



COMMUNITY EDUCATION

Sioux Falls School District 49-5



SPARK SOME INTEREST;
IT'S **SHOCKING** WHAT YOU CAN **LEARN!**

hello COMMUNITY

Spark some interest by delving into our Community Education 2014 Spring Catalog. You may find all of the learning opportunities SHOCKING! Whatever your interest, we have a class for you!

Our mission is to improve community life and the lives of individuals by providing positive experiences and learning opportunities.

Our instructors are eager to share their passions with you! Make the commitment to expand your knowledge, grow a relationship, and take a Community Education class.

Register Today!

Office Hours
Monday-Friday 8am-4:30pm
closed on School District Holidays

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Chicken Love!

...fresh eggs!
...new yard friends!
...entertainment galore!

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Discover Scuba Diving!

...underwater world!
...a lifetime of memories!
...new friends await you!

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For the Love & Health of Biking - Pedal On!

...health!
...transportation!
...the great outdoors!

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ARTS *creative arts jewelry*



Unleash Your Creativity! Art, Friends, Music, & Fun

Picture yourself in an art class where the teacher guides you every step of the way - add upbeat music, friends, and talk or sing while you paint! Never held a paintbrush or haven't since grade school? No experience necessary as Tali takes you through the steps. Take your 16x20 canvas creation home to display your talent! Painting can be modified to some extent through your individual artistic interpretation! Professional paints, canvas, brushes, and easels provided. (\$20 material fee payable to instructor)

Instructor: Tali Paulson
Location: LHS

Thursday, Mar.6	6:30-8:30PM
PERS303A	\$19
Tuesday, April 29	6:30-8:30PM
PERS303B	\$19

Beaded Easter Eggs & Ornaments

Beaded Ornaments make the perfect gift or heirloom! Learn to apply beaded netting around an ornament, then use it to decorate anything from Easter eggs to candle holders, wine bottles, and yes, Christmas ornaments! Leave with a beaded ornament cover. Includes materials, supplies, and finished project.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, Mar.22	1:00-3:30PM
PERS989	\$35

Basic Wire Work for Jewelry Making

Earrings, charms, wire wrapping, coils, attachments, and hammered shapes are covered in this basic wire class! Learn the basic techniques to make endless combinations of jewelry and home décor adding beads, texture, and your personal touch! After 13 years in downtown Sioux Falls, this class has proven a timeless treat and one of the two staples for beginner beaders! Includes all materials, beads, and instructor patience! for this techniques class.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, Mar.8	1:00-3:00PM
PERS996	\$29

NEW Advanced Wire for Jewelry - Wraps & Beaded Cuffs

The next step in wire working! Learn two wire techniques in this intermediate class. First, learn to wrap and cradle a large flat bead or cabochon with multiple wires. Learn to create a wire cuff, with a shepherd's hook clasp embellished freeform with wire and beads. Class includes wire, materials, and your finished projects.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, May 17	1:00-4:00PM
PERS130	\$45

NEW Figure 8 Weave Beaded Bracelet

The combinations are endless once you learn the ins and outs of this beautiful airy weave. Use faceted Czech glass beads in your choice of colors to create a woven beaded beauty. This versatile style can transform from elegant to vintage to trendy! Your friends will be amazed at your talents. Class includes all supplies, use of tools, and finished bracelet.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, Mar.1	1:00-3:00PM
PERS126	\$35

jewelry ARTS

Beaded Wire Rings

Learn to create endless beaded rings focusing on wire wrapped rings with glass bead accents. You'll learn to make a few basic styles and maybe even develop your own personal style. Class includes beads, supplies, use of tools, and finished projects.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, April 5 **1:00-3:00PM**
PERS127 **\$35**

Stamping & Hammering on Metal Jewelry

Get your hands on some bead therapy ... and hammer away! Whether you want to make a few projects during class or you wish to practice your way into stamping the town, join us for this basic stamping class! Learn simple letter design and texturizing then create a custom initial stamped charm. Choose your stamping blank, initial, birthstone, and findings to create a necklace, bracelet, or keychain. Includes materials, supplies, and finished project.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, April 12 **1:00-3:00PM**
PERS994 **\$49**

NEW Silver Torch Fusing for Jewelry

Learn to fuse silver wire with a torch! How empowering is that?! Fuse pure silver wire to create interlocking rings, finish with hammering, texturing, and polishing techniques. Class project is a linked pendant or earrings. Class includes silver wire, clasp, and your finished project. Torches and extra supplies are available for use or purchase with a 15% student discount.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, May 24 **1:00-4:00PM**
PERS131 **\$85**

NEW Leather Wrap Beaded Ladder Bracelets

This trendy wrap bracelet style is a hit! Once you learn the basic techniques you can create them in glass, stone, metal, chain... anything goes! You'll create a row (ladder) of glass beads in your color choice surrounded by leather of your choice; that wraps around your arm 2x and finishes with a button style clasp. Warning: your friends will ALL want one! Class includes all supplies, use of tools, and finished bracelet.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, Feb.22 **1:00-3:00PM**
PERS125 **\$35**

NEW Viking Knit Wire Weave

Learn an ancient technique, weaving wire in a pattern into a circular woven metal tube. Learn basic Viking Knit wire weaving while creating a bracelet you never thought possible! Class includes wire, materials, and finished project.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, May 3 **1:00-4:00PM**
PERS129 **\$65**



ARTS *jewelry food*

Kumihimo Weave with Round Beads

Kumihimo is a Japanese technique meaning "a gathering or braiding of threads." This is a very relaxing, ancient technique that's versatile enough to toss aside when the phone rings. Learn the basics of weaving cording on a Kumihimo disc into unique bracelets, necklaces, and other jewelry projects. Add beads or let the fibers speak for themselves. Springboard yourself to learn advanced techniques and use materials such as chain, wire, leather, and focal pieces. Class project: Necklace. Class includes materials, beads, Kumihimo Board, and finished project.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, Mar.29

1:00-4:00PM

PERS132

\$45

NEW Kumihimo II - Flat/Square Weave

Take Kumihimo to a new level with the square disc which creates a completely different type of weave than using the round Kumihimo disc. Create a bracelet in your color choices while learning flat Kumihimo. Class includes materials, Kumihimo square board, and finished project. We recommend starting with the Kumihimo round class.

Instructor: Melanie Erickson
Location: The Bead Company

Saturday, April 26

1:00-3:30PM

PERS128

\$39

Professional Chef Certification Series - Practices & Exam

Differentiate Yourself!

With thousands of chefs competing in the job market, it is essential to prove your culinary competency. Certification through the American Culinary Federation demonstrates skill, knowledge and professionalism to the foodservice industry. Learn the skills necessary to take the prestigious and challenging ACF Practical Cooking Exam. The ACF (American Culinary Federation) currently offers 13 levels of certification, more than any other certifying agency - from Certified Culinarian to Certified Personal Chef or Certified Executive Chef. Certified Chef examiners from South Dakota and the region will be involved in this unique opportunity.

All candidates should have a minimum of 2 years of documentable professional cooking history and must participate in an interview.

Series:

03/12/2014 - Practice Session (3:30 - 8:00 p.m.)

03/19/2014 - Practice Session (3:30 - 8:00 p.m.)

03/26/2014 - Practice Session (3:30 - 8:00 p.m.)

04/04/2014 -or- 04/05/2014 -

ACF Practical Exam (12:00 Noon)

Instructor: ACF Dakotas

Location: CTE

CARE302

\$325

Exam Only

04/04/2014 -or- 04/05/2014 -

ACF Practical Exam (12:00 Noon)

CARE303

\$150





NEW Delizioso! Bellissimo!

Explore the basics of Italian home cooking with Italian native Luca Papini! Use simple elements combined to bring a delicious tasting experience! The evening features Pasta Quattro Formaggi (formerly known as alfredo!) and Pasta con le Zucchine e Gamberetti (pasta with zucchini and shrimp). You can't help but kiss your fingertips and toss the kiss away - Bellissimo! Dish tasting and perhaps a little Italian language lesson too!
(\$10 tasting fee payable to instructor)

Instructor: Luca Papini
Location: CTE

Wednesday, April 16 **6:00-8:00PM**
PERS215 **\$25**

NEW The Art of Baklava

Baklava! A pastry with layers of perfectly flaky fillo...filled with nuts and spices...drenched in syrup...oh my! There are numerous variations of baklava, many a closely guarded secret passed down through the generations! Join this hands-on demonstration making Baklava (a Middle Eastern version). Sample and take home a completed 9" x 13" pan. Don't miss out on this "rich" opportunity! Bring a 9" x 13" pan.
(\$20 ingredient fee payable to instructor)

Instructor: Debbie Abu-Sharkh
Location: CTE

Thursday, April 10 **6:30-8:00PM**
PERS211 **\$25**

NEW Pata Fatta a Mano!

Interpretation - Handmade Pasta! Join Luca Papini as he instructs this fresh pasta from scratch class! Luca will instruct you "lavorare la pasta" - to knead the dough and "spianare la pasta" - to roll the dough! Follow basic steps and discover the delicious taste and satisfaction of eating your very own pasta! Making the dough by hand gives you a sense of the correct flour-to-water ratio and ideal dough consistency. Cook the pasta and cover with marinara sauce, followed by tasting! If you throw the pasta to see if it sticks to the wall, please assist in clean up!
(\$10 tasting fee payable to instructor)

Instructor: Luca Papini
Location: CTE

Wednesday, Feb.26 **6:00-8:00PM**
PERS213 **\$25**

NEW Seriously Italian!

"Heartburn"...80's movie...Meryl Streep and Jack Nicholson...first date...feasting on Pasta Carbonara! Join Luca Papini as he shares his passion, talent, and family recipes. Express yourself through the art of cooking! The menu for the evening includes Pasta Carbonara, Amatriciana, and Pasta Gricia. You will have a chance to taste all of Luca's family favorites - minus the "heartburn" of course!
(\$10 tasting fee payable to instructor)

Instructor: Luca Papini
Location: CTE

Wednesday, May 14 **6:00-8:00PM**
PERS214 **\$25**



ARTS *woodwork*



Sharpening Woodturning Tools

It's not possible to wood turn safely and get good results with dull tools. Today's tools use various high speed steel alloys. To avoid overheating and to get consistent results, special grinding wheels and jigs are used. We'll provide the sharpening equipment and an assortment of tools to sharpen or bring your own woodturning tools. Maintained, sharpened tools will make your woodturning projects a work of art! Ages 12 and up.

*Instructor: Doug Noteboom
Siouxland Woodturners Association
Location: CTE*

Tuesday, Feb.25 **6:00-8:30PM**
HOME302 **\$19**

Basic Woodworking - Project Creation

Try your hand at a beautiful wood project to display, for use in your home, or to give as a gift! Gain the skills necessary to complete a woodworking project that you plan and design. Explore different woods, hand and power tools, and finishings. Mark will assist you in determining the materials needed for your project and you will be responsible for material costs. Cost vary depending on project choice. Class limited to 8 students for personalized attention. Classes held at the well equipped and amazing CTE woodshop.

