



Sioux Falls School District 49-5

CIRCUIT
OVERLOAD?
REBOOT!



January to July 2015

hello COMMUNITY

Active, hectic schedules?
Reboot your overloaded circuit
by engaging in Community
Education classes!

From arts and interests to
home and wellness, our range
of convenient, exceptional
classes are sure to reboot your
energy! Our allegiant, qualified
instructors are primed to share
their knowledge and passions
with you. Whether it is date
night, girl's night, guy's night, or
family night -
see you in our seats!

Our mission is to improve
community life and the lives
of individuals by providing
positive experiences and
learning opportunities.
Community Education is
excited to
see you in class!



~ CommEddy
&
Your
Community
Education
Staff

Office Hours

Monday-Friday 8am-5:00pm
Closed on School District Holidays

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Too Cute Cupcakes!

...creative!
...retro memories!
...short, sweet & cute!

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Repurpose & Repairs: Jewelry Box Makeover

...sparkling & charming!
...graceful & classic!
...lustrous & divine!

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Up in the Air! Hot Air Ballooning

...high altitudes!
...panoramic views!
...manned flights!

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NEW Wholesome Baby Foods

Join Chef John Gilbertson in the CTE kitchens for hands-on baby food processing and preservation - capturing the nutrients, vitamins, and minerals your baby needs. Control the foods your baby eats with simple, rewarding, economical, and eco-friendly homemade food! Increase the nutritional value, freshness, and variety of your baby foods while eliminating additives and preservatives. Maximize your baby's growth and development process! Couples may attend together for a single registration fee.

Instructor: John Gilbertson
Location: CTE

Thursday, Jan 29
HOME207

5:00-7:00PM
\$39



Fresh Produce - Canning 101

Home canning and preserving has regained 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 a taste for flavor! Understand the canning process so you will be informed and ready to embark on food preservation to stock your pantry! Create and take home a canned product!

Instructor: John Gilbertson
Location: CTE

Tuesday, Apr 28
HOME191

5:00-7:00PM
\$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! Learn current canning methods and science as we discuss the boiling water bath technique used when canning high acid foods. Once mastered, this method will enable you to safely and confidently can everything from jams to pickles to fruit! Learn about different pectins, as well as low sugar and no sugar jams. Class includes a hands-on portion where you will be making jams to take home and share. You'll be jamming, so bring your apron!

Instructor: Monica Pugh
Location: CTE

Tuesday, April 7
HOME187

6:00-8:30PM
\$35

Artisan - Advanced Canning

Take your home canning to the next level! Learn Artisan canning skills to create decorative and savory canned foods worthy of display or gift giving in the coming fall and winter holiday seasons. Pickled vegetables, chutneys, and tomato salsas are the evening's menu! Create and take home a canned product! Canning 101 recommended, but not required.

Instructor: John Gilbertson
Location: CTE

Thursday, Apr 30
HOME199

5:00-7:00PM
\$39

NEW Too Cute Cupcakes!

Join America's decade-long cupcake craze, transforming grandma's treats into trendy desserts. Learn a variety of decorating techniques; then take home delicious and gorgeous cupcakes! Tap your inner culinary artist with plenty of demonstration and one-on-one training from Chef Stacy. Bring ideas and photos of decorating you would like to recreate and make exquisite cupcakes for your next special occasion! One dozen cupcakes, frosting, and decorations included for each student. Tools will be provided.

Instructor: Stacy Fisher
Location: CTE

Tuesday, Mar 24
 CHEF251

6:30-8:30PM
 \$39

**NEW Downtown Ethnic Gastro Crawl!**

Join Chef and spouse John and Eileen Gilbertson on an ethnic Gastro Crawl "Cook's Tour" of downtown Sioux Falls! The crawl will feature restaurants specializing in the cuisines of Africa, Asia, Central America, and Europe! Explore these amazing, perhaps hidden experiences downtown, meet new friends, and share a memorable, life enhancing evening! This journey can be thought of as a sequence of validation moments for your taste buds! Alcohol-free night. You pick up all food tabs. Registration fee is per couple.

Instructor: John & Eileen Gilbertson
Location: To Be Determined

Tuesday, Mar 31
 INTR253

6:30-9:30PM
 \$29

Uff Da! Art of Lefse Making

Join us for this hands-on Scandinavian holiday tradition - the making of the lefse! This treat is an unsophisticated, potato-based recipe and serving is equally rustic! Simply smear one side of the lefse with butter, sprinkle with cinnamon and sugar, and enjoy! Using a lefse griddle, rolling pin, and turning stick; roll and cook your small batch to take home - plenty of tasting too! Become the "master of the lefse" and the envy of your friends during the holiday season or all year-round! Uff Da!

Instructor: Linell & Ann Madson
Location: CTE

Monday, Apr 20
 PERS216

6:30-8:00PM
 \$35

NEW Choose Your Method & Weapon!

Does cooking get you all fired up? Let your passion ignite as you refine your culinary skills and knowledge alongside Chef Stacy in this hands-on class. Learn basic cooking methods and techniques of food preparation. From tool choices and knife skills to blanching, julienning, and sautéing, you'll be on your way to being the master chef of your own domain! Take home a simple dish to heat and eat! A little bit science, a little bit skill, and a lot of fun!

Instructor: Stacy Fisher
Location: CTE

3 Tuesdays, Apr 21
 CHEF201

6:30-8:30PM
 \$69



NEW Spices of India!

What is more satiating than a feeling of a rainbow of flavors in just a spoonful? That's Indian cuisine! Experience a burst of various spices, beautifully blended, yet retaining their individual taste. Indian food typically mirrors Indian culture where various colors blend together to present a beautiful whole! Familiarize yourself with the basic ingredients and spices and preparation methods, then add Indian flavor to your everyday meals. From cumin to caraway, fennel to fenugreek seeds, enjoy! The famous sweet dessert Gajar ka Halwa, mouth watering appetizers such as Samosa....and much more awaits you!

Instructor: Hansa Iyer

Location: CTE

Friday, Mar 27

6:30-8:30PM

FOOD351

\$35

**NEW A Journey Through Indian Cuisine**

India native Hansa Iyer takes you on a gastronomical journey of India to fall in love with the flavors! No time for a wholesome meal after an exhausting day? Build upon your foundation of spices and technique, while learning healthy and timesaving recipes for everyday living. Experience the various delicacies of India and there will soon be a mini-India in every home! Indian cuisine such as Palak Paneer, Indian flatbread, and Raita await you! Demonstration, some hands-on cooking, and tasting included.

Instructor: Hansa Iyer

Location: CTE

Friday, Apr 24

6:30-8:30PM

FOOD353

\$35

NEW Indian Street Food

You need not wait to book tickets and get a visa to visit India! Take your taste buds on a trip to the streets of India where street vendors are one of the biggest culinary attractions. Join India native Hansa Iyer for a demonstration of Indian street foods known as 'Chaat' with tips, conversation, and of course, tasting! The two main ingredients-cilantro mint chutney and date tamarind chutney can be combined for wonderful flavors and textures to create new bite-sized possibilities in the palm of your hand! Menu includes: Bhel - crunchy Indian snack with fresh potato, onion, tomato and chutney, Sev puri - spicy sweet and tangy potato mixture, Dahi batata puri - spicy sweet and tangy potato mixture with a blend of yogurt, Pani puri - puffed crispy puri & tamarind sauce, and Chana chat - potato and chickpea snack.

Instructor: Hansa Iyer

Location: CTE

Friday, May 15

6:30-8:30PM

FOOD357

\$35

NEW Flourless Whole Grain Baking

Enjoy an evening of baking, experimenting, and tasting amazing foods! Join Bizzy Lizzy's Sheila Rae and her flourless products, your local HyVee dietician, and products found in the helpful aisles of your Hy-Vee store. Bleached white flour makes up most bakery items, yet doesn't have high nutritional value. Whole grain oatmeal and flax seed should be the foundation for every meal! Gain helpful knowledge about HyVee's NuVal system and basic healthy eating. Experience an interactive, fun, and filling time as you create amazing entrees, breakfasts, and desserts that will WOW your senses and get you thinking about the way you cook!

Instructor: Sheila Rae & Alyssa Gehle

Location: Hy-Vee #4 - Marion Road

Tuesday, Feb 24

6:00-8:00PM

INTR308

\$19

Instructor: Sheila Rae & Robbyn Nelson

Location: Hy-Vee #6 - 57th and Cliff

Tuesday, Mar 17

6:00-8:00PM

INTR309

\$19

Professional Chef Certification Series - Practice & Exam

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 from Certified Culinarian or Certified Executive Chef. Prove your culinary competency.

Series:

Wednesday, Apr 8 - Practice Session (3:30 - 8:00PM)

Friday, Apr 10 - ACF Practical Exam (12:00-8:00PM)

Instructor: ACF Dakotas

Location: CTE

CARE302 \$210

Exam Only

Friday, Apr 10 - ACF Practical Exam (12:00-8:00PM)

CARE303 \$150



NEW Basic Beading & Wire Work Combo

Bracelets, necklaces, earrings, and charms are a start to your creations after mastering our basic jewelry techniques. From crimping to wire wrapping, coils, rosary style connections, attachments, and hammered wire shapes...receive a great range of basic techniques. Create endless combinations of jewelry and home décor - adding beads, wire, texture, and your personal touch. After 14 years in downtown Sioux Falls, this class has proven most beneficial when beginning to bead or refreshing your basic skills. Class project: bracelet, earrings, charms, and freeform shapes. Includes all materials and beads for this techniques class.

Instructor: Melanie Erickson

Location: Bead Co

Saturday, Jan 31 1:00-3:00PM
BEAD201 \$35

NEW Leather Boho Weave Bracelets

This leather and bead simple weave style bracelet is a hit! Learn the basic techniques, then create them in glass, stone, and metal - then choose single, double, triple wrap...anything goes! Perfectly customizable and quick for gift giving creations in a flash! Create a bracelet with the leather, beads, and button style clasp of your choice. Warning: your friends will all want one! Class includes all supplies, use of tools, and finished bracelet.

