



**COMMUNITY  
EDUCATION**  
Sioux Falls School District 49-5

# **“Waddle” You Learn?**



January to July 2017

# WELCOME

SPRING & SUMMER **2017!**  
WE **BELIEVE** THAT **EDUCATION** IS  
THE **FREEDOM** TO BE WHOEVER  
YOU ARE **RIGHT** NOW.  
**COMMUNITY** EDUCATION  
CELEBRATES OUR **MEMBERS**  
WHO ARE FOREVER **LEARNING.**  
KNOWLEDGE IS **SEASONLESS,**  
**ENLIGHTENMENT** IS TIMELESS,  
INFORMATION IS **AGELESS.**  
CHECK OUT OUR **LINE UP** OF CLASSES!  
“**WADDLE**” YOU LEARN?  
REGISTRATION OUTLOOK: **SUNNY!**  
~ ***YOUR COMMED TEAM!***

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## Office Hours

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



## Woodturning

...duck calls & bowls!

...platters & plates!

...art & function!

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## Junkstock

...recycle & revamp!

...explore & restore!

...peace, love,  
music & junk!



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## Etiquette

...decorum!

...social graces!

...courteous &  
confident!

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# ARTS



## Leather Beaded Ladder Wrap Bracelet

This trendy beaded leather wrap bracelet style is a hit! Create a bracelet that wraps around your arm once or twice - your choice, and finishes with a button style adjustable clasp. A shiny row (ladder) of glass beads in your color choice surrounded by the leather color of your choice, woven with silk string of your choice...imagine the possibilities! Learn the basic techniques, then easily create more in glass, stone, metal, chain...doubles, triples...multiple ladders...anything goes! Materials included.

*Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn 19 - Bead Co.*

Saturday, March 4 1:00-3:00PM  
BEAD218 \$35

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

**Contact our offices!**  
Adult classes: 367-7606  
Youth classes: 367-4384

## Basic Beading & Wire Work Combo

Bracelets, necklaces, earrings, and charms are in your creative future! From crimping to wire wrapping, coils, rosary style connections, attachments, and hammered wire shapes...master a range of basic beading and wiring techniques. Create endless combinations of jewelry and home décor - adding beads, wire, texture, and your personal touch! As a beginning beader or to refresh your skills, join us for this popular seventeen years running class. Class project: bracelet, earrings, charms, and freeform shapes. Materials included.

*Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn 19 - Bead Co.*

Saturday, March 25 1:00-3:00PM  
BEAD201 \$35



## Hand-Stamped Message Ring Necklace

Create a gorgeous personalized necklace featuring a shiny 1.25" round metal ring/washer style pendant which you'll hand stamp with your favorite names, saying, words, dates. Add extra sentiment or flair by accenting with birthstones, anniversary stones, or charms. Learn and practice metal letter stamping and texturing. Prepare to be empowered with hammers and tools! Includes chain, accent bead, charm, and pendant. Plan ahead for class by writing down your idea for words, dates, or names totaling 23 characters or less. Materials included.

*Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn 19 - Bead Co.*

Saturday, April 8 1:00-3:00PM  
BEAD202 \$45



# ARTS

## **NEW Custom Earring Creations & Jewelry Display Rack**

Create multiple earring styles using wire and beads with jewelry-making tools and techniques, then customize a wood framed metal mesh wall hanging to store and display your jewelry! Choose from a huge supply of glass, metal, wood, and stone beads in various colors. Earrings and charms are fun and simple to create once you learn the right techniques. Create, wear, share, and display your creations with pride!

*Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn19 - Bead Co.*

Saturday, March 11 1:00-3:00PM  
BEAD412 \$35

## **NEW Stone or Crystal Pendant on Bead Accented Chain Necklace**

Learn to hang a stone or crystal pendant with gold or silver tone dipped wire tip! Choose your favorite chain and learn to measure, cut, and embellish it with beaded link connections to give depth, color, and a designer flair! Includes chain, accent beads, and your stone or crystal pendant.

*Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn19 - Bead Co.*

Saturday, April 1 1:00-3:00PM  
BEAD414 \$39



## **Leather Boho Weave Bracelet - Ladies Night!**

This leather and bead weave-style bracelet is simple, stylish, versatile! Create two bracelets in faceted glass, metal, and leather of your choice with a button style clasp... lots of choices! Perfectly customizable and quick to finish for gift giving creations! After learning the basics, personalize with multiple wraps, stone, or more leather layers. Your friends are going to want one...so plan to make more, or bring all those friends with you! Materials included.

*Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn 19 - Bead Co.*

Friday, March 10 5:30-6:30PM  
BEAD203 \$29

# ARTS

## NEW Wire Flowers: Necklaces, Accents & Centerpieces

Wire flowers are a highly requested technique around here! Create your wire flowers using our own special pattern and techniques using wire working tools. Use your unique flowers as a pendant for a necklace or table centerpiece. Add chain to the edges to create an artsy necklace... or...embellish a glass cup with bead wraps, beaded sprigs, and your wire flower for a decorative table topper. Materials included.

Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn19 - Bead Co.

Saturday, April 29 1:00-3:00PM  
BEAD418 \$39



## NEW Initial Stamped Charms with Birthstone Jewelry

Mother's Day is near! Create hand-stamped initial charms accented with birthstones for Mom, Grandma, or yourself! Choose your metal charm colors and chain style, hand-stamp initials, and add hammered texture if you wish. Finish with accent beads or birthstones. Class project is a necklace or bracelet. Materials, box, and gift bag included.

Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn19 - Bead Co.

Friday, April 28 1:00-3:00PM  
BEAD416 \$45



## NEW Embellished Laser Wood Forms - Pendant & Keychain

Two fabulous projects starting with custom laser-cut wood pieces ready to embellish! Create your own unique design on a round wood pendant using silk, floss, and optional beads in a cross-stitch or hatch-style technique. Attach this to a metal chain to create a unique, custom necklace! Then, create a rectangle shaped keychain, embellished and decorated in the same DIY 'maker' fashion! A perfect gift item! Wood forms are locally created with endless uniquely YOU designed possibilities! Materials included.

Instructor: Melanie Erickson  
Kayla Hathaway  
Location: Acorn 19 - Bead Co.

Saturday, May 13 1:00-3:00PM  
BEAD422 \$39



Contests. Giveaways. More.

# ARTS

## NEW Mason Lid Beaded Wire Wind Charms & Accents

Spring is here! Start with metal shapes like mason jar lids and add hanging beads, accents, and charms to create decorative patio, yard, or planter pieces...even a door charm so no one sneaks in or out this summer! Around here, we call found treasures 'acorns!' Learn the tools and techniques needed, then find inspiration to springboard a trip to the garage or antique shop to gather 'acorns' for more unique yard hanging projects. Materials included.

Instructor: *Melanie Erickson*  
*Kayla Hathaway*  
Location: *Acorn19 - Bead Co.*

Saturday, May 20 1:00-3:00PM  
BEAD425 \$35



## Henna Art Design

Temporary henna stains are beautiful and can be deceptively simple to apply with a bit of practice and understanding. Join JJ Nelson to learn a bit of history, secrets of application, upkeep, and beginners henna design techniques. All materials provided including both hand mixed and commercial henna cones to take home. You will be sporting a unique henna design at the end of class!

Instructor: *JJ Nelson*  
Location: *IPC*

Thursday, April 20 6:30-8:30PM  
ART485 \$35



## NEW Silly Sock Creatures!

Everyone has a pile of mismatched socks... what do you do with them? Make some silly sock creatures of course! Grab a friend and join us for a sock creature extravaganza! Each session will be a different sock creature that is uniquely yours! In addition, you will learn simple no-sew and hand sewing techniques while crafting your one-of-a-kind project. Perfect for the novice crafter and enjoyable for all ages and abilities. Participants ages 12 and under must be accompanied by an adult. Participants must bring a minimum of four crew-length socks and two buttons for "eyes," all other materials provided.

Instructor: *Britta Berry*  
Location: *IPC*

All Classes - 6:00-8:00PM \$29

### Bunny!

PLAY820 Friday, February 24

### Penguin!

PLAY821 Friday, April 28

### Monster!

PLAY822 Wednesday, June 14

### Kitten!

PLAY823 Friday, June 23

### Owl!

PLAY824 Thursday, July 13



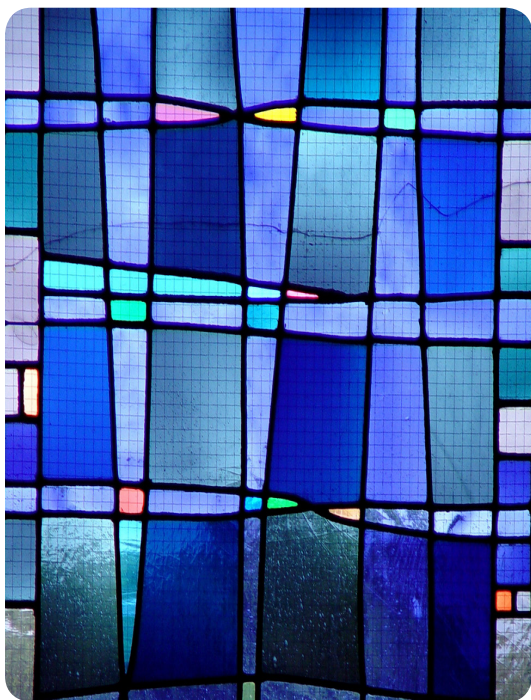
# ARTS

## Stained Glass Shake Your Tailfeathers!

Create two funky, stained glass birds with long wire legs and beaded tailfeathers! Learn to cut glass then use the copper foil method to prepare your glass pieces for soldering. Arrange your pieces along with wire accents and beads then solder everything together to create two whimsical, bird sun catchers. Shake YOUR tailfeathers! Materials included for two unique birds.

*Instructor: Heidi Schrag*  
*Location: IPC*

Thursday, March 16	5:30-9:00PM
ART365A	\$39
Monday, April 3	5:30-9:00PM
ART365B	\$39
Thursday, May 11	5:30-9:00PM
ART365C	\$39



## Stained Glass Beveled Snowflake

Perfectly imperfect - no two alike! Create a stunning beveled glass snowflake that will last all winter! Choose different sizes of glass bevels and glass gems, then use the copper foil method to prepare the glass pieces for soldering. Arrange your pieces and solder everything together to create a perfect, one-of-a-kind snowflake to hang in your window! Materials included.

*Instructor: Heidi Schrag*  
*Location: IPC*

### 2015 Snowflake

Monday, March 13	5:30-9:00PM
ART352	\$39

### 2016 Snowflake

Thursday, March 23	5:30-9:00PM
ART353	\$39

# ARTS

## NEW Stained Glass Forever Flowers! Plant Stakes

Learn the basics of cutting stained glass with your choice of flower patterns, prepare the glass pieces for soldering with copper foil, and solder everything together to create your "Forever Flowers!" Add a 12" copper stake, wire, and beads to personalize your flowers exactly the way you wish! Perfect for indoor or outdoor use. Also create a marble flower with solder using flat-back glass gems. Materials included for two forever flower plant stakes.

*Instructor: Heidi Schrag*  
*Location: IPC*

Monday, March 20	5:30-9:00PM
ART367A	\$39
Monday, April 10	5:30-9:00PM
ART367B	\$39
Thursday, May 4	5:30-9:00PM
ART367C	\$39



## NEW Stained Glass Kites to Fly the Friendly Skies!

Create two whimsical stained glass kites with long, fabric tie tails! Learn to cut stained glass and prepare the glass pieces for soldering using the copper foil method. Arrange your glass along with wire accents and solder everything together to create two colorful kites. Fly high in the friendly Midwest skies! Materials included for two finished personalized kites.

*Instructor: Heidi Schrag*  
*Location: IPC*

Monday, March 27	5:30-9:00PM
ART372A	\$39
Thursday, April 20	5:30-9:00PM
ART372B	\$39
Thursday, May 18	5:30-9:00PM
ART472C	\$39

## NEW Stained Glass Forever Butterflies! Plant Stakes

Learn the basics of cutting stained glass, preparing the glass pieces for soldering with copper foil, and soldering everything together. Finish your butterflies by adding a 12" copper stake, wire, buttons, and beads to personalize your butterflies exactly the way you wish! Perfect for indoor or outdoor use. Also create a marble flower with solder using flat-back glass gems. Materials included for two forever butterfly plant stakes.

*Instructor: Heidi Schrag*  
*Location: IPC*

Thursday, March 30	5:30-9:00PM
ART369A	\$39
Monday, April 24	5:30-9:00PM
ART369B	\$39
Monday, May 15	5:30-9:00PM
ART369C	\$39





# ARTS

## NEW Stained Glass This & That Suncatcher!

Continue with your new-found passion of stained glass art to create one large or two small suncatchers using your imagination and beautiful pieces of glass designed and created by you! Stained glass, wire, glass gems, copper shapes, and beads will all be available to make your suncatcher as unique and fun as you! Previous stained glass class or equivalent experience required. Materials included.

Instructor: Heidi Schrag  
Location: IPC

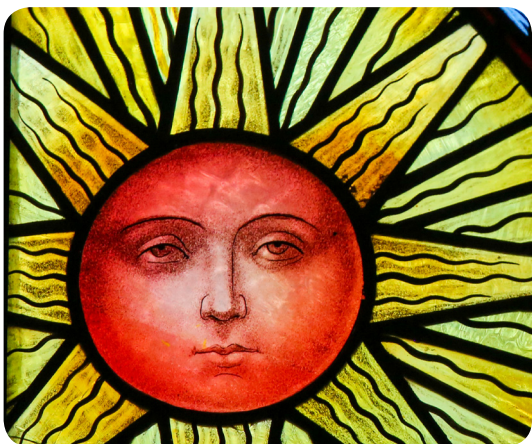
Thursday, April 6	5:30-9:00PM
ART374A	\$39
Monday, May 1	5:30-9:00PM
ART374B	\$39
Thursday, May 25	5:30-9:00PM
ART474C	\$39

## NEW Stained Glass Love Story!

Shape a copper wire frame to form a trendy heart, then fill with pieces of stained glass, copper shapes, copper wire, and glass gems! Learn the basic techniques of cutting stained glass, copper foiling your glass pieces, and soldering your pieces together. Add beads for your unique, artistic, individualized copper heart to use as a sun catcher, ornament, or decoration! Previous stained glass class participation or equivalent required. Materials included.