*Instructor: Mark Dunbar
Location: CTE*

8 Wednesdays, Feb.12 **6:30-9:00PM**
HOME557 **\$129**

Woodturning 101

This popular class is back! If you've ever wood turned, haven't turned since junior high or are wondering if you'd like woodturning, this is the class for you! Learn basic lathe set up, safety, and tool selection. After a short demonstration, the artistic fun begins! Choose a piece of lumber and turn a spindle. Revive the art of woodturning! All equipment and supplies are included. Ages 12 and up.

*Instructor: Doug Noteboom
Siouxland Woodturners Association
Location: CTE*

Thursday, Feb.20 **6:00-8:30PM**
HOME303A **\$19**

Tuesday, Mar.11 **6:00-8:30PM**
HOME303B **\$19**

Woodturning - Create a Writer's Pen

In this intermediate woodturning class, select wood from several species and make a wood turned ball point pen using the lathe. Wood turned pens make unique and beautiful gifts! Make and take a wood turned pen - revive the art of handwritten letters! You should have some experience in Woodturning 101 or equivalent. (\$10 material fee payable to instructor) Ages 13 and up.

*Instructor: Siouxland Woodturners
Location: CTE*

Tuesday, Mar.18 **6:00-8:30PM**
HOME304A **\$19**

Thursday, April 24 **6:00-8:30PM**
HOME304B **\$19**

woodwork ARTS

NEW Jack Jumped Over the Candlestick!

Learn the art of candlestick making by moving the center as you turn, known as multi-axis turning. Changing the axis provides woodturners with unlimited forms, within the limits of the lathe and the wood. We will provide the building blocks needed for a conceptual understanding of multi-axis turning. With this knowledge, you can experiment and combine forms to create new designs. You should have some experience in Woodturning 101 or equivalent. Ages 13 and up.

Instructor: Sue Smith
Siouxland Woodturners Association
Location: CTE

Thursday, Mar.27
HOME310

6:00-8:30PM
\$19

NEW Natural Wood Bowls

Wood turned bowls are one of the most popular woodturning projects today! Bowls can be functional, artistic additions for your home or as a gift! From "setting up" a piece of green log, rough turning to finish turning between centers, to speed drying and finishing, you'll have the opportunity to turn a natural wood bowl. You should have some experience in Woodturning 101 or equivalent or experience turning between centers. (\$5 material fee payable to instructor) Ages 13 and up.

Instructor: Sue Smith
Siouxland Woodturners Association
Location: CTE

Tues/Thurs, April 1 & 3
HOME311

6:00-8:30PM
\$29

GOLD CARD CLUB

Community Education is excited to welcome your participation in our public school and community events through the Gold Card Club! As a valued Gold Card Member, enjoy several Member perks:

- **Discounted entrance fee to public school sporting & fine arts events!**
- **Community Education Catalogs mailed directly to you!**
- **Invitations to Gold Card Series Events!**

Gold Card Series Events are provided by the joint efforts of Community Education and the Fine Arts Department.
Ages 60 years and up.

Registration forms and Gold Cards can be filled out and picked up at IPC.
201 E 38th Street



INTEREST *culture language*



Cultural Diversity - Raising a Child in America

Look around Sioux Falls and in the hallways of our schools - cultural diversity is where you LIVE! Join Clara Hart sharing her personal experience raising daughters in America. A native of Mozambique, she and her family were forced from the country and were refugees in Tanzania, the Sudan, Zaire, and Kenya. For your treat, Clara has organized a panel of parents from around the world with children in the Sioux Falls School District's English Language Learners program to share their experiences of raising children in Sioux Falls and in America. Celebrate cultural differences and human likenesses, along with the struggles, traditions, and diversity that makes up our world! Coffee will be served.

Instructor: Clara Hart

Location: IPC

2 Mondays, April 21
PERS992

6:30-7:30PM
\$19

NEW Live, Laugh, Latin Language!

Latin is the mother of all Romance languages: Spanish, Portuguese, French, Italian, and Romanian. Learn basic vocabulary to apply to your everyday life and as it relates to law and medicine. Learn the Greek alphabet and add to your knowledge of roots, prefixes, and suffixes. Read Papal tweets and discover how many words in Latin you already know!

Instructor: Lynn Thomason

Location: LHS

6 Tuesdays, Mar.18
COMM502

6:30-8:00PM
\$69

NEW Sign Language: From Baby Signs to Basic Signs

Sign language is not only an amazing way to support communication with individuals with hearing loss, but also for babies and children! Sign language has proven successful with babies and children due to understanding language before developing the ability to talk. Take advantage of your loved one's non-verbal communication to strengthen speech and language skills.

Instructor: Tania Krause

Location: JFK Elementary

6 Mondays, Feb.24
COMM400

6:00-7:30PM
\$69

Spanish for Beginners

Plan a trip to a Spanish speaking country or understand your children's Spanish conversations! Learn the fundamental skills and conversational patterns that encourage basic elements of the Spanish language. Learn fun Spanish phrases and converse with your instructor and classmates! Practice your new skills during an evening out with your class dining at an authentic Mexican restaurant using only Spanish! (Evening out is optional and scheduled after your class is complete)

Instructor: Caroline Tipton
Location: IPC

6 Tuesdays, Mar.4 **6:00-7:30PM**
COMM601 **\$69**

Onward with Spanish

Did you study Spanish in high school or college, but never achieved fluency? If conversational Spanish is your goal, you will enhance your knowledge through situational dialogues. Continue to build and expand your skills by practicing your Spanish with the instructor and your classmates! Join your group at an evening out dining at an authentic Mexican restaurant using only Spanish! (Evening out is optional and scheduled after your class is complete.) This course is the sequel to Spanish for Beginners, but is not a prerequisite.

Instructor: Caroline Tipton
Location: IPC

6 Tuesdays, April 22 **6:00-7:30PM**
COMM602 **\$69**

*Check out these new
classes about China!*

NEW China: Behind the Wall

Armchair travel to China and learn about the country and its culture! Shanghai, China, native Angela Wu and longtime Shanghai expatriate Nicholas MacDonald introduce you to unique destinations not on the usual tours, tips for making your travel more enjoyable, and provide answers to some of your pressing concerns about a vast, complicated, and fascinating country. Plan your China trip and itinerary today or just armchair travel with us!

*Instructors: Angela Wu &
Nicholas MacDonald*
Location: IPC

Monday, Mar.31 **6:30-8:30PM**
PERS351 **\$25**

NEW Chinese for Beginners

Mandarin Chinese is a famously difficult language; pick up the basics with this class. Beginning Chinese teaches the Pinyin system of pronunciation and the nuances of speaking a tonal language, and basic conversational phrases; giving you a beginning foundation in the language. (\$10 material fee payable to instructor at class) Ages 13 years and up.

Instructor: Angela Wu
Location: LHS

8 Sessions:
Tues/Thurs, Mar. 4 **6:30-8:30PM**
COMM401 **\$69**

NEW Intermediate Chinese

Continue your studies from Chinese for Beginners! Learn fundamental and useful Hanzhi characters, the basis of the Chinese writing system, as well as more advanced conversation and vocabulary practice. (\$10 material fee payable to instructor at class) This course is a sequel to Chinese for Beginners, but is not a pre-requisite. Ages 13 years and up.

Instructor: Angela Wu
Location: LHS

8 Sessions:
Tues/Thurs, April 1 **6:30-8:30PM**
COMM402 **\$69**

DVDS AVAILABLE



- Homecoming
- Graduation
- Sporting Events

Order form available online

INTEREST *personal*

NEW Coffee Cupping

Wondered why coffees taste the way they do? Coffee's flavors are a product of many different factors - location, processing, roasting, and brewing can all dramatically alter the flavor of coffee. Open the door to an understanding of how coffee gets to our cups. Coffees from different locations and processing methods will be sampled side-by-side to increase your understanding of coffee. Take a bag of Coffea Roasterie coffee to brew up at home!

(\$20 material fee payable to instructor)

Instructor: Bryan Kegley

Location: Coffea Roasterie

Tuesday, Feb.18	7:00-8:00PM
PERS208A	\$15
Tuesday, Feb.25	2:00-3:00PM
PERS208B	\$15
Tuesday, Mar.11	7:00-8:00PM
PERS208C	\$15
Tuesday, Mar.18	2:00-3:00PM
PERS208D	\$15

French Braiding Basics

Learn to French braid hair even if you think you are all thumbs! Tired of not being able to see your daughter's eyes because her hair won't stay put? Learn basic techniques for French braiding and tips for customizing the braid through demonstration and practice. Bring your daughter, granddaughter, or niece with you for hands on instruction! Dads are welcome too! Registration fee covers Braider & Braidee! Bring a fine tooth comb, a hairbrush, and a few hair ties to class.

Instructor: Nicole Collins

Location: IPC

Thursday, Mar.13	6:30-7:30PM
PC121	\$19



NEW Home Brewing Coffee

It's rare to find a household without some device for brewing coffee. While coffee shops have the equipment and expertise to brew high quality coffee consistently, it's possible to do at home - and on a budget! Create an understanding of how coffee is brewed and become a home "expert!" Various methods of brewing will be tried and evaluated. Receive a bag of Coffea Roasterie coffee to brew up at home! (\$20 material fee payable to instructor)

Instructor: Bryan Kegley

Location: Coffea Roasterie

Monday, April 7	7:00-8:00PM
PERS209A	\$15
Monday, April 14	2:00-3:00PM
PERS209B	\$15
Tuesday, May 6	7:00-8:00PM
PERS209C	\$15
Tuesday, May 13	2:00-3:00PM
PERS209D	\$15

French Braiding with a Twist

Give your French braids a twist with some fun variations including waterfall braids, fishtail braids, inside-out braids, twist braids, headband braids, and halo braids. Basic knowledge of French braiding is recommended. Bring your daughter with you for hands on instruction! The girls in your life will be "put together" for everyday and special occasions! Dads are welcome too! Registration fee covers Braider & Braidee! Please bring a fine tooth comb, a hairbrush, and a few hair ties to class.

Instructor: Nicole Collins

Location: IPC

Thursday, April 10	6:30-7:30PM
PC122	\$19

Genealogy

Don't risk losing your family history! Get answers to your genealogy using family and public records utilizing sound research methods. Review recommended free websites with hands-on computer access advancing your genealogical knowledge. Bring a list of dates with family names you would like to research. (\$5 supply fee payable to instructor at class)
Computers provided for the class - basic understanding of computers is a must!

Instructor: Cheryl Squires
Location: IPC

2 Tuesdays, Mar.4 **6:00-8:30PM**
PERS859 **\$29**

Knit & Purl - Infinity Scarf

Learn basic knitting stitches by creating a fun infinity scarf! Learn how to knit, purl, and cast on and off using a simple pattern. All levels of knitters from beginners on up are welcome! Sport your new infinity scarf or give as a special gift - you can always knit another! Materials needed at first class: size 13/9mm bamboo circular needles and two skeins of bulky yarn of your choice.

