

Winter 2023

# SowashCo

COMMUNITY EDUCATION

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



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

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

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# CONTACT

## Aquatics

651-425-6600

## Adults 50+ Activities

651-425-6650

## Adult Enrichment

651-425-6600

## Great Rivers Adult Education Consortium

651-425-6634

## High School Programming

651-425-6600

## Gymnastics

651-425-6600

## Middle School Athletics

651-425-6600

## Youth Classes & Activities

651-425-6600

## Elementary Intramurals (Grades 2-5)

651-425-6600

## School Age Care (Kids Club)

651-425-6637

## Preschool

651-425-7160

## Early Childhood Family Education

651-425-7181

## Early Childhood Screening

651-425-6175

## Facility Use

651-425-6604

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



SoWashCo Community Education offers a variety of activities, trips, resources and educational programming for adults age 50+ in a welcoming environment where social engagement thrives.

Our adults 50+ programming is designed to meet the social, educational, health and human service needs of people age 50 and over. Whether you are ready to play a game of cards, discuss a book, exercise, or attend local trips and tours, there is something for you at SoWashCo Schools Community Education.

## Become a member

For just \$15 per year members may attend a variety of 50+ programming with no additional cost.

### Benefits of becoming a member

- Free weekly games and activities - bingo, bunco, cribbage, dominoes, farkle, 500, and more!
- Meet new friends in a similar life-stage.
- Find encouragement and community when you join a support group - diabetes and grief groups are available.
- Experience fun and adventure on our local day trips and extended tours.
- Discover a passion for new hobbies and activities.

### Sponsor a membership

Please contact the office if you would like to gift or sponsor a membership.



I wanted to let you know mom really enjoys her “cribbage club” as she calls it, and we will be back!

-Member's Daughter



### More information

Call 651-425-6650 or visit [commed.sowashco.org](https://commed.sowashco.org)

**Monthly calendars are available** at the District Program Center in Cottage Grove.

# ACTIVITIES

## 500 Card Game

500 is an easy way to get connected. This popular group averages 20-40 people. New group members and beginners are welcome. Come and join the fun!

**SA10031** DPC Free  
1-3 p.m. Fri

## Bingo

Join us for this popular event each week. You might just win a B-I-N-G-O!

**SA10021** DPC Free  
1-3 p.m. Mon

## Bridge for Women

If you are a seasoned Bridge player, feel free to join us!

**SA10331** DPC/DSC Free  
1-4 p.m. 1<sup>st</sup>/3<sup>rd</sup> Tues

## Men's Bridge (Open to seasoned players only)

Are you an experienced Bridge player looking for a group of avid Bridge players to join? Call Jerry Jensen at 651-459-8210.

**SA10341** DPC Free  
12:30-3:30 p.m. 2<sup>nd</sup> Wed

## Bunco

Join us for Bunco, known as the "famous social dice game". If you haven't yet played, we can teach you!

**SA10071** DPC Free  
10 a.m.-12:15 p.m. 1<sup>st</sup>/3<sup>rd</sup> Fri

## Cribbage

This traditional English and Scandinavian card game uses a cribbage board and points accrued for cards totaling 15. Guaranteed 8 games of fun and changing partners to even the play and camaraderie!



**SA10351** DPC Free  
1-3 p.m. Wed

## Farkle

This crowd-pleasing dice game brings laughter and fun. If you don't yet know how to play, we'll teach you!

**SA10081** DPC Free  
10-11:30 a.m. Mon

## Hand & Foot

If you enjoy Canasta or Rummy, check out Hand & Foot. Join us for an enjoyable way to connect with new friends. Players are available to teach beginners.

**SA10091** DPC Free  
12:30-4 p.m. Thur



## Mah Jongg

Are looking for a game of strategy? The American version of Mah Jongg is a game of both skill and luck. We play for fun, not money, with three or four players seated around a table using tiles, racks, and a "Hands and Rules" card. New players are welcome; seasoned players will work with you to help you learn the game. Questions? Contact Hjordes at 651-283-3989.

**SA10061** DPC Free  
9 a.m.-12:30 p.m. Tue

## Mexican Train Dominoes

Come and learn Mexican Train. It's played with a standard set of double twelve dominoes. This fun game is filled with strategies and chances to win!

**SA10151** DPC Free  
9:30 a.m.-12 p.m. Wed

## Book Club Discussion

Do you love to read? Want a place to discuss and share reactions with like-minded people? Join us for a monthly book discussion. Group members choose the authors and titles for the year from a list of popular books. Most will be available at the public library.



**SA10121** DPC Free  
1-2:30 p.m. Tue

## Lighten Up

Join others on the journey to feel your best. Each week we will discuss practical topics including the latest diet secrets and trends. Whether you want to lose weight or maintain your ideal weight, having weekly accountability is a key to success!

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

## Men's Get-Together

Men don't often have a place to just go and talk. Come and bring your stories and see what you have in common. We'll provide tables and coffee. You're sure to meet some new friends. Join us!

**SA10301** DPC Free  
10:30-11:30 a.m. Tue

## Adult 50+ Monthly Potluck Sign Up

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

**SA10551** DPC Free  
12-1 p.m. Wed



"I have enjoyed the friendships I have developed through community ed."

-Participant

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2155 Woodlane Dr.  
Woodbury, MN 55125

**612.256.2214**

SYNERGYHomeCare.com

WEST CENTRAL WI  
219 North Main Street  
River Falls, WI 54022

# WELLNESS

Look for the Senior Monthly Calendar to find details on future fitness classes starting in the new year.

The latest calendar can be found at [commed.sowashco.org/seniors](http://commed.sowashco.org/seniors)

## National Diabetes Prevention Program (National DPP) – Jena J Radant

The National Diabetes Prevention Program (National DPP) was created in 2010 to address the increasing burden of pre-diabetes and type 2 diabetes in the U.S. One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program of healthy eating and physical activity which showed that people with prediabetes who participated in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old!). Class meets weekly for the first two months, then every-other-week for four months and monthly for the last six months, making this a full year commitment sure to bring results.

**AD24151** DPC 22 sessions Free  
6:30–7:30 p.m. Thur Jan. 12–Dec. 14

## Diabetes Support Group

Are you dealing with diabetes or pre-diabetes? Could you use a little support and practical tips to feel your best? Join us for a friendly and informal discussion to share facts and ideas. This group is facilitated by Diabetes advocate Connie Allen. She is a nurse and Certified Diabetes Educator. Spouses and support persons are also encouraged to attend! If you have questions, please call Connie Allen at 651-232-7057.

**SA20141** DPC Free  
6:30–8:30 p.m. 3<sup>rd</sup> Tue

## Grief Group

If you have lost a loved one and could use support as you grieve, please join us. This group is facilitated by Donna Mathiowetz and takes place at KOK Funeral Home. For more information call 651-459-2875.

**SA20041** Kok Funeral Home Free  
6:30–8 p.m. 3<sup>rd</sup> Mon

## Tai Chi (New morning class) – Jose Zepeda

Tai Chi has evolved into a graceful form of exercise that's used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through a series of low impact movements performed in a slow, focused manner and accompanied by deep breathing. Safe for all ages and fitness levels. FREE with SilverSneakers, Silver&Fit or Renew Active/One Pass. Registration is required.



**AD24161** DPC 12 sessions \$59  
9–10 a.m. Thur Jan. 26–Apr. 20

## Pickleball – All Adults

Pickleball is a fun sport that combines elements of tennis, badminton and ping pong. This popular sport uses a hand paddle to hit a light-weight ball with holes (similar to a whiffle ball) across the net. Teams of two to four players rotate through quick games. Designed for those with some Pickleball experience. Purchase your Pickleball passes today! Choose the number of passes that works best for you.

**SA20321** DPC \$3/per night  
4–8 p.m. Mon/Wed/Fri

Come anytime between 4–8 p.m.

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## Why do I Prevent T2?



We've planned a lifetime to enjoy our retirement together.

So when my doctor told me I had prediabetes, I made preventing type 2 diabetes a priority . . .

*I joined **PreventT2**, a program proven to prevent or delay type 2 diabetes. The program's lifestyle coach and the other participants were great. And the CDC-approved curriculum taught me how to lose weight, be more physically active, and reduce stress. My doctor said it's making a difference. I plan to stay healthy for a long time. You can do it, too — with PreventT2.*

**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Prevent T2 IS PART OF THE  
NATIONAL DIABETES  
PREVENTION PROGRAM  
LED BY THE CENTERS FOR DISEASE  
CONTROL AND PREVENTION (CDC)

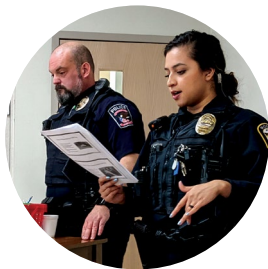
For more information or to join our free **PreventT2** program,  
please contact: Kelly Nygard at 612.751.9151  
or register online: <https://yourjuniper.org/Classes/Register/3658>

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Your Health. Your Community.

# COMMUNITY EVENTS

## Police Presentations—Local. Timely. Relevant. Friendly.

Join us for monthly meetings with Cottage Grove, Hastings and Woodbury Police as they share the important trends and safety tips. Each month will have a different topic. Bring your questions and meet the friendly folks who keep our communities safe. Leave with up-to-date information designed to help protect you and those you love.



**SA10281** DPC Free  
11 a.m.–12 p.m. 2<sup>nd</sup> Fri

## Music Jam – A Gathering for Musicians and Music Lovers

– Led by Doug Chasar at the American Legion in St. Paul Park

Stop by to play or listen. This half-circle Jam provides musicians an opportunity to lead a song, request a song or pass to the next person. All instrument types are welcome as long as their volume level is compatible. All experience levels are invited. Come experience community with people who love music. Whether you want to come as a musician or come just to listen ... all are welcome!

**SA10501** American Legion Free  
2–4 p.m. Thur

# SERVICES

## Driver Discount Program

Driver Discount Program saves you 10% on car insurance. We offer refresher classes from 1–4 p.m. or 4–8 p.m. on selected dates. Cost is \$24. We occasionally offer an 8 hour class for first timers that is only \$28.

Classes are held at the District Program Center (8400 East Point Douglas Road in Cottage Grove). Register by calling St. Cloud State University at 1-888-234-1294. Payment will be made to St. Cloud State University at the time of registration.

**SA1042** DPC \$24/4 hours  
Call for selected dates \$28/8 hours

## Laurie's Foot Care

40-minute foot care sessions are available by appointment only. Service is offered by Laurie Chapman and located inside The Grove Church in Cottage Grove. Call 651-425-6650 to schedule.

**SA1054** The Grove Church \$26  
By appointment 1<sup>st</sup> Fri/1<sup>st</sup> Tue/3<sup>rd</sup> Thur

# Looking for more?

Check out these adult enrichment courses. No matter what your interest or skill, our adult enrichment opportunities give you a chance to sample affordable activities, refine skills, socialize and pursue interests.

Please visit the corresponding page number to view the full course description.

**Photo Organization – Print and Digital**... Page 11

**The Secrets of Travel-Hacking  
Free Air, Hotels, & Cash Back**..... Page 13

**Feet, Knees and Ankles**..... Page 14

**Feldenkrais –  
Awareness Through Movement**..... Page 16

**Navigating the Grandparent-  
Parent Relationship**..... Page 19

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Mistakes Children of Aging Parents  
Make and How to Avoid Them**..... Page 19

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Current Housing Market**..... Page 23

**How Wills Can and Cannot Help You**..... Page 23

**What Happens If  
I Need a Nursing Home?**..... Page 23

“ I have thoroughly enjoyed my classes with community ed. I feel community ed. offers many different types of classes from exercise, cooking, art/crafts to financial education.”

–Participant



# COOK

## Beginning Cake Decorating – Diana Hirte

Have fun and save money learning how to decorate your own festive cakes for a child's birthday or special occasion. In class you will decorate an 8" celebration cake to take home and gain skills in shell borders, writing, stars and rosettes. Plan to pay a supply fee of \$12 to instructor in class for food costs. There will be starter kits available to take home for an additional \$12.

**AD22161** DPC 1 session \$39  
6-8 p.m. Mon Jan. 23

## Fun and Fancy Cupcakes – Diana Hirte

Come learn some basic decorating skills to make beautiful cupcakes including Hydrangeas and Roses. We will use a few fancy flower tips as well. Each student will take home a box of 12 decorated cupcakes. Plan to pay a supply fee of \$12 to instructor in class for food costs.



**AD22131** DPC 1 session \$39  
6-8 p.m. Mon Mar. 27



## Diana Hirte

Diana Hirte has been cake decorating for over 35 years and is a Certified Wilton Instructor. She has been teaching for over 17 years at many different venues instructing thousands of students in the art of cake, cupcake and cookie decorating. With her continued training, she has all the latest decorating skills including fondant cakes and gum paste flowers. Diana is also a flower designer and has done flowers and cakes for many weddings. Diana truly loves sharing her skills with others.

## Meet Your Instructor

## Valentine Strawberry (Rolls) & Chocolate Dreams: Strawberry Cream Cheese Rolls & Kit Kat No-Bake Cheesecake ONLINE

– Tess Georgakopoulos

Valentine's Day is synonymous with Strawberries and Chocolate as expressions of love. Learn to make two dreamy, mouthwatering sweets to share or give to your sweetheart, family, friends or loved ones! Learn to make the most wonderful Strawberry Cream Cheese Rolls with billowy soft dough and homemade strawberry sauce, drizzled with glaze and chocolate. Next is a luscious dreamy Kit-Kat No-Bake Cheesecake topped with a velvety chocolate ganache! Make them to share, or create memories by learning to create these with your children or significant others. They are sure to become family favorites!

**OL28431** Online 1 session \$40  
4-6:30 p.m. Sat Feb. 4

## Copycat Big Mac Attack & No-Churn Ice Cream! ONLINE

– Tess Georgakopoulos

Tess has MANY cooking secrets, including her Copycat Big Mac special sauce and all that she puts into creating that fast food experience for her family at home. She created a healthy gourmet version to enable you to enjoy this magic at home. Also on the menu, ice cream! Make it a date night or family night as you create lasting memories in your kitchen!

**OL28441** Online 1 session \$35  
4-6 p.m. Sat Feb. 25

## Air Fryer Hype! Copycat KFC & Recipe Ideas for All Ages! ONLINE

Wondering what the Air Fryer hype is about? This class is for you! The instructor will demonstrate family favorite recipes including: homemade eggroll wraps, pizza bites, seasoned potato wedges, and burgers! The cook-along recipe is the instructor's own Copycat KFC Chicken! Participants say it's BETTER than KFC!

**OL28421** Online 1 session \$35  
4-6 p.m. Sat Jan. 28

## Focaccia, Stromboli & Calzones! OH MY! ONLINE

– Tess Georgakopoulos

What makes Focaccia a Focaccia, Stromboli a Stromboli, and Calzone a Calzone? How are they different? How are they the same? Gain answers as we dive into the world of unique rolled and stuffed pizzas and marvelous focaccia bread! Learn how to make these homemade recipes with step-by-step instruction and an out-of-this-world pizza sauce. You can personalize your pizzas and focaccia bread with toppings and fillings of your choosing.

**OL28471** Online 1 session \$40  
4-6:30 p.m. Sat Mar. 25



**Instant Pot 101** ONLINE – Tess Georgakopoulos  
Demystify the electric pressure cooker/multi-cooker during a LIVE VIRTUAL class! Learn the foundations of cooking and care, and how to make a few amazingly satisfying dishes. Breakfast, Lunch/Dinner, and Dessert menu items will be demonstrated. Menu items include Instant Pot® Yogurt, Creamy Steel-Cut Oatmeal or Egg Bites, Creamy-Cheesy Tuscan Chicken with Penne, and luscious Lava Cakes or Dreamy Banana Bread. You can choose to join in a COOK-ALONG for the pasta dish! See full details in description online.