Instructor: Melanie Erickson

Location: Bead Co

Saturday, Feb 7 1:00-3:00PM
BEAD203 \$29

NEW Repurpose & Repairs - Jewelry Box Makeover

Repurpose and revive your box of jewelry or great Grandma's necklace! Transform an outdated necklace into a bracelet and earrings or pendant. Learn basic beading and wire freeforming skills, then raid the jewelry box to make wearable creations and heirloom gifts with creative upcycling and repurposing ideas. Bring a necklace along with other broken or unusable items you're ready to revamp! Upgraded material fees may apply ala carte.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Feb 28 1:00-3:00PM
BEAD205 \$29



Stamping & Hammering 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 text stamping design and texturizing to create a custom initial stamped charm. Practice various techniques, then choose your stamping blanks, initials, birthstone, and findings to create a necklace, bracelet, or keychain. Class project - your choice, includes materials, supplies, and finished project.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Mar 21 1:00-3:00PM
BEAD215 \$49

Kumihimo Weave with Beads - Round

Kumihimo is a Japanese technique meaning "a gathering or braiding of threads." Learn this 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 or bracelet. Class includes materials, silk, beads, Kumihimo Board, and finished project.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Mar 7 1:00 - 3:30PM
BEAD217 \$45

NEW Kumihimo II Flat/Square Weave Bracelet

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. Includes classroom materials, supplies, Kumihimo board, and finished project.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Apr 11 1:00 - 3:00PM
BEAD207 \$39



Spiral Weave Beaded Bracelet

Learn the beautiful technique of the Beaded Spiral Weave using Miyuki Glass beads to create a sparkling, spiraling bracelet with your choice of magnetic or button clasp. After mastering the basic weave, the options are limitless! Change the shape, formula, or texture for more exotic patterns or change the beads for a new twist on the same Spiral Weave. Beginners welcome. Includes classroom materials, supplies, and finished project.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Mar 28 1:00-3:00PM
 BEAD213 \$35

NEW Beaded Bracelet - Birthstones, Colors, or Psalms

Mother's Day gifts just in time! Create a bracelet featuring the birthstones of your choice and accent beads or a Psalm or Circle of Life bracelet applying various color meanings or birthstones. Don't forget your recipient's birthday month or colors. Includes classroom materials, supplies, and finished project.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Apr 18 1:00-3:00PM
 BEAD209 \$29

NEW Beaded Beads & Tubes with Basic Peyote Stitch

Weave Miyuki Glass beads in a brick pattern to create beautiful beaded beads. There are endless design combinations once you learn Basic Peyote Stitch. This techniques class covers both Round Peyote Stitch to make beads and tubes as well as Flat Peyote Stitch to make bracelets and cuffs. Turn your new beaded beads into earrings or charms! Includes classroom materials, supplies, and finished project.

Instructor: Melanie Erickson
Location: Bead Co

Saturday, Apr 25 1:00-3:00PM
 BEAD211 \$35

NEW Sculpture Creation

Ever admired the quality art on the Sioux Falls Sculpture Walk and wished you could express yourself in a similar manner? Master clay hand-building techniques as you plan and construct your own design in a three dimensional clay sculpture. Once completed, it will be kiln fired, stained or painted, and ready for display in your home sculpture walk!

Instructor: Zigrid Larsen
Location: Koharts Studio

4 Thursdays, Mar 5 6:15-8:30PM
 INTR795 \$129

**NEW Mix It Up! Mixed Media Painting**

Get acquainted with and explore mixed media techniques on canvas! A collage approach using, stencils, tapes, and other items will be combined with water based paints. Express your imagination and inspirations as you explore art elements like color, movement, and balance to create stunning canvases to proudly display in your home.

Instructor: Zigrid Larsen
Location: RHS

3 Mondays, Mar 9 6:00-8:30PM
 INTR793 \$79

NEW Japanese - Inspired Raku Wall Mural

Create an art gallery in your own home! Impress yourself and your friends with the elegance of a Raku clay tile wall mural! Personalize your clay tile with your designs using textures and Raku glaze color variations. A bisque firing followed by a quick firing in an outdoor, gas-fed kiln will reveal rich hues and coppery metallics unique to the Japanese Raku method. Adhere your finished tile to a sturdy backing, frame it and display in your "gallery" or give as a gift. Both beginner and experienced clay students will enjoy this class. Three creative classes, then a Saturday of Raku fire glazing at Dakota Potters Supply.

Instructor: Zigrid Larsen
Location: RHS

3 Thursdays Apr 9 6:00PM-8:30PM
1 Saturday, Apr 25 9:00AM-12:00PM
INTR791 \$109



NEW Unleash Your Creativity! Acrylic Painting

Painting and dessert! Picture yourself in an art class where the instructor guides you through brush painting techniques - add friends, lively conversation, and dessert! Using your individual artistic interpretation of the project "Robin in the Woods", create an 11 x 14 canvas panel to display your talent! Paints, canvas panel, and brushes provided. Optional frames available to purchase at class from instructor.

Instructor: Connie Buskohl-Barney
Location: LHS

Monday, May 4 6:00-8:45PM
PERS303 \$39



NEW Confidently Crochet!

Yearning for the magical workings of hook and yarn? First evening, learn the stitches, tools, and techniques to become a bona fide crocheter! Practice basic stitches and learn how to select yarn, the proper hold of the hook, and how to track and troubleshoot your rows. Evening two and three, combine your new skills to create a charming baby hat, lapel flower pins, boot cuffs, or a project of your choice. Crochet with confidence! Instructor will assist in determining materials needed for your project. Bring a size H crochet hook.

Instructor: Jolene Kreps
Location: IPC

3 Tuesdays, Apr 21 6:30-8:30PM
INTR451 \$39

Gratitude Flags

Celebrate you or a friend in a creative way! Use a method of Batik to create your gratitude flag infused with positive thoughts and energy. Traditional prayer or gratitude flags are used to promote peace, compassion, strength, and wisdom. You don't have to climb Mt. Everest or Harney Peak to spread your gratitude, goodwill, prayers, and mantras to all pervading space. Hang your flag outdoors or indoors to keep yourself uplifted! All supplies included.

Instructor: Heidi Namken
Location: Patrick Henry

2 Tues./Thurs., Apr 7 6:30-8:00PM
INTR715 \$39

**NEW Paper Art
Welcome Spring Wreath**

Let Alana take you on a journey through her innovative, imaginative use of paper to create art! Welcome warm weather back to the midwest with a beautiful spring wreath for indoor or outdoor display. Join your friends to reach out of your comfort zone and manipulate paper in an ingenious way!

*Instructor: Alana Amdahl
Location: Engage Paperie*

Wednesday, Apr 1 6:00-9:00PM
INTR706 \$45

**Creative Envelope Addressing**

Sending a single special letter or hundreds of invitations? What better way to embellish your envelope than with a lovely lettering! Learn to personalize and pass on a little art to your family and friends! Your creative, hand-addressed projects will make someone's day and prove snail mail is alive and well! Receive a pack of envelopes, a notebook, and the writing utensils used for this creative style of writing. Bring your address book.

*Instructor: Alana Amdahl
Location: Engage Paperie*

Wednesday, May 13 6:00-8:00PM
INTR701 \$45

**NEW Woodworking
Hall Storage Bench**

Ladies only! Try your hand at woodworking - less the intimidation of power tools or your lack of experience in the woodshop! Learn basic woodworking skills while making a hall storage bench to display proudly and organize your household! Acquire skills in the safe and proper use of power tools including the table saw, planer, and band saw as well as hand tools needed to complete your project. Class size limited to ensure personalized instruction. All materials included. Ages 18 and up.

*Instructor: Kevin & Robin Hempel
Location: KR Hempel Woodworking*

4 Mondays, Apr 6 6:00-9:30PM
WOOD263 \$149

**Woodworking
Shaker Style End Table**

Back by popular demand from last semester, this introduction to furniture making class is perfect for the beginning woodworker. Learn the basics of furniture making, including traditional joinery, as you construct components and then assemble to create your shaker style end table. Learn the safe and proper use of power tools including the table saw, jointer, planer, and mortiser as well hand tools including hand planes and chisel. Take your constructed table home to apply your choice of stain and finish, then display proudly! All materials included. Ages 18 and up.

*Instructor: Kevin & Robin Hempel
Location: KR Hempel Woodworking*

3 Sessions
Friday, Apr 24 6:00PM-9:30PM
Saturday, Apr 25 8:30AM-6:00PM
Sunday, Apr 26 10:30AM-6:00PM
WOOD260 \$139

ARTS

woodworking

Create a Box - Band Saw Style

Using the versatile power band saw, expose yourself to various shop tools and methods to prepare your wood for your one of a kind, handmade box. Your artistic side will shine through when you shape and re-saw your box, then finish your project by flocking the inside. Ages 18 and up.

Instructor: Kevin & Robin Hempel
Location: KR Hempel Woodworking

Saturday, May 16 9:00AM-2:00PM
WOOD262 \$69



NEW Woodworking - Mission or Shaker Sofa Table

Furniture making for the beginning woodworker! Using pocket-hole joinery, learn the basics of furniture construction while creating your Mission or Shaker style sofa or hall table. Learn the safe and proper use of power tools including the table saw, jointer, planer, and router table as well as hand tools including hand planes and chisels. Take your constructed table home to apply your stain and finish choice and display proudly! All materials included. Class size limited to ensure personalized instruction. Ages 15 and up.