Instructor: Kari Nichols
Location: IPC

3 Thursdays, Feb.20 **6:00-8:00PM**
PERS559 **\$29**

NEW Sock it to Me! - Knitted Socks

Get ready to make a pair of simple socks! Learn the basics of sock production including turning the heel and shaping. Now when the dryer "eats" a sock's match - you can knit a new one - sock it to the dryer! Prior experience of knit and purl required - see Basic Knitting class. Materials needed for this class: two 50g ball of yarn, size 7 needles (set of 5 double pointed needles).

Instructor: Jessica Meyers
Location: IPC

3 Tuesdays, Mar.11 **6:00-8:00PM**
PERS561 **\$29**

Advanced Genealogy - Writing the Story

Organize your genealogical information and write your family history by using the outline approach. Practice creative writing techniques to tell your family's story in a unique and interesting way. Create an account of your family that will be shared with relatives now and passed on for generations to come!
(\$5 supply fee payable to instructor)

Instructor: Cheryl Squires
Location: IPC

Tuesday, April 8 **6:00-8:00PM**
PERS9010 **\$19**

NEW Cable Goodness! - Knitted Hat

Learn the art of cable knitting! This simple technique will make any project look beautiful! Knit a simple and gorgeous hat using your choice of colors! Keep your body heat "capped" in our South Dakota weather! Previous knowledge of knit and purl required - see Basic Knitting class. Materials needed: one ball of worsted weight yarn of your choice, size 7 double pointed needles (set of 5 needles), and 1 cable needle.

Instructor: Jessica Meyers
Location: IPC

3 Fridays, April 25 **10:00AM-12:00**
PERS560 **\$29**



INTEREST *hobbies technology*

NEW Aviation - Private Pilot Ground School

Dream of becoming a pilot and soaring through the air? Take the first step to the required licensing with the Private Pilot Ground course. Prepare to take the required private pilot written exam by covering aerodynamics, aircraft systems, airports and air traffic control, Federal Air Regulations, aeromedical factors, aeronautical decision making, aviation weather, navigation, flight planning, and other required topics. Upon completion, you will be prepared to schedule your written exam - must be 16 years of age to take exam. Information regarding the exam will be provided. (\$75 material fee payable to instructor) Ages 15 years and up.

Instructor: Alan Gabor
Location: CTE

14 Mondays, Feb.3 **5:30-8:30PM**
PERS251 **\$129**

NEW Little Free Library

Share your favorite reads with neighbors and NEW friends! Provide a gathering place where neighbors share favorite literature and stories in its most basic form, a library. Whether you repurpose an old container, build your own, or purchase a ready-made box; dream, design, and build your very own library while building goodwill, community, and a great read! First join this informational class; then, join the ranks of 15,000 Little Free Libraries in 55 countries where people take a book and leave a book to share!

Instructor: Vonna & Tim Marcus
Location: IPC

Thursday, May 8 **6:30-8:30PM**
HOME198 **\$29**



NEW Soap Making 101

Learn the basic processes behind making handmade soap. Receive instruction for making liquid hand soaps, laundry soaps, and more from your handmade soap recipes. Make several individually wrapped soaps to take home for personal use or as gifts. Save money, control what touches your family's skin, and have fun! Please bring a microwave safe bowl - Pyrex or glass.

Instructor: Nicole Haag
Location: IPC

Thursday, May 1 **6:30-8:30PM**
PERS210 **\$19**

NEW Introduction to Social Media

Using Facebook, Twitter, or Pinterest and overwhelmed, frustrated, or confused? Gain the tools and knowledge of social mediums - similarities, differences, how and when to use each in our ever changing digital world. Stay connected to the people in your life you know and love!

IPC location - Laptop computers will be provided during this class

Touchmark All Saints - Bring your own laptop or device

Instructor: Travis Dunn

Location: IPC

Tues/Thur, April 1 & 3 **6:00-8:00PM**
COMP116A **\$29**

Location: Touchmark at All Saints
Tues/Thur, April 22 & 24 **6:00-8:00PM**
COMP116B **\$29**



Find us on
Facebook

Sioux Falls School District Community Education

Getting Started with iPad

Discover and explore iPad basics - from settings to customizing your backgrounds, purchasing apps, creating folders, multitasking, surfing the web, emailing, and even printing! Bring your iPad and log in. (Other tablets not applicable)

Instructor: Marta Hoffman & Ginny Gustad
Location: Camille's

2 Mondays, Feb.24	6:00-8:00PM
COMP161A	\$39
2 Mondays, Mar.10	6:00-8:00PM
COMP161B	\$39

Going Further with iPad

Mastered the basics of iPad and you're ready to expand your knowledge? Learn the built-in apps - camera and iPhoto, how to manage photos, Notes, Messaging, the benefits of iCloud when using multiple devices, Facetime and more! Bring your iPad and log in.

(Other tablets not applicable)

Instructor: Marta Hoffman & Ginny Gustad
Location: Camille's

Monday, Mar.31	6:00-8:00PM
COMP166A	\$39
Monday, April 7	6:00-8:00PM
COMP166B	\$39



Photography!

NEW

Beginning DSLR 1 Photography

You've purchased a nice DSLR camera but can't get it off auto? Become comfortable with your new gadget by mastering different camera settings and discuss what components go into taking controlled photos. Start using the features on the camera you have already invested in! Bring your DSLR camera and camera manual.

Instructor: Amira Abu-Sharkh
Location: IPC

Thursday, Mar.20	6:00-8:00PM
COMP351	\$25

NEW

Beginning DSLR 2 Photography

Go from basic knowledge of your camera to understanding ISO, SS, and F-stop. Gain control over your photos (the reason why we buy DSLR!) through good photo image elements. This class follows the DSLR 1, but is not a pre-requisite. A general knowledge of your camera is a must! Bring your DSLR camera and camera manual.

Instructor: Amira Abu-Sharkh
Location: IPC

Thursday, April 3	6:00-8:00PM
COMP352	\$25

NEW

Beginning DSLR 3 Photography

Join a photo safari to practice the use of your camera OFF of auto! Challenge yourself to create the proper settings for a successful photo, analyze your photos, and discuss options. Bring your DSLR camera and camera manual. Class will start at IPC and move to the safari location. Class will continue the learning from DSLR 1 & 2, but these are not pre-requisites.

Instructor: Amira Abu-Sharkh
Location: IPC

Thursday, April 17	6:00-8:00PM
COMP353	\$25

DATE NIGHT series

Things To Do Today

- ✓ Make week's menu
- ✓ Make kids' sports physical appointment
- ✓ Order invitations for birthday party
- ✓ Dentist appointments
- ✓ Clean house before company/Sunday
- ✓ Pack for conference

✓ **Schedule Date Night!** Bright back Date Night! We've gathered a few of our excellent classes for an ideal date or create your own with our plethora of classes. All you need to do is register! Make time together a priority in your life!

Ultimate Date Night - Big Band Ballroom

Enjoy a special night out at the LIVE Big Band Dance starting with a dance lesson! Each Friday evening features a different dance style taught by an experienced instructor followed by the live dance band at one of the largest dance floors in the Midwest - El Riad Shrine in downtown Sioux Falls! Semi-formal or business casual attire is requested. Dances are hosted by Ballroom Dance Club and El Riad Dance Club with your instructor available to assist throughout the dance. Registration fee is per couple.

Instructor: Various Instructors
Location: El Riad Shrine

Friday, Feb. 7	6:00-6:45PM
HETH146A	\$20
Friday, Mar. 14	6:00-6:45PM
HETH146B	\$20
Friday, April 11	6:00-6:45PM
HETH146C	\$20
Friday, May 9	6:00-6:45PM
HETH146D	\$20

NEW Coffee Cupping

Wondered why coffees taste the way they do? Coffee's flavors are a product of many different factors - location, processing, roasting, and brewing can all dramatically alter the flavor of coffee. Open the door to an understanding of how coffee gets to our cups. Coffees from different locations and processing methods will be sampled side-by-side to increase your understanding of coffee. Take a bag of Coffea Roasterie coffee to brew up at home! (\$20 material fee payable to instructor)

Instructor: Bryan Kegley
Location: Coffea Roasterie

Tuesday, Feb. 18	7:00-8:00PM
PERS208A	\$15
Tuesday, Feb. 25	2:00-3:00PM
PERS208B	\$15
Tuesday, Mar. 11	7:00-8:00PM
PERS208C	\$15
Tuesday, Mar. 18	2:00-3:00PM
PERS208D	\$15

DATE NIGHT series

Perfect for any
occasion!

GIFT CERTIFICATE

Gift Certificates for Community Education classes make surprising and unique gifts for everyone on your list - for birthdays, anniversaries, holidays, or just because! You will be mailed a gift certificate for your amount of purchase. Your recipient calls the Community Education office to use their gift for the class(es) of their choice! Happy Shopping!

FRIEND11

NEW Discover Scuba Diving!

Get your toes wet and join us down under! Experience scuba diving first-hand before making a commitment to a full PADI scuba diving training certification. In a confined water setting, the professional staff at LandShark Scuba & Snorkel Center will assist you throughout your scuba diving experience. Plan a vacation get-a-way or a unique date night (or day) and include this underwater experience. All equipment provided, bring swimsuit and towel. Meet at LandShark for classroom instruction and proceed to Sanford Wellness Center's pool - 49th Street. (\$6 material fee payable to instructor) Ages 12 years and up.

Students need to sign a waiver provided by Community Education one week prior to class. Special arrangements for 10 & 11 year olds available.

*Instructor: LandShark
Location: LandShark*

Saturday, Feb.15	9:00AM-3:00PM
PERS255A	\$35
Friday, Feb.28	5:30-10:30PM
PERS255B	\$35
Saturday, Mar.8	9:00AM-3:00PM
PERS255C	\$35
Friday, Mar.28	5:30-10:30PM
PERS255D	\$35
Saturday, April 5	9:00AM-3:00PM
PERS255E	\$35
Saturday, May 10	9:00AM-3:00PM
PERS255F	\$35
Friday, May 16	5:30-10:30PM
PERS255G	\$35

NEW The Couple Checkup!

Would you let your car go for 100,000 miles before getting an oil change? Would you have a physical exam only once in your lifetime? Your relationship deserves a checkup, too! Take this opportunity to see where you stand as a couple and make a good relationship even better! Laurie is a licensed counselor and works as a coach for Michele Weiner-Davis' website - Divorcebusting.com and enjoys mentoring pre-marital and married couples locally. As a couple, complete an online relationship inventory prior to class. Registration fee includes the \$30 per couple online relationship inventory and class materials.

Instructor: Laurie Chaplin

Location: Software Unlimited, Inc.

3 Thursdays, April 3
COMM301

6:30-8:30PM
\$59

Kayaking-Getting Started

Come explore the waters of South Dakota! The wonderful leisure sport of kayaking is increasing in popularity. This class is perfect for those who have never been in a kayak before but would like to give it a try. Basic water safety, dry entry, basic paddling skills, and more! All equipment provided. Wear water appropriate clothing - you may get a little wet! Adults Only.

Instructor: Cameron Moore

Location: Family Park

Tuesday, May 20
HETH155A

6:30-8:00PM
\$35

Thursday, May 22
HETH155B

6:30-8:00PM
\$35



FARM *to* TABLE series

HARVESTING. **Storage.** **PROCESSING.** **CANNING.**
GROWING WHAT YOU EAT; EATING WHAT YOU GROW!