Instructor: Heidi Schrag  
Location: IPC

Thursday, April 27	5:30-9:00PM
ART375A	\$39
Monday, May 8	5:30-9:00PM
ART375B	\$39
Monday, May 22	5:30-9:00PM
ART475C	\$39





# ARTS

## **NEW Aurora Northern Lights!** **Acrylics & Dessert**

Painting, coffee, and dessert! Grab your friends, neighbors, and family to tap your artistic talent with acrylic painting techniques guided by JJ Nelson to create "Aurora Northern Lights!" Celebrate nature's collision of electricity and particles of the sun! Customize your Auroral canvas with scattered clouds of light, streamers, arcs, rippling curtains, or shooting rays that light up the sky with an eerie glow! Treat yourself to fun and dessert as you paint your 20" x 16" canvas to display year-round! Materials included.

*Instructor: JJ Nelson*  
*Location: IPC*

Thursday, March 23  
ART233

6:30-9:00PM  
\$39



## **NEW Moments of Freedom!** **Acrylics & Dessert**

Painting, coffee, and dessert! Grab your friends, neighbors, and family to tap your artistic talent with acrylic painting techniques guided by JJ Nelson to create "Moments of Freedom!" Celebrate the beauty of the open prairies and the majestic flight of our South Dakota blackbird with painting tips and tricks that bring your art to life! Treat yourself to fun and dessert as you paint your 20" x 16" canvas to display year-round! Materials included.

*Instructor: JJ Nelson*  
*Location: IPC*

Thursday, April 6  
ART234

6:30-9:00PM  
\$39



## **NEW Apple Blossoms!** **Metallic Acrylics & Dessert**

Painting, coffee, and dessert! Grab your friends, neighbors, and family to tap your artistic talent with acrylic painting techniques guided by JJ Nelson to create "Apple Blossoms - Promises of Spring!" Celebrate the upcoming eruption of flora with suggestions of spring showers! Treat yourself to fun and dessert as you paint your 20" x 16" canvas to display year-round! Materials included.

*Instructor: JJ Nelson*  
*Location: IPC*

Thursday, May 18  
ART237

6:30-9:00PM  
\$39



# ARTS



## Confidently Crochet! Beginner II Tote Bag

Yearning for the magical workings of hook and yarn? Learn the stitches, tools, and techniques to become a bona fide crocheter! Practice basic stitches, how to select yarn, the proper hold of the hook, and how to track and troubleshoot your rows - materials provided for first class. Combine your new skills to create a tote bag. Student responsible for project materials. Bring a size I and J crochet hook. This class is a bridge between Beginners & Intermediate. Confidently Crochet! Beginners or equivalent experience required. Instructor Cherri Palmer will have her service dog River with her at class.

*Instructor: Cherri Palmer*  
*Location: IPC*

4 Thursdays, March 9	6:30-8:30PM
INTR448A	\$45
4 Tuesdays, April 4	6:30-8:30PM
INTR448B	\$45



## Confidently Crochet! Beginner I Scarf or Hat

Hats and scarves are essential cold weather gear in South Dakota! Learn the stitches, tools, and techniques to become a bona fide crocheter! Learn and practice basic stitches, how to select yarn, the proper hold of the hook, and how to track and troubleshoot your rows. Materials provided for first class. Instructor assists in determining materials needed for your project - student responsible for project materials. Bring a size J crochet hook. Instructor Cherri Palmer will have service dog River at class.

*Instructor: Cherri Palmer*  
*Location: IPC*

4 Tuesdays, March 7	6:30-8:30PM
INTR451	\$45

## Confidently Crochet! Intermediate Table Runner

Take your new-found hobby or obsession to the next level by learning advanced stitches and techniques to complete a table runner. Practice basic stitches, learn new ones. Instructor will have one choice of yarn available for your project - student responsible for cost of project materials. Bring a size F hook. Confidently Crochet - Beginners I, Beginners II, or equivalent experience required. Crochet with confidence! Instructor Cherri Palmer will have service dog River at class.

*Instructor: Cherri Palmer*  
*Location: IPC*

4 Thursdays, April 6	6:30-8:30PM
INTR452A	\$45
4 Tuesdays, May 2	6:30-8:30PM
INTR452B	\$45



# ARTS



## Confidently Crochet! Advanced Vest

Take your new pattern reading skills to the next level working row by row to learn more difficult crochet techniques that result in a vest! Materials provided for the first class. Instructor will have one choice of yarn available for your project - student responsible for cost of project materials. Confidently Crochet - Beginners and Intermediate or equivalent experience necessary. Bring your hooks from previous class. Instructor Cherri Palmer will have service dog River at class.

*Instructor: Cherri Palmer*  
*Location: IPC*

4 Thursdays, May 4                      6:30-8:30PM  
INTR454                                      \$45



## NEW Rags to Rugs! Crocheted Rug Making

Crochet rag rugs - a creative use of recycled fabric scraps and old clothing creating beautiful and useful items! Etsy seller Anna Maifeld guides you in fabric selection, time-saving techniques for preparing strips, and three options for joining the strips. Choose between a crocheted trivet or begin a rug. Knowledge of basic crochet - chain and single stitching beneficial but no pattern reading skills necessary. Bring: size I or J crochet hook, fabric scissors, fabric scraps, and old clothing. No denim. Anna's fabric stash available to share and participants can swap fabrics!

*Instructor: Anna Maifeld*  
*Location: IPC*

Thursday, March 9	6:30-8:30PM
ART574A	\$39
Tuesday, March 21	6:30-8:30PM
ART574B	\$39

## NEW Passion for ReFashion!

Looking for something new and fun to do on a much needed night out? Grab a friend and join us for a fantastic re-fashion session to transform your t-shirts into unique treasures! Learn simple no-sew and hand sewing techniques to create your one-of-a-kind projects! Perfect for the novice crafter and enjoyable for all ages and abilities! Participants age 12 and under must be accompanied by an adult. Participants must bring a minimum of two t-shirts; all other materials will be provided.

*Instructor: Britta Berry*  
*Location: IPC*

### Infinity Scarf or Braided Headband

Friday, March 24	6:00-8:00PM
PLAY701	\$29

### Shrug or Diamond Scarf

Friday, May 19	6:00-8:00PM
PLAY702	\$29

### Wine Cozy or Laptop/Tablet Sleeve

Thursday, June 29	6:00-8:00PM
PLAY703	\$29



# ARTS



## Woodworking Quilt Rack

Previously exclusive to women only, but due to popular demand, now open for all! Learn basic woodworking skills to create a quilt rack to display heirloom or new quilts and blankets! Master the safety and proper use of shop power tools including the table saw, jointer, planer, and band saw as well as hand tools needed to complete your quilt rack project. Apply stain and finish at home, then display with pride! Materials included. Ages 18 and up or ages 14 - 17 accompanied by an adult..

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

3 Fri/Sat/Sun	
Friday, March 3	6:00-9:00PM
Saturday, March 4	8:30-6:00PM
Sunday, March 5	11:00-6:00PM
WOOD261	\$155



## Woodworking Shaker Style Sofa or Hall 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! Materials included. Ages 18 and up or ages 14-17 accompanied by an adult.

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

3 Fri/Sat/Sun	
Friday, March 24	6:00-9:00PM
Saturday, March 25	8:30-6:00PM
Sunday, March 26	11:00-6:00PM
WOOD267	\$155

## Woodworking Shaker Style End Table

Perfect project for the beginner woodworker! Learn the basics of furniture making, including traditional mortise and tenon joinery as you construct components to assemble your shaker or mission style end table! Learn the safe and proper use of power tools including the table saw, jointer, planer, and mortiser, as well as hand tools including hand planes and chisels. Take your constructed table home to apply your choice of stain and finish, then display proudly! Materials included. Ages 18 and up or ages 14 - 17 accompanied by an adult.

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

3 Fri/Sat/Sun	
Friday, April 28	6:00-9:00PM
Saturday, April 29	8:30-6:00PM
Sunday, April 30	11:00-6:00PM
WOOD260	\$155

# ARTS

## NEW Woodworking Techniques Band Saws

Band saws - one of the most versatile power tools in the shop to cut straight lines, curves, and re-saw lumber! Gain an understanding of band saw uses, blade selection, tuning, set up, and jigs. Join Kevin and Robin of KR Hempel Woodworking to test their shop's three band saws used for woodworking and furniture making.

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

Saturday, April 8 8:00-11:00AM  
WOOD277 \$25

## NEW Woodworking Techniques Staining & Finishing

A project is not complete until the finish is applied and dry! Join KR Hempel Woodworking for techniques of wood preparation, stain selection and application, types of finish, and application methods. Students will not complete a project, but a number of demonstrations will be featured.

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

Saturday, May 6 8:00-11:00AM  
WOOD283 \$25

## NEW Woodworking Techniques Routers

Join Kevin and Robin of KR Hempel Woodworking for router techniques! Gain a better understanding and comfort level using common tools in the shop. As go-to woodworking tools, learn the basics of hand-held routers, as well as the table router. Topics include the safe use of routers, router capabilities, bit selection, and jigs. Test drive various routers used in woodwork and furniture making.

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

Saturday, April 8 1:00-4:00PM  
WOOD281 \$25



## Woodworking - Bookcase

Learn the basics of furniture making to construct components using traditional methods, then assemble your own bookcase. Using furniture grade plywood, build the case, then attach oak edge-banding along with the face-frame, trim, and adjustable shelving. Learn to safely use and operate the table saw, miter saw, and router. Add your favorite reading materials and settle in with winter's great reads and a cup of something warm! Materials included. Requires assembly, stain, and finish at home. Ages 18 and up or ages 14-17 accompanied by an adult.

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

3 Fri/Sat/Sun  
Friday, May 19 6:00-9:30PM  
Saturday, May 20 8:00-6:00PM  
Sunday, May 21 10:30-6:00PM  
WOOD284 \$189



# ARTS

## NEW Woodworking Advanced Project Creation

Design and build a beautiful wood project of your choice! Explore various wood species and woodworking hand and power tools. Kevin Hempel will discuss the extent of your project choice prior to class and determine material requirements. Bring your own materials or arrange to have materials in the shop. Five student class limit for personalized instruction. Advanced self-paced class requires prior woodworking experience. Student responsible for material costs which will vary depending on project choice. Ages 18 and up or ages 14 - 17 accompanied by an adult.

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

8 Wednesdays, April 19      6:00-9:30PM  
WOOD265      \$169



## Woodturning Tool Sharpening

From choosing the correct woodturning tool to keeping it sharpened; get the best results for your handcrafted, artistic woodturned projects while keeping safety in mind! To avoid overheating today's steel alloy tools and for consistent results, special grinding wheels and jigs are used. Sharpening equipment and tools are provided or bring your own woodturning tools. Maintained, sharpened tools will make your woodturning projects a work of art! Ages 13 and up.

*Instructor: Siouxland Woodturners*  
*Location: CTE*

Tuesday, March 28      6:00-8:30PM  
HOME302      \$19

## The Art of Stripping! Furniture Style

Take advantage of Rich Ramstad's 35 years of furniture restoration experience while stripping an antique furniture piece or a pre-approved project of your own! Learn the basics of removing paint and varnish using a water-based stripper, then cleaning the furniture in preparation for staining and finishing. Increase your confidence in refinishing and restoring wood furniture, antiques, cabinets, and architectural woodwork. Discover the gems in your attic or furniture inherited from family! Pre-approval needed if stripping own wood project. Call Community Education at 367-7606.

*Instructor: Rich Ramstad*  
*Location: Rich's Antiques*

Saturday, March 18      9:00-3:30PM  
WOOD325A      \$79  
Saturday, April 1      9:00-3:30PM  
WOOD325B      \$79





# ARTS

**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, terminology, lathe familiarization, tool selection, and basic turning techniques, then experience woodturning for the first time or expand your skills. Instructor demonstration is followed by hand-on practice of spindle turning and the artistic fun begins! Revive the art of woodturning! Equipment and supplies included. Ages 13 and up.

*Instructor: Siouxland Woodturners  
Location: CTE*

Tuesday, March 21 6:00-8:30PM  
HOME303A \$19

Thursday, March 23 6:00-8:30PM  
HOME303B \$19



## Woodturning Duck Call

In this intermediate woodturning class, select wood from several species and make a single reed woodturned duck call using the lathe. Whether you are an avid duck hunter or just enjoy these beautiful creatures in nature, join us! Experience in Woodturning 101 or equivalent necessary. \$10 material fee payable to instructor. Ages 13 and up.

*Instructor: Siouxland Woodturners  
Location: CTE*

Thursday, March 30 6:00-8:30PM  
HOME305 \$25

## Woodturning Writer's Pen

In this intermediate woodturning class, select wood from several species and turn a unique and beautiful writing instrument using the lathe! Make and take a wood turned pen to revive the art of handwritten letters! Experience in Woodturning 101 or equivalent necessary. \$10 material fee payable to instructor. Ages 13 and up.

*Instructor: Siouxland Woodturners  
Location: CTE*

Thursday, April 6 6:00-8:30PM  
HOME304 \$25

## Woodturning Natural Green Wood Bowl

Bowls are a favorite project for woodturners, providing functional, beautiful creations for your own home or those of friends and family. Learn to select a desirable blank, set it up on the lathe, rough turn and finish turning between centers. Numerous wood blanks will be available and drying and finishing will be discussed. Woodturning 101, equivalent, or experience turning between centers necessary. \$15 materials fee payable to instructor. Ages 13 and up.

*Instructor: Siouxland Woodturners  
Location: CTE*

Tuesday, April 11 6:00-8:30PM  
HOME311 \$25



# ARTS



## Woodturning Wood Platters

Take the mystery out of faceplate turning, producing a beautiful, useful wood platter! Using 1 1/2" to 2" thick wood of various diameters, a faceplate, and basic tools - bowl gouges, a parting tool, and a round-nose scraper. Use your creation as a serving plate, charger, centerpiece, or wall display or give as a fabulous gift! Woodturning 101 or equivalent required. \$10 materials fee payable to instructor. Ages 13 and up.

