East Ridge High School

**YE1026** 6 sessions \$125  
3:50-5:20 p.m. Wed Nov. 6-Dec. 18  
Valley Crossing Elementary

**YE1027** 6 sessions \$125  
3:50-5:20 p.m. Thu Nov. 7-Dec. 19  
Liberty Ridge Elementary

**YE1028** 6 sessions \$125  
3:50-5:20 p.m. Tue Nov. 12-Dec. 17  
Nuevas Fronteras Spanish Immersion



### Video Production **ONLINE**

Learn storytelling and film production techniques.

### Special Effects Grade 3-6

Create magical, Hollywood-style special effects.

**YE1106** 2 sessions \$75  
9-11 a.m. Sat Sept. 28-Oct. 5

### YouTube Shorts, IG Reels & Tik Tok Grade 3-7

Learn the art of production video shorts.

**YE1114** 1 session \$56  
9 a.m.-12 p.m. Fri Oct. 18

### "Top" List Creator Grade 1-5

Create a top 10 list video for YouTube.

**YE1119** 1 session \$31  
6-7:30 p.m. Thu Oct. 24

### Podcasting Grade 3-8

Learn the ins and outs of producing your own podcast.

**YE1122** 1 session \$38  
6-8 p.m. Thu Nov. 7

### YouTube Shorts, IG Reels & Tik Tok Grade 3-8

Learn the art of production video shorts.

**YE1128** 2 sessions \$75  
10 a.m.-12 p.m. Sat Nov. 16-23

### Podcasting Grade 4-8

Learn the ins and outs of producing your own podcast.

**YE1136** 1 session \$38  
9-11 a.m. Sat Dec. 7

### "Top" List Creator Grade 3-6

Create a top 10 list video for YouTube.

**YE1144** 1 session \$56  
9 a.m.-12 p.m. Fri Dec. 27

## Kids Club is Hiring!

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!

**All positions are eligible for recruitment and retention bonuses throughout the year!**

### Full and Part-time Positions, M-F

#### Paraprofessionals

**Starting at \$21.50 per hour**

Support students in developing skills in a safe learning environment.

#### Inclusion Site Specialist

**Starting at \$24.10 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.

### Apply Online

 [sowashco.org/careers](https://sowashco.org/careers)

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

 651-425-6612



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

-Alyssa Krings







Openings  
available!

# Kids Club

## School-age Child Care

Kids Club is a school-age care program designed to meet the needs of working families in Afton, Cottage Grove, Denmark, Grey Cloud Island, Newport, St. Paul Park and Woodbury. Kids Club provides high-quality care before and after school, during the summer and on select non-school days for kids in grades K-5.

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

**CONVENIENT | SAFE | AFFORDABLE**

### Care Options

#### Before and After School

Before and after school care for elementary students 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 2025-26 school year will be held in April.**
- Care on non-school days is available to current Kids Club participants at limited locations. Registration is required for non-school days. **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 2025 will be held in Feb.**



View schedules, fees and registration information at [sowashco.org/kidsclub](https://sowashco.org/kidsclub).

For more information, please contact us at 651-425-6639 or [kidsclub@sowashco.org](mailto:kidsclub@sowashco.org)

Para más información, visite el sitio web [sowashco.org/kidsclub](https://sowashco.org/kidsclub)

Register Online at [sowashco.ce.eleyo.com](https://sowashco.ce.eleyo.com) | Fall 2024

# EARLY LEARNING

## Early Childhood Family Education (ECFE)

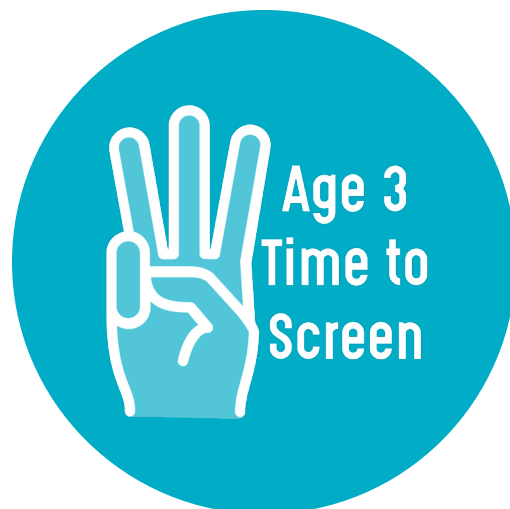
ECFE is a family education program unique to Minnesota and is offered in most school districts within Community Education programming. ECFE helps to support parents through community and early school connection and provides information and ideas that support children's growth and development from birth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

**New ECFE classes!**  
Learn more at  
[commed.sowashco.org/ecfe](http://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](http://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](http://www.helpmegrowmn.org).

help me



**If you are in need of enrollment assistance or have questions, please call our early learning office at 651-425-6121.**





## 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

Openings remain for the 2024-25 school year! Classes are offered for children ages 3-4 on or before September 1, 2024

**For the latest information, please visit [sowashco.org/early-learning](https://sowashco.org/early-learning)**

## Families Learning Together

South Washington County Schools (SoWashCo Schools) Early Childhood Family Education (ECFE) is now accepting registrations for the Families Learning Together (FLT), an ECFE Program for Multilingual/Multicultural Families.