NEW Jammin' It Down Low! **- Making Low Sugar Jams**

Do you love jam but don't like all the sugar? Learn how you can have your jams and eat it too by using the most versatile pectin available! Make three different types of low sugar jams and learn the easy process of canning your homemade jams and jellies. Be prepared to take some homemade goodness home to your family! Don't forget to bring your own apron! (\$18 material fee payable to instructor)

Instructor: Monica Pugh
Location: CTE

Thursday, Mar. 6 **6:00-8:30PM**
HOME195 **\$19**

NEW Supercharge Your Health **- Plant Strong Eating**

Discover the power of plant-based eating founded by 120 years of combined medical research. Benefit from the nutrition knowledge of the Tarahumaran culture where heart disease and diabetes is non-existent and cancer is extremely rare. Learn how 96 year old men walk distances of over 26 miles through the Copper Canyons of Mexico. Commit today to be healthier tomorrow! Make a plant-based dish and enjoy a plant-based potluck on final class day.

Instructor: David Meyer
Location: IPC

3 Fridays, May 2 **5:30-7:30PM**
HETH309 **\$39**

NEW Come Jam With Us! **- Jams & Jellies**

Learn to make homemade jams and jellies like Grandma used to make! Find the easy, fun, and rewarding way to make and process your own! Make two different kinds of jams - one with pectin and one without using the same jelly recipe. Take home these sweet jams and jellies to share with family and friends! Bring your own apron. (\$12 material fee payable to instructor)

Instructor: Monica Pugh
Location: CTE

Tuesday, Mar. 4 **6:00-8:30PM**
HOME194 **\$19**

NEW Jammin' It! **Making No Sugar Jams**

It is hard to find scrumptious, healthy jams made without sugar or without harmful chemical sweeteners. If you are diabetic or just wanting a healthy jam, you understand how hard it can be to find such a treat. Answer - made from scratch, at-home, healthy jams using the most universal pectin available that allows you to use any sweetener you like. Make three different kinds of jams and take jams home to share with family and friends! You'll be Jammin'! Bring your apron. (\$18 material fee payable to instructor)

Instructor: Monica Pugh
Location: CTE

Tuesday, Mar. 11 **6:00-8:30PM**
HOME196A **\$19**

Tuesday, Mar. 18 **6:00-8:30PM**
HOME196B **\$19**

FARM to TABLE series

NEW Yeast Bread Basics

When the bread was finished, the tired little red hen asked her friends, "Who will help me eat the bread?" Learn to make simple yeast bread from ingredient mixing through the process of baking. Hands-on class will cover the use of various kinds of flour, sweeteners, optional add-ins, mixing, and baking methods. Learn about starter dough, whole grain breads, and artisan breads. Take home a fresh loaf of bread to share with family and friends without the trouble of finding someone to EAT it with! (\$15 material fee payable to instructor)

Instructor: Joan Williams
Location: CTE

Monday, April 7 **6:00-8:00PM**
PERS212 **\$25**

NEW Small Fruit Growing for South Dakota

Strawberry jam anyone? Raspberry tart? Blueberry pie? Sounds great! Elderberry wine and a pheasant dish is a delight! Learn to grow delicious small fruits and make those sweet dreams come true! Learn which fruits and varieties to plant, how to ensure abundant harvests, and all you need to know to appreciate the growing of these beautiful, bountiful small fruits in our South Dakota climate and short growing season!

Instructor: Richard Mayko
Location: IPC

Monday, April 14 **6:30-8:00PM**
HOME205 **\$29**

NEW Jam, It's Cold! Freezer Jams

Easy to make in half the time - Freezer Jams! These jams have a softer set and a fresh fruit taste. Prepare three types of freezer jams with three kinds of pectin that will include jams sweetened with honey instead of sugar. Bring three small storage containers to take jams home and your own apron. (\$12 material fee payable to instructor)

Instructor: Monica Pugh
Location: CTE

Thursday, April 24 **6:00-8:30PM**
HOME193 **\$19**

NEW Garden's Gate & H2O!

Aspiring gardeners - Learn the tips and tricks for an easy to assemble rain catchment system using barrels. Recycling water with rain barrels will save on your watering bill for both your lawn and your garden. Just ½ inch of rain on a 1000 square foot roof will provide about 300 gallons of water. Start your journey to a bountiful garden and a green lawn! You may see a tint of green on your thumb as you become a conservationist!

Instructor: Michael Smith
Location: CTE

Tuesday, Feb. 25 **6:30-8:00PM**
HOME405 **\$29**

NEW Fruit Tree Growing for South Dakota

What does it take to grow a sweet, crunchy apple, a delicious peach for that homemade peach pie, or a scrumptious pear for that flambé? Learn which fruit tree varieties to plant, insects and diseases to be aware of, the "spray schedule", how to ensure abundant production, and more! Understand the growing of great fruits in our South Dakota climates and growing season.

Instructor: Richard Mayko
Location: IPC

Monday, April 7 **6:30-8:00PM**
HOME206 **\$29**

NEW Fresh Produce - Canning 101

Home canning and preserving has regained its popularity with a new generation! Canning is a money-saving, nutritious, delicious, and rewarding food process proven to be well worth the time and energy. Join Chef John Gilbertson to learn techniques of canning to preserve nutritious, healthy, and additive-controlled foods for your family - with an taste for flavor! Understand the canning process so you will be informed and ready to embark on food preservation to stock your pantry!

Instructor: Chef John Gilbertson
Location: CTE

Wednesday, April 9 **5:00-7:30PM**
HOME191 **\$25**

FARM to TABLE series

NEW Chicken Love!

Do you love fresh eggs? Get in touch with your inner farmer and start wrangling your own flock! Sioux Falls City Council recently passed an ordinance allowing you to raise six chickens in your backyard - hens only - no early sunrise roosters! Learn all you need to know including housing, feeding, choosing breeds, and raising chicks. Chickens are curious, funny, and easy critters to raise. Be the first on your block to raise chickens and eat your fill of fresh eggs and sharing extras with friends and neighbors! Start with classroom instruction, then visit Doreen's chickens and coop. Walk or drive - 8 blocks.

Instructor: Doreen Weinstein
Location: IPC

Friday, April 15
HOME197

6:30-8:30PM
\$19

NEW Tales from the Hive - Honey & Beekeeping

Learn the social structure of the honeybee - from the Queen Bee to worker bees - (they are the females - of course!) and the male drones. There are many types, colors, and flavors of honey, depending upon the nectar source. Honey is an easily digestible, pure food that has antibacterial qualities. From purchasing your hive to honey extraction and bottling, get the information first hand to start beekeeping and honey production. Tastings included so prepare your taste buds for a sweet surprise! Let me be your ruler - you can call me Queen B!

Instructor: Dell City Honey
Location: IPC

Saturday, May 3
HOME192

1:00-3:00PM
\$19



LEARNING ADVENTURES PRESCHOOL at HARVEY DUNN ELEMENTARY

Early **DEVELOPMENT** is fundamental
to the **GROWTH** of your child.

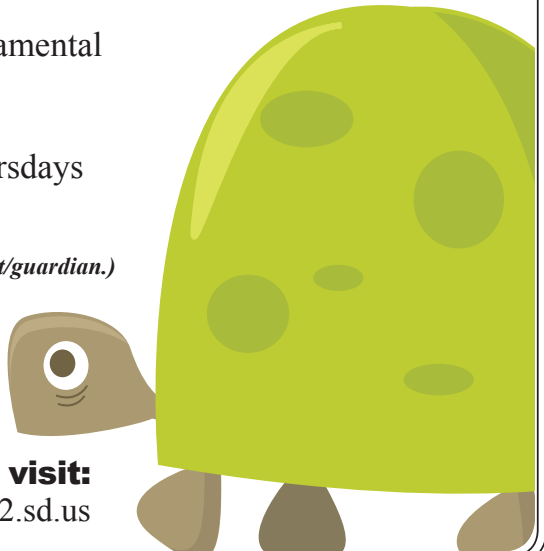
Classes run Mondays through Thursdays
8:15am-11:15am OR
12:00pm-3:00pm

(Transportation is the responsibility of the parent/guardian.)



Questions?
605.371.4120

For more information please visit:
the Comm.Ed. section at www.sf.k12.sd.us



AUTHOR series



NEW Bringing Fictional Characters to Life

As a writer, do you create "cardboard characters" or are they "real" people to whom you can relate? Developing fictional characters that not only the writer, but the reader, can relate to, is paramount to your story. Getting a reader to relate to the protagonist and lesser characters who have a life of their own in your novel or short story contributes to the success of your writing. Focus on basic character development, writing a character sketch, and a character dialogue, then continue to develop these during your week at home. Reconvene as a class to share character sketches and dialogues. Participants should bring writing materials to each class.

Instructor: Nancy Steedle
Location: IPC

2 Mondays, Feb. 24 **6:30-8:30PM**
PERS200 **\$29**

NEW Defeating Writer's Block

Personal, individual one hour consultations for your writing career! Whether it's polishing your writing skills, advice on publishing, or help with marketing; discuss it all with local published author Sarah Pepper. This one hour session will target your personal needs and goals. Bring your writing material to focus on and/or specific topics to discuss. Put an end to writer's block and reach your dreams of authorship! Choose a one-hour "workshop" time that fits your schedule.

Instructor: Sarah Pepper
Location: IPC

Thursday, Mar. 20 **5:00-8:00PM**
PERS223A **\$35**

Thursday, April 10 **5:00-8:00PM**
PERS223B **\$35**

Attention Grabbers & Dirty Little Trade Secrets

You have finished your manuscript, now what? Learn how to get noticed using social media, traditional marketing, blogging, and more! Local published author Sarah Pepper shares her secrets for attracting the right attention when seeking publication of your writing.

Instructor: Sarah Pepper
Location: IPC

Thursday, Feb. 27 **6:00-8:00PM**
PERS206 **\$25**

Crash Course to Getting Published

Wondering how to get your manuscript off your hard drive and onto the bookshelves? Join local novelist Sarah Pepper to discuss the hurdles, bumps, and bruises of the book business! Learn basic steps to getting published - writing, editing, query letters, marketing platforms, agents, publishers, and, of course, makin' the big bucks! Plenty of time for Q&A!

Instructor: Sarah Pepper
Location: IPC

Thursday, Mar. 6 **6:00-8:00PM**
PERS205 **\$25**

NEW Writing Your Story: Remember & Celebrate

Stories are buckets that contain our values. In a "pay it forward" process, capture your story in a format that you can easily duplicate. Bring a physical object or a picture of it that holds special meaning. "Tell" your story, through writing: the people involved, their role in the story, and the values learned and held. Share stories you've written and identify a process that allows you to continue writing. Remember and share the stories and preserve the values - your story is worth recording! In preparation, go to www.DearMomBook.com to read a few of the letters in "Dear Mom," written by your instructor DeeDee Raap. An excellent class to attend with a family member! Bring a notebook to class.

