

# Community Education

*Building Bridges Through  
Lifelong Learning*

ISD 709 DULUTH PUBLIC SCHOOLS  
[www.duluthcommunityed.org](http://www.duluthcommunityed.org)

**WINTER 2024-25**



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

**Registration starts  
January 6th!**

Exciting class opportunities  
in-person and on-line.



## Upcoming Offerings

As the chill of winter settles in, it's the perfect time to embrace new activities and skills with our exciting Community Education classes! Whether you're looking for a fun winter outing or a way to learn something new, we have something for everyone to enjoy.

Get out and explore with our exciting bus trips to the Chanhassen Dinner Theater or a Minnesota Wild hockey game! Join us for a fun-filled adventure and make the most of the season.

For those who love to cook, or want to learn how, our winter cooking classes are a must! Master the art of making homemade pasta, freshly baked bread, and a variety of delicious desserts.

Looking to escape the cold for a bit? Join our new Movie Marathon class featuring the Toy Story series!

But that's not all! We offer a wide range of other classes and activities to help you make the most of winter. From arts and crafts to fitness and wellness, there's something to inspire and engage everyone in our community. Don't miss this wonderful opportunity to learn, create, and enjoy the season with Community Education!

Stay up to date with our latest offerings and sneak peeks of upcoming classes by following us on Instagram and Facebook!



Cover photo credit: Orion the Hunter (English) / Gaa-bibooniked the Wintermaker (Ojibwe) Constellation by Bob King, of Duluth, who has been teaching community education astronomy classes at the Marshall Alworth planetarium since 1987.

## Our Mission

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

## Community Education DIRECTORY

### Academic Excellence Online High School

**218-336-8766**

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

### Aquatics

**218-310-8124**

haleathers@gmail.com

### Area Learning Center

**218-336-8756**

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

### District Office

**218-336-8760**

709 Portia Johnson Drive • Duluth, MN 55811

### Driver Education

**218-336-8760 x. 3**

301 North 40th Avenue East • Duluth, MN 55804

### Duluth Adult Education

**218-336-8725**

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

### Duluth Preschool

**218-336-8815 x. 2**

709 Portia Johnson Drive • Duluth, MN 55811

### Early Childhood Family Education

**218-336-8815 x. 1**

709 Portia Johnson Drive • Duluth, MN 55811

### Facilities Use

**218-336-8760 x. 4**



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 Send us an email at  
[communityeducation@isd709.org](mailto:communityeducation@isd709.org)  
 Visit our website  
[www.duluthcommunityed.org](http://www.duluthcommunityed.org)



## Employment is Ageless

### Are you 50 or older and Want Help Getting a Job?

- Individual help
  - Discover your strengths
    - Computer skills training
    - Resume, applications & interview help
    - Paid work experience
    - Support services
    - Help finding a job

Contact Leslie (218) 730-5221

[lperrett@duluthmn.gov](mailto:lperrett@duluthmn.gov)

Duluth Workforce Development

Scan QR Code to apply online.



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## CLASS LOCATION CODES

Denfeld High School (DEN)

Lincoln Park Middle School (LIN)

Ordean East Middle School (ORD)

Piedmont Elementary (PIED)

Myers Wilkins Elementary (MYW)

Laura MacArthur Elementary (LMAC)

# DULUTH PUBLIC SCHOOLS WELCOMES SAFE ROUTES TO SCHOOL IN COMMUNITY EDUCATION!

## WHAT IS "SAFE ROUTES TO SCHOOL"?

SRTS programs improve safety, reduce traffic and improve air quality near schools by focusing on the 6 E's:

**Evaluation:** Assessing local needs and identifying solutions.

**Education:** Teaching students & families about safety and the benefits of walking and biking.

**Encouragement:** Getting kids excited about walking and biking through events, activities; inform students & adults about the personal and community benefits of walking to school.

**Equity:** Ensuring that all students have access to safe routes.

**Engagement:** Involving the community in decision-making.

**Engineering:** Improving infrastructure to make routes safer (signage, crosswalks, signals, etc.).



## IMPORTANT DATES:

Minnesota Winter Walk to School Day:  
February 5, 2025

National Bike & Roll to School Day:  
May 7, 2025

Look for summer programming  
information in future Community Ed  
Catalogue

## WINTER BIKE CHALLENGE!

I challenge you to consider biking as an enjoyable, affordable, active, healthy, empowering, and sustainable option for both recreation and transportation this winter. Even if it is only one time to the grocery store. You'll get more time outside (increasing vitamin D exposure!), a memorable adventure, a stronger connection to community, and a better you!

Questions about SRTS in Duluth Public Schools? Concerns about pedestrian and bike safety around our schools? Interested in becoming a stakeholder or join the SRTS Team?

Please reach out to our Safe Routes to School Coordinator:

Andrea Heil

Email: [andrea.heil@isd709.org](mailto:andrea.heil@isd709.org) Office: 218-336-8700 ext. 2294 Cell: 218-428-5880



## WINTER/SPRING 2025 PROGRAMS



**Winter/Spring Programs coming to a park near you!**

***Play Gym • Skating • Leagues • Sled Sheds  
Hiking • Cold Front • Senior Programs and more!***

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

### **Visit our website for Parks and Recreation Information**

Program Guide • Register for Programs • Facility Rentals

Parks and Trails Projects • Volunteer Information

### **Register online for Parks & Recreation Programs**

Visit: [duluthmn.gov/parks](http://duluthmn.gov/parks)

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

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



[duluthmn.gov/parks](http://duluthmn.gov/parks) • 218-730-4300



# Arts, Crafts & Hobbies

## ABC's of Old Window Restoration

**Instructor: Jolane Sundstrom**

OLD windows on historical homes can add charm & aesthetics! Over time, windows become leaky with loose panes & wooden frames. Learn how to replace the glazing and tighten up leaks or drafts with easy techniques & inexpensive materials. This is a skill that can save you \$\$\$! Bring a small old window to practice on if you like. No fee for materials used.

#2105	ORD	3/10	Mon	6:30-8:00 PM	1 Mtg	\$15
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## Drawing 101

**Instructor: Deb Hannu**

Want to learn to draw better? Or even just learn to draw, period? This class is for you! Learn tips and tricks for drawing from real life, as well as techniques for tapping your own creativity and imagination. If you can write your name, you have the motor skill needed to draw! No experience necessary; bring some pencils (HB, 2B, or 4B), pens (black ink, medium tip) or ultra thin-tip markers! Drawing tools packet available for purchase from instructor (upon request) for \$15. This class is for adult students.

#2015	ORD	1/29-2/12	Wed	6:00-8:00 PM	3 Mtg	\$50
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## Painting 101

**Instructor: Deb Hannu**

Want to learn about composition and color? How to 'get started' with a painting? What types of paints are out there, and what's best for what purpose? Experiment with some tips, tricks and techniques as you dip a brush into the world of painting. (Recommend taking Drawing 101 first!) Painting Supply kit available for purchase from instructor (upon request) for \$25. This class is for adult students.

#2016	ORD	2/26-3/12	Wed	6:00-8:00 PM	3 Mtg	\$50
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## Drawing/Painting Open Studio

**Instructor: Deb Hannu**

Need dedicated time and space to devote to your own artwork? Join kindred minds in a relaxing setting to work on your own drawings, paintings, etc, with an art teacher at the ready should you need feedback! Beverages and relaxing music provided. Bring your own work and supplies! This class is for adult students.

#2017	ORD	1/29-3/12	Wed	6:00-8:00 PM	6 Mtg	\$15
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## Matting Mounting and Framing

**Instructor: Deb Hannu**

Learn tips and tricks for taking care of your photographs and artwork yourself! With just a bit of skill and some simple tools, you can easily mat, mount and frame work yourself, instead of using a frame shop. Personalize your walls and save some money by doing it yourself. Instructor will give you guidance on sizing, color, framing ideas and more. \$10 materials payable to instructor at class.

#2048	ORD	2/4	Tue	6:00-8:00 PM	1 Mtg	\$10
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## Need Some Extra Cash?

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

**We need Kitchen Assistants and Dishwashers**

**We offer:**

- Convenient Daytime Shifts
- No Night/Weekends
- Free Lunch
- Great Benefits

**Give us a call!**

**Contact:**

Child Nutrition Department  
(218) 336-8707





# Arts, Crafts & Hobbies

## 2-D Felted Landscapes

**Instructor: Chrissy Valento**

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

#5014	LIN	3/6	Thurs	6:00-8:00 PM	1 Mtg	\$25
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## Fused Glass Pendants

**Instructor: Chrissy Valento**

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

#5013	LIN	2/13	Thurs	6:00-8:00 PM	1 Mtg	\$25
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## Scandinavian Sami Inspired Bracelets

**Instructor: Cindy Ericksmoen**

Come and learn to craft your beautiful Scandinavian Sami-inspired bracelet using traditional Sami techniques. New patterns and silver beads and new Colors; poppy, navy, mulberry, steel and sky. All materials are imported from Sweden and include: imported 4% silver scandinavian thread, reindeer leather and shed reindeer antler button. Bracelets are custom made, so you will need the wrist measurement if giving as a gift . Additional supply fee of \$45 due to the instructor at class(cash or check).

#2084	ORD	3/18 & 3/20	Tue/Thu	6:00-9:00 PM	2 Mtg	\$25
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## Leather Envelope Pouch



**Instructor: Cindy Ericksmoen**

Join the fun... learn double needle saddle stitch. Real leather, including some buttery Italian leathers. 4x6 envelope great for cash, credit cards, lipstick, and small items. Colors include berry, plum, navy, black, and brown. Additional supply fee of \$35 payable to instructor at class (cash or check).

#2079-A	ORD	1/15	Wed	6:00-9:00 PM	1 Mtg	\$20
#2079-B	ORD	3/26	Wed	6:00-9:00 PM	1 Mtg	\$20
#2079-C	ORD	4/9	Wed	6:00-9:00 PM	1 Mtg	\$20

## Bats, Birds, & Bees

**Instructor: Ron Weber**

Build your backyard/garden sanctuary with a new home for the bats, birds, or bees (you choose). We’ll supply materials, ideas, and proven designs to make this happen. Please bring an additional materials fee of \$10-15/ project for the instructor. Youth under the age of 18 must be accompanied by an adult.

#5081	LIN	5/5	Mon	6:30-8:30 PM	1 Mtg	\$10
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## Building Bat Homes

**Instructor: Ron Weber**

Build your backyard/garden sanctuary with a new home for the bats. We’ll supply materials, ideas, and proven designs to make this happen. Please bring an additional materials fee of \$10- 15/ project for the instructor. Youth under the age of 18 must be accompanied by an adult.

#5080	LIN	4/14	Mon	6:30-8:30 PM	1 Mtg	\$10
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## Canoe Paddles

**Instructors: Ron Weber and Bill Majewski**

Making your own paddle is a great way to personalize your paddling experience. This class offers materials, instruction, and design help so that you can make your own canoe paddle. Choose bent or straight-shafted, with either solid or laminated construction. There will be work time during class, but participants should plan on also working from home. Materials and gluing extra charge discussed in class (about \$30). Minimum age 16 with adult supervision.

#5078	Lin	3/3 -3/17	Mon	6:30-9:00 PM	3 Mtg	\$20
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## Walking Sticks and Stuff Intro

**Instructor: Ron Weber**

Choose from a variety of woods and create your own custom walking stick. Learn how to highlight the natural features of the wood and enhance the natural beauty of each piece. Sticks available from the instructor for \$8 each. You may also bring your own stick for no charge. Please bring any carving tools that you may have. Under 16 must be accompanied by a parent/guardian while in class.

#5079	LIN	2/10	Mon	6:30-8:30 PM	1 Mtg	\$10
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# Bus Trips

## PICK UP & DROP OFF LOCATIONS:

HERMANTOWN HOCKEY ARENA, ST. LUKE'S SPORTS, or ESSENTIA DULUTH HERITAGE CENTER.

Participants will receive a detailed email approximately 10 business days prior to each trip with complete details, including departure times.

### MN Wild Game

Join us for an exciting field trip to the Xcel Energy Center! Experience the thrill of watching professional NHL hockey players in action as they compete on the ice. Feel the crowd's energy as you cheer for your favorite team and enjoy the stadium's atmosphere. Don't miss this opportunity to witness the speed, skill, and excitement of live hockey. Included in the price are: - transportation in a Coach Bus - Family Style pre-game Lunch - Charcuterie Board (1st Intermission) - Dessert (2nd Intermission) - all-inclusive Beverages (served from pre-game lunch until the 12-minute mark of 3rd period).