*Instructor: Siouxland Woodturners*  
*Location: CTE*

Tuesday, April 4  
HOME324

6:00-8:30PM  
\$25

## NEW Woodturning Hollows & Vases

Learn the process of hollowing to create a decorative woodturned vase! Hollowing is used to create woodturned vessel projects or to reduce the weight of your projects! This hollowing technique uses a spindle gouge to back hollow into the end grain of your piece of wood as you turn. Let the creativity flow! Woodturning 101 or prior experience necessary. \$10 materials fee payable to instructor. Ages 13 and up.

*Instructor: Siouxland Woodturners*  
*Location: CTE*

Thursday, April 13  
HOME326

6:00-8:30PM  
\$25

## Fused Glass Shimmering Lights!

Join Dakota Stained Glass Artist Ken Bird to create fused glass votive candle holders that will enhance the ambience in your home with the shimmer and beauty of candlelight! After choosing your designs, glass, and color combinations; learn glass cutting techniques to make two glass fused holders to use as votive candle, jewelry, or keepsake holders. Materials included.

*Instructor: Ken Bird*  
*Location: Dakota Stained Glass*

Thursday, March 9  
ART221

6:00-9:00PM  
\$35

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School news, notifications, calendars,  
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# ART

## **NEW Fused Glass Light Up Your Night!**

Whether whimsical, abstract, or just elegant; night lights add warmth and ambience to any room! Select your pattern, glass colors, and design embellishments; then with assistance and guidance from Dakota Stained Glass Artist Ken Bird, create your own night light to compliment your décor and light up your night! Materials included.

*Instructor: Ken Bird  
Location: Dakota Stained Glass*

Thursday, March 16 6:30-9:00PM  
ART222 \$35

## **NEW Fused Glass Freeze Frame!**

Frame and display a favorite photo with your custom-designed fused glass picture frame! Choose a background "mat" glass color, then create and execute your custom-design with glass cutting techniques and beautiful enhancements! You'll want to create more than one to display a grouping - perfect for home or office display or custom gifts! Materials included for a 5"x 7" frame to display a 3" x 5" picture.

*Instructor: Ken Bird  
Location: Dakota Stained Glass*

Thursday, March 23 6:00-9:00PM  
ART223 \$35

## **NEW Fused Glass Easter Egg Hunt!**

Celebrate the Easter season with three artistic fused glass eggs! Choose your designs, glass, and color combinations; then learn glass cutting and fusing techniques from Dakota Stained Glass. Embellish your creations with glass stringers, paints, globs, and frit! Display with pride - don't hide these eggs away! Materials included for three Easter eggs.

*Instructor: Ken Bird  
Location: Dakota Stained Glass*

Thursday, March 30 6:30-9:00PM  
ART225 \$35

## **NEW Fused Glass Chef's Rest!**

Every chef needs a taste or two to add just the right ingredients to their culinary creations! Create your fused glass chef's spoon rest through your unique design and glass colors to rest your tasting spoon between tests! After choosing your designs, glass, and color combinations; learn glass cutting and fusing techniques. Kick your culinary skills into high gear with your beautiful creation! Materials included.

*Instructor: Ken Bird  
Location: Dakota Stained Glass*

Tuesday, April 25 6:30-9:00PM  
ART224 \$35



## **NEW Fused Glass Stake 'Em Up!**

Make adorable fused glass plant stakes to enhance your indoor or outdoor flower pots or garden with your choose of bugs, butterflies, or small flowers! Ken Bird of Dakota Stained Glass guides you in the process of cutting and fusing glass, then decorating with irresistible adornments! Challenge yourself - the possibilities are endless! Materials included.

*Instructor: Ken Bird  
Location: Dakota Stained Glass*

Tuesday, May 23 6:30-9:00PM  
ART226 \$35



# INTEREST

## Getting Started with iPad

Discover and explore iPad basics - from settings to customized backgrounds, purchasing apps, creating folders, surfing the web, e-mailing, navigating, taking notes, shooting photos and videos, listening to music, and more! Expert tips and techniques for getting the most out of your iPad! Bring your iPad and log in. Other tablets not applicable.

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

2 Mon/Wed, February 13 6:00-8:00PM  
COMP161A \$39

2 Mon/Wed, February 27 6:00-8:00PM  
COMP161B \$39



## Going Further with iPad

Mastered the basics of iPad and ready to expand your knowledge? Learn the built-in apps including the camera and iPhoto, how to manage photos, make slide shows, transfer pictures onto your computer, Notes, Messaging, the benefits of iCloud, Facetime, and more! Become familiar with the features and productivity power of your iPad! Bring your iPad and log in. Other tablets not applicable. Getting Started with iPad or equivalent required.

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

Wednesday, March 22 6:00-8:00PM  
COMP166A \$29

Monday, March 27 6:00-8:00PM  
COMP166B \$29



## Connecting with Facebook!

Friends? Likes? Status updates? Notifications? Join technology guru Will Wheeler to set up your Facebook and utilize its unique ability to connect and share with the people you care about! From creating your Facebook page and account and privacy settings to sharing, chats, messaging, and news feeds; you will be connected with friends, families, and business! Hands-on class, computers provided.

*Instructor: William Wheeler*  
*Location: IPC*

Monday, March 6 6:30-8:00PM  
COMP179A \$29

Monday, April 17 6:30-8:00PM  
COMP179B \$29

Monday, May 1 6:30-8:00PM  
COMP179C \$29

## NEW Get Connected! Smart Phone Skills 1-on-1

Whether an iPhone or Android, master your smart phone's many touchscreen features and options for far more than just a communication tool! From making calls and creating your contacts to troubleshooting problems and exploring the world; utilize this one-on-one instruction to take advantage of all your device has to offer! Call Community Education at 367-7999 to schedule.

*Instructor: William Wheeler*  
*Location: IPC or scheduled*

COMP171 \$35/Hour

# INTEREST

## Mail Merge!

Are you constantly creating mailings, envelopes, and labels? Learn two ways to create a mail merge using Microsoft Word and Excel databases to make creating mailings quicker and easier along with great tips and tricks for the use of Word and Excel! Hands-on, computers provided. Word World! or equivalent knowledge required.

Instructor: Britta Berry  
Location: IPC

Thursday, July 6 6:00-8:00PM  
COMP236 \$35



## Introduction to Basic Computer Applications

Right click to copy and paste the what into where? Join this hands-on course packed with fantastic explanations and step-by-step demos for the novice computer user! Basic computer skills such as keyboarding, mouse click technique, creating documents, and folders will be covered as well as an introduction to Internet Search Engines (Google) and Microsoft Word. Even those who use computers every day learn MANY new tips and tricks in this class! Computers provided.

Instructor: Britta Berry  
Location: IPC

Wednesday, April 12 4:00-6:00PM  
COMP232A \$35  
Thursday, July 6 3:00-5:00PM  
COMP232B \$35

## Word World!

Our world revolves around Microsoft Word - are you out of the loop? Whether a beginning computer user or a veteran Word user, join Britta to explore this document creation program and its many uses. Learn the parts of the screen and their functions, formatting, printing, inserting pictures and tables, columns, bullets and lists, headers and footers, saving as a PDF, auto-text, and much more! Even those who use Word every day learn MANY new tips and tricks in this class! Hands-on class, computers provided.

Instructor: Britta Berry  
Location: IPC

Monday, February 27 6:00-8:00PM  
COMP234A \$35  
Monday, May 15 3:00-5:00PM  
COMP234B \$35  
Monday, July 10 3:00-5:00PM  
COMP234C \$35



## Customized Business Computer Training

Community Education instructor Britta Berry can customize computer training specific to your employee needs. Choose from one of the courses listed or call to build a class specific to your business needs. Contact Community Education at 367-7606 for information and pricing.



# INTEREST

## Microsoft Excel 101

Spreadsheets and databases are everywhere! Learn to use Excel in your home or office to improve your efficiency and technology know-how. Gain knowledge in the basics of this database software including: parts of the screen and their functions, customizing Excel, keyboard shortcuts, sorting and filtering data, formatting, printing, simple math function, charts, and MANY tips and tricks! Even those who use Excel every day learn new things in this class! Computers provided for this two-part, hands-on course.

*Instructor: Britta Berry*  
*Location: IPC*

2 Wednesdays, February 15	4:00-6:00PM
COMP172A	\$49
2 Wednesdays, May 3	4:00-6:00PM
COMP172B	\$49

## Microsoft Excel 102

Give me formulas! Build on your basic knowledge of Excel database program and learn advanced functions such as IF, VLOOKUP, CONCATENATE and RANK. Learn about naming ranges, using links in formulas, format painter, protecting cells, conditional formatting, and MANY more tips and tricks! Even those who use Excel every day learn new things in this class! Computers provided for this two-part, hands-on course. Microsoft Excel 101 or equivalent required.

*Instructor: Britta Berry*  
*Location: IPC*

2 Wednesdays, March 8	4:00-6:00PM
COMP173A	\$49
2 Wednesdays, May 31	4:00-6:00PM
COMP173B	\$49



## Microsoft Excel 103

Macros and more! Increase your efficiency and make life easier with macros which have the ability to automate complicated processes within Excel. Expand your knowledge of Excel and write your own macros. Join us for advanced skills such as 3D-formulas and data validation along with MANY more tips and tricks! Computers provided for this hands-on course. Microsoft Excel 101 and 102 or equivalent required.

*Instructor: Britta Berry*  
*Location: IPC*

Wednesday, April 19	4:00-6:00PM
COMP174A	\$29
Wednesday, June 28	4:00-6:00PM
COMP174B	\$29

## NEW Excel Accelerated! 101, 102 & 103

Join Britta Berry for this quick-paced accelerated Excel 101, 102, and 103. See descriptions above. Computers provided for this hands-on course.

*Instructor: Britta Berry*  
*Location: IPC*

3 Mondays, March 27	5:30-8:30PM
COMP118A	\$119
3 Mondays, June 5	5:30-8:30PM
COMP181B	\$119



# INTEREST

## NEW Time Management & Organization

What would you do if you had less stress and more time? Wouldn't you love to spend more quality time with the people you love and on the activities that are important? Learn techniques to improve your efficiency at both work and home through engaging time management and organization activities and discussions. Delve into these skills - from managing your inbox and mail, juggling deadlines and appointments to prioritizing and adopting good habits and methods - organize your life!

*Instructor: Britta Berry*  
*Location: IPC*

Monday, May 8	6:00-8:00PM
COMP184A	\$35
Thursday, June 15	6:00-8:00PM
COMP184B	\$35

## NEW Resume Writing & Job Interviews

Searching for a career change? Are you an employer looking for new talent? From organization, phrasing, and appearance of eye-catching resumes to guidelines for interviewing; join Britta Berry for information-packed topics that are relevant to today's quickly changing job market. Using templates in Microsoft Word, explore tools to assist with resume writing. Gain insight into proper dress and job interview skills! Bring your current resume or list of information to begin development of your resume and a flash-drive to save resources and materials. Hands-on, computers provided.

*Instructor: Britta Berry*  
*Location: IPC*

Monday, March 20	5:30-8:00PM
COMP238A	\$35
Monday, May 22	5:30-8:00PM
COMP238B	\$35

## NEW PowerPoint

According to some sources: There are more than 30 million PowerPoint presentations made each day. Make your slide show presentations stand out from the crowd with this hands-on course! Learn to create slide shows, incorporate media such as videos and music, manipulate text and graphics, incorporate data tables and charts, and much more! Tips and tricks for public speaking included to assure you and your slide show reflect a polished public presentation! Bring a flash drive for class materials. Hands-on, computers provided.

*Instructor: Britta Berry*  
*Location: IPC*

Monday, February 27	3:00-5:00PM
COMP242A	\$35
Monday, May 15	6:00-8:00PM
COMP242B	\$35
Monday, July 10	6:00-8:00PM
COMP242C	\$35



Contests. Giveaways. More.

# INTEREST

## **NEW Business Communication**

With so many different ways to communicate in our world, it's a challenge to connect effectively and appropriately in a professional setting. Join Britta Berry to look at common communication issues and solutions, writing professional and persuasive reports, presentations, letters, and emails and much more! Communicate more effectively with co-workers and customers alike. Whether you are starting out in the business world or a seasoned veteran; enjoy learning new communication techniques to help you reach your goals!

*Instructor: Britta Berry*  
*Location: IPC*

Monday, May 8 3:00-5:00PM  
COMP186A \$35

Monday, June 8 3:00-5:00PM  
COMP186B \$35



## **NEW eBay 101 - Sell Your Stuff!**

eBay selling requires a certain knack that successful sellers intuitively know! From the features of eBay listings to creative account names, promoting your listings to success in selling; Will Wheeler will share his vast knowledge and insight! Learn to create an account, set up PayPal, build your seller reputation, research your markets, take quality photos, write thorough descriptions, and set prices - things to consider when buying and selling!

*Instructor: William Wheeler*  
*Location: IPC*

Tuesday, April 18 6:30-8:00PM  
COMP182 \$39

## **Beginning DSLR 1 Photography**

You've purchased a nice DSLR camera, but can't get it off auto? Familiarize yourself and become comfortable with your new gadget by mastering different camera settings and learning photography design elements. Start using the features on the camera in which you've already invested! Bring your DSLR camera and camera manual.

*Instructor: Amira & Tyler Lawrence*  
*Location: IPC*

Monday, March 6 6:00-8:00PM  
COMP351A \$35

Monday, March 13 6:00-8:00PM  
COMP351B \$35

Monday, April 3 6:00-8:00PM  
COMP351C \$35

## **Beginning DSLR 2 Photography**

Go from basic knowledge of your camera to understanding ISO, shutter speed, F-stops, exposure and aperture! Gain control over your photos through an understanding of lens choice, composition and light - the reason why we buy DSLR cameras! Beginning DSLR 1 or an understanding of your camera required. Bring your DSLR camera and camera manual.

*Instructor: Amira & Tyler Lawrence*  
*Location: IPC*

Monday, March 20 6:00-8:00PM  
COMP352A \$35

Monday, April 10 6:00-8:00PM  
COMP352B \$35

Monday April 17 6:00-8:00PM  
COMP352C \$35





# INTEREST

## Ukulele

### From Tiny Tim! Beginners...

Join local musician Steve McFarland as he introduces the soothing sounds of the islands on the ukulele! Learn the origin of the instrument, basic tuning chords, and strumming techniques. Instruction includes 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. Grab your uke and take up this enjoyable, relaxing and highly addictive instrument! Bring your own ukulele.

