

Farmington Area Public Schools

Community Education

Apps For Real Life!



HEALTH AND FITNESS

SEE P 4

CREATIVITY

SEE P 8

YOUTH CLASSES

SEE P 18

SWIMMING

SEE P 32

SIGN UP TODAY! THERE'S SOMETHING FOR EVERYONE



www.farmingtonCE.com (651) 460-3200

January-April 2014

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Welcome to our Winter Community Education Catalog!

Community Education has in person Apps to engage you and your family in keeping those New Year's Resolutions. Come to class with your neighbors and enjoy our community!



Saturday, January 25, 2014
9 am-Noon

Farmington High School, 20655 Flagstaff Avenue

Planned Events Include:

- ◆ Activities for all ages
- ◆ City of Farmington and Community Education program information
 - ◆ Dance and drumline demonstrations
 - ◆ Refreshments, prizes and entertainment
- ◆ Information on the businesses, organizations and people that make Farmington a great place to live, work and play!



Farmington Community Education is now on Facebook! Like us and keep up to date with the latest news and events happening in Farmington!



Save the Date!

- ♦ Feb 10 Parenting Series: How does Physical Activity Impact Learning? p13
- ♦ Mar 3 Parenting Series: The New Self Esteem p 13
- ♦ May 30 & 31 performance of Lady Pirates of Captain Bree p 21

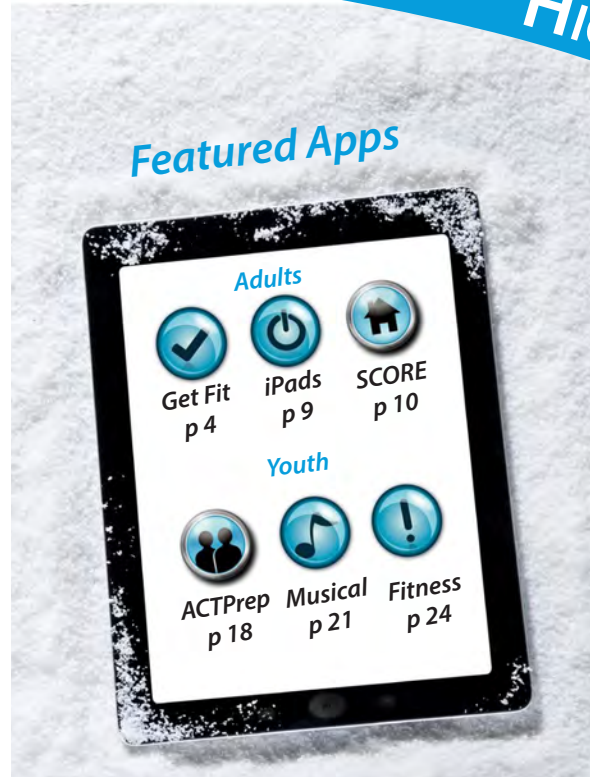


Give the Gift of Learning!

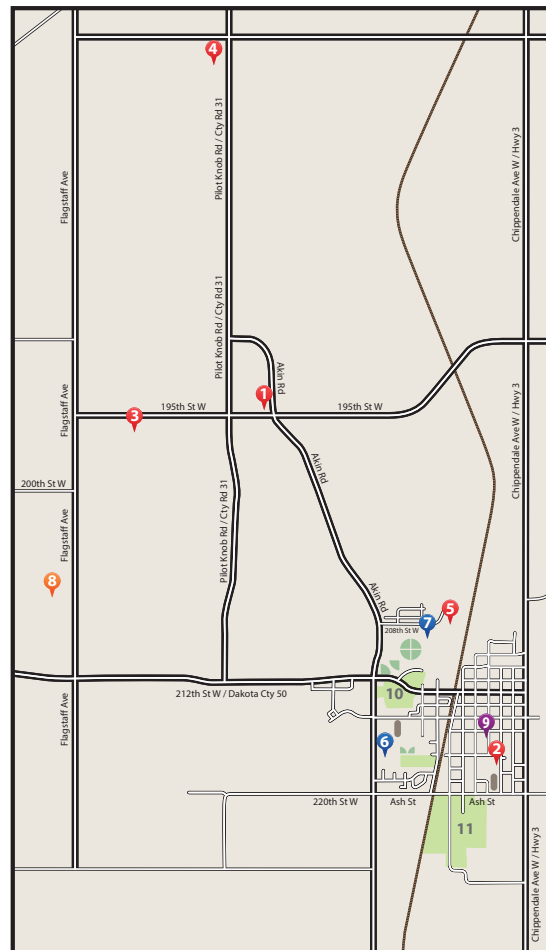
Community Education gift certificates may be applied toward the fee or tuition for most Farmington Community Education classes, programs or activities. Gift certificates are available in increments of \$10. Order online at www.farmingtonCE.com or call Farmington Community Education at (651) 460-3200 to order yours today.

Building Abbreviations

ARES	Akin Road Elementary School
FES	Farmington Elementary School
FHS	Farmington High School
ISC	Instructional Services Center
DMS	Levi Dodge Middle School
MVES	Meadowview Elementary School
MVES-CE	Meadowview-Community Education
NTES	North Trail Elementary School
BMS	Robert Boeckman Middle School
RVES	Riverview Elementary School
BHMS	Black Hawk Middle School
	1540 Deerwood Dr, Eagan
CLEC	Crystal Lake Education Center
	16250 Ipava Ave, Lakeville
ENM	Elko New Market Library
	110 J Roberts Way, Elko New Market
LSHS	Lakeville South High School
	21135 Jaquard Ave, Lakeville



Farmington Area Schools Location Map



- Elementary Schools**
- 1 Akin Road Elementary
5231 195th Street West
 - 2 Farmington Elementary
500 Maple Street
 - 3 Meadowview Elementary
(and Community Education office)
6100 195th Street West
 - 4 North Trail Elementary
5580 170th Street West, Lakeville
 - 5 Riverview Elementary
4100 208th Street West
- Middle Schools**
- 6 Robert Boeckman Middle School
800 Denmark Avenue
 - 7 Levi Dodge Middle School
4200 208th Street West
- 8 Farmington High School**
20655 Flagstaff Avenue
- 9 Instructional Services Ctr**
510 Walnut Street
- 10 Rambling River Park**
- 11 Dakota Cty Fairgrounds**

ADULT FITNESS

Get Fit Apps



Zumba

Jena Kubes

It's here! An exciting new workout that is sweeping the nation! This dance fitness class fuses Latin rhythms with easy to follow moves and fun music. It is a dynamic total body cardio workout. Come join the party! Bring a water bottle to class and prepare to have FUN!

T Jan 7-Mar 4 9 Sessions \$72
6-7 pm MVES Gym 1
AEFRW502

Th Jan 9-Mar 6 9 Sessions \$72
7-8 pm FHS Aerobics Room
AEFRW503

T Mar 18-May 20 10 Sessions \$80
6-7 pm MVES Gym 1
AEFRS502

Th Mar 20-May 22 10 Sessions \$80
7-8 pm FHS Aerobics Room
AEFRS503

Fitness Boot Camp

Mari Anne Auwarter

We'll combine heart-pumping cardio conditioning with full-body strength training in an easy to follow yet challenging one-hour class. We'll use free weights for upper and lower body and abdominal conditioning and end with a cool down stretch. Join us if you want:

- ♦ To strengthen tone and define your body,
- ♦ An efficient workout that gets it done in an hour,
- ♦ To shake up your routine and feel challenged,
- ♦ Support and motivation.

T Jan 14-Mar 25 10 Sessions \$100
7-8 pm FHS Aerobics Rm
AEFRW101
No class Mar 11

Fitness Yoga

Jackie Seal

Enjoy a safe and effective exercise practice using breath and physical poses to improve your overall well-being. We'll increase strength, endurance, flexibility, and balance as well as decrease stress with this revitalizing mind-body workout. This class is designed for students of all levels. Please wear clothing that allows you to stretch and move; a yoga mat is recommended.

W Jan 8-Mar 5 9 Sessions \$72
6:30-7:30 pm MVES-CE 120 & 122
AEFRW201

W Mar 19-May 21 8 Sessions \$64
6:30-7:30 pm MVES-CE 120 & 122
AEFRS201
No class Apr 2 & 23

Yoga For Men

Debbie Prahner



Looking for a great way to get ready for the spring sports season? Yoga can help loosen muscles that haven't been used over the winter, and lessen the chance of injury as you start your training regimen. You'll be more relaxed, more energized, and have better posture. Our instructor has over 20 years of experience teaching Yoga and will show you the benefits of this form of exercise.

M Apr 7-28 4 Sessions \$32
6:30-7:30 pm MVES-CE 120 & 122
AFRW403

Healthy Heart Yoga

Debbie Prahner

Are you looking to relax and improve your life? Yoga is the key to enhancing life through proper breathing, exercise, nutrition and relaxation. Benefits of participating in Yoga include improved muscle tone, flexibility and strength reduced stress and tension and improved circulation. Join our afternoon Yoga class designed for all ages. The postures and breathing exercise help purify the mind, body and spirit. Debbie Prahner has over 20 years experience teaching Yoga and has studied at the Yoga Institute of New York. She strives to provide a supportive, non-competitive environment as well as to use the tools taught in Yoga to promote a peaceful, joyful, and healthy individual. No childcare available.

M Jan 6-Mar 3 7 Sessions \$56
4-5 pm ARES Music Rm
AEFRW402
No Class Jan 20, Feb 3 & 17

T Jan 7-Mar 4 8 Sessions \$68
3:45-4:45 pm RVES Choir Rm
AEFRW401
No class Feb 4

M Mar 17-Apr 28 6 Sessions \$48
4-5 pm ARES Music Rm
AEFRS402

T Mar 18-Apr 29 6 Sessions \$48
3:45-4:45 pm RVES Choir Rm
AEFRS401
No class Apr 1



Fencing

Sword Play

Ages 13 and up

Learn real fencing skills while having fun in this special class! Our classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline, and fun. We provide everything needed to fence (mask, jacket, glove, and weapon.) Come dressed comfortably, including long sweat pants and running shoes.

W Jan 15-Feb 19 6 Sessions \$72
6 -7 pm ARES Cafeteria Gym
AEFRW601

W Mar 5-Apr 16 6 Sessions \$72
6 -7 pm ARES Cafeteria Gym
AEFRS601
No class Mar 12

Kung Fu-Wu Shu-Tai Chi-Chi Kung

National Treasure Kung Fu Inc. Directed by Al Lam

Ages 13-Adults

A year-round progressive training program. Certification from White to Black Belt available. Not just a kicking, punching, self-defense class; get the benefits of both internal and external Kung Fu.

This class teaches the benefits of Tai Chi and Chi Kung and the explosive physical conditioning powers of Northern Shaolin Kung Fu. Tai Chi and Chi Kung exercises are relaxing, low-impact, and non-straining on joints and ligaments. Northern Shaolin Kung Fu will build muscle, power, flexibility, and agility.

Join a fun, non-competitive, full participation class that focuses on exercises that will strengthen the mind and body, promote longevity, vitality, coordination and balance. Please note that qualified assistants aid in teaching this course.

AEFRW8A

Beginner-Yellow Belt
7 Sessions Th
Jan 23-Mar 4 6:15-7 pm
\$79 DMS
No class Feb 18

AEFRS8A

Beginner-Yellow Belt
7 Sessions Th
Apr 10-May 22 6:15-7 pm
\$79 DMS

AEFRW8B

Orange-Black Belt
7 Sessions Th
Jan 23-Mar 4 7-7:45 pm
\$79 DMS
No class Feb 18

AEFRS8B

Orange-Black Belt
7 Sessions Th
Apr 10-May 22 7-7:45 pm
\$79 DMS

Don't see a class you're looking for?