#8001	Xcel Energy Center	3/2	Sun	7:00 AM-7:30 PM	1 Mtg	\$420
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### Chanhassen: Grease

Grease joyfully returns to the Chanhassen Dinner Theatre's Main Stage! Fancy a nostalgic evening full of greased-up hair, jukebox jingles, and bobby socks. The most popular, fun-filled musical in the history of Rock 'n' Roll is packed with explosive energy, vibrant 1950s pop culture, and unforgettable tunes: "Summer Nights," "Look at Me, I'm Sandra Dee," "We Go Together," "Greased Lightnin'," "Beauty School Dropout," AND added songs made popular in the beloved film: "Grease (Is The Word)," "Hopelessly Devoted to You" and "You're the One That I Want."

#3550	Chanhassen Dinner Theater	3/5	Wed	7:00 AM-7:30 PM	1 Mtg	\$165
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### Daytrippers Dinner Theatre: 37 Postcards

AGES 18+ In the comedic play "37 Postcards," Avery Sutton returns to his Connecticut home and uncovers a surreal reality filled with unexpected surprises that challenge his views on family. The tilted house and neglected dog represent the chaos of his past, while the revelation of his grandmother's vitality forces him to confront complex family dynamics. This whimsical narrative explores rediscovery, showing that returning home can reveal strange yet enlightening truths.

#3052	Dinner Theatre	5/1	Thurs	7:30 AM-7:30 PM	1 Mtg	\$130
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### Vikings Museum/ Eagan Outlet Mall

Join us for a delicious breakfast at Tobies in Hinkley, before we head to the Vikings Museum in Eagan, where we get to Experience the rich history and untold stories of the Minnesota Vikings firsthand. Afterward, we'll head to the Eagan Outlet Mall where you can grab the latest summer fashion.

#5056	Eagan Outlet Mall	5/15	Thurs	7:00 AM-7:00 PM	1 Mtg	\$65
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### Como Zoo & Conservatory

Come and join us to visit the Minnesota Como Zoo & Conservatory. Experience the variety of animals and activities that take place there. Spend time exploring on your own and enjoying the animals that you love.

#5055	COMO ZOO & CONSERVATORY	Thurs	Jun. 12	7:30 AM-7:30 PM	1 Mtg	\$50
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### Lazy Summer Day: Stillwater River Boat Cruise

Join us for an exciting day in Stillwater, MN! Rain or shine, we will embark on a relaxing paddleboat ride and enjoy lunch on the St. Croix River. After that, you'll have ample time to explore the historic streets of Stillwater, shop, and take in all that this charming city has to offer. Don't miss out on this adventure!

#5054	Stillwater River Boats	Thurs	Jun. 5	7:30 AM-7:30 PM	1 Mtg	\$100
#5054-B	Stillwater River Boats	Thurs	Aug. 7	7:30 AM-7:30 PM	1 Mtg	\$100

### One, Two, Three Strikes You're Out – All Ages

Attention all baseball fans! Join us for a delightful summer day at the ballpark in Downtown Minneapolis as the Twins face off against their next opponent. Forget about the hassle of big city traffic, as your ticket and bus fare are included in the price. Please note that children under 18 must be accompanied by an adult.

#5077	Target Field	5/28	Wed	7:30 AM -7:30 PM	1 Mtg	\$125
#5077-B	Target Field	7/10	Thurs	7:30 AM-7:30 PM	1 Mtg	\$145

# Cooking

## Bread Making

**Instructor: Ilone Hamilton**

Let's make some dough. We will explore the world of wheat flour, yeast, and water. Try out some different preparation methods and a variety of ingredients. Under 18 must be accompanied by an adult, and both registered for the course. BRING AN Additional supply fee of \$20 to instructor at class time.

#5017	LIN	2/24	Mon	6:00-8:30PM	1 Mtg	\$12
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## Gnocchi

**Instructor: Ilone Hamilton**

Make gnocchi with potatoes, then cook it a few different ways. With sauces and a soup. Please bring a supply fee of \$20 the night of class.

#5022	LIN	2/24	Mon	6:00-8:30 PM	1 Mtg	\$12
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## Pizza, Pizza, Pizza

**Instructor: Ilone Hamilton**

Pizza should be more than a crust with some pepperoni and cheese thrown on top. Come to our pizza night where you will experiment with different crusts and interesting toppings which are not only healthy and tasty combinations, but ones that you can make at home. We will have plenty to sample when we are done baking. Under 18 must be accompanied by an adult, and both registered for course. An additional supply fee of \$20 is due to the instructor at class time.

#5020	LIN	3/3	Mon	6:00-8:30 PM	1 Mtg	\$12
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## Russian Cuisine

**Instructor: Ilone Hamilton**

Learn some authentic home-style Slovic recipes that are enjoyed throughout Eastern Europe. Create some new traditions for your family. Bring \$20 for recipes and supplies.

#5021	LIN	3/10	Mon	6:00-8:30 PM	1 Mtg	\$12
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## Taste of Mexico

**Instructor: Ilone Hamilton**

We will conquer tortillas, salads, a seasonal hot sauce, and mix in a few surprises for good measure. Expand your culinary horizons and enjoy the cuisine of our southern neighbor. Bring an additional \$20 supply fee for the instructor.

#5019	LIN	3/17	Mon	6:00-8:30 PM	1 Mtg	\$12
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## Taste of Thailand

**Instructor: Ilone Hamilton**

Thai food is traditionally a spicy, simple food. In this class we will make one spicy entrée, but will explore other flavors for those who like a little less heat. Recipes we will make include: Pad Thai, roti dough, and chicken ginger soup. Send your taste buds on an exotic vacation, no passport required. Bring an additional \$20 supply fee for the instructor.

#5015	LIN	2/3	Mon	6:00-8:30 PM	1 Mtg	\$12
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## Thai Finger Food

**Instructor: Ilone Hamilton**

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

#5016	LIN	2/10	Mon	6:00-8:30 PM	1 Mtg	\$12
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## Make Your Own Kombucha

**Instructor: Ilone Hamilton**

Kombucha is a healthy fermented drink that has benefits for balancing your body. Let's take some of the mystery out of it and make your own. Bring a clean, empty one gallon jar and take home knowledge and your SKOBY start. Additional supply fee of \$10 payable to instructor at class.

#2235	ORD	2/5	Wed	6:00-7:30 PM	1Mtg	\$10
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## Dessert Baking!

**Instructor: Ilone Hamilton**

Learn how to make delicious desserts with Ilone! Baking some sweet treats that you will be able to taste test and bring with you. Please don't forget your \$20 supply fee night of class.

#5070	LIN	4/14	Mon	6:00- 8:30 PM	1 Mtg	\$12
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# Dance

## Duluth International Folk Dance

**Instructor: Kathie Haney, Dianne Dorland**

Join the long running Duluth International Folk Dance class. Classes are ongoing and you may start any time. Come dance in a friendly, welcoming environment. We will learn dances from all around the world and no partners are necessary. Dances are taught the first hour and the second hour focuses on requests from participants. No class 1/20, 2/17.

#2404	ORD	1/13-3/24	Mon	6:45-8:45 PM	9 Mtg	\$5
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## Introduction to Ballroom Dance

**Instructor: Jack Righeimer**

Through dance instruction in the smooth ballroom styles including the Waltz, Tango and FoxTrot. You will learn the basics of ballroom dancing and have fun along the way. No class 2/19.

#2400	ORD	1/29-3/12	Wed	7:10-8:00 PM	6 Mtg	\$50
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## Introduction to Latin Dance

**Instructor: Jack Righeimer**

Spice things up with the rhythm dances. This class will introduce you to the ChaCha, Rhumba, swing dance and Salsa. No class 2/19.

#2430	ORD	1/29-3/12	Wed	8:10-9:00 PM	6 Mtg	\$50
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## Beginner Belly Dance I

**Instructor: Debbie Poldoski**

This class will introduce you to the building blocks of belly dance with basic dance movement, technique and combinations. Wear comfortable clothing. No Class Feb 12, Feb 19 & Mar 5.

#5211	DEN	1/15-3/26	Wed	7:05-8:05 PM	8 Mtg	\$45
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## Beginner Belly Dance II

**Instructor: Debbie Poldoski**

Continue your Belly Dance experience. You must have taken at least 1 year (3 sessions) of Beginner Belly Dance I. No Class Feb 12, Feb 19 & Mar 5

#5212	DEN	1/15-3/26	Wed	6:00-7:00 PM	8 Mtg	\$45
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## Introduction to Ballroom Dance

**Instructor: Keith Miernicki**

Thorough dance instruction in the smooth ballroom styles including the Waltz, Tango and FoxTrot. You will learn the basics of ballroom dancing and have fun along the way. No Class Feb 18.

#5027	LIN	1/28-2/25	Tues	7:00-8:00 PM	4 Mtg	\$20
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## Beginner Swing Dance

**Instructor: Keith Miernicki**

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

#5412	LIN	3/4 - 3/25	Tues	7:00- 8:00 PM	4 Mtg	\$20
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## INSTRUCTORS WANTED:

### *Interested in offering a class through Duluth Community Education?*

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

For more information, please contact the Community Education Office  
at 218-336-8760, or email [communityeducation@isd709.org](mailto:communityeducation@isd709.org).



# General Interest

## 5 Keys to Retiring Fearlessly

**Instructors:** Jordan A. Fahlsing and Kevin J. King

Do you know what next steps to take so you can retire? We can help. This workshop can provide insights to help you achieve your retirement goals by answering the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? We will also discuss how understanding the tax status of retirement investments can help you make informed decisions and avoid paying more than your fair share.

#2157	ORD	2/5	Wed	6:00-7:00 PM	1 Mtg	\$5
#5201	DEN	2/26	Wed	6:00-7:00 PM	1 Mtg	\$5

## A Peak Into Duluth's Past

**Instructor:** Wendy Grethen

You'll learn what Duluth was like about 100 years ago. Duluth has some historic buildings still standing and some that have been removed.

#1119	ORD	2/25	Tue	5:30-7 PM	1 Mtg	\$15
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## ABC&Ds of Medicare

**Instructors:** Celeste Plunkett

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

#2195A	ORD	1/28	Tue	5:30-6:30 PM	1 Mtg	\$5
#2195B	ORD	3/6	Tue	5:30-6:30 PM	1 Mtg	\$5

## Advanced Beginning Bridge

**Instructor:** Clyde Johnson

For those currently in Beginning Bridge & others who know some basics of bridge but want to learn a bit more about bidding & playing this remarkable game. You can come with or without a partner (one will be provided) and will have the opportunity to learn and play with others; also a good way of meeting people and getting out on these long winter nights. No class 2/20.

#1126	ORD	1/16-3/13	Thu	6:30-8:30 PM	8 Mtg	\$40
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## Annappurna Circuit Trekking Journey

**Instructor:** Jolane Sundstrom

Nov. 1-21, 2012 Nepal's Himalya trekking of 160 miles, up to 17,600+ ft.! Husband & wife brought eye glasses & sunglasses to remote villagers. Hear some heart-warming stories, & see the magnificent Himalayan mountains. Learn about the big changes in Nepal.

#1113	ORD	3/19	Wed	6:00-8:30 PM	1 Mtg	\$15
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## Apple Grafting

**Instructor:** Deb Shubat

Save or propagate the old family apple tree by learning to graft it onto a new root. Grafting also works on most temperate trees, not just apples. All bands and parafilm, rootstocks, a few non-patented scion sticks & Band-Aids will be available through the instructor. Each student must bring a sharp, straight bladed ring your own scion wood from a 1-2 year old 6-8 inch long twig that has been cut directly before class if you prefer. Let the instructor know if you want more than one rootstock. Also you can learn these techniques without purchase of a rootstock. You pay the instructor directly for the rootstocks.

#2112	ORD	3/10	Mon	6:00-8:00 PM	1 Mtg	\$15
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## Growing Vegetables In Duluth

**Instructor:** Deb Shubat

How to find and plan out the space in your yard to grow your favorite vegetables. We will discuss: plant selection, spacing, rotation, basic soil prep, common pests and diseases. Most of these topics will also be useful if you have a plot in a community garden, or other rented land.