*Instructor: Steve McFarland*  
*Location: Robert Frost*

4 Tuesdays, March 28  
MUSC276

6:30-7:30PM  
\$49



## NEW Guitar

### Strumming The Night Away!

Strum the night away as you join guitar enthusiast Peter Kavula in learning the basic techniques on holding a guitar, using a pick, and reading music. Impress everyone when you show them the tunes you can play! Bring a friend, or loved one and learn together in a group setting! For the novice player. Bring your own guitar. Ages 10 and up.

*Instructor: Peter Kavula*  
*Location: Sonia Sotomayor*

6 Thursdays, March 2  
MUSIC1

6:30-7:30PM  
\$69

6 Thursdays, April 20  
MUSIC2

6:30-7:30PM  
\$69

## Ukulele

### ...to the Red Hot Chili Peppers! Intermediate

Continue your journey with local musician Steve McFarland to expand your skills creating the soothing sounds of the islands on your ukulele! Tune, strum new chords, and learn new techniques to add to your repertoire of songs both new and old. Grab your uke and let loose! Ukulele Beginners or experience necessary. Bring your own ukulele and song suggestions.

*Instructor: Steve McFarland*  
*Location: Robert Frost*

4 Tuesdays, May 2  
MUSC284

6:30-7:30PM  
\$49

## NEW Banjo Bootcamp!

Join local musician Steve McFarland as he shares his latest passion...banjo playing! Grab your banjo to learn basic chords, drones, and rolls along with "Claw Hammer" and "Scrugg's" style fingerpicking! From hillbilly boogie and bluegrass, to honky tonk and folk music, you'll be pickin' and grinnin'! Bring your banjo, tuner, thumb and finger picks.

*Instructor: Steve McFarland*  
*Location: Robert Frost*

8 Tuesdays, March 28  
MUSC285

7:45-8:45PM  
\$99



# INTEREST

## **“¡Bienvenidos!” Beginner Spanish**

Plan a trip to a Spanish speaking country or understand your children's Spanish conversations! Learn the fundamental skills and conversational patterns of the Spanish language including the basics of Spanish pronunciation to colors, numbers, names, and greetings. Practice and converse with your instructor and classmates!

*Instructor: Hilda Langle*  
*Location: Sonia Sotomayor*

6 Mondays, February 27 5:30-7:00PM  
COMM601A \$79  
~ or ~

*Instructor: Caroline Tipton*  
*Location: IPC*

6 Tuesdays, April 11 6:00-7:30PM  
COMM601B \$79



## **German for Beginners**

Wie Geht's? Join Dr. Kristin Kuchenbecker to explore the German language, culture, history, geography, customs, traditions, foods, and holidays as well as pop culture! Acquire basic knowledge in four language skills: listening, reading comprehension, speaking, and writing. Develop an awareness of similarities and differences between the German culture and your own. Focus will be on speaking, introducing yourself, talking about family, hobbies, likes, and dislikes. Learn the language of our Sioux Falls Sister Cities!

*Instructor: Dr. Kristin Kuchenbecker*  
*Location: IPC*

6 Tuesdays, April 11 7:00-8:30PM  
COMM376 \$79

## **“Hablemos en español” Intermediate Spanish**

Enhance your Spanish language knowledge and fluency through situational dialogue with a goal of conversational Spanish! Practice and continue to build your vocabulary with your instructor and classmates to improve your skills or to venture to a Spanish-speaking country! Communicate more effectively with the Spanish-speakers all around you. ¡Vamos! Let's go! Spanish for Beginners or equivalent needed.

*Instructor: Hilda Langle*  
*Location: Sonia Sotomayor*

6 Mondays, April 10 5:30-7:00PM  
COMM602A \$79  
~ or ~

*Instructor: Caroline Tipton*  
*Location: IPC*

6 Tuesdays, February 28 6:00-7:30PM  
COMM602B \$79



## **NEW German - Intermediate Level II**

By student request - Intermediate Level II German! Continue your exploration of the fascinating German language taking your newfound skills to the next level! As you focus on travel to a German speaking country or just to expand your knowledge; learn to book accommodations, order food, ask for directions, and read tourist information such as maps, train schedules, and opening hours. Class incorporates all four skills - speaking, listening, reading, and writing, but focuses on speaking. German culture and pop-culture will be interspersed throughout the course. German for Beginners or equivalent skills required.

*Instructor: Dr. Kristin Kuchenbecker*  
*Location: IPC*

6 Tuesdays, February 28 7:00-8:30PM  
COMM382 \$79

# INTEREST

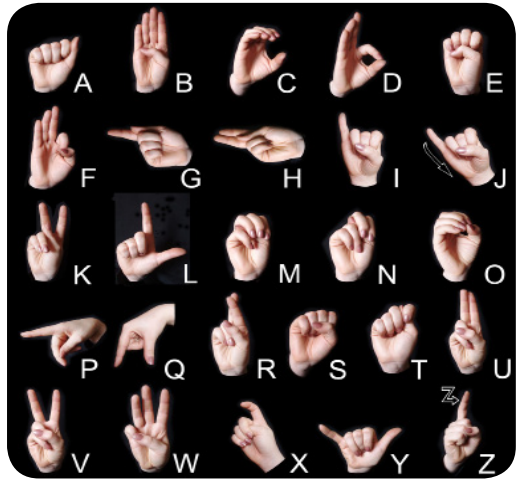
## Immerse Yourself in American Sign Language - Beginner

Support communication with individuals with hearing loss, infants, children, and the aging people in your life with American Sign Language! Acquire a functional understanding of ASL including the manual alphabet A - Z, common work-related signs, days of the week, colors, foods, and useful expressions in a natural conversational environment. Immerse yourself in silence to learn this quiet form of communication! Ages 13 through adults. If younger, please call 367-7999.

*Instructor: Mark Koterwski*  
*Location: IPC*

6 Thursdays, March 9  
COMM385

6:30-8:00PM  
\$79



## Immerse Yourself in American Sign Language - Intermediate

Continue your American Sign Language instruction with Mark Koterwski to support communication with individuals with hearing loss, infants, children, and the aging people in your life! Reinforce the skills learned in beginner class and add useful, basic sentences for home, work, school, and community for a natural conversation! This quiet form of communication speaks volumes! Immerse Yourself in Sign Language - Beginner or equivalent knowledge required. Ages 13 and up. If younger, please call 367-7999.

*Instructor: Mark Koterwski*  
*Location: IPC*

6 Thursdays, April 20  
COMM389

6:30-8:00PM  
\$79



## DVDS AVAILABLE



- Homecoming
- Graduation
- Sporting Events

DVDEVENTS  
\$20





# INTEREST

## Russian for Beginners

Russia evokes images of a country rich in history, traditions, and culture! Gain understanding of Russian culture through its rich language. Learn the fundamentals of Slovenian languages including the alphabet, basic vocabulary, and simple phrases for easy communication. Join native Yelena Balashova to gain a deeper understanding of the English language through this knowledge of Russian.

*Instructor: Yelena Balashova*

*Location: IPC*

6 Thursdays, March 9                      6:00-8:30PM  
COMM405    \$79

## Retirement Planning Today!

Learn to manage investment risks, take advantage of new tax laws, make informed decisions on company retirement plans, and adjust your estate plan to function properly under current laws. Money is only one aspect of retirement planning. Blend financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement goals. Course includes a 225-page illustrated textbook. Registration fee is for two people.

*Instructor: William Perry*

*Location: IPC*

2 Thursdays, May 11                      6:30-9:30PM  
FIN411A    \$59  
2 Saturday, May 13                      9:00-12:00N  
FIN411B    \$59  
2 Tuesday, May 16                      6:30-9:30PM  
FIN411C    \$59

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

**Contact our offices!**  
Adult classes: 367-7606  
Youth classes: 367-4384

## Russian Intermediate

Continue to delve into the rich Russian culture through language. Practice your present Russian language skills, acquire new skills by listening, understanding, and responding easily, naturally, and fluently. Russian for Beginners or equivalent required

*Instructor: Yelena Balashova*

*Location: IPC*

6 Thursdays, April 20                      6:00-8:30PM  
COMM408    \$79



## Rejuvenate Your Retirement!

Making your money last throughout retirement has never been more challenging! Identify the primary threats to your retirement savings to preserve a comfortable lifestyle! From enjoying travel, hobbies, sports, crafts, business ventures, and lifelong learning to aligning your investments with your attitudes, risk tolerance, and objectives; from maximizing tax efficiency of mutual fund and IRA withdrawals to evaluating and planning health care, long-term care, and end-of-life decisions; join William Perry to rejuvenate your retirement life plans!

*Instructor: William Perry*

*Location: IPC*

2 Thursdays, June 1                      9:00-11:30PM  
FIN421A    \$49  
2 Tuesdays, June 6                      9:00-11:30PM  
FIN421B    \$49

# INTEREST

## Underwater Adventure! Scuba Dive Certification

Experience the underwater world! Become part of an eco-system, taking it to your limits! Whether interacting with colorful schools of fish or diving alongside a pod of dolphins, gain the necessary skills and knowledge to safely participate in open water dives through this three phase PADI Open Water Scuba Diver course. From the physics and physiology to the equipment and dive planning, discover the sport of scuba diving with the three phases of certification. Certification sponsored by LandShark Scuba & Dive. Call Community Education at 367-7606 for more information.

## NEW Frugal Financial Fitness!

Life is too short to be burdened with the weight of debt! Maximize modern tools to strengthen your frugal muscle! Learn the basics of building a budget, increasing your income, and exploring the world of fiscal conservation. Join Cortney Reedy to cover the tips and tricks to live your life of financial freedom!

*Instructor: Cortney Reedy*  
*Location: IPC*

Monday, April 3	6:30-7:30PM
FIN434A	\$19
Thursday, April 20	6:00-7:00PM
FIN434B	\$19
Tuesday, May 9	6:30-7:30PM
FIN434C	\$19
Thursday, May 18	6:00-7:00PM
FIN434D	\$19



## 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 certification. In a confined water setting, the professional staff at LandShark Scuba & Snorkel Center assist you throughout your scuba diving experience. Plan a vacation get-a-way or a unique date night and include this underwater experience. Equipment provided, bring swimsuit and towel. Meet at LandShark for classroom instruction and proceed to Sanford Wellness Center's pool - 49th Street. Ages 12 years and up.

*Instructor: Colonel Echols*  
*Location: LandShark Scuba*

Tuesday, January 17	6:00-9:30PM
DIVE255A	\$42
Tuesday, January 31	6:00-9:30PM
DIVE255B	\$42
Tuesday, February 14	6:00-9:30PM
DIVE255C	\$42
Tuesday, March 21	6:00-9:30PM
DIVE255D	\$42
Tuesday, April 11	6:00-9:30PM
DIVE255E	\$42
Tuesday, May 16	6:00-9:30PM
DIVE255F	\$42

# ONLINE



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

Enjoy taking a class anytime, anywhere! Community Education offers online classes through ed2go. For all of the super-moms and dads, busy career people, and even current students, we have something for you! Hundreds of classes to choose from!

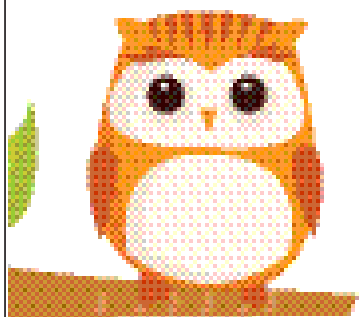
**Business | Health Care | Web Design**  
**Graphic Design | Computer Applications**  
**Legal | Ethics | Education | Language**  
**Creative Writing | Photography | Arts**

For course listings and to register  
go to : [www.sf.k12.sd.us](http://www.sf.k12.sd.us)  
Community Education/ed2go Classes

**ed2go**<sup>®</sup>



# PRESCHOOL



## LEARNING ADVENTURES PRESCHOOL

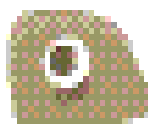
Early **DEVELOPMENT** is fundamental  
to the **GROWTH** of your child.

Discovery, Harvey Dunn,  
John Harris & Sonia Sotomayor

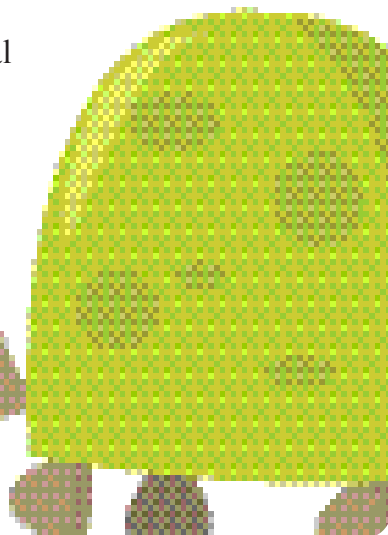
Classes run Mondays through Thursdays  
(*Transportation is the responsibility of the parent/guardian.*)



**Questions?**  
**605-367-7606**



**For more information please visit:**  
[www.sf.k12.sd.us](http://www.sf.k12.sd.us) - Preschool



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](http://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](mailto:OCR.KansasCity@ed.gov).

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

# TRAVEL



## NEW Italian Vistas! Collette Travel

Be captivated in Italy! Join renowned Collette Travel for thirteen days exploring Italy! Enjoy multiple-night stays in Rome, Florence, Venice, the Sorrento Coast, and Stresa in the Lakes District. Discover the treasures of Classical Rome, including the Colosseum. Walk in the footsteps of the ancient Romans in Pompeii. Take a boat to the enchanting Isle of Capri. See the gems of the Renaissance in Florence's Academy Gallery, including Michelangelo's David. Marvel at the Leaning Tower of Pisa and stroll the streets of Verona that were the backdrop for Shakespeare's Romeo and Juliet. Stop at a Tuscan winery and farm for a lunch of regional specialties and wines. You choose your tour in the "Jewel of the Adriatic," Venice: a walking tour of St. Mark's Square or go off the beaten path and explore the Castello Sestiere district. Visit Locarno, Switzerland, and cap off your journey through Italy with a cruise to Isola dei Pescatori, one of the scenic Borromean Islands. Trip - October 8th - October 20th, 2017.