**OL28411** Online 1 session \$35  
4-6 p.m. Sat Jan. 14

**Instant Pot Carnitas, Classic Chili & Homemade Potato Rolls** ONLINE

– Tess Georgakopoulos  
Have fun participating in this virtual Instant Pot® COOK-ALONG class! We will create two amazingly satisfying meals in a fraction of the time. On the Menu: Carnitas; a Latin American-style taco with a smokey BBQ flavor and a Classic Chili. We will also quick-pickle red onions to enjoy with Carnitas, and bake some amazing potato dinner rolls from scratch to enjoy with the chili.

**OL28461** Online 1 session \$35  
4-6 p.m. Sat Mar. 11

**Mediterranean Mezze!** ONLINE

– Tess Georgakopoulos  
The word “Mezze” refers to finger foods and dips. Similar to charcuterie boards, Mediterranean families have been creating charcuterie TABLES for generations. Now YOU TOO can WOW your family or guests with a delicious full-flavored, mouthwatering Mediterranean Mezze meal! On the menu: Mediterranean Kebabi; full flavored/seasoned ground meat skewers with Greek Drizzle Dressing, Tiropitakia; Phyllo-wrapped savory cheese triangles, accompanied by Tzatziki; Savory Greek Yogurt Dip, and homemade hummus, in with homemade Pita Bread! Learn how to make, wrap, present, and plate these delicious wonders with a wonderful Greek Salad!

**OL28451** Online 1 session \$35  
4-6 p.m. Sat Mar. 4

**Homemade Egg Rolls & Samosas**

– Selam (Mimi) Asfaha

Restaurant-quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jam-packed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class.



Please note dietary restrictions when registering.

**AD28821** DPC 1 session \$59  
6:30-8:30 p.m. Mon Mar. 20

**Stick-to-your-ribs Meat Pies** – Jan Zita Grover

Winter is long, and heavier food is what most cooks and eaters want. Try your hand at crusts and fillings that stick to your ribs and are even tastier the second day—if anything’s left by then: chicken pie, made with a stewing hen and your choice of crust or dumplings; individual-serving pork pot pies, made in cupcake pans; beef-beer-onion pies. Bring an open cardboard box to take home your small pies, and reproduce the results at full-scale in your own kitchen!

**AD28611** ERHS 1 session \$485  
6-9 p.m. Thur Feb. 2



**Selam (Mimi) Asfaha**

Mimi is an energetic cooking instructor who is passionate about cooking in general and Ethiopian/Eritrean cuisine in particular. Her long list of experience includes teaching community education cooking classes in Minnesota as well as leading cooking classes around the Midwest and Southwest. Chef Mimi’s culinary expertise spans cultures and includes everything from Mediterranean to Asian to southern food.

**Meet Your Instructor**

## Deep-dish Pan Pizzas, Chicago and Detroit Style – Jan Zita Grover

Nothing's better in winter for kicking back to watch a game or bring the family together than pizza. These two Upper Midwest styles of pizza are American classics: Chicago's famous stuffed pizza and Detroit's lesser-known but even more scrumptious and cheesy frico pizza. Bring a cardboard box to take home your share of these terrific pies.



**AD28771** ERHS 1 session \$48  
6-9 p.m. Thur Mar. 2

## Date Night Dinners: Five Course French

– Laurel Severson

Register with your spouse, significant other, adult daughter, mother or friend for a fun evening out! Send your taste buds on a trip to romantic France. During this hands-on class, you'll prepare a delicious five-course French dinner. Provence, the regional home to the Riviera, often bases its cuisine on garlic, olive oil, tomatoes, saffron and herbs. Experience Vichyssoise, Potato Galettes, Saffron Rice, Coquilles Saint Jacques a la Provencale and Creme Carmel. You will also learn something of the history and culture of the French Provence region. Come hungry and bring a beverage if desired. Please plan to help with cleanup.

**AD28151** ERHS 1 session \$39  
6-9 p.m. Thur Feb. 16

## Date Night Dinners: Scandinavian Gourmet

– Laurel Severson

Register with your spouse, significant other, adult daughter, mother or friend for a fun evening out! From those northern countries of Sweden, Norway, Denmark and Finland, we will create an assortment of superb entrees and desserts balanced with a soup and salad, but NO lutefisk! On the menu: Apple Stuffed Pork Lion, Swedish Meatballs, Salmon with Dill and Lemon, Cold Poached Salmon, Carrot Casserole, Spinach Soup, Pineapple Beet Salad and Cheese Sticks. And of course great desserts: Rice Pudding, Toska Cake, Finnish Nut Logs, Raspberry Ribbons, Oatmeal Wafers and Famous Fruit Soup.



**AD28181** ERHS 1 session \$39  
6-9 p.m. Thur Mar. 16

## Breakfast Meal Prep **ONLINE** – Kirsten Madaus

Need new make-ahead breakfast recipes for a healthy start to your day? Join Kirsten live online from her kitchen where she'll demonstrate Air Fryer Poached Eggs, Instant Pot Steel-cut Oats, Chimichanga Breakfast Burritos, Overnight Breakfast Grain Bowls, Egg Bites 3 Ways and more! Additional make-ahead breakfast recipes included in the handout. Participants receive the link to class recording to re-watch at your convenience.

**OL18551** Online 1 session \$39  
6:30-8 p.m. Thur Jan. 26



## Instant Pot Basics **ONLINE** – Kirsten Madaus

In this live 4-part online class you'll learn how to make breakfasts, dinners, appetizers and desserts! Each week Kirsten will demonstrate a different aspect of pressure cooking: including how a pressure cooker works, how to cook with frozen meats, all-in-one meals and pot-in-pot cooking. Handouts accompany each session and include additional recipes. There will be plenty of time for Q&A and participants will receive a link to the class recording afterwards.

**OL28561** Online 4 sessions \$98  
6:30-8 p.m. Thur Feb. 2-Feb. 23

## Instant Pot Noodle Soups **ONLINE**

– Kirsten Madaus

Discover how easy it is to make soups in the Instant Pot and have a pot of hot soup ready to eat at the end of class! In this online class Kirsten will walk you through making Italian Sausage Tortellini Soup while you follow along in your kitchen. She will also demonstrate Chicken Wonton Soup and a vegan Minestrone soup while our meals are cooking. Receive an extensive recipe handout and ingredient list along with the Zoom link prior to class. There will be ample time for questions, and participants will receive a link to the recording afterwards.



**OL28571** Online 1 session \$39  
6:30-8 p.m. Thur Mar. 2

# CREATE



## Bead Like a Pro - Make 5 Pairs of Earrings!

- Mangala Acharya

Learn to make beaded earrings with different beading techniques. Make earrings to match every outfit and every mood, or create perfect, unique gifts for everyone on your list. All supplies will be provided to make 5 pairs of earrings.

<b>AD23641</b>	DPC	1 session	\$29
6-7:30 p.m.	Mon	Mar. 27	

## Mandala Painted Suncatcher

- Mangala Acharya

Upcycle CDs to create eye-catching suncatchers. No specialized tools needed. All material will be provided by the instructor for use in class.



<b>AD23621</b>	ERHS	1 session	\$15
6-7:30 p.m.	Thur	Feb. 16	



## Mangala Acharya

Mangala Acharya has been creating artwork for years. Upcycled artwork and beading are personal favorites. She loves to find new patterns and new techniques, and is most excited when she gets a chance to share her craft with others.

## Meet Your Instructor

## Wine Glass Painting - Swetha Avula

We're excited to announce our new wine glass painting classes! We know that sometimes you just want to get together with friends and paint something fun. You'll enjoy this set of glasses to display, give as a gift or use for yourself. Two wine glasses and art supplies to use in class are provided.



<b>AD23671</b>	LMS	1 session	\$45
6-8 p.m.	Wed	Feb. 1	

## Photo Organization - Print and Digital

- Kathy Povolny

Imagine all your photos organized and in one place, permanently and safely, while you now have a new system to find any photo in literally seconds! This includes old slides, movies and memorabilia too. We will talk about scanners and digitizing old media, cloud storage accounts as well as software for creating digital books and projects and how to repair older damaged photos.

<b>AD26401</b>	DPC	1 session	\$19
6:30-8:30 p.m.	Mon	Feb. 27	

## Paint Northern Lights - Age 10 and up

- Molly Oleson

Join us for this fun step-by-step painting class! Learn all the techniques to recreate a beautiful Minnesota scene. This class is created for all levels! Find out how to blend colors, create silhouettes of pine trees and even splatter paint. Wear clothes you are okay with getting a little dirty or stained. Come ready to have fun and get a little messy! All supplies will be provided, including a 16 x 20 canvas, acrylic paint and easel/brushes to use.

<b>AD23541</b>	DPC	1 session	\$39
5:30-8:30 p.m.	Mon	Jan. 30	

## Paint Your Pet - Age 10 and up - Molly Oleson

Learn how to create a personalized pet portrait. No experience is needed! You will be taught by a professional pet portrait artist the techniques of painting texture that looks like fur, making eyes that look realistic and other tips to creating your very own pet's portrait. All supplies including the 16" x 20" canvas are included. Email a photo to the instructor prior to class so she can pre-sketch the image. See details in online description.



<b>AD23421</b>	DPC	1 session	\$39
5:30-8:30 p.m.	Mon	Feb. 20	



### Paint Van Gogh's Starry Night - Cropped Version (All levels welcome!) - Molly Oleson

Learn how to re-create your own rendition of Van Gogh's famous Starry Night. Discover the texture and strokes that make Van Gogh's style truly unique and memorable. Instructor will demonstrate each step in the painting process. This will allow you (even if you are an absolute beginner) to create your very own masterpiece! A 16" x 20" canvas, along with paint and brushes to use in class, will be provided. Please wear clothes for painting.

**AD23441** DPC 1 session \$39  
5:30-8:30 p.m. Mon Feb. 27

### Paint Girl with a Pearl Earring by Johannes Vermeer (Intermediate level hands-on class) - Molly Oleson

Join us for a two-part class to learn how to recreate your own rendition of this stunning classic by Johannes Vermeer. All supplies provided, including the pre-sketched image on a 16 x 20 canvas, acrylic paint and easel/brushes to use. Discover how to create skin tone, both the shade represented in the original and how to adjust the tone according to your preferences. See how to blend to create the soft contours of the face. Learn how to create the texture of her clothing and earring. This is an intermediate/advanced class which requires some painting experience or one of Molly's painting classes.



**AD23431** DPC 2 sessions \$79  
5:30-8:30 p.m. Mon Mar. 13-20

### Beginning Hand Embroidery - Christina Lyn Noble

Learn a new skill that is both practical and beautiful! This introduction will teach you seven basic embroidery stitches and give you all the skills you need to customize anything from a kitchen towel to your canvas sneakers. Complete one embroidered kitchen towel to give as a gift or to use in your own kitchen. Fee covers the supply kit which includes a circle hoop, 8 colors of embroidery thread, a tea towel and needles.

**AD25081** LMS 3 sessions \$54  
6:30-8:30 p.m. Wed Feb. 1-15

## FEEL GREAT

### Creating a Life You'll Love - Megan Adams

Do you sometimes feel like you're just "going through the motions" day after day? Is your life defined by to-do lists and obligations? Discover a vision for your life that will inspire you toward creating a life you love. Begin with a relaxing vision experience to reignite excitement about your future. Then we develop a plan addressing the 6 areas of your life and the steps to make your vision a reality. Don't wait - enjoy your life today! Class includes an optional, 45 minute one-on-one coaching session to personalize your action plan. (To be scheduled at a future date.)



**AD27831** DPC 1 session \$29  
7-8:30 p.m. Mon Jan. 23

### How to Kick the Sugar Habit - Megan Adams

Do you ever find yourself reaching for sweets during that mid-afternoon slump? Need some chocolate when you're stressed, or tired, or grumpy, or... happy? Do you wish you could turn-off those cravings? What if you had the tools to kick the sugar habit without giving up the sweetness - so you can feel better in your body, have more energy, and even manage your moods in healthier ways? We'll examine the 3 challenges that most people face with sugar and 7 ways to kick those cravings to the curb! Are you ready?!

**AD24071** DPC 1 session \$29  
7-8:30 p.m. Mon Feb. 6

### We Have a Choice: Everyday Ways to Minimize Stress and Transform Challenging Emotions

- Megan Adams

By the end of the day, do you find yourself exhausted? Stressed? Overwhelmed with life? Are you getting a little cranky with those around you? Or don't have the motivation to do the things you love? Sometimes, we carry our challenging emotions for so long that they can suck the joy out of daily living! We'll explore several simple ways to ignite joy back into your daily life with breathing techniques, movement, creative doodling, and enticing all 5 of our senses! Are you ready to choose a little more Joy in your day?

**AD24081** ERHS 1 session \$29  
7-8:30 p.m. Thur Mar. 2



### The Secrets of Travel-Hacking Free Air, Hotels, & Cash Back ONLINE – Gina Henry

Earn thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel. National speaker Gina Henry will show you how she travels for free using reward credit cards. Learn easy “Beginner Strategies” then graduate to more advanced strategies. All the major reward programs will be detailed. 100-page digital book included (a \$39.95 value).

**OL26831** Online 1 session \$49  
11 a.m.-2 p.m. Sat Feb. 25

### Work Remotely & Become a Digital Nomad

ONLINE – Gina Henry

Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road. Instructor Gina Henry has been location independent for the last seven years. Get the “how to” of living on the road, the remote jobs that can pay your way, where you can stay, how to handle your finances, downsizing & more. Tuition includes instructors 100-page digital book (a value of \$39.95). Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**OL26851** Online 1 session \$49  
11 a.m.-2 p.m. Sat Mar. 4

### Mystery Shopping - Get Paid to Shop ONLINE – Gina Henry

Do you like to shop? Get paid to shop at stores in your area, plus online assignments from home or on vacation (in 70 countries). Businesses need to know their customers. Learn the TOP 100 MYSTERY SHOPPING COMPANIES. Review actual assignments. Get paid or keep items you buy. The instructor has been a professional mystery shopper for 30 years and teaches in 90 cities. 100-page digital book included (a \$39.95 value).

**OL26871** Online 1 session \$49  
11 a.m.-2 p.m. Sat Mar. 11

### Get Paid to be a Tour Guide and Travel FREE

ONLINE – Gina Henry

Travel & tourism is the world’s fastest-growing industry. Learn how to earn income as a tour director. Work part-time or full-time leading tours for major companies. Plus, learn how to get a FREE tour by promoting trips for tour companies or arranging trips yourself for friends, family or groups. Work for a company or start your own business. The instructor leads tours worldwide for major tour companies as well as her own business of 30 years. 100-page digital book included (a \$39.95 value).

**OL26881** Online 1 session \$49  
11 a.m.-2 p.m. Sat Mar. 18

### Adult & Pediatric CPR/AED with First Aid

For non-healthcare providers to receive the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies. In addition, receive first aid instruction to deal with injuries and sudden illnesses until advanced medical personnel arrive and take over. This first evening will include CPR and AED and the second evening will cover First Aid. You will become certified by the American Red Cross.

**AD24131** DPC 2 sessions \$99  
6-9 p.m. Mon Jan. 23-Jan. 30



### Gina Henry

Gina Henry has been a professional full-time traveler for 30 years, taking 10 free vacations a year by using free airline tickets, hotels, cruises, tours, meals and more. She helps people find affordable ways to support their travel habits. Gina has traveled to 98 countries and all 50 states. She teaches in 90 cities and is the author of many travel books and audio books and classes.

## Meet Your Instructor



## Adult & Pediatric CPR/AED

For non-healthcare providers to receive the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies. You will become certified by the American Red Cross.

**AD24141** DPC 1 session \$85  
6-8:30 p.m. Mon Jan. 23

## First Aid Training

For non-healthcare providers to receive first aid instruction to deal with injuries and sudden illnesses until advanced medical personnel arrive and take over. You will become certified by the American Red Cross.

**AD24902** DPC 1 session \$85  
6-9 p.m. Mon Jan. 30

## Face Yoga ONLINE – Janice Novak MS

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing “puppet mouth” lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

**OL24561** Online 1 session \$29  
6-7:30 p.m. Mon Jan. 23

## Strong is the new skinny! Total Body Band Strengtheners You Can Do At Home ONLINE – Janice Novak MS

Not everyone can be skinny, but EVERYONE can be stronger – even without going to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV. There are many benefits to stronger muscles – boost metabolism, maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit into any schedule. Learn tips and techniques to improve overall wellness.