#2102	ORD	1/27	Mon	6:00-8:00 PM	1 Mtg	\$15
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## Growing Berries In Duluth

**Instructor:** Deb Shubat

There are berry plants that will fit into your home landscape. Most berry plants are much smaller than tree fruit so they are easier to fit in a yard. We will cover the basics on how to prepare a bed for raspberries, strawberries, blueberries and more.

#2111	ORD	2/10	Mon	6:00-8:00 PM	1 Mtg	\$15
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# General Interest

## Growing Fruit Trees

**Instructor: Deb Shubat**

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

#2103	ORD	4/7	Mon	6:00-8:00 PM	1 Mtg	\$15
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## Confident Retirement: Retirement Investments

**Instructors: Conrad B. Hjort, Brian J. Johnson**

With so many investment choices to choose from, how do you make a decision? This class will review investments available and how to choose which one is right for you. We will also discuss annuities: when they work, and when they don't! We will discuss drawing income from investments and managing risk. Join us for an engaging presentation. Don't just retire, be confident!

#2407	ORD	2/10	Mon	5:00-7:00 PM	1 Mtg	\$5
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## Confident Retirement: Taxes in retirement

**Instructors: Conrad B. Hjort, Brian J. Johnson**

You have spent a lifetime accumulating assets and deferring taxes. Now it is time to pay! Join us as we discuss practical steps you can use to manage your taxes both now, and in the future. We will review how social security is taxed, Roth conversions and pending tax changes. Bring your questions. Don't just retire, be confident!

#2408	ORD	2/24	Thu	5:00-7:00 PM	1 Mtg	\$5
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## Elder Law

**Instructor : Jeffrey Wencil**

This class is for those in their Golden Years, and adult children, who are helping Mom and Dad make the best out of their retirement years. We'll talk about scams targeted at senior citizens ("grandparent" scams, Medicare and Social Security scams, and identity theft, among many); reverse mortgages and how they operate; financial planning, Social Security, and retirement savings; long-term health care planning; and perhaps most importantly, ways to identify and prevent elder abuse and fraud.

#2167	ORD	2/11	Tue	6:00-7:30 PM	1 Mtg	\$5
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## Intuition: "How Will I Know..."

**Instructor: Pam Losasso**

Is it a feeling, a premonition or is it inner guidance? This class will explore these questions and other tools that can help develop your sixth sense and heighten spiritual awareness.

#1135	ORD	1/27	Mon	6:00-8:00 PM	1 Mtg	\$15
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## How to Keep the Family Cabin in the Family

**Instructor: Raymond J. Peterson**

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

#2145	ORD	2/10	Tue	6:00-7:30 PM	1 Mtg	\$5
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## Inventions: (1) Made by Women & (2) Things Made in Minnesota

**Instructor: Wendy Grethen**

Learn about things that have been made or discovered by women. Women have played an important role in coming up with inventive solutions and discovered new ways of looking at things. In the 2nd class we will go over things made in Minnesota and where Minnesota has been first in the nation.

#1114	ORD	2/4-2/11	Tue	5:30-6:45 PM	2 Mtg	\$25
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## Islands - A Visit to Japan and New Zealand

**Instructor: Wendy Grethen**

Each night we will head to a different country. First stop is to Japan where Wendy spent a month there in 2024 doing some volunteering, touring and visiting. The 2nd evening class will focus on New Zealand. Yes - it's a beautiful place - what are places to visit and things to do. Wendy is married to a Kiwi.

#1112	ORD	3/5-3/12	Wed	6:15-7:45 PM	2 Mtg	\$25
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# General Interest

## Legal Estate Planning

**Instructor: Carrie L. Schneider**

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

#2129	ORD	2/5	Wed	6:00-7:30 PM	1 Mtg	\$5
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## Medical Assistance and Long-Term Care Planning

**Instructor: Carrie L. Schneider**

An experienced estate planning attorney will discuss the basics of Medical Assistance, including what happens to a person's assets when he/she needs long term care (nursing home); options and risks in protecting assets; and the process for applying for medical assistance.

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

**Instructor: Wendy Grethen**

Come have a fun evening playing this easy dice game that people have played even back in the Gold Rush days. The game will be taught. No need to have played it before. Each participant should bring a gift/prize item worth \$5 or less. Could be a used gift, food item, or even a made by the person item.

#1118	ORD	2/4	Tue	7:00-8:30 PM	1 Mtg	\$14
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## Real Estate 101

**Instructor: Leah Borgren**

Whether you're thinking of buying or selling, come meet our panel of local experts and get answers to all of your real estate questions. Realtors, mortgage lenders and a licensed home inspector will be on hand to guide you through the process and share their knowledge of the current market and what you can expect as you plan for your future. Monday's class will be geared toward "Buyers" and Tuesday's will be geared toward "Sellers". Students may attend one or both nights depending on their level of interest.

#2162	ORD	3/3-3/4	Mon/Tues	6:00-8:00 PM	2 Mtg	\$5
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## Restorative Family Mediation

**Instructor: Katrina Viegas**

Respect, Responsibility, Relationships. These are the core values of Restorative Family Mediation, a conflict resolution process for couples and families. Participants are invited to learn how the restorative circle format helps people build common ground and work through their differences with a focus on their strengths. If time, participants will also have an opportunity to experience a restorative circle during class.

#2136-A	ORD	1/28	Tue	5:30-7:00 PM	1 Mtg	\$5
#2136-B	ORD	2/25	Tue	5:30-7:00 PM	1 Mtg	\$5
#2136-C	ORD	3/18	Tue	5:30-7:00 PM	1 Mtg	\$5

## Sign Language: Level 3

**Instructor: David Moberg**

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

#2313	ORD	1/8-2/12	Wed	6:15-8:15 PM	6 Mtg	\$35
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## Sign Language: Level 4

**Instructor: David Moberg**

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

#2314	ORD	2/26-4/9	Wed	6:15-8:15 PM	6 Mtg	\$35
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## Small & Sustainable - One Couple's Journey

**Instructors: Deb Hannu & Pat Thomsen**

Our grandparents all left the farm and went to work in the city...and here we are turning back the other way! We'll share our journey from living exclusively as 'city kids' back to doing things the way our grandparents did-with a few twists! From growing produce to fruit trees, beekeeping to pest control, composting toilets to woodchucks, forest management to solar power, the proprietors of Uncle Hermans' Farm share their adventures along the way. Additional \$10 materials fee payable to instructor at class.

#2113	ORD	3/4	Tue	6:00-8:00 PM	1 Mtg	\$10
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# General Interest

## Social Security: Timing is Everything

**Instructors:** Jordan A. Fahlsing and Kevin J. King

When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse? Social Security is a vital income source for many retirees, but it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

#2156	ORD	1/29	Wed	6:00-7:00 PM	1 Mtg	\$5
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## Tarot Class For Beginners

**Instructor:** Pam Losasso

Where and when the Tarot originated no one knows for sure. Yet, this ancient art continues to exist because of a belief system that it can provide insight into one's life. If you would like to learn how to use this ancient tool, please bring your own Tarot deck to class. If you do not have a deck, Pam recommends the Rider Waite Tarot deck for beginners.

#1137	ORD	3/3	Mon	6:00-8:00 PM	1 Mtg	\$15
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## The Collaborative Approach to Divorce

**Instructor:** Katrina Viegas

Resolving Disputes Respectfully. This is the core value of Collaborative Practice, a process for couples and families in conflict to resolve their differences - without going to court - with support from a team of trained professionals. Depending on a family's needs and interests, their Collaborative team may include lawyers, a child specialist and a financial professional. This session is open to anyone interested in the Collaborative approach to divorce, separation, custody and more - both families experiencing conflict and professionals who want to do things differently.

#2150-A	ORD	1/29	Wed	5:30-7:00 PM	1 Mtg	\$5
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#2150-B	ORD	2/26	Wed	5:30-7:00 PM	1 Mtg	\$5
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#2150-C	ORD	3/19	Wed	5:30-7:00 PM	1 Mtg	\$5
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## Financial Statements in Business

**Instructor:** Cole Sicheneder

Learn the basics of financial terms, balance sheets and construct financial statements based on transactions from the Founder & CEO of CHS Superior Property Investments & CHS Superior Property Investments. Topics Include: Balance Sheets, Profit & losses, Income statements, Analyzing business financials.

#5066	DEN	2/27	Thurs	6:30-7:30 PM	1 Mtg	\$15
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## Knots for Beginners

**Instructor:** Anna Swarts

Do you find yourself at a loss when it comes to tying knots? In this class we'll practice tying a few useful knots for your everyday life and outdoor adventures. Just bring yourself! All materials provided.

#5206-B	DEN	2/4	Tues	5:30-7:00 PM	1 Mtg	\$15
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#5206	LIN	3/10	Mon	5:30-7:00 PM	1 Mtg	\$15
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## Planning a Barging Trip to France

**Instructor:** Sara Duke

Learn the tips & tricks of successful boat travel in France: how to plan, choosing self-drive or guided barging, when to go, where to go, what to expect, what to pack, how much will it cost, etiquette and expectations, and most of all, how to enjoy your trip to the fullest. Handouts provided. Presentation followed by Q&A time.

#5210	DEN	3/6	Thurs	6:00-8:00 PM	1 Mtg	\$10
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## Planning a Trip to France

**Instructor:** Sara Duke

Learn the tips & tricks of successful travel to France: how to plan, when to go, where to go, what to expect, what to pack, where to stay, how to get around, what to eat, what to see, how much it will cost, etiquette and expectations, and most of all, how to enjoy your trip to the fullest. Handouts provided. Presentation followed by Q&A time.

#5209	DEN	2/27	Thurs	6:00-8:00 PM	1 Mtg	\$10
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# General Interest

## Social Security: Timing Is Everything

**Instructor:** Jordan A Fahlsing

Social Security is a vital income source for many retirees. But it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you. When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse?

#5202	DEN	1/22	Wed	6:00-7:00 PM	1 Mtg	\$5
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## QHHT Group Session: Meet a Guide or Guardian Angel

**Instructor:** Teresa Iannucci

Would you like to meet your guardian angel? In this group hypnosis session, you will be on a guided visualization to meet your guide or guardian angel. You will be conscious during the session a light trance or intense day dream. You will be recording your experience afterwards so please bring paper and a pen/pencil. Wear comfy clothes and bring a yoga mat if you wish. Also, bring a friend to experience this as well! I cannot hypnotize anyone 17 or younger.

#5203-B	DEN	3/6	Thurs	6:00-7:30 PM	1 Mtg	\$25
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#5203	DEN	3/26	Wed	6:00-7:30 PM	1 Mtg	\$25
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## The Wheel of Predictability

**Instructor:** Pam Losasso

Explore what lies ahead for you in 2025 using this intuitive tool that incorporates Astrology, Numerology and Tarot. The intent of these classes is to heighten your awareness of the predictability of life experiences by discovering the hidden meaning of the numbers in your date of birth and the numeric formula. Additional 2025 materials fee of \$25 to be paid to the instructor at class time. No class 2/17.

#1133	ORD	2/3-2/24	Mon	6:00- 8:00 PM	3 Mtg	\$40
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## Community Indoor Yard Sale & Craft/Vendor Fair – ALL AGES

Don't miss the Spring Community Yard Sale and Craft/Vendor Fair! It's time to prepare your home for spring, out with the old and in with the new. Vendors and groups eager to sell their goods are strongly encouraged to join us. Come and be part of this exciting event!

#5075	Rails Indoor Sports Complex	4/5	Sat	8:00 AM - 3:00 PM		\$5 Registration Fee
						\$10/REG + 1 TABLE
						\$15/REG + 2 TABLE
						\$20/REG + 3 TABLE



## Duluth Community School Collaborative



# Volunteer Opportunities!

[duluthcsc.org/volunteer](http://duluthcsc.org/volunteer)



Serving students at  
 Myers-Wilkins Elementary  
 Lincoln Park Middle  
 Denfeld High School



# Health & Wellness

## All About Balance and Fall Prevention

**Instructors:** Brent Fisher

This course will review human balance and fall-prevention steps.

#1196	ORD	3/4	Tue	6:00-7:00 PM	1 Mtg	\$5
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## All About Hearing Aids, Implants, and Related Technology

**Instructors:** Brent Fisher

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

#1195	ORD	2/26	Wed	6:00-7:00 PM	1 Mtg	\$5
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## CPR / AED Training

**Instructor:** Elmer Engman

The Emergency First Response CPR and AED training is designed as a “hands on” two part program to teach CPR on infants or adults and relief of foreign-body airway obstruction (FBAO) to all lay rescuers, particularly those who are expected to respond to emergencies in the workplace and give first aid. In the Automated External Defibrillator (AED) training component, learn how to use the AED machines now available in most public buildings. Wear comfortable clothing. Bring \$30 for printed materials, certificate (good for two years) and equipment rental.