**Informational Meeting** - Join us for coffee, dessert, and presentation of 2017 trip

Location: IPC

Monday, February 6th

TRAV413

6:00-7:00PM

No Cost - Please Register



# TRAVEL

## Junkstock or Bust! Peace, Love, Music & Junk!

Peace, Love, Music, and Junk - a shopping experience - Woodstock style! Join us to "rock the fields: by scavenging through antiques, repurposed goods, and recycled crafts for your unique relics! Hop on our modern, chartered hippie bus to the countryside to enjoy over 150 vendors, local musicians, and over 15 unique food vendors! Adorn yourself with flower head bands, bell bottoms, or tie-dye to spend the day searching for unique finds! Missed Woodstock? Don't miss Junkstock - your round-trip ticket back to the 70's! Light breakfast, coffee, and door prizes galore! Lunch and supper on your own. Get your groove on!

Location: IPC - Bus to Omaha

Saturday, April 8

TRIP269

7:45AM-9:00PM

\$59



## NEW New England Rails & Trails! Premiere World Discovery

From Maine to Boston, from lobster to maple sugar, New England Rails & Trails brings all the color of New England to life with the comfort of three multi-night stays. Travel scenic byways and enjoy nostalgic train journeys as you have a front row seat to nature's kaleidoscope of color. Visit quaint villages, historic farms and top it off with some Ben & Jerry's Ice Cream. September 29 - October 6.

**ITrip:** September 29 - October 6

TRAV421

Double Occupancy - \$2975

Single Occupancy - \$3850

For brochure, pricing and registration, call 605-367-7606



\*If you are unable to attend the bus trip as planned, you must call the Community Education office at least 2 full weeks before the date of the bus trip. Community Education charges a \$25 non-refundable cancellation fee. With 2 weeks notice, we will be happy to transfer the balance as a credit to your Community Education account to use towards another class within the next year.



# GOLD & GIFTS

*Youth...the best time of your life?  
We don't think so!*

Join the District's Gold Card Program ... and have the time of your life!

**As a valued Gold Card member,  
enjoy the following perks:**

- Discounted entrance fee to public school sporting & fine art events
  - Invitations to 3 Gold Card events per year!
- Community Education catalogs mailed directly to you!



**Membership is FREE!  
Ages 60+!**

Applications for Gold Cards are available in all public school front offices, the Instructional Planning Center, or call 605-367-7999

*Give the gift of a Community Education  
gift certificate...*

 <b>COMMUNITY EDUCATION</b> <small>Sioux Falls School District 40-1</small>  Go to the <i>Sioux Falls School District Website</i> : Hover over 'Our District' then Click on 'Community Education' to view available courses! To Register using a gift certificate, call: 605-367-7999	<h2>GIFT CERTIFICATE</h2>	
	<i>This certificate entitles</i> _____	
	<i>to</i> _____	
	Authorized by _____	
	Expires _____	
Number _____	<small>**Not Redeemable for Cash. **Recipient must use the certificate by the expiration date. **If class cost exceeds the certificate amount, recipient must pay the excess cost.</small>	

*Birthdays, Holidays -or whatever the day-*

**Certificates are 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.**



## 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 culinary dreams come true! Learn which fruits and varieties to plant, how to ensure abundant harvests, and to appreciate the growing of these beautiful, bountiful small fruits in our South Dakota climate and short growing season! Grab your fellow gardeners and learn!

*Instructor: Richard Mayko*  
*Location: IPC*

Monday, March 20  
HOME205

6:30-8:00PM  
\$25

## Fruit Tree Growing for South Dakota

What does it take to grow a sweet, crunchy apple, a delicious peach for that homemade 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. Keep calm and plant!

*Instructor: Richard Mayko*  
*Location: IPC*

Monday, March 13  
HOME206

6:30-8:00PM  
\$25



## NEW New & Great Trees for South Dakota Landscapes

Don't know which species of trees to plant for your home landscape? What's the best hardwood or evergreen for your yard? Are you worried about Emerald Ash Borer, Pinewood Nematode, and Bur Oak Blight - BOB? Before you spend money on "temporary" trees, consider spending time with a forester who will help you understand your needs. Join us to learn about the different trees you can plant that will survive and prosper in the harsh conditions of Southeast South Dakota.

*Instructor: Richard Mayko*  
*Location: IPC*

Monday, March 27  
HOME202

6:30-8:00PM  
\$25



# HOME



## Property Management like a Pro!

Gain the knowledge you need to manage your rental property like a professional! Whether you own a single rental unit, a thousand plus units, or are just getting started; get your questions answered! Feel comfortable working with city agencies, select and manage your residents, excel in your professional relationships with accountants, insurance agents, bankers, and suppliers! Approved for 3 hours of Real Estate CE credits. Denise Hanzlik is the Executive Director of South Dakota Multi-Housing Association.

*Instructor: SD Multi Housing  
Location: IPC*

Thursday, May 11 5:00-8:00PM  
HOME550 \$25

## NEW Auto Correct! Basic Care, Maintenance & Repair

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

*Instructor: Bob Hendrix  
Location: CTE*

Tuesday May 2 6:00-8:30PM  
HOME568 \$29

## NEW Nature's Medicinal Gardening!

With a few medicinal herbs and plants, save time and money by stocking your backyard or windowsill gardens. From choosing your South Dakota zone-hardy plants to preparing teas or tinctures from your harvest, Veronica Shukla of Project Food Forest shares which superstars will treat common ailments such as colds and flu, inflammation, minor cuts, infections, pain, muscle spasms, anxiety, poor digestion, and insomnia.

*Instructor: Veronica Shukla  
Location: Shukla Residence*

Saturday, March 18 1:00-2:30PM  
HOME422 \$25

## NEW Lazy Gardener's Guide to Harvests!

From the best of plans and intentions to busy summers and families; make your gardening harvest goals a reality this year! Project Food Forest's Veronica Shukla will cover the topics of soil preparation, mulching, watering, weeding, and reaping! Make gardening a quality time of relaxation and enjoyment and your rewards will outweigh the work!

*Instructor: Veronica Shukla  
Location: Shukla Residence*

Wednesday, March 29 6:30-8:00PM  
HOME424 \$25





# HOME

## Stylish Patina - Chalk Paint

Join the chalk painting craze to repurpose, reuse, and decorate your surroundings with this unique easy application. Everyone from professional decorators to homeowners are adding color to a room without time-consuming sanding, filling, and priming, adding the look of an antique finish - with or without distressing. Join Ellison Cutrer to learn the techniques of chalk painting while completing your wood painted frame. Paint and supplies included. but you may get messy! A la carte accessories to purchase at class to customize your project.

*Instructor: Ellison Cutrer*  
*Location: Gypsy Trading Co*

Thursday, March 16	6:30-8:30PM
ART437A	\$59
Thursday, April 20	6:30-8:30PM
ART437B	\$59
Thursday, May 11	6:30-8:30PM
ART437C	\$59
Thursday, June 15	6:30-8:30PM
ART437D	\$59
Thursday, July 20	6:30-8:30PM
ART437E	\$59

## Mahjong Chinese Game of Brain Skill!

Join the popular Chinese tile game of mahjong - a game of skill, strategy, calculation, and a degree of chance! Learn the terminology, rules, and scoring of this popular game played with a set of 144 tiles based on Chinese characters and symbols. Originally called pinyin - meaning sparrow, mahjong is played with three, four, or five players and requires cooperation and strategy between players. Join the clicking of the tiles while exercising your brain and building new friendships! Ages 13 and up.

*Instructor: Cathy Schneider*  
*Location: IPC*

4 Tuesdays, March 7	3:00-4:30PM
GAME766A	\$49
4 Tuesdays, March 7	7:00-8:30PM
GAME766B	\$49
4 Tuesdays, April 4	3:00-4:30PM
GAME766C	\$49
4 Tuesdays, April 4	7:00-8:30PM
GAME766D	\$49



## 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 home and mindset with essential oils and to infuse them into every part of your life. Registration includes essential oil referral sheets and one time use samples of oils.

*Instructor: Erika Tuffon*  
*Location: IPC*

Monday, May 8	6:30-8:00PM
WELL664	\$29



# CULINARY

## Take Back Family Time! Freezer Meals

Hectic schedules with school and family activities? Reclaim family time and reduce stress over what's for dinner! Using Tastefully Simple® products, prepare ten freezer meals such as smoky bbq sliders and creamy bayou bourbon chicken! Simplify family evenings by spending less time in the kitchen! With these ten family meals, free your time and the rest will follow! Assemble five meals in class, prepare five meals at home. Menu, grocery list, and pre-class preparation provided. Includes Tastefully Simple® products needed for the ten meals, so you will have additional product for all your culinary needs! Student is responsible for groceries.

*Instructor: Amy Rollinger*  
*Location: CTE*

Monday, January 16 6:30-8:30PM  
FOOD485A \$99 + groceries

Monday, March 13 6:30-8:30PM  
FOOD485B \$99 + groceries

Monday, April 10 6:30-8:30PM  
FOOD485C \$99 + groceries

Thursday, May 11 6:30-8:30PM  
FOOD485D \$99 + groceries



## Come Jam With Us! Jams & Jellies

Make homemade jams and jellies like Grandma's! Discover easy, fun, and rewarding processes of home canned sweets! Learn about different pectins, low sugar and no sugar jams, current water-bath canning methods, and the science involved in canning high acid foods. Safely and confidently can everything from jams to pickles and fruits! Make and take jams to share. You'll be jamming, so bring your apron!

*Instructors: Monica Pugh*  
*Location: CTE*

Monday, June 5 6:00-8:30PM  
HOME187 \$35



Contests. Giveaways. More.

# CULINARY



## 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! Registration fee is for two people.

*Instructor: Chef John Gilbertson*  
*Location: CTE*

Tuesday, April 11 6:30-8:30PM  
HOME207 \$39



## Professional Chef Certification Practice & Exam

Differentiate yourself by proving your culinary competency! Demonstrate your skill, knowledge, and professionalism to the food industry. Practice session will prepare you with the skills to complete this prestigious and challenging American Culinary Federation Practical Cooking exam. The ACF offers thirteen levels of certification from Certified Culinarian to Certified Executive Chef. Certified Chef examiners from South Dakota and the region will be involved in this unique opportunity.

Instructors: ACF Dakotas  
Location: CTE

### ACF Practice & Exam

Wednesday, April 13 4:00-8:00PM  
Saturday, April 15 8:00AM - 12NOON  
CHEF302 \$210

### ACF Exam Only

Saturday, April 15 8:00-12NOON  
CHEF303 \$150





# CULINARY

## Artisan 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! Be set to harvest your summer garden produce and create gifts for the holiday seasons! Pickled vegetables, chutneys, and tomato salsas are on the evening's menu! Create and take home a canned product!

Instructor: Chef John Gilbertson  
Location: CTE

Tuesday, May 2  
HOME199

5:30-7:30PM  
\$39



## 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 demonstration and one-on-one training from Chef Stacy. Bring ideas and photos of decorating you would like to recreate, then make exquisite cupcakes for your next special occasion! One dozen cupcakes, frosting, and decorations included.

Instructor: Chef Stacy Fisher  
Location: CTE

Tuesday, May 2  
CHEF251

6:30-8:30PM  
\$45

## DVDS AVAILABLE



- Homecoming
- Graduation
- Sporting Events

DVDEVENTS  
\$20

# CULINARY

## Culinary Boot Camp I

Does cooking get you fired up? Ignite your passion by refining 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: Chef Stacy Fisher  
Location: CTE

3 Tues/Thurs/Tues, April 11 6:30-8:30PM  
CHEF202 \$89



## Culinary Boot Camp II

Are you already a kitchen warrior? Join Chef Stacy in our commercial CTE kitchen for a continuation of your skill set! Learn the secrets of mother sauces to create intricate dishes and nurture your kitchen confidence! With simple ingredients and easy techniques, sauces add to your cooking repertoire and serve as the starting point for classic dishes. Expect to feel challenged, energized, and inspired by all you taste, learn, and do! Grab your foodie friends! Culinary Boot Camp I or equivalent needed.

Instructor: Chef Stacy Fisher  
Location: CTE

3 Tues/Thurs/Tues, May 16 6:30-8:30PM  
CHEF258 \$89



Contests. Giveaways. More.

# WELLNESS

## *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 two year certification and student manual provided.

*Instructor: Mary Houska  
Location: IPC*

Tuesday, March 28	2:00-8:00PM	
HETH597A		\$89

Monday, May 8	2:00-8:00PM	
HETH597B		\$89

## *Morning Only* **Heartsaver® First Aid**

Gain comprehensive knowledge of first aid involved in medical, injury, and environmental emergencies. Instruction includes bandaging, bleeding, wounds, choking, shock, seizure, fainting, broken bones, sprains, burns, bites, stings, poison, and temperature related conditions. Intended for anyone with limited or no medical training who needs an AHA course completion card. Two year AHA certification and student manual included.

*Instructor: Mary Houska  
Location: IPC*

Tuesday, March 28	2:00-5:00PM	
HETH618A		\$45

Monday, May 8	2:00-5:00PM	
HETH618B		\$45

## *Afternoon Only* **Heartsaver® Adult/Child/Infant CPR and AED**

Complete the training and certification for Adult, Child, and Infant CPR and AED. Intended for daycare and school employees, but is not the required CPR training needed for nursing students, physicians, or EMS. AHA two year certification and student manual provided.

*Instructor: Mary Houska  
Location: IPC*

Tuesday, March 28	5:00-8:00PM	
HETH617A		\$59

Monday, May 8	5:00-8:00PM	
HETH617B		\$59

## **Basic Life Support Healthcare Provider CPR Renewal**

Adult, Infant, and Child CPR/AED renewal is for healthcare providers with previous Healthcare Provider CPR certification. Recognize life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely, and effective manner. Receive hands-on demonstration of CPR & AED skills, video review, and take the written test. Two year AHA certification provided. Intended for nurses, physicians, EMTs, and others in the healthcare field. Materials included.

