

Spring and Summer 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](http://SOWASHCO.CE.ELEYO.COM)**

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



# Skoolie

## Family Fun Nights

Skoolie is bringing free books, games, crafts and food to you! Join us Monday–Thursday, 5–6:30 p.m. from June 12 through Aug. 11.

*No programming July 3–7.*

**Mondays**, Royal Oaks Elementary, Woodbury

**Tuesdays**, Newport Elementary, Newport

**Wednesdays**, Pullman Elementary, St. Paul Park

**Thursdays**, Armstrong Elementary, Cottage Grove

Hosted by SoWashCo CARES Education Foundation and community partners.



### Would you like to contribute?

If your organization is interested in helping with food or activities, contact us at [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org).



### Join the Skoolie Squad.

Be a dynamic and positive role model for kids. Great opportunity for college students!

For more information or to apply, please visit [sowashco.org/careers](http://sowashco.org/careers).

Learn more about Skoolie at [commed.sowashco.org/skoolie](http://commed.sowashco.org/skoolie)

# 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 and Activities**

651-425-6600

## **Elementary Intramurals (Grades 2-5)**

651-425-6600

## **School Age Care (Kids Club)**

651-425-6639

## **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.

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**Monthly Potlucks are just one of the many fun activities happening in our program.**

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.

## ADULTS 50+ ACTIVITIES

Stop by the District Program Center in Cottage Grove to participate in any of these activities.

### Adult 50+ Monthly Potluck Sign Up

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

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

### Lighten Up

Join others on the journey to feel your best. We will discuss practical topics including the latest diet secrets and trends. Having accountability is a key to success!

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

### 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.

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



### Men's Group - Coffee and Conversation

Men don't often have a place to just go and talk. Come and bring your stories and see what you have in common. You're sure to meet some new friends.

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

# ADULTS 50+ 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. Thu

## Mah Jongg

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!



**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



Looking for Pickleball?

See page 7

## More information

Monthly calendars are available on our website or stop by to pick up a printed copy.

### District Program Center

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

651-425-6650 | [commed.sowashco.org](http://commed.sowashco.org)

# COMMUNITY EVENTS

## Cottage Grove Wellness 50+

Looking to stay active and meet new people? The following activities are being planned:

### April Events:

- Learn How to Fish
- Participate in Locally Grown Theatre workshops or a short play – no experience needed!

### May Events:

- Build a Birdhouse

### June Events:

- Bike Maintenance
- June 22 Walk in the Park – Camel Hump – 6:30 p.m.

### July Events:

- Canning 101–Water Bath Method
- July 27 Walk in the Park – Oakwood Park start at 6:30 p.m.

### August Events:

- Aug. 7 Walk in the Park – Highland Park
- Aug. 24 Hazen Mooers–Beginning Kayaking start at 6:30 p.m.

### Activities at Park Grove Library:

- First Tuesday of the month – Arts and Crafts

To learn more about these events and to register, visit [vital-aging-network.org](http://vital-aging-network.org) and click on Wellness 50+.

## 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. New topic each month.



**SA10287** DPC Free  
11 a.m.–12 p.m. 2<sup>nd</sup> Fri April 14

**SA10288** DPC Free  
11 a.m.–12 p.m. 2<sup>nd</sup> Fri May 12

## 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 and experience levels are welcome.



2–4 p.m. Thur American Legion Free

“We treasure the memories of our twelve trips with Landmark Tours.”

–Warren and Jill Samuelson



## Landmark Tours Travel Show

Are you dreaming of adventure?! Landmark Tours will be sharing details about their exciting travel opportunities – both overseas and U.S. destinations. Take the first step toward planning your dream vacation. Attending does not commit you to anything. Simply get information about Landmark and the opportunity to ask questions.

**SA30201** DPC 1 session Free  
3:15–4:15 p.m. Wed April 19

# CLASSES

## Basic Computers for Adults

Whether you are an absolute beginner or have some experience but lack the confidence to continue on your own, join us! We'll teach you the basics, get you comfortable finding additional resources online, and do our best to answer your questions.

**AD20572** DPC 10 sessions  
12:30 – 2:30 PM Thur March 16–May 18

## Introduction to Senior Housing – John Mazzara

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

**AD37511** ERHS 1 session \$15  
7–9 p.m. Thur April 20

## Trips and Tours

Want to add some local color and adventure to your life?

**Visit our website for a list of our upcoming trips and tours:**

[commed.sowashco.org/seniors](http://commed.sowashco.org/seniors)

# FITNESS

## Arthritis Foundation Exercise Program (AFEP)

A community-based recreational exercise program developed by the Arthritis Foundation. Trained instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. No experience is necessary.

**SA30221** DPC Free  
3:15-4:15 p.m. Tues/Thur

## SAIL Fitness - Stay Active and Independent for Life

Exercising to improve strength, balance and fitness is the most important way to stay active and reduce the chance of falling. Class combines a variety of formats including resistance bands, light weights, body weight, Tai Ji Quan and yoga for balance and flexibility.

**SA30261** DPC Free  
3:15-4:15 p.m. Mon/Wed

## Pickleball - All Ages

Pickleball is a fun sport that combines elements of tennis, badminton and ping pong. It is designed for players with pickleball experience. Two courts are available and all play is doubles; players take turns rotating in for games. Registration and pre-purchase of Pickleball Passes is required and can be found online or at the DPC.

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

## Pickleball Lessons for Beginners - Linda Kauss

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

**AD39301** DPC 4 sessions \$79  
7:15-8:15 p.m. Thur April 6-27

**AD39302** DPC 4 sessions \$79  
7:15-8:15 p.m. Thur May 4-June 8

## Pickleball Intermediate Drill Sessions - Linda Kauss

For intermediate players to work on the 3rd shot drop, transition zone shots, dinking with purpose and strategy.

**AD39351** DPC 4 sessions \$59  
8:15-9 p.m. Thur April 6-27

**AD39352** DPC 4 sessions \$59  
8:15-9 p.m. Thur May 4-June 8

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# WELLNESS

## Diabetes Support Group

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.

**SA10141** 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

# 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.

Call St. Cloud State at 1-888-2340-1294 to register. Ask for dates held at the District Program Center in Cottage Grove.

**SA1042** DPC \$24/4 hours \$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. To schedule, call 651-425-6650.

# 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.

- Improve Your Health at Any Age**..... Page 13
- Techniques to Activate your Brain's Creativity Center** ONLINE ..... Page 13
- Feldenkrais – Awareness Through Movement**.....Page 16
- Golf Intro for Adults & Teens 15+** ..... Page 17
- Navigating the Grandparent-Parent Relationship**..... Page 17
- FamilySearch and Ancestry.com - Tips and Tricks for Online Genealogy** .... Page 17
- Faces from the Past: How to Analyze and Preserve Your Family Photos** .....Page 18
- Photo Organization** ..... Page 11
- How Wills and Trusts Can and Cannot Help You** .....Page 20
- Medicare 101** .....Page 20
- Prepare Your Own Will** .....Page 20
- What Happens If I Need a Nursing Home?** .....Page 20
- Knowing your Muslim Neighbors**..... Page 17



“

I enjoy the classes at Community Education. Making food in class. Hands on experience. I will be taking more classes.

-Sy V.

”

# COOK



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

- Katie Elwood, Hudson Food Walk

Learn about Hudson's rich history, stroll along the banks of the scenic St. Croix River and explore Hudson's thriving food scene at six popular downtown destinations. Enjoy a variety of tastings including classic American and Latin-inspired dishes.



For a list of destinations and the starting location, see the online course description at [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com).

**AD39022** Hudson Walking Tour 1 session \$55  
1:30-4:30 p.m. Wed April 26

**AD39023** Hudson Walking Tour 1 session \$55  
1:30-4:30 p.m. Thu May 25

## Nuts, Nuts, Nuts - Jan Zita Grover

Join us for an evening of putting your own spin on candied, salted, stir-fried and toasted nuts. Start by sampling nuts the instructor made before class, then use those as road markers to your own mixes.

**AD38611** DPC 1 session \$48  
6:30-8:30 p.m. Mon April 17

## Homemade Dumplings/Potstickers - Li Sun

Learn to create a fulfilling, healthy and hearty one-dish meal. Including handmade potsticker wrappers and homemade meat and vegetable filling.

**AD38471** ERHS 1 session \$35  
5:30-8:30 p.m. Thu May 18

## Air Fryer Veggies ONLINE - Kirsten Madaus

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! In this class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips and Roasted Sweet Potatoes.



**OL38571** Online 1 session \$39  
6:30-8 p.m. Thu April 13

## Homemade Hummus and Mediterranean Chicken - Selam (Mimi) Asfaha

Learn how to cook authentic cuisine that erupts with zesty and exciting flavors. First, make a classic, refreshing hummus. Then, Chef Mimi will demonstrate how to craft a delightful Mediterranean chicken breast with feta, olives and tomatoes.

**AD38831** DPC 1 session \$59  
6:30-8:30 p.m. Mon April 10

## Fun with Falafel! Falafel, Pita Pockets & Dips!

ONLINE - Tess Georgakopoulos

Learn to create, stuff, top and serve full-flavored falafel in this step-by-step virtual COOK-ALONG class. On the Menu: Falafel, homemade pita-pocket bread, yogurt tahini sauce and a marvelous hummus!

**OL38491** Online 1 session \$35  
4-6 p.m. Sat May 6

## Summer Grilling Basics - Jan Zita Grover

Increase your confidence to play with food outdoors! Learn what to look for in reliable charcoal, gas, and electric grills (electrics can be used on apartment balconies and at townhouses) and instant-read thermometers; recommended cuts of meat; fruit and vegetables; marinades and rubs.

**AD48181** DPC 1 session \$49  
5-8 p.m. Mon June 5



**Homemade Gnocchi Meal! Creamy Tuscan Gnocchi with Chicken & Homemade Bread!**

**ONLINE** – Tess Georgakopoulos

During this class, participants will learn how to create gnocchi, soft, bite-sized pasta pillows. Then use them to make Creamy Tuscan Gnocchi with Chicken, an original recipe created by the instructor.

**OL38481** Online 1 session \$35  
4-6 p.m. Sat April 22

**Date Night Dinners: Sushi** – Laurel Severson

Learn where and what to shop for and how to prepare, assemble and present traditional rolled sushi (maki-zushi) and the American California sushi. Note: class will not use raw fish.

Register with your significant other or a friend for fun evening out!

**AD38151** ERHS 1 session \$39  
6-9 p.m. Thu May 4

**Mother's Day Truffles** (Amazing Balsamic Vinegar Truffles!) – Diana Hirte

Make truffles using aged-flavored balsamic vinegars, including raspberry, strawberry, blackberry and black cherry. Make and take home 24 truffles to gift or enjoy yourself. Invite your mother or a friend to sign up for this experience with you.



**AD38251** ERHS 1 session \$39  
6-8 p.m. Thu May 11

**Beginning Cake Decorating** – Diana Hirte

Introduction to cake decorating. Gain skills in shell boarders, writing, stars and rosettes while you decorate an 8" cake.

**AD42161** DPC 1 session \$39  
6-8 p.m. Mon July 24

**Fondant and Gumpaste Cake Decorating** – Diana Hirte

Learn how to cover an 8" cake with smooth, colorful fondant and then make beautiful gumpaste flowers including roses, calla lilies and daisies to decorate your cake. It's like working with clay only edible!



**AD32161** ERHS 1 session \$45  
6-9 p.m. Thu April 20

**CREATE**



**Mandala Painted Suncatcher**

– Mangala Acharya

Upcycle CDs to create eye-catching suncatchers.

**AD33621** LMS 1 session \$15  
6-7:30 p.m. Wed April 5

**Potter's Wheel** – Open Studio for All Levels – Sophia Kosel

Open studio time for past participants. New students receive short demos in basic throwing techniques to learn how to create cylinder and bowl forms, handles and practice glazing. One-on-one assistance available throughout the evening. Tools, clay and glazes included.



**AD33311** PHS 6 sessions \$139  
6-8:30 p.m. Mon April 3–May 8

**AD33312** PHS 6 sessions \$139  
6-8:30 p.m. Mon May 15–July 10

**AD43311** PHS 6 sessions \$139  
6-8:30 p.m. Mon July 17–Aug. 28

**Henna Workshop** – Swetha Avula

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

**AD33691** ERHS 1 session \$40  
6-8 p.m. Thur May 4

**AD33692** DPC 1 session \$40  
6-8 p.m. Mon May 22

**Alcohol Ink Silk Scarves** – Terese M Oleson

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

**AD35091** LMS 1 session \$39  
6:30-8:30 p.m. Wed May 3



**Bead Like a Pro: Make 5 Pairs of Earrings!** - Mangala Acharya

Learn to make five pairs of 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.

**AD33641** ERHS 1 session \$29  
6-7:30 p.m. Thu May 18

**Wine Glass Painting - Flowers** - Swetha Avula

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

**AD33671** DPC 1 session \$45  
6-8 p.m. Mon May 8

**Paint Your Pet - Ages 10 and up** - Molly Oleson

Learn how to create a personalized pet portrait. No experience is needed! Learn from 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.



**AD33421** DPC 1 session \$39  
5:30-8:30 p.m. Mon April 3

**Paint Van Gogh's Vase with Three Sunflowers** - Beginner's Welcome - Molly Oleson

Learn how to re-create your own rendition of Van Gogh's Vase with Three Sunflowers. Discover the texture and strokes that truly make Van Gogh's style unique and memorable.



**AD33451** DPC 1 session \$39  
5:30-8:30 p.m. Mon May 1

**Photo Organization - Print and Digital**

- Kathy Povolny

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

**AD36401** ERHS 1 session \$19  
6:30-8:30 p.m. Thu May 18

**Home Landscape Design** - Master Gardeners

Lynn Vernon, Kristin Tooze and team

Come to class with measurements and photos of your lot to create your own landscape plan. Develop an overall design that can be implemented in stages or all at once. Learn about basic landscape design principles, methods for working through constraints, needs and wants. Master Gardeners will be on hand to discuss problems and make suggestions.

**AD37281** ERHS 2 sessions \$35/person  
6:30-9 p.m. Wed April 12-19 \$55/couple



I really enjoyed the Paint Your Pet class! Molly was extremely knowledgeable in how to properly paint and add dimension to your pets. I would definitely take this class again and paint my other pet!

-Sara M., Pet Your Paint

# FEEL GREAT



## CPR/AED and First Aid for Non-healthcare Providers - HeartCert CPR

Receive the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies and/or receive first aid instruction to deal with injuries and sudden illnesses until advanced medical personnel arrives and take over. You will become certified by the American Red Cross.

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

**AD34131** DPC 2 sessions \$99  
6-8:30/9 p.m. Mon April 17 -24

### Adult & Pediatric CPR/AED

**AD34141** DPC 1 session \$85  
6-8:30 p.m. Mon April 17

### First Aid Training

**AD34902** DPC 1 session \$85  
6-9 p.m. Mon April 24

## Group Hypnosis - Mary Fischer

Hypnosis can help! Stop constant cravings, overeating and snacking. Or stop smoking immediately without withdrawal, cravings or weight gain! Receive a reinforcement CD and a lifetime guarantee to attend any future seminar free. Agenda: 15 minute check-in, 60 minute introduction for all participants, 45 minutes hypnosis for the Weight Loss/Control participants, with the last 45 minutes of hypnosis for the Stop Smoking/Chewing participants.

### Weight Loss/Weight Control

**AD34541** LMS 1 session \$59  
5:45-8:45 p.m. Wed April 5

### Stop Smoking/Stop Chewing

**AD34531** LMS 1 session \$59  
5:45-8:45 p.m. Wed April 5

## Winning Over Emotional Abuse™ ONLINE ON-DEMAND

- Kari L Clark

This 45 minute prerecorded keynote presentation includes content from the class Why Smart Women Stay or Keep Returning.

**OL39671** On-Demand \$30  
*Recordings are available for up to 2 weeks.*

## Why Smart Women Stay or Keep Returning™

ONLINE (Women Only) - Kari L Clark

Do you ever wonder how you ended up in such an unhealthy relationship? Do ask yourself: is this abuse, or how much abuse is too much? Do you want to move on but find yourself conflicted or feeling stuck? If so, this workshop is for you!

**OL39641** Online 2 sessions \$89  
6:30-8:30 p.m. Thur April 6-13

## How Smart Women Can Leave Once and For All™ ONLINE (Women Only) - Kari L Clark

Are you wanting to leave your unhealthy relationship but not sure how? Do you want to learn strategies that can greatly improve your chances for safety and success? This two-session course will arm you with practical steps, insight, and support to help you move on for good!