Call us and let us know, we're always looking for new class ideas! Call the Community Education office at (651) 460-3200.



Emergency Preparedness Workshop

Are you and your family prepared for emergencies? Winter storms, tornadoes, floods, and severe thunderstorms are just a few of the natural disasters that may disrupt our lives. Get prepared for these and other emergencies. Learn what supplies should be assembled before disaster strikes, how to plan for communication in an emergency, and what resources are available to help with your planning. A few hours spent planning can mean the difference between inconvenience if you are trapped in your home for several days, and danger if you are without a plan and basic supplies. This can be a great family project.

Th Jan 30 1 Session \$19
6:30-8 pm MVES-CE Rm 104
AHFW501

Hypnosis Weight Loss and Stop Smoking and Chewing

Dr. Mary Fischer

Hypnosis can help you control your eating habits. You will learn to desire the right foods, push your plate away when full, and motivate yourself to exercise. Hypnosis can help you stop smoking or chewing immediately, without withdrawal, cravings, or gaining weight.

All behavioral changes must occur at an unconscious level to be lasting. The experience is relaxing and you are fully aware, conscious and in control at all times. If you would like, please feel free to bring a sleeping bag, blanket or favorite pillow. More information can be found at www.hypnosisclinic.net.

Fee includes a reinforcement tape, and a card which allows participants to attend future seminars free, if reinforcement is desired. Check-in starts at 6 pm.

W Jan 29 1 Session \$64
6-9 pm MVES-CE
AEHSW401-Weight Loss
AEHSW402-Stop Smoking

W Jan 29 1 Session \$115
6-9 pm MVES-CE
AEHSW403
Both Weight Loss & Stop Smoking

W Apr 16 1 Session \$64
6-9 pm MVES-CE
AEHSS401-Weight Loss
AEHSS402-Stop Smoking

W Apr 16 1 Session \$115
6-9 pm MVES-CE
AEHSS403
Both Weight Loss & Stop Smoking

Total Body Band Strengtheners

Janice Novak

Strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands. Not only will the exercise help you look better, they'll help you feel better. Whenever you strengthen or tone a muscle, you boost your metabolism. This means you'll burn more calories even while sleeping. These multi-tasking exercises will help increase bone density and endurance. It is a wonderful thing to be strong, fit, and functional. You'll learn lots of tips and techniques to improve overall health and wellness. All levels of fitness welcomed. \$5 per person supply fee payable at class to instructor.

T Jan 28 1 Session \$29
6-7:30 pm CLEC Commons
AEHWW701

Hips, Thighs & Otherwise

Janice Novak

If you've noticed hip/thigh/butt spread, you are not alone and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing techniques to stimulate fat metabolism, acupressure points for lymph, circulation, and drainage. If you don't have the time, money, or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. Come prepared to exercise and bring a mat. \$5 per person supply fee payable at class to instructor.

T Mar 4 1 Session \$29
6-7:30 pm CLEC Commons
AEHWW702

Adult Child and Infant CPR

Lynette Endres

Be prepared if the unexpected happens! Learn to recognize and care for life threatening breathing and cardiac emergencies in adults, children and infants. Course includes obstructed airway CPR and use of an Automated External Defibrillator (AED). Hands on practice on manikins included. Red Cross certification awarded for successful completion. Choose from Adult CPR/AED certification or Adult, Child and Infant CPR certification. Adult CPR/AED certification only is \$55.

T Jan 21 1 Session \$75
6-9 pm MVES-CE Rm 104
AEHWW201

M Feb 24 1 Session \$75
6-9 pm MVES-CE Rm 104
AEHWW202

Th Mar 20 1 Session \$75
6-9 pm MVES-CE Rm 115
AEHWW203

T Apr 22 1 Session \$75
6-9 pm MVES-CE Rm 104
AEHWS201

Infant and Child CPR

Lynette Endres

Learn how to care for infants and children in an emergency. Topics covered include rescue breathing, obstructed airway and CPR for children ages 0 to 12 years. Keep your family safe.

T Jan 21 1 Session \$55
6-9 pm MVES-CE Rm 104
AEHWW301

M Feb 24 1 Session \$55
6-9 pm MVES-CE Rm 104
AEHWW302

Th Mar 20 1 Session \$55
6-9 pm MVES-CE Room 115
AEHWW303

T Apr 22 1 Session \$55
6-9 pm MVES-CE Rm 104
AEHWS301

NEW!



Country Line Dance

Victor Albrecht

Do you enjoy country music? Do you like to dance? Join our Country Line Dance class and learn the basic steps common to most dances and you can participate in those great wedding dances and other family events. Singles or couples welcome!

Th Mar 20-Apr 3 3 Sessions \$29
6-7 pm DMS Gym 3
AELSS801

Ballroom and Slow Dance for Beginners

Victor Albrecht

This all time favorite dance class offers a perfect overview of popular dances. Right and left turns, box steps, promenades, slow and fast steps and patterns will be taught. Fox Trot, Slow Dance, Wlutz, Rumba and Tango are all easy dances that will fit for weddings and proms this spring! Couples please.

F Mar 20-Apr 3 3 Sessions \$29
7-8 pm DMS Gym 3
AELSS802

Swing and Latin Dance

Victor Albrecht

Looking for a fun and exciting dance class? This is a great couples dance class for beginners and experienced dancers! Swing dance has fast and slow turns and patterns for both men and women. The Cha-cha and Salsa dancing have great rhythms and steps that are easy combinations for beginners. Sign up today and discover a great way to get exercise!

F Mar 20-Apr 3 3 Sessions \$29
8-9 pm DMS Gym 3
AELSW803

Apps for Fun!



Great Photos

Adam Grim

Are your photographs dull? Have you captured great moments with your camera, only to find that they were over or under exposed (rats!)? Discover how to consistently take great photographs. Learn the secrets of lighting, angles and composition. Get to know what all of those knobs and buttons on your camera actually do (shutter speed, F-stops, digital effects). Both digital and film cameras are welcome. Bring your great (and not so great) photos to first class for discussion. This class receives outstanding ratings from participants!

W Feb 5-19 3 Session \$55
6:30-8 pm MVES-CE Rm 104
AELW101

Valuable info shared by the instructor!

Did you see what they made in Open Woodshop?

Bookshelves, End Tables and more!

I learned so much! Definitely worth the class fee!

Open Woodshop - Beginning to Advanced

Paul Landwehr

For men and women who want to build onto their woodworking experience and knowledge. This 7 week course will give you the opportunity to work on a cabinet/furniture style project geared to your individual skill level. Paul has 30 years of woodworking experience as an industrial arts teacher and a Community Education instructor. Students must call Paul before class to ensure that the project can be accomplished in class and that you bring the proper lumber to start your project the first night of class. He can be reached at (651) 757-5705 between 7 and 10 pm. Students can come to one or more sessions by paying \$12 per session to the instructor the night of class.

W Feb 12-Apr 2 7 sessions \$65
7-9 pm DMS Woodshop
AEHGS201
No class Mar 12

Teach a Community Education Class

Share your skills and talents by teaching a Community Education class. If you're interested in pursuing this rewarding experience please contact Barb Pierce at (651) 460-3203 or email to bpierce@farmington.k12.mn.us.

Flame Painted Copper

Lynn Moore

Create a one of a kind piece to call your own made from flame painted copper. Be one of the first to be wearing the latest and greatest in jewelry made by you! Take home your fabulous piece the night of class, and be wearing or giving it as a gift the next day. Supply fee of \$8-\$12 paid at class.

W Mar 12 1 Session \$19
6:30-8 pm LSHS C102
AELW304

W Apr 23 1 Session \$19
6:30-8 pm LSHS C102
AELS304

Metal Clay Jewelry

Lynn Moore

Create a one of a kind piece to call your own made from copper clay. Be one of the first to be wearing the latest and greatest in jewelry made by you! Working with these strong metals, students can add silver clay and embellishments and fire them onto the copper clay. Each piece will be fired by the student for 3 to 5 minutes with butane torches. Take home your fabulous piece the night of class, and be wearing or gifting it the next day. Supply fee of \$8-\$20 paid at class.

W Jan 15 1 Session \$10
6:30-8 pm LSHS C102
AELW203

W Feb 26 1 Session \$10
6:30-8 pm LSHS C102
AELW213

Sami Bracelet

Marie Frederick

Sami Bracelets with origins in the 10,000 year old indigenous Swedish Sami culture of Lapland has caught the eye of celebrities and fashionistas everywhere. Come and learn how to braid pewter thread and leather to create this latest fashion trend. Bring your favorite button or buy one of ours. Supply fee of \$15-\$18 paid at class.

Sa Jan 25 1 Session \$19
10 am-12 pm ENM Library
AELW309

Personalized Stamped Pendants

Marie Fredrick

In this class, you will punch metal circles and then hand stamp words or hammer textures into the metal. No soldering involved. Come to this class with some ideas of the words you want to stamp - they can be names of people, or short quotes. You will learn to finish with wire, beads and jump rings. Supply fee of \$18-\$20 paid at class.

Sa Feb 22 1 Session \$29
10 am-1 pm ENM Library
AELW310



Silver Clay Jewelry

Lynn Moore

Make a 99% pure silver pendant or earrings from silver clay. Using a unique product from Japan, a mixture of porcelain clay mixed with silver recycled from sheet x-rays or movie film, students will create pieces, dry them, and fire and burnish (polish) to a beautiful silver shine in one night. Take home your jewelry the night of class. Supply fee of \$12-\$35 paid at class.

W Feb 12 1 Session \$19
6:30- 8 pm ENM Library
AELW305

W Apr 30 1 Session \$19
6:30- 8 pm LSHS C102
AELS305

Silver Masters

Lynn Moore

This class is offered to people who have taken at least one silver clay class. Silver clay pieces are layered and embellishments added to each piece. Then the clay is refired to make multi-dimensional, beautiful, unique pieces. Supply fee of \$20 and up paid at class.

W Jan 22 1 Session \$10
6:30- 8 pm LSHS C102
AELW307

W Mar 19 1 Session \$10
6:30- 8 pm LSHS C102
AELW308

Viking Weave

Kathleen Murray

Viking weave is an art form that has been used for centuries. Wire is handwoven around a mandrel and then pulled through a drawplate to secure the intricate weave. Completed pieces are elegant, durable and one-of-a-kind. It's as easy as sewing or knitting. Once you have learned the technique, you'll be making jewelry pieces for friends and family for years to come. You will receive a kit in class (included in fee).

M Mar 17 1 Session \$49
6-9 pm LSHS C102
AELW301



Get to Know Your iPad

Mike Pahl

Have questions about your iPad or iPad Mini? Join this class to get the answers you need. Learn about the hardware, accessories, Lock Screen, Home Screen, and the App Store. Bring your iPad or iPad Mini to class.

W May 7 1 Session \$19
6:30-8:30 pm MVES-CE Rm 104
AETCS201

iPad - Beyond the Basics

Mike Pahl

Learn how to get the most out of Mail, Contacts, Calendar, Reminders, and iCloud. iCloud allows you to sync information, share photos, locate your device, and backup your iPad. Bring your iPad or iPad Mini to class.

W May 14 1 Session \$19
6:30-8:30 pm MVES-CE Rm 104
AETCS202

One-on-One Computer Instruction

Robert Ver Straeten

Receive individual computer training and instruction by an experienced trainer. Please indicate 2 or 3 areas you would like help with and a choice of times available for training when registering.