**OL24511** Online 1 session \$29  
6-7:30 p.m. Thur Jan. 26

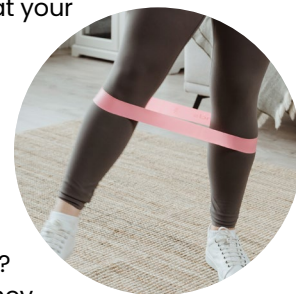
## Women’s Heart Health ONLINE – Janice Novak MS

Heart disease is the number one killer of women. Symptoms are different for women than for men, so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We’ll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

**OL24531** Online 1 session \$29  
6-7:30 p.m. Wed Feb. 1

## Feet, Knees and Ankles ONLINE – Janice Novak MS

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? Learn simple things to help correct these common problems.



**OL24591** Online 1 session \$29  
6-7:30 p.m. Thur Mar. 16

## National Diabetes Prevention Program (National DPP) – Jena J Radant

The National Diabetes Prevention Program (National DPP) was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the U.S. This effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes. One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program of healthy eating and physical activity which showed that people with prediabetes who participated in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old!). Class meets weekly for the first two months, then every-other-week for four months, and then monthly for the last six months, making this a full year commitment sure to bring results.

**AD24151** DPC 22 sessions Free  
6:30-7:30 p.m. Thur Jan. 12-Dec. 14

## Group Hypnosis: Stop Smoking/Stop Chewing

– Mary Fischer

You can stop smoking immediately without withdrawal, cravings or weight gain! Receive a reinforcement CD and a lifetime guarantee to attend any future seminar free for reinforcement. The first 15 minutes will be check-in. The next hour will be an introduction session for all participants. Then the Weight Loss/Control session will run for 45 minutes, with the last 45 minutes of hypnosis for the Stop Smoking/Chewing participants. (Bring your cigarettes.) For answers to frequently asked questions, visit the instructor's website at [www.hypnosisclinic.net](http://www.hypnosisclinic.net).

**AD24531** LMS 1 session \$59  
5:45–8:45 p.m. Wed Feb. 1

## Group Hypnosis: Weight Loss/Weight Control

– Mary Fischer

Stop the constant cravings, overeating and snacking. Hypnosis can help! Start desiring the right foods, drinking water, pushing your plate away when full, and exercising. Receive a reinforcement CD and a lifetime guarantee to attend any future seminar free for reinforcement. The first 15 minutes will be check-in. The next hour will be an introduction session for all participants. Then the Weight Loss/Control session will run for 45 minutes, with the last 45 minutes of hypnosis for the Stop Smoking/Chewing participants. For answers to frequently asked questions, visit the instructor's website at [www.hypnosisclinic.net](http://www.hypnosisclinic.net).

**AD24541** LMS 1 session \$59  
5:45–8:45 p.m. Wed Feb. 1

## Tai Chi (New morning class – Age 50+)

– Jose Zepeda

If you're looking for a way to reduce stress, consider Tai Chi (TIE-CHEE). Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It promotes serenity through gentle, flowing movements and postures. It is low impact and puts minimal stress on muscles and joints making it safe for all ages and fitness levels. FREE with SilverSneakers, Silver&Fit or Renew Active/One Pass. Registration is required.

**AD24161** DPC 12 sessions \$59  
9–10 a.m. Thur Jan. 26–Apr. 20



## Fit for Life! (For women) – Wendy Kreimer

You can win the game of achieving both inner and outer wellness! How? By developing an action plan to achieve your fitness goals. First, we'll teach you how to mentally prepare for success, gain clarity on your "why", and learn how to overcome obstacles. Then you'll learn how to fuel your body with nutritious foods to reach your fitness goals. This program includes a professionally designed handout to jumpstart your action plans. Learn about healthy meal planning strategies along with options for cardio, strength training and flexibility so you can incorporate exercise and activities to reach your fitness goals.

**A27771** LMS 1 session \$39  
6:15–8:45 p.m. Wed Feb. 1

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# FITNESS

## Feldenkrais – Awareness Through Movement

**ONLINE** – Maggie Vogel-Martin

The Feldenkrais Method® utilizes the extraordinary power of the brain and nervous system to quickly improve functioning and comfort! You will be verbally guided through a sequence of movements. Enjoy improved posture, flexibility, relief from tension, reduced pain and stress; and explore easy-to-do sequences which can improve every area of the body.



**OL21471** Online 6 sessions \$59  
6-7 p.m. Wed Jan. 11-Feb. 15

**OL21472** Online 6 sessions \$59  
6-7 p.m. Wed Feb. 22-Mar. 29

## Yoga – Level 1 – Jessica Baumhofer

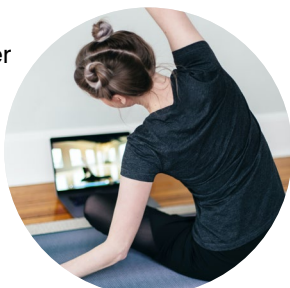
This flow-style class uses a series of yoga poses to warm up the body, while encouraging awareness in connecting breath to movement. Basic yoga poses are utilized to build muscle strength and improve flexibility. Modifications offered as needed to allow students to “individualize” their practice. Previous yoga experience is helpful but not required. Please bring your own yoga mat and wear comfortable clothing.

**AD21981** DPC 6 sessions \$54  
5:15-6:15 p.m. Tues Jan. 3-Feb. 7

**AD21982** DPC 6 sessions \$54  
5:15-6:15 p.m. Tues Feb. 14-Mar. 21

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

Our long-time Yoga instructor, Jill Hawthorne, has put together a pre-recorded class that you will receive weekly via email to watch and practice at your convenience. This class is a flow-style yoga class, using poses to warm up the body and match breath to movement. It provides opportunities for strengthening and stretching. Modifications are offered. Some yoga experience recommended. Please have a yoga mat. Yoga blocks are recommended but not required. Recordings are available for 2 weeks after you receive them and can be viewed more than once.



**OL21981** On-Demand 6 sessions \$54  
Released weekly Jan. 3-Feb. 7

**OL21982** On-Demand 7 sessions \$63  
Released weekly Feb. 14-Mar. 28

## Therapeutic Yoga for Releasing Stress – Foundations – Dr. Tamara Kraft

In yoga, the use of breath and mindful movements helps our nervous system release stress, strengthens our body, quiets the mind, and has a diverse range of health benefits. Join us to strengthen your body, rebalance your nervous system, and experience deep relaxation and the power of breath. Class includes a mind/body theme, an easy warm up and a more challenging physical asana flow practice. End with a final relaxation that may include sound healing and optional use of affirmations, essential oils and meditation strategies to assimilate learning.

**AD27751** BES 8 sessions \$75  
7-8:30 p.m. Wed Jan. 11-Mar. 8

**AD27752** BES 8 sessions \$75  
7-8:30 p.m. Wed Mar. 15-May 3

## Therapeutic Yoga for Releasing Stress – Theme Course – Dr. Tamara Kraft

This class builds on the Therapeutic Yoga for Releasing Stress – Foundations class and includes a variety of themes that will change for each 8 week section. It is helpful, though not required, to have taken the Foundations class. You will experience a wide range of health benefits as you rebalance your nervous system through the use of breath and mindful movements.

**AD27761** BES 8 sessions \$75  
7-8:30 p.m. Thur Jan. 12-Mar. 9

**AD27762** BES 8 sessions \$75  
7-8:30 p.m. Thur Mar. 16-May 4



## Dr. Tamara Kraft

Dr. Tamara Kraft has a PhD in Somatic Psychology. She has worked with children and adults who have histories of complex trauma in multiple settings and has trained therapists, parents, and behavioral health staff within a framework that utilizes dynamic, experiential learning modalities. Dr. Kraft is a holistic mind/body health coach who is committed to compassionately helping individuals understand their body and mind to help unlock their innate healing abilities.

# Meet Your Instructor

## Ultimate Body Transformation – Start Anytime!

Want to lose weight, feel stronger, and have more energy? The secret is good nutrition and regular exercise, with guidance and support! Program includes UpLift Guided Fitness 2-month gym membership, 3 one-on-one personal training sessions and 21-day Healthy Habits nutrition course.

Commit, and we guarantee you will see big changes!

**AD21871** UpLift Guided Fitness \$199/2 months



## Chisel – T Salmonson

Start your weekend off with a great workout! Tired of the same old workout routine? Looking for a class to tone your body and burn lots of calories? Try Chisel! This fun class alternates between cardio and strength training and targets all major muscle groups. A wide variety of moves keeps it interesting! Bring dumbbells and a mat.

**AD21531** PHS 7 sessions \$63  
8:15–9:05 a.m. Sat Jan. 7–Feb. 18

**AD21532** PHS 5 sessions \$45  
8:15–9:05 a.m. Sat Feb. 25–Apr. 1

## Arms & Abs ONLINE – T Salmonson

Looking for stronger shoulders & arms? Want a more toned core? Join us online! Using body weight and dumbbells you will tone everything from your hips up! Start with a cardio warm up, move into a variety of exercises concentrating on arm, shoulders and abs (including light cardio), and end with a cool down. Work on getting amazing arms and fabulous abs! Have dumbbells available (3–15 lbs. depending on level) and a mat.

**OL21911** Online 7 sessions \$63  
6–6:50 a.m. Tues Jan. 3–Feb. 14

**OL21912** Online 6 sessions \$54  
6–6:50 a.m. Tues Feb. 21–Apr. 4

## Every Minute on the Minute (EMOM:)\* ONLINE

– T Salmonson

60 seconds will fly by! You complete an exercise(s) for the number of reps you chose. Your work time is 60 seconds. The remaining time within the minute is your recovery. You pick your reps and how long you rest. EMOM workouts are a great training tool. You will develop strength, muscle, endurance and overall workout capacity. Bring dumbbells (3–15 lbs. depending on fitness level) and a mat.

**OL23551** Online 7 sessions \$63  
6–6:50 a.m. Thur Jan. 5–Feb. 16

**OL23552** Online 6 sessions \$54  
6–6:50 a.m. Thur Feb. 23–Apr. 6

## Tabata – Interval Training\* – T Salmonson

Tabata is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results quickly. Four minute sequences are broken into 20 seconds of intense work followed by 10 seconds of rest.



**AD21521** PHS/Online 7 sessions \$63  
5:30–6:30 p.m. Mon Jan. 9–Feb. 20

**AD21522** PHS 5 sessions \$45  
5:30–6:30 p.m. Mon Feb. 27–Apr. 3

\*Class time or venue may be adjusted on specific dates. If changes are made, an online and/or recorded option will be available for participants that are not able to attend.

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## **POUND – Rockout. Workout.** (Age 10 and up)

– Sara Monson

Find your inner rock star with this heart-pounding, cardio jam session! This all-ages workout is designed to work your core and scorch calories! Using lightly-weighted drumsticks, the class is guided by upbeat music and upwards of 15,000 stick strikes to the ground and overhead! Get ready to sweat, tone and more importantly rock out to POUND!

<b>AD21881</b>	CGMS	6 sessions	\$54
6-7 p.m.	Wed	Jan. 18-Feb. 22	

<b>AD21882</b>	CGMS	6 sessions	\$54
6-7 p.m.	Wed	Mar. 15-Apr. 19	

\*Children (ages 10-14) must be accompanied by a registered adult (ages 15 and up).

## **Running Club** – All are welcome!

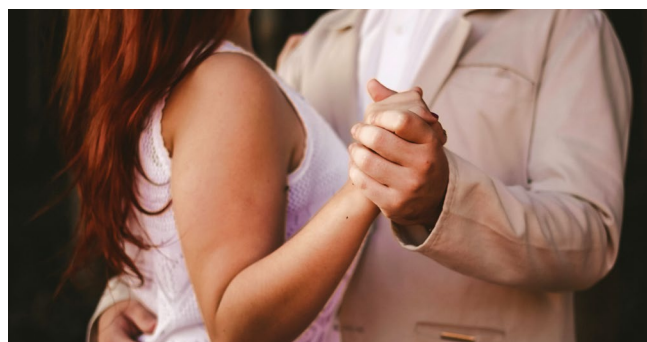
– Carol DeBlieck and Angel Glass

The Random Runners is a mixed group of men and women from experienced to relatively new. Whether you are a competitive athlete, long-time runner or new to a running/jogging routine, come do your running indoors with us! Meet fellow runners for a group warm-up, speed work and strength. Or simply come and run. Bring a mat and water. Designed for adults 15+. Parent and child (ages 12 - 14) may register for just \$30.

<b>AD29341</b>	PHS	6 sessions	\$18/person
6:30-7:30 p.m.	Thur	Jan. 19-Mar. 2	\$30/Parent and Child

“ I have gained more personal strength and confidence within myself from being apart of community ed. ”

– Participant



## **Easy Partner Dancing for All Occasions** –

Deanna Constantine

No matter the occasion, you'll be prepared to dance! Taking steps from classic ballroom dances, you'll learn easy-to-remember mini-routines, danceable to all your favorite songs! Couples remain together & singles rotate with other singles. Casual dress.

<b>AD21251</b>	ROES	4 sessions	\$65
7-8:30 p.m.	Tue	Jan. 24-Feb. 14	

## **Mamma Mia “Dancing Queen” Line Dance**

(All ages) – Monica Mohn

Join us for a delightful evening of line dancing to this toe-tapping ABBA classic. No partner needed. All ages are welcome to this family friendly activity!

<b>AD21231</b>	OMS	1 session	\$15/Adult*
6-7 p.m.	Wed	Mar. 15	\$8/Child*

\*Children (ages 6-14) must be accompanied by a registered adult (ages 15 and up).

## **Swing Dance Workshop** – Monica Mohn

Join us for an evening of Swing Dancing – for Beginners. One day! One dance! A lifetime of fun! Now is a perfect time to try swing dancing. Monica Mohn uses her competitive dance experience to make the swing easy, with patterns you can use for years to come. Couples only please.

<b>AD21351</b>	OMS	1 session	\$39/couple
7-9 p.m.	Wed	Mar. 15	

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# GAIN SKILLS



## Navigating the Grandparent-Parent Relationship ONLINE - Tanya Rand

This class will empower grandparents to explore their own hopes, fears, beliefs, and expectations related to the grandparenting role. Participants will receive growth-promoting strategies to navigate the potential relationship dynamics that can arise such as value conflicts, boundary concerns and communication differences.

**AD24301** Online 2 sessions \$59  
6-8 p.m. Mon Feb. 13-27

## Moving Mom & Dad: 5 Common Mistakes Children of Aging Parents Make and How to Avoid Them - John Mazzara

Many baby boomers today are facing the tough decision of finding appropriate housing options for their parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. In this class we will discuss and give an overview of the housing market in general for those considering buying or selling a home. Registration includes Moving Mom & Dad guidebook, a \$24.95 value.

**AD26651** DPC 1 session \$15  
7-9 p.m. Mon Jan. 30

## What Is Fascism? - Matthew Warren Wright

In this time of divided politics, few terms are as easily thrown about as "fascist." But what is fascism? Historians, political scientists, politicians, journalists, activists, and the general public have been struggling with this question for a hundred years. This academic five session course will focus on historical fascist movements and governments in Italy, Germany, Spain and Japan from the end of World War I to the end of World War II. Through videos, music, photos, and materials, we will attempt to come up with an answer. No expertise is required...only an eagerness to read and discuss.

**AD29451** DPC 5 sessions \$75  
7-8:30 p.m. Mon Feb. 6-Mar. 13

## Knowing Your Muslim Neighbors - Part 1 - Mashood Yunus

Who are Muslims and what are their core beliefs? Understand Islam's 6 Articles of Belief and 5 Pillars of Faith including Shahadah (declaration of faith), Salat (daily prayers), Zakat (Obligatory Poor due), Sawm (fasting) and Hajj (pilgrimage). How does this belief system guide the day-to-day lifestyle of a Muslim? What are the similarities and differences compared to American Culture? A light sandwich dinner is included.