**OL39651** Online 2 sessions \$89  
6:30-8:30 p.m. Thur April 27-May 4

## How Smart Women Can Heal and Live a Joy-Filled Life™ (Women Only) ONLINE - Kari L Clark

Do you find it hard to focus on your own healing after leaving an unhealthy relationship? Are you determined not to repeat the same patterns with someone else but not sure how? This two-session course will provide you with the magic combination for healing.

**OL39661** Online 2 sessions \$89  
6:30-8:30 p.m. Thur May 18-June 1

## Fit for Life! (for Women) - Wendy Kreimer

Develop 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 learn how to fuel your body with nutritious foods to reach your fitness goals.

**AD37761** ERHS 1 session \$39  
6:30-8:30 p.m. Thur May 4

### The Benefits of an Elimination Diet

- Heather Cracauer

Learn the importance of gut health, how different foods may impact the body and how food sensitivities can present themselves. Then explore how an elimination diet can be used to identify food sensitivities and what is involved in the process.

**AD37871** DPC 1 session \$25  
6:30-7:30 p.m. Mon April 10

### Lifestyle Choices for Alzheimer's Prevention

- Heather Cracauer

Alzheimer's Disease is an inflammatory process that develops over decades. Using Dr. Dale Bredesen's protocol for Alzheimer's prevention we'll learn how Alzheimer's develops, the most common contributing factors and steps to minimize or remove these factors through lifestyle choices.

**AD37861** ERHS 1 session \$25  
6:30-7:30 p.m. Thur May 18

### How to Travel Free and Safely ONLINE

- Gina Henry

If you are near retirement, changing careers, a student, or interested in making income to support your travel dream, this is for you. World traveler Gina Henry shares tips on safety, trip insurance, what to do if you become sick and other strategies.



Earn free airline tickets, hotel nights, tours & more!

**OL36821** Online 1 session \$49  
11 a.m.-2 p.m. Sat April 1

### Get paid to teach English in the USA, Overseas & Online ONLINE - Gina Henry

If you speak English, you can teach conversational English! Plus, make money from home by teaching English online. Learn the best paying jobs, teaching qualifications, certification programs and hiring organizations.

**OL36891** Online 1 session \$49  
11 a.m.-2 p.m. Sat May 20



### Improve Your Health At Any Age ONLINE

- Janice Novak

Every day, your body makes about 330 billion new cells! This means every day is an opportunity to make your body healthier. Discover simple steps you can take to help make every system in your body as healthy as possible.

**OL34511** Online 1 session \$29  
6-7:30 p.m. Tue April 4

### Techniques to Activate Your Brain's Creativity Center ONLINE - Janice Novak

Tap into your brain's creativity center. Learn and practice ancient breathing patterns, acupuncture and 'Thumping' (Energy Medicine technique) as well as how colors play a role in brain function. You'll leave class with new tools to help you be your best before endeavoring on any creative activity.

**OL34531** Online 1 session \$29  
6-7:30 p.m. Thur April 13

### Is Your Waistband Too Tight Today? Strategies for Beating Belly Bloat ONLINE - Janice Novak

Learn the main causes and six strategies for getting rid of belly bloat. We will do a few exercises to strengthen the deepest layer of abdominal muscle that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back-without getting on the floor.

**OL34551** Online 1 session \$29  
6-7:30 p.m. Wed May 17

### Hips, Thighs & Otherwise ONLINE - Janice Novak

Too much sitting can cause lower body muscles to weaken and sag. Learn Janice's famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly while increasing metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks.

**OL34591** Online 1 session \$29  
6-7:30 p.m. Thur June 1



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

Discover a vision for your life that will inspire you toward creating a life you love. Develop a plan addressing the six areas of your life and the steps to make your vision a reality.

**AD37831** LMS 1 session \$29  
7-8:30 p.m. Wed April 5

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

Feel better in your body, have more energy and manage your moods in healthier ways by examining the three challenges that most people face with sugar and seven ways to kick those cravings to the curb!

**AD34071** ERHS 1 session \$29  
7-8:30 p.m. Thur April 20

**Experience the "Joy Diet": 10 Daily Practices for a Happier Life** - Megan Adams

This "diet" offers an insight into the behaviors that add to your way of living and thinking. In these four sessions learn, practice, tweak, and activate the 10 daily practices that have been proven to expand and delight even the most joy-challenged among us.

**AD37841** LMS 4 sessions \$98  
7-8:30 p.m. Wed May 3-24

**We Have a Choice: Everyday Ways to Minimize Stress and Transform Challenging Emotions** - Megan Adams

In this class, we'll explore several simple ways to ignite joy back into your daily life with breathing techniques, movement, creative doodling, and enticing all five of our senses!

**AD34081** DPC 1 session \$29  
7-8:30 p.m. Mon May 8

**Prep for Your Birth & Postpartum Journey**

- Dr. Hannah Strom

Dr. Hannah Strom, pelvic floor physical therapist, will give you steps, strategies, and exercises to feel more confident for your birth. Bring a yoga mat and blanket. Appropriate for anyone in their 2nd trimester of pregnancy and beyond, as well as one birth partner.

**AD39681** ERHS 1 session \$39  
6:30-8 p.m. Thur May 18

**FITNESS**

**Ultimate Body Transformation** - Start Anytime!

Guidance and support will help you lose weight, feel stronger and have more energy. The program includes UpLift Guided Fitness 2-month gym membership, 3 one-on-one personal training sessions and a nutritional plan. Commit, and we guarantee big changes!



**AD31871** UpLift Guided Fitness \$199/2 months

**Chisel** - T Salmonson

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

**AD31531** PHS 6 sessions \$54  
8:15-9:05 a.m. Saturdays April 8-May 20

*Note: The first class on April 8 meets online.*

**Tabata - Interval Training**

- T Salmonson

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.



**AD31521** PHS 6 sessions \$54  
5:30-6:30 p.m. Mon April 10-May 15

**Arms & Abs** ONLINE T Salmonson

Use body weight and dumb bells to tone everything from your hips up! Start with a cardio warm up, move into a variety of exercises concentrating on arms, shoulders and abs and end with a cool down.

**OL31911** Online 6 sessions \$54  
6-6:50 a.m. Tue April 11-May 16

**POUND – Rockout. Workout.** – Ages 10 and up – Sara Monson

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 rock out!

**AD31881** CGMS 6 sessions \$54  
6-7 p.m. Wed May 3–June 7

**AD41881** CGMS 5 sessions \$45  
6-7 p.m. Wed June 21–July 19

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

**Zumba** – Megan Knowles

Zumba® is a dance-based fitness class incorporating Latin, Hip-hop, Pop and International rhythms. Each class is staged in intervals designed to get your heart pumping and make you sweat!

**AD37801** ROES 6 sessions \$54  
6:30–7:30 p.m. Mon April 3–May 22

**AD47801** ROES 6 sessions \$54  
6:30–7:30 p.m. Mon June 5–July 24

**AD47802** ROES 6 sessions \$54  
6:30–7:30 p.m. Mon July 31–Sept. 18

**Dance Fit – Bollywood & Latin Inspired**

– Vijayalakshmi Adhinarayanan

This 40-minute cardio workout combines dynamic choreography with the hottest music from around the world. Both higher and lower-intensity dance sequences get you moving, sweating, and smiling.



**AD31281** LRES 8 sessions \$60  
6:30–7:10 p.m. Mon April 3–May 22

**Latin Dance Sampler** – Monica Mohn

Learn Cha Cha, Salsa and romantic Rumba – a great combo of dances full of fun spins and turns! Couples only please.

**AD37781** RRES 2 sessions \$49  
7-8:30 p.m. Tue May 9–16

**Celebration Line Dance** – All Ages! – Monica Mohn

Join us for a delightful evening of line dancing, including: Electric Slide, Cha Cha Slide and the Cupid Shuffle. No partner needed! All ages are welcome to this family friendly activity!

**AD31231** CGMS 1 session \$15/adult  
6-7 p.m. Tue April 18 \$8/child

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



“It was a good experience for us as a husband–wife. I enjoyed what I learned; hope I practice more. I enjoyed dancing; more importantly, time with my wife.”

–Darshan P.

**Wedding Dance Workshop** – Monica Mohn

In this 2-hour workshop Monica Mohn, nominated by MNBride for “Best Wedding Dance Instruction” will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Couples only please.

**AD31351** CGMS 1 session \$39  
7-9 p.m. Tue April 18

**Easy Partner Dancing for All Occasions** –

Deanna Constantine

No matter the occasion, you’ll be prepared to dance! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples stay dancing together and singles rotate with other singles.

**AD31251** ROES 4 sessions \$65  
7-8:30 p.m. Tue April 25–May 16

**AD41251** LMS 4 sessions \$65  
7-8:30 p.m. Tue July 11–Aug. 1

**Golf Intro for Adults & Teens 15+** – Bill Tschida

Designed for beginners. Indoor practice, including putting, chipping, a half swing and L-swing with irons, and full swing with fairway clubs and drivers. Includes rules, etiquette and mental game for confidence.

**AD39331** MES 6 sessions \$195  
6:30–7:30 p.m. Tue April 18–May 23

**Morning Walking at Park H.S. Indoor Track**

The indoor track at Park High School will be open for walking from 6:30 to 7:30 a.m. on Mondays and Wednesdays beginning Feb. 13.

Use the track at your own pace or join the group for a walk with simple arm movements for toning.

See full details and register online.





**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! 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.

<b>OL31471</b>	Online	5 sessions	\$49
6-7 p.m.	Wed	April 5-May 3	
<b>OL31472</b>	Online	5 sessions	\$49
6-7 p.m.	Wed	May 24-June 21	

**Yoga – Level 1**

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

**Instructor – Jill Hawthorne**

<b>AD31981</b>	DPC	8 sessions	\$72
5:15-6:15 p.m.	Tue	April 11-May 30	

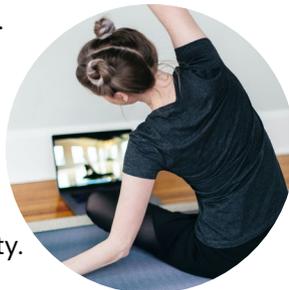
**Instructor – Jessica Baumhofer**

<b>AD41982</b>	DPC	6 sessions	\$54
5:15-6:15 p.m.	Tue	June 13-July 25	

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

Practice at your convenience.

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



<b>OL31981</b>	On-Demand	8 sessions	\$72
Released weekly		April 11-May 30	
<b>OL41981</b>	On-Demand	6 sessions	\$54
Released weekly		July 11-Aug. 15	

Recordings are available for up to 2 weeks.

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

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

<b>AD37751</b>	BES	8 sessions	\$75
7-8:30 p.m.	Wed	May 10-June 28	
<b>AD47751</b>	ROES	8 sessions	\$75
7-8:30 p.m.	Wed	July 12-Sept. 6	

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

Using breath and mindful movements, this class builds on the Therapeutic Yoga for Releasing Stress – Foundations class and includes a variety of themes that will change each 8 week section.

<b>AD37771</b>	BES	8 sessions	\$75
7-8:30 p.m.	Thur	May 11-June 29	

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

**Backyard Yoga – FREE for All Ages!**

Enjoy a refreshing experience practicing yoga outdoors! No experience is necessary, and you are welcome to bring your kids of all ages (supervised and participating). [See full details online.](#)

**Pickleball Lessons for Beginners** – Linda Kauss

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

<b>AD39301</b>	DPC	4 sessions	\$79
7:15-8:15 p.m.	Thur	April 6-27	
<b>AD39302</b>	DPC	4 sessions	\$79
7:15-8:15 p.m.	Thur	May 4-June 8	

**Pickleball Intermediate Drill Sessions**

– Linda Kauss

For intermediate players 3.5-4.0, who are looking to work on the 3rd shot drop, transition zone shots, dinking with purpose and strategy.



<b>AD39351</b>	DPC	4 sessions	\$59
8:15-9 p.m.	Thur	April 6-April 27	
<b>AD39352</b>	DPC	4 sessions	\$59
8:15-9 p.m.	Thur	May 4-June 8	

# GAIN SKILLS



### Navigating the Grandparent-Parent Relationship - Lynn Erkkila/Tanya Rand

This class will empower grandparents as they learn growth-promoting strategies to navigate relationship dynamics that can arise such as value conflicts, boundary concerns and communication differences.

**AD34301** ERHS 2 sessions \$59  
6-8 p.m. Thur April 20-May 4

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

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

**AD39791** LMS 1 session \$16  
7-8:30 p.m. Wed May 3

### 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 and how these guide the day-to-day lifestyle of a Muslim as well as the similarities and differences to American Culture.

**AD35271** DPC 1 session \$10  
6:30-9 p.m. Mon May 15

### Understanding Muslim Women, Muslim Cultures and Political Matters - Mashood Yunus

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.

**AD3528** DPC 1 session \$10  
6:30-9 p.m. Mon May 22



“ I expected it to be informative and educational, but it was also fun and enjoyable. What I liked most is that there were several speakers and the session was very interactive. ”  
-Kathy L., Knowing Your Muslim Neighbors

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New Location in Stillwater!



**Home Basics - Electrical** - Ray F Lehman

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

**AD36051** ERHS 1 session \$20  
5:45-7:45 p.m. Thur April 20

**Home Basics - Plumbing** - Ray F Lehman

Learn about the plumbing system in your home. 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.

**AD36061** ERHS 1 session \$20  
5:45-7:45 p.m. Thur May 4

**Home Buyer Workshop** **ONLINE** - Tina Hagen

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

**OL37631** Online 1 session Free  
6:30-7:30 p.m. Wed May 17

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

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

**OL39401** Online 1 - 90-minute session \$49

**Faces from the Past: How to Identify Ancestors in Your Family Photos** - Sadie Nelson

Learn strategies used by genealogists and historians to analyze, date, and identify individuals in antique photographs. Topics include antique photos, historic clothing, online research tools, and more. Bring an old photo or two if you'd like!

**AD39801** DPC 1 session \$16  
7-8:30 p.m. Mon May 22

**Photography Level 1**

- Kent Johnson

Learn the basic elements of photography, including the rules of composition, the exposure triangle, metering, semiautomatic and manual shooting modes and more. Please bring a digital (DSLR), no "point & shoot" cameras.



**AD36411** ERHS 5 sessions \$99  
5:45-7:45 p.m. Thur April 20-May 18

**Spanish in the Kitchen - Vamos a Comer y Cocinar** **ONLINE** - Juliann Hoffman

Learn useful Spanish to apply to real life settings. Topics include Hispanic dishes, restaurant and food vocabulary, understanding the market experience, setting the table, cooking from a recipe and conversation elements. Some Spanish experience is preferred.

**OL49441** Online 4 sessions \$89  
6-7 p.m. Mon June 5-26

**Spanish for Travel** **ONLINE** - Juliann Hoffman

Practice real world Spanish. Learn basic conversation skills to get around a Spanish-speaking country with greater ease. Includes helpful dialogue, greetings, bartering at a market, ordering in a restaurant and asking for simple directions.

**OL49431** Online 4 sessions \$89  
6-7 p.m. Tue June 6-27

**South Washington County Community Band**

- Sharon Gunder

Expand your talents and enjoy the camaraderie of fellow musicians—all while sharing music with appreciative local audiences.



Sign up for the summer session to perform in concerts.

Past performance venues include senior living campus facilities, public parks and the Washington County Fair.

All ages and instruments are welcome. Join anytime. For more information, e-mail at [sgunder@sowashco.org](mailto:sgunder@sowashco.org).

**Spring**

**AD13930** OMS 10 sessions \$10/Adult  
7-9 p.m. Tue March 14-May 30 \$5/Student

**Summer**

**AD43871** OMS 8 sessions Free  
7-9 p.m. Tue June 13-Aug. 8

**Instant Piano for Hopelessly Busy People** ONLINE

- Craig Coffman

In just a few hours, learn enough secrets of the trade to give you years of enjoyment. Learn to play piano using chords (the way professionals do) all from the comfort of your own home.

**OL33861** Online 1 session \$59  
6:30-9:30 p.m. Mon April 24

**Instant Guitar for Hopelessly Busy People** ONLINE

- Craig Coffman

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



**OL33871** Online 1 session \$59  
6:30-9 p.m. Tue April 25

**30 minute Private Lessons** (String, piano, voice and more) -Michelle Dunkirk

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. Michelle's true passion is teaching music. Her warm and personal style sets her apart from other teachers.

Spring and summer session lessons will be held at Red Rock on 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.

**9 sessions \$315**

# MANAGE MONEY

**Budgeting Basics - Tips & Tricks to Stay on Track**

- Lucie Misfeldt

This class will walk you step-by-step through the process of creating a zero-based monthly budget including setting up, how to track your spending and tips & tricks to save money on monthly expenses.

**AD30641** DPC 1 session Free  
6:30-7:30 p.m. Mon April 3

**Taxes: Today, Tomorrow and in Retirement** - Autumn Schinka

Make informed decisions and avoid paying more than your fair share. Topics include: how future tax changes may create the potential for higher taxes and ways to create tax-free retirement income.