*Instructor: Mary Houska  
Location: IPC*

Tuesday, March 28	8:00-11:30AM	
HETH481A		\$39

Monday, May 8	8:00-11:30AM	
HETH481B		\$39



## **Basic Life Support for Healthcare Provider Initial Course**

Basic Life Support (BLS) for Healthcare Providers is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. This course is the CPR training requirement for Healthcare providers such as nurses, EMT's, and Physicians. AHA 2 year certification, student manual, and certification card included.

*Instructor: Mary Houska  
Location: IPC*

Tuesday, March 28	8:00-11:30AM	
HETH616A		\$45

Monday, May 8	8:00-11:30AM	
HETH616B		\$45



# WELLNESS

## Bloodborne Pathogens

Understand the essentials of bloodborne pathogens and risks of exposure to blood and blood containing materials to reduce or eliminate the occupational risk of exposure to bloodborne pathogens. This training is intended for individuals having an anticipation of contact with blood or other potentially infectious materials as a result of performing necessary job duties. Learn to access your employer's exposure control plan and steps to take if exposed to blood or potentially infectious materials. Meets the requirements of the U.S. Department of Labor - OSHA Bloodborne Pathogens Standard 29 CFR 1920.1030 when combined with site specific training and carries a "Medic First Aid" one year certification. Student manual included.

*Instructor: Mary Houska*  
*Location: IPC*

Tuesday, March 28 12:00N-1:00PM  
HETH616A \$45

Monday, May8 12:00N-1:00PM  
HETH616B \$45



## Mindfulness Practice Slow Down, 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 4 5:30-7:30PM  
HETH314 \$25

## 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, April 3 7:00-8:00PM  
HETH592 \$19



# WELLNESS



## Meditation Different Paths to Peace! Level I

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

*Instructor: Rita Taylor & Randy Smith*  
*Location: IPC*

5 Saturdays, March 25 9:00-10:00AM  
HETH311 \$65



## Couples Acupressure & Reflexology

Grab a partner to learn and share the health benefits of the age-old techniques of acupressure and reflexology! Gain the understanding of the "microsystem" maps of the body and the tools to stimulate points that can affect many different health issues. Registration fee is for two individuals. \$30 material fee payable to instructor at class includes two sets of acupressure and reflexology tools.

*Instructor: Rita Taylor & Randy Smith*  
*Location: IPC*

Saturday, May 13 9:00-12:00N  
HETH169 \$89

## Meditation Paths to Peace! Level II

Continue your exploration of various meditation forms, join in the group energy, and expand your horizons! Reach a place of centering and peace, then enjoy the wonderful benefits of meditation! With regular practice, relieve pain, improve sleep, decrease anxiety and depression, reduce addictive behavior, and more! Meditation - Many Paths to Peace! or equivalent recommended. Bring your own mat and pillow if you like.

*Instructor: Rita Taylor & Randy Smith*  
*Location: IPC*

5 Saturdays, March 25 10:30-11:30AM  
HETH398 \$65



## Yoga

Relax, refresh, and re-energize yourself through this dynamic, low-impact workout! Certified instructor Ahva Halma leads this physical, mental, and spiritual experience that originated in India. Emphasize your mind and body's well-being and muscle toning to promote total balance and fitness through yoga. Bring your own mat and join the ranks!

*Instructor: Ahva Halma*  
*Location: IPC*

4 Wednesdays, March 8	5:30-6:20PM
HETH487A	\$39
4 Wednesdays, April 5	5:30-6:20PM
HETH487B	\$39
4 Wednesdays, May 3	5:30-6:20PM
HETH487C	\$39

# WELLNESS

## **NEW POUND® Rock Out - Work Out!**

POUND® is a full body cardio jam session, combining light resistance with constant simulated drummin;, fusing cardio, Pilates®, isometrics, and plyometrics with lightly weighted drumsticks, POUND® transforms drumming into an incredibly effective work out. Instead of listening to music, you become the music in this exhilarating, full-body workout. So let loose, get energized, tone up, and rock out! Designed for all fitness levels, men & women! Riptix provided. Bring a yoga mat.

*Instructor: Kristjana Snyder  
Location: Sonia Sotomayor*

6 Tues/Thurs, March 7	6:00-7:00PM
FITN372A	\$109
8 Tues/Thurs, April 4	6:00-7:00PM
FITN372B	\$139
8 Tues/Thurs, May 2	6:00-7:00PM
FITN372C	\$139

## **Tai Chi - A Strong Yet Gentle Flow**

Transform you life with this powerful 18-step Tai Chi series! This ancient practice has many important lessons for modern life - showing how to expand your awareness as you reconnect mind and body. Tai Chi is slow-moving and low-impact, yet can improve coordination, muscle and joint health, balance, flexibility, and relaxation response all at the same time. It only takes 2 months to learn this healthy practice that you can continue for a lifetime!

*Instructor: Randy Smith  
Location: IPC*

7 Tuesdays, March 28	5:30-6:30PM
HETH310	\$95



## **Tai Chi Refresher**

Refine your practice of this powerful 18-step Tai Chi series. Expand your awareness as you reconnect mind and body. This ancient art form is slow-moving and low-impact, yet can improve coordination, muscle and joint health, balance, flexibility, and relaxation response all at the same time. Transform your life! "Tai Chi - A Strong Yet Gentle Flow" or equivalent recommended.

*Instructor: Randy Smith  
Location: IPC*

Tuesday, May 16	5:30-6:30PM
HETH378	\$12





# WELLNESS

## Belly Dance for Health

Develop grace, strength, and relaxation with belly dancing! 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 HIPPIY....amaze yourself!

*Instructor: Ahva Halma*  
*Location: IPC*

4 Mondays, March 6 HETH325A	5:30-6:30PM \$49
4 Mondays, April 3 HETH325B	5:30-6:30PM \$49
4 Mondays, May 1 HETH325C	5:30-6:30PM \$49



## Perfectly Pilates! Reformer Style

Challenge yourself with utilizing the Stott Pilates Reformer! Springs, leverage, and body weight are used as resistance while performing movements targeting specific muscle groups. Learn to adjust the springs to accommodate your level of physical fitness. Workouts consist of controlled, flowing movements, working your muscles through a full range of motion. Regardless of fitness level, join Carrie in the Reformer world! Equipment provided.

*Instructor: Carrie Randazzo*  
*Location: Perfectly Pilates*

8 Mon/Wed, March 20 FITN255A	5:30-6:30PM \$199
8 Tues/Thurs, March 21 FITN255B	6:00-7:00PM \$199
8 Mon/Wed, April 17 FITN255C	5:30-6:30PM \$199
8 Tues/Thurs, April 18 FITN255D	6:00-7:00PM \$199



**Gift Certificates  
Available  
or call  
367-7999**



# WELLNESS

## Crystal & Tibetan Singing Bowl with Gong Meditation

Join Veronika for the beautiful healing sounds of crystal and Tibetan singing bowls with gong meditation! Experience this powerful healing tool and be transformed! As the vibration of the sound waves pass over and through you, begin to shift physically, mentally, and spiritually, experiencing a greater sense of peace, harmony, and balance. Lower your heart rate and blood pressure, stimulate your immune system, reduce stress and pain, and stimulate production of endorphins - the body's natural pain killers! Let the singing begin!

*Instructor: Veronika Ludewig*  
*Location: East Bank Yoga*

Numerous Dates to Choose From  
See Schedules Online

2 Sundays 3:00-4:00PM  
HETH132A - F \$29

## First-Time Archers! Ladies Only

Round up the ladies and get in on this very popular class! Experiencing the urge to shoot an arrow and understand the excitement and romance of archery? 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 your living room or office wall! This one's for the ladies! Ages 15 and up.

*Instructor: Archery Outfitters*  
*Location: Archery Outfitters*

Friday, March 24 7:00-8:30PM  
HETH251A \$25

Monday, May 19 7:00-8:30PM  
HETH251B \$25



## Cupid's Arrow! Couples Archery

Love conquers all! Surrender yourselves! Experience Cupid's arrow with your partner in the 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: Archery Outfitters*  
*Location: Archery Outfitters*

Friday, April 21 7:00-8:30PM  
HETH254A \$35

Friday, June 23 7:00-8:30PM  
HETH254B \$35

*Archery Bullseye!*  
*Youth - see page 63*

# WELLNESS

## NEW Zumba

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

*Instructor: Janelle Conklin  
Location: John Harris*

6 Tues/Wed, March 7	6:00-7:00PM
HETH583A	\$49
8 Tues/Wed, April 4	6:00-7:00PM
HETH583B	\$69
8 Tues/Wed, May 2	6:00-7:00PM
HETH583C	\$69



## Introductory Self Defense

Learn principles and techniques of self-defense to help prevent yourself from becoming one of the twenty victims every minute of physical violence in the United States. Practice striking, joint locks, and escapes from various holds increasing confidence 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*

Monday, April 10	6:15PM-7:45PM
WELL275A	\$29
Monday, May 11	6:15PM-7:45PM
WELL275B	\$29



Contests. Giveaways. More.



# WELLNESS

## NEW Food Club!

The first rule about Food Club is to talk about Food Club! Randy Smith shares his vast knowledge of traditional Asian medicine practice, health food and restaurant industry experience, and “personal chef experience” cooking for his wife Rita! Develop a better relationship with food through this “interactive lecture” series! Discuss diet options, medicinal properties, world spices, our digestive systems, and jazzing up dishes with new ingredients! With endless possibilities directed by YOU, join and explore the Food Club!

*Instructor: Randy Smith*  
*Location: IPC*

8 Tuesdays, March 28  
HETH320

7:00-8:00PM  
\$99



## NEW Historic Hike at Falls Park!

History is overflowing at Falls Park! Join Cortney Reedy to wind your way through the beginnings of our Sioux Falls geologic formations carved through time. Envision the rolling prairies and wild bison that greeted early settlers, then flow into reality, exploring modern day highlights of our infamous falls! Partake in this short hike around Falls Park for a history lesson and the most scenic views in town!

*Instructor: Cortney Reedy*  
*Location: Falls Park Visitor Center*

Monday, June 5	6:30-7:03PM
WELL354A	\$19
Thursday, June 22	6:30-7:03PM
WELL354B	\$19
Tuesday, July 11	6:30-7:03PM
WELL354C	\$19
Thursday, July 27	6:30-7:03PM
WELL354D	\$19

# WELLNESS

## Art of the Sword! Kendo & Kumdo/Kumbub

Join highly qualified, twenty year veteran instructor Jesse Adams to learn the arts of Kendo & Kumdo - a form of fencing using two-handed bamboo swords, originally developed as a safe form of training for the Samaria! Also learn the art of Kumbub - real sword training emphasizing battlefield techniques such as sword-to-sword, standoff techniques, and ancient patterns. Mr. Adams holds multiple Black Belts in each art and is the most decorated Kumdo competitor in the mid-west! Equipment - bamboo and wooden sword - provided for use. Ages 12 & up. Ages 11 & under with a parent.

*Instructor: SF Kendo & Kumdo*  
*Location: Next Edge Academy*

10 Mon/Thurs, March 6	7:45-9:00PM
HETH302A	\$49
10 Mon/Thurs, April 10	7:45-9:00PM
HETH302B	\$49

## Kayaking on Covell!

Summer is here and the water is fine for your kayaking adventure! Explore the waters of South Dakota and the great outdoors with the increasingly popular leisure sport! Perfect for novice kayakers, certified Sioux Empire Paddler instructors will guide you in basic water safety, dry entry, paddling skills, and more! All equipment provided. Wear water appropriate clothing - you may get a little wet! Basic swimming skills required. Ages 18 and up.

*Instructor: Sioux Empire Paddlers*  
*Location: Covell Lake*

Numerous Dates to Choose From  
See Schedules Online 6:30-8:00PM  
HETH155A - R \$35



## NEW Kayaking! Big Sioux River Guided Tour

Join Sioux Empire Paddlers on this exciting guided tour on the Big Sioux River! Begin at Farmfield Park on 57th Street and meander your way along the mighty Sioux to Rotary Park on 26th Street. From water safety to transporting equipment, entering the river to maneuvering in moving waters; enjoy a lazy afternoon kayaking with family and friends. Have a camera or binoculars ready for wildlife and the scenic panoramas of South Dakota as you explore! Wear water appropriate clothing - you may get a little wet! Basic swimming skills required. Equipment provided or bring your own. Ages 16 and up.

*Instructor: Sioux Empire Paddlers*  
*Location: Farmfield Park*

Monday, June 5	1:00-3:30PM
HETH153A	\$49
Monday, June 19	1:00-3:30PM
HETH153B	\$49
Monday, July 10	1:00-3:30PM
HETH153C	\$49
Monday, July 24	1:00-3:30PM
HETH153D	\$49
Monday, August 14	1:00-3:30PM
HETH153E	\$49
Monday, August 28	1:00-3:30PM
HETH153F	\$49

# WELLNESS



## Taekwondo - Adult & Youth Beginner, Intermediate & Advanced

Start or continue our taekwondo journey! 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 is translated as "the way of the hand and the foot." Learn the basic techniques and traditions of taekwondo or enhance your skills progressing through the belt levels with Jr. Master Troy Vink while incorporating self-defense, discipline, confidence, and respect for others! Beginners - Ages 5 years and up. Additional cost for uniform - optional and belt testing as belt progression takes place. Payable to instructor at class.

*Instructors: Troy Vink  
Location: Robert Frost*

### Beginner

23 Tues/Thurs, March 2 5:45-6:45PM  
FITN405 \$155

### Intermediate: Yellow Belt - Green Belt

23 Tues/Thurs, March 2 6:45-7:45PM  
FITN406 \$155

### Advanced: Blue Belt and Above

23 Tues/Thurs, March 2 7:45-8:45PM  
FITN410 \$155

*Introduction to  
Jujitsu - Youth  
see page 63*

## 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. In this fun and challenging class, learn the basics of Bujin Ki Ryu Jujitsu while building self-confidence, physical fitness, and self-discipline. Incorporate this unarmed, traditional self-defense system of the Sumurai into your wellness repertoire! Uniforms available for purchase - optional. Ages 14 and up.