Instructor: Kevin & Robin Hempel
Location: KR Hempel Woodworking

3 Sessions

Friday, Mar 13	6:00PM-9:30PM
Saturday, Mar 14	8:30AM-6:00PM
Sunday, Mar 15	11:00AM-6:00PM
WOOD267	\$149

NEW Advanced Woodworking Project Creation

Try your hand at designing and building a beautiful wood project of your choice. Explore different woods, hand and power tools. Instructor will discuss the extent of your project choice prior to class and determine material requirements. Bring your own materials or arrange with the instructor to have materials in the shop. Class is limited to four students for personalized attention. This advanced self-paced class requires prior woodworking experience such as Build a Shaker End Table or a similar instructed furniture-making class. You are responsible for material costs which will vary depending on project choice. Ages 18 and up.

Instructor: Kevin & Robin Hempel
Location: KR Hempel Woodworking

7 Thursdays, Mar 12 6:00PM-9:30PM
WOOD265 \$99





Woodturning classes instructed by members of Siouxland Woodturners Association. All equipment provided by the association members.

Woodturning 101

This popular class is back! Learn basic lathe set up, safety, and tool selection and experience woodturning for the first time or expand your skills. 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 13 and up.

Instructor: Siouxland Woodturners
Location: CTE

Thursday, Mar 19 6:00-8:30PM
HOME303A \$19

Tuesday, Mar 24 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. (\$5 material fee payable to instructor) Ages 13 and up.

Instructors: Siouxland Woodturners
Location: CTE

Tuesday, Mar 31 6:00-8:30PM
HOME304 \$19

Woodturning - Create a Duck Call

In this intermediate woodturning class, select wood from several species and make a single reed woodturned duck call using the lathe. Students should have some experience in Woodturning 101 or equivalent. (\$15 material fee payable to instructor at class) Ages 13 and up.

Instructors: Siouxland Woodturners
Location: CTE

Thursday, Apr 9 6:00-8:30PM
HOME305 \$19

Woodturning Natural Green Wood Bowl

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

Instructors: Siouxland Woodturners
Location: CTE

Tuesday, Apr 14 6:00-8:30PM
HOME312 \$29

INTEREST *culture language*

¡hola! 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! Join your group for an evening 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 3 6:00-7:30PM
COMM601 \$79

Onward with Spanish!

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, your classmates, and native Spanish speaking guests! Join your group for an evening 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 it is not a prerequisite.

Instructor: Caroline Tipton
Location: IPC

6 Tuesdays, Apr 21 6:00-7:30PM
COMM602 \$79

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; building a beginning foundation in the Chinese language. Ages 13 years and up.

Instructor: Angela Wu
Location: LHS

8 Tuesdays, Mar 10 6:30-8:30PM
COMM401 \$79

NEW Immerse Yourself in American Sign Language

Sign language is not only an amazing way to support communication with individuals with hearing loss, but also for infants, children, and the aging people in your life! Acquire a functional understanding of American Sign Language with the manual alphabet A - Z, common work related signs - days of the week, colors, food, and useful expressions in a natural conversational environment. Immerse yourself in silence and in the language of Sign!

Instructor: Mary Beth Farley
Location: IPC

6 Thursdays, Mar 19 6:30-8:00PM
COMM375 \$69



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. A panel of parents from around the world with children in the English Language Learners program will 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 from around the world will be served.

Instructor: Clara Hart
Location: IPC

Monday, Apr 20 6:30-8:30PM
PERS992 \$25

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. Your 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: Coffea - Louise Avenue

Thursday, Mar 26 5:00-8:00PM
PERS223A \$35

Thursday, Apr 30 5:00-8:00PM
PERS223B \$35

The Lost Art of Storytelling

Storytelling is an important, powerful part of our daily lives. Stories or narratives have been shared in every culture as a means of entertainment, education, cultural preservation, and instilling moral values. These stories have grown into our favorite fantastic books and movies - incredible, beautiful, heartbreaking, and breathtaking. Learn the tools to become a great storyteller; from story crafting to delivery of engaging, entertaining, and memorable tales. From expressive language and compelling characters to imagery, vocal cues, and intonation - all ages welcome! Bring writing paper and your imagination!

Instructor: Dylan Jacobson
Location: IPC

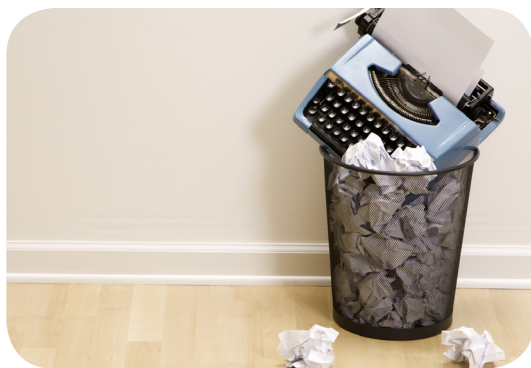
Friday, Apr 17 6:00-8:00PM
INTR655 \$25

Basics of Comics

Take advantage of the advancements in technology to create and independently publish your own comics including strips, web comics, or graphic novels. Comics have captured the public imagination; thanks to the literary world and movies based on comic characters. Learn the theory of comics and the art of visual script writing and sequential art. Then create your own comic! Bring your sketchbook, creative ideas, and sketching and writing mediums.

Instructor: Dylan Jacobson
Location: IPC

2 Thurs./Fri., May 7 6:00-8:00PM
INTR658 \$39



From Career Search to "You're Hired!"

Your resume is more than data - it's an ad that communicates why you are the best candidate. Create an effective professional resume and a carefully crafted cover letter to differentiate yourself from other applicants. Streamline your education, work experience, and your volunteer experience into a concise, effective introduction of you! Bring your information to class for personalized instruction and get started on your new career!

Instructor: Virginia Colgan
Location: IPC

Thursday, May 28 6:30-8:30PM
INTR951 \$29

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've already invested in! Bring your DSLR camera and camera manual.

Instructor: Tyler & Amira Lawrence
Location: IPC

Monday, Mar 16 6:00-8:00PM
COMP351A \$29

Monday, Mar 30 6:00-8:00PM
COMP351B \$29

Monday, Apr 27 6:00-8:00PM
COMP351C \$29

NEW Beginning DSLR 3 Downtown Shoot

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 continue the instruction from DSLR 1 & 2, not a pre-requisite but highly recommended. Meet at the Washington Pavilion near the CineDome entrance. Bring your DSLR camera.

Instructor: Tyler & Amira Lawrence
Location: Washington Pavilion

Saturday, Apr 18 1:00-3:00PM
COMP353 \$39

NEW Beginning DSLR 3 Safari Shoot

Join a photo safari at Great Plains Zoo 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 continue the instruction from DSLR 1 & 2, not a pre-requisite but highly recommended. Meet at the entrance to the Great Plains Zoo. Students are responsible for zoo entrance fee. Bring your DSLR camera.

Instructor: Tyler & Amira Lawrence
Location: Great Plains Zoo

Saturday, May 9 1:00-3:00PM
COMP361 \$39

Beginning DSLR 2 Photography

Go from basic knowledge of your camera to understanding ISO, Shutter Speed, and F-stop. Gain control over your photos through an understanding of composition and light - the reason why we buy DSLR cameras! This class follows the DSLR 1, but it is not a prerequisite. A general knowledge of your camera is a must! Bring your DSLR camera and camera manual.

Instructor: Tyler & Amira Lawrence
Location: IPC

Monday, Mar 23 6:00-8:00PM
COMP352A \$29

Monday, Apr 13 6:00-8:00PM
COMP352B \$29

Monday, May 4 6:00-8:00PM
COMP352C \$29



NEW It's All About That Pose! DSLR Composition

Feeling in the dark about portrait lighting and posing? Focus on posing, storytelling through composition, and simple yet effective lighting techniques to create amazing images straight out of your camera. Whether you're in a professional studio or shooting a model in your home photo studio, often the simplest lighting set-ups yield the most classic and dramatic effects. Capture your images with proper lighting and posing angles to flatter your subjects. Bring your DSLR camera and manual.

Instructor: Allana Rogge
Location: studiofotografie

Tuesday, Mar 24 6:00-8:00PM
COMP355 \$29



Introduction to Photoshop®

Whether you're a photographer, scrap booker, or artist, get ready to take your projects to the next level! Learn the basics of Photoshop®, how to complete basic Photoshop® functions, and learn about Photoshop's® tools. Utilize these basics of Photoshop® to enhance your photography. Next, walk through editing a photo, correcting flaws, and enhancing your final project. After you've mastered the basics of Photoshop®, get ready to dive into a deeper understanding of the tools in Photoshop®; working in layers, and learning advanced techniques to give your images the exact look you desire. Basic knowledge of Photoshop® functions and tools is necessary. Bring your PC or Mac computer with Photoshop® CS5 or higher already installed.

Instructor: Levi Rehrig
Location: IPC

3 Thursdays, Mar 12 6:00-8:00PM
COMP260 \$89

NEW It's All About That Flash! DSLR Lighting

Expand your knowledge of everything light! Increase the professionalism of your photos using lighting principles, the use of a flash, and a studio soft box. Learn to control white balance and to use ISO to increase your abilities in natural light shots as well as night or dark situations. Techniques and tips for those in real estate, online businesses, advertising, or any type of photo posting or photo print. Bring your DSLR camera.

Instructor: Allana Rogge
Location: studiofotografie

Tuesday, Mar 10 6:00-7:30PM
COMP357 \$25



INTEREST *technology*

Getting Started with iPad

Discover and explore iPad basics - from settings to customizing your backgrounds, purchasing apps, creating folders, 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 23 6:00-8:00PM
COMP161A \$39

2 Mondays, Mar 16 6:00-8:00PM
COMP161B \$39



Going Further with iPad

You've mastered the basics of iPad. Are you ready to expand your knowledge? Learn the built-in apps - camera and iPhoto, how to manage photos, make slide shows, transfer pictures onto your computer, 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 30 6:00-8:00PM
COMP166A \$29

Monday, Apr 13 6:00-8:00PM
COMP166B \$29

***Interested in sharing
your knowledge, passion,
or hobby with the
community?***

Contact our offices!