**AD25271** DPC 1 session \$10  
3:15-5:15 p.m. Wed Jan. 18  
**AD25272** LMS 1 session \$10  
6:30-9 p.m. Wed Feb. 1

## Understanding Muslim Women, Muslim Cultures and Political Matters

- Mashood Yunus

Women are the core of the family, and the family is the unit of the social fabric, surely in Muslim Society. Learn about the role of women in Muslim society and the importance of social justice while comparing political situations in the Muslim world that are shaping the media's presentation of Islam. The class Knowing Your Muslim Neighbors is helpful as a prerequisite, but not required. A light sandwich dinner is included.



**AD2528** ERHS 1 session \$10  
6:30-9 p.m. Thur Feb. 16

## Home Basics - Plumbing - Ray F Lehman

Learn about the plumbing system in your home. A must for every home owner, those in charge of home maintenance or others just wanting a better understanding of the components and how they fit together. Get a close up of fixtures and fittings to understand how they work and how they fail. Save money by doing minor maintenance and repairs and knowing when to call in the professionals.

**AD26061** DPC 1 session \$20  
5:45-7:45 p.m. Mon Feb. 6

## Home Basics - Electrical - Ray F Lehman

Take the mystery and fear out of dealing with basic home electrical problems. Learn how electricity comes into and flows around your home. It's a must for every home owner. See what repairs you can do and when to call a professional. You can save hundreds of dollars on repairs.

**AD26051** DPC 1 session \$20  
5:45-7:45 p.m. Mon Feb. 20



### Home Buyer Workshop ONLINE – Tina Hagen

From finding a realtor to closing on your dream home, join us at our free home buying workshop to learn the in's and out's of buying your home. Learn about the key players in purchasing a home, mortgage loan options and the steps you can start taking to make home ownership a reality. Plus, ask all of your questions to a certified mortgage loan expert.

**OL27631** Online 1 session Free  
6:30–7:30 p.m. Wed Jan. 18

### The Art of Pruning Trees & Shrubs ONLINE

– Paul Richtman

Pruning your tree in the formative years is best for a long life. Understand tree growth habits and how to avoid common mistakes that can cause damage. Know how to and when to do corrective pruning. You will learn techniques to care for and prune shade trees, evergreens, and fruit trees. We will also discuss methods to prune and rejuvenate your old shrubs. Handouts and a Zoom link will be delivered to you via email the day before class.

**OL27451** Online 1 session \$20  
6:30–8:30 p.m. Tue Feb. 28

### Container Garden Design ONLINE

– Michelle Mero Riedel

Professional photographer and gardener, Michelle Mero Riedel, will help you discover fast growing, vigorous, nursery-quality plants with season-long color. She'll share images of beautiful combinations that are easily created. A detailed color handout will be provided with time for questions. Ask your favorite garden buddy to register with you for this online discussion to share the excitement as you begin to plan your summer containers!



**OL37211** Online 1 session \$25  
7–8:30 p.m. Wed Mar. 22

### Grow Your Own Vegetables ONLINE

– Paul Richtman

If you want to grow your own vegetables, or have tried and been overwhelmed by weeds, this class is for you! Using University research-based information this class will teach you how to plan, prepare, plant, and manage your vegetable garden through the growing season. Includes tips on site selection, choosing varieties for Minnesota, proper planting and good management practices regarding pests and diseases. We also discuss home composting, extending the growing season, and best time to harvest.



**OL27071** Online 1 session \$20  
6:30–8:30 p.m. Mon Mar. 13

### Backyard Fruits ONLINE – Paul Richtman

Grow strawberries, raspberries, blueberries or other fruit in your own backyard! Learn how easy it is to select fruit varieties appropriate for Minnesota; to plant, prune, and maintain the plants for health and maximum yield; and to control insects and disease to ensure a fruitful crop. We will discuss strawberries, raspberries, blueberries, and also cherries, plums, and honeyberries.

**OL27101** Online 1 session \$20  
6:30–8:30 p.m. Wed Mar. 15



### Michelle Mero Riedel

Michelle Mero Riedel is a 20-year Master Gardener, professional photographer and regular contributor to 'Northern Gardener' magazine, writing articles and providing plant photography. She has been teaching community education classes for 15 years.

In 2019 the Star Tribune selected Michelle's garden as one of six winners in the beautiful gardens contest.

## Meet Your Instructor



### Growing Blueberries in Your Backyard ONLINE

– Paul Richtman

Blueberries are a carefree shrub. They are long-lived and generally free of disease and insect problems. Many gardeners shy away from growing blueberries or have failed because of their need for acidic soil. Learn how to successfully grow blueberries including site requirements, soil preparation, cultivars, buying plants, pruning, and seasonal protection from birds, rabbits, and winter.

**OL27461** Online 1 session \$20  
6:30–8 p.m. Mon Mar. 20

### Successful Composting ONLINE

– Paul Richtman

Composting is a process that converts plant material such as grass clippings and leaves to a more usable organic soil amendment or mulch. Many homeowners find it convenient and economical to compost leaves and grass clipping in their own backyards. Learn how to build and successfully maintain a compost pile, as well as how to use the compost in your yard and garden.



**OL27171** Online 1 session \$15  
6:30–7:30 p.m. Mon Mar. 27

### Growing Apples in the Home Garden ONLINE –

Paul Richtman

Would you like to grow apples in your own backyard? Learn about space, soil and light requirements, how to select apple varieties for Minnesota; proper planting techniques, winter pruning, and thinning fruit for maximum yield; and to control insects and disease to ensure a bountiful harvest.

**OL27102** Online 1 session \$20  
6:30–8 p.m. Tue Mar. 28

### Photography Level 1 – Essential Elements

– Kent Johnson

A photograph tells the story of our adventures and our lives and allows us to share those stories. How well your photographs tell that story depends on how well you understand the basic elements of photography and composition. Learn about rules of composition, the exposure triangle, metering, semiautomatic and manual shooting modes and more. Please bring your digital (DSLR) camera with a fully charged battery, camera manual, pen, and notebook. No “point & shoot” cameras.

**AD26411** ERHS 5 sessions \$99  
5:45–7:45 p.m. Thur Jan. 26–Feb. 23

### Photography Level 2 – More Essential Elements

– Kent Johnson

Designed for students who have previously taken Photography Level 1 or are comfortable with their cameras and eager to expand their knowledge. Learn more about metering, exposure and composition. Explore your camera’s auto modes and understand when you might use them. Learn about focus modes and how to use them. Most importantly, you will have time for valuable hands-on in-class experience. Please bring your digital SLR (DSLR) camera with a fully charged battery, camera manual, pen and notebook. No point & shoot cameras.

**AD26041** ERHS 5 sessions \$99  
5:45–7:45 p.m. Thur Mar. 16–Apr. 13

“I gained more confidence behind my camera through hands-on practice in class each week. I am so glad I can now shoot in manual mode.”

–Photography Student





### South Washington County Community Band –

School Year – Sharon Gunder

The Community Band of South Washington County has been going strong for over 25 years! All ages and instruments are welcome. Expand your talents and enjoy the camaraderie of fellow musicians—all while sharing music with appreciative local audiences. Join anytime!

**AD13930** OMS 29 sessions \$20/Adult  
7-9 p.m. Tue Sept. 20-May 30 \$10/Student  
(winter/spring rate)

### 30 minute Private Lessons (String, piano, voice and more) **ONLINE** –Michelle Dunkirk

Winter session lessons will be held on Tuesday and Wednesday beginning in Jan. and run through March. Michelle will send a Zoom invitation for the session time.

Michelle Dunkirk is a certified and licensed music instructor with over 20 years experience. She received her Bachelors of Music on a full vocal scholarship at the U of E, Indiana, majoring in string technique, piano and voice and has played in orchestras for over 14 years including the U of M Concert Orchestra, Minnesota Opera and has also studied with the teachers of the Julliard School of Music. Her experience also includes several years of playing in dozens of bands, performing solo and in ensembles locally and internationally. Michelle's true passion is teaching music. Her warm and personal style sets her apart from other teachers.

**12 sessions \$420**

Lessons are offered Tuesdays and Wednesdays each half hour beginning at 3 p.m. through 8 p.m. Register for the time slot that best fits your schedule.

### Instant Guitar for Hopelessly Busy People

(Age 13 and up) **ONLINE** – Craig Coffman

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of enjoyment. Learn basic chords that get you playing your favorite songs. Since class is held online with ZOOM, you can learn from home with your guitar without pressure. Includes an online book and online follow-up video lessons to continue practice after class. An optional online Q & A session and class recording is included.

**OL23871** Online 1 session \$59  
6:30-9 p.m. Tue Jan. 31

### Instant Piano for Hopelessly Busy People

**ONLINE** – Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of enjoyment. Learn to play piano the way professionals do—using chords. This part lecture/demo, part hands-on instruction is held online via ZOOM so you can sit at your piano and learn without pressure. Course includes an online book and follow-up video lessons to continue on your own. An optional online Q & A session and class recording included.

**OL23861** Online 1 session \$59  
6:30-9:30 p.m. Mon Jan. 30



### Craig Coffman

Craig Coffman is an experienced piano and guitar instructor, professional pianist and music director. He has over 30 years experience teaching piano privately. His piano and guitar seminars, offered through Community Colleges and Community Education Programs, have been attended by over 30,000 students throughout the United States including Arizona and Minnesota over the last 27 years.

## Meet Your Instructor

# MANAGE MONEY



## How to be a Smart College Shopper! ONLINE

– Betsy Fine & Bob Fine

Your student is getting ready for college. You saved your money. Is it enough? Discover how to be a smart shopper! Learn where your student will fit best, academically, socially and financially. Wondering which schools will offer your student the largest merit scholarships? How to apply for grants and how the FAFSA works? We can help you get an education, not a debt!

<b>OL26451</b>	Online	1 session	\$20
6:30–8:30 p.m.	Wed	Jan. 18	

<b>OL26452</b>	Online	1 session	\$20
6:30–8:30 p.m.	Mon	Feb. 13	

<b>OL26453</b>	Online	1 session	\$20
6:30–8:30 p.m.	Tue	Mar. 14	

## Downsizing in the Current Housing Market

– John Mazzara

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus—all attendees receive the Downsizing Made easy guide PDF-A \$24.95 value. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable.

<b>AD27541</b>	DPC	1 session	\$15
7–9 p.m.	Mon	Feb. 13	

## How to Win with Investment Properties

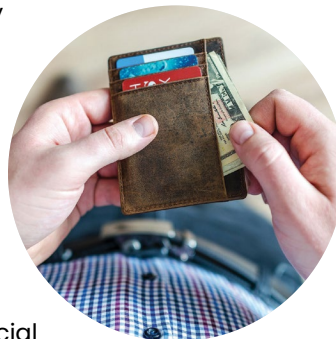
– John Mazzara

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities market, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord from buying, selling and renting.

<b>AD26601</b>	ERHS	1 session	\$15
7–9 p.m.	Thur	Mar. 16	

## Debt Freedom Workshop – Lucie Misfeldt

Find financial freedom by creating a plan to crush your debt. You'll learn how create a monthly budget that is focused on maximizing debt payments, knock out debt quickly and more efficiently with the debt snowball plan, and how to make thoughtful financial decisions to stay debt free.



<b>AD20652</b>	DPC	1 session	Free
6:30–7:30 p.m.	Mon	Feb. 27	

## Medicare 101 – Lauren Faeth

Let's get to know Medicare. We'll discuss eligibility, options, important dates and how to choose the right plan for you.

<b>AD26172</b>	DPC	1 session	\$5
3:30–4:30 p.m.	Wed	Jan. 25	

<b>AD26171</b>	ERHS	1 session	\$5
6–7 p.m.	Thur	Mar. 2	

## How Wills and Trusts Can and Cannot Help You

– Jeffrey Scott

What exactly is estate planning and who needs it? We discuss property, and how it should be titled to avoid probate and make for an easy transition in case of disability or death. We compare wills and trusts, and see which is better for a particular individual. Finally, we look at the probate process, and discuss what it is, when it's necessary, and why.



<b>AD26701</b>	DPC	1 session	\$19
6–7:30 p.m.	Mon	Feb. 13	

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

Jeffrey Scott

This class is a must for anyone who has a family member currently in a nursing home, or who may need a nursing home in the future. Can any assets be protected? (Yes, they can.) What is the difference between Medicare and Medicaid? (You'll learn them.) Are there any special benefits available to a veteran? (Yes, there are.) Gain crucial information you must have when your family finds itself headed for a nursing home. Get the info. you need now.

<b>AD24791</b>	DPC	1 session	\$19
6–7:30 p.m.	Mon	Mar. 13	

## ADULTS WITH DEVELOPMENTAL DISABILITIES

SoWashCo Community Education offers opportunities for adults with developmental disabilities through the Community Bridge Consortium.

Designed for teens and adults with developmental cognitive disabilities, the Community Bridge Consortium facilitates the participation of adults with disabilities in all aspects of Community Education programming by providing reasonable support and accommodations. Through participation, these adults learn new things, engage with others and become active citizens in their communities.

The consortium is sponsored by South Washington County, Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville Area, and White Bear Lake Area School Districts.

### The Community Bridge Consortium offers:

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

### To Register:

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



## Online Career Training

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

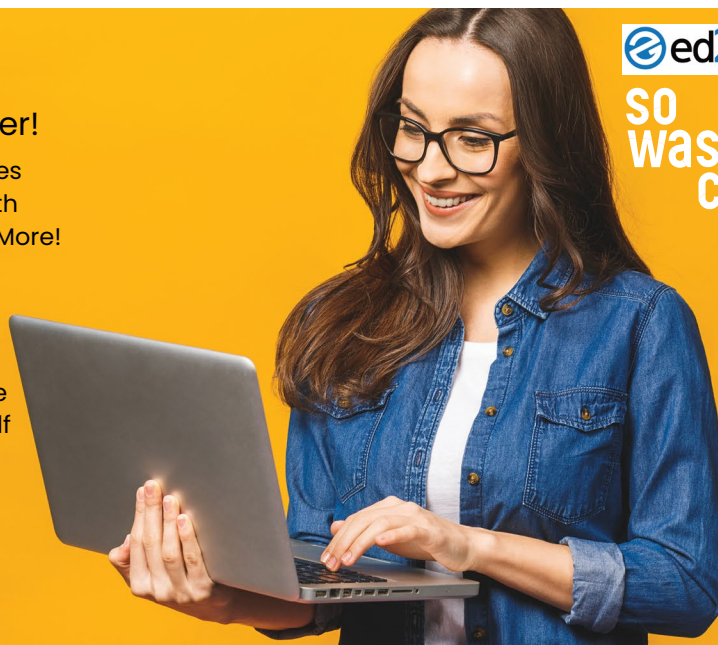
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| • Medical  | • Language | • Trades    |
| • Business | • Writing  | • Health    |
| • Computer | • Art      | • And More! |

**SoWashCo Community Education is proud to offer career resources in partnership with Ed2Go.**

Choose from hundreds of interactive online courses taught by experts. Prepare yourself for professional and personal success.

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

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



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

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

### Basic Education and Professional Development

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

### Diploma Completion

Earn your GED® diploma or K-12 diploma.

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

### English Language

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

Additional support courses:

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

**To view more information and to apply visit:**

**[commed.sowashco.org/greatrivers](http://commed.sowashco.org/greatrivers)**

# GREAT RIVERS

ADULT EDUCATION CONSORTIUM

ADULT COLLEGE CAREER ENGLISH SKILLS SERVICES



“The instructors were always willing to help and support me in whatever ways I needed. They were realistic and helped me set and meet my goals in a timeline that worked for me as a husband, father and full time employee.”

–English Language Student

# PROGRAM HIGHLIGHTS

## English Language

Our English Language program helps improve skills in reading, writing, listening and speaking in and out of the classroom. Classroom instruction, life skills classes and field trips provide opportunities to practice English in real-life settings and connect with the community. Past field trips have included the Children's Theater in Minneapolis, Carpenter Nature Center and Dodge Nature Center's Shepard Farm.