#2351	ORD	2/27-3/6	Thu	6:30-8:30 PM	2 Mtg	\$15
#5354	DEN	2/25-3/4	Tue	6:00-8:00 PM	2 Mtg	\$15

## First Aid and CPR / AED Training

**Instructor:** Elmer Engman

Choose this class if you want the additional First Aid Certification component to our CPR/AED class. The Emergency First Response CPR and AED training is designed as a “hands on” two part program to teach CPR on infants or adults and relief of foreign-body airway obstruction (FBAO) to all lay rescuers, particularly those who are expected to respond to emergencies in the workplace and give first aid. In the Automated External Defibrillator (AED) training component, learn how to use the AED machines now available in most public buildings. Wear comfortable clothing. Bring \$60 for printed materials, certificate (good for two years) and equipment rental. No class 3/11.

#2352	ORD	2/27-3/13	Thu	6:30-8:30 PM	3 Mtg	\$15
#5355	DEN	2/25-3/18	Tue	6:00-8:00 PM	3 Mtg	\$15

## Tai Chi & Qigong Gentle Exercises

**Instructor:** Richie Townsend

In this class we will explore a variety of ancient Chinese movements and breathing exercises of Tai Chi Chuan and Qigong. They are geared towards promoting balance, proper breathing, relaxation, better circulation and increased energy. We will practice a variety of walking, standing, and sitting exercises. These gentle exercises are easy to learn and practice, and having fun learning them is the highest priority. Wear loose fitting, comfortable clothes. Enrollment is limited. No class 2/19, 2/20.

#2354-A	ORD	1/22-3/19	Wed	4:45-5:45 PM	8 Mtg	\$20
#2354-B	PIED	1/23-3/20	Thu	5:00-6:00 PM	8 Mtg	\$20

## Tai Chi: 24 Forms

**Instructor:** Richie Townsend

The Yang Style 24 Forms, also known as Simplified Tai Chi Chuan, contains the essence of Yang Family Tai Chi Chuan. In this class we will learn proper breathing, body alignment, focus of energy, and the choreographed movements of the basic forms. The main priority is to have fun and enjoy movement. The exercises are relaxing and enjoyable with many health benefits. No Tai Chi experience is needed. Wear comfortable, loose fitting clothing. Enrollment is limited. No class 2/19, 2/20.

#2355-A	ORD	1/22-3/19	Wed	5:45-6:45 PM	8 Mtg	\$20
#2355-B	PIED	1/23-3/20	Thu	6:00-7:00 PM	8 Mtg	\$20

## How to Use a Public AED (Defibrillator) in an Emergency

**Instructor:** Amber Haglund-Pagel

Have you ever seen an AED cabinet in public and wondered how or when it should be used? Or if anyone around would know what to do in the event of a medical emergency? We'll cover the basics of how the average person can save a life with the use of a public AED.

#5028	DEN	2/6	Thurs	6:00-7:00 PM	1 Mtg	\$5
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# Music

## 5 String Banjo: Beginning

**Instructor: Eileen Sugars**

Learn to play Scruggs-Style 5-string banjo. Learn how to hold, tune, and pick your banjo. Also shopping for banjos and accessories, chords, practice methods, reading banjo tablature with eventual learning to play by ear, and some basic bluegrass tunes. Please bring a 5-string banjo in playable condition, 1 thumb pick and 2 finger picks. No class 2/18.

#2470	ORD	1/28-3/11	Tue	7:00-8:00 PM	6 Mtg	\$40
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## 5 String Banjo: Intermediate

**Instructor: Eileen Sugars**

For those wishing to continue their banjo journey, we will start transitioning into the “soft skills “ of learning to play by ear, improvising in different keys, playing in a group, and basic music theory. Students should have basic 5-string skills and be able to play some tunes from memory. No class 2/18.

#2471	ORD	1/28-3/11	Tue	6:00-7:00 PM	6 Mtg	\$40
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## Beginning Steel Band

**Instructor: Jeremy Craycraft**

Learn a new instrument, the “pan”, in this entry level ensemble where no musical experience is necessary. This ensemble introduces the historical and cultural context of the steel drum that originated in Trinidad & Tobago. Learning is accomplished through a mix of rote instruction, and basic notation. The ensemble uses folk melodies, easy pop hits, and pan-Caribbean party music as an entry point into the genre. Class meets at College of Saint Scholastica, Tower Hall, room 3265.

#2480	CSS	1/21-3/11	Tue	5:45-7:00 PM	8 Mtg	\$50
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## Intermediate Steel Band

**Instructor: Jeremy Craycraft**

Learn a new instrument, the “pan,” in this Caribbean based ensemble. This band is designed for those that have already taken the beginning steel band class and wish to move to a more difficult repertoire. You are also a good candidate to bypass the beginning ensemble if you are a person with musical ensemble experience (playing/singing) and have basic music notation reading skills. The band will play traditional Trinidad & Tobago styles such as Calypso and Soca along with other Island classical styles. Class meets at College of Saint Scholastica, Tower Hall, room 3265.

#2481	CSS	1/21-3/11	Tue	7:00-8:30 PM	8 Mtg	\$50
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## Campfire Guitar (Advanced Beginner and Intermediate)

**Instructor: Jerry Kaldor**

Are you comfortable switching between some basic chords and want to learn more? Join us! We will cover the basic chords (major, minor, 7th), work on basic barre (bar) chords, and practice a variety of strumming patterns using songs you might sing around a campfire. Ages 14 and up are welcome. You must have your own guitar. No class 2/17.

#2475	ORD	1/27-3/17	Mon	7:00-8:00 PM	7 Mtg	\$20
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## Duluth Civic Orchestra

**Instructor: Brandon Jacob Smith**

Play a varied repertoire for the joy of it with a congenial group of musicians. We welcome anyone who plays standard symphony orchestra instruments (within the confines of balanced instrumentation). No auditions required, and no age restrictions, but you must be able to sight-read music, have your own instrument, and play at the high school level. No Class Feb 18, Mar 11 & Mar 18.

#5200	LIN	1/28-3/25	Tues	7:00-9:00 PM	6 Mtg	\$30
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## Group Sing

**Instructor: Sarma Stumbris**

Come share your love of singing! All ages and skill levels welcome to squeak and belt out some traditional, fun, sad, and hokey songs together. Bring songs to teach or just add your voice. No Class Mar 5

#5033	DEN	2/26-3/26	Wed	6:30-8:00 PM	4 Mtg	\$25
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# Pool Activities

## ABS & AQUA FIT

**Instructor: Jolane Sundstrom**

Safe, complete workout floors & pool. Peaceful, relaxed, yet vigorous workout. Feel your best! Great group of women! Bring a Yoga mat (or similar). Floor Workout: 6:25-6:50 PM in the cafeteria. Pool workout: 7:00-7:55 PM. No class: 2/18, 2/20, 3/11.

#2750    ORD    1/28-3/20    Tue/Thu    6:25-7:55 PM    13 Mtg    \$35

## AQUA CARDIO FIT

**Instructor: Diana Quinn-Jereczek**

Take the plunge and come join an energetic low-impact water workout. Includes strength building and aerobic exercises, using routines that build flexibility targeting all the muscle groups. More importantly water-resistance workouts boosts endurance, providing fun dance moves and challenging opportunities to stay healthy and fit. Recommend aqua socks. No class 3/3, 3/10.

#2754    ORD    1/27-3/24    Mon    7:00-8:00 PM    6 Mtg    \$35

## BEGINNING SCUBA DIVING

**Instructor: Jorie Strunk**

This class is for beginners, ages 13 and up. Classroom and pool time will give you the knowledge and skills to make the open water dives required for certification. The four dives required for certification are not part of the class fee. All equipment is provided including mask, fins and snorkel. There is an additional equipment fee of \$150 payable to the instructor for equipment use and materials. Come prepared to swim.

#2752    ORD    1/29-3/05    Wed    6:45-8:30 PM    6 Mtg    \$25+

## LIFEGUARD SUPERVISED OPEN/LAP SWIM SCHEDULE

### LIFEGUARD SUPERVISED OPEN/LAP SWIM

ORDEAN EAST MIDDLE SCHOOL –  
336-8760 x1

Enter building via Hawthorne Rd. parking lot

#### ADULT LAP SWIM

Wednesdays, 1/8-5/7\*\*

TIME: 6:45 PM-8:15 PM

#### OPEN SWIM

Saturdays: 1/11 -5/10\*\*

TIME: 11:15 AM-1:15 PM

**COST:** \$5 per person per swim. Punch cards are available from the Lifeguard (20 Punches for \$40).

Perfect for families and groups. Call first if your group is 8 or more persons. Bring your own suit and towel.

\*\*No Open Swim on 2/19, 2/22, 4/2, 4/5.

### LIFEGUARD SUPERVISED OPEN/LAP SWIM

LINCOLN PARK MIDDLE SCHOOL

Enter building via upper parking lot.

#### OPEN SWIM

Wednesdays: 1/8-5/7\*\*

TIME: 6:45 PM-8:15 PM



# Pool Activities



## LEARN TO SWIM LESSONS

### Registration for LSSC Learn to Swim Lessons is easy and secure.

1. Go to [www.lsscaquatics.com](http://www.lsscaquatics.com) and click on Swim Lessons.
2. Registration is **not available** through the Duluth Community Education website
3. Set up your own secure personal account using your Visa or MasterCard. **LSSC is no longer accepting checks.**
4. Be sure to remember your password for future online registration.



### The Fine Print

Online registration is required

All classes are filled on a first come first serve basis. Classes fill up FAST, so please register early.

Questions? Contact Howie Leathers at [haleathers@gmail.com](mailto:haleathers@gmail.com).

If your class was canceled due to COVID-19, please email Howie Leathers at [haleathers@gmail.com](mailto:haleathers@gmail.com) for the COVID coupon code.

Bring your own suit and towel.

FEE: \$65 Per Student—Aqua Tots  
\$35 Per Student

#### ORDEAN EAST MIDDLE SCHOOL

2900 East 4th Street-Duluth  
Please Park in the lot off Hawthorne.

#### LINCOLN PARK MIDDLE SCHOOL

3215 West 3rd Street-Duluth  
Please Park in the **UPPER** lot.

### WINTER SESSION 1 AT ORDEAN EAST MIDDLE SCHOOL

Saturdays: January 11-March 1 (No Class on February 8th or February 22nd)

8:00-8:30 AM	Level 1	Level 2	Level 3
8:35-9:05 AM	Level 3	Level 4	Level 5
9:10-9:40 AM	Aqua Tots	Level 1	Level 2
9:45-10:15 AM	Aqua Tots	Level 1	Level 3
10:25-10:55 AM	Level 1	Level 2	Level 5

### WINTER SESSION 2 AT LINCOLN PARK MIDDLE SCHOOL

Saturdays: March 22-May 3 (No Class on April 5th)

8:00-8:30 AM	Level 1	Level 2	Level 3
8:35-9:05 AM	Level 3	Level 4	Level 5
9:10-9:40 AM	Aqua Tots	Level 1	Level 2
9:45-10:15 AM	Aqua Tots	Level 1	Level 3
10:25-10:55 AM	Level 1	Level 2	Level 5

### Important Information:

- If you or anyone in your household has been exposed to COVID-19 or has any symptoms that are aligned with COVID-19, PLEASE STAY HOME.
- Participants must come dressed and ready for lessons.
- Locker rooms may be used for changing into dry clothes after lessons, but showering is not permitted
- Spectators are allowed for lessons but must sit in the UPSTAIRS balcony
- One parent or household member must accompany students in the water during Aqua Tots





# Project Access

Classes Accessible to Individuals with Disabilities or Special Needs

## Transformation Through Art

**Instructor: Mikilia Carroll**

Join us for a unique opportunity where creativity meets culinary exploration! This class is designed for individuals with cognitive, developmental, emotional, or physical disabilities who want to unleash their inner artists and chefs. Week by week, we'll alternate between art and cooking sessions, ensuring a diverse and engaging experience for all participants. Get ready for a sensory adventure with different art mediums and delightful cooking experiments in a supportive and inclusive space that celebrates individuality. We care about your well-being! If you have any food allergies, please inform us in advance so we can accommodate your needs during our cooking segments. Families, caregivers, and volunteers, you are all warmly welcome to join us on this inspiring journey. Scholarships are available to ensure everyone can participate and grow together. Let's create, cook, and connect in a space that nurtures who you are. Don't miss this opportunity to learn, laugh, and thrive with us! Scholarships are available and encouraged.