*Instructor: Joseph Herreman  
Location: Southern Hills*

8 Mon/Thurs, March 6 7:00-8:30PM  
HETH138 \$59





# WELLNESS

## **NEW One Nite Dance Sweetheart Dance!**

Join the party on the dance floor! Learn social dance moves, followed by a dance to gear you up quickly! Whether you are the wedding couple, family member, wedding guest, or have a cruise in your future! Rock your reception, take the fear out of dancing, or just add FUN to your life with the Jitterbug, Tango, Rumba, Waltz, and more! Invite your friends - individuals are always welcome. Registration fee is per person.

*Instructor: DANCE 2 Instructors  
Location: DANCE 2*

Friday, February 24 7:30-9:00PM  
DANC629 \$12



## **Just in Time! Wedding "Crash Course"**

Too busy for a six week class? Just a short time before that special day? Brides, grooms, bridal parties, family, and friends - connect with your partner to learn the basics of Waltz, Fox Trot, and Jitterbug Swing dance! Easy to learn moves take the fear out of looking "silly" for your first dance. Registration fee is per couple.

*Instructor: Mary Lou Steib  
Location: DANCE 2*

2 Sundays, March 5 1:30-2:45PM  
DANC624A \$49  
2 Sundays, May 21 1:30-2:45PM  
DANC624B \$49

## **Ultimate Date Night Big Band Ballroom**

Enjoy a special night out at the LIVE Big Band with a dance lesson! Featuring a different dance style each month, learn from 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 - 11:00 p.m. Registration fee is per couple.

*Instructor: Varied  
Location: El Riad Shrine*

Friday, January 13 HETH146A	6:45-7:30PM \$30
Friday, February 10 HETH146B	6:45-7:30PM \$30
Friday, March 23 HETH146C	6:45-7:30PM \$30
Friday, April 14 HETH146D	6:45-7:30PM \$30
Friday, May 12 HETH146E	6:45-7:30PM \$30

# WELLNESS

## **NEW Tommy Dorsey Orchestra Dance**

Learn dances for this very special evening with the one and only Tommy Dorsey Orchestra! Join Ballroom Dance Club instructors for Swing, Waltz, and Foxtrot instruction; then dance to the great sounds of this famous orchestra at the El Riad Shrine. Class includes three weeks of instruction and entry to the dance; which includes another lesson on the evening of March 23, 2017. Registration fee is per couple.

*Instructor: Glenda & Jeff Pray*  
*Location: El Riad Shrine*

3 Sundays, February 26 4:00-5:00PM  
DANC255 \$79

## **Ballroom & Jitterbug!**

Learn the basics of Waltz, Rumba, and Swing Dance - styles of dance that are need-to-know for corporate or family events, weddings, or a night out on the town with your date! Glide on the dance floor and boogie to slow, medium, and fast tempo sounds! Registration fee is per person.

*Instructor: Mary Lou Steib*  
*Location: DANCE 2*

2 Sundays, April 2 1:30-2:45PM  
DANC635 \$29

## **SOS - Swing on Sundays!**

Get up and DANCE to the newest, most contemporary music and a little music from the past! Start with basic footwork, then move to an upbeat version of the dances made famous by Big Band sounds in the 1930's and 40's - saxophones, trumpets, trombones, and of course, the rhythm section! Whether leading or following on the dance floor, Swing is very cool! Registration is per person.

*Instructor: Mary Lou Steib*  
*Location: DANCE 2*

2 Sundays, April 23 1:30-2:45PM  
DANC285 \$29

## **NEW Special Date - Sock Hop!**

Step back in time with your special date and take a Jitterbug class followed by the Sock Hop! Learn the basics of this timeless, tickle-your-toes, Swing dance! Stay for the Sock Hop and put some FUN in your life! Invite your friends and join the party! Everybody's dancing at the hop, hop, hop...! Singles and couples are always welcome. Registration fee is per person.

*Instructor: DANCE 2 Instructors*  
*Location: DANCE 2*

Friday, May 19 7:30-9:00PM  
DANC637 \$12



## **Salsa & Jitterbug!**

Get ready to sizzle and jive with these exuberant ballroom, social dances popular in the 1930's and 40's - Salsa and Jitterbug! These two styles of dance are just FUN to know! Enjoy the basics and learn how to spin to popular Latin and Swing sounds. Put a little spice in your step jumping and jiving on the dance floor! Registration fee is per person.

*Instructor: Mary Lou Steib*  
*Location: DANCE 2*

2 Sundays, March 19 1:30-2:45PM  
DANC639 \$29



# YOUTH

*Etiquette instructed by Miss Teen  
SD International 2017  
Madasyn Smithhart*

## **Decorum! Everyday Respect & Etiquette**

The basis of manners is to treat others the way you wish to be treated. From respect to compassion and kindness, to feeling confident in social situations, everyday manners are what we use to get along with others and succeed in life! Important etiquette topics such as handshakes and introductions, maintaining eye contact, being a guest, and writing thank you notes will be covered.

Instructor: Madasyn Smithhart  
Location: IPC

Monday, March 20 6:30-7:20PM  
Y200A \$15

## **Courteous & Confident! Body Etiquette**

What are you saying when you're not "saying" anything at all? Your body constantly communicates what you are thinking and feeling through your posture, gestures, eye movement, facial expressions, crossing of arms, and numerous other nonverbal cues. Learn what your non-verbal "conversations" are saying!

Instructor: Madasyn Smithhart  
Location: IPC

Thursday, March 22 6:30-7:20PM  
Y200C \$15

## **Princess Ball!**

Create a special memory and dress up for a fun evening together learning dance steps and then taking them to the dance floor! Grandfathers, uncles, adult brothers, and Godfathers also welcome to bring their favorite princess for a special date night to cherish forever. Light refreshments served and special keepsake for Princess. Registration is per couple. Please sign up using the name of your Princess.

*Instructor: Rebecca Hansen  
Location: DANCE 2*

Saturday, April 22 6:45-8:15PM  
PC225A \$45

Sunday, April 23 3:30-5:00PM  
PC225B \$45

## **Social Graces! Table Etiquette**

"Elbows off the table, Mable" or "Chew with your mouth closed." These are just a few of the table manners that show people who you are! Topics include proper posture, polite table conversation, table setting and utensil use, serving yourself and others, clearing the table, and asking to be excused from the table. These are skills that develop character for a lifetime!

Instructor: Madasyn Smithhart  
Location: IPC

Tuesday, March 21 6:30-7:20PM  
Y200B \$15

## **Etiquette Trio - Everyday Respect, Table Etiquette & Body Etiquette**

**Save! Register for all three!**

Mon/Tues/Thurs, March 20, 21, 23  
6:30-7:20PM  
Y155 \$39





# YOUTH

## Cheer & Dance 101!

Bring your spirit as you join Dakota Spirit coaches for a fun, five week instructional camp on the basics of tumbling, stunting, dance, and jumps! Following camp instruction, show off your teamwork and skills to entertain the crowds with a unique, two minute routine at a Canaries baseball game! Date to be announced. No experience needed. Includes a custom designed t-shirt and admission to the game.

*Instructor: Dakota Spirit*

*Location: PHMS*

### Grades 1 & 2

5 Thursdays, May 4 6:30-7:30PM  
Y601 \$85

### Grades 3, 4 & 5

5 Thursdays, May 4 6:30-7:30PM  
Y602 \$85



## NEW Silly Sock Creatures!

Everyone has a pile of mismatched socks... what do you do with them? Make some silly sock creatures of course! Grab a friend and join us for a sock creature extravaganza! Each session will be a different sock creature that is uniquely yours! In addition, you will learn simple no-sew and hand sewing techniques while crafting your one-of-a-kind project. Perfect for the novice crafter and enjoyable for all ages and abilities. Participants ages 12 and under must be accompanied by an adult. Participants must bring a minimum of four crew-length socks and two buttons for "eyes," all other materials provided.

*Instructor: Britta Berry*

*Location: IPC*

All Classes - 6:00-8:00PM \$29

### Bunny!

PLAY820 Friday, February 24

### Penguin!

PLAY821 Friday, April 28

### Monster!

PLAY822 Wednesday, June 14

### Kitten!

PLAY823 Friday, June 23

### Owl!

PLAY824 Thursday, July 13

## NEW Come Grow Your Love!

### Mother's Day Planter

Show your mom or grandma how much they are loved by giving them something special that keeps on growing! Join JJ Nelson in customizing a planter with indoor year round plants and adding your own unique plant decorations. Design your own painted rock with a cute Spring time creature and craft a flower blooming tree to add a special touch! All materials provided.

*Instructor: JJ Nelson*

*Location: IPC*

Thursday, May 11 6:30-9:00PM  
PLAY802 \$25



# YOUTH

## NEW Stage Makeup Effects!

### Act 1 - Basic

Transform your look as you learn how makeup professionals emphasize features, hide flaws and add years to a person's face with this fabulous hands-on workshop! In this class, students will study with a stage makeup designer to learn many amazing tricks of the trade. Learn basic stage gore techniques, such as bruising and scars and make your own stage blood. Apply makeup to yourself at both sessions - don't forget a camera for selfies! \$20 theatrical makeup kit to be purchased by student prior to class. All ages welcome - age 12 and under must be accompanied by an adult.

*Instructor: Britta Berry*  
*Location: IPC*

2 Wed/Thurs, June 14  
PLAY130A

12:00N-3:00PM  
\$49

## NEW Stage Makeup Effects!

### Act 2 - Intermediate

In this intermediate stage makeup class, learn more advanced makeup techniques to build on the basic skills from Act 1. Create and apply 3-D blood and gore effects and "gouge your eyes out"! Continue with 3-D effects by making and applying horns and facial hair. Apply makeup to yourself at both sessions - don't forget a camera for selfies! All ages welcome - age 12 and under must be accompanied by an adult. Bring theatrical makeup kit purchased for Act 1. Act 1 or equivalent knowledge required.

*Instructor: Britta Berry*  
*Location: IPC*

2 Wed/Thurs, June 28  
PLAY130B

12:00N-3:00PM  
\$55

## NEW T - Party!

Make a slash, add a sash, transform your t-shirt trash! Join the revolution of re-fashioning old, worn-out clothes into something new and wonderful with this two-day workshop. Create two projects of your choice from a provided list of tutorials with t-shirts you bring from home. Learn some no-sew techniques such as braiding and knotting along with simple hand-sewing skills. Beginner crafters are welcome and no sewing experience is required! What will you create? A new top, scarf, skirt, laptop sleeve, tote bag, or toy for your cat? The possibilities are endless! Bring a minimum of four t-shirts. (If the t-shirts you bring don't fit you, great! We will make them fit with a cool re-fashion!) Open to all ages, but children age 12 and under must be accompanied by an adult.

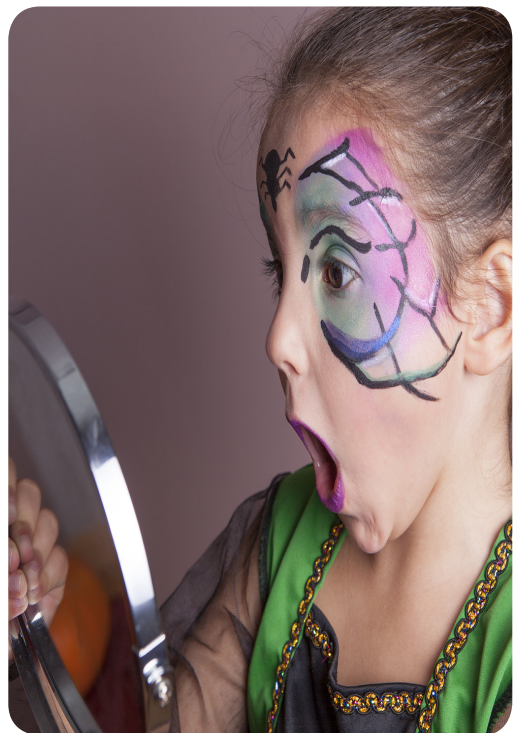
*Instructor: Britta Berry*  
*Location: IPC*

2 Wed/Thurs, June 7  
PLAY150A

12:00N-3:00PM  
\$35

2 Wed/Thurs, July 12  
PLAY150B

12:00N-3:00PM  
\$35



# YOUTH



## NEW Crazy Daisy! Acrylic Painting

Be prepared to be mesmerized by the lines and contrast between color and black and white tones in this Crazy Daisy painting! Customize your beautiful flower on a 16" x 12" canvas using acrylic paints under the direction of local artist JJ Nelson. Enjoy some goodies while you relax and have some fun!

*Instructor: JJ Nelson*

*Location: IPC*

Thursday, March 16  
ART101

6:30-9:00PM  
\$25

## NEW Who's Owl! Acrylic Painting

"Who" is ready for some fun?! Get ready, because this class will be a "Hoot!" Customize your adorable owl on a 16" x 12" canvas using acrylic paints under the direction of local artist JJ Nelson. Treat yourself to some goodies while you create this sweet little creature!

*Instructor: JJ Nelson*

*Location: IPC*

Thursday, April 13  
ART102

6:30-9:00PM  
\$25



Take note of our music lessons!  
**All ages are welcome.**

For more Information visit [www.sf.k12.sd.us](http://www.sf.k12.sd.us)



# YOUTH

## **NEW Entomophagy 101 Bug Eating, Oh My!**

Get your toes wet in the waters of Entomophagy with this exciting new class! Veronica Shukla of Project Food Forest will give a lesson on the practice of eating insects and other invertebrates. Set off on a hunt to learn how to catch grasshoppers and then the best part: students will get to cook and taste locally caught grasshoppers! Humans have eaten insects for as long as we can trace our history, and they still do today. Join the movement as the Western world catches on to this ancient practice-gone-modern!

Instructor: Veronica Shukla  
Location: CTE

Monday, August 7  
YPLAY301

6:00-7:30PM  
\$29

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

**Contact our offices!**  
Adult classes: 367-7606  
Youth classes: 367-4384

## **NEW Little Leprechaun Bakers!**

Lucky You! Bake up some Irish themed treats just in time for St. Patrick's Day! Join Maritza Carrizales in learning basic kitchen safety and cleanliness and share your food knowledge in finding out the difference between a snack and a treat. Roll some dough and bake up a delicious, Rainbow Fruit Tart to take home, and find what's at the end of the rainbow with extra sweet, Pot of Gold treats! Materials provided. Ages 7 and up.