Adult classes | 367-7606

Youth classes | 367-4384

NEW Basic Computer Skills Training

Turn on, log in, and get connected! Strengthen your confidence with computer skills in hands on, personal sessions with an instructor matched to your needs. Gain practical knowledge to navigate Office programs, browse the internet, send and receive email, email attachments, create files, and folder management. If you have some basic computer experience but need confidence or direction or are returning to the workforce, you can utilize these skills! Call Community Education for one hour increment scheduling and instructor match up to your needs. Registration fee is per hour.

Location: IPC

\$25/hour



personal INTEREST

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 10 6:00-8:00PM
PERS859 \$35



NEW Introduction to Roasting Coffee

Did you know coffee isn't naturally brown? Green coffee beans have to be roasted prior to being ground, brewed, and consumed. Roasting is a wonderful world of complex chemistry and artful personalization. Hang out with Coffea's roasters and learn about the science and craft of roasting coffee. Taste identical coffee beans roasted in different ways. Take a bag of Coffea Roasterie coffee to brew up at home! (\$20 material fee payable to instructor)

Instructor: Bryan Kegley
Location: Coffea Roasterie - Louise Avenue
Tuesday, Apr 14 6:30-8:00PM
PERS501A \$15

Tuesday, Apr 21 6:30-8:00PM
PERS501B \$15

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, Mar 31 6:00-8:00PM
PERS154 \$25

NEW Espresso + Milk = Latte

Do you need your latte to start your day? Regardless of the limited ingredients - espresso and milk; lattes are complex and challenging culinary creations! Learn the basic principles of properly extracting espresso and techniques for steaming milk. Plenty of nerdery and a healthy dose of delicious coffee is in store, so grab thick-rimmed glasses and a lab coat - not required attire! Take a bag of Coffea Roasterie coffee to brew up at home! (\$20 material fee payable to instructor)

Instructor: Bryan Kegley
Location: Coffea Roasterie - Phillips Avenue
Tuesday, Mar 10 6:30-8:00PM
PERS504A \$15

Tuesday, Mar 24 6:30-8:00PM
PERS504B \$15

Tuesday, May 5 6:30-8:00PM
PERS504C \$15

Tuesday, May 19 6:30-8:00PM
PERS504D \$15

INTEREST *personal*

NEW Spring & Summer Makeup Trends

Learn the basics of applying and wearing spring and summer makeup! Curious about bronzers? Should you wear shimmer or matte colors? Learn a few new tricks on how to achieve that summer glow. Learn all about makeup brushes and application of foundation, blush, eye shadow, and lip liners and lipsticks; using the right colors for your skin type. One lucky class member will receive a makeover! From airbrush makeup demonstration to bridal looks; teens and adults welcome.

Instructor: Treva Graves
Location: IPC

Thursday, May 14
STYL204

6:00-8:00PM
\$29



NEW Incorporating Vintage Into Your Wardrobe

Incorporating beautiful, affordable vintage clothing pieces into your wardrobe will "wow" you and your friends! Learn the basics every woman's closet needs and the art of "styling" those pieces with vintage clothing pieces and accessories - found locally! Wearing vintage is "hot" right now and mixing old with new has never been more popular! Join us at the VERY cool vintage clothing boutique, ELOFSON and be inspired to create a new look for yourself! Stay for a private shopping experience at the conclusion of class.

Instructor: Treva Graves
Location: ELOFSON

Thursday, Apr 23
STYL203

6:00-8:00PM
\$29

The AMAZING Road Rally

Back by popular demand and suggested longer class time, this Road Rally is sure to AMAZE you. Join Nick and Nicole Collins as you RACE against the clock to snap pictures and complete challenges to earn points for the win. Fans of the popular reality race show will love this smaller scale Sioux Falls version – no passport required! Teams of four will compete in this friendly competition around the city – so have your fuel tank full, your digital camera in hand, and have friends join you (or we can pair you up with another couple). Meet first at IPC where we will review the rules and begin the fun. Light physical activity may be required to complete the challenges or choose to take the penalty.

Instructor: Nick & Nicole Collins
Location: IPC

Saturday, Apr 25
PERS553

5:30-9:00PM
\$39 couple/\$25 single

Friday, May 8
PERS553

6:30-9:00PM
\$35 couple/\$19 single



Healthy Gardens, Healthy Food

Aspiring organic gardener? Let The Good Earth's Nancy and Jeff Kirstein guide you on the right path to organic gardening with their tips and tricks to get you started. From creating compost with optimal conditions for decomposition to weed management and organic pest control, irrigation systems to bountiful harvests, discover the joy of gardening and develop your own green thumb!

Instructor: Jeff & Nancy Kirstein
Location: The Good Earth

Sunday, Apr 26
HOME292

1:00-4:00PM
\$29

personal INTEREST

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 producing honey. 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, Mar 14 1:00-3:00PM
HOME192 \$25



Soap Making 102

Save money, control what touches your family's skin, and have fun! Learn the basic processes behind making handmade soaps. Receive instruction in different types of soap making including melt and pour, cold process, and re-batched soap - melted and remolded previously made cold processed soap with additives. Make several individually wrapped soaps to take home for personal use or as gifts! Please bring a microwave safe 4 - 8 cup bowl - Pyrex or glass.

Instructor: Nichole Haag
Location: CTE

Thursday, Mar 19 6:30-8:30PM
HOME325A \$29

Thursday, Apr 16 6:30-8:30PM
HOME325B \$29

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

Thursday, Apr 16 6:30-8:00PM
HOME205 \$25

Fruit Tree Growing for South Dakota

What does it take to grow a sweet, crunchy apple, a delicious peach for that home-made 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, Apr 20 6:30-8:00PM
HOME206 \$25



INTEREST *personal*

NEW Essential Oils 101

Explore basic historical purposes of essential oils and how oils are used today to strengthen the whole person in mind, body, and spirit. Learn about specific oils and blends, their uses, properties, and applications, and hear testimonials of how essential oils have supported many on the path to wellness. Receive a 5ml bottle of doTERRA Essential Oil.

Instructor: Maggie Harris
Location: IPC

Tuesday, Mar 3
INTR642

6:30-7:30PM
\$19

NEW Essential Oils Natural Solutions

Learn how oils extracted from the immune system of plants can strengthen the mind, body, and spirit naturally without synthetic side effects. Be empowered with the information you need to makeover your medicine cabinet with essential oils and to infuse them into every part of your life. Receive a 5ml bottle of doTERRA Essential Oil.

Instructor: Maggie Harris
Location: IPC

Tuesday, Mar 24
INTR644

6:30-7:30PM
\$19



Chicken Love!

Do you love fresh eggs? Get in touch with your inner farmer and start wrangling your own flock! Sioux Falls City Council 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, eat your fill of fresh eggs, and share with friends and neighbors! Classroom instruction at the Instructional Planning Center followed by a coop and crew visit at Dorene's!

Instructor: Dorene Weinstein
Location: IPC

Thursday, Apr 23
HOME197

6:30-8:00PM
\$25

Best in Show! Dog Obedience Basics

Your dog is a wolf in sheep's clothing! Join The Dogs Listener John Tipton for a rare introspective look into how your domestic dog views the world and the reason behind behaviors. Learn how your demeanor and emotions have a tremendous impact on a dog's behavior. Receive instruction on the philosophy and methodology of utilizing your dog's instincts, pack mentality, own language, and dog parenting techniques to change unwanted behaviors - barking, leash-pulling, jumping, dominance, aggression, and general disobedience. John will have a willing canine participant with common behaviors to co-teach!

Instructor: John Tipton
Location: IPC

Monday, May 25
INTR556

6:00-8:30PM
\$25

personal INTEREST

NEW Ukulele - Tiny Tim to The Red Hot Chili Peppers

Join local musician Steve McFarland to master the soothing sounds of the Islands on the ukulele! Learn the origin of the instrument, basic tuning, chords, and strumming techniques. Instruction will include Tiny Tim's 'Tiptoe Through the Tulips', traditional island songs, and current hits as well. Join the rockers and shakers bringing the ukulele to the forefront, like the Red Hot Chili Peppers. Grab your uke and take up this enjoyable, relaxing, and highly addictive instrument! All level of talent welcome. Bring your own ukulele, learning materials will be provided.

Instructor: Steve McFarland
Location: Robert Frost

4 Tuesdays, Mar 10
INTR275

6:30-7:30PM
\$49



Retail Therapy Session Two!

Your retail therapy session has been scheduled! Whether this is your first therapy session or just another appointment, join your friends for an amazing, relaxing day for YOU! From True Religion Jeans to White House Black Market,

Polo Ralph Lauren to Gymboree, Vera Bradley to Calphalon Kitchen, the new Twin Cities Premium Outlet in Eagan, MN offers over 100 shops to scour through. Second stop: The Shoppes at Arbor Lake - Shop Buckle, J. Jill, J. Crew, Teavana, Forever 21 and more! Make your money stretch further - no sales tax on clothing or shoes across the border! A continental breakfast and a comfortable coach ride are included. Coolers are welcome, no alcohol, lunch and supper on your own. Board charter at IPC. Window shop early by searching Twin Cities Outlets and Shoppes at Arbor Lakes online.

Saturday, April 18th
TRIP402

5:45am-11:30pm
\$55.00

INTEREST *personal*



NEW Up in the Air! Hot Air Ballooning

Have you ever watched the hot air balloons of Sioux Falls float over the city? Where did they start, where are they going, how do I get involved with this unique activity? Join SF Ballooning Association members for a little history and science behind ballooning and spend hands-on time up close and personal with an actual balloon - weather permitting. Gain knowledge about the sport of ballooning and a solid understanding of what is involved with crewing for a balloon team - a great place to start which could lead to an addiction! From here you can take it as high as you want!

Instructor: Joel Blankers & Orvin Olivier
Location: IPC

Tuesday, May 5	6:30-8:30PM
INTR351	\$29

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.