Join us for:

- Parent discussion with other parents about child development, culture, American schools and more.
- Fun activities during parent and child interaction time.
- A preschool experience for children ages 2.5 to 5 years.

Child care is provided for enrolled families who have additional children ages birth to 2.5 years.

Limited bussing may be available.

**For more information**, contact Katie Van Overmeiren at 651-425-7181 or [kvanover@sowashco.org](mailto: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 St.

St. Paul Park, MN 55071

### Oltman Middle School (OMS)

6625 Goodview Ave. S  
Cottage Grove, MN 55016

### Park High School (PHS)

8040 80th Street S  
Cottage Grove, MN 55016

### Pine Hill Elementary (PHES)

9015 Hadley Ave. S  
Cottage Grove, MN 55016

### Pullman Elementary (PES)

1260 Selby Ave.  
St. Paul Park, MN 55071

### Red Rock Elementary (RRES)

3311 Commonwealth Ave.  
Woodbury, MN 55125

### Royal Oaks Elementary (ROES)

7335 Steepleview Road  
Woodbury, MN 55125

### South Washington Alternative High School (SWAHS)

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

### Valley Crossing Elementary (VCES)

9900 Park Crossing  
Woodbury, MN 55125

### Woodbury Elementary (WES)

1251 School Drive  
Woodbury, MN 55125

### Woodbury High School (WHS)

2665 Woodlane Drive  
Woodbury, MN 55125

### Woodbury Middle School (WMS)

1425 School Drive  
Woodbury, MN 55125

## Off-Site Class Locations

### All Saints Lutheran

8100 Belden Blvd.  
Cottage Grove, MN 55016

### Board & Brush Studio

2230 Eagle Creek Lane  
Woodbury, MN 55129

### Conquer Ninja Gym

707 Commerce Drive, Suite 120  
Woodbury, MN 55125

### Craig Seath's Pottery Studio

1023 7th Street  
Hudson, WI 54016

### 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

### Serenity Horse Farm

11490 Julianne Ave. N  
Stillwater, MN 55082

### Tilden Community Center

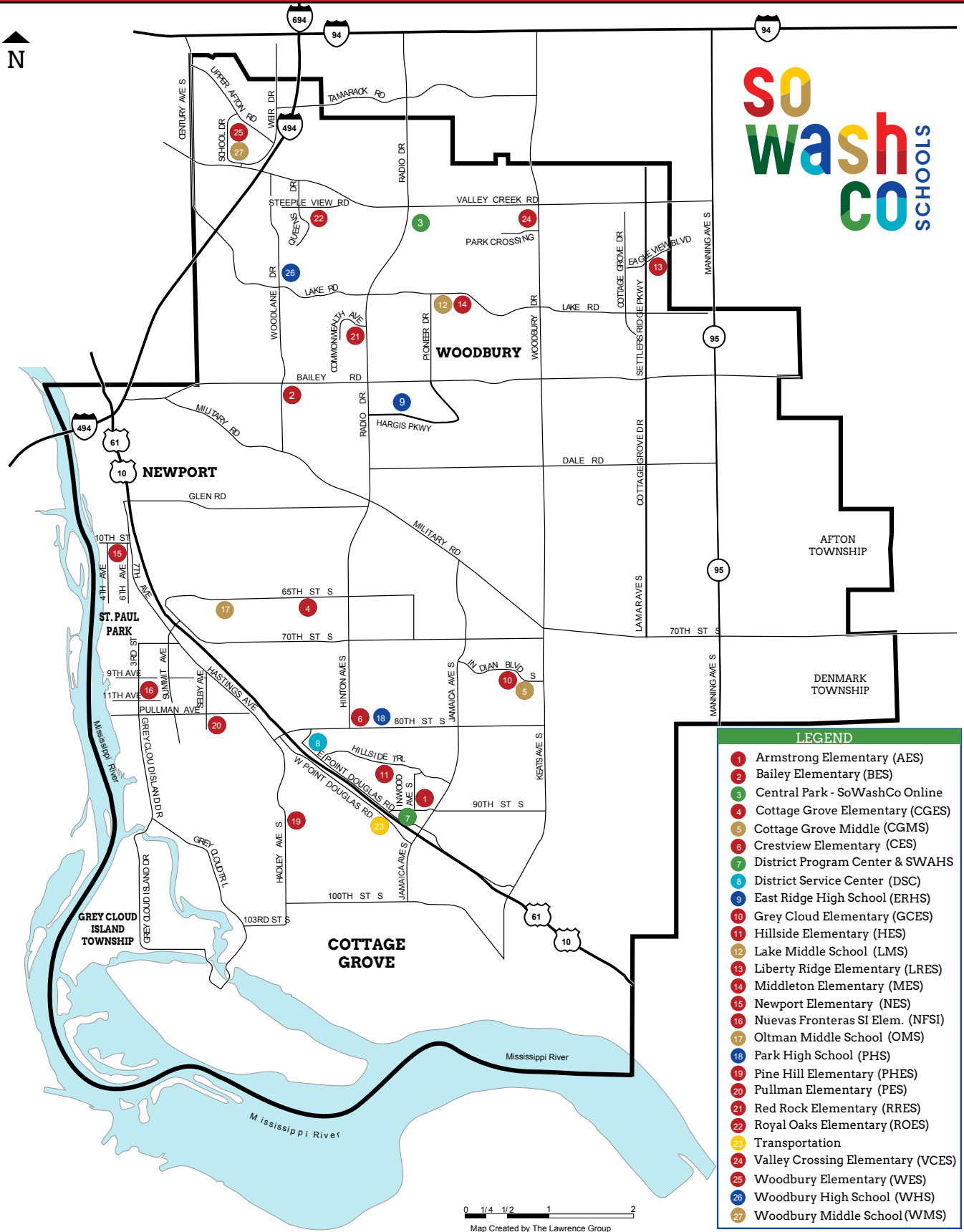
310 River Street  
Hastings, MN 55003

### Valley Creek Mall

1750 Weir 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](http://commed.sowashco.org/financial-assistance) or call 651-425-6623.

**UCare is not accepted.**

### 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](http://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
- 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. Community Education reserves the right to combine or cancel classes due to low enrollment. If a class is cancelled due to insufficient enrollment, participants will be notified via email and a refund will be provided.