## English in the Workplace

Our Great Rivers Adult Education Consortium works with English language learner students throughout Washington and Dakota counties. We also partner with employers, like Renewal by Andersen in Cottage Grove, MN and Andersen Corporation in Bayport, MN. A custom curriculum was developed together with the employer to ensure students learn the everyday English they will need to be successful at work. We offer these classes conveniently on-site at the company, where students are paid on-the-clock to attend classes 2 days each week, over the course of the 10-week program.

## No English?

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

651-270-3266

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

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

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قيناچملا انچمارب لوح تامولعم ىلع.

要获得关于FREE项目的信息, 请使用您自己的语言, 发短信或电子邮件给我们。

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



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Favor enviar mensagem de texto ou email, no seu  
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gramas GRATUITOS.

Vui lòng gửi tin nhắn hay email cho chúng tôi, bằng  
ngôn ngữ của quý vị, để biết thông tin về những  
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# AQUATICS

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

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

## Registration Information

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

## Pool Locations

### Lake Middle School (LMS)

3133 Pioneer Dr., Woodbury, MN 55125

### Oltman Middle School (OMS)

6625 Goodview Ave. S, Cottage Grove, MN 55016

### Cottage Grove Middle School (CGMS)

9775 Indian Blvd., Cottage Grove, MN 55016

### Woodbury High School (WHS)

2665 Woodlane Dr., Woodbury, MN 55125

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

**[commed.sowashco.org/aquatics](http://commed.sowashco.org/aquatics)**

All class  
sessions can be  
viewed online

Course offerings typically include:

### Swimming Lessons

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

### Recreation

- Exercise
- Open Swim
- Lap swim

### Certifications and Safety

- Swim Aide Training
- Lifeguard Training

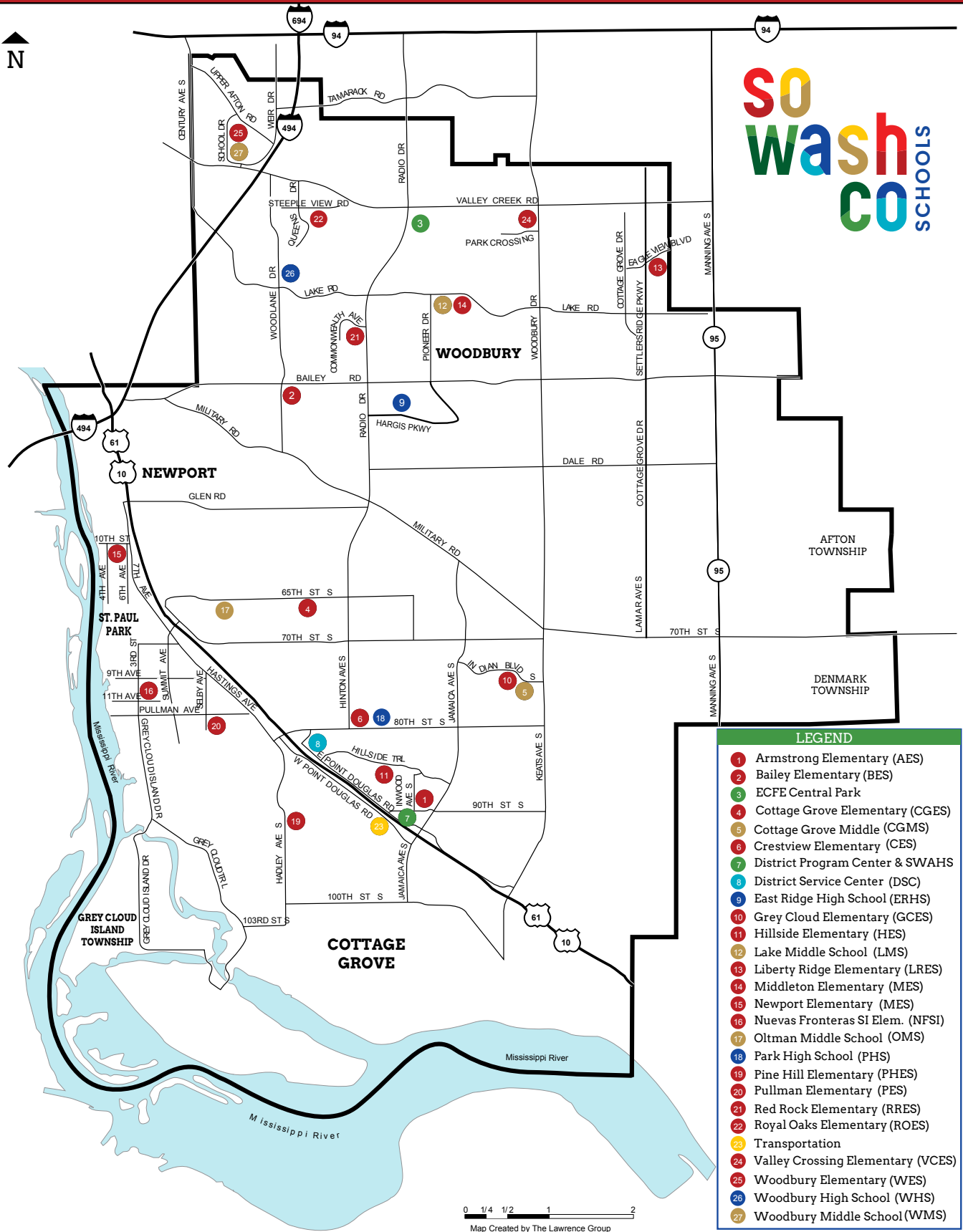
## Class Information

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

**Is your child currently in swimming lessons  
and you don't know which class level to sign  
up for next?**

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

# South Washington County Schools



# DIRECTORY

## District Offices

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

**District Service Center (DSC)**  
7362 E. Point Douglas Road S.  
Cottage Grove, MN 55016

## School Locations

**Armstrong Elementary (AES)**  
8855 Inwood Avenue S.  
Cottage Grove, MN 55016

**Bailey Elementary (BES)**  
4125 Woodlane Drive  
Woodbury, MN 55129

**Cottage Grove Elementary (CGES)**  
7447 65th Street S.  
Cottage Grove, MN 55016

**Crestview Elementary (CES)**  
7830 80th S.  
Cottage Grove, MN 55016

**East Ridge High School (ERHS)**  
4200 Pioneer Drive  
Woodbury, MN 55129

**Great Rivers Adult Education Consortium**  
8400 E. Point Douglas Road S.  
Cottage Grove, MN 55016

**Grey Cloud Elementary (GCES)**  
9525 Indian Blvd. S  
Cottage Grove, MN 55016

**Hillside Elementary (HES)**  
8177 Hillside Trail S  
Cottage Grove, MN 55016

**Lake Middle School (LMS)**  
3133 Pioneer Drive  
Woodbury, MN 55129

**Liberty Ridge Elementary (LRES)**  
11395 Eagle View Blvd.  
Woodbury, MN 55129

**Liberty Ridge Site 2 (LR2)**  
11283 Eagle View Blvd.  
Woodbury, MN 55129

**Middleton Elementary (MES)**  
9105 Lake Road  
Woodbury, MN 55125

**Newport Elementary (NES)**  
851 6th Avenue  
Newport, MN 55125

**Nuevas Fronteras Spanish Immersion (NFSI)**  
1020 Third Street  
St. Paul Park, MN 55071

**Oltman Middle School (OMS)**  
6625 Goodview Ave. S.  
Cottage Grove, MN 55016

**Park High School (PHS)**  
8040 80th Street S  
Cottage Grove, MN 55016

**Pine Hill Elementary (PHES)**  
9015 Hadley Ave. S.  
Cottage Grove, MN 55016

**Pullman Elementary (PES)**  
1260 Selby Ave  
St. Paul Park, MN 55071

**Red Rock Elementary (RRES)**  
3311 Commonwealth Ave  
Woodbury, MN 55125

**Royal Oaks Elementary (ROES)**  
7335 Steepleview Road  
Woodbury, MN 55125

**South Washington Alternative High School (SWAHS)**  
8400 E. Point Douglas Road S.  
Cottage Grove, MN 55016

**Valley Crossing Elementary (VCES)**  
9900 Park Crossing  
Woodbury, MN 55125

**Woodbury Elementary (WES)**  
1251 School Drive  
Woodbury, MN 55125

**Woodbury High School (WHS)**  
2665 Woodlane Drive  
Woodbury, MN 55125

**Woodbury Middle School (WMS)**  
1425 School Drive  
Woodbury, MN 55125

## Off-Site Class Locations

**All Saints Lutheran**  
8100 Belden Blvd  
Cottage Grove, MN 55016

**American Legion**  
328 Broadway Ave,  
St Paul Park, MN 55071

**Conquer Ninja Gym**  
707 Commerce Drive, Suite 120  
Woodbury, MN 55125

**The Grove Church**  
8600 90th Street  
Cottage Grove, MN 55016

**Kidcreate Studio**  
1785 Radio Drive  
Woodbury, MN 55125

**Kok Funeral Home**  
7677 80th Street  
Cottage Grove, MN 55016

**Nena's Designs**  
434 Hale Ave. N, Suite 120  
Oakdale, MN 55128

**Our Savior's Lutheran Church**  
1616 Olive St W  
Stillwater, MN 55082

**Tilden Community Center**  
310 River Street  
Hastings, MN 55003

# FACILITY RENTAL

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

## Why District Facilities?

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

## Spaces Available

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

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



## Information and Reservations

Please contact the facilities scheduler at 651-425-6604 or visit the website at [commed.sowashco.org/facility-rental](http://commed.sowashco.org/facility-rental)

# MIDDLE SCHOOL

## Middle School Boys Basketball *Grade 7-8*

The Community Education middle school basketball program for 7th and 8th grade students will emphasize skill development and team play. Students are instructed in the fundamentals of the sport and participate in a number of games within District #833.

**Transportation will not be provided.**

### *Cottage Grove Middle School*

<b>JA220</b>	Grade 7	20 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

<b>JA221</b>	Grade 8	20 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

### *Lake Middle School*

<b>JA230</b>	Grade 7	16 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

<b>JA231</b>	Grade 8	16 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

### *Oltman Middle School*

<b>JA240</b>	Grade 7	19 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

<b>JA241</b>	Grade 8	19 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

### *Woodbury Middle School*

<b>JA250</b>	Grade 7	21 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

<b>JA251</b>	Grade 8	21 sessions	\$165
2:45-4:45 p.m.	Mon-Thu	Jan. 9-Feb. 16	

## Middle School Winter Speed and Strength *Grade 6-8*

This program is offered to any middle school-aged athlete looking to gain a competitive edge on their opponents! Meeting twice a week and led by Coach Colvard, East Ridge High School's Head Strength & Performance Coach, this program will develop athletes' speed, power, strength, mobility, agility, and conditioning. **Transportation will not be provided.**

<b>C262</b>	ERHS	24 sessions	\$280
6-7 p.m.	Mon/Wed	Nov. 14-Mar. 1	

<b>C260</b>	ERHS	11 sessions	\$135
6-7 p.m.	Mon/Wed	Nov. 14-Dec. 21	

<b>C261</b>	ERHS	13 sessions	\$175
6-7 p.m.	Mon/Wed	Jan. 4-Mar. 1	

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

# CAMPS AND CLINICS

## Happy Feet – Little Toes *Age 2-3*

The little toes program uses a story tie with soccer ball approach to stimulate your children imagination while learning advance soccer skill development. This unique concept keeps kids captivated and entertained for every second of every happy feet class. Your child will love being the zookeepers, and showing the animals their soccer skills; blasting off to outer space with their Bobs and visiting all the planets; traveling around the world to visit countries and meeting new friends along the way. Every class is just as educational as it is fun.

<b>C250</b>	GCES	4 sessions	\$59
6-6:30 p.m.	Tue	Jan. 10-31	

<b>C253</b>	GCES	3 sessions	\$45
6-6:30 p.m.	Tue	Feb. 7-21	

<b>C256</b>	GCES	3 sessions	\$45
6-6:30 p.m.	Tue	Mar. 14-28	

## Happy Feet – Big Toes *Age 4-5*

In this stage we introduce your child to key concepts & new skills, cooperation, & goal setting. Your child learns valuable lesson for all areas of life. All children have a soccer ball for maximum skill development. We make use of fun props & play more advanced games. The kids learn some of the most difficult skills & moves in soccer while having a blast. Your child will have fun & develop motor skills in a non-competitive way.

<b>C251</b>	GCES	4 sessions	\$59
6:30-7 p.m.	Tue	Jan. 10-31	

<b>C254</b>	GCES	3 sessions	\$45
6:30-7 p.m.	Tue	Feb. 7-21	

<b>C257</b>	GCES	3 sessions	\$45
6:30-7 p.m.	Tue	Mar. 14-28	

## Happy Feet Academy *Age 6-7*

Happy Feet Academy training transitions away from the songs and stories to a more traditional soccer environment. Each session involves creative soccer activities while advancing to the final progression of deceptive dribbling skills and gradually introducing manageable pressure to enhance skill development and decision making.

<b>C252</b>	GCES	4 sessions	\$59
7-7:30 p.m.	Tue	Jan. 10-31	

<b>C255</b>	GCES	3 sessions	\$45
7-7:30 p.m.	Tue	Feb. 7-21	

<b>C258</b>	GCES	3 sessions	\$45
7-7:30 p.m.	Tue	Mar. 14-28	

## DASH Sports No School Multi-Sport Camp Grade K-5

Looking for a fun non-school day filled with fun sports activities? This Multi-Sport camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Athletes will spend roughly 2 hours on each sport, performing instructor-led fun skill-based activities and games. Athletes should bring two snacks, a lunch, and a water bottle.

<b>C218</b>	OMS	1 sessions	\$95
9 a.m.-4 p.m.	Mon	Jan. 30	
<b>C219</b>	OMS	1 sessions	\$95
9 a.m.-4 p.m.	Fri	Feb. 17	
<b>C220</b>	OMS	1 sessions	\$95
9 a.m.-4 p.m.	Mon	Feb. 20	
<b>C221</b>	OMS	1 sessions	\$95
9 a.m.-4 p.m.	Mon	Mar. 13	

## DASH Basketball Skills Camp Age K-4

Join us for an hour of basketball after school! This program will provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. The final two days of camp will include game type and scrimmage activities. Youth from other elementary schools who can secure a ride are welcome to join! Players should bring a water bottle and appropriate clothing/shoes; basketballs are provided.

<b>C214</b>	LRES	4 sessions	\$89
4-5 p.m.	Wed	Mar. 15-Apr. 12	

## DASH Basketball Tykes Camp Age 2-3

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided. Parent participation is encouraged when needed.

<b>C215</b>	LRES	4 sessions	\$79
5:15-6 p.m.	Wed	Mar. 15-Apr. 12	



## DASH Sports Phy Ed Games Camp Age 2- Grade 4

This camp provides participants with a fun experience learning and playing your favorite physical education games! Games will include: Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, and more! Participants will learn teamwork, and values such as respect, hustle, and pride, all in a fun environment. Athletes should bring a water bottle. All other equipment is provided.

### Age 2-3

<b>C211</b>	LRES	4 sessions	\$79
5:15-6 p.m.	Wed	Feb. 1-22	
<b>C213</b>	VCES	3 sessions	\$65
5:10-5:55 p.m.	Thur	Feb. 2-Mar. 2	

Parent participation is encouraged when needed.

### Grade K-4

<b>C210</b>	LRES	4 sessions	\$89
4-5 p.m.	Wed	Feb. 1-22	
<b>C212</b>	VCES	3 sessions	\$75
3:55-4:55 p.m.	Thur	Feb. 2-Mar. 2	

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## Skyhawks Floor Hockey Camp Age 5-8

During this fast paced camp, participants will learn about stick handling, passing and shooting, as well as team drills. Offense and defensive fundamentals will be taught, along with scrimmage related activities each day. Participants will also develop endurance, coordination and speed. Skyhawks will provide all equipment including sticks and goggles. Please bring water bottle and appropriate athletic wear.