Instructor: Colonel Echols
Location: Landshark

Friday, Jan 23 6 :00-9:45PM
PERS255A \$35

Saturday, Feb 14 9:00AM-12:45PM
PERS255B \$35

Saturday, Feb 28 9:00AM-12:45PM
PERS255C \$35

Tuesday, Mar 17 6:00-9:45PM
PERS255D \$35

Tuesday, Apr 21 6:00-9:45PM
PERS255E \$35

Tuesday, May 12 6:00-9:45PM
PERS255F \$35

Wednesday, June 24 6:00-9:45PM
PERS255G \$35

America's Music Cities - Collette Vacation

Don your blue suede shoes and make America's music cities your next travel destination! Enjoy a finger-snapping, toe-tapping time on this tour of America's most famed musical cities. Visit New Orleans, Memphis and Nashville as you revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience America's most singular city in New Orleans, home to the French Quarter where the world's great jazz musicians reside. Spend two nights in Memphis, "birthplace of the blues," and tour Elvis Presley's Graceland. Enjoy reserved seats at the Grand Ole Opry in Nashville, TN and a backstage tour. Tour historic RCA Studio B and see where country legends recorded hit songs. A visit to the Country Music Hall of Fame is sure to have you humming long after you return home. Eight fun-filled days of everything MUSIC!

October 23-30, 2015
TRAV405



Register by April 23/Regular Rate
Single - per person: \$3349/\$3449
Double - per person: \$2649/\$2749
Triple - per person: \$2619/\$2719

GOLD CARD

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AGE 60+

Gold Card series events are provided by the joint efforts of Community Education and the Fine Arts Department.



Applications for Gold Cards are available in school front offices, the Instructional Planning Center, or at www.sf.k12.sd.us



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Sioux Falls School District Community Education

PRESCHOOL



LEARNING ADVENTURES PRESCHOOL at HARVEY DUNN ELEMENTARY

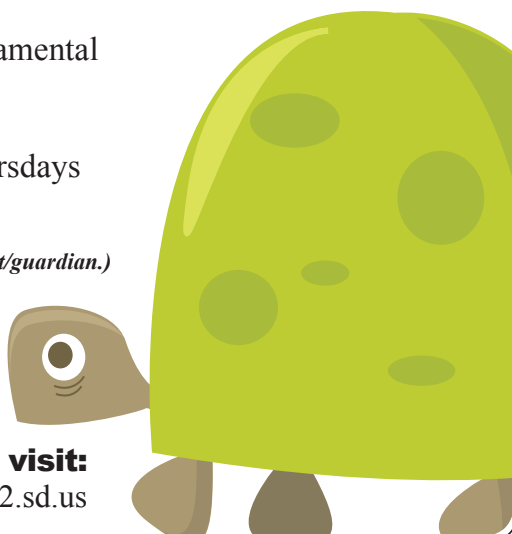
Early **DEVELOPMENT** is fundamental
to the **GROWTH** of your child.

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



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.sf.k12.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.

ONLINE



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HOME *home*



Home Buying - Time to BUY & WHY?

Home...making memories, building futures, securing comfort, and personal security. Home ownership also builds financial security for you and your family. With a good job and strong credit, today's low mortgage interest rates, and continued affordability make NOW a good time to buy a home. Join realtor Regan Laughlin to learn the advantages of today's market and save money down the road!

Instructor: Regan Laughlin
Location: IPC

Tuesday, Mar 24
HOME408

5:30-8:30PM
\$29

Home Staging - Stage It & Sell It!

Thinking about putting your house on the market? Give it a clean, sleek decorating style! Learn how to professionally prepare your home for sale by creating a peaceful, organized environment that buyers can see themselves calling "home!" Homeowners, realtors, and builders, join realtor and accredited master home stager Regan to learn what needs to be removed-personal belongings and everyday living articles to create your "ready to sell" environment!

Instructor: Regan Laughlin
Location: IPC

Monday, May 25
HOME406

5:30-8:30PM
\$29

First Time Home Buyers

Ready for the most exciting time in your life coupled with the largest financial commitment? First time home owners, join realtor Regan Laughlin and mortgage lender Wanda Promes as they walk you through home buying for a seamless, FUN process! Discuss the advantages of home ownership, credit management, down payment assistance programs, realtors, lenders and loans, offers and counteroffers, home inspections, appraisal, closing, and finally... homeownership!

Instructors: Regan Laughlin & Wanda Promes

Location: IPC

Monday, Apr 20
HOME407

5:30-8:30PM
\$29



dance WELLNESS

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 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 2	6:00-6:50PM
HETH555A	\$39
4 Tuesdays, Mar 3	6:30-7:20PM
HETH555B	\$39
4 Mondays, Apr 6	6:00-6:50PM
HETH555C	\$39
4 Thursdays, June 4	6:30-7:20PM
HETH555D	\$39



NEW Project Ballet

Experience the beauty, grace, and emotional power of ballet! While strengthening and toning your body through the refined exercises and movement of classical ballet; learn a lyrical ballet styled dance to 'All of Me.' No previous dance experience necessary. Great class for mothers and daughters. Ages 13 and up.

Instructor: Rebecca Hansen
Location: DANCE

4 Tuesdays, Feb 3	6:30-7:25PM
HETH161	\$45

NEW The Dance of Love, Argentinean Tango

A flick, a gancho, a dramatic dip and lots of fun. Wedding couples and love birds of all ages will learn the easy basics of this distinctive style of unique dance. Open to improvisation, Argentine Tango has been featured on 'Dancing With The Stars' and is the granddaddy of them all. Dance rhythmically to the music, spend time together, dance this romantic dance... make it a date! Registration fee is per couple.

Instructor: Robert & Mary Lou Steib
Location: DANCE

4 Sundays, Feb 1	2:00-3:30PM
DANC222A	\$49
4 Sundays, Mar 1	2:00-3:30PM
DANCE222B	\$49

NEW Vintage Jazz

Get ready for a blast from the past, learning steps and moves from America's Jazz & Swing era of the 1920's & 30's then dance to the lively music of that era! Words like Charleston, Truckin', Scarecrow, and Apple Jacks will take on a whole new meaning as you learn and incorporate these moves into a choreographed dance to one the popular songs from that era. Ages 13 and up.

Instructor: Rebecca Hansen
Location: DANCE

4 Thursdays, Feb 5	7:30-8:25PM
HETH628	\$45



WELLNESS *dance*

Wedding Dance Bootcamp

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 5	8:30-9:20PM
HETH624A	\$39
4 Wednesdays, Mar 4	7:30-8:20PM
HETH624B	\$39
4 Wednesdays, May 6	7:30-8:20PM
HETH624C	\$39
4 Mondays, June 1	8:00-8:50PM
HETH624D	\$39

NEW West Coast Swing Dance Sundays!

Learn one of the most versatile and contemporary styles of swing dance in the US. It's great for slow or fast music, whether Top 40, pop, country, rock, blues, or even romantic slow tunes. One hour beginner's lesson each week followed by a fun practice dance. West Coast Swing frequently appears on 'Dancing With The Stars' and 'So You Think You Can Dance.' Give it a try!

Instructor: Lisa Myhre
Location: DANCE

3 Sundays, Feb 8	6:30-9:00PM
DANC223A	\$29
3 Sundays, Apr 19	6:30-9:00PM
DANC223B	\$29



Ultimate Date Night Big Band Ballroom

Enjoy a special night out at the LIVE Big Band with a dance lesson! Each Friday evening features a different dance style taught by an experienced instructor followed by a 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 from 7:30-10:30PM. Registration fee is per couple.

Instructor: Varied
Location: El Riad Shrine

Friday, Feb 13	6:45-7:30PM
HETH146A	\$20
Friday, Mar 13	6:45-7:30PM
HETH146B	\$20
Friday, Apr 10	6:45-7:30PM
HETH146C	\$20
Friday, May 8	6:45-7:30PM
HETH146D	\$20



dance WELLNESS

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. Surprise your guests with your expertise! Enjoy your instruction time followed by a dance to show your stuff! Registration fee is per couple.

Instructor: Lisa Myhre
Location: DANCE

Friday, Feb 20	7:30-10:30PM
HETH157A	\$19
Friday, Mar 20	7:30-10:30PM
HETH157B	\$19
Friday, Apr 17	7:30-10:30PM
HETH157C	\$19
Friday, May 15	7:30-10:30PM
HETH157D	\$19
Friday, June 19	7:30-10:30PM
HETH157E	\$19

Big Band Ballroom Dance

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 LIVE 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 Friday, April 10, 2015. Registration fee is per couple.

Instructor: Jeff & Glenda Pray
Location: El Riad Shrine

3 Sundays, Mar 15	3:00-4:00PM
1 Friday, Apr 10	TBD
HETH255	\$79

Line Dancing

Learn the popular group and line dances you see at weddings or clubs including the Electric Slide, Cha Cha Slide, Cupid Shuffle, the Wobble, and more! Be ready for your next night out to the country-western, social, or dance club! Class includes admission to a dance at the studio so you can take it to the dance floor!

Instructor: Lisa Myhre
Location: DANCE

4 Wednesdays, Apr 8	7:30-8:20PM
HETH148	\$39



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 Thursdays, Apr 9	6:30-7:20PM
HETH139	\$39

WELLNESS *medical*

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, Apr 3	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, Apr 3	8:00AM-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, Apr 3	11:30PM-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, and others. in the healthcare field. (\$6 material fee payable to instructor)

Instructor: Mary Houska
Location: IPC

Friday, Apr 3	4:00-6:00PM
HETH481A	\$35
Monday, May 18	3:00-5:00PM
HETH481B	\$35
Tuesday, May 19	3:00-5:00PM
HETH481C	\$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 and 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 2	7:00-8:00PM
HETH592	\$19

fitness WELLNESS

NEW 9 Rounds to Fitness!