Ongoing, as arranged 1 Session \$79
90 minutes MVES-CE
AETCW309

iPad - Tricks of the Trade

Mike Pahl

Join this class to learn how to get the most out of Safari, Siri, and Maps. You will learn how to use multi-touch gestures, spell check, copy and paste, and other neat tricks as well! Bring your iPad or iPad Mini to class.

W May 28 1 Session \$19
6:30-8:30 pm MVES-CE Rm 104
AETCS203

iPad - Exploring Entertainment

Mike Pahl

This class is all about Photos, Music, Videos, and E-Books. Mike will show you how to: sync photos and music from your computer, purchase media from iTunes, use AirPlay, download eBooks, and get the most out of the Photos app. Bring your iPad or iPad Mini to class.

W May 21 1 Session \$19
6:30-8:30 pm MVES-CE Rm 104
AETCS204

Computer Basics for 50+

Robert Ver Straeten

Learn the basics of computers. Begin with turning on and off the computer as well as using the mouse, keyboard, desktop and taskbar. You will learn the fundamentals of word processing using Word 2010. Also learn the basics of file browsing and management. Fee includes text book.

M Jan 27 & Feb 3 2 sessions \$49
6:30-8:30 pm MVES-CE
AETCW301

Beginning Word 2010

Robert Ver Straeten

This class covers introductory Microsoft Word 2010 skills. Topics covered include working with text, using proofreading tools, creating bulleted and numbered lists, using Mail Merge and more.

Th Feb 13-20 2 sessions \$49
6:30-8:30 pm MVES-CE
AETCW303

Beginning Excel 2010

Robert Ver Straeten

This course covers introductory Microsoft Excel skills. Topics covered include entering and editing entries, selecting cells and ranges, creating and modifying basic formulas, formatting worksheets, importing web data, and more.

M Mar 24-31 2 sessions \$49
6:30-8:30 pm MVES-CE
AETCW302

ADULT



Online Learning- Instructor Facilitated Anytime, Anywhere

Online Courses Include:

- ◆ Expert instructors
- ◆ 24-hour access
- ◆ Online discussion areas
- ◆ 6 weeks of instruction
- ◆ Many courses to choose from
- ◆ New sessions begin each month

Online courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, and more. Courses start as low as \$89.

You can complete any course entirely from your home or office, any time of the day or night. Register online at www.farmingtonCE.com.

You must have your own computer, internet access, e-mail and Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses have additional requirements.



Start Your Own Business with help from SCORE

Contemplating starting your own business? Discover how to get started, marketing strategies and ideas, financial management and how to develop a business plan. Learn from experienced business professionals, both active and retired, who can provide individual assistance, if desired. Presented in collaboration with SCORE South metro, Burnsville, Counselors to America Small Business, a resource partner of the U.S. Small Business Administration (SBA). Save and enroll in all four classes in the series for \$99.

How to Start Your Own Business

SCORE

Are you interested in learning the basics of "going into business"? Is there a market for your idea? Are you emotionally, mentally and financially prepared? Explore the necessary procedures needed to start your own business. Discover how to successfully implement your business idea from an experienced business professional.

T Feb 11 1 Session \$29
6:30-8:30 pm BHMS
AWM101

Marketing Strategies and Ideas

Your product or service is only as valuable as customers see it ... in print, internet or social networks. Discover how to create effective marketing and media strategies. Learn how to access your media needs. Explore ideas for designing a successful marketing strategy that sells your product of service through creative planning.

T Feb 18 1 Session \$29
6:30-8:30 pm BHMS
AWM102

Financial Management of Your Business

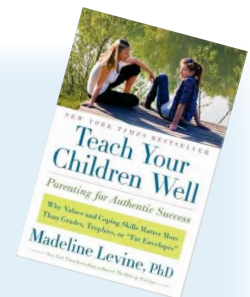
Explore sources for financing your plan, understand financial statements and confront cash flow situations along with operational issues. Find out why tax planning and structure are important.

T Feb 25 1 Session \$29
6:30-8:30 pm BHMS
AWM103

Developing Your Business Plan

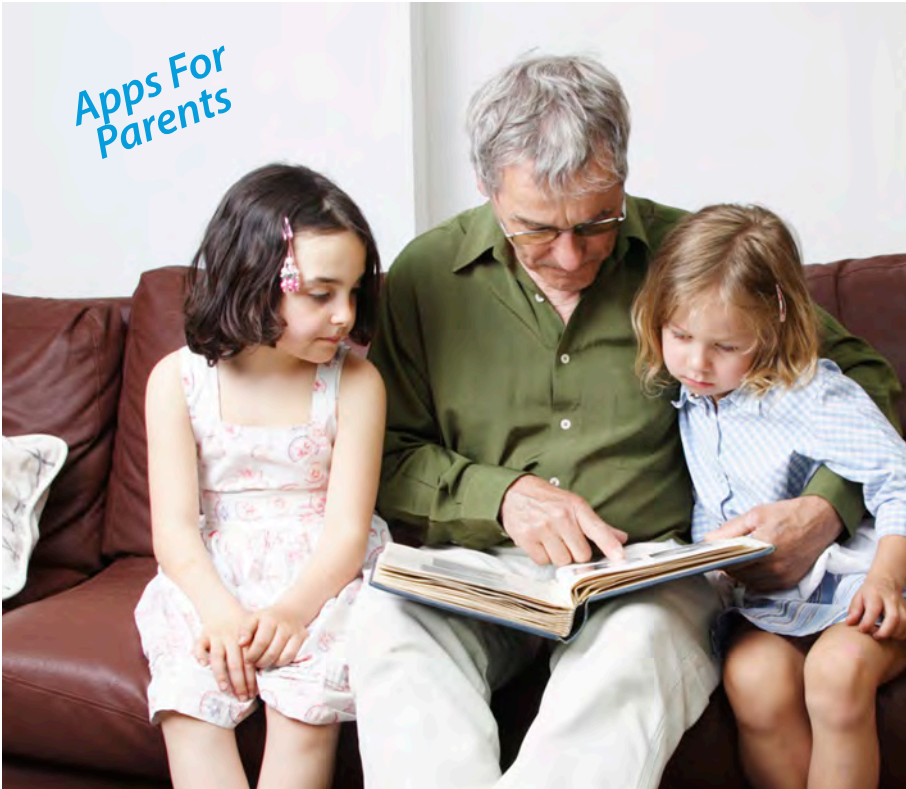
A comprehensive business plan is crucial for success. Learn key components in describing your product or service and marketing strategy. Define your business, team members and the necessary financial landmarks in accomplishing your goals. An experienced business professional will lead you through these processes.

T Mar 4 1 Session \$29
6:30-8:30 pm BHMS
AWM104



Join our online book study! See page 14 for details.

Apps For Parents



Baby Signs® Sign, Say and Play Class

Carol Hedberg

The Baby Signs® Program is a simple and fun program using sign language to communicate with hearing babies and toddlers before they can talk. This 6-week series of fun and entertaining play classes for parents and babies (6 months to 24 months) teaches signs using songs, games, books, and activities. Each week focuses on a different useful theme. The Baby Signs Sign, Say & Play Kit is included in the cost of the class and supports parents in continuing to use signs at home.

T Jan 7-Feb 11 6 Sessions \$129
7-8 pm MVES-CESm Gym
AELW502

How to Get Into College and Pay for It

Gloria Wenblatt

College costs are escalating rapidly and are one of the largest investments your family will make. It is critical to understand the mistakes that families make that can result in a poor academic or financial choice. Understand what college actually costs and how to reduce your costs, minimize debt and make college affordable. Class covers: What to focus on during high school, how to make the student more attractive to colleges, how to prevent the common mistakes made in the selection process, myths about colleges and college aid, how the FASFA works, how college grants and loans work. Developing a strategy in the college selection process is vital in selecting the right college and minimizing debt. Appropriate for any family with children in high school or community college and planning to go to a community college or four year school.

W Apr 16 1 Session \$19
6:30-8:30 pm LSHS Lecture Hall
AEWW201

Fee is per single or couple.

Intuition Development Class for Parents

Laura Roseland



The connections we have with our children are very strong especially when they are young. As our children get older, those connections can get muddled especially as they branch out into the world. Tuning into our children via our intuition is a necessary and effective tool we can utilize as parents to help insure our kids are safe and protected.

In this class, we will learn how to strengthen and utilize our natural intuition to: Tell the truth from a lie, know when to intervene in a situation or not, tune into and essentially “read” their energy and those of others to create a loving and healthy environment for our children. This is an interactive class that includes meditation and visualization tools, as well as important content on what intuition is and how to control it and use it everyday.

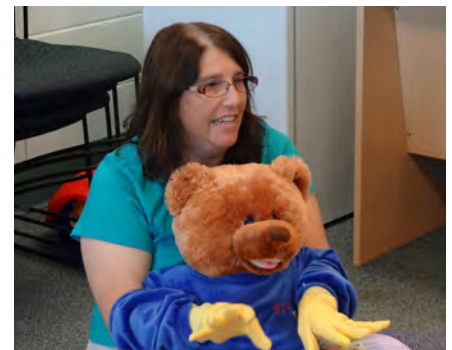
T Feb 11-25 3 Sessions \$35
6:30-8 pm CLEC Room A116
AELSW203

Baby Signs® MORE Sign, Say and Play Class

Carol Hedberg

The MORE Sign, Say & Play 6-week class is an extension of our Baby Signs® Sign, Say & Play class with fun songs, games, books, and activities that introduce 36 additional signs with 6 new themes: Feelings, Outside, Safety, Farm, Zoo, and Birthday. The Baby Signs MORE Sign, Say & Play Kit is included in the cost of the class for families to use at home.

T Feb 18-Apr 1 6 Sessions \$129
7-8 pm MVES-CESm Gym
AELW503
No class Mar 11



ADULTS

Apps For the Kitchen



Introduction to Pressure Canning

Justine Jacobson

Learn how to preserve the bounty of the harvest! Whether you're a beginning canner wondering where to start, an experienced boiling-water canner considering the investment in pressure canning, or a seasoned veteran canner, you're sure to learn something new in this information-packed class. The most up-to-date information from trusted sources on the only safe way to can low-acid foods such as vegetables, meat, poultry, fish, and wild game. We'll also prepare and taste a deliciously easy recipe using a home-canned product. (No canning done in class.)

Th Jan 16 1 Session \$29
6-8 pm FHS Facs Rm 2413
AECULF103

Baking Breads

Making your own bread is easy! Come and learn how to keep pulling those fresh loaves out of the oven. Breads will include English Muffin Toasting Bread, Olive Oil Bread and In a Flash Foccacia Bread. Join us for this hands-on class to gain knowledge and confidence!

Sa Feb 1 1 Session \$39
9-11:30 am LSHS A101
AECULW101

Brunch Basics

Justine Jacobson

Hosting a get-together this spring? Brunch is a great way to entertain! In this fun class, participants will learn the chef's secrets for planning, prep, and timing a delicious, budget-friendly, from-scratch brunch to amaze and delight their families or weekend guests. Many cooking techniques and tips will be discussed and demonstrated, and you'll learn how to get it all on the table, piping hot, and all at the same time!

Th Feb 20 1 Session \$29
6:30-9 pm FHS Facs Rm 2413
AECUW102

Carrots, Onions, Potatoes, and More

Mary Schmidt and Jo Anne Wolters

Want to know about what is growing underground? Learn how these plants differ from above-ground vegetables. Soil prep, disease problems, watering, and general care will be discussed.