## Register Online

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



## Questions

Call 651-425-6600 or email us at [CommunityEducation@sowashco.org](mailto: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.



## REGISTRATION FORM

Mail or Drop off at 8400 East Point Douglas Rd. S., Cottage Grove, MN 55016  
Register online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) | Phone 651-425-6600 | Fax 651-425-6620

Participant's Full Name: \_\_\_\_\_ Please complete a separate form for each participant with a different last name or address. Forms can be printed at [comm.ed.sowashco.org](http://comm.ed.sowashco.org)

Address: \_\_\_\_\_ Unit/Apt. #: \_\_\_\_\_ Birth Date: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone (home): \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone (work or cell): \_\_\_\_\_

### YOUTH REGISTRATION

Guardian's Full Name: \_\_\_\_\_ Phone (work or cell): \_\_\_\_\_

Grade in 24/25: \_\_\_\_\_ Special Needs\*: \_\_\_\_\_ Shirt size/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 2024-25 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](https://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 2024-25 is attached or was submitted to Community Education		

*To be completed by Community Education office staff:*

Total/Course Fee: \$ \_\_\_\_\_

Amount of Financial Assistance Awarded: \$ \_\_\_\_\_

Amount from Participant: \$ \_\_\_\_\_

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

Revised 3/13/2024



# EDUCATIONAL BENEFITS

Apply in August through  
your **School Café** account

## Benefits In School



Community  
Education



Athletics



Student Fees



Kids Club



Device  
Protection  
Plans



Instrument  
Rentals



Field Trips



School  
Funding

## Benefits Out of School



Some Energy  
Providers



Some Internet  
Providers



Some Phone  
Providers



Public  
Transportation



Theatres



Zoos



Museums



More

**SoWashCo**  
SCHOOLS

# 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](https://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 36.

**SoWashCo**  
SCHOOLS



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

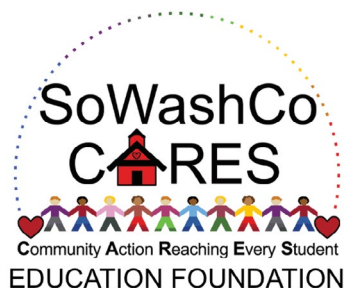


Frame  
the QR



Click the  
pop-up

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



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](http://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

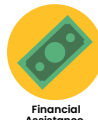


Winter Clothing



#### 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!