Quit wasting time and END boring cardio workouts! Complete this 9 station circuit concentrating on strength, stamina, fat burning, and core strengthening in just 30 minutes! The concept: fast, full body workout - work every muscle, every time while burning 500 calories, daily varying workouts, and personal trainer included! Rounds start every three minutes so work out on your schedule. From kettlebells to medicine balls, speed bags to double-end bags; make kickboxing fitness your new addiction! Ages 16 years and up. Ages 16 and younger, youth and parent both must register.

Instructor: Varied
Location: 9Round

Punch Card for 9 workouts
WELL930

\$130



NEW Adult Introduction to Rugby

The game of rugby is the fastest growing contact sport on the planet! In this introductory course for men 19 years and up, learn how to ruck, maul, scrum, pass, and run a line. While this course is physical, it is still 'no contact.' Find out if rugby is for you! Sorry ladies, this one's for the guys!

Instructor: SF Crow Rugby
Location: Avera Sports Institute

2 Tuesdays, Feb 3
HETH629

7:00-8:00PM
\$29

Introduction to 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. No experience required to try out the unarmed, traditional self-defense system of the Sumurai. (Optional uniforms will be available for purchase) Ages 14 and up.

Instructor: Joseph Herreman
Location: Southern Hills Methodist

6 Mon./Thurs., Mar 2
HETH138

7:00-8:30PM
\$49

Taekwondo - Adult & Youth

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 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! Beginners - Ages 5 years and up.

Instructors: Troy Vink
Location: Robert Frost

Beginning

20 Tues./Thurs., Mar 3
HETH405

5:45-6:45PM
\$119

Intermediate: Yellow Belt - Green Belt

20 Tues./Thurs., Mar 3
HETH406

6:45-7:45PM
\$119

Advanced: Blue Belt and Above

20 Tues./Thurs., Mar 3
HETH351

7:45-8:45PM
\$119

WELLNESS *fitness*

Introduction to Brazilian Jiu Jitsu & 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 certified and accredited to instruct these arts with coaches ranked in the top ten 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 your game! Ages 13 and older.

Instructor: Bruce Hoyer
Location: X Fitness

8 Mon./Thurs., Mar 9 5:30-6:30PM
HETH307 \$49

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 understand the excitement and romance of archery, now is your chance! Learn safety and basic shooting techniques; plus receive 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: Varied
Location: Archery Outfitters

Thursday, Mar 12 7:00-8:30PM
HETH251A \$19

Friday, Apr 10 7:00-8:30PM
HETH251B \$19

Thursday, May 28 7:00-8:30PM
HETH251C \$19

Friday, June 12 7:00-8:30PM
HETH251D \$19

Kumdo - Korean Sword

Looking for a totally different sport? Try out our Kumdo/Kumbub program. Learn from instructor Jesse Adams - a second degree black belt, 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 9 7:30-8:30PM
HETH302 \$49



NEW Cupid's Arrow! Archery

Love conquers all, surrender yourselves to Love! Experience Cupid's arrow with your partner at this increasingly popular sport of archery. Learn safety and basic shooting techniques; plus receive plenty of practice time. Take your targets home to frame in remembrance of your evening and your attraction, affection, and love! All equipment provided - both traditional recurve and compound bows. Registration fee is per couple.

Instructor: Varied
Location: Archery Outfitters

Friday, Mar 13 7:00-8:30PM
HETH254A \$29

Friday, May 29 7:00-8:30PM
HETH254B \$29

NEW Introductory Self Defense

Twenty people every minute are a victim of physical violence in the United States. What would you do if you were one? Learn, and more importantly, practice the basic principles and techniques of self-defense to help prevent you from becoming a victim. Practice striking, basic joint locks, and escapes from various holds to help you feel more confident and prepared to defend yourself should the unthinkable happen. Great class for mothers and daughters - sons too! Ages 13 and up.

Instructor: Joseph Herreman
Location: Southern Hills Methodist

Tuesday, Mar 17 6:15-8:15PM
 HETH275 \$25

NEW Advanced Red-Man Self Defense

Designed for the student who wants more out of their training! Advanced Red-Man Self Defense class and practice techniques allow you to fight off any attacker. Learn techniques from highly-qualified instructors with over 15 years of experience. After learning how to defend yourself, take the opportunity to train full power against our "Red-Man" training suit in realistic self-defense scenarios. Learn the proper deployment of pepper-spray and other common self-defense weapons. No experience necessary and all fitness levels welcome. Receive a pepper spray canister. Ages 13 and up.

Instructor: Joseph Herreman
Location: Southern Hills Methodist

Tuesday, Mar 24 6:15-8:15PM
 WELL278A \$35

Tuesday, Mar 31 6:15-8:15PM
 WELL278B \$35

Biggest Loser

Are you ready to lose weight and get in shape? Join our 18th Biggest Loser six week program and 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. Your choice of favorite workouts including yoga, Zumba®, boot camp, circuit, cycling, and more - over 20 classes per week. Be healthier today! Initial meeting and workout - March 26, 2015 at 7:00 p.m. For a schedule of classes, go to: <http://xfitnesscenter.com/classes/>

Instructor: Varied
Location: X Fitness

Thursday, Mar 26 7:00PM
 6 weeks 24/7
 HETH301 \$129

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! Ages 18 and up.

Instructor: Cameron Moore
Location: Family Park

Tuesday, May 26 6:30-8:00PM
 HETH155A \$35

Thursday, May 28 6:30-8:00PM
 HETH155B \$35



WELLNESS *fitness self-care*

Belly Dance for Health

Enjoy belly dance - a relaxing way to develop grace and strength! This low impact dance improves posture, strengthens your pelvic and deep abdominal muscles, gently tones your entire body, promotes flexibility, and balance. Start with your head, utilize your shoulders, work your ribs, roll your belly, get HIPPPY...amaze yourself!

Instructor: Ahva Halma
Location: IPC

4 Tuesdays, Mar 10 5:30-6:30PM
HETH325A \$49

4 Tuesdays, Apr 7 5:30-6:30PM
HETH325B \$49

4 Tuesdays, May 5 5:30-6:30PM
HETH325C \$49

Zumba® & Zumba® Step

Forget everything you know about "step!" Introducing Zumba® Step: All of the step toning and strengthening for your legs and glutes, all of the Zumba® fitness-party fun you love! Strengthen your core, torch calories, and sculpt muscle. This class will be a combination of Zumba® and Zumba® Step - integrating the Zumba philosophy with step fitness disciplines. LOSE yourself in the music and FIND yourself in shape!

Instructor: Ahva Halma
Location: LHS

4 Wednesdays, Mar 4 5:15-6:15PM
HETH152A \$49

4 Wednesdays, Apr 1 5:15-6:15PM
HETH152B \$49

4 Wednesdays, Apr 29 5:15-6:15PM
HETH152C \$49



Yoga

Relax, refresh, and re-energize yourself through this dynamic, low-impact workout! Yoga emphasizes mind and 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 Wednesdays, Feb 4 10:00-10:50AM
HETH487A \$39

4 Wednesdays, Mar 4 10:00-10:50AM
HETH487B \$39

4 Wednesdays, Apr 1 10:00-10:50AM
HETH487C \$39

Belly Dance 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, Mar 1 5:00-5:50PM
HETH626A \$39

4 Wednesdays, Apr 1 6:30-7:20PM
HETH626B \$39

NEW Zumba® Dance Floor Style

Clear your mind while relieving stress, lose some pounds while gaining self-confidence, and have a BLAST while doing it! Zumba® dance is an energetic, heart-pumping, choreographed dance to latin-based music and other flavors from around the world. Experience the playful dance floor lights with no mirrors, bright walls, ceilings, or floors! Find support from new friends in this AWESOME group, many with similar goals. Grab a towel and a water bottle and join us! See class schedule online at <http://lynettek.zumba.com/>

Instructor: Lynette Kloiber
Location: The Phoenix

Punch Card for 5 workouts
WELL353

\$30

self-care WELLNESS

Zumba® & Zumba® Step

Forget everything you know about "step!" Introducing Zumba® Step: All of the step toning and strengthening for your legs and glutes, all of the Zumba® fitness-party fun you love! Strengthen your core, torch calories, and sculpt muscle. This class will be a combination of Zumba® and Zumba® Step - integrating the Zumba philosophy with step fitness disciplines. LOSE yourself in the music and FIND yourself in shape!

Instructor: Ahva Halma
Location: DANCE

4 Fridays, Feb 6 5:30-6:20PM
HETH154A \$39

4 Fridays, Mar 6 5:30-6:20PM
HETH154B \$39

4 Fridays, Apr 3 5:30-6:20PM
HETH154C \$39

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, your body's natural pain killers! Let the music begin!

Instructor: Veronika Ludewig
Location: Dharma Room

2 Sundays, Jan 11 & 25 3:00-4:00PM
HETH132A \$29

2 Sundays, Feb 8 & 22 3:00-4:00PM
HETH132B \$29

2 Sundays, Mar 8 & 22 3:00-4:00PM
HETH132C \$29

2 Sundays, Apr 5 & 19 3:00-4:00PM
HETH132D \$29

2 Sundays, May 10 & 24 3:00-4:00PM
HETH132E \$29

EFT - Emotional Freedom Technique

Emotional Freedom Technique is a meridian tapping technique combining Chinese acupressure and modern psychology. Attain the skills of this effortless, drug and needle-free technique to improve every area of your life; from pain relief, weight loss, stress release, and food cravings to improving athletic performance, clearing limiting beliefs such as financial or career limitations! Add EFT to your life management arsenal!