Th Apr 3 1 Session \$19
6:30-8 pm MVES-CE
AEHGW301

Plan Your Garden

Mary Schmidt and Jo Anne Wolters

Let these Master Gardeners help you get ready for planting! Learn how much room you need for all those vegetables you'd like to grow, when to plant them for continuous harvest all summer long, find good "companion" plants, and find out why it is a good idea to "rotate your crops" on a regular basis.

Th May 1 1 Session \$19
6:30-8 pm MVES-CE
AEHGS301

Avoid Disappointment!

Register early-and with a friend! Many classes fill quickly, and sometimes a great class gets cancelled because people wait to register until the last minute! Don't be disappointed-please register today!



PARENTING SERIES

Supporting Healthy Families...



PARENTING SERIES

2013 2014

FREE
admission to all sessions.
Pre-registration **NOT** required.
Childcare **WILL NOT** be provided.
Continuing Education Units (CEU's)
are available for a
\$5 fee/per session.



Monday, October 28 - Lakeville Hosanna Church 9600 163rd St. West (enter door 5)
7-8:30 pm

Supporting Mental Health in our Children: A Candid Conversation About Awareness, Advocacy and Overcoming Stigma

– Ken Barlow-keynote and Expert Panel

Join KSTP Meteorologist Ken Barlow as he shares his personal journey facing a mental illness. Following Ken's presentation a panel of experts will discuss identification, early intervention, and coordinated response to mental health concerns in youth.



Monday, February 10-Farmington High School Gym 20655 Flagstaff Ave.
7-8:30 pm

How does Physical Activity Impact Learning, Behavior and Academics?

– Jack Olwell and Joe McCarthy

Learn how movement can increase fitness, learning and academic success. National speakers, Physical Education Teachers, Jack and Joe, will demonstrate how fitness can positively influence math and literacy assessment scores, learning, academic achievement and student behavior. Wear comfortable clothes and shoes.



Monday, March 3-Lakeville South High School Auditorium 21135 Jacquard Ave.
7-8:30 pm

The New Self Esteem: Creating a Mindset for Success in Your Child

– Toni Schutta

Welcome back Toni Schutta, one of our most highly requested speakers as she reveals the secrets to helping your child be more successful in school, athletics and life.



Sponsored by:

ISD 192 and 194 School Districts, Community Education and Early Childhood Family Education

For more information please call:

Barb Pierce – 651.460.3203

Judy Johnson – 952.232.2355

Or visit either of these websites:

www.LakevilleAreaCommunityEd.net or www.farmingtonCE.com

The views and opinions of the presenters do not necessarily reflect the views and opinions of Independent School Districts 192 or 194.



PROJECT EXPLORE



River Valley Project Explore serves adults with disabilities. Project Explore provides customized educational, social and recreational opportunities and encourages inclusion in community activities. Participants enjoy a wide variety of classes and activities including:

- Arts and Crafts
- Cooking
- Life Skills
- Dances
- Sports
- Excursions and more!

Visit www.district196.org/projectexplore or call (651) 423-7931 for registration or more information.

Upcoming Events New Year's Dance

Fri, Jan 10

Valley Middle School

Elvis's Birthday Party

Wed, Jan 8

Wings Credit Union

Valentine's Dance

Fri, Feb 14

Valley Middle School

Waffle Breakfast

Sat, Apr 12

Messiah Lutheran Church

Call (651) 423-7931 (voice) or (651) 423-7929 (TTY) or visit www.district196.org/projectexplore for more information or to register.

Online Book Study!

CEUs Available



Online book study for all adults, parents & teachers

"Teach Your Children Well: Parenting for Authentic Success" by Madeline Levine, PhD

An ECFE Parent Educator will guide a lively conversation on the book *Teach Your Children Well: Parenting for Authentic Success*. This book is a must-read for parents, looking for tangible tools to help kids thrive in today's high-stakes, competitive culture. The book begins by exploring how we currently define success and the pros and cons of that definition. Often, when one is discussing children, success revolves around academics. Real success is measured not by today's report card, but the people our children become. How efficient will your child be in making decisions, problem solving, innovative thinking, and the ability to ask the right questions?

The Parent Educator will use online tools for discussion and interaction. No specific chat time is required. Join your friends and neighbors in this convenient way of learning. Registration is required; every person who signs up will be granted access to the website through their email address. CEU's available.

EW801

Jan 7-Feb 18

\$10

Email address is required at registration.

"I liked the format and the flexibility to get the reading and discussion responses done as I could fit it in."

~previous participant



Learn English ESL/ELL

This class is for all levels of English language learners. We can help you improve your basic vocabulary, reading, writing and conversation in English. We offer flexible morning and evening classes that are free and you may start at anytime!

Inglés como segundo idioma

Clases son para todos niveles de inglés. Las clases incluyen vocabulario básico, lectura, escritura y conversaciones en inglés.

English Second Language (ESL/ELL)
Inglés como segundo idioma

T, Th Jan 14-Mar 6 9:15 am-noon
MVES-CE Room 118
Free childcare is available during morning classes.

T, Th Jan 14-Mar 6 6-8:15 pm
MVES-CE Room 118

Official GED Testing

Dakota Prairie Adult Basic Education offers official GED testing at the Northfield Community Resource Center (NCRC) in Northfield. Reservations are required. Call (651) 460-3242 or email ckinville@farmington.k12.mn.us for test dates, reservations or for more information.

ADULT BASIC EDUCATION (ABE)

All classes held at the Community Education Center, Meadowview Elementary (MVES)
6100 195th Street West, Farmington

Winter Session January 13 to March 6

ABE offers programs for adults who want to finish high school and prepare for college and/or improve their English language skills. Begin now to move ahead in your job, or prepare for further education!

Registration

Registration for any of our ABE classes is on a walk-in basis with no appointment required. You will register and complete a short assessment during the first class you attend. All ABE classes are free and you may start at anytime.

For more information you can call (651) 460-3242 or email ckinville@farmington.k12.mn.us or check out www.DakotaPrairieABE.com.

Earn your GED

Reach your goal of obtaining a GED by attending our small, informal classes. Let us help you pick up where you left off! Earn your GED to start on the road to a better job or further your education. The GED has changed. Individuals who started testing but did not complete their GED in 2013 will need to take all the tests again.

GED Prep

M	Jan 13-Mar 3	5:30-8:15 pm	MVES-CE Room 118
W	Jan 15-Mar 5	9:15 am-noon	MVES-CE Room 118

Adult Basic Education for Work or School

If you already have a GED or High School diploma and are interested in going to college or work and need help getting ready we can help! Work on math to pre-algebra skills, English, college level reading and writing, computer and study skills to help prepare you to pass the ACCUPLACER college entrance exam or prepare for employment.

Transition Skills

M	Jan 13-Mar 3	5:30-8:15 pm	MVES-CE Room 118
W	Jan 15-Mar 5	9:15 am-noon	MVES-CE Room 118

FARMINGTON MUSIC ACADEMY

Whether you are a new musician just starting out or an experienced musician looking for improvement, the Farmington Music Academy has a place for you!
 Space is limited, sign up for location and time preferences online now at www.farmingtonCE.com
 All lessons meet weekly. Individual lessons are arranged after the online registration is completed.
 You will be placed on a waiting list and notified when lesson times are assigned.
 Questions? Contact Katie Johnson, kjohnson@farmington.k12.mn.us or (651) 460-3200.

Guitar Lessons - Private

Grades 3-Adult

Private guitar lessons available for students, beginner, intermediate and advanced skill levels. \$5 material fee payable to instructor. Students must have access to a guitar for practice.

Mike Welsh

WGTRM-M (Mon)

WGTRM-Th (Thu)

8 private 30 minute lessons

\$176 MVES

Call for availability.

Nate Washburn

WGTRN-T (Tue)

8 private 30 minute lessons

\$176 MVES

Call for availability.

Brass Instruments

Greg Lewis

Professional Musician for over 30 years

Grades 6-12

Improve your brass skills by learning more about the physical, technical and creative aspects of your instrument. Lessons are tailored to each student's individual needs. Lessons available for: coronet, trumpet, french horn, trombone, baritone, euphonium and tuba.

BRASS (Wed)

12 private 30 minute lessons

\$355 FHS

Call for availability.

Music Academy lessons are not held on days when school is closed or on elementary school conference days.



Violin

Ann Bur

Grades K-Adult

Learn to play or continue to develop your skills on one of the four instruments of the violin family. Beginners take the first steps in learning posture, position, good practice habits and lots of fun songs.

WVIOL-T (Tue)

WVIOL-W (Wed)

12 private 30 minute lessons

\$264 MVES

Call for availability.



Percussion Lessons

Krissy Bergmark

Grades 1-12

Students taking percussion lessons may choose from a variety of instruments, including snare drum, tympani, marching percussion, and more. Lessons are largely directed by the student's preference of studies.

PERC (Wed or Tue)

12 private 30 minute lessons

\$312 FHS

Call for availability.

Piano

Grades K-12

Private 30 minute piano lessons for beginners or intermediate students, scheduled during after school hours. Students will learn techniques of playing the piano and reading music.

Instructors:

Gretchen Porisch

MVES M

ARES T

FES Th

Linda Rich

NTES T/W

Patricia Steege

NTES M

Tresa Washburn

MVES Th

Call for availability and rates.

Fees do not include piano lesson books. Instructor will provide information about purchasing lesson books. Students must have access to a piano or keyboard for practice.



ACT/SAT/PSAT Prep Classes

Advantage Educational Programs

Grades 10-12

The ACT and SAT/PSAT Preparatory Courses are designed for those who wish to improve their test-taking skills and their overall scores on the college entrance exams. Advantage provides valuable instruction for the ACT, SAT, and the PSAT. Classes meet once each week for 4 weeks, with make-up classes available. The courses include diagnostic testing, strategies for answering questions in all testing areas, instruction in time management, essay writing, and more.

Students can choose to attend classes at Farmington High School or at other area schools.

- ◆ To enroll at Farmington High School, register online at www.farmingtonCE.com.
- ◆ To enroll in an ACT or SAT /PSAT course at another site, please call Advantage Prep directly at (612) 222-5108 and mention you are a student from Farmington. Once you are registered, you will be contacted by email or phone with your classroom assignment approximately 7-10 days before classes begin. For a complete list of ACT and SAT/PSAT prep classes please visit www.AdvantagePrep.net

Th Feb 13-Mar 6 4 Sessions \$120
 5:45-8:45 pm FHS Media Rm 3602
W14ACT-434

W Apr 30-May 21 4 Sessions \$120
 5:45 PM-8:45 PM FHS Rm 1314
S14ACT-634

Students may participate in both courses for the reduced price of \$210, and may repeat the courses in future offerings – free of charge.

SPANISH - Local Spanish, Global Experience

Futura Language Professionals

Grades K-5

Get a head start on your child's language education in Futura's Vamos series of classes! Each class brings an all new adventure based theme that encourages social conversation skills from day one. In this semester's class, we jet off to the bustling city of Madrid, Spain with Vamos po la ciudad! (Let's go to the city!) Our stimulating class environment will energize and motivate students to learn useful Spanish vocabulary about sports, health, and pastimes--all in Spanish! Classroom journeys include: playing soccer, eating Spanish tapas, participating in sports at the school, health and joining in activities in the park. Act now to ensure your child is a part of this comprehensive bilingual experience. Appropriate for students with or without previous Spanish experience.

T Feb 4-Apr 8 8 Sessions \$131
 3:05-4:05 pm NTES Staff Rm
F14SP-NT2
 No Class Mar 4 & 11

W Feb 5-Apr 2 8 Sessions \$131
 3:45-4:45 pm ARES Media Center
F14SP-AR2
 No class Mar 12

I appreciate having these classes so close to home.