**AD39741** LMS 1 session \$15  
7-8 p.m. Wed May 3

**Women, Wealth & Wisdom** - Autumn Schinka

Learn from the stories of six women who have applied real-world lessons about managing finances and reaching financial goals - and enriched their lives in ways beyond what's in their bank accounts. Take away real-life knowledge in the areas of budgeting, saving, investing, insurance, generosity, and more.

**AD39721** DPC 1 session \$15  
7-8 p.m. Mon April 17

**Financial Foundations: Your Blueprint to Thrive** - Autumn Schinka

This class helps you prepare for three stages: First, protecting your final wishes with direction for end-of-life decisions. Then, building a basic plan to deal with setbacks (life insurance, income protection, savings). And finally, what to do to keep your strategy on track.

**AD39731** DPC 1 session \$15  
7-8 p.m. Mon May 22

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YOUR CHOICES. OUR SUPPORT.

**Retirement Planning Today** - Matt Gulbransen  
 Plan a secure retirement. This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals.

**AD36611** ERHS 2 sessions \$49  
 6:30-9:30 p.m. Thur April 20-27

**AD36612** ERHS 2 sessions \$49  
 6:30-9:30 p.m. Tue April 25-May 2

**How Wills and Trusts Can and Cannot Help You**  
 - Jeffrey Scott

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



**AD36701** DPC 1 session \$19  
 6-7:30 p.m. Mon April 10

**What Happens If I Need a Nursing Home?**  
 - Jeffrey Scott

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

**AD34791** DPC 1 session \$19  
 6-7:30 p.m. Mon April 24

**Prepare Your Own Will** - Adam Altman

Ensure your wishes are carried out. Prepare a complete legal Will during class. Receive instructions, a professionally prepared document, and a notary public - everything you need.

**AD36711** DPC 1 session \$49  
 6:30-8:30 p.m. Mon May 15

*Couples must register individually.*

**Paying for College and Discussing It with Your Kid**  
 - Chris Willis

We will provide an overview of how to develop a family philosophy and budget for college, and how student loans and scholarships work. Join us to learn valuable tips on one of the most important decisions - and purchases - you will make in your life.

**AD39491** ERHS 1 session  
 7-8:30 p.m. Thur April 20

Single.....\$12  
 Family rate.....\$20

**Introduction to Senior Housing** ..... see page 6



**Medicare 101** - Elin Langley

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

**AD36171** DPC 1 session \$5  
 6-7 p.m. Mon May 1

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

Learn how to be more successful when acquiring real estate by understanding the purchase agreement, strategies for getting your offer accepted in multiple offers, covering closing costs and mortgage insurance and an overview of loan programs.

**AD37551** ERHS 1 session \$15  
 7-9 p.m. Thur May 4

**Buying New Construction - What You Need to Know** - John Mazzara

Explore what is available, where to find it, and what to expect in new construction including timelines, size of builder, hidden costs, risks, and coordinating selling your existing home or giving notice on your lease.

**AD37561** DPC 1 session \$15  
 7-9 p.m. Mon May 15

**How to be a Smart College Shopper!** **ONLINE** - Betsy & Bob Fine

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



**OL36451** Online 1 session \$20  
 6:30-8:30 p.m. Thur April 13

**OL36452** Online 1 session \$20  
 6:30-8:30 p.m. Mon May 8

**OL36453** Online 1 session \$20  
 6:30-8:30 p.m. Tue June 6

# Online Career Training

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

**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.



## Top 10 Courses:

- Speed Spanish
- Introduction to Microsoft Excel
- Accounting Fundamentals
- A to Z Grant Writing
- Discover Sign Language
- Introduction to QuickBooks
- Project Management Fundamentals
- Grammar Refresher
- Accounting Fundamentals II
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## Choose from over 250 courses.

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# 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.



Loved the painting class. It was great getting together with other people and working on motor skills.

-Bert, Galaxy Painting

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

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# GREAT RIVERS

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-English Language Student

# PROGRAM HIGHLIGHTS

## 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.

## 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.

Events, such as the end of session potluck, offer opportunities for the English language classes to come together, socialize and experience each other’s cultures.

## Pathways to Prosperity

In partnership with Washington County, Great Rivers Adult Education Consortium offers Microsoft Office Specialist (MOS) Associate training and exam preparation. During the 12-week course, a licensed teacher trains students in the use of Microsoft Word, Excel, and PowerPoint. The course, including computer lab access, software, textbook, study materials and exam fees are supplied at no cost through funding from the MN Department of Employment and Economic Development.

Join the next session beginning April 10 through June 29 at Central Park in Woodbury. For more information and eligibility requirements contact Sheng Xiong, Career Navigator at 651-275-8701.

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

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



“ I like it here because class is dynamic with people of different cultures and different accents. ”  
-English Learner



**No English?**

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

651-270-3266

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

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

لوصلح لىل ، مألأ لتغلب ينورتكللا ديوب وأ قيصن قلاسر لاسرأ يجرى  
 . قينا جمل الان جمارب لوح تامول عم 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.

ئاتدوخ نابز هب ، ام ناگیار یاههه انرب هرابرد رتشیب تااعلطا یارب أفطلل  
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Macluumaadka laxiriira barnaamijyadayada BI-LAASHKA ah, fadlan ku soo dir text ama iimayl ah luqadaada.

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

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

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**Check out what's brewing.**

Stop by for coffee, tea, a full menu of espresso drinks and a selection of homemade baked goods!

*A Great Rivers Adult Education Consortium initiative, providing essential job training for English language learner interns and Next Step program young adult students.*

**View the menu and learn more at**  
[commed.sowashco.org/generationscafe](http://commed.sowashco.org/generationscafe)

**Location**

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

**HOURS**

Monday-Friday  
 7:30 a.m.-2 p.m.



# COMMUNITY EDUCATION 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

**Park Grove Library**  
7900 Hemmingway Ave S  
Cottage Grove, MN 55016

**Phipps Center for the Arts**  
109 Locust St  
Hudson, WI 54016

**Serenity Horse Farm**  
11490 Julianne Ave N  
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.



# 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

### 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)

**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.

**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.



**Boy Scouts of America Swim Test**

Are you heading to camp this summer and need your BSA Swim Test Certification? Community Education can HELP!

Swim classification tests should be renewed annually. **All tests will be conducted by a certified Red Cross Lifeguard.**

For more information, visit [commed.sowashco.org/aquatics-courses](http://commed.sowashco.org/aquatics-courses)

Paid Advertisement

**JoinCubs.org**

What is Cub Scouts all about?  
Outdoor adventures, camping, family outings, games with friends, and learning new skills!



# MIDDLE SCHOOL

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

## Middle School Track *Grade 6-8*

Emphasizes skill development and team play. Students are instructed in the fundamentals of the sport and will participate in a few meets within South Washington County Schools (SoWashCo Schools) district. **Due to the national bus driver shortage, transportation will not be provided.**

Course #	School	Grade	Cost	Time	Days	Dates
JA3110	CGMS - Boys	6-7	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3111	CGMS - Girls	6-7	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3112	CGMS - Boys	8	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3113	CGMS - Girls	8	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3114	LMS - Boys	6-7	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3115	LMS - Girls	6-7	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3116	LMS - Boys	8	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18
JA3117	LMS - Girls	8	\$165	2:45-4:45 p.m.	Mon-Thu	April 10-May 18

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

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

**For course offerings and descriptions, including dates, times and locations visit**

[commed.sowashco.org/athleticcamps](http://commed.sowashco.org/athleticcamps)



All class sessions can be viewed online

# CAMPS AND CLINICS

## Boomerang

Core training + Mental Training + Sports! Boomerang goes beyond by incorporating mental training, core training and yoga poses. Then, have fun practicing what you learned in exciting matches. Ready. Set. Fun!

### Summer

- **Boomerang Multi-Sport Plus Camp** *Grades 1-5*
- **Boomerang Flag Football Camp** *Grades 1-5*
- **Boomerang Soccer Camp** *Grades 1-5*
- **Boomerang Mini-Mix Plus Camp** *Grades K-2*

## CHEM Athletics- Character, Hand, Eye, Mind

CHEM stands for Character, Hand, Eye and Mind. Youth learn the STARS concept which stands for Safety, Teamwork, Attitude, Responsibility and Sportsmanship.

### Spring

- **Beginner Tennis** *Grades K-6*
- **Intermediate Tennis** *Grades 3-6*

## DASH Sports

DASH Sports offers well organized, structured, and fun skill-based sports programs for kids. Led by people with over 20,000 hours of coaching experience.

### Spring

- **DASH Sports No School Multi-Sport Camps**
- **DASH Sports Baseball Camps**
- **DASH Sports Baseball Tykes Camps**
- **DASH Sports Basketball Skills Camps**
- **DASH Sports Basketball Tykes Camps**
- **DASH Sports Soccer Skills Camps**
- **DASH Sports Soccer Tykes Camps**

### Summer

- **DASH Multi-Sport Camp** *Ages 5-12*
- **DASH T-Ball Camp** *Ages 5-7*
- **DASH T-Ball Tykes Camp** *Ages 2-5*
- **DASH Baseball Camp** *Ages 8-12*
- **DASH Tykes Sports Sampler Camp** *Ages 2-5*
- **DASH Jr. NBA Basketball Camp** *Ages 5-13*
- **DASH Basketball Tykes Camp** *Ages 2-5*
- **DASH Soccer Camp** *Ages 5-13*
- **DASH Flag Football Camp** *Ages 5-13*
- **DASH Flag Football Tykes Camp** *Ages 2-4*
- **DASH Track and Field Camp** *Ages 5-13*
- **DASH Athleticism Camp** *Grades 6-8*
- **DASH Athleticism Tykes Camp** *Ages 2-5*
- **DASH Volleyball Camp** *Ages 5-13*
- **DASH Volleyball Tykes Camp** *Ages 3-5*
- **DASH Phy Ed Games Camp** *Ages 5-12*
- **DASH Phy Ed Games Tykes Camp** *Ages 3-5*



## DASH Sports No School Multi-Sport Camps

### Grades K-5

No school? No problem! DASH Sports offers full day camps on select non-school days. Students practice fun instructor-led skill-based activities and games in three sports: Soccer, Basketball, and Flag Football.

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

## PWER Nordic Ski Summer Training

Interested in staying fit during the Nordic Ski off-season? We have developed a rigorous and diverse training plan to maximize skier performance. Workouts include roller-skiing, bodyweight strength training and trail running.

### Summer

- **PWER Nordic Ski Summer Training** *Grades 7-12*

## Golf Squad

Golf Squad is a six week, after school club that weekly meets for one hour with a golf industry professional.

### Spring

- **Golf Squad - Elementary Level** *Grades 1-5*

## Happy Feet

Happy Feet uses imaginative play and play-to-learn concepts to teach real deceptive dribbling skills on the move. Utilizes fun, engaging activities and scrimmages.

### Spring

- **Happy Feet Preschool Soccer** *2-7 years*

## Kealy Volleyball Academy (KVA)

KVA assists athletes in reaching the peak of their abilities while being coached and treated with dignity and respect.

### Summer

- **Kealy Volleyball Academy (KVA)** *Grades 3-8*

## Middle School Speed and Strength

Offered to any middle school-aged athlete looking to gain a competitive edge on their opponents! This program will develop athletes' speed, power, strength, mobility, agility, and conditioning.

### Spring

- **Middle School Speed and Strength** *Grades 6-8*

# CAMPS AND CLINICS

## My7on7 Football

A co-ed, minimal contact (touch) league for youth. Practice offensive and defensive skills during high repetition and fast-paced games. Athletes will build skills and confidence while have fun.

### Spring

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

## Skyhawks Sports

Skyhawks Sports provides game-based and skill-based camps, classes and enrichment programs for kids age 2-14. Skyhawks is committed to their mission of teaching life skills through sports.

### Spring

- **Skyhawks Multi-Sport Camp Ages 6-12**
- **Skyhawks Pickleball Camps Ages 6-8**
- **Skyhawks Flag Football Camps 6-12**
- **Skyhawks 1st Down Tots Camps Ages 2-12**

### Summer

- **Skyhawks Beginning Golf Camp Ages 6-12**
- **Skyhawks Multi-Sport Camp Ages 6-12**
- **Skyhawks Track and Field Camp Ages 6-12**
- **Skyhawks Soccer Camp Ages 6-12**
- **Skyhawks Mini-Hawk Camp Ages 4-7**
- **Skyhawks Baseball Tots Camp Ages 2-4**
- **Skyhawks Basketball Camp Ages 6-12**
- **Skyhawks Tennis with Quickstart Ages 5-8**
- **Skyhawks Tennis Camp Ages 8-12**
- **Skyhawks Flag Football Camp Ages 6-12**
- **Skyhawks Volleyball Camp Ages 6-12**

## Soar Tennis Academy

The SOAR Tennis Academy is committed to teaching the game of tennis by building proper mechanics and applying them to rallies and point play.

### Summer

- **Soar Tennis for Ages 8-10**
- **Soar Tennis for Ages 11-13**

**For course offerings and descriptions, including dates, times and locations visit**

[commed.sowashco.org/athleticcamps](http://commed.sowashco.org/athleticcamps)

## TGA Tennis

TGA's curriculum was specially designed to ensure that the lesson plans are age-appropriate and easy to understand and retain.

### Spring

- **TGA Tennis Enrichment Program Grades K-5**

## Sea Turtles Swim Team

Join local high school coaches Amanda (PHS) and Liz (WHS) for stellar summer swim training. Increase your speed potential in the water and create a strong foundation for your middle or high school season.

### Summer

- **Co-ed Summer Swim League Grades 9-12**
- **Co-ed Summer Swim League Ages 9-13**

## Soccer Shots

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

### Summer

- **Soccer Shots Mini Ages 2-3**
- **Soccer Shots Classic Ages 3-5**
- **Soccer Shots Premier Ages 5-8**

## Soccer Shots Empower

A safe place for children with disabilities to learn and grow. The program and curriculum are built around a continuum of multisensory-strategies, with a progression of activities to gain confidence, balance, movement, and fundamental soccer skills. Empower encourages the use of visuals and participant helpers and can be modified to accommodate children's needs.

### Summer

- **Soccer Shots Empower Ages 4-8**



## Young Athletes Sport and Play Camp Ages 5-7

Play together in a fun, inclusive environment. Children with and without intellectual disabilities will be introduced to the world of sports through a series of activities and games that meet their individual skill and ability levels.

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

# 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



### ERHS 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)



# Park Wolfpack Sports

## CAMPS AND CLINICS

### Park Basketball Summer Skills Camp

#### Grade K-12

Join Coach Stephanie Tolkinen and the PHS Girls Basketball staff to improve individual basketball skills in a fun, challenging atmosphere. Lessons will help improve basketball skills necessary for game play. Includes individual and group skill activities and competitions.

#### Boys and Girls Wolfpup Grade K-2

<b>C429</b>	PHS	4 sessions	\$50
11:30 a.m.-12:30 p.m.	Mon-Thu	June 12-15	

#### Girls Junior Wolfpack Grade 3-6

<b>C430</b>	PHS	8 sessions	\$100
9:45-11:15 a.m.	Mon-Thu	June 12-22	

#### Wolfpack Grade 7-12

<b>C431</b>	PHS	18 sessions	\$125
8-9:30 a.m.	Mon-Thu	June 12-29	
	T/Th	July 11-27	

#### Team Concepts and Skills Grade 3-6

<b>C432</b>	PHS	6 sessions	\$80
9:45-11:15 a.m.	T/Th	July 11-27	

### Wolfpack Boys Basketball Camp

This camp welcomes beginners as well as athletes that have experience playing with an organized team. Practice and polish fundamental and new skill work through drills daily with Park High School Basketball program coaches and players.

<b>C463</b>	PHS	8 sessions	\$100
10 a.m.-12 p.m.	Mon-Thu	June 12-22	

### Wolfpack Phamily Summer Hoops Camp

This skills and drills camp will focus on fundamentals and tools to develop a better basketball player in preparation for next level play. Camp will also include practice routines.

<b>C462</b>	PHS	12 Sessions	\$50
1:30-3:15 p.m.	Mon-Thu	June 12-15	
12:15-2 p.m.	Mon-Thu	June 19-29	

### Park Girls Volleyball Skills and Team Camp

#### Grade 9-12

Focus on individual skills as well as team concepts, including skill development in setting, passing, hitting, blocking, team defense, offense, and serve receive. The last week of camp will focus on 6v6 team skills and play.