Instructor: Melania Barnes
Location: IPC

Monday, Mar 16 6:30-8:30PM
WELL253 \$29

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: IPC

7 Thursdays, Mar 19 5:45-6:45PM
HETH310 \$95



WELLNESS *self-care*

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 of meditation. 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: R&R Transformational Healing

5 Saturdays, Mar 21 9:00-10:00AM
HETH311 \$65

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: Rita Taylor & Randy Smith
Location: R&R Transformational Healing

Saturday, Mar 28 1:00-3:30PM
HETH313 \$35

Bringing Balance to Your Life

Are you pulling your hair out trying to "fit it all in" and live a balanced life? We are all so busy trying to juggle multiple priorities every day! Go from frazzled to focused by learning a few simple strategies. Receive guidance through the process of prioritizing, delegating, and eliminating. You will walk away with a focused plan on how to meet your personal goals - each and every day! Please bring a journal to class.

Instructor: Heather Christiansen
Location: IPC

Tuesday, Mar 24 6:30-8:00PM
WELL202 \$25

NEW Sound Healing

Get supremely comfortable and dive easily into a deep meditative state as Rita Taylor weaves a heavenly tapestry of sound waves with Alchemy crystal singing bowls, gongs, and chimes. Angelic tones from the singing bowls made of pure quartz and other minerals and crystals resonate perfectly with all levels of our being while the gongs and chimes provide earthy grounding and playful punctuation. What more could you ask for?

Instructor: Rita Taylor
Location: R&R Transformational Healing

Sunday, Apr 12 2:00-3:00PM
HETH322 \$19

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: Rita Taylor & Randy Smith
Location: R&R Transformational Healing

Saturday, Apr 18 1:00-3:30PM
HETH315 \$35



self-care WELLNESS

NEW Multi-Sensory Mandala Experience - Gratitude

The M.S.M.E. is a unique creation designed to build the energy of a particular concept - in this case, gratitude. Having gratitude enriches every experience. This session is similar to following the path into and out of a labyrinth - flowing with the circular rhythms of nature. Combine the use of mandalas, sound healing, crystal grids, essential oils, energy work, and words to focus your mind in this meditative journey towards cultivating your state of gratitude and enhancing your life.

Instructor: Rita Taylor & Randy Smith
Location: R&R Transformational Healing

Saturday, Apr 25 1:00-3:00PM
HETH323 \$55



Journey to Better Health

When it comes to your health and diseases, prevention is much better than intervention. Learn about good nutrition and living a healthy lifestyle from an experienced wellness educator. Have fun, relax, and learn to take control of your health! Join us for simple solutions to healthy living and an abundant life! Please bring a journal to class.

Instructor: Heather Christiansen
Location: IPC

Thursday, Apr 30 6:30-8:00PM
WELL201 \$25



Plant-Based Healthy Eating

Discover the secrets of the longest living people in the world! Based on 155 years of combined medical research and incorporating the ancient wisdom of Chinese medicine, plant based eating will improve your health and quality of life. Scientific studies have shown prevention of cancers, heart disease, Alzheimer's, and other health problems including the reversal of the aging process. Enjoy a plant-based potluck and sharing of recipes - simply, affordably, and deliciously!

Instructor: David Meyer
Location: IPC

4 Fridays, May 8 5:30-8:00PM
HETH321 \$49

Mindfulness Practice Slowing Down to Gain More

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: IPC

Thursday, May 21 5:30-7:30PM
HETH314 \$25

YOUTH *life*

LESSONS PIANO GUITAR

Beginners to
Advanced

Acoustic,
Electric, Bass!

Convenient.
Affordable.
Experienced.
Instructors.

Convenient.
Affordable.
Excellent
Instructors.

\$15/half hour
Ages 4-95!

\$15/half hour
Ages 5-95!

Practice on
own piano or
keyboard.

Must provide
own guitar.

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

Saturday, May 16
TEEN806A

8:00AM-2:00PM
\$39

Monday, May 18
TEEN806B

8:00AM-2:00PM
\$39

Tuesday, May 19
TEEN806C

8:00AM-2:00PM
\$39



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 brand NEW spring cheerleading routine that is energetic, fun, and creative; then perform at a basketball halftime! Receive a NEW Cheer University T-Shirt and admission to a Dakota Spirit Cheer event. Current 1st – 6th graders.

Instructor: Dakota Spirit
Location: Robert Frost

5 Mondays, Feb 2
Y501

6:30-7:45PM
\$75

Everyday Respect & Etiquette

Instructor: Shirlene Hagler
Location: IPC

6:30- 7:20PM
\$15

Instructor: Shirlene Hagler
Location: IPC

6:30- 7:20PM
\$15



Instructor: Shirlene Hagler
Location: IPC

6:30- 7:20PM
\$15



Instructor: Kerry Ford
Location: IPC

6:00- 7:30PM
\$29

YOUTH

dance/sports



Princess Ball for Fathers & Daughters

Dads, create a special memory with your favorite princess! Dress up for a fun evening 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! Season themed dance venue and light refreshments served. Registration is per "couple."

Instructor: Lisa Myhre
Location: DANCE

Winter

Saturday, Jan 31 6:45-8:15PM
PC107A \$19

Saturday, Feb 7 6:45-8:15PM
PC107B \$19

Spring

Saturday, Mar 21 6:45-8:15PM
PC107C \$19

Moms and Tots

Fun, rewarding, and educational! 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. Your child must be walking. Registration fee is per parent and child - only one adult per child please. Ages 12 - 35 months.

Instructor: Rebecca Hansen
Location: DANCE

4 Fridays, Feb 6 5:30-5:55PM
PC117 \$39

Dance FUNDamentals

The perfect class for introducing children to the world of dance! Your child learns fundamental dance movements and concepts while working on a dance to perform as Butterflies on the last day! Give your child a great foundation for learning, enjoying, and appreciating the art of dance. Option to purchase a modest costume (payable to instructor). Ages 3 - 5 years - not yet in kindergarten.

Instructor: Rebecca Hansen
Location: DANCE

4 Fridays, Feb 6 3:30-3:55PM
Y144 \$39



Introduction to Ballet

Children will experience the grace, beauty, and challenge of this unique and respected art form. A few of ballet's basic steps, moves, and positions will be taught and presented in a specially prepared dance to "Let It Go" from Frozen performed on the last day. Option to purchase modest costume (payable to instructor). Ages 5 - 8 years.

Instructor: Rebecca Hansen
Location: DANCE

4 Fridays, Feb 6 4:45-5:25PM
Y147 \$42

Musical Theater

Regardless of experience, students will be energized by the fun and freedom of creative, artistic expression through musical theater! Your child will experience a variety of dance styles as they learn a dance to Grease's "We Go Together" and perform it on the last day. Option to purchase T shirt/costume (payable to instructor).
Ages 6 - 10 years.

Instructor: Rebecca Hansen
Location: DANCE

4 Fridays, Feb 6 4:00-4:45PM
Y146 \$42

Tap 101

Using the feet as musical instruments, tap dancing has long been a fun and beneficial dance style that anyone can learn. Like all forms of dance, it conditions the body and promotes strength, coordination, and control in a fun way to a variety of music styles. Participants will learn some basic steps and moves and enjoy using them in a specially choreographed dance to "Foot Loose". Limited supply of tap shoes available for use, although investing in a pair of tap shoes is definitely worth it! Ages 13 and up.

Instructor: Rebecca Hansen
Location: DANCE

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

**Interested in sharing
your knowledge, passion,
or hobby with the
community?**

Contact our offices!
Adult classes | 367-7606
Youth classes | 367-4384

NEW Vintage Jazz

Get ready for a blast from the past, learning steps and moves from America's Jazz & Swing era of the 1920's & 30's then dance to the lively music of that era! Words like Charleston, Truckin', Scarecrow, and Apple Jacks will take on a whole new meaning as you learn and incorporate these moves into a choreographed dance to one the popular songs from that era.
Ages 13 and up.

Instructor: Rebecca Hansen
Location: DANCE

4 Thursdays, Feb 5 7:30-8:25PM
HETH628 \$45



NEW Project Ballet

Experience the beauty, grace, and emotional power of ballet! While strengthening and toning your body through the refined exercises and movement of classical ballet; learn a lyrical ballet styled dance to 'All of Me.' No previous dance experience necessary. Great class for mothers and daughters.
Ages 13 and up.

Instructor: Rebecca Hansen
Location: DANCE

4 Tuesdays, Feb 3 6:30-7:25PM
HETH161 \$45

YOUTH *dance/sports*

NEW Princess Dance Camp (Ages 3-5)

What a great way to start out summer! Using a princess theme, this camp will focus on fundamental dance movement with hints of ballet. Participants will learn a dance to showcase at the end of the week and will receive a tutu and crown to wear and keep! Daily snack and dance related activity/project. Limited supply of tap shoes available for use.

Instructor: Rebecca Hansen
Location: DANCE

Mon.-Thurs., June 8 11:00AM-12:00PM
Y256A \$69

Mon.-Thurs., July 6 11:00AM-12:00PM
Y256B \$69

NEW Sampler Dance Camp (Ages 6-8)

No sunscreen or bug spray needed for this camp! Participants will sample different dance genres through instruction in Ballet, Tap, Hip Hop, & Jazz. Daily snack and dance related activity or project. Showcase presentation on the last day. Limited supply of tap shoes available for use.

Instructor: Rebecca Hansen
Location: DANCE

Mon.-Thurs., June 8 9:30AM-11:00AM
Y255 \$69

NEW Princess Dance Camp (Ages 6-8)

Everyone loves a theme! All the princesses in this camp will learn some of the steps and moves that make ballet so beautiful and graceful. They will also learn a dance to showcase on the last day and will receive a tutu and crown to wear and keep! Daily snack and dance related activity/project.