Great review for college entrance exams!

The evening class didn't interfere with sports practice.

I like that my child was exposed to another culture.

**Grandmasters of Chess
Winter**

Youth Enrichment League

Grades K-5

New and returning students are invited. Get prepped and primed for chess tournament season. Lessons are crafted by the best chess minds in Minnesota. The lessons progress from rudimentary concepts through higher-level theories. Activity books are formatted to be accessible to beginners, yet challenge intermediate and advanced students to apply deeper understanding of chess concepts. Develop the brain bending strategies of a brilliant and complex game!

T Jan 21-Feb 25 6 Sessions \$74
3:45-4:45 pm MVES Media Ctr
W14CH-M

Th Jan 23-Feb 27 6 Sessions \$74
3:05-4:05 pm RVES Rm 111
W14CH-R



**Grandmasters of Chess
Spring**

Youth Enrichment League

Grades K-5

New and returning students are invited. NEW CURRICULUM! Get ready for your school's year-end in-school tournament. Bring your Cadet, Lieutenant, or Captain Booklets and your chess dollars. Our lessons are crafted by the best chess minds in Minnesota. The lessons progress from rudimentary concepts through higher-level theories. Our activity books are formatted to be accessible to beginners, yet challenge intermediate and advanced students to apply deeper understanding of chess concepts. Develop the brain bending strategies of a brilliant and complex game!

T Mar 25-Apr 29 6 Sessions \$74
3:35-4:35 pm MVES Media Center
S14CH-M

Th Mar 27-May 1 6 Sessions \$74
3:05-4:05 pm RVES Rm 111
S14CH-R



Earth and Arbor Day

Saturday, April 26, 2014

11:30 am - 12:30 pm

Rambling River Center

Join the City of Farmington and Farmington Area Community Education for an afternoon of entertainment and fun things to do! You, your friends and families are invited to join us for FREE! Details on page 5.





Minecrafting: Survival Basics

Computer Explorers

Grades 2-8

Minecraft is a sandbox building game that's been dominating the world of video gaming for the past few years. In our course, explore, learn, problem solve and create amazing and unique worlds together using Minecraft for the PC. This class is for beginner and intermediate Minecrafters. Students will be playing in a custom created world, following a progressive story of survival on a desert island and then learn to work collaboratively to survive. Work toward the common goals of solving the mystery of the island and conquering the tyrant in charge. At the end of class students will be given complete creative freedom to develop our island. Students will work on individual computers.

Sa Mar 8 1 Session \$90
8:30 am-3 pm FHS Rm 1201

W14MC-24 (Grades 2-4)

Please bring a bag lunch.

Sa Apr 5 1 Session \$90
8:30 am-3 pm FHS Rm 1201

S14MC-58 (Grades 5-8)

Please bring a bag lunch.

LEGO Machines: Catapult & Levers

Youth Enrichment League

Grades 1-5

New Projects! New Curriculum! Build motorized windshield wipers and a piano player. Design and build your own catapult and compete in a marshmallow launch contest with your classmates. Challenge every aspect of your creativity while learning the basics of engineering and physics. Students are given a different project to build, test and modify in each class. The projects are used to investigate basic engineering concepts.

T Jan 21-Feb 25 6 Sessions \$68
3:45-4:45 pm ARES Media Center
W14LG-A

Th Jan 23-Feb 27 6 Sessions \$68
3:05-4:05 pm NTES 4th Grade Pod
W14LG-N

M Jan 27-Mar 17 6 Sessions \$68
3:35-4:35 pm MVES-CE Rm 115
W14LG-M

No Class Feb 17 & Mar 10

W Jan 29-Mar 5 6 Sessions \$68
3:05-4:05 pm RVES Rm 111
W14LG-R

LEGO Machines: Pulleys

Youth Enrichment League

Grades 1-5

Build a motorized crane, conveyor belt, a garage door and many more projects. Students will build, test, modify and investigate a different project each week. Learn the difference between a fixed pulley and a "block and tackle." This class is innovative and engaging.

M Mar 24-Apr 28 6 Sessions \$68
3:35-4:35 pm MVES-CE Rm 115
S14LG-M

T Mar 25-Apr 29 6 Sessions \$68
3:45-4:45 pm ARES Media Center
S14LG-A

W Mar 26-Apr 30 6 Sessions \$68
3:05-4:05 pm RVES Rm 111
S14LG-R

Th Mar 27-May 1 6 Sessions \$68
3:05-4:05 pm NTES Media Center
S14LG-N

He enjoyed the challenge and creativity!

Great opportunity for advanced learning!

Each class had a new project to build.

The director and staff are fantastic!

Finished with this catalog?

Don't throw it away! Pass it along to an interested friend. We rely upon our friends to help us spread the word about our programs to those who may benefit from them and have not received a catalog. Need information? Call (651) 460-3200.

Magic Storytelling

Homeward Bound Theatre Company

Grades K-3

Join in the fun as your favorite tales are enhanced with rib-tickling humor, and slap-stick comedy illusion. Satisfaction guaranteed or all laughter returned!

W Feb 5-19 3 Sessions \$42
3:35-4:50 pm FES Media Center
W14-MSTF

Th Mar 20-Apr 3 3 Sessions \$42
3:35-4:50 pm MVES- CE Rm 115
W14-MSTM

Th Apr 10-24 3 Sessions \$42
3:05-4:20 pm RVES Band Rm 110
W14-MSTR

T Apr 29-May 13 3 Sessions \$42
3:05-4:20 pm NTES Staff Rm
W14-MSTN

Register Early!

Prompt registration helps avoid disappointment when classes fill quickly. It also helps avoid the disappointment of cancelling a class due to low enrollment, only to find that last minute registrations would have filled it. Early registrations make it easier if we need to contact you for any reason before your class begins.



Lady Pirates of Captain Bree - The Musical

The Play's the Thing Productions

Ages 9-18

Gangway, Pirates of the Caribbean.....here comes The Lady Pirates of Captain Bree! When his crew jumps ship upon sighting pirates in the distance, Captain Jennings is left with a makeshift crew of motley prisoners and Fergus, a sailor who can't swim to protect his wealthy passengers, the Prescotts, from the inevitable pirate attack. As the lady pirates take over the defenseless ship, the Kayla May, you're in for a swashbuckling musical comedy with a host of hysterical characters on deck and a spectacular Bill Francoeur score. 22 roles.

Auditions:

Saturday, April 5 11:45 am-3:45 pm FHS Lecture Hall

Rehearsals:

Saturdays (Apr 5-May 17) 11:45 am-3:45 pm FHS Lecture Hall
Thu-Fri (May 1-16) 6-8:30 pm

Tue-Thu (May 27-29) 5-9 pm BMS Auditorium

Performances:

Fri, May 30 at 7 pm and Sat, May 31 at 1 pm
Boeckman Auditorium

FYPLAY

18 Sessions FHS & BMS
Apr 5-May 31
\$175

Warm & Cozy Art Sampler

Watch Me Draw

Grades K-5

Learn the tricks, tips and secrets that artists use to create their masterpieces. You too are an artist, and each week will bring home your own masterpiece. Drawing is an easy to learn skill that anyone can master! These are fun classes designed to help you gain solid drawing and coloring skills that will stay with you for a lifetime. In our Warm and Cozy Art Sampler, we will create adorable scenes of people and animals that cuddle, burrow, and huddle to stay warm in the winter. Also a very special clay project will be part of the fun!

M Jan 27-Mar 3 5 Sessions \$59
3:05-4:05 pm NTES Staff Rm
W14WC-N
No Class Feb 17

M Jan 27-Mar 3 5 Sessions \$59
3:45-4:45 pm ARES Cafeteria Gym
W14WC-A
No Class Feb 17

T Jan 28-Feb 25 5 Sessions \$59
3:05-4:05 pm RVES Rm 111
W14WC-R

W Jan 29-Feb 26 5 Sessions \$59
3:35-4:35 pm MVES-CE Rm 115
W14WC-M

Th Jan 30-Feb 27 5 Sessions \$59
3:35-4:35 pm FES Rm 1
W14WC-F



Celebration Plates

Color Me Mine

Grades 1-5

Have fun creating a themed set of plates to celebrate that special occasion or for just everyday treats! Kids will paint a plate each week to tie in to the theme they have chosen. They will use great colored glazes and learn fun techniques to apply them. Completed plates will be glazed and returned at the next class. The final class project will need to be picked up at the Color Me Mine Studio in Eagan, located at 3324 Promenade Ave.

Th Jan 23-Feb 27 6 Sessions \$53
6:30-7:30 pm MVES Art Rm
W14PLT

Th Mar 20-Apr 24 6 Sessions \$53
6:30-7:30 pm MVES Art Rm
S14PLT

Paint and Clay

Abrakadoodle

Grades K-5

Got the winter blues? Join us for Paint and Clay and brighten up your winter. We'll paint on canvas and explore water color with special effects. We'll create a 3-D painting. We'll have lots of colorful fun! Imaginations will soar!

T Jan 28-Feb 18 4 Sessions \$60
3:35-4:35 pm MVES-CE Rm 115
W14PC-M

Th Jan 30-Feb 20 4 Sessions \$60
3:05-4:05 pm NTES Staff Rm
W14PC-N

Winter Special! \$54 for 2nd child from the same family in Paint and Clay classes.

All About Angry Birds

Kid Create Studio

Ages 5-12

We will "slingshot" your young artist into the incredible world of art at this fun class! Which version of the popular Angry Birds App is your child's favorite? Is it the original game, Space, Rio or maybe Star Wars? We will create projects inspired by them all. We'll work with Air-dry clay, Model Magic, paint, and more materials to create these masterpieces.

W Feb 5-26
4 Sessions \$58
3:05-4:05 pm NTES Staff Rm
W14AB-N

Th Feb 6-27
4 Sessions \$58
3:35-4:35 pm ARES Caf Gym
W14AB-A

M Apr 28-May 19
4 Sessions \$58
3:05-4:05 pm RVES Band Rm
S14AB-R

T May 6-27
4 Sessions \$58
3:35-4:35 pm FES Rm 1
S14AB-F



Spring Art Sampler

Watch Me Draw

Grades K-5

All new lessons for this popular class! We will create 2 and 3 dimensional spring themed projects with drawing, clay and acrylics. Create a special Ice Cream Sundae project using a combination of clay and acrylics. Use pastels, paints, glitter and jewels as we create spring animals and scenes. This session provides a chance to work on a variety of skills, explore different techniques and mediums, create a work of art from start to finish, and have a blast making the coolest art around.... YOURS!

M Mar 24-Apr 21 5 Sessions \$59
3:05-4:05 pm NTES Staff Rm

S14SA-N

M Mar 24-Apr 21 5 Sessions \$59
3:45-4:45 pm ARES Cafeteria Gym

S14SA-A

T Mar 25-Apr 22 5 Sessions \$59
3:05-4:05 pm RVES Rm 111

S14SA-R

W Mar 26-Apr 23 5 Sessions \$59
3:35-4:35 pm MVES-CE Rm 115

S14SA-M

Th Mar 27-Apr 24 5 Sessions \$59
3:35-4:35 pm FES Rm 1

S14SA-F

Awesome Art Camp

Abakadoodle

Grades K-5

Celebrate spring with an explosion of color. In this fun camp we'll try everything from sculpting to drawing with pastels. We'll have a blast creating lots of awesome art.

T Apr 15-May 6 4 Sessions \$60
3:35-4:35 pm MVES-CE Rm 115

S14AA-M

Th Apr 17-May 8 4 Sessions \$60
3:05-4:05 pm NTES Staff Rm

S14AA-N

\$54 for 2nd child from the same family in Awesome Art Camp.