#### Grade 6-8

<b>C433</b>	PHS	12 sessions	\$200
2:15-3:45 p.m.	Mon-Thu	July 10-27	

#### Grade 9-12

<b>C434</b>	PHS	12 sessions	\$250
12-2 p.m.	Mon-Thu	July 10-27	

### Park Boys Volleyball Skills and Team Camp

#### Grade 9-12

Focus on individual skills as well as team concepts, including skill development in setting, passing, hitting, blocking, team defense, offense, and serve receive. Following the one week camp join open gym to participate in game play and have fun.

<b>C456</b>	PHS	16 sessions	\$200
5-8 p.m.	Mon-Thu	June 19-22	

<b>Open Gym</b>	PHS		
5-7 p.m.	T/Th	June 27-July 27	



### PHS Wolfpack Boy's/Girls' High Performance Tennis Camp *Grades 7-12*

For current middle and high school tennis players and first year players that want more intense training to prepare for the upcoming season. We will focus on advanced technique and fundamentals, drill patterns and tactical situations involved with singles and doubles.

*If a student is not available for all four weeks, fees may be pro-rated at \$25/week. To receive the pro-rated fee you must register in person at the Community Education office.*

**C469** PHS 12 sessions \$100  
8:30-10:15 a.m. M/W/Th June 12-July 13

### PHS Wolfpack Boys'/Girls' Tennis Camp

Players age 5-10 will focus on the Quickstart program. Players age 11-17 will experience a more advanced session, focused the fundamentals of tennis, techniques and match scoring. Designed for middle and high school students new to the sport of tennis.

#### Ages 5-8

**C446** PHS 4 sessions \$60  
9-10:15 a.m. Mon-Thu July 24-27

#### Ages 9-10

**C467** PHS 4 sessions \$60  
10:30-11:45 a.m. Mon-Thu July 24-27

#### Ages 11-17

**C468** PHS 4 sessions \$60  
12-1:15 p.m. Mon-Thu July 24-27

### PHS Girls Wolfpack Soccer Camp *Grade 8-12*

This camp will stress fundamentals of the game, plus provide loads of fun! Prepare for high school soccer season and improve technical skills and decision making in games. Camp counselors include PHS soccer coaches. Register by July 7 to receive a free T-shirt.

**C438** PHS 4 sessions \$85  
11:30 a.m.-1:30 p.m. Mon-Thu July 24-27

### Park High School Boys and Girls Wolfpack Soccer Camp Entering *Grade PreK-7*

The camp will stress fundamentals of the game, plus provide loads of fun! Camp counselors are PHS Soccer Coaches and Players. If registered by July 7, participants receive a free T-shirt.

#### Wolfpack Pups *Age 3-5*

**C435** PHS 4 sessions \$65  
9-10:30 a.m. Mon-Thu July 24-27

#### Wolfpack Juniors *Grade K-5*

**C436** PHS 4 sessions \$85  
9-11 a.m. Mon-Thu July 24-27

#### Wolfpack Elite *Grade 6-7*

**C437** PHS 4 sessions \$85  
9-11 a.m. Mon-Thu July 24-27

### Wolfpack Summer Strength and Conditioning Camp *Grades 7-12*

Camp will cover all aspects of athletic development. The first half of the day will be spent on sprint mechanics, speed development and change of direction. The second half of the session will focus on strength training as it pertains to middle and high school athletes.

#### Grade 7-8

**C473** PHS 18 sessions \$150  
11 a.m.-12 p.m. M/T/Th June 12-Aug. 3

#### Grades 9-12

**C470** PHS 18 sessions \$150  
8:30-10 a.m. M/T/Th June 12-Aug. 3

**C471** PHS 18 sessions \$150  
9:15-10:45 a.m. M/T/Th June 12-Aug. 3

**C472** PHS 18 sessions \$150  
10-11:30 a.m. M/T/Th June 12-Aug. 3



EAST RIDGE HIGH SCHOOL

# East Ridge Raptor Sports

## CAMPS AND CLINICS

### East Ridge Boys Basketball Little Raptors Camp Grades K-2

Little Raptors camp will focus on basketball's core fundamentals and provide boys an opportunity to improve and have fun. Focus will be on ball-handling, footwork, passing, and shooting drills.

<b>C477</b>	OMS	5 sessions	\$100
10:50-11:50 a.m.	Wed	June 14-July 26	

### Little Raptors Girls Basketball Camp Grades K-2

Learn introductory basketball skills through fun, interactive play. The East Ridge Girls Basketball staff will teach basic skills such as dribbling, passing, shooting and defensive play.

<b>C457</b>	OMS	3 sessions	\$25
8:30-9:30 a.m.	Fri	June 9, 16, 23	

### East Ridge Girls Basketball High School Summer Camp Grades 8-12

For incoming freshman and current high school players to develop fundamental skills, basketball I.Q. and confidence. Led by East Ridge Girls Basketball staff and current players.

<b>C516</b>	LMS	15 sessions	\$175
6:45-8 a.m.	Tue-Thu	June 13-July 27	

### East Ridge Girls Basketball Summer Camp

The East Ridge Girls Basketball staff will engage and challenge players in fundamental skill development, competitions/games, leadership, teamwork, growth mindset, basketball I.Q. and fun.

#### Grades 3-5

<b>C512</b>	LMS	6 sessions	\$50
8-9:30 a.m.	T/W/Th	June 20-July 20	

#### Grades 6-7

<b>C513</b>	LMS	6 sessions	\$50
8-9:30 a.m.	T/W/Th	June 13-July 27	

### East Ridge Boys Basketball Skills and Drills Camp

Led by the East Ridge coaching staff. A typical session will consist of skill development drills, 1-on-1, 3-on-3, 5-on-5 games with a focus on improving individual fundamentals and building program chemistry!

#### Grades 3-4

<b>C474</b>	OMS	15 sessions	\$250
10:50 a.m.-12 p.m.	M/T/Th	June 12-July 27	

#### Grades 5-6

<b>C475</b>	OMS	20 sessions	\$300
9:30-10:40 a.m.	Mon-Thu	June 12-July 27	

#### Grades 7-8

<b>C476</b>	OMS	20 sessions	\$300
8:10-9:20 a.m.	Mon-Thu	June 12-July 27	

### ERHS Boys Basketball Skills and Drills Grades 9-12

Led by the East Ridge coaching staff. A typical session will consist of skill development drills (shooting, ball handling, one on one moves, footwork), 1-on-1, 3-on-3, 5-on-5 games with a focus on improving individual fundamentals and building program chemistry!

<b>C458</b>	OMS	26 sessions	\$210
5-6:15 p.m.	M/W	June 5, 7	
6:45-8 a.m.	Mon-Thu	June 12-July 27	

### East Ridge Volleyball Elite Skills Camp Grades 7-9

Led by the ERHS coaching staff and players. This four day clinic will focus on serving, passing and attacking with a focus on competition and game play.

<b>C480</b>	LMS	4 sessions	\$95
1-3:30 p.m.	Mon-Thu	June 26-29	

<b>C488</b>	LMS	4 sessions	\$95
1-3:30 p.m.	Mon-Thu	July 10-13	

### East Ridge Volleyball Girls 4 on 4 League Grades 7-9

This session will focus on competition and game play. Each day there will be an individual skill that is taught and worked on followed by competition.

<b>C461</b>	LMS	8 sessions	\$85
1-2:30 p.m.	Mon-Thu	June 13-July 27	

### East Ridge Volleyball Setting Camp *Grades 7-12*

Camp will focus on training the complete setter, including developing setting, footwork, hand placement, setting release and location.

<b>C478</b>	LMS	8 sessions	\$145
12-1:30 p.m.	M/W	June 12-July 26	

### ERHS Girls Volleyball Ball Control Academy *Grades 10-12*

Focus on fundamental skills and technique required to be an exceptional receiver and backrow defender. Open to High School Volleyball B-Squad, JV and Varsity players.

<b>C483</b>	LMS	8 sessions	\$145
10-11:30 a.m.	M/W	June 12-July 26	

### East Ridge Volleyball Elementary All Skills Clinic

Led by the ERHS coaching staff and players. The clinic will focus on serving, passing, and attacking with focus on competition and game play.

#### Grades 1-3

<b>C479</b>	LMS	4 sessions	\$80
8:30-10 a.m.	Mon-Thu	June 26-29	

#### Grades 4-6

<b>C487</b>	LMS	4 sessions	\$80
10:30 a.m.-12 p.m.	Mon-Thu	June 26-29	

### East Ridge Volleyball Elementary Camp

Led by ERHS coaching staff and players. This 'all skills' camp will focus on basic skill development and promote enjoyment for the sport of volleyball.

#### Grades 1-3

<b>C482</b>	LMS	4 sessions	\$80
8:30-10 a.m.	Mon-Thu	July 10-13	

#### Grades 4-6

<b>C459</b>	LMS	4 sessions	\$80
10:30 a.m.-12 p.m.	Mon-Thu	July 10-13	

### East Ridge Girls Volleyball Open Gym

Open gym volleyball for middle school and high school girls. Girls will be expected to self start and initiate play with others. Assisted and supervised by a ERHS Summer program staff member.

<b>C481</b>	LMS	8 Sessions	\$85
1:30-3:30 p.m.	Mon/Wed	June 12-July 26	

<b>C460</b>	LMS	4 Sessions	\$55
1:30-3:30 p.m.	Mon/Wed	June 12-July 26	
(pick any 4 of the dates)			

### ERHS Soccer Academy Skills Camp *Ages 5-12*

Led by Coach Anthony Bidwell, players and staff. The objectives are to teach technical skills such as footwork skills, possession turns and more. Registration includes a soccer ball.

<b>C486</b>	ERHS	5 sessions	
9-11:30 a.m.	Mon-Fri	July 24-28	

Early Bird Rate register by June 7 .....\$85

Register after June 7 .....\$110

### ERHS Raptors Soccer Pre-Tryout Camp *Grades 7-12*

For high school soccer players and middle school soccer players who aspire to compete at the high school level. Focused on fitness, technical skills, and competitive games to build confidence. Get a "sneak peek" into the requirements for tryouts.

#### Girls Soccer *Grades 7-12*

<b>C490</b>	ERHS	5 sessions	\$130
10 a.m.-12:30 p.m.	Mon-Fri	July 24-28	

#### Boys Soccer *Grades 7-12*

<b>C485</b>	ERHS	5 sessions	
12-3 p.m.	Mon-Fri	July 24-28	
Early Bird Rate register by June 7 .....\$135			
Register after June 7 .....\$175			

### Raptor Speed & Strength Program *Grade 7-8*

Develop all elements of sport performance including strength, speed, power, conditioning, and mobility as well as to reduce the risk of injury. Led by Coach Colvard and Training HAUS strength and performance coaches.

#### Football players ONLY *Grade 9-12*

<b>C525</b>	ERHS	35 sessions	\$370
7-8 a.m.	M/W	June 12-Aug. 4	
7-8:15 a.m.	T/Th/F		

#### Girls Basketball players ONLY *Grade 9-12*

<b>C526</b>	ERHS	14 sessions	\$150
8:30-9:30 a.m.	T/Th	June 13-Aug. 3	

#### Boys Basketball players ONLY *Grade 9-12*

<b>C527</b>	ERHS	21 sessions	\$240
10:45-11:45 a.m.	M/T/Th	June 12-Aug. 3	

#### All Sports boys and girls *Grade 9-12*

<b>C528</b>	ERHS	28 sessions	\$290
7-8:15 a.m.	M/W	June 12-Aug. 3	
7-8 a.m.	T/Th		

<b>C529</b>	ERHS	28 sessions	\$290
9:30-10:30 a.m.	M/W	June 12-Aug. 3	
9:30-10:45 a.m.	T/Th		

#### Speed and Agility ONLY *Grade 9-12*

<b>C530</b>	ERHS	14 sessions	\$150
8:15-9:15 a.m.	M/W	June 12-Aug. 2	

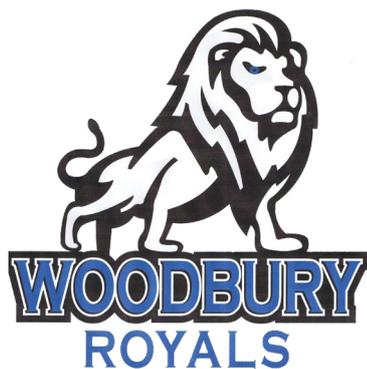
#### Weight Room ONLY *Grade 9-12*

<b>C531</b>	ERHS	14 sessions	\$150
8:30-9:30 a.m.	T/Th	June 13-Aug. 3	

#### Boys and girls *Grades 7-8*

<b>C532</b>	ERHS	28 sessions	\$260
8:30-9:30 a.m.	Mon-Thu	June 12-Aug. 3	

<b>C533</b>	ERHS	28 sessions	\$260
9:45-10:45 a.m.	Mon-Thu	June 12-Aug. 3	



# Woodbury Royals Sports

## CAMPS AND CLINICS

### Woodbury Girls Basketball Skills Camp

**Grades 3-12**

Develop basketball skills while working on individual skills with a mix of team activities and philosophies. Led by high school coaching staff.

#### Extended Skills Camp **Grades 3-4**

<b>C415</b>	WHS	18 sessions	\$175
11 a.m.-12 p.m.	T/W/Th	June 13-July 27	

#### Extended Skills Camp **Grades 5-6**

<b>C407</b>	WHS	18 sessions	\$200
9:30-11 a.m.	T/W/Th	June 13-July 27	

#### Extended Skills Camp **Grades 7-12**

<b>C406</b>	WHS	18 sessions	\$200
8-9:30 a.m.	T/W/Th	June 13-July 27	

#### 4-day Skills Camp **Grades K-2**

<b>C408</b>	WHS	4 sessions	\$75
1-2 p.m.	Mon-Thu	June 19-22	

#### 4-day Skills Camp **Grades 3-5**

<b>C416</b>	WHS	4 sessions	\$100
1-2:30 p.m.	Mon-Thu	June 26-29	

#### 4-day Skills Camp **Grades 6-8**

<b>C417</b>	WHS	4 sessions	\$100
1-2:30 p.m.	Mon-Thu	July 17-20	

### WHS Boys Elementary Basketball Camp

**Grades 1-5**

Learn and improve basketball skills while working with the Woodbury Varsity Basketball coaches and players. Work on ball handling, passing, shooting and defense during a variety of drills, games and contests.

<b>C420</b>	WHS	4 sessions	\$75
2:30-4 p.m.	Mon-Thu	July 10-13	

### WHS Boys Basketball Skills and Drills **Grades 4-12**

Players will work directly with WHS Basketball coaches in intense and competitive skills and drills. Work on ball handling, passing, shooting and defense during a variety of drills, games and contests. Designed for players with traveling team and/or high school basketball experience.

#### **Grades 4-5**

<b>C499</b>	WHS	12 sessions	\$150
12-1 p.m.	T/Th	June 3-July 27	

#### **Grades 6-8**

<b>C423</b>	WHS	18 sessions	\$175
11 a.m.-12 p.m.	Tue-Thu	June 3-July 27	

#### **Grades 9-10**

<b>C422</b>	WHS	24 sessions	\$210
10-11 a.m.	Mon-Thu	June 12-July 27	

#### **Grades 11-12**

<b>C421</b>	WHS	24 sessions	\$210
9-10:15 a.m.	Mon-Thu	June 12-July 27	

### WHS Volleyball Setting Camp **Grades 7-12**

Camp is focused specifically on setting for middle and high school athletes. Learn the fundamentals of setting from WHS JV Volleyball Coach, Sarah Rittenhouse, with 20+ years of setting and coaching experience.

<b>C451</b>	WHS	12 sessions	\$180
5-6 p.m.	T/Th	June 13-July 27	

<b>C452</b>	WHS	6 sessions	\$120
5-6 p.m.	T/Th	July 11-27	

### WHS Volleyball Camp **Grades 9-12**

Led by WHS Head Coach, Brad English, and coaching staff. Learn key skills and fundamentals of volleyball while experiencing what it takes to be a high level player.

<b>C418</b>	WHS	12 sessions	\$225
6-8 p.m.	T/Th	June 13-July 27	

<b>C419</b>	WHS	6 sessions	\$150
6-8 p.m.	T/Th	July 11-27	

### Woodbury Volleyball Camp *Grades K-8*

Led by WHS Head Coach, Brad English, coaching staff and Varsity players. Camp will help young athletes realize the full joy of volleyball by advancing their knowledge of the game and learning new techniques.

#### Grades K-4

<b>C546</b>	WHS	3 sessions	\$80
4-6 p.m.	Tue-Thu	July 17-19	

#### Grades 5-8

<b>C547</b>	WHS	4 sessions	\$100
4-6 p.m.	Mon-Thu	July 24-27	

### Woodbury Summer Tennis Camps *Ages 9-18*

Practice tennis basics while mixing in games and match play for all ages and abilities. We will separate the groups by age and ability, all players are welcome.