Instructor: Maritza Carrizales  
Location: CTE

Friday, March 17  
PLAY804

6:30-8:30PM  
\$29



## **NEW Guitar Strumming The Night Away!**

Strum the night away as you join guitar enthusiast Peter Kavula in learning the basic techniques on holding a guitar, using a pick, and reading music. Impress everyone when you show them the tunes you can play! Bring a friend, or loved one and learn together in a group setting! For the novice player. Bring your own guitar. Ages 10 and up.

Instructor: Peter Kavula  
Location: Sonia Sotomayor

6 Thursdays, March 2  
MUSIC1

6:30-7:30PM  
\$69

6 Thursdays, April 20  
MUSIC2

6:30-7:30PM  
\$69



# YOUTH



## Taekwondo - Adult & Youth Beginner, Intermediate & Advanced

Start or continue our taekwondo journey! 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 is translated as "the way of the hand and the foot." Learn the basic techniques and traditions of taekwondo or enhance your skills progressing through the belt levels with Jr. Master Troy Vink while incorporating self-defense, discipline, confidence, and respect for others! Beginners - Ages 5 years and up. Additional cost for uniform - optional and belt testing as belt progression takes place. Payable to instructor at class.

*Instructors: Troy Vink  
Location: Robert Frost*

### Beginner

23 Tues/Thurs, March 2 5:45-6:45PM  
FITN405 \$155

### Intermediate: Yellow Belt - Green Belt

23 Tues/Thurs, March 2 6:45-7:45PM  
FITN406 \$155

### Advanced: Blue Belt and Above

23 Tues/Thurs, March 2 7:45-8:45PM  
FITN410 \$155

## 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. Materials provided.

*Instructor: Mary Houska  
Location: IPC*

Monday, March 27	8:00-3:00PM
TEEN806A	\$55
Friday, June 2	8:00-3:00PM
TEEN806B	\$55
Saturday, June 3	8:00-3:00PM
TEEN806C	\$55
Monday, June 5	8:00-3:00PM
TEEN806D	\$55
Tuesday, June 6	8:00-3:00PM
TEEN806E	\$55



# YOUTH

## Kayaking for Kids! Ages 7 to 12

Summer is here and the water is fine for your kayaking adventure! Experience the great outdoors with certified Sioux Empire Paddler instructors to learn safety precautions and the proper paddling techniques of a successful kayaker! Having a youth-sized kayak is the key to success on the water. Basic swimming skills required. Equipment provided. Ages 7 to 12 years. Must be 135 pounds or under.

*Instructor: SF Whitewater  
Location: Covell Lake*

Numerous Dates to Choose From

See Schedules Online 6:30-8:00PM  
YOUTH399A - M \$35



## Kayaking for Covell! Teen

Summer is here and the water is fine for your kayaking adventure! Explore the waters of South Dakota and the great outdoors with the increasingly popular leisure sport! Perfect for novice kayakers, certified Sioux Empire Paddler instructors will guide you in basic water safety, dry entry, paddling skills, and more! All equipment provided. Wear water appropriate clothing - you may get a little wet! Basic swimming skills required. Ages 13 and up.

*Instructor: SF Whitewater  
Location: Covell Lake*

Numerous Dates to Choose From

See Schedules Online 6:30-8:00PM  
TEEN155A - M \$35

## NEW Come Play with Me!

Based off of popular children's books, each class is packed with activities that both boys and girls can enjoy with an adult! Be entertained with a read-aloud story, games, crafts, snacks and activities that are age-appropriate and will allow the children to explore themes from the books with the adult. Max 2 children to 1 adult. All materials provided.

*Instructor: Britta Berry*

*All Class Dates - Saturdays \$25  
Location: IPC*

Ages 3 to 6	10:00-12:00N
<b>Fancy Lessons</b> - February 25	PLAY101
<b>Crazy Colors</b> - March 25	PLAY201
<b>Food Fun</b> - April 29	PLAY301
<b>Friends &amp; Feelings</b> - May 20	PLAY401
<b>Giving Gifts</b> - June 24	PLAY501

Ages 7 to 12	1:00-3:00PM
<b>Fancy Lessons</b> - February 25	PLAY102
<b>Crazy Colors</b> - March 25	PLAY202
<b>Food Fun</b> - April 29	PLAY302
<b>Friends &amp; Feelings</b> - May 20	PLAY402
<b>Giving Gifts</b> - June 24	PLAY502





# YOUTH



## Conquer the College Essay Uniquely YOU!

Make every word count in your college essay as admission counselors assess your writing skills and learn about you! Sometimes confusing, the college essay requires introspection and thought. Join Argus Leader contributor and former creative writing and journalism teacher Virginia Olson to complete a 500 word essay and be prepared when college entrance deadlines are looming! "WOW" the admissions counselors...college, here I come!

*Instructor: Virginia Olson*  
*Location: IPC*

3 Thursdays, March 9  
TEEN601

6:00-8:00PM  
\$39

## NEW Passion for ReFashion!

Looking for something new and fun to do on a much needed night out? Grab a friend and join us for a fantastic re-fashion session to transform your t-shirts into unique treasures! Learn simple no-sew and hand sewing techniques to create your one-of-a-kind projects! Perfect for the novice crafter and enjoyable for all ages and abilities! Participants age 12 and under must be accompanied by an adult. Participants must bring a minimum of two t-shirts; all other materials will be provided.

*Instructor: Britta Berry*  
*Location: IPC*

### Infinity Scarf or Braided Headband

Friday, March 24  
PLAY701

6:00-8:00PM  
\$29

### Shrug or Diamond Scarf

Friday, May 19  
PLAY702

6:00-8:00PM  
\$29

### Wine Cozy or Laptop/Tablet Sleeve

Thursday, June 29  
PLAY703

6:00-8:00PM  
\$29



**Gift Certificates  
Available  
or call  
367-7999**



*Youth Classes  
All Classes Open to Youth  
Unless Specified*

# YOUTH



## Ukulele! From Tiny Tim! Beginners...

Join local musician Steve McFarland as he introduces the soothing sounds of the islands on the ukulele! Learn the origin of the instrument, basic tuning, chords, and strumming techniques. Instruction includes, 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. Grab your uke and take up this enjoyable, relaxing, and highly addictive instrument! Bring your own ukulele.

*Instructor: Steve McFarland*  
*Location: Robert Frost*

4 Tuesdays, March 28  
INTR276

6:30-7:30PM  
\$49



## Ukulele! ...to the Red Hot Chili Peppers! Intermediate

Continue your journey with local musician Steve McFarland to expand your skills creating the soothing sounds of the islands on your ukulele! Tune, strum new chords, and learn new techniques to add to your repertoire of songs both new and old. Grab your uke and let loose! Ukulele Beginners or experience necessary. Bring your own ukulele and song suggestions.

*Instructor: Steve McFarland*  
*Location: Robert Frost*

4 Tuesdays, May 2  
INTR284

6:30-7:30PM  
\$49

## Driver's Education

Through our state certified Driver's Education program, receive 30 hours of classroom instruction, 6 hours behind the wheel training, and 6 hours of observation of a partner. Both Department of Motor Vehicle tests - written and driving - will be completed for your student to get the instruction permit. Student must be 14 years old by the start of class.

Prior to registration - Read all policies and procedures. Classes held at Lincoln HS, Roosevelt HS, and Washington HS

**Register online at [www.sf.k12.sd.us](http://www.sf.k12.sd.us)**



# YOUTH

## Introductory Self Defense

Learn principles and techniques of self-defense to help prevent yourself from becoming one of the twenty victims every minute of physical violence in the United States. Practice striking, joint locks, and escapes from various holds increasing confidence 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*

Tuesday, April 10 6:15PM-7:45PM  
WELL275A \$29

Tuesday, May 11 6:15PM-7:45PM  
WELL275B \$29



## 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. In this fun and challenging class, learn the basics of Bujin Ki Ryu Jujitsu while building self-confidence, physical fitness, and self-discipline. Incorporate this unarmed, traditional self-defense system of the Sumurai into your day! Uniforms available for purchase - optional. Ages 6 to 13 years.

*Instructor: Joseph Herreman*  
*Location: Southern Hills*

8 Mon/Thurs, March 6 6:00-7:00PM  
HETH137 \$59

## 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. 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 to 14 years.

*Instructor: Archery Outfitters*  
*Location: Archery Outfitters*

Thursday, March 9 7:00-8:30PM  
HETH253A \$25

Thursday, June 8 7:00-8:30PM  
HETH253B \$25

## Art of the Sword!

### Kendo & Kumdo/Kumbub

Join highly qualified, twenty year veteran instructor Jesse Adams to learn the arts of Kendo & Kumdo - a form of fencing using two-handed bamboo swords, originally developed as a safe form of training for the Samaria! Also learn the art of Kumbub - sword training emphasizing battlefield techniques such as sword-to-sword, standoff techniques, and ancient patterns. Mr. Adams holds multiple Black Belts in each art and is the most decorated Kumdo competitor in the mid-west! Equipment - bamboo and wooden sword - provided for use. Ages 12 & up. Ages 11 & under with a parent.

*Instructor: SF Kendo & Kumdo*  
*Location: Next Edge Academy*

10 Mon/Thurs, March 6 7:45-9:00PM  
HETH302A \$49

10 Mon/Thurs, April 10 7:45-9:00PM  
HETH302B \$49





# STAFF



# LOCATIONS

## SCHOOL LOCATIONS

CTE-Career & Technical Education  
Discovery Elementary  
EMS-Edison Middle School  
Eugene Field Elementary  
Harvey Dunn Elementary  
IPC-Instructional Planning Center  
John Harris Elementary  
LHS-Lincoln High School  
Oscar Howe Elementary  
PHMS-Patrick Henry Middle School  
RF Pettigrew Elementary  
RHS-Roosevelt High School  
Rosa Parks Elementary  
Robert Frost-Robert Frost Elementary  
Sonia Sotomayor School  
Susan B Anthony Elementary  
WHS-Washington High School

4700 W Career Cir  
1506 S Discovery Ave  
2101 S West Ave  
501 S Highland Ave  
2400 S Bahnson Ave  
201 E 38th St  
3501 E 49th St  
2900 S Cliff Ave  
2801 Valley View Road  
2200 S 5th S  
7900 W 53rd St  
6600 W 41st St  
5701 E Red Oak Drive  
3101 S 4th St  
1510 S Lake Ave  
2200 S Dakota Ave  
501 N Sycamore Ave

## COMMUNITY LOCATIONS

Acorn19 - Bead Co  
Archery Outfitters  
Camille's Sidewalk Café  
Covell Lake at Terrace Park  
DANCE 2  
Dakota Stained Glass  
East Bank Yoga  
El Riad Shrine  
Falls Park  
Gypsy Trading Co  
KR Hempel Woodworking LLC  
LandShark Scuba & Snorkel  
Perfectly Pilates  
Rich's Antique Furniture  
Shuckla Residence  
Sioux Falls Sword Academy  
Southern Hills United Methodist Church

319 S Phillips Avenue  
1811 N Lowell  
1216 W 41st Street  
N Covell Avenue & W Madison St  
140 N Carla, Tea, SD  
2300 N Westport Avenue  
3612 S Southeastern Avenue  
310 S Phillips Ave  
131 E Falls Park Drive  
1324 Cedar St, Brandon, SD  
25793 470th Ave  
5208 W 12th St  
6409 S Tomar Road  
25574 470th Avenue, Crooks, SD  
920 N Archer Drive  
909 E 8th Street  
3400 E 49th St

# 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 3 business days prior to class start date. With 3 business days notice, we can transfer student to an available class or Driver's Education will charge a \$50 non-refundable cancellation fee and refund the balance to the original method of payment.

**COMMUNITY EDUCATION CLASS POLICY:** If you are unable to attend a class as planned, you must call the Community Education office at least 3 business days prior to class start date. With 3 business days 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. For CommEd trips - see policy on page 29. \*Class credits expire after one year and cannot be redeemed for cash. No refunds/credits given if you fail to attend class.\*

### EXPRESS REGISTRATION ONLINE:



Using Visa or MasterCard

Go to [www.sf.k12.sd.us](http://www.sf.k12.sd.us) and hover over Our District tab, click on Community Education. 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*

**# of Sessions** — **4 Thurs/Fri, Feb. 27**

**6:00-8:00PM** — **Time**

**Course Code** — **PERS206**

**\$25** — **Price**

**Starting Date**



# REGISTRATION

*Classes fill quickly!  
For Express Registration - see page 66*

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Birthdate \_\_\_\_\_  
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

*“Vamos todos al Summer Camp!”*

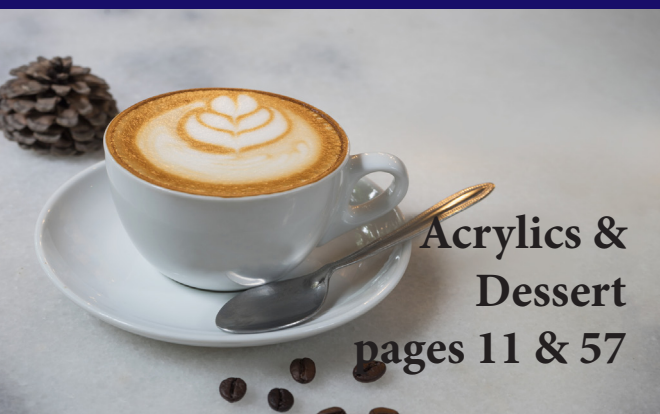


**Spanish Immersion  
SUMMER CAMP**

Visit our website for locations & times.



**Banjo Bootcamp!**  
page 25



**Acrylics &  
Dessert**  
pages 11 & 57



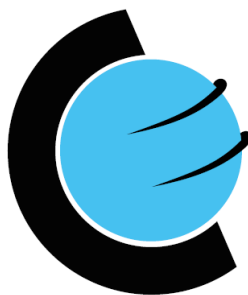
**Archery!**  
pages 47 & 63



**Kayaking!**  
pages 50 & 60

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SIOUX FALLS SCHOOL DISTRICT 49-5  
Community Education  
201 E 38th St  
Sioux Falls, SD 57105-5898  
[www.sf.k12.sd.us](http://www.sf.k12.sd.us)  
605.367.7999



**COMMUNITY  
EDUCATION**  
Sioux Falls School District 49-5