Instructor: DeeDee Raap
Location: Touchmark at All Saints

2 Tuesdays, Mar. 4 **6:30-8:00PM**
PERS207 **\$25**

HOME *home/auto*



Home Staging: For Sale or for Living

Thinking about putting your house on the market - give it a clean, sleek decorating style! In week one, learn how to professionally prepare your home for sale by creating a peaceful, organized environment that buyers can see themselves calling "home"! Week two will be a special treat, as you go onsite for hands-on staging! Learn how to stage an actual property that is on the market or getting ready to go on the market with Regan Laughlin and Kim Reit. For homeowners, realtors, and builders - Stage it and Sell it!

*Instructor: Dakota Home
Location: IPC*

2 Mondays, April 7 **6:30-8:30PM**
HOME401 **\$29**

Used Car Buying 101

Before spending your hard earned money on a lemon, consider spending time with an ASE (Automotive Service Excellence) certified master technician who will walk you through a "no tools needed" used car inspection. Take away the knowledge of what to look for and what to avoid as you compare two vehicles in the CTE shop! Men, women, and teens with no or little mechanical background - empower yourself with knowledge to help make a wise purchase!

*Instructor: Bob Hendrix
Location: CTE*

Tuesday, April 22 **6:00-8:00PM**
HOME566A **\$29**
Thursday, April 24 **6:00-8:00PM**
HOME566B **\$29**

NEW Powder Puff Mechanics - Basic Care, Maintenance, & Repair

Ladies - join us for "fun in the shop" as you learn basic car care including oil changes, replacing wiper blades, changing flat tires, understanding your owner's manual, and how to shop for auto repairs. The "keep your gas tank topped off in the winter" advice your dad gave you is not ALL you need to know! Take the opportunity of this in depth question and answer session instructed by an ASE (Automotive Service Excellence) certified master technician. Bring your vehicle owner's manual.

*Instructor: Bob Hendrix
Location: CTE*

Thursday, May 8 **6:00-8:00PM**
HOME568A **\$19**
Tuesday, May 27 **6:00-8:00PM**
HOME568B **\$19**



NEW Retirement Planning Today

Learn to manage investment risks, take advantage of new tax laws, make informed decisions in regards to company retirement plans, and adjust your estate plan to function properly under the new laws. Money is only one aspect of retirement planning. Blend financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Course includes a 225-page illustrated textbook. Couples may attend together for a single registration fee. (\$20 material fee payable to instructor)

*Instructor: Matthew Stone
Location: IPC*

3 Thursdays, Feb. 20 **6:00-8:30PM**
FIN411A **\$39**

3 Tuesdays, Feb. 25 **6:00-8:30PM**
FIN411B **\$39**



Property Management like a Pro

Gain the knowledge you need to manage your rental property like a professional! Whether you own a single rental unit or a thousand plus units; get your questions answered! Feel comfortable as you work with city agencies, select and manage your residents, excel in your professional relationships with accountants, insurance agents, bankers, and suppliers! Approved for 3 hours of Real Estate CE credits.

*Instructor: Merle Wollman
Location: IPC*

Tuesday, Mar. 4 **5:45-8:45PM**
HOME550 **\$25**

Unlocking Social Security

Discuss the keys to unlock Social Security to make your benefits work for you. Gain knowledge in the following:

- Ages 45+** Why you can count on Social Security retirement benefits and why planning should start now
- Ages 60+** Why married couples require prompt and informed action
- Ages 60-62** When benefits should begin and how you might receive more dollars
- Ages 63-65** How you can avoid the damaging Medicare mistakes and increase lifetime benefits
- Ages 66+** How you can continue working without benefit reductions and tax strategies to consider

*Instructor: Greg Farley
Location: IPC*

TBA (posted online) **5:30-6:30PM**
FIN406 **\$19**

In an effort to provide a safe, respectful educational environment, the District prohibits discrimination in its policies, employment practices and programs on the basis of race, color, creed, religion, age, gender, sexual orientation, disability, national origin or ancestry. In addition, the District shall not discriminate in the opportunities for students on the basis of parental status, marital status, or pregnancy, nor shall such students be excluded from any program or activity, including any class or any extra curricular activity. Prohibited acts of discrimination include racial, sexual, ethnic or other types of slurs, insults, intimidation, harassment and other conduct directed toward another person in accordance with Title II of the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 (discrimination based on disability); Title VI of the Civil Rights Act of 1964 (discrimination based on national origin or race); Title IX of the Education Amendments of 1972 (discrimination based on gender); and the Age Discrimination Act of 1975 (discrimination based on age).

Individuals with concerns or inquiries about discrimination are encouraged to attempt to resolve the grievance informally by working with the administrator most directly involved in the situation. If resolution is not achieved, the following persons have been designated to handle inquiries and formal complaints regarding the application of non-discrimination policies:

Assistant Superintendent, 201 East 38th Street, Sioux Falls, SD 57105-5898, (605) 367-7816.

Section 504 (discrimination based on disability): Supervisor-Health Services, 201 East 38th Street, Sioux Falls, SD 57105-5898, (605) 367-7933.

Policy and Regulation AC and AC-R (Foundations and Basic Commitments), which outline specific policy and grievance procedures, can be found on the Sioux Falls School District web site at www.sfk12.sd.us or can be obtained from any school facility office.

In the event resolution of discrimination issues has not been addressed by the District, inquiries may be referred to the Kansas City Office, Office for Civil Rights, US Department of Education, 8930 Ward Parkway, Suite 2037, Kansas City, MO 64114-3302, Phone: (816) 268-0550, TDD: (877) 521-2172, FAX: (816) 823-1404, email OCR.KansasCity@ed.gov.

For Relay services for the hearing impaired: dial 711, then the desired number.

Full Course

Heartsaver® First Aid with Adult/Child/Infant CPR and AED

Train and certify in basic First Aid, Adult/Child/Infant CPR, and AED skills while meeting OSHA requirements. This course is acceptable for most daycare and school employees, but is not the required CPR training needed for nursing students, physicians or EMS. AHA 2 year certification and student manual provided. (\$25 material fee payable to instructor)

*Instructor: Mary Houska
Location: IPC*

Friday, April 25 **8:00AM-2:30PM**
HETH597 **\$59**

Morning Only

Heartsaver® First Aid

Classroom instruction and video provides comprehensive knowledge including first aid basics along with medical, injury, and environmental emergencies. This program is for anyone with limited or no medical training who needs an AHA course completion card. 2 year AHA certification and student manual included. (\$16 material fee payable to the instructor)

*Instructor: Mary Houska
Location: IPC*

Friday, April 25 **8:00-11:00AM**
HETH618 **\$29**

Afternoon Only

Heartsaver® Adult/Child/Infant CPR and AED

This course teaches Adult/Child/Infant CPR and AED skills. This class is intended for most daycare and school employees but is not the required CPR training needed for nursing students, physicians or EMS. AHA 2 year certification and student manual provided. (\$25 material fee payable to instructor)

*Instructor: Mary Houska
Location: IPC*

Friday, April 25 **11:30AM-2:30PM**
HETH617 **\$39**



Healthcare Provider CPR Renewal

This Adult, Infant, and Child CPR/AED renewal is for healthcare providers with previous CPR certification. Participants receive hands on demonstration of CPR & AED skills, video review, and take a written test. Two year AHA certification provided. Class is intended for nurses, physicians, EMTs, etc. in the healthcare field. (\$6 material fee payable to instructor)

*Instructor: Mary Houska
Location: IPC*

Monday, Feb. 10 **6:00-8:00PM**
HETH481A **\$35**

Wednesday, May 21 **6:00-8:00PM**
HETH481B **\$35**

Long-Term Care Partnership Program

Learn about long-term care, related costs, how to plan for long-term care needs, what Medicare and Medicaid cover, and how the South Dakota Long-Term Care Partnership Program can help. This public-private partnership informs you of quality, affordable, long-term care insurance and a way to receive needed care without depleting assets. The Department of Social Services offers information and answers questions without endorsing any specific company or product. Plan now for the future!

*Instructor: Kathi Skoglund
Location: IPC*

Monday, Mar. 10 **7:00-8:00PM**
HETH592 **\$19**

Bloodborne Pathogens

Bloodborne Pathogens program includes information to help you understand what bloodborne pathogens are and how risks of exposure to blood and blood containing materials can be reduced for yourself and others. The program meets the training requirements of the U.S. Department of Labor when combined with site specific training, OSHA Bloodborne Pathogens Standard 29 CFR 1920.1030.

Student manual and one year certification provided.

(\$10 material fee payable to instructor)

Instructor: Mary Houska

Location: IPC

Friday, Mar. 21

3:30-5:30PM

HETH616

\$25

NEW Crystal Singing Bowl Meditation

Join Veronika for the beautiful healing sounds of Crystal Singing Bowl Meditation! Through this powerful healing tool, gently promote your health and balance while transforming your life! As sound waves pass over and through you, begin to shift physically, mentally, and spiritually, experiencing a greater sense of peace, harmony, and balance. Lower heart rate and blood pressure, stimulate the immune system, reduce stress hormones, reduce pain, and stimulate the production of endorphins, the bodies natural pain killers! Let the music begin!

Instructor: Veronika Ludewig

Location: Dharma Room

2 Sundays, Feb. 9

3:00-4:00PM

HETH132A

\$29

2 Sundays, Mar. 9

3:00-4:00PM

HETH132B

\$29

2 Sundays, April 13

3:00-4:00PM

HETH132C

\$29

2 Sundays, May 11

3:00-4:00PM

HETH132D

\$29

2 Sundays, June 8

3:00-4:00PM

HETH132E

\$29

NEW Dragon & Tiger Medical Chi Gung

Increase your energy, improve your health and your vitality through this powerful new class! Start 2014 with this easy to learn Dragon & Tiger Medical Chi-Gung 8 week series! Learn seven simple movements and combine the moves to clear your body's main acupressure meridians, clear energy blockages, revitalize your entire body, and innate healing system. Regardless of age or current health - join Veronika!

Instructor: Veronika Ludewig

Location: Dharma Room

8 Mondays, Feb. 10

7:00-8:00PM

HETH134

\$129

Meditation

- Many Different Paths to Peace

Hit the reset button for your body system through meditation! Reach a place of centering and peace and enjoy the wonderful benefits. With regular practice, you can relieve pain, improve sleep, decrease anxiety and depression, reduce addictive behavior, and more. Try this series of various meditation styles to find what is right for you!

Instructor: Rita Taylor & Randy Smith

Location: Butterfly Rainbow Center

5 Saturdays, Mar. 15

6:00-7:00PM

HETH311

\$59



WELLNESS *self-care*

Mindfulness Practice: Slowing Down to Gain More From Life

Mindfulness techniques allow you to slow down and bring attention to the immediate moment - gaining clarity and finding inner peace. Cultivate mindfulness to positively affect your body and mind, personal relationships, working abilities, and more. Discover ideas to integrate mindfulness into your life!