#1270    ORD    1/27-2/10    Mon    5:00-6:30 PM    6 Mtg    \$40

## Valentines Crafts & Treats

**Instructor: Laurie Pinther**

Join for two fun Monday nights. The first week we will work on a group project to decorate papers to be used in creating special one of a kind valentines. During week two, we will make our valentines cards and valentines puppy chow mix. Along with enjoying the treats, you'll take home valentines and treat bags to share. Scholarships are available and encouraged.

#1272    ORD    2/3 & 2/10    Mon    5:30-6:30 PM    2 Mtg    \$25

## Paper Projects and Stories

**Instructor: Wendy Grethen**

Come and make some projects out of paper to take home. On the 2nd night we will do storytelling, including a show and tell where you bring in something small and special to you or just talk about it. Scholarships are available and encouraged.

#1276    ORD    3/5-3/12    Wed    5:00-6:00 PM    2 Mtg    \$20

# PROJECT ACCESS

Classes Accessible to Individuals with Disabilities or Special Needs



## FREE SUPPORT SERVICES AVAILABLE (advance notice needed)

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

## ACCESSIBILITY

Duluth Community Education welcomes participants of all abilities. Reasonable accommodations available with advance notice. Indicate your need on registration form, or call the **Community Education Office at 218-336-8760 x3.**

## INTERESTED IN TEACHING?

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

**Call the Community Education Office for more information at 336-8760 x3 or email [communityeducation@isd709.org](mailto:communityeducation@isd709.org)**

# Sports & Exercise/Fitness

## Body Fitness

**Instructor: Mary Gavitt**

This class has been designed to complement your regular fitness routine. Classes include both cardio and Pilates workouts, with a focus on stretching and low impact floor exercises. A thorough warm-up and cool-down are incorporated into the class. All ages and fitness levels are welcome in this comfortable atmosphere. Bring a floor mat/pad.. No classes 2/17, 2/20, 2/24.

#2502 ORD 1/16-3/24 Mon/Thu 5:00-6:00 PM 16 Mtg \$40

## Xtreme Hip Hop Step Aerobics

**Instructor: K. Carroll**

Get ready to turn up the heat with our Xtreme Hip-Hop Step class! Groove to the beat, feel the burn, and bring your A-game because we're mixing up cardio, step boards, and hip-hop vibes for the ultimate workout experience. Suitable for all ages and levels, this class is your ticket to a fun and effective fitness regimen. Just don't forget to bring your own step aerobics platform and yoga mat – we'll handle the rest! Let's sweat, step, and slay together! No class 2/20.

#2760 ORD 1/30-3/13 Thu 7:00-8:00 PM 6 Mtg \$50

## Zumba: Low Impact

**Instructor: Sue Brunette**

This Zumba fitness dance class is great for beginners or those new to an exercise program. Zumba combines fast and slow rhythms that tone and sculpt the body using merengue, salsa, Cumbia, Reggaeton, hip hop and belly dance. This class is a blast with easy to follow steps for all levels, ages and sizes. No class 2/17.

#2550 ORD 1/27-3/10 Mon 6:15-7:15 PM 6 Mtg \$35

## Zumba: High Impact

**Instructor: Chasity Lindquist**

Join the party and melt the pounds away in this Zumba fitness dance class. Zumba combines fast and slow rhythms that tone and sculpt the body using merengue, salsa, Cumbia, Reggaeton, hip hop and belly dance. This class is a blast with easy to follow steps for all levels, ages and sizes. Zumba is a great weight loss and stress relief party environment. No class:2/18, 2/20.

#2552-A ORD 2/4-3/18 Tue 7:00-8:00 PM 6 Mtg \$35

#2552-B ORD 2/6-3/20 Thu 7:00-8:00 PM 6 Mtg \$35

#2552-C ORD 2/4-3/20 Tue/Thu 7:00-8:00 PM 12 Mtg \$60

## Cross Country Ski Group Lessons

**Instructor: Joe Trela**

Ski Duluth's Lester-Amity trails with instruction in beginner's classic or skating style. Minnesota Ski Pass required for ages 16 and up (approx. \$25 per year). **Students should attend the information session at Ordean East Middle School on Monday, January 13th from 7:00 - 8:00 PM.** Questions: please contact Ordean East Community School at (218)336-8760 x1. Equipment rental from instructor: classic \$20, skate style \$30. Beginner Plus must know how to snowplow. Class dates/times subject to change due to weather conditions.

CLASS #	TITLE	DATE	DAY	TIME	Mtg	COST
#2801-A	Beginner	1/21-2/18	Tue	4:00-5:00 PM	5 Mtg	\$30
#2801-B	Beginner	1/22-2/19	Wed	4:00-5:00 PM	5 Mtg	\$30
#2801-C	Beginner	1/24-2/21	Fri	4:00-5:00 PM	5 Mtg	\$30
#2801-D	Beginner Plus	1/18-2/15	Sat	10:00-11:00 AM	5 Mtg	\$30
#2801-E	Beginner Plus	1/18-2/15	Sat	11:00 AM-12:00 PM	5 Mtg	\$30
#2801-F	Beginner	1/18-2/15	Sat	12:10-1:10 PM	5 Mtg	\$30
#2801-G	Beginner	1/18-2/15	Sat	1:10-2:10 PM	5 Mtg	\$30
#2801-H	Beginner Plus	1/19-2/16	Sun	10:00-11:00 AM	5 Mtg	\$30
#2801-I	Beginner Plus	1/19-2/16	Sun	11:00 AM-12:00 PM	5 Mtg	\$30
#2801-J	Beginner	1/19-2/16	Sun	12:10-1:10 PM	5 Mtg	\$30
#2801-K	Beginner	1/19-2/16	Sun	1:10-2:10 PM	5 Mtg	\$30
#2802-A	Skate Style	1/21-2/18	Tue	5:00-6:00 PM	5 Mtg	\$30
#2802-B	Skate Style	1/22-2/19	Wed	5:00-6:00 PM	5 Mtg	\$30
#2802-C	Skate Style	1/24-2/21	Fri	5:00-6:00 PM	5 Mtg	\$30
#2802-D	Skate Style	1/18-2/15	Sat	9:00-10:00 AM	5 Mtg	\$30
#2802 E	Skate Style	1/19-2/16	Sun	9:00-10:00 AM	5 Mtg	\$30



# Virtual Classes/Webinars

## From Busy to Calm: Declutter Your Life, Mind, Space

**Instructor: Yana Stockman**

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

#2117	Virtual ONLINE	1/14	Tues	6:00-7:00 PM	1 Mtg	\$25
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## How to Build Strong Communication in Any Relationship

**Instructor: Yana Stockman**

One of the most important factors in any successful and long-lasting relationship is communication. This class will provide insights into our own and other people's behavior. You will get a formula to successful communication in existing relationships, relationships with your family, friends, and at work. You will learn ways to prevent or resolve conflicts in relationships.

#2120	Virtual ONLINE	1/28	Tues	6:00-7:00 PM	1 Mtg	\$25
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## Set and Crush Your Goals in 30 Days

**Instructor: Yana Stockman**

Remember when you were ready to jump into your 2024 new year's resolution? This year we might need a little help with motivation to start a project, create a habit or change our career. This class can point you in the right direction. You will learn how to set & crush your goal in 30 days, gain clarity regarding what you want to accomplish, and help determine areas of focus.

#2200	Virtual ONLINE	1/21	Tues	6:00-7:00 PM	1 Mtg	\$25
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## Getting Things Done: Effective Use of Time to Stay Focused and Accountable

**Instructor: Yana Stockman**

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

#2118	Virtual ONLINE	2/4	Tues	6:00-7:00 PM	1 Mtg	\$25
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## Work-Life Balance Blueprint

**Instructor: Yana Stockman**

Unlock the path to career success and personal fulfillment: as you simplify and master the art of work-life balance in 6 areas.

#2207	Virtual ONLINE	2/11-2/18	Tues	6:00-7:00 PM	2 Mtg	\$25
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## Online Chair Yoga

**Instructor: Lois Opeth**

Online Chair yoga is primarily performed while sitting in a chair. Chair yoga poses are adapted to be performed in a seated position which makes doing yoga more accessible. Yoga can help to improve body awareness and balance, flexibility, relieve tension, and improve balanced strength. Required equipment is a sturdy chair, preferably without arms and a long strap, which can be a scarf, stretchy band or tie. No class 2/20. Class meets online via zoom.

#2363-A	Virtual ONLINE	1/30-2/27	Thu	2:30-3:30 PM	4 Mtg	\$35
#2363-B	Virtual ONLINE	3/6-3/27	Thu	2:30-3:30 PM	4 Mtg	\$35

## Canva for Awesome Beginners

**Instructor: Nickie Welsh**

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and novices! This class will teach you how to harness the power of Canva, the easiest design website available, all for free. You'll learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively.

#3000	Virtual ONLINE	3/20	Thurs	12:00-1:00 PM	1 Mtg	\$29
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## Cell Phones & Parenting: Balancing Connectivity and Safety

**Instructor: Nickie Welsh**

This engaging session will help you navigate the challenges of your child's digital world and provide helpful tools for your parenting toolbox. Learn practical strategies for social media/friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits. Empower yourself with the tools to help raise a teen with a smart technology foundation they will use into Adulthood.

#3006	Virtual ONLINE	2/4	Tues	12:00-1:00 PM	1 Mtg	\$29
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## Create Social Media Content Without Panicking

**Instructor: Nickie Welsh**

Do you have a business, product, event, or service but panic at the thought of putting yourself on social media? In this beginner class, you'll learn helpful tips and strategies to create social media content with ease. Say goodbye to freezing up in front of the camera, thanks to the practical skills you'll gain. We'll guide you through a step-by-step process, so you can start creating content confidently today!

#3010	Virtual ONLINE	3/18	Tues	12:00-1:00 PM	1 Mtg	\$29
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# Virtual Classes/Webinars

## Google Sheets for Awesome Beginners

**Instructor: Nickie Welsh**

Unlock the full potential of Google Sheets and gain skills that will benefit you for a lifetime! Whether you're using it for work or personal projects, this comprehensive class will transform you from a novice into an expert. You'll master the essential functions of Google Sheets, including entering, organizing, refining, analyzing, and visualizing data. Join us to build a solid foundation in Google Sheets and enhance your productivity and data management capabilities!

#3007	Virtual ONLINE	2/6	Thurs	12:00-1:00 PM	1 Mtg	\$29
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## How To Use Venmo Safely!

**Instructor: Nickie Welsh**

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. You'll be able to discuss the topic among family, friends and have an understanding of the key terms used when you hear about VENMO in the news! Join us to master Venmo and handle mobile payments with ease and security.

#3009	Virtual ONLINE	2/13	Thurs	12:00-1:00 PM	1 Mtg	\$29
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## My Kid Wants To Be a YouTuber - Help!

**Instructor: Nickie Welsh**

Does your child dream of having their own YouTube channel? Ease your concerns with our comprehensive class designed to guide parents through the process. We'll cover everything from setting up a YouTube channel and configuring safety settings to considerations specific to kids, teens and young adults. Learn the basic guidelines to help manage and monitor your child's activity while incorporating practical business skills for managing a channel.

#3008	Virtual ONLINE	2/11	Tues	12:00-1:00 PM	1 Mtg	\$29
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## Navigate with Uber: Achieve Transportation Freedom

**Instructor: Nickie Welsh**

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands. Open up your travel options with this fun and engaging class!

#3004	Virtual ONLINE	1/30	Thurs	12:00-1:00 PM	1 Mtg	\$29
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## Parents with Littles - Your Technology Safety Toolbox

**Instructor: Nickie Welsh**

Navigating the digital world can be challenging for parents with young children ages 0-5. This practical training class is designed to equip busy parents with essential tools and knowledge to keep their little ones safe in an increasingly connected world. You'll gain practical tips and strategies for managing technology use, protecting privacy, and fostering a safe digital environment for young children. Join us to build your family tech safety toolbox and create a secure digital environment for your little ones!