<b>C409</b>	WHS	4 sessions	\$60
9-10:30 a.m.	Mon-Thu	June 12-15	

<b>C410</b>	WHS	4 sessions	\$60
9-10:30 a.m.	Mon-Thu	June 19-22	

<b>C411</b>	WHS	4 sessions	\$60
9-10:30 a.m.	Mon-Thu	June 26-29	

<b>C412</b>	WHS	4 sessions	\$60
9-10:30 a.m.	Mon-Thu	July 10-13	

<b>C413</b>	WHS	4 sessions	\$60
9-10:30 a.m.	Mon-Thu	July 17-20	

<b>C414</b>	WHS	4 sessions	\$60
9-10:30 a.m.	Mon-Thu	July 24-27	

### Woodbury Royals Tennis Team Summer Camps

Open to all boys and girls planning to play at WHS during the 2023-2024 school year.

*Campers must live in the WHS attendance boundaries.*

<b>C540</b>	WHS	4 sessions	\$60
10:30 a.m.-12 p.m.	Mon-Thu	June 12-15	

<b>C541</b>	WHS	4 sessions	\$60
10:30 a.m.-12 p.m.	Mon-Thu	June 19-22	

<b>C542</b>	WHS	4 sessions	\$60
10:30 a.m.-12 p.m.	Mon-Thu	June 26-29	

<b>C543</b>	WHS	4 sessions	\$60
10:30 a.m.-12 p.m.	Mon-Thu	July 10-13	

<b>C544</b>	WHS	4 sessions	\$60
10:30 a.m.-12 p.m.	Mon-Thu	July 17-20	

<b>C545</b>	WHS	4 sessions	\$60
10:30 a.m.-12 p.m.	Mon-Thu	July 24-27	

### Ariel Sports Team Training *Grades 7-12*

Join WHS swim and dive coaches Megan and Liz to increase your potential, build a strong foundation physically, mentally and emotionally for the 2023 fall season. Sign up for all 6 weeks or a single month for \$20

<b>C497</b>	WHS	6 sessions	\$30
7-8 p.m.	Wed	June 14-July 26	

### Woodbury Royal Power & Speed

This training program focuses on the development of speed, strength, agility, and explosiveness for athletes in all sports. Led by ETS personnel. ETS is the leading training program for elite athletes-in the Twin Cities Metro Area.

#### Advanced Summer Training Session *Grades 10-12*

For student-athletes who are continuing the 2022-23 school year program in the off-season.

<b>C424</b>	WHS	30 sessions	\$240
7-8:45 a.m.	Mon-Thu	June 7-Aug. 3	

*Needs approval from Coach Hill. Registered participants will be approved or automatically moved to a different 4-day RPS session.*

#### Varsity Session Training Session *Grades 8-12*

Each session will begin with speed, agility, and plyometric work, followed by a 45-minute weight training session.

#### Grades 9-12

<b>C425</b>	WHS	30 sessions	\$240
8-9:30 a.m.	Mon-Thu	June 7-Aug. 3	

#### Grades 8-12\*

<b>C427</b>	WHS	30 sessions	\$240
8-9:30 a.m.	Mon-Thu	June 7-Aug. 3	

<b>C426</b>	WHS	30 sessions	\$240
8:45-10:15 a.m.	Mon-Thu	June 7-Aug. 3	

*\*For rising 8th graders participating on varsity teams.*

#### 2-Day Session Training Session *Grades 6-12*

Focus on speed, agility, explosiveness, and core strength. 45 minutes of movement work, followed by core strength or basic weight training

#### Middle School Movement + Core Strength *Grades 6-8*

<b>C454</b>	WHS	15 sessions	\$180
9:30-10:30 a.m.	T/Th	June 8-Aug. 3	

#### Movement + Core Strength *Grades 9-12*

<b>C428</b>	WHS	15 sessions	\$180
9:30-10:30 a.m.	M/W	June 7-Aug. 2	

#### Movement + Weight Training *Grades 9-12*

<b>C453</b>	WHS	15 sessions	\$200
9:30-11 a.m.	M/W	June 7-Aug. 2	

#### Elementary School Training Session *Grades 2-5*

Focus on speed, agility, and explosiveness, for the elementary aged athlete. This is a 45-minute training program designed to help student-athletes in all sports.

<b>C455</b>	WHS	15 sessions	\$125
10:15-11 a.m.	T/Th	June 8-Aug. 3	

*All sessions will be led by adult coaches and WHS athletes.*

# RECREATION



## Serenity Farm Horse Camp Ages 6-12

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

<b>YE4260</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Mon	May 29	
<b>YE4261</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	June 14	
<b>YE4262</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	June 21	
<b>YE4263</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	June 28	
<b>YE4264</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	July 12	
<b>YE4265</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	July 19	
<b>YE4266</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	July 26	
<b>YE4267</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	Aug. 2	
<b>YE4268</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	Aug. 9	
<b>YE4269</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	Aug. 16	
<b>YE4270</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	Aug. 23	
<b>YE4271</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Wed	Aug. 30	
<b>YE4272</b>	Serenity Farm	1 session	\$125
9 a.m.-2 p.m.	Mon	Sept. 4	

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

Classes are high-energy and encourage a lifelong fitness habit. March in the band, stretch with maracas and run with superhero capes! Circle time allows us to catch our breath, listen and learn new songs with puppets, props, English, foreign, and simple American Sign Language. Class is in/outdoors as weather allows.

*Not church affiliated*

<b>YE3755</b>	All Saints Lutheran	7 sessions	\$96
10-10:50 a.m.	Wed	April 26-June 7	
<b>YE3753</b>	All Saints Lutheran	7 sessions	\$96
9-9:50 a.m.	Wed	April 26-June 7	
<b>YE4755</b>	All Saints Lutheran	6 sessions	\$92
10-10:50 a.m.	Wed	June 14-July 19	
<b>YE4753</b>	All Saints Lutheran	6 sessions	\$92
9-9:50 a.m.	Wed	June 14-July 19	



## YEL Fencing Grade 2-12

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



### Grade 2-5

<b>YE3324</b>	DPC	8 sessions	\$132
6-7 p.m.	Tue	March 21-May 9	

### Grade 6-12

<b>YE3325</b>	DPC	8 sessions	\$167
7:05-8:35 p.m.	Tue	March 21-May 9	

### Grade 2-12

<b>YE4324</b>	DPC	5 sessions	\$187
9 a.m.-12 p.m.	Mon-Fri	June 26-30	

<b>YE4325</b>	DPC	5 sessions	\$187
1-4 p.m.	Mon-Fri	June 26-30	

## Intro to Ninja Age 5-13

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

### Age 5-8

<b>YE3246</b>	Conquer Ninja Gym	8 sessions	\$200
4:30-5:30 p.m.	Mon	April 3-May 22	

### Age 9-13

<b>YE3247</b>	Conquer Ninja Gym	8 sessions	\$200
5:30-6:30 p.m.	Mon	April 3-May 22	



### Ninja Summer Camp Ages 6-13

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles!

<b>YE4243</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	June 12- 15	
<b>YE4244</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	June 19- 22	
<b>YE4245</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	June 26- 29	
<b>YE4246</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	July 10- 13	
<b>YE4247</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	July 17- 20	
<b>YE4248</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	July 24- 27	
<b>YE4249</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	July 31-Aug. 3	
<b>YE4250</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	Aug. 7-10	
<b>YE4251</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	Aug. 14-17	
<b>YE4252</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	Aug. 21-24	
<b>YE4253</b>	Conquer Ninja Gym	4 sessions	\$175
9-11 a.m.	Mon-Thur	Aug. 28-31	

### Conquer Ninja Rec Team Age 6-13

A fun, unique way to develop confidence, strength, endurance, balance, and friendships! Athletes benefit from training in agility, power, perseverance, and resilience. Consists of 6 practices and 2 competitions (weeks 4 and 8).

#### Rec Team Age 6-9

<b>YE3243</b>	Conquer Ninja Gym	8 sessions	\$190
4-5 p.m.	Fri	April 7-May 26	
<b>YE3244</b>	Conquer Ninja Gym	8 sessions	\$190
5-6 p.m.	Fri	April 7-May 26	

#### Rec Team 2 Age 8-13

<b>YE3245</b>	Conquer Ninja Gym	8 sessions	\$190
6:15-7:15 p.m.	Fri	April 7-May 26	

### Parents Day Out Age 5-13

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

<b>YE3248</b>	Conquer Ninja Gym	1 session	\$30
9-11 a.m.	Fri	April 7	
<b>YE3249</b>	Conquer Ninja Gym	1 session	\$30
2-4 p.m.	Fri	April 7	

### Parent Child Ninja Class Age 5+

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!

<b>YE3351</b>	Conquer Ninja Gym	6 sessions	
9-10 a.m.	Sat	April 15-May 20	
	Parent + 1 child.....		\$175
	Additional family member .....		\$80

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## HUGE KIDS' SALE

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M Health Fairview Sports Center  
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CLOTHING NEWBORN THROUGH TEEN | BOOKS | TOYS | BABY GEAR | RIDE-ONS + MORE!

# CREATE

## Monsters, Creatures and Creeps Drawing Art Workshop – Young Rembrandts *Grade K-5*

If your child is a fan of creepy, crawly monsters, this is the perfect fit. Learn to draw monsters of all shapes, sizes and colors. Big monsters, little monsters, furry monsters and scaly monsters! If we can imagine it, we'll draw it!

**YE4316** DPC 4 sessions \$156  
1-4 p.m. Mon-Thu June 5-8

## Animal Cartoons – Young Rembrandts *Grade K-5*

Learn how to draw animals of all shapes, sizes and colors. Then personify ordinary animals, transforming them into fully realized cartoon characters.

**YE4174** OMS 4 sessions \$156  
9 a.m.-12 p.m. Mon-Thu June 19-22

## Cartoon Character Creations – Young Rembrandts *Grade K-5*

Learn the basics of cartooning and create your own characters! New techniques will be learned each day including characteristics, features, exaggeration, action and personification.

**YE4175** LMS 4 sessions \$156  
9 a.m.-12 p.m. Mon-Thu June 26-29

## Fashion Runway – Young Rembrandts *Grade K-5*

Tailored for the aspiring fashionista. Design and draw an eye-catching fashion magazine cover, the perfect purse and a model stepping out onto the runway in your fashion originals.



**YE4176** LMS 4 sessions \$156  
9 a.m.-12 p.m. Mon-Thu July 10-13

## The Art Academy – Young Rembrandts *Grade K-5*

This Young Rembrandts workshop is full of possibilities! We will create wonderful artwork while being inspired by famous Artists. The daily results will be truly frame-able! No experience necessary.

**YE4177** OMS 4 sessions \$156  
1-4 p.m. Mon-Thu July 17-20



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

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

**YE4173** OMS 4 sessions \$156  
1-4 p.m. Tue-Fri June 13-16

## Under the Sea – Young Rembrandts *Grade K-5*

Draw all the different things we see and imagine in the underwater kingdom! Narwhals, jellyfish, mermaids and more will fill our pages in bold colors and strong shapes.

**YE4178** LMS 4 sessions \$156  
1-4 p.m. Mon-Thu July 24-27

## Pastel Ocean Life – Young Rembrandts *Grade K-5*

Explore ocean life while learning to draw and color detailed, pastel compositions. Each day is focused on a new ocean-themed subject, including sea stars on a shoreline, patterned sea turtles and wondrous jelly fish.

**YE4179** OMS 4 sessions \$156  
9 a.m.-12 p.m. Mon-Thu July 31-Aug. 3

## Colorful Critters – Young Rembrandts *Grade K-5*

Learn pastel drawing and texturing techniques to illustrate whimsical bees, a fanciful army of frogs, a striking owl and more artistic critters filled with detail.

**YE4180** LMS 4 sessions \$156  
9 a.m.-12 p.m. Mon-Thu Aug. 7-10

## Pirates – Young Rembrandts *Grade K-5*

Ahoy mates! Explore the world of pirates using cartoon and realistic drawing techniques. Be inspired by pirates, treasure maps, sunken treasures, parrots, a grand pirate ship and more.

**YE4181** DPC 4 sessions \$156  
9 a.m.-12 p.m. Mon-Thu Aug. 14-17

### Sesame Street with Kidcreate Studio Age 1.5-6

Laugh, learn and get messy as we paint, sculpt and draw your child's favorite Sesame Street friends. Great for siblings to take together!

**YE3118** Kidcreate Studio 5 sessions \$96  
9:30-10:15 a.m. Tue April 25-May 23

**YE3119** Kidcreate Studio 5 sessions \$96  
9:30-10:15 a.m. Thu April 27-May 25

*Children must be accompanied by a caregiver.*

### Lions & Tigers & Bears- OH MY! with Kidcreate Studio Age 1.5-6

Paint on real canvas boards, sculpt with air-dry clay and scribble with oil pastels as we create animal-themed artwork that is totally WILD!

**YE3120** Kidcreate Studio 5 sessions \$96  
9:30-10:15 a.m. Wed April 26-May 24

**YE3121** Kidcreate Studio 5 sessions \$96  
9:30-10:15 a.m. Sat April 29-May 27

*Children must be accompanied by a caregiver.*

### Color Me Happy with Kidcreate Studio Age 3.5-6

Build your young artist's self-esteem as they gain new skills, make new friends, and create 3D art, get messy with fingerprint and use a spin-art technique.



**YE4194** OMS 2 sessions \$98  
9 a.m.-12 p.m. Tue, Wed June 13-14

### Father's Day Gift Making with Kidcreate Studio Age 4-9

Show your love by making a Father's Day gift with your own two hands! Create a "trophy" sized fish with air-dry clay and paint that will put a smile on dad's face.

**YE4202** OMS 1 session \$124  
9 a.m.-12 p.m. Thur June 15

### Big and Messy with Kidcreate Studio Age 3.5-6

Your child will enjoy sensory experiences as they create enormous works of art. Paint, sculpt, scribble, and giggle their way to discovering a grander scale of art.

**YE4193** OMS 2 sessions \$98  
9 a.m.-12 p.m. Mon, Tue June 19-20

### Dinaomania with Kidcreate Studio Age 3.5-6

Learn cool facts about our extinct friends and create fantastic works of dino art, including fossils, dino eggs, dioramas and more!

**YE4195** OMS 2 sessions \$98  
9 a.m.-12 p.m. Wed, Thu June 21-22

### Fairy Garden with Kidcreate Studio Age 4-9

Use clay, paint, glitter, and more as we sculpt our very own enchanted fairy gardens with sparkling streams, colorful flowers, a fairy swing, and more!

**YE4203** OMS 1 session \$47  
1-4 p.m. Wed June 21

### A Very Messy Art Camp with Kidcreate Studio Age 4-9

Paint with plaster, sculpt with goopy gunk, make papier mache birds and fling paint like Jackson Pollock - then leave the mess with us!

**YE4199** LMS 2 sessions \$98  
1-4 p.m. Wed, Thu June 28-29

### Glow-In-The-Dark Art with Kidcreate Studio Age 4-9

These projects will ROCK your child's world long after the lights go out. Use clay, paint and other luminescent materials to create glow-in-the-dark masterpieces!

**YE4201** LMS 3 sessions \$124  
9 a.m.-12 p.m. Wed-Fri July 5-7

### Back to School Art Camp with Kidcreate Studio Age 3.5-6

Celebrate the incredible things your child is learning right now: colors, shapes, ABCs, and 1-2-3s. Each day will involve a messy sensory activity and an art project.

**YE4196** OMS 2 sessions \$98  
9 a.m.-12 p.m. Mon, Tue Aug. 7-8

### Unicorn Slime with Kidcreate Studio Age 3.5-6

Explore the magical, mystical unicorn universe while learning the secret recipe for glittery unicorn slime and take it home in a dazzling unicorn jar.

**YE4197** OMS 1 session \$48  
9 a.m.-12 p.m. Wed Aug. 9



### Mirabel's World with Kidcreate Studio Age 4-9

Paint, sculpt with air-dry clay and even sing along while creating dazzling clay butterflies, magical bedroom doors, rainforest creatures and so more.

**YE4198** LMS 2 sessions \$106  
1-4 p.m. Mon, Tue June 26-27

# CREATE

## Curious about Clay - Abrakadoodle Grade K-5

Learn all about sculpting, color-mixing, and decorative design. Use air dry and model magic clay, unique materials and clay tools to create exotic clay birds, kitty cat bowls, coiled clay hearts, paint with clay and more.



**YE4032** OMS 4 sessions \$122  
10 a.m.-12 p.m. Mon-Thu July 10-13

## Art Experiments - Abrakadoodle Grade K-5

Use art materials and science to create some cool special effects. Experiment with clay, shaving cream, glow in the dark paint, chalk, glue and watercolor.