Her favorite part was the painting and clay.

My favorite part was the location and time...

right after school, in the school.

He loved taking class with friends!

Open Studio

Watch Me Draw

Grades K-5

Let loose, get messy and have a blast choosing your own art project from a buffet of cool tools of mass creativity. Transform inspiring materials into amazing masterpieces. Each week we will start with a core medium such as clay, paint, collage, and drawing, and let you take it from there, choosing your own additions and creating personalized art from start to finish.

M May 5-19 3 Sessions \$39
3:45-4:45 pm ARES Cafeteria Gym

S14ST-A

M May 5-May 19 3 Sessions \$39
3:05-4:05 pm NTES Staff Rm

S14ST-N

T May 6-May 20 3 Sessions \$39
3:05-4:05 pm RVES Rm 111

S14ST-R

W May 7-May 21 3 Sessions \$39
3:35-4:35 pm MVES-CE Rm 115

S14ST-M

Th May 8-May 22 3 Sessions \$39
3:35-4:35 pm FES Rm 1

S14ST-F

Babysitter's Training

Lynette Endres

Ages 11-15

Babysitter's Training is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. You'll learn to be the best babysitter on the block. You'll also gain the confidence to make smart decisions and stay safe in any babysitting situation. You'll learn how to: Supervise children and infants. Perform basic child-care skills such as diapering and feeding. Choose safe, age-appropriate games and toys. Handle bedtime and discipline issues. Identify safety hazards and prevent injuries. Care for common injuries and emergencies such as choking, burns, cuts and bee stings. Communicate effectively with parents. Find and interview for babysitting jobs. Students **MUST** be age 11 years or older by the class date.

M Jan 20 1 Session \$75
9 am-3:30 pm MVES-CE Rm 104

W14BBY

Students should bring a bag lunch

F Mar 7 1 Session \$75
9 am-3:30 pm MVES-CE Rm 104

S14BBY

Students should bring a bag lunch

Planning a birthday or team party?

The pool at Levi Dodge Middle School can be rented for birthday and team parties. \$120 covers all costs (including lifeguards) for an hour and a half party of up to 25 swimmers. Contact the pool at 651-460-1515 with questions. Call the Community Education office at 651-460-3200 to reserve your date today!



Safe On My Own

Lynette Endres

Ages 8-11

Children who spend time "home alone" either before or after school are a fast growing group. This course will help give youth ages 8-11 the skills they need to feel more confident about taking care of themselves. Video and discussion points covered include: getting home safely, safely answering the phone and door, and first aid pointers. Students **MUST** be age 8 or older by class date.

Sa Feb 22 1 Session \$30
9:30-11:30 am DMS

WYSOMO

Sa Apr 12 1 Session \$30
9:30-11:30 am DMS

SYSOMO

Self Defense and Safety Awareness-Winter

Young Americans School of Self Defense

Ages 4-14

Young Americans School of Self Defense teaches children a non-aggressive, interesting and exciting self-defense/safety awareness program. New students earn a yellow belt at the conclusion of the session and ranking students earn higher belts.

Sa Feb 8-May 17 12 Sessions \$84
1-1:45 pm DMS-Wrestling Rm

W14SDF

No class Mar 8, 15 and Apr 19

Cheer America

Cheer America Staff

Ages 4-16

Cheer America is an exciting cheerleading and dance program. We teach popular cheers, chants, jumps, leaps, splits, pompon/dance routines, parade marching techniques and other skills involved in performance, competition and school cheerleading team tryouts. We promote physical fitness, respect for others, self-esteem and working as a cooperative team member. Students are grouped into classes by age and/or experience level. There is a recital for parents, families, and friends on the last day of class.

Th Feb 6-May 8 12 Sessions \$84
6:30-7:15 pm MVES Gym

W14CH-A (4-8 yrs)

No class Mar 6 & 13

Th Feb 6-May 8 12 Sessions \$84
7:30-8:15 pm MVES Gym

W14CH (9-16 yrs)

No class Mar 6 & 13



Jumpin' Jax

Jumpin' Jax

Grades K-5

A high energy action -packed class that makes fitness fun!! Class includes cardiovascular, strength, and endurance training, relay races, sports skills, games and obstacle courses. This class is taught by Gina Arens, Owner of Jumpin' Jax. She holds a license in Personal Training and is CPR certified.

www.jumpinjaxfitness.com

W Jan 29-Mar 5 6 Sessions \$38
 3:05-3:40 pm RVES Gym 2
 W14JJX



Fencing

Sword Play

Ages 6 and up

Learn real fencing skills while having fun in this special class! Our classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline, and fun. We provide everything needed to fence (mask, jacket, glove, and weapon.) Come dressed comfortably, including long sweat pants and running shoes.

W Jan 15-Feb 19 6 Sessions \$72
 6 -7 pm ARES Cafeteria Gym
 WYFENC-1

W Mar 5-Apr 16 6 Sessions \$72
 6 -7 pm ARES Cafeteria Gym
 WYFENC-2
 No class Mar 12

Adult Fencing and Kung Fu classes available!
See pages 4 & 5.



FITNESS AND RECREATION

Kung Fu

National Treasure Kung Fu Inc., Directed by Al Lam

Ages 5-12

This is a year-round progressive training program. Certification from White to Black Belt is available. Not just a kicking, punching, self-defense class, Kung Fu will teach awareness of self and your surroundings and will improve your self-esteem and confidence. Join a fun, non-competitive, full participation class that will focus on helping students develop leadership, discipline, concentration, and coordination skills for a healthy mind and body. Learn the lifelong benefits of Kung Fu, the Chinese art of fitness and self-defense. Al Lam, a former Hong Kong champion, has over 30 years teaching experience. Note: qualified instructor's aides are used in the teaching of this course. Parents are welcome to join and progress in the youth classes. Adult classes are also available following youth classes.

7 sessions	Thursdays	DMS	Jan 23-Mar 6
WYKF1-A	Beginners	6:15-7 pm	\$79
WYKF1-B	White-Yellow Belt	6:15-7 pm	\$79
WYKF1-C	Orange-Black Belt	7-7:45 pm	\$79

7 sessions	Mondays	DMS	Jan 27-Mar 24
WYKF1-E	Beginners	6:15-7 pm	\$79
WYKF1-F	White-Yellow Belt	6:15-7 pm	\$79
WYKF1-G	Orange-Black Belt	7-7:45 pm	\$79

7 sessions	Mondays	DMS	Apr 7-May 19
SYKF1-E	Beginners	6:15-7 pm	\$79
SYKF1-F	White-Yellow Belt	6:15-7 pm	\$79
SYKF1-G	Orange-Black Belt	7-7:45 pm	\$79

7 sessions	Thursdays	DMS	Apr 10-May 22
SYKF1-A	Beginners	6:15-7 pm	\$79
SYKF1-B	White-Yellow Belt	6:15-7 pm	\$79
SYKF1-C	Orange-Black Belt	7-7:45 pm	\$79

Basketball - Tiger Boys Camps

Shane Wyandt -FHS Varsity Boys Coach and Staff

Boys entering grades 3-9 (Fall 2014)

Hoop it up this summer with Coach Wyandt and the FHS Tiger Basketball staff and players! Tiger Boys Basketball Camps are a great place for any young player who is looking to improve his skills, work hard, make new friends and have fun! Campers can expect to practice and develop all of their basketball skills - shooting, passing, dribbling, rebounding and defense. Future Tigers will also have the advantage of learning terminology, philosophies, strategies and systems from the FHS coaching staff and players.

M-Th Jun 16-19 4 Sessions \$70
9-11:30 am FHS
CMP-BBBOYSA

M-Th Jun 23-26 4 Sessions \$70
9-11:30 am FHS
CMP-BBBOYSB

Basketball - Scoring and Position Camp

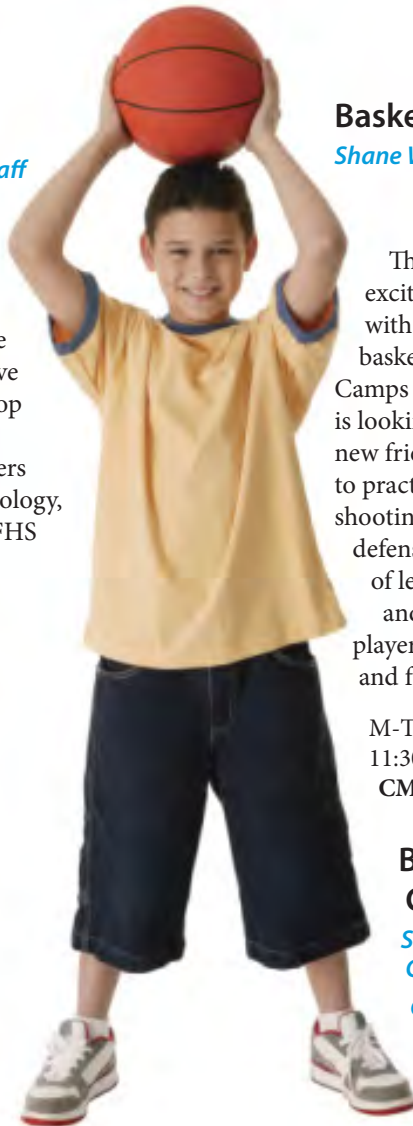
Shane Wyandt -FHS Varsity Boys Head Coach

Boys entering grades 3-9 (Fall 2014)

Perfect your shot through intense, repetitive drills that lock the necessary shooting technique into your muscle memory. This will enable you to execute proper, fundamentally-sound shooting mechanics. There's more to shooting than just shot form, so particular attention will be paid to pass receiving, technique, footwork and balance. Beyond shooting instruction, you will work on post and perimeter position breakdown work. High/low post moves, perimeter dribble and non-dribble moves, passing and offensive rebounding will all be intensely drilled during this camp. Future Tigers will also have the advantage of learning terminology, philosophies, strategies, and systems from the FHS coaching staff and players.

M-Th Jul 14-17 4 Sessions \$70
9-11:30 am FHS
CMP-BBBOYSC

Players registering for both the Tiger Boys Camp and Scoring/Position Camp will receive a \$10 discount off the Scoring Camp fee.



Basketball - Tiger Cubs Camp

Shane Wyandt - FHS Boys Varsity Head Coach

Boys and girls entering grades K-2 (Fall 2014)

The goal of this camp is to get young players excited about basketball. Hoop it up this summer with Coach Wyandt and the rest of the FHS Tiger basketball staff and players. Tiger Basketball Camps are a great place for any young player who is looking to improve skills, work hard, make new friends and have fun! Campers can expect to practice and develop all their basketball skills - shooting, passing, dribbling, rebounding and defense. Future Tigers will also have the advantage of learning terminology, philosophies, strategies and systems from the FHS coaching staff and players. Camps will consist of four days of energy and fun competition!

M-Th Aug 4-7 4 Sessions \$50
11:30 am - 12:45 pm NTES
CMP-BBCUBS

Basketball -Tiger Girls Summer Camp

Sondra Chadwick -FHS Varsity Girls Head Coach

Girls grades 3-6 (Fall 2014)

This camp meets the needs of girls who are looking to improve their individual and team skills, and is for those players who have already experienced success on the basketball floor, as well as those who are just beginning their basketball careers. Players will improve individual offensive and defensive skills, work on offensive team concepts and will be divided up according to ability for each skill. Fee includes a t-shirt.

M-Th Jun 9-12 4 Sessions \$65
8-10 am FHS
CMP-BBGIRLS

Where big ideas become the next big thing.