#3001	Virtual ONLINE	3/13	Thurs	12:00-1:00 PM	1 Mtg	\$29
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## Photo Organization - Print & Digital

**Instructor: Kathy Povolny**

New & Updated! Photo Organization - Print & Digital Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality!

#5205	Virtual ONLINE	2/6	Thurs	6:30-8:30 PM	1 Mtg	\$19
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## Practical ChatGPT Training for Everyone

**Instructor: Nickie Welsh**

Have you been curious about what ChatGPT is exactly and how it can be used? Join our fun and engaging class to learn everything you need to know about ChatGPT powered by Artificial Intelligence. Understand how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news.

#3003	Virtual ONLINE	1/28	Tues	12:00-1:00 PM	1 Mtg	\$29
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# Virtual Classes/Webinars

## 50+ Cohousing

**Instructor: Lee Pedersen**

Learn about 50+ communities based on cohousing principles of a property with full-featured private homes and common spaces, meals, governing, and activities. Cooperation, collaboration, sharing, access-friendly design, and, especially, caring for neighbors are the values of this age specific cohousing. There is an optional discussion on Lee's Zoom March 24 Monday 6:30-7:30 PM

#5073	Virtual ONLINE	3/24	Mon	6:30-7:30 PM	1 Mtg	\$5
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## Aging Successfully Living in Community

**Instructor: Lee Pedersen**

An overview about living in community, rather than home care or residing in assisted living or nursing homes, to "age in place". Explore models for community for second half living. There is an optional discussion on Lee's Zoom March 10 Monday 6:30-7:30 PM.

#5071	Virtual ONLINE	3/10	Mon	6:30-7:30 PM	1 Mtg	\$5
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## Cohousing 101

**Instructor: Lee Pedersen**

An overview of a multifamily housing model started in Denmark and brought to the United States in the late 1980's. Cohousing combines a collaborative and cooperative community of full-featured private residences with common spaces, activities, and governance. Examples in the U.S. will be discussed. Resources will be recommended to use for follow up. There is an optional discussion on Lee's Zoom March 17 Monday 6:30-7:30 PM.

#5072	Virtual ONLINE	3/17	Mon	6:30 - 7:30 PM	1 Mtg	\$5
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# Yoga

## Chair Yoga

**Instructor: Lois Opseth**

Chair yoga is a gentle yoga that uses a chair for balance or poses can be performed while seated. Yoga poses are adapted to sitting on a chair or using the chair for balance. Yoga can increase flexibility, strength, enhance focus and attention and calm the mind. Breath practices are incorporated into the practice.

#2362-A	ORD	1/30-2/27	Thu	4:45-5:45 PM	4 Mtg	\$35
#2362-B	ORD	3/6-3/27	Thu	4:45-5:45 PM	4 Mtg	\$35

## Vinyasa Yoga Flow II

**Instructor: Diana Quinn-Jereczek**

Expect to position your body, move with your breath and focus your attention. This well balanced flow class will help to discover new and different poses to advance and enhance your practice - moving out of your head and into your body and your breath. Plan to move mindfully while building flexibility, strength and balance, yet slowing down, moving purposely, powerfully, and breathing deeply. All modifications welcome. Bring a yoga mat. No class: 2/20, 3/6.

#2525	ORD	1/16-3/20	Thu	6:00-7:00 PM	8 Mtg	\$65
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## Yoga for Vitality

**Instructor: Anna Swarts**

This slower paced class welcomes beginners, older adults, and anyone who wants to practice mindful movement in a positive, small group environment. Modifications and alternatives will be provided. Please bring a mat and wear comfortable clothing. No Class Feb 17.

#5207	LIN	2/3-3/3	Mon	5:30-6:30 PM	4 Mtg	\$32
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# Youth

## Banana Bar Baking!

**Instructors:** Natascha Ellis & Ines Chandler

Join us for a fun interactive class where students can learn how to bake delicious banana bars! Your student will have a great time and leave the class with the skills to become a banana bar pro! Each student will take home a 9x9 inch pan of their self-made banana bars. Grades 5 - 8.

#5060	LIN	2/12	Wed	3:15-4:45 PM	1 Mtg	\$15
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## Ice Skating Fun!

**Instructors:** Ines Chandler, Camryn Joki & Natascha Ellis

Celebrating winter break at the ice rink! Youth in grades 1-7 come join in on a fun day of ice skating, pizza, hot chocolate and a craft!

#5065	St. Lukes Sports & Event Center	2/18	Tues	9:00 AM-12:00 PM	1 Mtg	\$25
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## Movie Marathon! Toy Story!

**Instructor:** Camryn Joki

Join us for community movie marathon night! Come join us to view a Toy Story movie. Popcorn included! Ages 16 and under must be accompanied by an adult.

#5029	DEN	3/20	Thurs	5:30-7:30 PM	4 Mtg	\$20
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## Nail String Art

**Instructors:** Natascha Ellis & Ines Chandler

Come and join us for a fun Valentine's Day craft! In this class, kids will create a one-of-a-kind string art heart. They'll hammer nails into wood and wrap string between them to create a work of art that's uniquely theirs. It's like "connect the dots" in 3D! Grades 5 - 8.

#5061	LIN	2/4	Tues	3:15-4:15 PM	1 Mtg	\$25
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## Sprecht ihr Deutsch?: German

**Instructors:** Natascha Ellis & Ines Chandler

Let your child learn German in a playful, interactive, and flourishing learning environment. Our native German-speaking instructors will make the study of German an enjoyable experience. Grades 5 - 8.

#5062	LIN	4/15-4/17	Tue-Thu	3:15-4:00 PM	3 Mtg	\$25
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## Mosaic Making!

**Instructor:** Anabelle Putz

Learn how to make mosaics! We will be using ceramic tile scraps to design and create a small mosaic. Perfect for wall art, trivets, or gifting. Grades 6 - 12.

#5076	LIN	1/30 - 2/13	Thurs	3:30-4:15 PM	3 Mtg	\$25
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#5076-B	LIN	2/27 - 3/13	Thurs	3:30-4:15 PM	3 Mtg	\$25
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## Welcome to Early Childhood Education Birth to Age 5!

In Early Childhood Family Education (ECFE) we understand that parents are a child's first and most important teachers. We partner with our parents/caregivers to offer the very best in early childhood and family education. Our team of parent educators and early childhood teachers offer support and education for your child and your family.

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



## What Happens in ECFE?

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

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

## What are the Benefits of ECFE?

### For Parents/Caregivers & Families:

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

### For Schools & Communities

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



**EARLY CHILDHOOD  
FAMILY EDUCATION**

### Duluth Early Childhood Office:

709 Portia Johnson Drive  
Duluth, MN 55811  
218-336-8815

[earlychildhood@isd709.org](mailto:earlychildhood@isd709.org)

### Check us out online!

[www.isd709.org](http://www.isd709.org)

(SCHOOL & PROGRAMS/  
Opportunities/Pre-school Birth to Age 5)

[earlychildhood@isd709.org](mailto:earlychildhood@isd709.org)



Duluth ECFE-Early Childhood  
Family Education

### Online registration is available:

[www.isd709.org](http://www.isd709.org)

(HOW TO ENROLL – EARLY CHILDHOOD)

[earlychildhood@isd709.org](mailto:earlychildhood@isd709.org)

## Minnesota Early Learning Scholarships Now Available

If you have a child under the age of 5  
you may qualify for up to

# \$15,000

to help pay for child care or preschool!

Beginning July 1, 2024, priority  
expands to children:

- Who have an incarcerated parent;
- Who have a parent in a substance use treatment program;
- Who have a parent in a mental health treatment program;
- Who have experienced domestic violence.



**NORTHLAND  
FOUNDATION**



## FREE Six Week Parent/Infant Class

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

Session #3	Session #4	Session #5
Piedmont Elementary	Piedmont Elementary	Piedmont Elementary
2827 Chambersburg Ave, Room 201	2827 Chambersburg Ave, Room 201	2827 Chambersburg Ave, Room 201
Wednesdays 2:30-4:00	Wednesdays 2:30-4:00	Wednesdays 2:30-4:00
January 8, 15, 22, 29 February 5, 12	February 26 March 5, 12, 19, 26	April 23, 30 May 7, 14, 21, 28

## ECFE Classes

Openings available in some ECFE classes

ECFE offers classes at Lester Park Elementary, Piedmont Elementary, Stowe Elementary, and Washington Center.

Check class availability online at [www.duluthcommunityed.org](http://www.duluthcommunityed.org).

Get on a waitlist, we'll contact you when a spot opens up.

## Home Visits:

ECFE offers home visits to families who cannot attend class or would benefit from a parent educator visiting them at home to address individual child, parent, or family needs. If you have questions about home visiting, please contact the ECFE office. 218-336-8815 or [earlychildhood@isd709.org](mailto:earlychildhood@isd709.org). Visits can also be done by phone or virtually.

## Child Care Provider Mentorship:

In a group environment, a licensed early childhood or parent educator provides Circle of Security Parenting series and coaching for child care providers. Please contact our office if you are interested in this FREE opportunity. Spaces are limited. 218-336-8815 or [earlychildhood@isd709.org](mailto:earlychildhood@isd709.org)

## Empowering Teen Parents: Pregnancy through Age 5

In this hybrid course, students will engage in group discussion as well as individual reflection regarding the many dimensions of parenting, including child and parent development, appropriate limit-setting and teaching, utilizing community resources, and balancing family and personal time and stress. The in-person group discussions will take place on *most* Tuesdays from 4:30-6:00 pm at the Duluth Children's Museum; these group sessions are intended for students to attend with their children. Contact [meghan.caine@isd709.org](mailto:meghan.caine@isd709.org)

*In partnership with Duluth Children's Museum.*



## Family, Friends, Neighbors

Many young children are cared for by Family Members, Friends, or Neighbors (FFN) while parents are at work or school. Join Duluth ECFE for weekly Play & Learn Fridays at Piedmont Elementary from 9:00-10:30. Contact Anne Zimpel for more information. [anne.zimpel@isd709.org](mailto:anne.zimpel@isd709.org) 218-336-8700 x 2644

FFN caregivers can also join the library for FFN events they are offering. Friday, February 21 from 10:00-11:30 and Friday, April 4 from 10:00-11:30. Storytime, craft, play time, and snack!

## Resource Navigation

Offers help finding resources to keep you and your young child healthy, learning, and on more solid financial footing. Find out what is available, if you are eligible, and how to sign up.

- Apply for things like: food and nutrition programs, health insurance programs, tax credits, child care resources, medical and dental care
- Connect with services like: preschool screening, early learning programs, disability services, family wellbeing and mental health, legal services

Explore Help Me Connect and Bridge to Benefits websites

Contact Diane Mozol for assistance and more information.

[diane.mozol@isd709.org](mailto:diane.mozol@isd709.org)  
218-461-7250



## ECFE REGISTRATION & TUITION INFORMATION

### REGISTRATION

Register online at [www.isd709.org](http://www.isd709.org)  
(Academics-Early Childhood)

Contact our office if you would like  
a paper registration form mailed or  
emailed to you.

**Duluth Early Childhood Office:**  
709 Portia Johnson Drive  
Duluth, MN 55811

**Phone:** 218-336-8815, option 1

**Email:** [earlychildhood@isd709.org](mailto:earlychildhood@isd709.org)

### REGISTRATION TIMELINE

In order to be included in the first  
round of registration, you must  
register by **May 1st**. As in previous  
years, registrations will be put  
into a lottery if more people have  
registered then there are spaces  
available.

### CLASS CONFIRMATION

Confirmation emails will be sent to  
you on or before May 15th. If you  
do not have an email a confirmation  
letter will be mailed to you.

**We continue to take registrations  
throughout the school year if  
there are openings.**

### SELECTING A CLASS

We enroll according to the age a  
child is on 09/01/24. For example,  
if you are enrolling in a 1-year-old  
class, your child must have turned  
one on or before 09/01/24.

### MULTIPLE CLASSES

In order to serve as many families  
as possible, we allow a family to be  
registered in only one class at a time.