**YE4033** OMS 4 sessions \$122  
12:30-2:30 p.m. Mon-Thu July 10-13

## Star Wars Art Camp - Abrakadoodle Grade K-5

Do you love Star Wars? The Mandalorian? Then you will love this fun one day camp. Learn to draw Baby Yoda and Boba Fete, sculpt Chewbacca and more.

**YE4035** LMS 1 session \$48  
9:30 a.m.-12 p.m. Friday July 14

## Art Sampler - Abrakadoodle Grade K-5

Sample different kinds of art including making a paper mâché reptile, sculpting cute owls and silly animals, painting a colorful canvas, foil embossing and more.

**YE4031** OMS 4 sessions \$122  
10 a.m.-12 p.m. Mon-Thu July 17-20

## Drawsters Drawing Camp - Abrakadoodle Grade K-5

Move your skills to the next level and become a more confident. Make drawing easier by using shapes and other drawing techniques that bring your art to life.

**YE4034** LMS 2 sessions \$79  
12:30-3 p.m. Tue, Wed July 18-19

## Adult/Tween Paint Night Spring Bouquet Age 10+

Enjoy a fun "paint date" with a partner. Guided by a professional artist each partner will work on a different side of a canvas. At the end of class join the two sides to create one complete artwork.

**YE3101** ERHS 1 session \$63  
5:30-7:30 p.m. Thu April 27

## Origami 1 Grade 2-4

Origami is a Japanese art of paper folding. Students will learn basic folding techniques and apply these techniques by creating wonderful paper creations.

**YE4025** LMS 5 sessions \$88  
10 a.m.-12 p.m. Mon-Fri July 10-14

**YE4024** LMS 5 sessions \$88  
10 a.m.-12 p.m. Mon-Fri July 17-21

## Origami 2 Grade 2-4

For students who took Origami 1 class or have a little knowledge in Origami. This class will teach more advanced Origami folding techniques and skills.

**YE4027** LMS 5 sessions \$88  
10 a.m.-12 p.m. Mon-Fri July 10-14

**YE4026** LMS 5 sessions \$88  
10 a.m.-12 p.m. Mon-Fri July 24-28

## Summer Fun Crafts Grade 2-4

To celebrate the start of summer break, kids get to enjoy making summer themed crafts. Each day the kids get to take home whatever they make in class.



**YE4021** LMS 4 sessions \$70  
10 a.m.-12 p.m. Tue-Fri June 13-16

**YE4022** LMS 5 sessions \$88  
10 a.m.-12 p.m. Mon-Fri July 10-14

## Henna Art Class Grade 6-12

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

**YE3104** ERHS 1 session \$38  
5:30-7:30 p.m. Thu May 18

## Project Knit Grade 6-12

Hats, scarfs, blankets and more! Students will learn basic skills in beginning knitting and crocheting to create a basic project. .

**YE4077** OMS 4 sessions \$194  
9 a.m.-12 p.m. Mon-Thu July 24-27

### Creative Sewing Age 8-12

Learn to sew, including basic sewing techniques, sewing tools, different types of stitches and practice with a sewing machine. Students can work at their own pace and create new projects during each monthly session.



<b>YE3600</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	April 3-April 24	
<b>YE3601</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	May 1-22	
<b>YE4600</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	June 5-26	
<b>YE4602</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	July 10-31	
<b>YE4603</b>	Nena's Designs	4 sessions	\$120
4-6 p.m.	Mon	Aug. 7-28	

### Intensive Sewing Camp Grade 4-8

Learn basic knowledge about sewing and create two projects from scratch. We will be using hand and machine sewing techniques. All materials included.



<b>YE31208</b>	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Fri	April 21	
<b>YE41208</b>	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Thur	June 22	
<b>YE41209</b>	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Thur	July 20	
<b>YE41210</b>	Nena's Designs	1 session	\$96
9 a.m.-1 p.m.	Thur	Aug. 10	

### Project Runway Grade 4-8

New summer projects: swimsuit coverup, mini messenger bag, ear bud case and your personalized sewer's handbook. The {YEL!} Project Runway Sewing Camp follows four basic principles: Teach It!, Practice It!, Sew It! and Own It!

<b>YE4190</b>	CGMS	5 sessions	\$200
9 a.m.-12 p.m.	Mon-Fri	July 17-21	

### Rock N Roll Band Camp Grade 6-8

Try your voice or hand at a variety of instruments including the electric guitar, bass, keyboards, and drums, with the goal of learning a full song or two to perform by the end of the week.

<b>YE4078</b>	CGMS	4 sessions	\$194
1-4 p.m.	Mon-Thu	July 24-27	



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

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

#### Grade 3-5

<b>YE3321</b>	ERHS	8 sessions	\$130
6-7 p.m.	Wed	March 29-May 17	
<b>YE4321</b>	LMS	5 sessions	\$162
10 a.m.-12 p.m.	Mon-Fri	July 24-28	

#### Grade 5-8

<b>YE4323</b>	LMS	5 sessions	\$162
10 a.m.-12 p.m.	Mon-Fri	Aug. 7-Aug. 11	

#### Grade 6-9

<b>YE3322</b>	ERHS	8 sessions	\$162
6-7:15 p.m.	Tue	March 28-May 16	
<b>YE4322</b>	LMS	5 sessions	\$162
10 a.m.-12 p.m.	Mon-Fri	June 26-30	

### Broadway Bound - Character Kids Age 7-12

A fun filled musical theatre camp where students will learn songs and scenes from various Broadway shows. Performance on the last day!

<b>YE4098</b>	OMS	4 sessions	\$135
1-4 p.m.	Tue-Fri	June 13- 16	

### Songs and Scenes from Sing - Character Kids Age 7-12

Explore songs and scenes from Sing & Sing 2. Explore your favorite characters while playing theatre games and learning stage skills. Performance on the last day!

*Please note - this isn't a full production camp.*

<b>YE4099</b>	LMS	5 sessions	\$169
9 a.m.-12 p.m.	Mon-Fri	July 17-21	

### 2023 Summer Stock- Spring Awakening Age 16-22

Create a concert performance of "Spring Awakening". Both actors and technicians will hone their technique and creating a full-length performance.

*See the online course description for information on auditions and performances.*

<b>YE4727</b>	OMS	22 sessions	\$50
4-10 p.m.	Sun-Sat	July 17-Aug. 13	

# CREATE

## Locally Grown Theatre's Pre College Program - Mother Courage *Grade 9-12*

Learn what is needed to get into a college theatre program such as building resumes, audition tips, and exploring different programs. For those who want to continue their theatre career after high school or for those who are wanting to take on more mature and challenging roles.



Mother Courage is the story of Anna Fierling, a wily canteen woman with the Swedish Army, who is determined to make her living from the war. Over the course of the play, she loses all three of her children, to the very war from which she tried to profit.

*Auditions are required.*

- Auditions from 6:30-8:30 p.m. on June 8 and 9
- Performances Aug. 18 and 19

**YE4073** OMS 10 sessions \$300  
9 a.m.-4 p.m. Mon-Fri Aug. 8-18

## The Jungle Book with Locally Grown Theatre *Grade 2-5*

Explore the beloved characters and scenes from this classic set deep in the heart of the Indian Jungle. All experiences welcome, no auditions necessary.

- Performances June 23 and 24

**YE4071** OMS 5 sessions \$200  
9 a.m.- 4 p.m. Mon-Fri June 19-23

## Charlotte's Web with Locally Grown Theatre *Grade 6-12*

Join in on the story and friendships that we all know and love. Including the extraordinary spider, Charlotte, who proves to be "a true friend and a good writer." All experiences welcome, no auditions necessary.

**YE4072** OMS 10 sessions \$300  
9 a.m.-4 p.m. Mon-Fri July 17-28

## Magic & Monsters: Creative Play with Locally Grown Theatre *Grade K-2*

Learn theatre games, create visual art, and foster your creativity while exploring the world of fairies, warlocks, giants, werewolves and other mythical creatures. Small family show and tell on the last day.

**YE4074** OMS 5 sessions \$200  
9 a.m.-3 p.m. Mon-Fri Aug. 14-18

# 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 to assist in participation, language development, improving memory, coordination, and timing.

**YE3853** All Saints Lutheran 7 sessions \$96  
9-9:50 AM Thu April 27-June 8

**YE3851** All Saints Lutheran 7 sessions \$96  
10-10:50 AM Thu April 27-June 8

**YE4853** All Saints Lutheran 6 sessions \$92  
9-9:50 a.m. Thu June 15-July 20

**YE4851** All Saints Lutheran 6 sessions \$92  
10-10:50 a.m. Thu June 15-July 20

## Private Guitar Lessons-George McCorkell *Grade 4-12*

Personalized, private lessons for beginning to advanced guitar (acoustic or electric) and beginning banjo. Mr. McCorkell is a professional guitarist with a degree in Guitar Performance over 10 years of experience in private teaching. A guitar or banjo is required for lessons.

Spring session runs April 4-May 30 at ERHS. Summer session runs from June 13-Aug. 15 at Park High School. Lessons are held on Tuesdays each half hour beginning at 4 p.m. through 6 p.m. Register for the time slot that best fits your schedule.

**9 sessions \$279**

## 30 minute Private Lessons (String, piano, voice and more) -Michelle Dunkirk *Age 8+*

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. Michelle's true passion is teaching music. Her warm and personal style sets her apart from other teachers.



Spring and summer session lessons will be held at Red Rock on 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.

**9 sessions \$315**

# S.T.E.M.

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

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

*This is primarily an online program with two meeting options; one before school and one in the evening. Attend either or both.*

**YE3266** Online 9 sessions \$119  
6:45-7:30 a.m. Tue March 28-May 23

**YE3267** Online 9 sessions \$119  
6:45-7:30 p.m. Wed March 29-May 24

## Season Final District Chess Club Tournament **Grade 1-12**

Elementary and secondary chess players are invited to participate in the "District Open Chess Final". All are welcome, whether you participated in chess club or not.

**YE3254** ERHS 1 session \$24  
9 a.m.-1 p.m. Sat April 22

## YEL Chess **Grade K-5**

The {YEL!} Teach It! Practice It! Play It!® method keeps students progressing through 60+ chess lessons and thousands of puzzles and guided games.

### Spring - Intermediate and Advanced Concepts

**YE3326** NFSI 6 sessions \$95  
3:55-4:55 p.m. Fri March 31-May 19

**YE3327** VCES 6 sessions \$95  
3:50-4:50 p.m. Thu April 6-May 11

**YE3328** RRES 6 sessions \$95  
2:30-3:30 p.m. Thu April 6-May 11

### Summer - All Levels

**YE4326** LMS 5 sessions \$175  
9 a.m.-12 p.m. Mon-Fri July 10-14

## Chess Camp: Tactics & Strategies **Grade 6-12**

Goes beyond the basics for players that need the next level of challenge from their school club. Standard chess and variations will be used to improve your skills. .



**YE4075** LMS 4 sessions \$152  
9 a.m.-12 p.m. Mon-Thu Aug. 7-10



## Camp Invention - Wonder! **Grade K-6**

Team up with friends for hands-on, open-ended STEM fun. Build your own mini skate park, become an imaginative event planner, launch a pop-up business and transform a robot into a stuffie! Each activity is designed to inspire curiosity, spark imaginations.

**YE4918** LMS 5 sessions \$270  
9 a.m.-3:30 p.m. Mon-Fri June 19-23

**YE4919** OMS 5 sessions \$270  
9 a.m.-3:30 p.m. Mon-Fri June 26-30



## Chess N' Motion **Grade K-6**

Challenge your mind and body this summer. We will learn & play chess to make our brains sweat and also play some physical games to make our bodies sweat.

**YE4076** LMS 4 sessions \$152  
1-4 p.m. Mon-Thu Aug. 7-10

## YEL Woodworking Summer 2.0 **Grade 4-7**

Build a paddle boat, bird house, trophy stand and garden tote. Learn to measure, cut, sand and paint with basic tools including hammers, nails, screwdriver, measuring tape, t-square and more.

*Safety is our first priority. No power tools will be used in class.*

**YE4192** LMS 5 sessions \$219  
9 a.m.-12 p.m. Mon-Fri June 19-23

# S.T.E.M.

## Glow in the Dark Engineering *Grade 1-4*

Illuminate the light this summer with awesome STEAM projects. Explore glow in the dark pigments, learn about fluorescent vs luminescent and use LED lights! Take home a light-up project every day!

**YE4157** LMS 4 sessions \$171  
9-11:55 a.m. Tue-Fri June 13-16

## Kids VS Wild *Grade 1-4*

Your team will be challenged to create cool gadgets to "survive" in the Wild! Harness the power of the sun, cook (marshmallows!-yummy), engineer a cool periscope, a device for drinkable water, a shelter and more!

**YE4158** LMS 4 sessions \$171  
1-4 p.m. Tue-Fri June 13-16

## Glam Lab-Stunning Science *Grade 1-5*

Make your own fizzy bath bombs, shimmering lip balm, soaps, shower dough, glam goo, exfoliating salt scrub, and more while learning the science behind them all.



**YE4156** OMS 4 sessions \$171  
9-11:55 a.m. Tue-Fri June 13-16

## Candy Lab *Grade K-4*

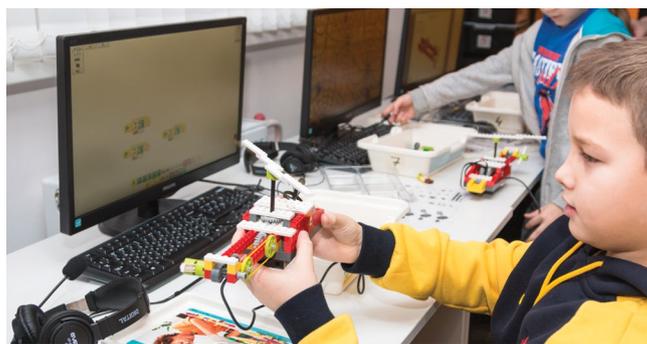
Discover the amazing science and chemistry behind your favorite sweets as we mix up totally awesome sugary mixes and design packing for your creations, including gummy bears, edible slime and more!

**YE4160** OMS 4 sessions \$171  
1-4 p.m. Mon-Thu June 19-22

## Crazy Concoctions and Insane Inventions *Grade K-3*

Have a blast exploring chemical reactions in a fun, slimy way, creating all kinds of ooey gooey, sticky, bouncy, slimy mixtures. Be challenged to solve fun engineering problems and more.

**YE4168** OMS 4 sessions \$171  
9-11:55 a.m. Mon-Thu July 31-Aug. 3



## Young Engineers Robotics & STEM Program *Grade 1-7*

In this problem and project-based learning program, students learn about Robotics and STEM concepts and apply those concepts by building operational robots and machines. Independently or in pairs, students will build working robotic models.

### Entertaining Machines *Grade 1-7*

**YE3173** CGMS 4 sessions \$98  
6:30-8 p.m. Wed April 5-26

**YE3171** ERHS 4 sessions \$98  
6:30-8 p.m. Thu April 6-27

### Newton's Machines *Grade 1-7*

**YE3174** CGMS 4 sessions \$98  
6:30-8 p.m. Wed May 3-24

**YE3172** ERHS 4 sessions \$98  
6:30-8 p.m. Thur May 4-25

### Light Robotics and Engineering Equipment *Grade 1-6*

**YE4172** OMS 4 sessions \$98  
2-5 p.m. Mon-Thu June 19-22

### Heavy Robotics and Engineering Equipment *Grade 1-6*

**YE4171** LMS 4 sessions \$98  
2-5 p.m. Mon-Thu Aug. 7-10

## Robotic Builders: Battlebots *Grade 1-4*

Let the battles begin! Designed by the experts at MIT, LEGO® WeDo Robotics' unique system teaches students about simple machines, engineering, programming, and much more. Working in pairs, students may construct a catapult, ninja star, tank, battle axe, crossbow and more!

**YE4130** LMS 4 sessions \$150  
9 a.m.-12 p.m. Mon-Thu June 26-29



### Extreme Robotics Grade 3-8

Explore the world of robotics. Working in teams, students will construct fun models, experiment with programs, compete in challenges and learn about the programming process.

#### Battlebots

**YE4136** LMS 4 sessions \$150  
9 a.m.-12 p.m. Mon-Thu July 10-13

#### Animatronic Creators

**YE4143** CGMS 4 sessions \$150  
1-4 p.m. Mon-Thu July 17-20

#### Racing Dragsters

**YE4151** OMS 4 sessions \$150  
1-4 p.m. Mon-Thu July 31-Aug. 3

### RC Wars Grade 5-9

Teams of students will build their own remote control vehicles to race and battle against other teams. Featuring land and air races, obstacle courses and more as students learn mechanical and electrical building skills.