Instructor: Rebecca Hansen
Location: DANCE

Mon.-Thurs., July 6 9:30AM-11:00AM
Y258 \$79

NEW Manners Matter (Ages 8-12)

Everyone remembers a person with nice manners but NO ONE forgets a person with bad ones. Make your mark on society with the awareness and practice of social graces and etiquette. Turn common everyday events like eating, talking, and walking into remarkable ones with your poised presence. Content will be presented in a unique and fun manner. On the last day, participants may bring a guest to their "graduation" party to enjoy refreshments and fellowship. (\$10 material fee payable to instructor)

Instructor: Rebecca Hansen
Location: DANCE

Mon.-Thurs., July 20 9:30AM-11:45AM
Y259 \$99

NEW Musical Theatre Camp (Ages 6-10)

Grease. Hair. Cats. This camp is chock-full of fun as participants learn some of the styles of dance used in these and other great musicals. Participants will also explore interpretive and improvisational movement AND learn a specific theatrical dance to perform on the last day! Daily snack provided. Option to buy simple/modest costume payable to instructor.

Instructor: Rebecca Hansen
Location: DANCE

Mon.-Thurs., June 22 9:00AM-11:45AM
Y257 \$99



Taekwondo - Adult & Youth

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 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! Beginners - Ages 5 years and up.

*Instructors: Troy Vink
Location: Robert Frost*

Beginning

20 Tues./Thurs., Mar 3 5:45-6:45PM
HETH405 \$119

Intermediate: Yellow Belt - Green Belt

20 Tues./Thurs., Mar 3 6:45-7:45PM
HETH406 \$119

Advanced: Blue Belt and Above

20 Tues./Thurs., Mar 3 7:45-8:45PM
HETH351 \$119

Introduction to 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 6-13 years.

*Instructor: Joseph Herreman
Location: Southern Hills Methodist*

6 Mon./Thurs., Mar 2 6:00-7:00PM
HETH137 \$49



Brazilian Jiu Jitsu - Youth

Arm your child with a host of positive mental and physical skills for school, home, life, and fitness through the art of Brazilian Jiu-Jitsu. Apply this non-striking self-defense martial art system based on leverage and control over your opponent. Brazilian Jiu-Jitsu is considered one of the best self defenses for kids - applied leverage in response to physical aggression. Ages 5 - 13.

*Instructor: Cody Skidmore
Location: Next Edge Academy*

8 Tues./Thurs., Mar 3 4:30-5:30PM
HETH318 \$49



YOUTH *dance/sports*

Lacrosse Camp

Learn Lacrosse skills and game strategies then apply during daily scrimmages at this four day camp. Lacrosse is a great cross-training sport for kids who play other sports. No previous experience for this introductory camp needed. Camp includes skill training, various Lacrosse workshops and scrimmages. Students will receive a Lacrosse stick (different from last summer's), ball and t-shirt. Snacks and water provided daily. Students must bring their own lunch. Camp is for students entering grades 3rd - 8th in the fall of 2015.

Registration deadline - May 15th!

Instructor: Corey Mitchell

Location: Edison Middle School

Mon.-Thurs., June 1
Y601

9:00AM-4:00PM
\$140



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: Varied

Location: Archery Outfitters

Thursday, Apr 9
HETH253A

7:00-8:30PM
\$19

Thursday, June 11
HETH253B

7:00-8:30PM
\$19



NEW Rookie Rugby

Rookie rugby, a non-contact version of the game, designed for 5th - 8th grade boys and girls, consists of a series of short drills aimed at teaching the skills and rules of this fast growing sport. The drills will be followed with games of flag rugby. Each participant will receive a t-shirt and rugby ball. Find out if rugby is for you!

Instructor: SF United Rookie Rugby League

Location: Marion Park

6 Thursdays, May 21
Y605

4:15-5:30PM
\$45

NEW Intro to Rugby for High Schoolers

The game of rugby is the fastest growing participation contact sport on the planet. In this introductory course learn to ruck, maul, scrum, pass and run a line. While this course is physical, it is still no contact. Find out if rugby is for you! Ages 14-19 years.

Instructor: SF United Rookie Rugby League

Location: Avera Sports Institute

2 Tuesdays, Feb 3
Y606

7:00-8:00PM
\$29

College Admission Essay: How to Craft a Purposeful, Compelling, and Successful Essay

As students begin submitting college applications for admission, many find the college admission essay to be a challenge. In this two hour workshop, veteran admission officers will share insights as to what colleges are looking for in admission essays. In addition, students will have the opportunity to brainstorm, write, and share ideas related to common admission essay prompts.

Instructor: Jenny White & Adam Heinitz
Location: Augustana

Monday, Mar 23 6:30PM-8:30PM
 TEEN111 \$19



ACT Preparation Course

Attention high school juniors and seniors! Develop the skills necessary to improve your test taking abilities. Review subjects, and test-taking techniques. Pretest, English, math, science, reading, and posttest included. Be better prepared for your ACT test! Check website for class offerings.

Location: LHS, RHS, WHS
 Dates: TBD

\$149

Driver's Education

Learn To Drive - Safely & Defensively! Our Driver's Education is a 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. Prior to registering for class, read all policies and procedures online at <http://www.sf.k12.sd.us>. Limited spots available. Age 14 - high school senior.

LHS

DEW2000A-1	Jan 19	4:10-7:10PM
DEW2000A-2	Apr 13	4:10-7:10PM

RHS

DEW2000B-1	Jan 19	4:00-7:15PM
DEW2000B-2	Mar 16	4:00-7:15PM

WHS

DEW2000C-1	Feb 17	4:00-6:00PM
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YOUTH *education*

"Vamos todos al Summer Camp!"



Spanish Immersion SUMMER CAMP

Visit our website for locations & times.

Community Education partners with Kids Inc to offer summer Spanish camps for students of the Robert Frost and Rosa Parks Spanish Immersion Programs. Camps are for students who have completed Kindergarten through 4th grade. Enrollment is offered on a first come, first served basis.

TESTIMONIALS



Closet Style & Wardrobe Makeover with Treva Graves - "Treva was enthusiastic and certainly very knowledgeable and passionate about styling. I plan to use her services in the future. Thank you for providing this class." ~ *Heather C*



The AMAZING Road Rally with Nick & Nicole Collins - "The instructors were fun and exciting and clearly invested in the class. Everything was planned and laid out well and we had a lot of fun!" ~ *Brandon G*



Beginning DSLR Photography with Tyler & Amira Lawrence - "Loved it! The instructors were very helpful. I will definitely be taking the next level class." ~ *Kristen F*



Leather Ladder Bracelet with Melanie Erickson - "The teacher was very patient and hands on. I really liked that she had printed instructions as well as a demonstration board and came around to help everyone get started." ~ *Dianne L*



Archery Bullseye! with Archery Outfitters - "The instructors were great. They showed patience and interest in each child taking the class." ~ *Ryan P*

CLASS LOCATIONS

SCHOOL LOCATIONS:

CTE-Career and Technical Education Academy
Edison Middle School
IPC-Instructional Planning Center
LHS-Lincoln High School
PHMS-Patrick Henry Middle School
RHS-Roosevelt High School
Robert Frost Elementary
WHS-Washington High School

4700 W Career Cir
2101 S West Ave
201 E 38th St
2900 S Cliff Ave
2200 S 5th Ave
6600 W 41st St
3101 S 4th St
501 N Sycamore Ave

COMMUNITY LOCATIONS:

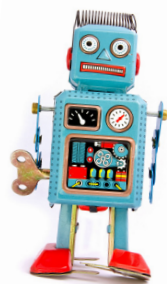
9Round
Archery Outfitters
Augustana College Madsen Center
Avera Sports Institute
Bead Co
Camille's Sidewalk Café
Coffea Roasterie - Downtown
Coffea Roasterie - Louise
DANCE Ballroom & Studio
ELOFSON
El Riad Shrine
Engage Paperie
Family Park
Great Plains Zoo
Hy-Vee #4
Hy-Vee #6
Koharts Studio
KR Hempel Woodworking LLC
LandShark Scuba & Snorkel
Marion Park
Next Edge Academy
R&R Transformational Healing
Southern Hills United Methodist Church
studiofotografie
The Dharma Room Yoga Studio
The Good Earth
The Phoenix
Washington Pavilion
X Fitness

1216 E 57th St
1811 N Lowell
2301 S Summit Ave
1601 W 44th St
319 S Phillips Ave
1216 W 41st St
200 S Phillips Ave
2318 S Louise Ave
1200 E 57th St
112 N Indiana Ave
310 S Phillips Ave
328 S Phillips Ave
½ mile North of W 12th & Tea/Ellis Rd
805 S Kiwanis Ave
1900 S Marion Rd
1231 E 57th St
2600 W 28th St
25793470th Ave
5208 W 12th St
45th & Marion Rd
112 W 39th St
1320 S. Minnesota Ave., Suite 201
3400 E 49th St
311 S Phillips Ave
26th & Western Ave - Parkridge
28318 466th Ave, Lennox
321 Willow St, Harrisburg
301 S Main
112 W 39th St

KNOW SOMEONE WITH A CIRCUIT
OVERLOAD THAT NEEDS
A REBOOT?

**Give the gift of a restart with a
Community Education gift certificate!**

- Certificates available in \$20, \$30, \$40, or \$50
- Not redeemable for cash
- Recipient must use the certificate by the expiration date
- If class cost exceeds certificate amount, recipient must pay excess cost



Registration INFORMATION

REGISTERING:

Classes fill on a first-come, first-served basis. Payment is due at the time of registration. Registration is required prior to attending class.

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



ONLINE:

Using Visa or MasterCard

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:

Using Visa or MasterCard

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

REGISTER

------(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

Please refer to the Driver's Education and Community Education Refund Policies on the previous page prior to submitting registration.

Payment Options:

[] Check/Money Order (payable to Community Education)

Mail payments to:
Community Education
201 E 38th Street
Sioux Falls, South Dakota 57105

------(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. ****

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Community Education
201 E 38th Street
Sioux Falls, South Dakota 57105

Wholesome Baby Foods



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Non-profit Organization
U.S. Postage
PAID
Sioux Falls, SD
Permit #7752

Photography



16-17

9 Rounds to Fitness



33

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

Kayaking - Getting Started



35