<b>C225</b>	RRES	4 sessions	\$95
2:30-3:30 p.m.	Wed	Jan. 11-Feb. 1	

<b>C226</b>	RRES	4 sessions	\$95
3:40-4:40 p.m.	Wed	Jan. 11-Feb. 1	

## Skyhawks Basketball Camp Age 2-10

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

### Age 2-5

<b>C229</b>	MES	4 sessions	\$79
6:10-6:40 p.m.	Thur	Feb. 16-Mar. 23	

### Age 5-10

<b>C230</b>	MES	4 sessions	\$89
5:40-6:25 p.m.	Thur	Feb. 16-Mar. 23	

## Skyhawks Multi-Sport Camp Age 5-10

No School? No Problem! Skyhawks Sports Academy is now offering full day (Non-School Day) Multi-Sport camps. These camps run 9AM-4PM and we focus on basketball, soccer, and flag football and games throughout the day. Kids should wear athletic clothes, bring a lunch, two snacks and a water bottle. If you're looking for a fun, full day sports camp, this is the one for you!

<b>C224</b>	RRES	1 sessions	\$79
9 a.m.-4 p.m.	Mon	Jan. 30	

## Skyhawks Speed, Agility and Quickness Camp Age 5-12

Speed, Agility and Quickness: Skyhawks speed and agility camp is designed for athletes at any skill level looking to improve their current overall athletic performance. Increase your speed, improve your agility and overall quickness with our fast paced drills coordinated by our Skyhawks coaches. Please bring appropriate athletic wear and water bottle.

### Age 5-8

<b>C227</b>	RRES	4 sessions	\$109
2:30-3:30 p.m.	Wed	Feb. 15-Mar. 8	

### Age 9-12

<b>C228</b>	RRES	4 sessions	\$109
3:40-4:40 p.m.	Wed	Feb. 15-Mar. 8	



We are  
committed to our  
mission of teaching life  
skills through sports.  
- Skyhawks Coaches



## TGA Tennis Enrichment Program *Grade K-5*

TGA makes it convenient and fun for your child to learn and play tennis right on their school campus! Our curriculum was specially designed by industry-leading tennis professionals and education specialists to ensure that the lesson plans are age-appropriate and easy to understand and retain. Students will experience a mix of tennis instruction, rules and etiquette lessons, educational components, character development lessons, and physical activity as they advance through the five-level program. Our screened and certified instructors have a passion for working with children and are trained to help your student athlete develop a strong foundation of skills and knowledge as well as a passion for the sport.

TGA provides all equipment: first-time students receive a TGA hat and a TGA student handbook

<b>C270</b>	RRES	6 sessions	\$180
2:35-3:35 p.m.	Mon	Jan. 9-Mar. 20	
<b>C271</b>	MES	6 sessions	\$180
3:20-4:20 p.m.	Wed	Jan. 11-Feb. 15	

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

Welcome to the future of football! This co-ed, minimal contact (touch) league is for youth in Kindergarten-8th grade. Players will have the opportunity to focus on offensive and defensive skills during high repetition and fast-paced games, while enjoying the sport of football in the spring. Whether your player is a rookie or has hopes of playing at the next level - My7on7 will help them build skills and confidence while have fun.

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

### Kindergarten

<b>C341</b>	ERHS	5 sessions	\$55
2-7 p.m.	Sun/Sat	Apr. 15-May 7	

### Grade 1-8

<b>C340</b>	ERHS	5 sessions	
2-7 p.m.	Sun/Sat	Apr. 15-May 7	
	Early Bird Rate register by Nov. 28		\$105
	Register between Nov. 29-Dec. 31		\$115
	Register between Jan. 1-Mar. 17		\$125

Registrations will be accepted after the deadline (March 18 and on) based on availability and will incur a minimum \$50 late fee.

## Soccer Shots *Grade K-2*

Soccer Shots is a nationally recognized program that offers a high energy, fun and age-appropriate introduction to the wonderful game of soccer. This program is for children who are new to soccer or who want to build upon what they have learned in Soccer Shots Classic. Focusing on individual skill, fitness, and sportsmanship, each session provides an opportunity for kids to be challenged through fun games and team competitions. Children will also be introduced to tactical elements of the game as they prepare to play on competitive teams.

<b>C715</b>	BES	8 sessions	\$160
3:55-4:40 p.m.	Fri	Jan. 6-Mar. 3	
<b>C716</b>	MES	8 sessions	\$160
3:15-4 p.m.	Fri	Jan. 6-Mar. 3	
<b>C717</b>	RRES	8 sessions	\$160
2:30-3:15 p.m.	Fri	Jan. 6-Mar. 3	
<b>C718</b>	ROES	8 sessions	\$160
2:30-3:15 p.m.	Fri	Jan. 6-Mar. 17	
<b>C719</b>	VCES	8 sessions	\$160
3:50-4:35 p.m.	Fri	Jan. 6-Mar. 3	

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# RACE INTO CUB SCOUTING

Boys and Girls Grades K-5 WELCOME

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# RECREATION

## Unicycling for All Age and Skill Levels Age 7+

Why settle for two wheels when one will do? Age 7-97 can learn the basics of riding a unicycle! Unicycling is an awesome individual or family activity that gets everyone moving and having fun! All skill levels are welcome. Unicycles are provided.



Instruction is provided by members of the Twin Cities Unicycle Club. The club is the oldest in the area and the largest in the country, holding over 30 national titles and over 15 world championships. Note: If the class member is a minor child a guardian must be present.

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

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

<b>YE2781</b>	ROES	9 sessions
6:30-8:30 p.m.	Tues	Feb. 14-Apr. 25
	Per individual.....	\$30
	Per family.....	\$45

## Intro to Ninja Age 5-13

Ninjas develop strength and agility by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances.

### Ages 5-8

<b>YE2246</b>	Conquer Ninja Gym	8 sessions	\$200
4:30-5:30 p.m.	Mon	Jan. 9-Feb. 27	

### Ages 9-13

<b>YE2247</b>	Conquer Ninja Gym	8 sessions	\$200
5:30-6:30 p.m.	Mon	Jan. 9-Feb. 27	

## Conquer Ninja Rec Team Age 6-9

Conquer Rec Team is designed for youth, ages 6-9 of all experience levels. Practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders and so much more. Rec Team members will learn the styles and techniques to develop their Ninja Skills with over 40 different obstacles! Consists of 6 practices and 2 competitions (week 4 and week 8).

<b>YE2244</b>	Conquer Ninja Gym	8 sessions	\$230
4-5 p.m.	Fri	Jan. 6-Feb. 24	

<b>YE2243</b>	Conquer Ninja Gym	8 sessions	\$230
5-6 p.m.	Fri	Jan. 6-Feb. 24	

<b>YE2245</b>	Conquer Ninja Gym	8 sessions	\$230
6:15-7:15 p.m.	Fri	Jan. 6-Feb. 24	

## Parent Child Ninja Class Age 5+

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! If you are looking for a unique way to be active with your child come check out this class! All fitness levels welcome!

<b>YE2352</b>	Conquer Ninja Gym	8 sessions
10-11 a.m.	Sat	Jan. 7-Feb. 25
	Parent/child .....	\$281
	Additional family member .....	\$94

<b>YE2351</b>	Conquer Ninja Gym	7 sessions
9-10 a.m.	Sat	Jan. 7-Feb. 25
	Parent/child .....	\$244
	Additional family member .....	\$84

## Parents Day Out Age 5-14

No School - No Problem! Drop off your kids at Conquer Ninja for 2 hours of fun and activities. During this 2-hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action need to keep your ninja engaged and active!

<b>YE2248</b>	Conquer Ninja Gym	1 session	\$50
9-11 a.m.	Mon	Jan. 16	

<b>YE2249</b>	Conquer Ninja Gym	1 session	\$50
2-4 p.m.	Mon	Jan. 16	

<b>YE2253</b>	Conquer Ninja Gym	1 session	\$50
9-11 a.m.	Mon	Feb. 20	

<b>YE2251</b>	Conquer Ninja Gym	1 session	\$50
2-4 p.m.	Mon	Feb. 20	

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

Miss Laura's inspiring gym classes are high-energy and encourage a lifelong fitness habit. Come march in the band, stretch with maracas and run with superhero capes! It's a great class for kids where learning simple social skills is a breeze. Come get the wiggles out, a nap after is practically guaranteed.



<b>YE2753</b>	All Saints Lutheran	8 sessions	\$103
9-9:50 a.m.	Wed	Jan. 4-Feb. 22	

<b>YE2755</b>	All Saints Lutheran	8 sessions	\$103
10-10:50 a.m.	Wed	Jan. 4-Feb. 22	

<b>YE2757</b>	All Saints Lutheran	8 sessions	\$103
9-9:50 a.m.	Wed	Mar. 1-Apr. 19	

<b>YE2759</b>	All Saints Lutheran	8 sessions	\$103
10-10:50 a.m.	Wed	Mar. 1-Apr. 19	

# GYMNASTICS

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

## Registration Information

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

## Missing a Class

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

## Financial Assistance

Financial assistance is available. See page 51 for details or visit [commed.sowashco.org/gymnastics](http://commed.sowashco.org/gymnastics).



## Park High Gymnastics



### Park High School Gymnastics Center

8040 80th Street South  
Cottage Grove, MN

For questions, contact  
**Coach Kristy Clarke** at  
[kclarke2@sowashco.org](mailto:kclarke2@sowashco.org)

## East Ridge Gymnastics



### East Ridge High School Gymnastics Center

4200 Pioneer Drive  
Woodbury, MN

For questions, contact  
**Coach Carol Ugo** at  
[curgo0@sowashco.org](mailto:curgo0@sowashco.org)

## Woodbury Gymnastics



### Woodbury High School Gymnastics Center

2665 Woodlane Drive  
Woodbury, MN

For questions, contact  
**Coach Julie Dornseif** at  
[jdornsei@sowashco.org](mailto:jdornsei@sowashco.org)

# CREATE

## Adult/Tween Paint Night Age 10+

Enjoy a fun "paint date" for you and your partner age 10+. Experience a fun and relaxing environment with the challenge of a class guided by a professional artist. Each individual will work on a different side of a canvas at the same time with a partner. When the two sides join at the end of class, you will have one complete artwork. (All the materials will be provided).

<b>YE2101</b>	ERHS	1 session	\$63
5:30-7:30 p.m.	Fri	Feb. 10	

## MARVELous Drawings Age 10-14

Kawaii styled superheroes coming your way! This style is so fun to draw, and great for beginners and kids. Have fun!

<b>YE2293</b>	ERHS	5 sessions	\$62
6:30-7:30 p.m.	Tues	Jan. 17-Feb. 14	
<b>YE2291</b>	CGMS	4 sessions	\$50
6:30-7:30 p.m.	Mon	Jan. 23-Feb. 13	
<b>YE2292</b>	ERHS	5 sessions	\$62
6:30-7:30 p.m.	Thur	Jan. 26-Feb. 23	

## YR Cartoon Club Grade K-5

Get a jump on spring with our creative and fun Young Rembrandts cartoon classes. Your heart will smile when you see the cute and cuddly creatures your student will draw in our baby animals, funny frogs and dogs' sequences. Who knew that our food was so silly, we will be drawing up ice cream characters and lively lunches. And it doesn't stop there; our lively cartoon class is packed with hilarious and silly characters and scenes your cartoonist won't want to miss – all new this season!

<b>YE2231</b>	HES	8 sessions	\$99
3:10-4:10 p.m.	Mon	Mar. 20-May 8	
<b>YE2232</b>	PES	8 sessions	\$99
3:15-4:15 p.m.	Mon	Mar. 20-May 8	
<b>YE2233</b>	GCES	8 sessions	\$99
3:15-4:15 p.m.	Tues	Mar. 21-May 9	
<b>YE2234</b>	VCES	8 sessions	\$99
3:50-4:50 p.m.	Tues	Mar. 21-May 9	
<b>YE2235</b>	MES	8 sessions	\$99
3:15-4:15 p.m.	Wed	Mar. 22-May 10	
<b>YE2236</b>	RRES	8 sessions	\$99
2:30-3:30 p.m.	Wed	Mar. 22-May 10	
<b>YE2237</b>	CGES	8 sessions	\$99
3:15-4:15 p.m.	Thur	Mar. 23-May 11	
<b>YE2260</b>	ROES	8 sessions	\$99
2:30-3:30 p.m.	Fri	Mar. 24-May 19	



## Anime Cartoon Creations Grade K-5

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5 day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging – this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings.

<b>YE2282</b>	HES	5 sessions	\$62
3:10-4:10 p.m.	Mon	Jan. 9-Feb. 27	
<b>YE2283</b>	PES	5 sessions	\$62
3:15-4:15 p.m.	Tues	Jan. 9-Feb. 27	
<b>YE2284</b>	GCES	6 sessions	\$73
3:15-4:15 p.m.	Tues	Jan. 17-Feb. 21	
<b>YE2285</b>	VCES	6 sessions	\$73
3:50-4:50 p.m.	Wed	Jan. 17-Feb. 21	
<b>YE2286</b>	MES	6 sessions	\$73
3:15-4:15 p.m.	Wed	Jan. 18-Feb. 22	
<b>YE2287</b>	RRES	6 sessions	\$73
2:30-3:30 p.m.	Thur	Jan. 18-Feb. 22	
<b>YE2288</b>	CGES	6 sessions	\$73
3:15-4:15 p.m.	Thur	Jan. 19-Mar. 2	
<b>YE2289</b>	ROES	5 sessions	\$62
2:30-3:30 p.m.	Fri	Jan. 20-Feb. 24	

## Fav Apps and Games Age 10-14

Art is all around us, including on phones and online! Join Young Rembrandts for a workshop mimicking the amazing imagery of our favorite apps and video games! Each day students will learn new illustration and coloring techniques inspired by pixel block characters, plants, zombies and many more classic apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favorites!

<b>YE2294</b>	CGMS	6 sessions	\$74
6:30-7:30 p.m.	Mon	Mar. 20-Apr. 24	
<b>YE2296</b>	ERHS	6 sessions	\$74
6:30-7:30 p.m.	Tues	Mar. 21-Apr. 25	
<b>YE2295</b>	ERHS	5 sessions	\$62
6:30-7:30 p.m.	Thur	Mar. 23-Apr. 27	

## Cinderella with Locally Grown Theatre Grades 1-4

With a wicked stepmother and two jealous stepsisters who keep her in rags, Cinderella stands no chance of attending the royal ball. But then her fairy godmother appears and magically transforms her reality into a dream come true. Come join us on stage for this classic fairytale. Open to actors of all experiences.

Performances 6 p.m., Friday, March 10 and 1 p.m., Saturday, March 11.

<b>YE2102</b>	AES	6 sessions	\$200
9 a.m.-4 p.m.	Mon-Sat	Mar. 6-10	

## Locally Grown Theatre Cabaret Grades 5-12

Come sing, dance, and act your break away with Locally Grown Theatre. Learn the skills needed to become a triple threat while performing pieces from some of your favorite musicals!

Performances 7 p.m., Friday, March 10 and 2 p.m., Saturday, March 11.

<b>YE2103</b>	AES	6 sessions	\$200
9 a.m.-4 p.m.	Mon-Sat	Mar. 6-10	



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

JUST KIDDING IMPROV is offering a laughter filled class for kids to learn communication skills, self-confidence and respect towards other's ideas. Students play improv games and practice exercises in scene work and characters while learning theater basics, and basic performing skills. Improv takes hold when we take our imaginations and silliness and apply it to scene work and games. The focus and structure that students learn in this class, can also be applied to any number of areas in their lives. Come out and play.

### Grade 3-5

<b>YE2321</b>	ERHS	8 sessions	\$130
6-7 p.m.	Wed	Jan. 11-Mar. 1	

### Grade 6-9

<b>YE2322</b>	ERHS	8 sessions	\$162
6-7:15 p.m.	Tuesday	Jan. 10-Feb. 28	

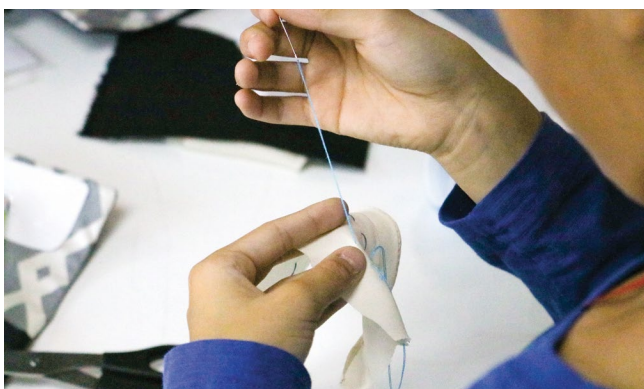


## Amy Stedman

Amy Stedman is a committed teacher, performer and student with 10 years of experience in the classroom and 20 years of experience in education.