### ATTENDANCE

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

**WE STILL HAVE OPENINGS!**  
**CHECK CLASS AVAILABILITY ONLINE AT [WWW.DULUTHCOMMUNITYED.ORG](http://WWW.DULUTHCOMMUNITYED.ORG).**  
**ON A WAITLIST? WE'LL CONTACT YOU WHEN A SPOT OPENS UP!**



### TUITION

The ECFE program depends upon fees from  
participants to maintain its scope of services.  
Fees are based on a sliding scale determined by  
family income. All are welcome. **No family  
is denied a class due to inability to pay.**  
**Please call our office to discuss options.**  
All payments are confidential.

**Tuition will be charged monthly  
September - May.**



**EARLY CHILDHOOD  
FAMILY EDUCATION**

### ECFE SESSIONS

<i>Annual Income</i>	<i>Monthly Fee September - May</i>
\$80,000 or more	\$44
\$60,000-\$79,999	\$34
\$40,000-\$59,999	\$24
\$20,000-\$39,999	\$14
Under \$20,000	\$9

### SIBLING CARE

<i>Annual Income</i>	<i>Monthly Fee September - May</i>
\$60,000 or more	\$9
\$20,000-59,999	\$5
Under \$20,000	\$3





## CIRCLE OF SECURITY PARENTING COURSE

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

Session 1: Mondays Sept 30, Oct 7, 21, 28, Nov 4, 11, 18, 25

Session 2: Mondays Jan 6, 13, 27, Feb 3, 10, March 3, 10, 17

Session 3: Mondays April 7, 14, 21, 28, May 5, 12, 19, June 2

**Time:** 5:30-6:45 pm

Limited childcare spots available

**Location:** Myers-Wilkins Elementary School, 1027 N 8th Ave E

Session 1: Wednesdays Oct 2, 9, 16, 23, 30, Nov 6, 13, 20

Session 2: Wednesdays Jan 8, 15, 22, 29, Feb 5, 12, 26, March 5

Session 3: Wednesdays March 19, 26, April 16, 23, 30, May 7, 14, 21

**Time:** 12:30 - 2:00 pm

Childcare is not available at this time

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

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

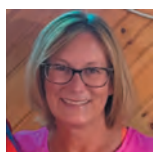
*Seats are limited. Registration can be found at [duluthcommunityed.org](http://duluthcommunityed.org) Please email [sharie.blevins@isd709.org](mailto:sharie.blevins@isd709.org) or call 218-336-8815 with any questions.*

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

### You Will Learn To:

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



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



# Duluth Preschool



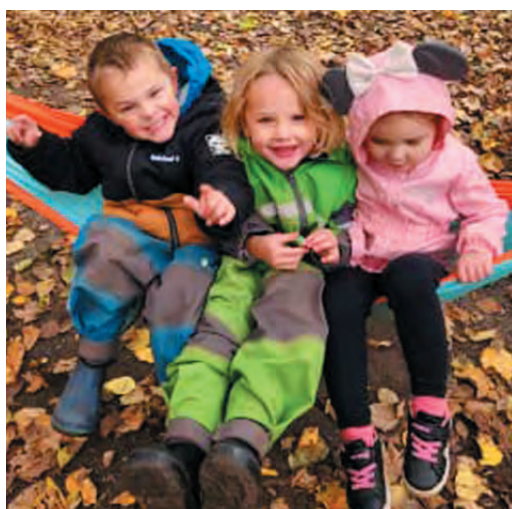
## What are the benefits of attending Duluth Preschool?

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

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

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

## Nature Based Programming:



All classrooms have access to nature play areas and rain gear.

Children enjoy fun activities such as snow shoeing, hiking, fort building and many other great experiences!

Spending time outside in all types of weather has many benefits for children.

- 4 classes per year participate in a 6-week water safety class at the YMCA
- 4 classes per year experience a 10-week BIPOC Artist in Residence program.

*\*these experiences rotate by site annually*



We are proud to be one of the first preschool programs in the state to earn a **four star rating** from Minnesota Parent Aware - the highest rating possible! Parent Aware's rating system helps parents find preschools and childcare programs focused on high quality early learning and kindergarten readiness.

For more information check out the parent aware website:  
[www.parentawareratings.org](http://www.parentawareratings.org)



## BUS TRANSPORTATION

- Available TO & FROM Full Day Classes
- Available TO the AM Classes
- Child must be 4 years old by 9/1/24
- Must be transported to/from an address within the transportation boundaries
- Mid-day bussing is not available

## GREAT NEWS!

Many of our preschool classrooms have once again been awarded Minnesota Reading Corp tutor positions.

For more information or to apply to be a tutor visit:  
[www.minnesotareadingcorps.org](http://www.minnesotareadingcorps.org)



**If you have questions about Duluth Preschool:**

**218-336-8815 option 2**  
**[earlychildhood@isd709.org](mailto:earlychildhood@isd709.org)**





# Duluth Preschool



## SLIDING SCALE

### ALL DAY CLASSROOMS

Income	Annual Tuition	Monthly Payment Sept-May
\$75,000 or more	\$5,310	\$590
\$40,000 to \$74,999	\$4,140	\$460
\$20,000 to \$39,999	\$2,529	\$281
Under \$20,000	\$0	\$0

### HALF DAY CLASSROOMS

Income	Annual Tuition	Monthly Payment Sept-May
\$75,000 or more	\$3,168	\$352
\$40,000 to \$74,999	\$2,529	\$281
\$20,000 to \$39,999	\$1,548	\$172
Under \$20,000	\$0	\$0

## TUITION

- All payments are confidential.
- Families who are income eligible for Head Start will not be charged tuition
- Preschool Tuition is calculated using a sliding fee scale.

## FEDERAL POVERTY GUIDELINES USED FOR HEAD START ENROLLMENT

Persons in Family/ Household	Poverty Guideline
2	up to \$20,440
3	up to \$25,820
4	up to \$31,200
5	up to \$36,580
6	up to \$41,960
7	up to \$47,340
8	up to \$52,720
Each Additional Person	add \$5,380

## HOW TO APPLY

- **Online Application:** Complete the application online at [www.isd709.org](http://www.isd709.org) ► Academics ► Early Childhood
- **Paper Application:** Call our office if you would like a copy mailed to you. Paper copies are also available at the elementary schools.
- **Personal Appointment:** Please call 218-336-8815 option 4 to schedule time with our enrollment recruiter in person.
- **Phone Application:** Please call 218-336-8815 option 4 to apply over the phone.





# DULUTH PUBLIC SCHOOLS

*Every Student. Every Day.*



WHAT'S INSIDE  
THIS ISSUE:

- **Attendance Campaign**
- **Assessment Test Scores**

## LACK OF FUNDING CAUSES BUDGET REDUCTIONS AND REALLOCATIONS

Written by Adelle Wellens



@duluthpublicschools



@duluthpublicschools



[www.linkedin.com/company/  
duluth-public-schools](https://www.linkedin.com/company/duluth-public-schools)



[www.isd709.org](http://www.isd709.org)



[info@isd709.org](mailto:info@isd709.org)



(218) 336-8700



709 Portia Johnson Dr.  
Duluth, MN 55811

Duluth Public Schools is committed to transparency and fiscal responsibility as we navigate challenging financial circumstances. For the 2025-2026 school year, our district, like many districts in the state, faces the need to reduce our budget by approximately \$5 million, following a \$2.6 million reduction in the 2024-2025 school year.

### Budget Challenges

Several factors contributed to our current financial situation:

- Elimination of federal pandemic relief funds
- Inflation costs
- New unfunded legislative mandates
- Increasing costs of special education services

Despite these challenges, we have had relatively stable enrollment and we remain dedicated to supporting every student, advancing equity, and improving our systems.

As we address these budget constraints, we are guided by the following principles:

- Prioritizing classroom needs

*Continued next page...*

- Maintaining social emotional and mental health supports
- Continuing to advance equity efforts
- Aligning funding with district priorities
- Seeking efficiencies and new funding sources

## Balanced Budget Imperative

It is crucial for Duluth Public Schools to achieve a balanced budget for the 2025-2026 school year to ensure the district's financial stability and avoid statutory operating debt. Statutory operating debt occurs when a school district's operating debt exceeds specific limits set by state law. Entering statutory operating debt would severely restrict our financial flexibility and potentially lead to increased state oversight of our district's finances.

To prevent this, we are committed to:

- Utilizing a transparent and engaging process for budget reductions and reallocations
- Examining all legacy practices with a lens of fiscal accountability

- Developing and forecasting balanced budgets
- Maintaining a minimum 8% fund balance to ensure financial stability

This fall, the district engaged in a comprehensive budget review process, collaborating with staff members across all departments to identify potential cost-saving measures. Their feedback informed the development of proposed budget reductions for the 2025-2026 school year, which were then presented to the Duluth School Board by district leaders.

We invite our community to stay informed and engaged as we work together to navigate these financial challenges. Your input and support are crucial as we strive to make the best decisions for our students and our district's future while maintaining fiscal responsibility.

Visit [isd709.org/budget](https://isd709.org/budget) for more information or to ask a budget question.



# DULUTH PUBLIC SCHOOLS FOCUSES ON CONSISTENT ATTENDANCE FOR 2024-2025

Duluth Public Schools is placing a strong emphasis on consistent student attendance. Building on the significant improvements we saw last year, our goal is to achieve 90% consistent attendance across all schools this year. This ambitious target reflects our commitment to ensuring every student has the best opportunity for academic success.

Regular school attendance is crucial for student achievement. Research shows that missing just two days of school per month can put a student at risk of falling behind academically, potentially jeopardizing their chances of graduating on time. By prioritizing attendance, we're setting our students up for success not only in their current studies but also in their future endeavors.

Achieving our attendance goals requires a community-wide effort. Here's how different members of our community can contribute:

- **Parents and Families:** Set clear expectations for attendance and monitor your child's absences. Establish bedtime and morning routines that make getting to school on time easier.
- **Healthcare Providers:** Schedule non-emergency appointments outside of school hours when possible. Help families understand when a child is too sick for school versus when they can attend.
- **Local Businesses:** Consider offering incentives for good school attendance. Partner with schools to provide mentoring or internship opportunities that motivate students.
- **Elected Officials:** Use your platform to emphasize the importance of school attendance. Support policies and programs that address barriers to attendance.

Last year, we saw a remarkable increase in consistent attendance across our district. This progress is a testament to the hard work of our students, families, and staff. By continuing to prioritize attendance and working together as a community, we can build on this success and ensure that every student in Duluth Public Schools has the opportunity to thrive.

Remember, every school day counts. Let's work together to make sure our students are in school, ready to learn, every single day. Together, we can make this our best year yet for attendance and academic achievement in Duluth Public Schools.

“

*Just missing 2 days each month over the course of a school year can make it harder to learn to read.*

”



18 OR MORE DAYS



10 TO 17 DAYS



9 OR FEWER ABSENCES



# DULUTH OUTPACES STATE ON ASSESSMENT TESTS

Duluth Public Schools has shown notable progress in its 2024 accountability test results, exceeding state averages in reading, math and science, positioning Duluth above statewide trends and signaling continued post-pandemic growth.

“We are thrilled to see our improvement efforts reflected in this year’s student data. This continued growth reflects the deep dedication of our students, teachers, staff and the entire community,” said Superintendent John Magas. “By outpacing the state in these areas, especially in science, we are demonstrating our commitment to providing a high-quality education.”

The data shows that while the district has made commendable strides, there is still work to be done. Specific subject areas have seen growth, but achievement gaps remain that the district is working to address.

## Positive Gains:

- In reading, Duluth Public Schools surpassed the state by 6.9%.
- In mathematics, the district outpaced the state by 1.2%.
- Science performance shows a large lead ahead of the state by just over 11%.
- The district saw increases in all three areas from 2023 to 2024.
- Nearly every student group saw an increase in all three subjects.

“Although we are outperforming the state overall as a district, these results remind us that we cannot become complacent. Our journey to ensure that every student achieves their potential is far from over,” said Assistant Superintendent of Teaching, Learning and Equity Anthony Bonds. “We remain focused on addressing achievement gaps and we are confident that with continued collaboration, Duluth Public Schools will further elevate student outcomes.”

“

*This continued growth reflects the deep dedication of our students, teachers, staff and the entire community,*

”



# K.E.Y. ZONE

Knowledge, Enrichment & Youth Development

K.E.Y. Zone is an enrichment program of the Duluth Area Family YMCA in partnership with the Duluth Public Schools. It offers year-round programming for students grades K - 5.

- The school year program is in all 9 ISD 709 Elementary Schools.
- The program runs every day afterschool until 6:00 p.m.
- All day programming is available for an additional fee on select break days and during the summer at specific locations.
- A \$35 registration fee is required.
- Space is limited.