Instructor: Randy Smith
Location: Butterfly Rainbow Center

Saturday, Mar. 29 **1:00-3:00PM**
HETH314 **\$19**

NEW Introduction to Sound Healing

Sound is a powerful force that often goes unnoticed because it's all around us, all of the time. This force can be harnessed to benefit your health in many ways. Begin to understand the basics of how sound affects our nervous system, and both our physical and our energetic bodies. Experience the ethereal tones of the crystal singing bowls and the subtle vibrations of tuning forks. Learn techniques to use your own sound generator - your voice - to influence your body and to clear and balance your chakras. You'll never hear things the same way again!

Instructor: Rita Taylor
Location: Butterfly Rainbow Center

Saturday, April 5 **1:00-3:00PM**
HETH316 **\$25**

Tai Chi - A Strong Yet Gentle Flow

Tai Chi is a powerful and important ancient art for modern life! Let Tai Chi teach you to slow down and reconnect your mind and body while you strengthen and relax. This slow-moving, low-impact Tai Chi practice can improve muscle strength, coordination, balance, flexibility, and relaxation response. Transform your life!

Instructor: Randy Smith
Location: Butterfly Rainbow Center

7 Fridays, Mar. 21 **5:45-6:45PM**
HETH310 **\$89**

Self Care 101: Acupressure & Reflexology for General Health

Relax as you are guided through reading the "microsystem" maps of your hands, feet, ears, face, and scalp. Learn to use simple techniques and tools to gently improve your overall health. These techniques are not meant to replace medical diagnosis and treatment, but can certainly move you towards a more relaxed state of body and mind!

(\$15 material fee payable to instructor)

Instructor: Randy Smith & Rita Taylor
Location: Butterfly Rainbow Center

Saturday, May 3 **9:00-11:00AM**
HETH313A **\$25**

Saturday, May 3 **1:00-3:00PM**
HETH313B **\$25**

NEW Self Care 102: Essential Oils, Crystals, & Smudging

Explore the benefits of simple, natural tools with a long history of use for your health. Learn techniques to bring a gentle cleansing balance to your energetic and physical body. Receive the tools and knowledge of these practices. Take home a chakra balancing stone set, samples of five essential oils, sage, and Palo Santo wood to get you started. Pamper and balance yourself!

(\$20 material fee payable to the instructor)

Instructor: Randy Smith & Rita Taylor
Location: Butterfly Rainbow Center

Saturday, May 10 **9:00-11:00AM**
HETH315 **\$25**



**NEW****SD Holistic Health & Spirituality Fair**

Enjoy an afternoon of education at the area's premier Holistic Health & Spirituality event featuring over 40 area practitioners and professionals. Attend three workshops or demonstrations including Asian Medicine, Hypnosis, Angel workshops, Intuitive Development, Bellydance for Health, Ayurvedic Medicine, Yoga, Tai Chi, Native American Spirituality, Life Coaching, Herbs for Health, Chiropractic Care, Reiki, Energy Healing, Creative Visualization, and Crystal Singing Bowl Meditation among others. Allow yourself to explore the many different types of holistic healing modalities and wellness options now available in the Sioux Falls area! Doors open at 10 am.

Instructor: Bodyworks By Veronika
Location: Holiday Inn City Center

Saturday, April 12 11:00AM-5:00PM
HETH133 \$26

NEW Women's Kickboxing

Through this great workout combining boxing, kicking, and cardio, work off your aggression, have fun and get in shape! Your kickboxing instructor is rated in the world's top 10 in mixed martial arts! Learn with the best!

Instructor: Stephanie Eggink
Location: X Fitness

4 Wednesdays, Feb.19 5:30-6:30PM
HETH308 \$49

*We have Olympic Style
Boxing for kids too!
Check out YOUTH.*

Biggest Loser

Are you ready to lose weight and get in shape? Join our 15th Biggest Loser six week program to join the ranks of past participants who have lost up to 20 pounds in a safe and healthy manner. Take advantage of a six week membership to X Fitness, personalized nutritional counseling, and team workouts with your coach. Pick your favorite classes including yoga, Zumba®, boot camp, circuit, cycling, and more - your choice of over 20 classes each week. Be healthier today! Initial meeting and workout January 30, 2014 - 7:00 p.m.

Instructor: X Fitness
Location: X Fitness

6 week membership starting Jan.30
HETH301 \$129

**Olympic Style Boxing
- Adult Beginners**

"Making Champions Out of Ordinary People" - This Top Flight Boxing class, based on the skill set of traditional western boxing, combines a progression of boxing skills to include basic punches, combinations, blocking, defense, and physical conditioning. Learn self defensive countering drills, increase your fitness goals, and enjoy the mental benefits. This is a class you cannot afford to miss! (Starter kit \$60 - gloves, inner glove liner and jump rope - payable to instructor)

Instructor: Jerry James
Location: Tiger Academy

12 sessions:
Tues/Thurs, Feb.11 6:00-7:00PM
HETH141 \$69

WELLNESS *fitness*



Introduction to Brazilian JiuJitsu & Muay Thai

Interested in Mixed Martial Arts, Muay Thai or Brazilian Jiu-Jitsu? Try it out, have fun and get a full body workout! Next Edge Academy, located at XFitness is the only program in the area that is certified and accredited to teach these arts with coaches ranked in the top 10 in the world. While combat sports may be intimidating, safety is key and classes are designed for beginners. If you are looking to compete in the future, we have several World Class competitors that can help in your game! Ages 13 and older.

Instructor: Bruce Hoyer
Location: X Fitness

8 Sessions:
Mon/Thurs, April 7 **5:30-6:30PM**
HETH307 **\$49**

NEW Self Defense

Should the unthinkable occur, instinctively react with self-defense techniques taught by highly qualified instructors. Practice these defensive techniques in a safe, realistic training environment - basic defense, joint locks, and escapes. Learn about basic weapons of self defense and proper use. Please wear comfortable clothing. Ages 14 and up.

Instructor: Joseph Herreman
Location: Southern Hills Methodist

Tuesday, April 8 **6:30-8:30PM**
HETH136A **\$19**

Tuesday, April 22 **6:30-8:30PM**
HETH136B **\$19**

First-Time Archers - Ladies Only

Round up the ladies and get in on this very popular class! If you've had the urge to shoot an arrow and find the excitement and romance of archery, now is your chance! Learn safety and basic shooting techniques; plus plenty of practice time. All equipment provided - both traditional recurve and compound bows. Take your targets home for the living room or office wall! This one is for the ladies! Ages 15 and up.

Instructor: Archery Outfitters
Location: Archery Outfitters

Wednesday, Feb.12 **7:00-8:30PM**
HETH251A **\$19**

Thursday, Mar.6 **7:00-8:30PM**
HETH251B **\$19**

Thursday, Mar.27 **7:00-8:30PM**
HETH251C **\$19**

Friday, April 18 **7:00-8:30PM**
HETH251D **\$19**

Wednesday, May 7 **7:00-8:30PM**
HETH251E **\$19**

NEW For the Love & Health of Biking - Pedal On!

Rethink bicycling and learn how bicycling can improve your health, reduce your transportation costs, and increase exploration of the great outdoors. Learn about types of bikes for different terrains and purposes, bike maintenance and tools, commuter riding, bike tourism, group biking, and bike safety. Certified bike trainers and technicians will be part of the program. Take pedaling to new heights and change your life and waistline!

Instructor: Randy Stratton
Location: LHS

2 Tuesdays, Mar.4 **6:30-8:30PM**
HETH131A **\$25**

2 Tuesdays, Mar.18 **6:30-8:30PM**
HETH131B **\$25**

2 Tuesdays, April 1 **6:30-8:30PM**
HETH131C **\$25**

Taekwondo - Beginning/Advanced

For full class listings please see YOUTH section of the catalog, page 35.

Kumdo (Korean Sword)

Looking for a totally different sport? Try out our Kumdo/Kumbub program. Your instructor Jesse Adams is a second degree black belt who is undefeated in his competition career. Receive instruction and practice in sport sword (Kumdo) using a bamboo sword and real/battlefield sword (Kumbub) using a wooden sword. Beginners and experts - challenge yourself while you receive personalized training, goal setting, and video analysis; all to make you the best possible martial artist you can be! Ages 13 and older.

Instructor: Jesse Adams
Location: X Fitness

4 Mondays, Mar.10 **7:30-8:30PM**
HETH302 **\$49**

NEW JuJitsu - Adult

Defend yourself in any situation by combining the techniques of karate (striking), Judo (throwing), BJJ (grappling), and Aikido(using the opponent's own force against him or her). A fun and challenging class, learn the basics of Bujinki Jujitsu while building self-confidence, physical fitness, and self-discipline. Try out the traditional art of self-defense taught by the Samurai! (Optional uniforms will be available for purchase) Ages 14 and up.

Instructor: Joseph Herreman
Location: Southern Hills Methodist

8 Sessions:
Mon/Thurs, April 3-28 **7:00-8:30PM**
HETH138A **\$49**

8 Sessions:
Thurs/Sat, April 3-May 1
Thursdays **7:00-8:30PM**
Saturdays **9:30-11:00AM**
HETH138B **\$49**

Zumba®

Ditch the workout and join the dance party! Zumba® is a fun and exciting fitness exercise using Latin dance rhythms like salsa. Incorporate interval training - alternating fast and slow music, burning calories while keeping your heart rate up. Zumba® - the workout that just feels like.....FUN!

Instructor: Ahva Halma
Location: DANCE

4 Fridays, Mar.7 **5:30-6:20PM**
HETH583 **\$39**

Yoga

Relax, refresh, and re-energize yourself through this dynamic, low-impact workout! Yoga emphasizes mind/body well-being and muscle toning to promote total balance and fitness. Bring your own mat if you have one and join the ranks!

Instructor: Ahva Halma
Location: DANCE

4 Tuesdays, Feb.4 **8:00-8:50AM**
HETH487 **\$35**

Pilates

Experience a whole body conditioning workout to build flexibility, muscle strength, and endurance! Through spine and pelvis alignment, controlled breathing, and development of a strong core or center, benefit from improved coordination and balance. Pilates aims for elegant sufficiency of movement with a flowing workout generated from your strong core. Join the 11 million people regularly practicing the Pilates discipline!

Instructor: Ahva Halma
Location: DANCE

4 Mondays, Mar.3 **10:00-10:50AM**
HETH102 **\$35**

NEW AquaAerobics

Leave your stress behind with this shallow water, upbeat workout sure to challenge all! Enjoy full body cardio interval training combined with effective strength and endurance training moves. Core muscle and flexibility will be incorporated. Get wet and challenge yourself!

Instructor: Ahva Halma
Location: EmBe

4 Thursdays, April 3 **9:00-9:45AM**
HETH147 **\$19**



WELLNESS *dance*

NEW One-Nite Wedding Dance Bootcamp

Get ready to ROCK the reception! Join this special event for wedding couples and the entire wedding party! Learn simple social dance steps to survive the evening along with a few popular group wedding dances. Enjoy your dance instruction time followed by a dance to show your stuff! Registration fee is per couple.