ONLY AT CAMP INVENTION.

Camp Invention inspires confidence in curious children like yours. Not just for a day or a week, but for a lifetime. Register your child today by visiting campinvention.org or call 800.968.4332.

Camp Invention is coming to:
Meadowview Elementary School, July 14-18, 2014
Register by March 28, 2014 to receive \$25 off



In partnership with
United States Patent and Trademark Office, an Agency of the Department of Commerce

Sports Injury Education and Prevention

To help ensure the health and safety of young athletes, the Centers for Disease Control (CDC) has developed the Heads Up: Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports.

As part of this effort the Community Education staff members who work with youth sports have completed training to increase your child's safety by working to prevent concussions as well as to recognize the signs and symptoms, and respond if necessary. As a parent you also need to become familiar with the information and educate your child about concussions. You can obtain information about concussions from your child's coach, program supervisors, or the Community Education office.

Materials are also online at www.cdc.gov/concussioninyouthsports

Looking for Summer Camps and Activities close to home?

Watch for Summer opportunities in our Community Education catalog coming to your home in April!





Twist-n-Tumble GYMNASTICS

**Instructional Services Center
(ISC) West Gym
510 Walnut Street**

Lynn Bauman, Gymnastics Director

Toddler Gymnastics

2 year olds

Bring your toddler to the gym and work together on helping your child develop eye-hand coordination, balance and gym discipline and safety. This class is for 2 year olds and 3 year olds who are not ready to take a class on their own. \$84/7 weeks.

Preschool

3 & 4 year olds

Your preschooler will learn basic gymnastic skills in a structured manner. This class is for students who are able to follow directions without parents. The Preschool program is designed to use gymnastics and fundamental body movements as a platform to build and strengthen confidence, positive self-image, and problem solving skills in a safe environment. \$84/7 weeks.

Beginners

Ages 5 and up

Girls and boys in this class will learn basic skills on the vault, bars, beam and floor. \$91/7 weeks.

Beginners - Boys (Combo w/ Advanced Beginners)

Boys Ages 5 and up

This boys-only class allows beginning gymnasts the chance to learn basic skills on the vault, floor, pommel horse, beam, men's high bar and rings. \$91/7 weeks.

Advanced Beginners

This class is for gymnasts who have tested out of the Beginner class. Learn more difficult basic skills on the vault, bars, beam and floor. \$91/7 weeks.

Intermediate

This class is for gymnasts who have tested out of the Advanced Beginner class. Gymnasts will continue to work on skills they have developed while also learning new, more difficult skills. \$98/7 weeks.

Advanced

This class is for gymnasts who have tested out of the Intermediate class. Focus on perfecting all the skills they have developed while learning more challenging skills. \$98/7 weeks.

Pre-Team

This class is for gymnasts who have tested out of the Advanced class. Focus on enhancing their skill level and combination of skills while developing routines. \$112/7 weeks.

Gymnastics Open Gym

Jan 18, 25, Feb 8, 15

Mar 2, 8, 22, Apr 5, 12, 26

Saturdays 11:30 am-12:30 pm

Schedule subject to change. Cost is \$5 payable at the door. Parent/Guardian must sign a waiver at the door.

Register Early! Space is Limited!

A limited number of additional classes may be added depending on space and coach availability.

We reserve the right to cancel any gymnastics class with fewer than 3 students registered. Please note that being in a class one session does not guarantee a spot for the next session.

Apparel Available!

- Waterbottles
- Shorts
- Leos and more!



For information on sports injury education and prevention please see page 27.

Winter Session I

Jan 6-Feb 15

Registration for Winter Session I opens Mon, Dec 9 at 8 am

No class January 24 & 31 February 1, and 17-22

Twist-n-Tumble works around the Farmington High School Gymnastics schedule during the season. Classes, space and available gym time is limited for this reason.

Saturday classes will pay for 4 lessons.

Monday classes will pay for 5 lessons.

Wednesday, Thursday, and Friday lessons will pay for 6 lessons.

Class fees are determined by class length and level.

Toddlers

M 10-10:45 am	G3TM
W 10-10:45 am	G3TW-1
6:45-7:30 pm	G3TW-2
Th 6:45-7:30 pm	G3TR

Preschool

M 10-10:45 am	G3PM
W 10-10:45 am	G3PW-1
11-11:45 am	G3PW-2
6:45-7:30 pm	G3PW-3
Th 10-10:45 am	G3PR-1
11-11:45 am	G3PR-2
6:45-7:30 pm	G2PR-3
F 10-10:45 am	G3PF

Beginners

M 11 am-12 pm	G3BM-1
6:45-7:45 pm	G3BM-2
W 6:45-7:45 pm	G3BW
Th 10-11 am	G3BR
Sa 10:30-11:30 am	G3BS

Beginner/Adv Beg Boys

W 6:45-7:45 pm	G3BCW
Sa 10:30-11:30 am	G3BCS

Advanced Beginners

M 6:45-7:45 pm	G3ABM
W 6:45-7:45 pm	G3ABW
Sa 9:30-10:30 pm	G3ABS-1
10:30-11:30 am	G1ABS-2

Intermediate

M 6:45-8 pm	G3IM
Th 6:45-8 pm	G3IR
Sa 9:30-10:45 am	G1IS

Advanced

M 6:45-8 pm	G3AM
Th 6:45-8 pm	G3AR
Sa 9:30-10:45 am	G3AS

Pre-Team

T 6:30-8:30 pm	G3PTM
Sa 9:30-11:30 am	G3PTS

Winter Session II

Feb 24-Apr 17

Registration for Winter Session II opens Mon, Feb 3 at 8 am

Gym closed Mar 10-14 for Spring Break

Friday and Saturday classes will pay for 6 lessons.

Toddlers

M 10-10:45 am	G4TM-1
6:15-7 pm	G4TM-2
W 10-10:45 am	G4TW-1
6:15-7 pm	G4TW-2
Th 5:15-6 pm	G4TF

Preschool

M 10-10:45 am	G4PM-1
6:15-7 pm	G4PM-2
W 10-10:45 am	G4PW-1
6:15-7pm	G4PW-2
Th 10-10:45 am	G4PTH-1
11-11:45 am	G4PTH-2
F 10-10:45 am	G4PF-1
5:15-6 pm	G4PF-2

Beginners

M 4-5 pm	G4BM
T 6-7 pm	G4BT
W 6-7 pm	G4BW
Th 10-11 am	G4BTH-1
4-5 pm	G4BTH-2
F 4-5 pm	G4BF-1
6-7 pm	G4BF-2
Sa 10:30-11:30 am	G4BS

Beginner/Adv Beg Boys

M 4-5 pm	G4BCM
F 6-7 pm	G4BCF

Advanced Beginners

M 4-5 pm	G4ABM
T 6-7 pm	G4ABT
W 6-7 pm	G4ABW
Th 4-5 pm	G4ABTH
F 4-5 pm	G4ABF-1
6-7 pm	G4ABF-2
Sa 10:30-11:30 am	G4ABS

Intermediate

M 6-7:15 pm	G4IM
Th 5-6:15 pm	G4ITH
F 5-6:15 pm	G4IF
Sa 9:30-10:45 am	G4IS

Advanced

M 6-7:15 pm	G4AM
Th 5-6:15 pm	G4ATH
Sa 9:30-10:45 am	G4AS

Pre-Team

T 4-6 pm	G4PTT
Sa 9:30-11:30 am	G4PTS



At Kid Connection relationships are nurtured, community thrives and children flourish.



Kid Connection is a before and after school child care program for children in Kindergarten through 5th grade. Kid Connection is offered in each elementary school and provides care before and after school on regular school days, as well as all-day programming on many non-school days.

Trained, professional staff have a combination of education and experience specific to school aged children. Kid Connection curriculum is designed to suit the needs of elementary children.

Before School 6 am - School Start Time

Kid Connection is a great way to start your child's day! Students enter a warm, safe environment where they feel secure and respected. Students can choose to participate in gym time, crafts, games and even last minute homework! Breakfast is available for purchase through Chartwells food service.

After School School Release Time - 6 pm

A perfect way to finish the day! Kid Connection provides opportunities for your child to participate in science and art projects, homework help, clubs, computer and gym time, and playing with friends. Your child will unwind in a safe and supportive environment. A healthy snack is provided.

Kid Connection has a variety of flexible scheduling options so families are able to select or create a schedule to meet their individual needs.



Stepping Stones is a child care program for children ages 3, 4 and 5 years old, designed to prepare students not only for kindergarten, but for a lifetime of learning. This program collaborates with Wee Tigers Preschool so children have the opportunity to attend both preschool and a childcare setting that reinforces learning.

Hours
6 am - 6 pm Mon-Fri.

*Space is limited! Registration
opens Jan 26, 2014.*

www.FarmingtonSteppingStones.com

**For more information contact:
Kid Connection at (651) 460-3209
or visit our website at www.FarmingtonKidConnection.com**

Calling all 3 Year Olds! It's time for Screening!

SCREENING

Early Childhood Screening includes:

- Immunization records
- Hearing and vision
- Speech and developmental screening
- Height and weight
- Summary interview with parents

Who Needs to be Screened?

All children living in District 192 who are 3, 4, or 5 years of age and not currently enrolled in kindergarten need to participate in the free screening program before entering kindergarten. Age three is the recommended age for screening.

Children who attend Head Start or Early Childhood Special Education programs may not have to participate in Early Childhood Screening. Please check with your child's teacher.

When should my child be screened?

Childhood Screening should be done sometime between your child's 3rd and 4th birthday.

Early Childhood Screening

Children eligible for kindergarten in 2014, 2015, or 2016 will be screened during the 2013-2014 school year.

Early Childhood Screening is a simple and careful check of the health and development of your child, provided at no cost to parents. Your child must be between the ages of 3 to 5 years to be screened.

Screening at this early age will confirm that a child is progressing normally or will pick up hidden delays that would benefit from early intervention. Screenings are held monthly during the school year.

Is the program required?

Yes. Minnesota state law requires that your child must be screened for enrollment in a public school. (Children are not permitted to enter public school without having Early Childhood Screening and up-to-date immunizations.)

If you are planning to send your child to private or home school the screening is not required by law. However we still encourage you to participate.



What should I expect at Screening?

The parent attends the entire screening process with their child along with a team of specialists.

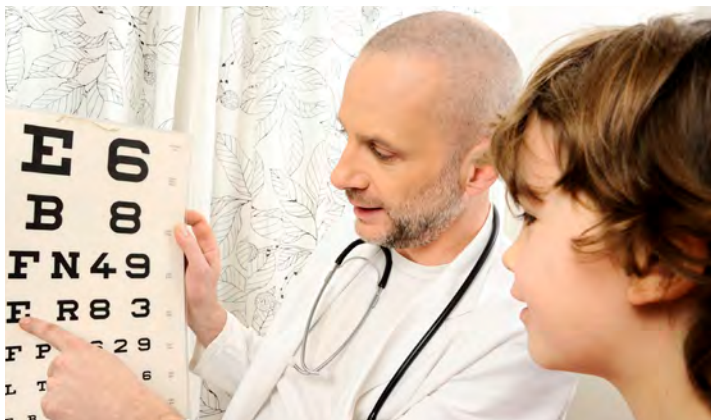
A review of your child's height, weight, vision, and hearing will be conducted. Then your child will have a developmental progress review.

The parent/s will then participate in a family factors and immunization interview to review the screening process and talk about any questions or concerns.

To make an appointment for screening, please call (651)460-3200 or (651)460-3208

Where can I find the forms?