ISD 709 **Duluth**  
Public Schools



## For Rates and Registration:

Register online at [duluthymca.org/register](https://duluthymca.org/register) or contact 218-722-4745 x140 for assistance.

## For More Information:

Visit [duluthymca.org](https://duluthymca.org), or connect with us on social media at [Facebook.com/keyzoneduluth](https://Facebook.com/keyzoneduluth)

**Child Care Assistance is accepted and financial assistance is available for qualifying families.**



BE SURE TO FOLLOW US ON FACEBOOK  
FOR THE MOST UP-TO-DATE INFORMATION  
ON SUMMER K.E.Y. ZONE!





# Arrowhead Area Agency on Aging

*A Division of ARDC*

<https://www.arrowheadaging.org/>

## Winter & Spring Webinars!

Our webinars are free and open to the public.

Age-Friendly Businesses

Wednesday, January 15, 2025, 10:00 AM - 11:00 AM



Long-Term Care Options

Wednesday, February 19, 2025, 10:00 AM - 11:00 AM

Home Modifications

Wednesday, March 19, 2025, 10:00 AM - 11:00 AM



Power of Attorney

Monday, April 14, 2025, 10:00 AM - 11:00 AM

End of Life Planning

Tuesday, April 15, 2025, 10:00 AM - 11:00 AM



Having the Conversation

Wednesday, April 16, 2025, 10:00 AM - 11:00 AM

Healthcare Directives

Thursday, April 17, 2025, 10:00 AM - 11:00 AM







## TWO FREE WORKSHOPS

### • 1. COMPASSIONATE COMMUNICATION

In this **free** introductory workshop, you will learn the basics of the internationally known communication model Nonviolent Compassionate Communication (NVC). You'll learn that unmet needs/values are at the core of every conflict. And you'll learn constructive approaches for dealing with conflict and stressful situations. Authentic communication is at the core of this model. You'll learn how to identify needs/values (yours and others) in a way that inspires a certain quality of connection and understanding.

**Workshop Date:** Monday, March 10 from 6:00 p.m. - 7:30 p.m.

**Location:** First Witness, Capstan Training Center, 1402 E 2nd St., Duluth, MN

**Instructor:** Ann Harrington: M.A., Training and Consulting

### • 2. UNDERSTANDING ACES (ADVERSE CHILDHOOD EXPERIENCES)

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

**Required:** Participants must watch Dr. Burke's 15 minute TED Talk before class.

Google the following: Nadine Harris Burke ACEs TED talk "how childhood trauma affects health"

**Workshop Date:** Thursday, February 06 from noon - 1 p.m.

**Location:** Online. Receive the Zoom link when you register

**Instructor:** Michelle Nelson: B.A., M.A.M., Certified Trainer

**Registration Required** for these free workshops.

To register email: [DuluthThrives@gmail.com](mailto:DuluthThrives@gmail.com)

# Driver Education

## DRIVER EDUCATION PROGRAM

Driver education classes are offered at Denfeld and East High Schools, or fully online at the students' own pace and on their schedule. The program features 30 hours of classroom instruction leading to the permit test followed by 6 hours of behind the wheel instruction.

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

Online registration for winter classes will take place with dates yet to be determined. Registration information will be emailed to all Duluth Public School 9th graders at that time. If you are not in that group and would like to receive a schedule through the mail please call 218-336-8760 ext. 3 and leave your address.

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



## WANTED: Driver Education Teachers

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

Licensed K-12 teachers interested in teaching Driver Education through the Duluth Public schools are encouraged to contact Community Education by phone 218-336-8760 x3 or email [communityeducation@isd709.org](mailto:communityeducation@isd709.org).

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





## GET UP TO **10% OFF** YOUR **CAR INSURANCE** **FOR 3 YEARS!**

To register for these or other classes in your area call:  
320-308-1400 or 888-234-1294

You can also register online at [www.DriverDiscountProgram.com](http://www.DriverDiscountProgram.com)

### **4-Hour in-person classes offered at this location:**

**Denfeld High:Main bus entrance**

**401 N 44th Ave W: Rm 1213; Duluth, MN**

**November 20 4:00 PM to 8:00 PM**

**December 5 4:00 PM to 8:00 PM**

**January 14 4:00 PM to 8:00 PM**

**February 25 4:00 PM to 8:00 PM**

**April 8 4:00 PM to 8:00 PM**

**May 13 4:00 PM to 8:00 PM**

320.308.1400 PrecisionDrivingCenter.com 1805 U.S. Highway 10, St. Cloud, MN 56304

Safety Programs | Skill Training | Custom Courses



# Duluth Adult Education

DULUTH  
ADULT  
EDUCATION



Duluth  
Public Schools

## FREE CLASSES

FOR ADULTS AGES 18-99+



**FREE CLASSES**  
FOR ADULTS AGES 18-99+

**GED AND DIPLOMA**

**ENGLISH (ELL/ESL)**

**CORE SKILLS**

**COLLEGE PREP**

**CAREER PATH**

- ▶ **ONLINE AND IN PERSON**
- ▶ **DAY AND EVENING**
- ▶ **TRANSPORTATION ASSISTANCE**
- ▶ **CHILDCARE OPTIONS**

**START YOUR FUTURE TODAY!**  
REGISTER ONLINE [DAE.ISD709.ORG](https://DAE.ISD709.ORG)



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

# Duluth Adult Education

## DULUTH ADULT EDUCATION FALL and WINTER CLASS OFFERINGS 2024



CLASS	DATE	DAY	TIME	DELIVERY	LOCATION
<b>GED and DIPLOMA PROGRAM</b>					
Drop In Hours	Ongoing	M,T,W,Th	10:00-1:00	In Person	DAE
Tutor Time	Ongoing	M,T,W,Th	1:30-3:30	In Person	DAE
Evening Tutoring	Ongoing	W	5:00-7:00	In Person	DAE
GED Subject Classes	Ongoing	M,T,W,Th	9:00-10:00	In Person	DAE
GED Subject Classes	Ongoing	M,T,W,Th	1:30-2:30	Online	Remote
GED/Diploma Tutoring	Ongoing	T Th	8:00-12:00 12:00-4:00	In Person	Community Action Duluth
GED/Diploma Tutoring	Ongoing	T T W	11:00-2:00 5:00-8:00 5:00-8:00	In Person	AICHO
<b>COLLEGE PREP PROGRAM</b>					
Pathways Read/Write	1/13-5/13	M,W	9:00-10:50	In Person or Online	LSC or Remote
Pathways Math 1	1/13-5/13	M,W	12:00-1:50	In Person or Online	LSC or Remote
Pathways Math 2	1/13-5/13	T,Th	9:00-10:50	In Person or Online	LSC or Remote

# Duluth Adult Education

CLASS	DATE	DAY	TIME	DELIVERY	LOCATION
<b>CORE SKILLS PROGRAM (Reading, Writing, Math)</b>					
Drop In Hours	Ongoing	M,T,W,Th	9:00-1:00	In Person	DAE
Computer Tutor Time	Ongoing	M,T,W,Th	1:30-3:30	In Person	DAE
<b>ENGLISH LANGUAGE PROGRAM (ELL/ESL)</b>					
Beginner	Ongoing	M,T,W,Th	11:30-1:00	In Person	DAE
Intermediate	Ongoing	M,T,W,Th	9:00-11:00	In Person	DAE
Conversation Class	Ongoing	W	5:00-7:00	In Person	DAE
Beginner	Ongoing	M,T,W	1:30-2:30	Online	Remote
Intermediate	Ongoing	M,T	5:30-7:00	Online	Remote
English for Healthcare	TBD	TBD	TBD	Online	Remote
English for Hospitality	TBD	TBD	TBD	Online	Remote
<b>CAREER PATH PROGRAM</b>					
Multiple Opportunities	Contact DAE for more info. TEAS Exam Prep   Pre-CNA   Personal Care Assistant   Professionalism for Healthcare Careers   Developing a Future Career Pathway   Driver's Exam Prep   Paraprofessional Training   Microsoft Office Specialist				

**START YOUR FUTURE TODAY!**  
**REGISTER ONLINE [DAE.ISD709.ORG](https://dae.isd709.org)**



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



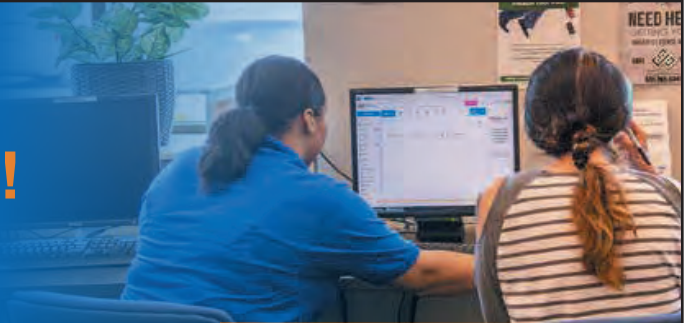
# Duluth Adult Education



## Career Lab is OPEN!

WE ARE OPEN TO SERVE YOU!

NO APPOINTMENT NECESSARY TO USE COMPUTERS.



### Visit the Duluth CareerForce location to:

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

### We are here to help!

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



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



Duluth CareerForce  
402 W 1st Street  
Duluth, MN 55802



Call 218-302-8400  
with any questions

*We look forward to seeing you!*

[CareerForceMN.com/Duluth](https://www.CareerForceMN.com/Duluth)

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

1/2023

**Are you age 14 to 24 and need help with school, or building employment skills? YES Duluth can help!**

Receive financial support for education and employment, and earn money for time spent on GED and Job Skills Training!



# YESDuluth

**Apply Online!**



218-302-8400



/youthemploymentduluth



yesduluth@duluthmn.gov



/yesduluth

Funded by the U.S. Dept of Labor through the Dept of Employment and Economic Development  
For more information visit <http://www.duluthmn.gov/workforce-development>

## PORT CARDS

Easy to Use. Impossible to Lose.

### DID YOU KNOW?

All ISD 709 students have access to a Port Card with the Duluth Public Library.

- » No physical card needed.
- » No financial risk.
- » Check out up to five physical items at a time.
- » Access digital resources from home or school.



**DULUTH  
PUBLIC  
LIBRARY**

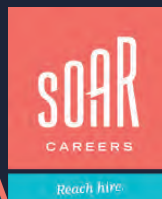


**LEARN  
MORE**



# CERTIFIED NURSING ASSISTANT

This training is online and in person at Lake Superior College and no-cost to those who qualify!



CareerForce™

COMING  
EARLY 2025

## ELIGIBILITY ✓

- ✓ Must be 18 years or older
- ✓ Have photo I.D. & Social Security Card
- ✓ Ability to pass Minnesota DHS Background Study
- ✓ State of Minnesota resident



## REGISTER NOW ➔

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✉ ecollier@soarcareers.org

📞 218.722.3126

Ali Haworth | CareerForce

✉ ahaworth@DuluthMN.gov

📞 218.730.5235

## IN PROUD PARTNERSHIP WITH:

Duluth Workforce Development, Lake Superior College, and Duluth Adult Education

The State of Minnesota Department of Employment and Economic Development (DEED) funded (or funded in part) this training through a grant. The grant recipient created this training. DEED does not endorse this publicity or training or make guarantees, warranties, or assurances of any kind, express or implied, regarding the accuracy, completeness, timeliness, usefulness, adequacy, continued availability or ownership of the information herein or elsewhere.



STUDENT NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME/CELL \_\_\_\_\_ WORK PHONE \_\_\_\_\_

CLASS #	SITE	COURSE NAME	DATE	FEE

CHECK # \_\_\_\_\_ TOTAL \_\_\_\_\_

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

Parent/Guardian Signature (for youth classes) \_\_\_\_\_

## IMPORTANT INFORMATION

### Easy ways to register:

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

### GENERAL INFORMATION

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

### CONFIRMATIONS/CANCELLATIONS

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

### REFUND POLICY

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

### WEATHER/SCHOOL CLOSINGS

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



*Building bridges through lifelong learning*

Independent School District 709  
709 Portia Johnson Drive  
Duluth, MN 55811  
[www.isd709.org](http://www.isd709.org)



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# BUILDING BRIGHTER FUTURES

True North AmeriCorps members support social emotional learning through one-on-one interactions, group activities, and teachable moments.



**APPLY  
TODAY!**



**TRUE NORTH  
AMERICORPS**