Instructor: Lisa Myhre
Location: DANCE

Friday, Jan.31 **7:30-10:00PM**
HETH157 **\$19**

Bellydance Fitness

Whether you want to shimmy like Shakira or just learn some of the beautiful movements of this ancient dance style, this is a fun fitness class for you. With gentle, low-impact movements, strengthen and tone your core muscles, and more! Participants should wear clothing that allows freedom of movement. Shimmy On!

Instructor: Liquid Hip Therapy
Location: DANCE

4 Sundays, Feb.2 **5:00-5:50PM**
HETH626A **\$39**

4 Sundays, Mar.2 **5:00-5:50PM**
HETH626B **\$39**

4 Wednesdays, April 2 **6:30-7:20PM**
HETH626C **\$39**

Beginner Jitterbug

Start with the basic footwork and then learn the turns that make this dance so much fun! Lead or follow on the dance floor making the dance flow and look like a breeze! Couples- enjoy an evening dancing together! Individuals - join others learning and dancing! Includes admission to an open dance at the studio to practice your moves!

Instructor: Lisa Myhre
Location: DANCE

4 Mondays, Feb.3 **6:00-6:50PM**
HETH555A **\$39**

4 Tuesdays, Mar.4 **6:30-7:20PM**
HETH555B **\$39**

4 Thursdays, April 3 **6:30-7:20PM**
HETH555C **\$39**



Adult Ballet

Experience the beauty, grace, and emotion of ballet. Learn a dance to "Beneath Your Beautiful" while strengthening and toning your body through the refined exercises and movement of ballet. No previous dance experience necessary. Dancewear preferred, but modest clothing that allows freedom of movement may also be worn.

Instructor: Rebecca Hansen
Location: DANCE

4 Tuesdays, Feb. 4 **6:30-7:25PM**
HETH624 **\$45**

NEW Gangnam Style

Do something totally different! Learn signature dance moves popularized by South Korean pop star, Psy, in his music video "Gangnam Style" which became the first YouTube video to reach a billion views! Amaze and impress your friends, family, and co-workers with some of the classic moves from the video or for even more fun, have them join you! There will be an opportunity for a flash-mob style performance (in public) for those interested.

Instructor: DANCE Ballroom & Studio
Location: DANCE

3 Tuesdays, Feb.4 **7:30-8:20PM**
HETH149A **\$29**

3 Wednesdays, Feb.5 **7:30-8:20PM**
HETH149B **\$29**

dance WELLNESS

NEW Big Band Ballroom Dance Class

Get ready for the only Big Band Dance in town! Instructors from the Ballroom Dance Club will teach Swing, Waltz, and Foxtrot so you can move to the beat at the monthly Big Band Ballroom Dance at the El Riad Shrine, sponsored by the Ballroom Dance Club and the El Riad Dance Club. Class includes 3 weeks of instruction and entry to the dance on April 11, 2014. Registration fee is per couple.

Instructor: Glenda & Jeff Pray
Location: El Riad Shrine

3 Sundays, Mar.23 **2:00-3:00PM**
HETH255 **\$39**

Adult Tap 101

Using the feet as musical instruments, tap dancing has long been a beneficial and fun dance style that anyone can learn. Promote strength, coordination, control, and cardiovascular conditioning - not to mention fun! Tap can be danced to a wide range of music styles ranging from golden oldies to top 40's. Limited supply of tap shoes available for use, although investing in a pair of tap shoes is definitely worth it.

Instructor: Rebecca Hansen
Location: DANCE

4 Wednesdays, Feb.5 **6:30-7:25PM**
HETH625 **\$45**

NEW Belly Dance for Health - Prenatal & More

Prenatal and individuals looking for a gentle, non-impact class: belly dancing is a fun, gently progressive exercise. Belly dancing improves muscle tone, flexibility and suppleness, relieves stress, increases positive body image and self-esteem, strengthens pelvic muscles, and burns 300 calories an hour!

Instructor: Ahva Halma
Location: Butterfly Rainbow Center

5 Wednesdays, April 2 **6:45-7:45PM**
HETH317 **\$49**

NEW Ballroom Dance Class

Get ready for a wedding, special event, or just have more fun in life! Learn steps and turns from several styles of partnered dance to get you up and dancing. Couples - enjoy an evening dancing together! Individuals - join others learning and dancing! Includes admission to an open dance at the studio to practice your moves!

Instructor: Lisa Myhre
Location: DANCE

4 Thursdays, Feb.6 **7:30-8:20PM**
HETH622A **\$39**

4 Wednesdays, April 2 **7:30-8:20PM**
HETH622B **\$39**

Line Dancing

If you have ever wanted to learn the popular group and linedances you see people dancing at weddings or clubs, this class is a great way to get started. Learn the Electric Slide, Cha Cha Slide, Cupid Shuffle, The Wobble, and more. Class includes admission to a dance at the studio to take it to the dance floor!

Instructor: Lisa Myhre
Location: DANCE

3 Tuesdays, Feb.25 **7:30-8:20PM**
HETH148 **\$29**

Salsa & Latin Dance

Sample smooth and spicy Latin dances: Salsa, Cha Cha, and Tango. Couples- enjoy an evening dancing together! Individuals join others learning and dancing! Includes admission to an open dance at the studio to practice your moves.

Instructor: Lisa Myhre
Location: DANCE

4 Wednesdays, Mar.5 **7:30-8:20PM**
HETH139 **\$39**



ONLINE



Need Convenience? Flexibility? *We have exactly what you need!*

Enjoy taking a class right from the comfort of your own home! Sioux Falls School District offers online classes through ED2Go. For all of the Super-moms and dads, busy career -goers, and even current students, we have something for you.
Thousands of classes to choose from!

**Business | Health Care | Web Design
Graphic Design | Computer Applications
Legal | Ethics | Education | Language
Creative Writing | Photography | Arts**

For course listings and to register:
Go to : www.sf.k12.sd.us
Click on the Community Education/Online Learning Link

ed2go
www.ed2go.com/sfsd



NEW Musical Theater

This high energy class will encompass a wide range of dance and music styles. Your child will enjoy the fun and freedom to embody creative and artistic expression through dance, regardless of experience. Have your student wear modest clothing that allows freedom of movement and sneakers with a clean, dirt free sole. Ages 6 - 10 years.

Instructor: Rebecca Hansen
Location: DANCE

4 Fridays, Feb.7
Y146

4:15-5:00PM
\$42

Piano Lessons

Learn to play piano and perform! Sign up for piano lessons for beginner to advanced students. Our instructors have experience teaching players starting at four years old through adults. Students will perform at an end of the year recital. If you're looking for someone close to home to teach you or your child how to play the piano, look no further than Community Education. \$15 per half hour lesson. For class and instructor information and to register online visit www.sf.k12.sd.us.

Locations: Discovery, Eugene Field A+, Harvey Dunn, John Harris, Mark Twain, Oscar Howe, R.F. Pettigrew, Robert Frost



Learn GUITAR

Pick your style
Acoustic, Electric, or Bass!

Convenient. Affordable.
Excellent Instructors.

\$15 per half hour lesson.
For students ages 5-95!

Visit our website for locations & times.

YOUTH *sports fitness*

NEW Cheer University

Join the fun and excitement of cheerleading! Learn to jump, stunt, tumble, and perform in a class designed to teach the fundamentals of cheerleading! Learn a cheerleading routine that is energetic, fun, and creative and perform a 2 minute routine at a Skyforce halftime show! This is the perfect class for students who want to learn basic cheerleading skills from Dakota Spirit instructors. Grades 1-6. *Registration includes:*

- 5 weeks of instruction from Dakota Spirit instructors
- Performance at a Skyforce game + ticket
- T-shirt, poms, & admission to Spiritfest

*Instructor: Dakota Spirit
Location: Patrick Henry*

5 Thursdays, Feb.20
Y501

6:30-7:30PM
\$62

Moms and Tots

A fun and rewarding class for children up to 35 months. Child and parent (or grandparent) participate in creative dance related movement and activities along with music and props to stir the child's motor skills, cognitive thinking, musicality, and enjoyment for dance. Fun AND educational! Participants should wear clothing that allows freedom of movement. Your child should be walking. Registration fee is per parent & child.

*Instructor: Rebecca Hansen
Location: DANCE*

4 Fridays, Feb.7
PC117

5:00-5:25PM
\$39

Dance Fundamentals

The perfect class for introducing children to the world of dance! Your child learns fundamental dance movements and concepts that set a foundation for learning, enjoying, and appreciating the art of dance. Dancewear preferred, but not required. Alternatively, modest clothing that allows freedom of movement may be worn, along with stocking feet. Ages 3 - 5 years - not yet in kindergarten.

*Instructor: Rebecca Hansen
Location: DANCE*

4 Fridays, Feb.7
Y144

5:30-5:55PM
\$39

Princess Ball for Fathers & Daughters

Dads, create a special memory with your favorite princess! Dress up for a fun evening together learning simple dance steps and then taking them to the dance floor! Grandfathers, uncles, adult brothers, and godfathers are also welcome to bring their favorite princess. Make this a special "date" night! Light refreshments served. Registration is per "couple."

*Instructor: Lisa Myhre
Location: DANCE*

Saturday, April 12
PC107

6:45-8:15PM
\$19

Kids Inc.



Summer 2014
Academic Enrichment Program

Need care for your child(ren) this summer?



*** Kids Inc. Summer Academics** is an **awesome summer** day program for youth who have completed kindergarten through fifth grade. Each site will focus on state content and common core standards in all academic areas as they plan and implement student activities related to the theme for each 2-week session.

Locations at the following Elementary Schools:
Discovery, Robert Frost,
John Harris, Renberg

Call 367-4424 or visit
kidsinc.sf.k12.sd.us/summer.html
for more information.

Taekwondo - Beginning

In Korean, tae means "to strike or break with foot;" kwon means "to strike or break with fist;" and do means "way, method, or path." Thus, taekwondo may be loosely translated as "the way of the hand and the foot." Learn the basic techniques and traditions of taekwondo with Jr. Master Troy Vink, a 4th Degree Black Belt. Experience self-defense, discipline, confidence, and respect for others! Ages 5 years and up.

*Instructor: Troy Vink
Location: Robert Frost*

20 Sessions:
Tues/Thur, Jan.7
HETH405

6:00-7:00PM
\$99

Taekwondo - Advanced

Continue instruction on the techniques and traditions of taekwondo as you progress through the belt levels enhancing your skills. Join Jr. Master Troy Vink, a 4th Degree Black Belt to further your knowledge of form, self-defense, discipline, confidence, and respect for others; Reap great benefits for your body and mind! Ages 5 years and up.

*Instructor: Troy Vink
Location: Robert Frost*

20 Sessions:
Tues/Thur, Jan.7
HETH406A

7:00-8:00PM
\$99

Archery Bullseye!

Banish the TV junkies and videogame zombies in your basement by exposing your kids to the fun, outdoor, fresh air sport of archery! Learn the basics of archery techniques, marksmanship, and safety - plus plenty of practice time. Don't let bad habits form. Experts will start your youth out right! Learn a new sport - all it takes is a little time and effort in the wild! All equipment provided - both traditional recurve and compound bows. Ages 8-14 years.