**YE4183** OMS 3 sessions \$100  
1-4 p.m. Mon-Wed July 17-19

### Awesome Robotics for Kids Grade 1-4

Working in pairs, students will explore logic, pattern recognition, and math concepts as they are challenged to build using the latest WeDo® 2.0 system from LEGO®. Develop basic programming techniques and use gears, axles and connector blocks in robotic challenges.

**YE4165** LMS 4 sessions \$171  
1-4 p.m. Mon-Thu July 10-13

### Drone Programming Grade 4-8

Learn to program and fly at the same time! Groups of students will program drones with entry level, block based coding. A variety of fun challenges will put students' programming skills to the test.

**YE4182** OMS 3 sessions \$100  
9 a.m.-12 p.m. Mon-Wed July 17-19

### Drone Photography Grade 4-8

Start off learning how to fly an entry level photography drone. Then learn advanced techniques to take higher quality photos and videos. Photo and video editing software tutorials will enable students to create awesome media content.



**YE4184** LMS 3 sessions \$100  
9 a.m.-12 p.m. Mon-Wed July 24-26

### Robotics 2.4 Summer Grade 1-5

Build a dragster, a spy robot and a moon rover. Then program the dragster to race, the rover to roam, and the spy bot to...well, spy. Learn STEM, teamwork, and problem solving.

**YE4191** LMS 5 sessions \$169  
9 a.m.-12 p.m. Mon-Fri July 24-28

### RC Robotics Grade 3-8

Making it move is the name of this game! Students will love seeing their creations in motion using IR remote control Lego Mindstorm Components. Learn more about science, engineering, and technology while having FUN through hands-on projects.



**YE4152** LMS 4 sessions \$150  
9 a.m.-12 p.m. Mon-Thu Aug. 7-10

**GRIDBOTS ACADEMY SUMMER CAMP**

**SIGN UP TODAY!**  
bit.ly/GridBots23

### GridBots Academy Grade 9-12

Immerse yourself in the world of robotics while you program, build, and automate a collaborative robot. Get a taste of careers in engineering and computing while building critical team skills.

Register through the Michigan Tech website at [bit.ly/GridBots23](http://bit.ly/GridBots23)

**52289** OMS 5 sessions \$650  
9 a.m.-4:30 p.m. Mon-Fri June 19-23

**52290** OMS 5 sessions \$650  
9 a.m.-4:30 p.m. Mon-Fri June 26-30

*In partnership with Michigan Technological University.*

# S.T.E.M.

## 3D Printing & CAD –New Projects! ONLINE Grade 2-6

This 3D printing camp takes students through the 3D printing process from start to finish. Learn TinkerCAD and Cura. Ideal for students who like to draw, design, imagine and see their creations come to life.



*One 3D design will be printed and mailed to students.*

<b>YE3122</b>	Online	1 session	\$75
9 a.m.-12 p.m.	Sat	April 1	

## 3D Printing: Jewelry Fabrication & Arts NEW Grade 4-8

The ancient craft of jewelry making is brought to the modern world using TinkerCad and 3D printers. Design and print two projects: a pair of earrings, a ring or a pendant.

<b>YE4126</b>	OMS	4 sessions	\$165
9 a.m.-12 p.m.	Mon-Thu	June 19-22	

## 3D Printing: Product Development & Fabrication NEW Grade K-8

A hands-on product design class emphasizing creative thinking and problem-solving. Explore options to find, modify, and prepare 3D files to be brought to life using a 3D printer.

<b>YE4132</b>	LMS	4 sessions	\$165
9 a.m.-12 p.m.	Mon-Thu	June 26-29	

## Intro to 3D Printing & Design Grade 1-5

Learn the 3D printing process from start to finish, including TinkerCAD and Cura. Ideal for students who like to draw, design, imagine and see their creations come to life.

*Two 3D design will be printed and sent home with students.*

<b>YE4135</b>	LMS	3 sessions	\$124
1-4 p.m.	Wed-Fri	July 5-7	

## Star Wars Jedi Movie Making & STEAM Camp NEW Grade 1-5

Work on a stop-motion animated Star Wars short. In pairs, students will create and design out-of-this-world scenes, vehicles, starships, and props. Then, our instructors will take students through the entire digital filmmaking process from start to finish.

<b>YE4134</b>	LMS	3 sessions	\$113
9 a.m.-12 p.m.	Wed-Fri	July 5-7	



## Pokemania STEAM Adventure Grade 1-4

Working in pairs, pick your favorite characters to star in your mini-movie. Build Pokémon-inspired sets and props to create an animated game and stop-motion short. Create other Pokémon-related STEAM activities, too!

<b>YE4125</b>	OMS	3 sessions	\$113
1-4 p.m.	Wed-Fri	June 14-16	

## Hogwarts Film School & STEAM Camp Grade 1-4

Create your own stop-motion animation using characters from the Harry Potter and Fantastic Beasts series. Working in pairs, build and design magical-themed scenes and props. Then handle all the technical details of filming scenes, including stop-motion, digital editing, special effects, and transitions to the movie.

<b>YE4145</b>	OMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	July 24-27	

## Minecraft YouTube Video Creation Grade 3-7

Create your own gaming videos and launch your Minecraft YouTube channel. Learn invaluable tips, how to record, edit, mix music and upload your sessions, as well as fair use and copyright. Learn from other gamers and share tips in this cool camp!

<b>YE4159</b>	OMS	4 sessions	\$179
9-11:55 a.m.	Mon-Thu	June 19-22	

## Video Production for YouTube Grade 3-6

Learn how to create YouTube content! Shoot videos, edit sound and create an online presence with YouTube. Learn tricks that pro filmmakers use. Then share your finished video with the world.

<b>YE4122</b>	LMS	3 sessions	\$113
9 a.m.-12 p.m.	Wed-Fri	June 14-16	

## Video Production for YouTube: Podcasting NEW Grade 4-8

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

<b>YE4127</b>	OMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	June 19-22	

### Digital Film Production: Blockbuster Special Effects *Grade 4-8*

Learn film editing basics and how to use Hollywood-style special effects techniques. Special effects may include Star Wars animated lasers, Harry Potter spell-like effects, and other blockbuster effects.

**YE4153** LMS 4 sessions \$165  
1-4 p.m. Mon-Thu Aug. 7-10

### Jr Engineering and Building *Grade 1-4*

Explore, investigate and solve problems while learning about the building blocks of simple machines. Working in pairs, students will use LEGO® Gears and unique LEGO® Technic® engineering components that incorporate math, science, and creativity.

**YE4124** OMS 3 sessions \$102  
9 a.m.-12 p.m. Wed-Fri June 14-16

### Engineering using LEGO® Education Sets (Part I) *Grade 1-4*

Using kid friendly block coding, take your LEGO® building experience to the next level. Build super cool machines and connect to motors, sensors and awesome light-up bricks to create designs that will blow your mind!

*No LEGO® is taken home*

**YE4166** LMS 4 sessions \$178  
9-11:55 a.m. Mon-Thu July 17-20

### Engineering: Rube Goldberg Machines NEW *Grade 1-5*

Chain reactions! Working in pairs, students will learn about physics and engineering concepts such as velocity, projectiles, trajectories, force, motion and more to cause different chain reactions. On the last day, design their own Rube Goldberg Machine.

**YE4140** LMS 4 sessions \$135  
9 a.m.-12 p.m. Mon-Thu July 17-20

### Jr. Engineering: Theme Parks *Grade 1-4*

Have a blast using LEGO® Technics engineering kits to explore the world of STEM. Working in pairs, we will explore new engineering principles, such as gears, wheels, levers, and pulleys. Then, we will build working theme park rides and machines.

**YE4144** OMS 4 sessions \$135  
9 a.m.-12 p.m. Mon-Thu July 24-27

### Engineering: Crazy Action Contraptions *Grade K-2*

Unleash your imagination! Working in pairs, students will build models and discuss the engineering science behind each. Be challenged to improve the model and customize your creations.

**YE4148** LMS 4 sessions \$135  
9 a.m.-12 p.m. Mon-Thu July 31-Aug. 3



### Spectacular Engineering Adventures *Grade 1-4*

Have fun engineering an amazing paddle boat, create a mini rocket, build a pneumatic machine, an exhilarating pinball machine and more. Be blown away by your engineering skills!

**YE4169** OMS 4 sessions \$171  
1-4 p.m. Mon-Thu July 31-Aug. 3

### Jr Engineering: Games & Gadgets *Grade 1-4*

Make, Experiment and Play! Students working in pairs will learn about physics and engineering concepts. Build machines that will whirl, flip, launch, or cruise. Every day will have fun Lego challenges, puzzles, or games.

**YE4154** LMS 4 sessions \$135  
9 a.m.-12 p.m. Mon-Thu Aug. 7-10

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# S.T.E.M.



## Introduction to Javascript Programming ONLINE Grade 4-8

Learn the fundamentals of programming including variables, user inputs/output, random, conditionals, loops, functions, events, lists and more. The concepts learned are transferable to any other programming language. No prior coding experience is required.

*A Chromebook or computer/PC with Internet connectivity is required.*

<b>YE3495</b>	Online	8 sessions	\$180
9:55-10:45 a.m.	Sat	April 1-May 20	

## Web Design Grade 4-8

Learn to create web pages! Students will learn how to create an HTML web page, learn various HTML tags, and experiment with design, javascript, and CSS.

*Computer/PC required. No Chromebook, tablets or phones.*

<b>YE3124</b>	Online	2 sessions	\$75
10:30 a.m.-12:30 p.m.	Sat	April 15-22	

<b>YE4150</b>	OMS	4 sessions	\$150
9 a.m.-12 p.m.	Mon-Thu	July 31-Aug. 3	

## Elementary Coding or TCAD Grade 3-5

Learn logical problem solving skills in a fun, engaging way! This club offers an individually tailored, unique and challenging opportunity for students any experience level to expand their knowledge of programming.

<b>YE3105</b>	ERHS	8 sessions	\$134
6:30 p.m.-7:30 p.m.	Tue	April 4-May 23	

## Mobile App Development using MIT App Inventor ONLINE Grade 4-8

Build several applications/games, while exploring core programming concepts and aspects of MIT App Inventor, including adding components and designing layouts, the blocks editor and writing scripts.

<b>YE3501</b>	Online	8 sessions	\$180
10:50-11:40 a.m.	Sat	April 1-May 20	

## Game Coding ONLINE Grade 1-4

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. Scratch uses colorful, visual blocks that fit together like legos. Inspire your student to pursue today's most exciting technologies.

*Computer/PC required. No Chromebook, tablets or phones.*

<b>YE3123</b>	Online	2 sessions	\$75
8-10 a.m.	Sat	April 15-22	

## Minecraft Mod Development: Portals & New Dimensions NEW Grade 3-6

Dig deeper into Minecraft! Create a new custom dimension and design a portal. Make Java mods using MCreator. At the end of the class, take home your mods to share with family and friends.

<b>YE4123</b>	LMS	3 sessions	\$113
1-4 p.m.	Wed-Fri	June 14-16	

## Multiplayer Minecraft: City Builder Grade 1-5

Collaborate with fellow students to construct a city! Students will take home their completed world files at the end of class. Beginners welcome!

<b>YE4128</b>	OMS	4 sessions	\$150
9 a.m.-12 p.m.	Mon-Thu	June 19-22	

## Intro Coding with Superheroes Grade 1-3

Create YOUR OWN VIDEO GAME! Practice math, logic, and programming as you choose your storyline starring your favorite superheroes. Add challenges and difficulty levels. Then, share with family and friends.

<b>YE4129</b>	OMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	June 19-22	

## Video Game Design NEW Grade 4-8

Gain hands-on experience developing your own game. Create asteroids from scratch, using construct 3, a visual coding platform that teaches students the basics and structure of programming.

<b>YE4133</b>	LMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	June 26-29	

## Intro to Video Game Design with Nintendo Characters Grade 1-3

Create YOUR OWN VIDEO GAME! Practice math, logic, and programming as you choose your storyline starring your favorite Nintendo characters. Add challenges and difficulty levels. Then, share with family and friends.

<b>YE4138</b>	OMS	4 sessions	\$150
9 a.m.-12 p.m.	Mon-Thu	July 10-13	

### Super Mario Game Coding Grade 4-7



Gain hands-on experience developing a game using Scratch 3, a visual coding platform. Students will learn to think like programmers and learn coding concepts while creating a 2-dimensional, arcade-style Super Mario Bros.-themed game.

**YE4137** CGMS 4 sessions \$150  
1-4 p.m. Mon-Thu July 10-13

### Intro to Game Coding Grade 1-3

Learn to create an interactive 2D video game using your FAVORITE characters from Pokémon, Nintendo, and Minecraft! Learn to use Scratch, and in the final session, create a maze game and choose the main character.

**YE4131** LMS 4 sessions \$150  
1-4 p.m. Mon-Thu June 26-29

### Beginner Coder-Pokemon adventures Grade 1-4

Designed for beginner coders. In small teams, create your own universe of magical pokemon creatures to escape an adventure map, code a catch-pokemons-game and create a game to duel against friends.

**YE4161** LMS 4 sessions \$179  
9 a.m.-12 p.m. Mon-Thu June 26-29

### Coding My First Game- Minecraft Adventures Grade 1-4



Create amazing Minecraft creatures and code and create your personalized Minecraft adventure game. In small teams, create a treasure map where your character needs to find a diamond trove, survive lava, get away from dangerous creatures and more.

**YE4162** LMS 4 sessions \$179  
1-4 p.m. Mon-Thu June 26-29

### Master Minecraft Modder Grade 2-5

Learn to Mod Minecraft using Minecraft EDU. Learn the ins and outs of creating a custom adventure map, program teleporters and using WordEdit to instantly create massive structures. For both beginner and advanced Minecraft fans.

**YE4163** LMS 3 sessions \$138  
9-11:55 a.m. Wed-Fri July 5-7



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

Customize your gaming experience! Make Java mods using MCreator. At the end of the class, take home your mods to share with family and friends.

**YE4139** OMS 4 sessions \$150  
1-4 p.m. Mon-Thu July 10-13

### Minecraft Escape Room Grade 2-6

Dig deep and get exploring in puzzle-filled maps! Using Minecraft EDU, you'll learn how to use redstone mechanisms and programmed commands to design fun puzzles, engineer traps to trick your friends and make hidden rooms for your treasure!

**YE4164** LMS 4 sessions \$179  
9-11:55 a.m. Mon-Thu July 10-13

### Roblox Game Development Grade 3-7

In this advanced camp, learn to create and develop multiplayer games using the Roblox Studios Software and an asset library to create a Capture the Flag game. Gain the skills and knowledge required to continue their exploration of game development at home.

**YE4167** LMS 4 sessions \$179  
1-4 p.m. Mon-Thu July 17-20

### Intro to Computer Science with Python Grade 4-8

Get a great head start in learning how to code as well as learning computer science concepts using one of the fundamental programming languages of professional developers: Python. Its simple syntax makes it the perfect coding language for beginners.



**YE4142** OMS 4 sessions \$150  
9 a.m.-12 p.m. Mon-Thu July 17-20

# S.T.E.M.

## Multiplayer Minecraft: Escape the Ender Dragon

NEW

### Grade 2-6

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



<b>YE4141</b>	LMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	July 17-20	
<b>YE4147</b>	LMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	July 24-27	

## Intro to Esports Grade 4-8

Learn about Esports and the many opportunities available. Play some of the most popular Esports games, compete with and against each other in tournaments and learn important lessons along the way.

<b>YE4185</b>	LMS	3 sessions	\$100
1-4 p.m.	Mon-Wed	July 24-26	

## Coding Hacking Java Games Grade 4-8

Hack into the code of classic games! Learn Java coding skills while modifying games such as Asteroids, Tetris, Snake, and more! Coding beginners and more experienced students will love this class.

<b>YE4146</b>	LMS	4 sessions	\$150
9 a.m.-12 p.m.	Mon-Thu	July 24-27	

## Multiplayer Minecraft: Skyblock Creator

### Grade 1-5

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.

<b>YE4149</b>	LMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	July 31-Aug. 3	

## Multiplayer Minecraft: Colosseum Builder

### Grade 1-5

Unleash your creativity as you work collaboratively! Build mini-games or work together on a massive battle arena! Meld your builds with tunnels or bridges and separate them with moats of water, lava or even the void!