Amy founded Just Kidding Improv in 2013. The goal of her classes is to build social and emotional skills through play. Games encourage interaction with peers. While playing in improv, you learn it is okay to make mistakes - to learn from them and move forward. It is through this play we foster spontaneous and creative development.

## Meet Your Instructor



## Creative Sewing Age 8-12

Nena will teach students how to sew, including basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Students will practice sewing with a sewing machine. They will create a sketch of garments and sew a project of their own creation. Studio lessons are scheduled monthly and students can work at their own pace and create new projects each month.

<b>YE2600</b> 4-6 p.m.	Nena's Designs Mon	4 sessions Jan. 9-30	\$120
<b>YE2601</b> 4-6 p.m.	Nena's Designs Mon	3 sessions Feb. 6-27	\$90
<b>YE2602</b> 4-6 p.m.	Nena's Designs Mon	3 sessions Mar. 13-27	\$90

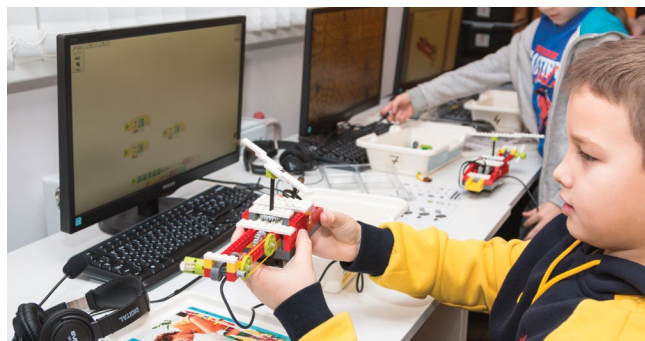
## Intensive Sewing Camp Grade 4-8

In this camp we will be learning the basic knowledge about sewing and we will create two projects from scratch. We will be using hand and machine sewing techniques. All materials included.



<b>YE21208</b> 9 a.m.- 1 p.m.	Nena's Designs Mon	1 session Jan. 3	\$96
<b>YE21209</b> 9 a.m.- 1 p.m.	Nena's Designs Mon	1 session Feb. 20	\$96

# S.T.E.M.



## Young Engineers ROBOTICS & STEM Program Grade 1-6

This is a problem and project-based learning program. Students learn about new robotics and STEM concepts and apply those concepts by building unique and different operational robots and machines. Independently or in pairs, students will build working robotic models. Your child will be challenged to build up to four (4) different motorized robotic and engineering models using provided building and programming kits.

### Astonishing Machines

<b>YE2170</b> 6:30-8 p.m.	ERHS Thur	4 sessions Feb. 16-Mar. 16	\$100
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### Enormous Machines

<b>YE2171</b> 6:30-8 p.m.	ERHS Thur	4 sessions Jan. 12-Feb. 9	\$100
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## Game Coding: Pokémon Grade 2-5

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Pokémon characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

<b>YE2123</b> 6-7:30 p.m.	Online Thur	1 session Jan. 12	\$29
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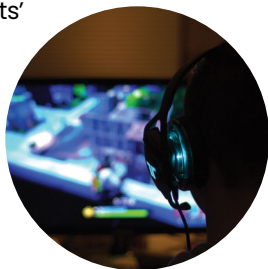
## Game Coding: Star Wars Grade 2-5

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

<b>YE2126</b> 8-10 a.m.	Online Sat	2 sessions Feb. 4-11	\$75
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### Game Coding: Multiplayer *Grade 3-7*

In this class, we introduce students' programming concepts using Scratch. Learn to create multiplayer games. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.



**YE2132** Online 2 sessions \$75  
10:30 a.m.-12:30 p.m. Sat Mar. 4-11

### Game Coding: Mario Kart *Grade 3-7*

In this class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart - style game. Then pick custom characters, track to customize their games. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

**YE2133** Online 1 session \$29  
6-7:30 p.m. Thur Mar. 16

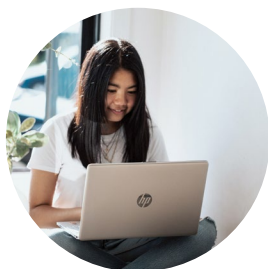
### Escape the Ender Dragon: Escape Room *Grade 1-6*

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed Escape Room Adventure Map. Our mission is to race through to the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for additional equipment and technology requirements.

**YE2129** Online 2 sessions \$57  
6-7:30 p.m. Tues Feb. 14-21

### Hacking Java Games *Grade 4-8*

Hack into the code of classic games! Students will learn Java coding skills while modifying games. We will be editing text files. No experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required. A computer is needed for this class. Please see the website for technology and software requirements.



**YE2130** Online 1 session \$57  
9 a.m.-12 p.m. Sat Feb. 25

### Multiplayer Minecraft Adventure Map Builder *Grade 1-6*

Work as a team to create a custom multiplayer adventure map that features monster spawners, hidden armor, and more. Choose to design an in-game dungeon or build a castle to explore. Create tons of mini-games with all of your friends! Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

**YE2121** Online 2 sessions \$75  
8-10 a.m. Sat Jan. 7-14

### Multiplayer Minecraft: Skyblock Creator *Grade 2-7*

Work as a team to create a custom Skyblock World in Minecraft. Use creativity and Redstone to create this floating world! Students will get a copy of the world map to take home and expand on. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

**YE2124** Online 2 sessions \$57  
6-7:30 p.m. Tues Jan. 17-24

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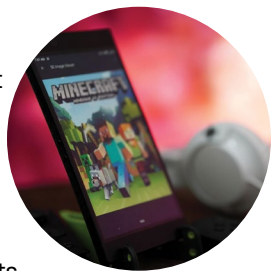
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## Minecraft Mod Development: Custom Mobs Grade 2-6

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool for learning Minecraft modding and learning concepts of software programming. Students should be comfortable with keyboarding and, of course, playing Minecraft! At the end of the class, take home your Mods to share with family and friends. A computer is needed for this class. Please see the website for technology and software requirements.



**YE2125** Online 1 session \$57  
9 a.m.-12 p.m. Sat Jan. 21

## Multiplayer Minecraft: Colosseum Builder Grade 1-6

Become the architect of mini-game battle arenas! Build your own arena, then challenge your friends! Students will get a copy of the world map to take home and expand on. We will be using the PC/Java Edition of Minecraft. Basic computer skills needed (basic keyboarding and using a mouse) A computer is needed for this class. Please see the website for technology and software requirements.

**YE2127** Online 2 sessions \$75  
10:30 a.m.-12:30 p.m. Sat Feb. 4-11

## Minecraft Coding: Automations Grade 2-6

Learn to use Redstone and command blocks to make automated machines in Minecraft Java Edition. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

**YE2128** Online 1 session \$29  
6-7:30 p.m. Thur Feb. 9

## Minecraft ModPack Development Grade 2-6

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. We will make a custom ModPack. Students should be comfortable with keyboarding, and, of course, playing Minecraft! At the end of the class, take home your Mods to share with family and friends. Basic computer skills needed (basic keyboarding and using a mouse). A computer is needed for this class. Please see the website for technology and software requirements.

**YE2134** Online 2 sessions \$94  
9-11:30 a.m. Mon/Tue Mar. 6-7

## Video Production for YouTube Grade 3-7

Learn how to produce a YouTube Video! YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. A computer is needed for this class. Please see the website for technology and software requirements.

**YE2122** Online 2 sessions \$75  
10:30 a.m.-12:30 p.m. Sat Jan. 7-14

## Video Production for YouTube: Podcasting Grade 3-7

Learn how to produce a YouTube - Learn the ins and out of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world.



A computer is needed for this class. Please see the website for technology and software requirements.

**YE2131** Online 2 sessions \$75  
8 a.m.-12 p.m. Sat Mar. 4-11

## Rubik Cube Club Grade 1-5

Challenge yourself with solving the Rubik cube. How fast can you solve the puzzle? Students will learn to solve Rubik's Cube. Explore a variety of twisty puzzles. Create mosaics and compete in speed cubing events.



**YE2855** BES 8 sessions \$90  
3:50-4:50 p.m. Mon Feb. 6-Apr. 17

**YE2856** RRES 8 sessions \$90  
2:30-3:30 p.m. Mon Feb. 6-Apr. 17

**YE2857** VCES 8 sessions \$90  
3:45-4:45 p.m. Wed Fe. 8-Apr. 5

**YE2858** LRES 8 sessions \$90  
3:50-4:50 p.m. Thur Feb. 9-Apr. 13

# MUSIC

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

Children and a caregiver will learn delightful songs, dances and musical activities that focus on singing, keeping a steady beat, coordination, listening, English, foreign, and simple American Sign Language. The repetition of activities and songs assists participation, language development, improving memory, coordination, and timing. Kids practice expressing their feelings productively and the activities also help to develop imagination and focus.

<b>YE2851</b>	All Saints Lutheran	8 sessions	\$103
10-10:50 a.m. Thur		Jan. 5-Feb. 23	
<b>YE2852</b>	All Saints Lutheran	8 sessions	\$103
10-10:50 a.m. Thur		Mar. 2-Apr. 20	
<b>YE2853</b>	All Saints Lutheran	8 sessions	\$103
9-9:50 a.m. Thur		Mar. 2-Apr. 20	
<b>YE2854</b>	All Saints Lutheran	8 sessions	\$103
9-9:50 a.m. Thur		Jan. 5-Feb. 23	

## Private Guitar Lessons—George McCorkell

Personalized, private guitar lessons are offered to students in beginning to advanced guitar (acoustic or electric) and beginning banjo. A guitar or banjo is required for lessons. Lessons are taught online or in person at East Ridge by Mr. McCorkell, a professional guitarist with a degree in Guitar Performance who has been teaching privately for over 10 years. Questions? Please contact the instructor, George McCorkell, at [georgemccorkell5@gmail.com](mailto:georgemccorkell5@gmail.com)

<b>YE21741</b>	ERHS	11 sessions	\$341
4-4:30 p.m. Tue		Jan. 10-Mar. 28	
<b>YE21742</b>	ERHS	11 sessions	\$341
4:30-5 p.m. Tue		Jan. 10-Mar. 28	
<b>YE21743</b>	ERHS	11 sessions	\$341
5-5:30 p.m. Tue		Jan. 10-Mar. 28	
<b>YE21744</b>	ERHS	11 sessions	\$341
5:30-6 p.m. Tue		Jan. 10-Mar. 28	

## 30 minute Private Lessons (String, piano, voice and more) **ONLINE** —Michelle Dunkirk

Winter session lessons will be held on Tuesday and Wednesday beginning in Jan. and run through March. Michelle will send a Zoom invitation for the session time.

Michelle Dunkirk is a certified and licensed music instructor with over 20 years experience. She received her Bachelors of Music on a full vocal scholarship at the U of E, Indiana, majoring in string technique, piano and voice and has played in orchestras for over 14 years including the U of M Concert Orchestra, Minnesota Opera and has also studied with the teachers of the Julliard School of Music. Her experience also includes several years of playing in dozens of bands, performing solo and in ensembles locally and internationally. Michelle's true passion is teaching music. Her warm and personal style sets her apart from other teachers.



## 12 sessions \$420

Lessons are offered Tuesdays and Wednesdays each half hour beginning at 3 p.m. through 8 p.m. Register for the time slot that best fits your schedule.



## Laura Ackerman

Miss Laura holds a B.S. in Elementary Ed & Fitness. She is a retired Navy wife and mom of two boys. Laura has taught all over the world and the United States in places such as Minnesota, Sasebo & Yokosuka Japan, Maryland, Illinois, Wisconsin and Martin Slovakia. Laura is also a teacher in the homeschool community and schooled her boys from middle school through high school. Teaching has brought so much joy to her as she interacts with children, families and caregivers. She is positive that when learning happens in a child's world, close by there is sure to be Laughter & Love!

## Meet Your Instructor

# SKILLS AND DEVELOPMENT

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

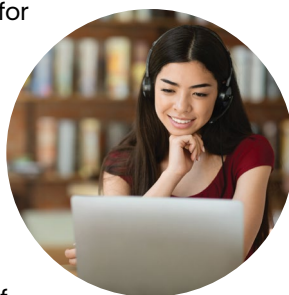
Advantage Educational Programs college entrance exams prep courses are designed for students who wish to improve their test-taking skills and overall scores. Since 1988, on average, students who finish the course increase their scores significantly on the ACT (36 pt. total). Advantage will provide an introduction to the ACT format with strategies for answering questions and instruction on specific subject areas.

Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, science reasoning, concentration improvement, overcoming test anxiety, essay writing, and time management.

<b>YE26450</b>	ERHS	4 sessions	\$180
5:45-8:45 p.m.	Tue/Thu	Jan. 17-Feb. 9	
<b>YE26407</b>	WHS	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	Mar. 18-Apr. 15	
<b>YE26408</b>	WHS	4 sessions	\$180
12:45-3:45 p.m.	Sat	Mar. 18-Apr. 15	
<b>YE26425</b>	ERHS	4 sessions	\$180
5:45-8:45 p.m.	Mon	Mar. 20-Apr. 10	
<b>YE26446</b>	PHS	4 sessions	\$180
5:45-8:45 p.m.	Wed	Mar. 22-Apr. 12	
<b>YE26457</b>	WHS	4 sessions	\$180
5:45-8:45 p.m.	Thur	Mar. 23-Apr. 13	

## Virtual Advantage ACT Prep Class ONLINE *Grade 9-12*

This is an excellent alternative for any student unable to attend an in-person class, but still prefers interaction with an experienced instructor from Advantage Educational Programs. The virtual ACT Prep course is the same as the in-person ACT Prep course, but from the comfort of your own home. The instructors teach live via virtual classroom and are available to answer questions when needed. Students will receive an email with login instructions a few days before classes begin.



<b>YE26915</b>	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Jan. 14-Feb. 4	
<b>YE26916</b>	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	Feb. 11-Mar. 4	



## Driver Education *Age 14.5-18*

Community Education offers teen driver's education in partnership with Safeway Driving School. Safeway Driving School has been graduating teen drivers in the Twin Cities area for over 45 years.

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

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

<b>DE21001</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Jan. 10-Jan. 31	
<b>DE22001</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Jan. 10-Jan. 31	
<b>DE23001</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Jan. 10-Jan. 31	
<b>DE21002</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Feb. 13-Mar. 1	
<b>DE22002</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Feb. 13-Mar. 1	
<b>DE23002</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Feb. 13-Mar. 1	
<b>DE21003</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Mar. 20-Apr. 5	
<b>DE22003</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	Mar. 20-Apr. 5	
<b>DE23003</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	Mar. 20-Apr. 5	

## Driver Education ONLINE Age 14.5-18

We are pleased to offer a distance learning option for classroom instruction. The course content is the same as our in-person classroom instruction course.

Distance learning classroom instruction is conducted through a secure Zoom platform. Safeway will email the classroom handouts and the MN Driver's Manual in PDF format. **The curriculum should be printed and available to the student for use during class.**

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

<b>DE249001</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Jan. 17- Feb. 1	
<b>DE249002</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	Feb. 13-Mar. 1	

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

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

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

## Intensive Etiquette Camp Age 8-12.5

This camp will emphasize respect for others and will teach children manners and etiquette with a fun, hands-on approach. Your child will learn social etiquette, proper introductions and fine dining skills.

Topics to be covered will include: proper behavior at the table, conversation skills, polite behavior in public, and public speaking. Lunch demo last day of camp.