*Instructor: Archery Outfitters
Location: Archery Outfitters*

Wednesday, Feb.19
HETH253A

7:00-8:30PM
\$19

Thursday, Mar.20
HETH253B

7:00-8:30PM
\$19

Friday, April 11
HETH253C

7:00-8:30PM
\$19

Wednesday, May 14
HETH253D

7:00-8:30PM
\$19



Olympic Style Boxing - Youth Beginners

"Making Champions Out of Ordinary People" - Youth in boxing can experience significant physical and mental results ranging from increased self-esteem, confidence, mental toughness, and self-control, better grades in school to improved behavior at home. This Top Flight Boxing class consists of a mix of cardio, calisthenics, and boxing drills. Learn boxing from a self-defense perspective increasing fitness levels. (Starter kit \$60 - gloves, inner glove liner and jump rope - payable to instructor) Ages 13 and up.

*Instructor: Jerry James
Location: Tiger Academy*

8 Mondays, Feb.10
HETH142

5:30-6:30PM
\$49

NEW Jujitsu - Youth

Defend yourself in any situation by combining the techniques of karate (striking), Judo (throwing), BJJ (grappling), and Aikido (using the opponent's own force against him or her). A fun and challenging class, learn the basics of Bujinki Jujitsu while building self-confidence, physical fitness, and self-discipline. Try out the traditional art of self-defense taught by the Samurai! (Optional uniforms will be available for purchase) Ages 5-13 years.

*Instructor: Joseph Herreman
Location: Southern Hills Methodist*

8 Sessions:
Mon/Thurs, April 3-28
HETH137A

6:00-7:00PM
\$49

8 Sessions:
Thurs/Sat, April 3-May 1
Thursdays
Saturdays
HETH137B

6:00-7:00PM
11:00AM-12:00PM
\$49

YOUTH *sports education*



NEW Lacrosse Camp

The fastest game on two feet is coming to Sioux Falls! Learn lacrosse skills and game strategies and apply them during the daily games. Lacrosse is a great cross-training sport for kids who play hockey, soccer, basketball, and football so no previous experience necessary. Camp includes morning skills, afternoon games, and a tournament on the last day! (Snacks and water provided. Players must bring their own lunch) Grades 2-7.

Registration includes:

- 5 full days of skills, games, and exercise training
- Coaching from experienced lacrosse players and trained coaches
- 1 Lacrosse stick, ball, and t-shirt!

Instructor: Corey Mitchell

Location: Robert Frost

Mon-Fri, June 16
Y601

9:00AM-4:00PM
\$160

Spanish Immersion Camp

Immerse your child in a new language and culture. This camp is available for Rosa Parks and Robert Frost Spanish Immersion students. Every week celebrates a different theme and is filled with field trips, lessons, and fun activities. After care is available until 6pm through Kids Inc! for an additional fee. Grades K-4. How do you say friendships, field trips, and fun in a foreign language?

"Vamos todos al Summer Camp!"

Location: Robert Frost

Mon-Fri

8:00AM-3:30PM

\$175/week long camp

"Vamos todos al Summer Camp!"



Spanish Immersion SUMMER CAMP

Visit our website for locations & times.



Driver's Education

Learn To Drive - Safely and Defensively!
Our Driver's Education class is a South Dakota state approved program with South Dakota state certified Driver's Education instructors. Receive 30 hours of classroom instruction, 6 hours behind the wheel training, and 6 hours of observation. Students will be assigned the driving phase of this class with driving generally taking place upon successful completion of instruction and written test. All tests - written and driving - will be completed to get the instruction permit. Course is open to students 14 years old and older. Prior to registering for class, read all policies and procedures online at <http://www.sf.k12.sd.us>. Limited spots available.

IN-DISTRICT **\$325**
(Students currently enrolled in the Sioux Falls School District 49-5)

OUT-OF-DISTRICT **\$365**
(Students NOT currently enrolled in the Sioux Falls School District 49-5)

LHS

DEW2000A-1	Jan.20	4:10-7:10PM
DEW2000A-2	Mar.3	4:10-7:10PM
DEW2000A-3	April 22	4:10-7:10PM

RHS

DEW2000B-1	Jan.20	4:00-7:15PM
DEW2000B-2	Mar.10	4:00-7:15PM

WHS

DEW2000C	Feb.10	4:00-7:00PM
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*Spots fill quickly!
Register online today!*

ACT Preparation Course

Attention high school juniors and seniors!
Attend this class to develop the skills necessary to improve your test taking abilities. In addition to reviewing subjects, this course emphasizes test-taking techniques. This class is broken into six parts: pretest, English, math, science, reading, and posttest. Be better prepared for your ACT test! Students will need to bring a calculator, pencil, and notebook. Check out our website for current classes and to register online today at www.sf.k12.sd.us.

Locations: LHS, RHS, WHS

\$149

Supersitters! Babysitting Smarts

Learn basic care techniques for infants and children, age appropriate play time, feeding, bedtime tactics, injury prevention, and first aid care. Experience hands on CPR training for victims of cardiac arrest for adults, children, and infants. Keep the children you care for safe and happy - be their favorite "Supersitter!" Pack a lunch. (\$15 book fee payable to the instructor)

Instructor: Mary Houska

Location: IPC

Friday, May 16 **8:00AM-2:00PM**
TEEN806A **\$39**

Thursday, May 22 **8:00AM-2:00PM**
TEEN806B **\$39**

Friday, May 23 **8:00AM-2:00PM**
TEEN806C **\$39**



**"In"stall the
SFSD app**



**in
formed
in touch
in spired**

**Customization for your
child(ren)'s school!**

School news, notifications, calendars,
lunch menus, District
Directory, and more!



Registration INFORMATION

REGISTERING:

Classes fill on a first-come, first-served basis. Payment is due at the time of registration.

CLASS CANCELLATIONS:

Community Education reserves the right to cancel class due to insufficient enrollment. Refunds or class credit are given if Community Education cancels the class.

EMERGENCY/SEVERE WEATHER CANCELLATIONS:

In questionable weather conditions, listen for class cancellations on local radio and television stations. When school is canceled, Community Education classes are canceled. Participants will not be called individually. Canceled sessions will be rescheduled.

UNABLE TO ATTEND?

DRIVER'S EDUCATION POLICY: If you are unable to attend class as planned, you must call Community Education office at least 72 business hours prior to your first class meeting. Driver's Education charges a \$50 non-refundable cancellation fee.

COMMUNITY EDUCATION CLASS POLICY: If you are unable to attend a class as planned, you must call the Community Education office at least 72 business hours prior to your first class meeting (four weeks notice for trips). With 72 hours notice, we will be happy to transfer you to another available class or apply a full class credit to your Community Education account to use towards another class. *Class credits expire after one year and cannot be redeemed for cash.

Class Location Guide:

SCHOOL LOCATIONS:

CTE	Career and Technical Education Academy	4700 W Career Cir
IPC	Instructional Planning Center	201 E 38th St
JFK	John F Kennedy Elementary School	4501 X Holbrook Ave
LHS	Lincoln High School	2900 S Cliff Ave
PHM	Patrick Henry Middle School	2200 S 5th Ave
RHS	Roosevelt High School	6600 W 41st St
R. Frost	Robert Frost Elementary	3101 S 4th St
WHS	Washington High School	501 N Sycamore Ave

COMMUNITY LOCATIONS:

Archery Outfitters	1811 N Lowell
DANCE Ballroom & Studio	1200 E 57th St
Camille's Sidewalk Café	1216 W 41st St
Coffea Roasterie	200 S Phillips Ave
El Riad Shrine	310 S Phillips Ave
EmBe	300 West 11th St
Family Park	½ mile North of W 12th & Tea/Ellis Rd
Holiday Inn – City Center	100 W 8th St - Downtown
LandShark Scuba & Snorkel	5208 W 12th St
Software Unlimited, Inc	5015 S Broadband Ln
Southern Hills United Methodist Church	3400 E 49th St
The Bead Company	319 S Phillips
The Butterfly Rainbow	1416 S Minnesota Ave
The Dharma Room Yoga Studio	26th & Western Ave - Parkridge
Tiger Academy	4713 E. Arrowhead Parkway
Touchmark at All Saints	111 West 17th St
X Fitness & Next Edge Academy	112 W 39th Street

REGISTER

ONLINE:

Go to www.sf.k12.sd.us and click on the Community Education link. All online ED2Go classes must be registered for on our website.

PHONE:

605.367.7999 | 8:00AM-5:00PM

MAIL:

Mail your registration form with check or money order to:
Community Education: 201 E 38th Street Sioux Falls, SD 57105

Reading the Courses

NEW Title of Class

Course Title

You have finished your manuscript, now what? Learn how to get noticed using social media, traditional marketing, blogging, and more! Local published author Sarah Pepper shares her secrets for attracting the right attention when seeking publication of your writing.

Course Description

Instructor: Community Education
Location: IPC

Duration — **4 Sessions:**
Days of Week — **Thurs/Fri, Feb. 27**
Course Code — **PERS206**
6:00-8:00PM — **Time**
\$25 — **Price**
Starting Date

(Please detach and return with payment)

Name _____
Street _____
City _____ Zip _____ Birthdate _____
(required only for Driver's Education)
Telephone-Day _____ Cell _____
Email address _____

**** Email address required to receive payment receipt and important class information. ****

Class code	Title	Fee

Material fees are payable to instructor at 1st class.

Total Tuition

Payment Options:

☐ Check/Money Order (payable to Community Education)

DRIVER'S EDUCATION REFUND POLICY: Students will not be excused for family vacations, camps or extracurricular activities. To cancel you will be charged a \$50 non-refundable cancellation fee.

COMMUNITY EDUCATION REFUND POLICY: With 72 hours notice, (4 weeks notice for trips) we will be happy to transfer you to another available class or apply a full class credit to your Community Education account to use towards another class.

Class credits expire after one year and cannot be redeemed for cash.

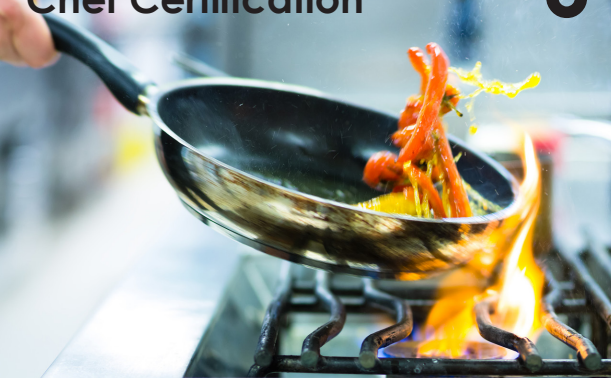
****No refunds/credit given if you fail to attend class.****

Tales from the Hive - Honey & Beekeeping 20



Non-profit Organization
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Sioux Falls, SD
Permit #7752

Professional Chef Certification 6



Self Defense 28



SIOUX FALLS SCHOOL DISTRICT 49-5
Community Education
201 E 38th St
Sioux Falls, SD 57105-5898
www.sf.k12.sd.us
605.367.7999

French Braiding with a Twist 12



Check out our new logo!



Sioux Falls School District 49-5