<b>YE4155</b>	LMS	4 sessions	\$150
1-4 p.m.	Mon-Thu	Aug. 7-10	

# SKILLS AND DEVELOPMENT

## Driver Education Age 14.5-18

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

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

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

<b>DE31001</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	April 17-May 3	
<b>DE32001</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	April 17-May 4	
<b>DE33001</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	April 17-May 3	
<b>DE31002</b>	ERHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	May 15-31	
<b>DE32002</b>	WHS	10 sessions	\$419
3:20-6:20 p.m.	Mon-Thu	May 15-31	
<b>DE33002</b>	PHS	10 sessions	\$419
3:30-6:30 p.m.	Mon-Thu	May 15-June 1	
<b>DE41001</b>	OMS	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	June 12-23	
<b>DE43001</b>	LMS	10 sessions	\$419
1-4 p.m.	Mon-Fri	June 12-23	
<b>DE41002</b>	OMS	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	June 26-July 14	
<b>DE43002</b>	LMS	10 sessions	\$419
1-4 p.m.	Mon-Fri	June 26-July 14	
<b>DE42001</b>	OMS	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	July 17-28	
<b>DE43003</b>	LMS	10 sessions	\$419
1-4 p.m.	Mon-Fri	July 17-28	
<b>DE42002</b>	OMS	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	July 31-Aug. 11	
<b>DE43004</b>	LMS	10 sessions	\$419
1-4 p.m.	Mon-Fri	July 31-Aug. 11	



**Driver Education** ONLINE **Age 14.5-18**

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

Behind-the-wheel instruction 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>DE349001</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	April 17-May 2	
<b>DE349002</b>	Online	10 sessions	\$419
4-7 p.m.	Mon-Thu	May 15-31	
<b>DE449001</b>	Online	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	June 12-23	
<b>DE449002</b>	Online	10 sessions	\$419
1-4 p.m.	Mon-Fri	June 12-23	
<b>DE449006</b>	Online	10 sessions	\$419
1-4 p.m.	Mon-Fri	July 17-28	
<b>DE449005</b>	Online	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	July 17-28	
<b>DE449007</b>	Online	10 sessions	\$419
9 a.m.-12 p.m.	Mon-Fri	July 31-Aug. 11	
<b>DE449008</b>	Online	10 sessions	\$419
1-4 p.m.	Mon-Fri	July 31-Aug. 11	

**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.

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

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



<b>YE36501</b>	WHS	4 sessions	\$180
9:15 a.m.-12:15 p.m.	Sat	April 29-May 20	
<b>YE36533</b>	PHS	4 sessions	\$180
5:45- 8:45 p.m.	Tue	May 2-23	
<b>YE36551</b>	ERHS	4 sessions	\$180
5:45- 8:45 p.m.	Thu	May 4-25	
<b>YE46501</b>	PHS	4 sessions	\$180
9 a.m.-12 p.m.	Sat	July 22-Aug. 12	
<b>YE46533</b>	OMS	4 sessions	\$180
5:45-8:45 p.m.	Thu	July 27-Aug. 17	

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

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



<b>YE36917</b>	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	March 11-April 8	
<b>YE36918</b>	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	May 6-June 3	
<b>YE46919</b>	Online	4 sessions	\$180
9 a.m.-12 p.m.	Sat	July 29-Aug. 19	

# SKILLS AND DEVELOPMENT



## Stock Market and Entrepreneurship Camp Grade 6-12

Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Make simulated trades from your portfolios! Apply your knowledge to your own simulated business venture!

<b>YE4079</b>	OMS	4 sessions	\$194
1-4 p.m.	Mon-Thu	June 19-22	

## Basic Finance For Teens Or What You Need to Know For Your First Job Age 12 +

Thinking about your first job? Learn how to apply for a job and what to do with your money. Includes job interviewing and understanding the employer's paperwork as well as basic money management skills.

<b>YE4410</b>	DPC	3 sessions	\$89
11:30 a.m.-1:30 p.m.	Tue-Thu	Aug. 15-17	

## GRASP Reading and Math Grade K-8

GRASP is a 9 week correspondence program which helps students maintain reading and math skills while they are on summer break. Weekly lessons take approximately one hour per week to complete. Mail completed lessons to the scoring center where they are analyzed and then returned to you. **Registration deadline is April 25.**

### GRASP Reading

<b>YE40400</b>	9 weeks	\$38
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### GRASP Math

<b>YE40401</b>	9 weeks	\$38
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## SOAR Reading and Math ONLINE Grade 1-8

Help stop summer learning loss with Summer Online Academic Resource (SOAR). A self-paced online course, developed by SoWashCo teachers to help current SoWashCo students maintain reading and math skills. For students going into grades 1-8.

### SOAR Reading

<b>YE404021-YE404028</b>	9 weeks	\$39
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### SOAR Math

<b>YE404071-YE404078</b>	9 weeks	\$39
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## Futura Spanish Summer Camp: ¡Vamos al Zoo! "Let's go to the Zoo!" Grade 1-5

Students will blaze new trails "visiting" a zoo! Each class students will explore new animals and habitats at the zoo including the aquarium, farm animals, birds, even the safari – All in Spanish!

*This class does not include a trip to the zoo.*

### On-site

<b>YE4207</b>	OMS	4 sessions	\$163
9 a.m.-12 p.m.	Mon-Thu	June 19-22	

### Live Virtual

<b>YE4208</b>	Online	4 sessions	\$68
4:15-5 p.m.	Mon-Thu	June 12-15	

## Language Sprout Summer Camp NEW Grade K-5

Sing, dance and play your way through bilingual fun. Learn with native speakers through exciting theme-based activities, songs and games. Appropriate for all levels.

### French

<b>YE4060</b>	LMS	4 sessions	\$212
9 a.m.-12 p.m.	Mon-Thu	June 26-29	

### Mandarin

<b>YE4061</b>	LMS	4 sessions	\$212
1-4 p.m.	Mon-Thu	July 10-13	

### Spanish

<b>YE4062</b>	LMS	4 sessions	\$212
9 a.m.-12 p.m.	Mon-Thu	July 17-20	

## Intensive Etiquette Camp Age 8-12.5

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

<b>YE3318</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Fri	April 21	

<b>YE4318</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Thu	June 22	

<b>YE4319</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Thu	July 20	

<b>YE4319</b>	Nena's Designs	1 session	\$84
2-5 p.m.	Thu	Aug. 10	

### Ready To Be Home Alone Age 7.5+

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



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

<b>YE34826</b>	DPC	2 sessions	\$42
4:30-6 p.m.	Thu	May 4-11	
<b>YE44826</b>	DPC	1 session	\$42
2:15-5:15 p.m.	Tue	June 27	
<b>YE44827</b>	DPC	1 session	\$42
2:15-5:15 p.m.	Tue	July 11	
<b>YE44831</b>	DPC	2 sessions	\$42
8:30-10 a.m.	Wed, Thu	July 12-13	
<b>YE44828</b>	DPC	1 session	\$42
2:15-5:15 p.m.	Tue	July 25	
<b>YE44832</b>	DPC	1 session	\$42
8:30 a.m.-11:30 a.m.	Mon	Aug. 7	
<b>YE44829</b>	DPC	1 session	\$42
2:15-5:15 p.m.	Tue	Aug. 8	
<b>YE44833</b>	DPC	1 session	\$42
8:30-11:30 a.m.	Thu	Aug. 10	
<b>YE44830</b>	DPC	1 session	\$42
9 a.m.-12 p.m.	Fri	Aug. 25	

### Babysitting for Boys and Girls Age 10.5+

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

Students must attend all 6 hours of instruction.

<b>YE34853</b>	DPC	3 sessions	\$89
4:30-6:30 p.m.	Tue	May 9- 23	
<b>YE44853</b>	DPC	2 sessions	\$89
2:15-5:15 p.m.	Mon, Tue	June 19-20	
<b>YE44858</b>	DPC	3 sessions	\$89
10:30 a.m.-12:30 p.m.	Tue-Thu	July 11- 13	
<b>YE44854</b>	DPC	2 sessions	\$89
2:15-5:15 p.m.	Mon, Tue	July 17- 18	
<b>YE44855</b>	DPC	2 sessions	\$89
2:15-5:15 p.m.	Mon, Tue	July 31-Aug. 1	
<b>YE44859</b>	DPC	2 sessions	\$89
8:30-11:30 a.m.	Tue, Wed	Aug. 8-9	
<b>YE44856</b>	DPC	2 sessions	\$89
9 a.m.-12 p.m.	Thu, Fri	Aug. 17-18	



### Boat America 2023 - U.S. Coast Guard Auxiliary

Learn boating fundamentals in this in-depth boating safety course for the whole family. Gain the knowledge needed to obtain a MN or WI boating certificate.

Some insurance companies will also offer discounts on boating insurance after successfully completing this course.

<b>YE4020</b>	PHS	1 session	
8 a.m.-3 p.m.	Sat	June 17	
	First family member .....	\$50	
	Additional family member .....	\$7	

### Discover Magic - Purple Wand Grade 3-6

Take an amazing adventure into the exciting world of magic. Learn the eight basic effects that make up all magic tricks and discover life skill to help build confidence and communication skills.

<b>YE4221</b>	OMS	4 sessions	\$209
1-4 p.m.	Mon-Thu	July 10-13	

### Fun With Fondant Grades 6-9

Have fun experiencing the beauty of fondant. Student will take home an 8-inch cake to frost with buttercream and decorate using fondant flowers and cut outs.

<b>YE4205</b>	LMS	1 session	\$33
10 a.m.-12 p.m.	Wed	June 21	

### Unicorn Cake Magic Grade 6-9

Create a magical unicorn cake to take home. Each student will use two 6-inch cakes to assemble and decorate with buttercream icing and fondant.

<b>YE4206</b>	LMS	1 session	\$33
10 a.m.-12 p.m.	Thu	July 20	



# 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 \$19.63 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](http://sowashco.org/careers)

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

 651-425-6612



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

– Jordan Sabelko,  
Hillside Kids Club  
Supervisor

# Care Options

## Before and After School

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

- Full or part-time schedules.
- Monday-Friday, 6:30 a.m. until the start of the school day-after school until 6 p.m.
- **Registration for the 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 timelines for 2023-24 non-school days are communicated via email to enrolled school year families. Watch your email closely throughout the summer for important updates!**

## Summer

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

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

### Schedules, Fees and Registration Information

Visit [commed.sowashco.org/kidsclub](http://commed.sowashco.org/kidsclub).

### Questions

Please contact 651-425-6639 or [kidsclub@sowashco.org](mailto:kidsclub@sowashco.org).

# Kids Club School Age Child Care

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

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

### Key Learning Areas

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

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



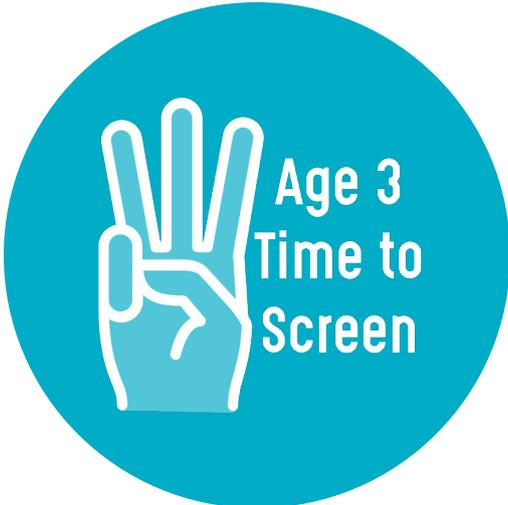
“ I really appreciated everyone’s welcoming and fun attitude. My younger daughter really enjoyed her walks with staff. Things like that make her feel special and that one-on-one time was really valuable for her.

-Parent

# EARLY LEARNING

## Early Childhood Family Education (ECFE)

ECFE is a family education program unique to Minnesota and is offered in most 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 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.



**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)**



**Families Learning Together**

**1:20-3:50 p.m., Tuesdays, Wednesdays and Thursdays at Liberty Ridge Site II (LR2)**

This class is designed for beginner and intermediate English language learning families with children birth-5 years of age. Families Learning Together Preschool provides early childhood education, parent and child interactive literacy activities, parent education, support and conversational language practice with licensed teachers. Transportation may be available upon request.

**For more information,** contact Katie Van Overmeiren at 651-425-7181 or [kvanover@sowashco.org](mailto:kvanover@sowashco.org)

**Home Based Support**

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

Connect with us today for help with:

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

**Questions about ECFE Parent Consultations?**

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

### 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.

### 3's and 4's Preschool and 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.



**ONLINE**  
Visit [sowashco.ce.eleyo.com](http://sowashco.ce.eleyo.com) and view our course offerings.



**FAX**  
Fax this registration form to 651-425-6620.



**MAIL**  
Mail or drop-off your registration. Office Hours: 7:30-5 p.m. Drop box is located to the left of the main doors.



**QUESTIONS?**  
Call 651-425-6600 or email us at [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org)



## COMMUNITY EDUCATION REGISTRATION FORM

District Program Center, 8400 E. Point Douglas Road S., Cottage Grove, MN 55016-3324

Phone: 651-425-6600 | Fax: 651-425-6620 Email: [CommunityEducation@sowashco.org](mailto:CommunityEducation@sowashco.org) | Website: [commmed.sowashco.org](http://commmed.sowashco.org)

Please complete a separate form for each participant with a different last name or address. Forms can be printed at [commmed.sowashco.org](http://commmed.sowashco.org).

Participant's Name \_\_\_\_\_ Birth date \_\_\_\_\_  
First Name Last Name

Address \_\_\_\_\_ Apt/Unit# \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work or Cell (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

**YOUTH REGISTRATION**

Mother/Guardian \_\_\_\_\_ Work or Cell (\_\_\_\_) \_\_\_\_\_

Father/Guardian \_\_\_\_\_ Work or Cell (\_\_\_\_) \_\_\_\_\_

Grade in 22/23 \_\_\_\_\_ Special Needs\* \_\_\_\_\_ (if included) \_\_\_\_\_ (if required): \_\_\_\_\_  
Shirt Size Instrument

\* Individuals with special needs are welcome to register for our classes and camps. Please note on your registration any needs your child may have or call 651-425-6600 if your child needs assistance to participate successfully and allow at least a two week notice for us to make assistance arrangements.

COURSE #	COURSE TITLE	CLASS DATE	CLASS FEE	DISCOUNT	FINAL FEE

MAKE CHECKS PAYABLE TO DISTRICT 833 COMMUNITY EDUCATION TOTAL: \$ \_\_\_\_\_

• **Swimming** - Please list your first two choices in order of preference. You will receive a confirmation email.

Charge my:

# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Signature \_\_\_\_\_  
 Print Name \_\_\_\_\_

**FOR OFFICE USE ONLY**

DATE: \_\_\_\_\_ AMOUNT PAID: \_\_\_\_\_

MAIL \_\_\_\_\_ WALK-IN \_\_\_\_\_ FAX \_\_\_\_\_

CHECK # \_\_\_\_\_ CASH RECEIPT # \_\_\_\_\_



## Financial Assistance Application 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

South Washington County Schools (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

# More Than A Meal Application

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

**Learn more and apply at [sowashco.org/edbenefits](https://sowashco.org/edbenefits)**



### Meals

Students can receive discounted or free meals at school.



### Field Trips

Schools can offer discounted or free field trips to student.



### Community Education Programs

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



### Instrument Rentals

Discounted or free instrument rentals for school band or orchestra.



### Kids Club

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



### Athletics

Students can participate in discounted or free school athletics.



### Student Fees

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



### Device Protection Plans

Receive free or discounted protection plans on school provided devices.



## 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 (SoWashCo) School 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!**



@SoWashCoCARES



@SoWashCoCARES



sowashcocares.org



**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

# OUR COMMUNITY HELPING OUR COMMUNITY!



Be seen. Be heard. Be bold.

## Why SoWashCo?

- Excellent Benefits
- Commitment to Equity
- Professional Development Opportunities
- Career Growth
- Teacher Mentorship Programs

## Now Hiring:

- Academic Support Services
- Elementary Teachers
- High School Teachers
- Special Education Teachers
- Special Education Paraprofessionals
- Athletics and Activities Coaches
- Community Education Positions
- Kids Club Child Care
- Bus Drivers and Bus Assistants
- Facilities
- Crossing Guards
- Health Services
- Lunch / Recess Assistants
- Nutrition Services

*\*Some positions may qualify for hiring or retention bonuses*

- Substitute Teachers
- Substitute Paraprofessionals

**Learn more and apply at [sowashco.org/careers](https://sowashco.org/careers)**

**Or call 651-425-6291**



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



## Yolks on You!

**Celebrate April Fools Day with a fun outdoor yard yolk-joke!**

Register for an egg drop of 25 or more eggs and the Community Education staff will play a “yolk” on your house - make sure you’re not home so we don’t get caught.

We will come to your house (Woodbury, Newport, St Paul Park, and Cottage Grove addresses only) between 9 a.m. and 3 p.m. on Friday, March 31 and scatter the eggs on your lawn. When you get home, the “yolk” will be on you and your family!

Race around to collect all the eggs which will be filled with candy, trinkets or a combination of both. The Yolks on You event is a fundraiser for the youth financial assistance fund benefiting the youth of South Washington County Schools (SoWashCo Schools) district.

 **\$23 per 25 eggs**

 **Deadline to register is Monday, March 27**

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