<b>YE2318</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Mon	Jan. 30	
<b>YE2319</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Mon	Feb. 20	

## Ready To Be Home Alone Age 7.5+

Are you ready? The course will cover CPR/First aid skills, home emergencies, medical emergencies, home safety checklist, what your parents expect check list, addressing problems, and handling the unexpected. Taught by a Red Cross instructor. Washington County's guideline for unsupervised children states that children ages 8-10 should not be left alone for more than 3 hours.

<b>YE2486</b>	DPC	2 sessions	\$42
4-5:30 p.m.	Thur	Jan. 19-26	
<b>YE24825</b>	DPC	1 session	\$42
9 a.m.-12 p.m.	Fri	Mar. 10	
<b>YE2487</b>	DPC	2 sessions	\$42
4-5:30 p.m.	Thur	Mar. 23-30	



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

-Babysitting Student

## Babysitting Age 10.5+

Taught by a certified instructor, this course offers leadership, safety, basic care, and the business of babysitting, first aid for breathing and bleeding emergencies. This course is a must for novice and experienced babysitters. Students must attend all 6 hours of instruction. Class is open to both boys and girls.

<b>YE24853</b>	DPC	3 sessions	\$89
4-6 p.m.	Thur	Feb. 16-Mar. 2	
<b>YE24851</b>	DPC	1 session	\$89
8:30 a.m.-2:30 p.m.	Mon	Feb. 20	
<b>YE24854</b>	DPC	2 sessions	\$89
12-3 p.m.	Mon/Tues	Mar. 6-7	
<b>YE24852</b>	DPC	1 session	\$89
9 a.m.-3 p.m.	Mon	Mar. 13	

## Language Sprout Elementary Spanish Grade K-5

Come learn Spanish with Language Sprout. This elementary-focused, immersive program will get your child speaking fast. Our classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Class includes a parent portal for continued learning at home. Award-winning, language learning curriculum will take your child from the basics through being a confident language speaker—all while having fun.

<b>YE2224</b>	GCES	35 sessions	\$588
3:10 -4:10 p.m.	Mon/Wed	Jan. 4-May 24	
<b>YE2225</b>	MES	35 sessions	\$588
3:10-4:10 p.m.	Tue/Thur	Jan. 5-May 25	
<b>YE2226</b>	CGES	35 sessions	\$588
3:10-4:10 p.m.	Mon/Wed	Jan. 4-May 24	

## Vamos con la Musica Live Virtual ONLINE Grade K-5

Discover the Magic of SPANISH! In this eight-week LIVE virtual adventure, ¡Vamos con la Música! (Let's go with Music!), students learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. The class will also delve into the fascinating culture of Argentina! Put on your thinking caps because each week will be packed full of useful SPANISH. Get a language head start today! (Space is limited.)

<b>YE2250</b>	Online	8 sessions	\$144
4:15-5 p.m.	Wed	Feb. 15-Apr. 5	

Register Online at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) | Winter 2023

# Work with Us!

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

- Full and part-time positions, Monday-Friday
- Most positions are **retention bonus** eligible

## Positions

### Paraprofessionals

**Starting at \$16.63 per hour**

Support students in developing skills in a safe learning environment.

### Inclusion Site Specialist

**Starting at \$19.38 per hour**

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

### Site Supervisor


**Starting at \$21.50 per hour**

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

## Learn More and Apply Online

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

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

 651-425-6612



“It's all about getting to know the kids. Noticing what's important and interesting to them.”

-Kids Club Staff

# Care Options

## Before and After School

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

- Full or part-time schedules
- Monday-Friday, 6:30 a.m. until the start of the school day-after school until 6 p.m.
- **Registration for the 2023-24 school year is held in April**

## Non-School Days

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

- Select non-school days, 6:30 a.m.-6 p.m.
- Located at one consolidated site
- Pre-Registration required
- **Registration for 2022-23 non-school days begins the first week in September**

## Summer

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

- Full or part-time schedules
- Monday-Friday, 6:30 a.m.-6 p.m.
- Held at consolidated locations
- **Registration for summer 2023 is held in February**

**To view schedules, fees and registration information visit:**

**[commed.sowashco.org/kidsclub](https://commed.sowashco.org/kidsclub)**

# Kids Club

## School Age Child Care

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

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

### Key Learning Areas

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

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



Just wanted to thank you for years of excellent programming and communication! Both of our kids have loved Kids Club. We appreciate the program for making after school a fun and safe place to be.

-Parent



# EARLY LEARNING

## Early Childhood Family Education (ECFE)

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

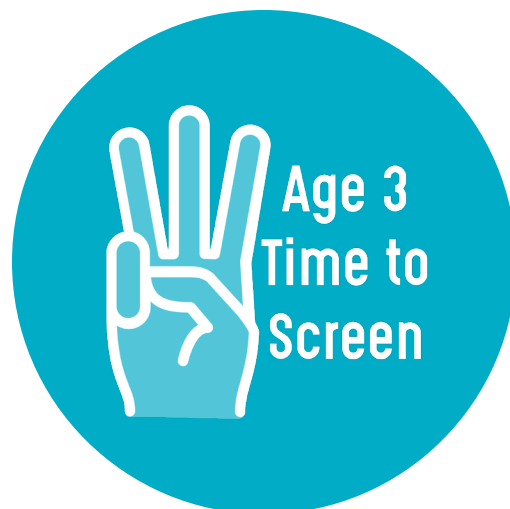
**New winter and spring  
ECFE classes!**

Learn more at  
[commed.sowashco.org/ecfe](http://commed.sowashco.org/ecfe)



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

– Preschool Parent



## Early Childhood Screening

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

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

## Have questions on your child's development?

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

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

help me



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

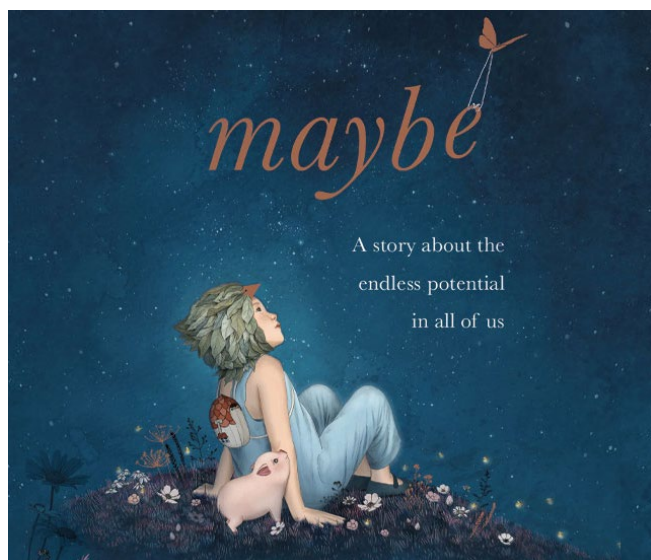
## Preschool

Preschool supports a child's social-emotional growth while also increasing skills in language, literacy and physical development for future success. Preschool offers a great environment where children can create important social connections with their peers. Registration is ongoing, families may register their child for the current 2022-23 program year through April 1, 2022. Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) to register.

### 2023-24 Preschool Registration

Preschool registration will take place Jan. 9-Feb. 10, 2023. Children must be 3 or 4 years old by September 1, 2023 to register. More information will be available soon.

**For the latest information, please visit [sowashco.org/early-learning](http://sowashco.org/early-learning)**



### "Maybe" – Stages Theatre Company

An expansive portrayal of the endless potential in us all! A dance-inspired, original musical about the magical immeasurable possibilities that make up who we are and what we can do. From the award-winning author of "What Do You Do with an Idea?", comes the story of everything that makes us unique. In collaboration with Escalante Theatre and Dance Studio. **Everyone must have a ticket and an adult must accompany a child.**

**Deadline to register:** Dec. 21, 2022

**Cost:** \$20/person (includes transportation and ticket)

**Age:** All Ages

**Event:** 10 a.m., Wednesday, Jan. 25, 2023.

**Event #:** FT3

**Bus departs from the DPC**  
8:45 a.m.

**Bus returns to the DPC**  
12 p.m.

## Home Based Support

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

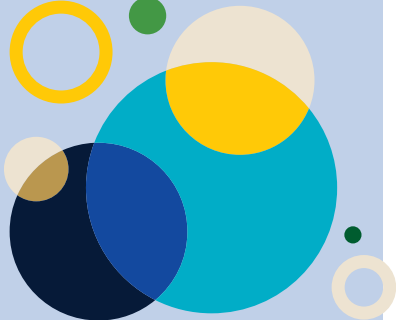
Connect with us today for help with:

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

### Questions about ECFE Parent Consultations?

Contact our ECFE Outreach Coordinator at 651-425-7163 or request a parent consultation at [bit.ly/2SPzt9v](http://bit.ly/2SPzt9v)





# Registration

## POLICIES & PROCEDURES

### Registration

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

Fax this registration form to **651.425.6620**

Mail or hand deliver your registration | Office Hours: 7:30–5 p.m. or use the drop box to the left of the main doors.

### Media Consent

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

### Accommodations

Community Education accommodates individuals with disabilities and believes in providing education and resources to community members regardless of race, color, religion, national origin, sex, age, disability, marital status, or socioeconomic status. Financial assistance is available to those who qualify.

### Financial Assistance

Available for youth classes for families on free and reduced lunch. Restrictions apply. For more information, visit [commed.sowashco.org/financial-assistance](http://commed.sowashco.org/financial-assistance) or call **651-425-6623**.

### No Longer Accepting UCare.

### General Cancellation and Refund Policy & Procedures

If you need to cancel your registration, seven or more days before the class start date, a per course processing fee will be deducted from your refund. If your course is between \$5 and \$124, there will be a \$5 processing fee. If the course cost is \$125 or higher, there will be a \$10 processing fee. Due to staffing considerations, no refunds will be given within 7 days of the beginning of a course or session.

Please read full descriptions for courses listed in catalog and online at [commed.sowashco.org](http://commed.sowashco.org). Special pricing and discount procedures may be listed for select courses. Please call **651-425-6600** if you have specific registration questions or inquiries.

### Gymnastics, Aquatics, and Field Trip Refund Procedures

If you need to cancel your registration before the registration deadline, a per course processing fee will be deducted from your refund. If your course is between \$5 and \$124, there will be a \$5 processing fee. If the course cost is \$125 or higher, there will be a \$10 processing fee. Due to staffing considerations, no refunds will be given after the registration deadline.

### ECFE Refund Procedures

If you decide to cancel a class without enrolling in another in its place, the following refund policy will apply. If you cancel a class before the start date, a processing fee will be deducted from your refund. If the class cost is between \$5–\$124, there will be a \$5 processing fee. If the class cost is \$125 or higher, there will be a \$10 processing fee. If you cancel after classes begin, a pro-rated refund will be given up to 4 weeks into classes. No refunds will be given after the fourth week of classes. Classes and sibling care with insufficient enrollment may be canceled prior to the class start date. If this occurs, you would be notified and a full refund would be provided. No refunds or class make-ups will be made when classes are canceled due to emergency school cancellations.

### 3's and 4's Preschool Refund Procedures

A full two-week notification of withdrawal is required. All outstanding balances must be paid in full. If you withdraw from the program prior to the session beginning, any registration fees paid will be forfeited.

### Pre-K Withdrawal Procedures

Registrations fees are non-refundable after a student has been placed in a class. A two-week notice is required when withdrawing your child from class. Failure to do so may result in additional charges. All outstanding balances must be paid in full.

### Kids Club Withdrawal Procedures

Registration fees are non-refundable, non-transferable. A full two-week notification of the change to a contracted scheduler or withdrawal is required. Withdrawal prior to the start of a season involves additional terms. Full information on our Contract Terms and Changes is available within our online [Handbook](#).

### Low Enrollment Procedure

Classes must meet minimum number of participants to run. Community Education reserves the right to combine or cancel classes due to low enrollment.





## Financial Assistance Application 2022-23 South Washington County Schools Community Education Youth Programs

Please submit this application with your registration form and a copy of your free or reduced school meals notification letter current for this school year. (Only one copy of the notification letter is necessary. If you have already submitted your family's letter to Community Ed this year, please indicate that it was submitted below.) Application and registration forms are available online at [commed.sowashco.org](http://commed.sowashco.org)  
**Please complete a separate application form for each registration form.**

**\*\*\*Due to the unavailability of financial assistance funds, we are unable to provide FA for private and semi-private lessons or classes. We are sorry for any inconvenience this might cause.**

➤ **Financial Assistance MUST be requested ONE WEEK prior to the start of the class – Late applications may be denied.**

- You must live within the boundaries of District #833 to qualify for financial assistance.
- Financial assistance does not cover the cost of uniforms. Uniforms must be paid for by the participants.
- If your family has been approved for free status then the cost for a class is \$15 or 25% of the program/class fee, whichever is greater up to \$150 per class.
- If your family has been approved for reduced status then the cost for a class is \$15 or 30% of the program/class fee, whichever is greater up to \$150 per class.
- District residents are eligible to apply for financial assistance up to total of **\$250 per participant** (For the fiscal school year July1-June30).
- All information will be kept confidential.
- **Financial Assistance cannot be processed on-line**

Please complete all information requested below.

Child's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

School child currently attends \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_

Course number and program \_\_\_\_\_

Date program begins: \_\_\_\_\_

☐ Free or ☐ Reduced Notification letter for 2022-23 is attached or was submitted to Community Ed.

**Box below to be completed by CE office staff:**

Total/Course Fee: \$ _____
Amount from Participant: \$ _____
Amount of Financial Assistance Awarded: \$ _____

If you have questions about financial assistance, please contact: **Carol Broman at 651-425-6623** or [cbroman@sowashco.org](mailto:cbroman@sowashco.org)  
Revised 2/16/22

# Youth Financial Assistance

SoWashCo Schools is the sixth largest school district in the state serving over 19,000 students. Our Community Education department provides financial assistance to allow youth in need to participate in an array of quality enrichment programs. These programs provide participants with the opportunity to pursue their interests, expand their abilities and improve social skills in a fun and safe environment.

## Who Benefits

When people are engaged in consistent, quality learning experiences participants, their families, our schools and the community all prosper.

## How to Apply

Families who qualify for free or reduced-price meals may request fee assistance. Financial Assistance requests must be submitted 1 week prior to class start date and cannot be processed on-line.

Please contact the Community Education office at [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org) or 651-425-6600.

## How to Give


If you would like to make a donation to help youth in need to participate in quality learning activities, please visit [commed.sowashco.org/financial-assistance](https://commed.sowashco.org/financial-assistance)

Thank you for supporting learning opportunities for SoWashCo Schools District.

## For more information:

 [commed.sowashco.org/financial-assistance](https://commed.sowashco.org/financial-assistance)

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

 651-425-6600

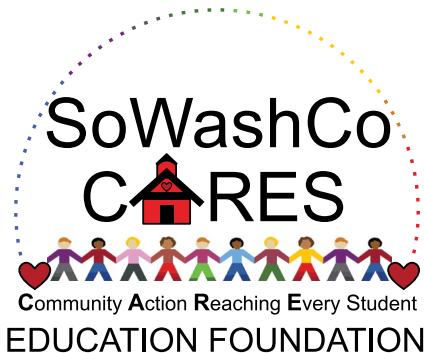




DISTRICT PROGRAM CENTER  
8400 E. Point Douglas Road South  
Cottage Grove, MN 55016 - 3324

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

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



## WHO WE ARE

SoWashCo CARES (South Washington County Community Action Reaching Every Student) Education Foundation is the **community-led non-profit that exists to support the South Washington County Schools (SoWashCo Schools) District community.**

## WHAT WE DO

Our focus is on students, staff and the community working together as partners in education to **set our students up for success** in every way that we can.

## AND WHY

Ultimately, through all of the programs and initiatives we provide, we want our students, families and staff to know that **we are a community that cares!**



**Basic needs programs** to ensure students have access to food, clothing and school supplies



**Mental health fund** to reduce or fully cover the cost of mental health resources for students



**Financial assistance fund** to reduce or fully cover cost of participation in student activities



**Education fund** to support the needs brought forth by classroom teachers and district staff



**Staff appreciation fund** to support activities that recognize the work of teachers and district staff



**Community building initiatives** to help build unity in the community