You may print the screening forms by going to the Early Childhood Screening website www.farmingtonScreening.com





Lifeguard Training

This course teaches lifeguard candidates the skills and knowledge needed to recognize, prevent and respond quickly and effectively to aquatic emergencies and to prevent drownings and injuries.

Prerequisites:

- ◆ Age 15 by the last scheduled class day.
- ◆ Pass a swimming pretest on the first day including a 300 yard non-stop swim.

AQ81-S14

4 Sessions	M-Th
Mar 10-13	8:30 am-4:30 pm
\$220	DMS Pool

AQ81-S14

4 Sessions	Tu-F
Jun 10-13	8:30 am-4:30 pm
\$220	DMS Pool

Dodge Middle School Pool

Swim Lessons at Dodge Middle School

Winter lessons, Saturdays, Jan 11-Mar 8. (skip Jan 18 & Feb 8th)

Register online at www.farmingtonCE.com.

Group lessons - \$54 per person

Semi-Private lessons - \$99 per person

Please Note: In accordance with our district's energy conservation plan, the temperature of the pool is kept at 80° F for winter and 82° F for spring lessons.

Open Swim

Saturdays, 1-3 pm

Jan 11-May 17

No Open Swim Jan 18, Feb 8 or Apr 19

Non-School Day Open Swims

Jan 20 from 12-2 pm

Mar 10-14 from 12-2 pm

Weekday Open Swim

Most Tuesdays and Thursdays through May 29th.

11:20 am-12:20 pm

Skip Mar 11 & 13

Open Swim Fees:

\$4 per person (ages 3-17 and 50+)

\$5 per person (ages 18-49)

Children under age 8 must be with a parent or guardian.

Please pay someone in the pool office.

Pool Rental

The pool at Dodge Middle School can be rented for events like birthday parties or team parties. \$120 covers all costs (including lifeguards) for an hour and a half party of up to 25 swimmers. Contact the pool with questions. Call the Community Ed office at (651) 460-3204 to reserve your date today!

Contact information

Register by phone (651) 460-3200

To register online

www.farmingtonCE.com

To reserve the pool for a party

(651) 460-3204

Pool Office

(651) 460-1515

Colm Griffin, Aquatics Coordinator

(651) 460-1515

E-mail: cgriffin@farmington.k12.mn.us

Patron safety is the highest responsibility of the staff at the pool at Dodge Middle School

The Head Lifeguard has both the right and the responsibility to remove anyone not able or willing to comply with pool rules. If you have any questions or concerns about pool rules, please contact the Aquatics Coordinator at (651) 460-1515.



www.farmingtonpool.com

Learn to Swim!

Farmington Community Education Aquatics Programs provide parents and children with important and useful information about strokes, skills, and water safety. We help teach people to swim, to be safer in, on and around water and what to do in the event of an emergency. PLEASE read the course descriptions carefully.

Aqua Kids

Aqua Kids is for young children new to swim lessons. Skills range from water adjustment to movement in the water with flotation to some independent swimming. Guided sessions help students learn elementary skills including: water entry and exit; bubble blowing; front and back floats; kicking; rolling over with assistance; life jackets; and more. An adult must be in the water with each student.

AQ01-W14A

8 sessions	Sa
Jan 11-Mar 8	9:55-10:25 am
\$54	DMS-Pool

AQ01-W14P

8 sessions	Sa
Jan 11-Mar 8	12:15-12:45 pm
\$54	DMS-Pool

Bobbers 1

This course is for 3-5 year olds that are new to swim lessons. This class is similar to Aqua Kids but is for children that are able to participate without assistance from an adult.

Skills Include: water entry and exit; bubble blowing; front and back glides; kicking on front and back; rolling over with assistance; arm strokes; life jackets; and more.

Prerequisites: Ages 3-5 and comfortable in the water without assistance from an adult.

AQ11-W14

8 sessions	Sa
Jan 11-Mar 8	9:15-9:45 am
\$54	DMS-Pool



Bobbers 2

This preschool course helps increase comfort and movement in the water. This class is the same as Beginner 1, but for ages 3-5. Skills Include: enter and exit the water; blow bubbles; bob underwater; front and back floats for 5 seconds each; front and back glides; roll over from front to back and back to front; paddle stroke on front 5 yards; finning stroke on back 5 yards; and more.

Prerequisites: Ages 3-5 and successfully demonstrate skills from Bobbers 1.

AQ12-W14

8 sessions	Sa
Jan 11-Mar 8	9:15-9:45 am
\$54	DMS-Pool

Beginner 1

This course helps students feel comfortable in the water, enjoy the water safely, and begin to move in the water. This class is the same as Bobbers-2 but for children ages 6 and up.

Skills Include: enter and exit the water; blow bubbles; bob underwater; front and back floats for 5 seconds each; front and back glides; roll over from front to back and back to front; paddle stroke on front 5 yards; finning stroke on back 5 yards and more.

Prerequisites: Age 6 or older and comfortable in the water without assistance from an adult.

AQ21-W14

8 sessions	Sa
Jan 11-Mar 8	9:55-10:25 am
\$54	DMS-Pool

Student Performance of Lady Pirates of Captain Bree - the Musical

Come see Farmington Community Education students in a performance of this seafaring comedy.

Performances
Friday, May 30 at 7 pm
Saturday, May 31 at 1 pm

Boeckman Middle School Auditorium, 800 Denmark Ave, Farmington.



Beginner 2

This course helps increase comfort and movement in the water.

Skills Include: jump into chest-deep water; submerge entire head; front and back floats for 10 seconds each; front and back glides with return to wall; tread water for 10 seconds; and more.
Strokes Include: paddle stroke on front 15 yards and finning stroke on back for 15 yards.

Prerequisites: Age 6 or older and successfully demonstrate Bobber-2 or Beginner 1 skills.

AQ22-W14

8 sessions	Sa
Jan 11-Mar 8	10:35-11:15 am
\$54	DMS-Pool

Intermediate 1

Skills Include: jump into deep water; kneeling dive from the side of the pool; tread water, survival float, and back float for 30 seconds each; and more.

Strokes Include: front crawl, back crawl, and elementary backstroke 15 yards each; and breaststroke kick for 15 yards.

Prerequisites: Successfully demonstrate Beginner 2 skills. Please bring goggles.

AQ31-W14

8 sessions	Sa
Jan 11-Mar 8	11:25 am - 12:05 pm
\$54	DMS-Pool

Intermediate 2

This course continues to refine strokes and skills.

Skills Include: standing dive from the side of the pool; swim under water 5 yards and retrieve an object; feet-first surface dive and retrieve an object; open turns on front and back; somersaults; tread water for 1 minute; reaching and throwing assists; and more.

Swimming Requirements: front crawl, back crawl, and elementary backstroke 25 yards each; breaststroke 15 yards; and butterfly kick for 15 yards.

Prerequisites: Successfully demonstrate Intermediate 1 skills. Please bring goggles.

AQ32-W14

8 sessions	Sa
Jan 11-Mar 8	11:25 am - 12:05 pm
\$54	DMS-Pool

Community Education E-Newsletter

Stay up to date with all of Community Education's exciting programs and events! Subscribe to our Community Education e-newsletter. Visit our website at www.farmingtonCE.com and see the "Join or Email List" to sign up!

Advanced Swimming

This course teaches advanced swimming skills including: long shallow-angle dive from the side of the pool; head-first surface dive and retrieve object; front and back crawl flip turns; tread water for 2 minutes; sculling 15 yards; and more.

Swimming Requirements: front crawl, back crawl, and breaststroke 50 yards each; butterfly and sidestroke 15 yards each.

Prerequisites: Successfully demonstrate Intermediate 2 skills. Please bring goggles.

AQ41-W14

8 sessions	Sa
Jan 11-Mar 8	10:35-11:15 am
\$54	DMS-Pool

Introduction to Springboard Diving

Develop and improve basic skills required for springboard diving.

Skills Include: stretching exercises; approach and hurdle techniques; press and lift; forward jump-tuck position; forward dive-tuck position; and backward jump-tuck position. Additional skills and dives will be added as necessary for returning participants.

Prerequisites: Ability to comfortably swim 25 yards and do a head first dive from the edge of the pool.

AQ61-W14

8 sessions	Sa
Jan 11-Mar 8	12:15-12:50 pm
\$54	DMS-Pool



Students in Intermediate and Advanced levels please bring swim goggles.

Semi-Private Lessons

More individualized attention will be given to students as they learn skills and strokes with confidence. Classes will have a maximum of two students per instructor. Once a participant's "level" is determined, they will work towards earning a passing certificate.

AQ71-W14 (ages 3-5, Bobber skills)

8 sessions Sa
Jan 11-Mar 8 12:15-12:45 pm
\$99 DMS-Pool

AQ72-W14 (Beginner skills)

8 sessions Sa
Jan 11-Mar 8 12:15-12:45 pm
\$99 DMS-Pool

AQ73-W14 (Intermediate skills)

8 sessions Sa
Jan 11-Mar 8 12:15-12:45 pm
\$99 DMS-Pool

AQ74-W14 (Advanced skills)

8 sessions Sa
Jan 11-Mar 8 12:15-12:45 pm
\$99 DMS-Pool

Adults 18 years & older should call the pool office (651) 460-1515 to make arrangements.



Adapted Swim Lessons

This program provides a safe learning environment for students with mild disabilities. While students follow the outlines from one of our swimming levels, modifications are made to strokes and skills as necessary. A specially designed hydraulic lift allows us to accommodate participants who have difficulty entering the pool on

their own. Please contact the Aquatics Coordinator at (651) 460-1515 to discuss any special needs. This helps us prepare to teach the safest and most appropriate lessons possible.

AQ51-W14

8 sessions Sa
Jan 11-Mar 8 9:55-10:25 am
\$54 DMS-Pool

See U @ the Pool?

The Farmington Aquatics class is just awesome!

The environment is relaxing, fun, and safe.

The instructors are patient and really give each child special attention.

Do we have everyone?

Have you registered your baby, toddler, or preschooler with the Farmington School District census?

Having your child's name on the census will ensure:

- ◆ Receiving all Early Childhood mailings
- ◆ Notification of Early Childhood Screening
- ◆ Registration information about Kindergarten
- ◆ Notification about Kindergarten Round-up

You can help!

If you have moved to or within Farmington School District 192, changed your phone number, or had a new baby, you will need to update the census information.

**Farmington School District
Census Office**

Call (651) 463-5052

Tell a friend!

Spring Swimming Lessons



Saturday Session X Mar 15-May 10 <i>No lessons Apr 19</i>	Tuesday/Thursday Session Y Apr 1-24	Tuesday/Thursday Session Z May 6-29
<p><i>9:15-9:45 am</i></p> <p>AQ11-X14 Bobbers 1 AQ12-X14 Bobbers 2</p>	<p><i>6:10-6:40 pm</i></p> <p>AQ21-Y14 Beginner 1</p> <p><i>6:10-6:50 pm</i></p> <p>AQ32-Y14 Intermediate 2 AQ41-Y14 Advanced</p>	<p><i>5:40-6:10 pm</i></p> <p>AQ11-Z14 Bobbers 1 AQ12-Z14 Bobbers 2 AQ51-Z14 Adaptive Lessons</p>
<p><i>9:55-10:25 am</i></p> <p>AQ01-X14A Aqua Kids-Parent & Child AQ21-X14 Beginner 1 AQ51-X14 Adaptive Lessons AQ61-X14 Introduction to Diving</p>	<p><i>7-7:30 pm</i></p> <p>AQ51-Y14 Adaptive Lessons</p> <p><i>7-7:40 pm</i></p> <p>AQ22-Y14 Beginner 2 AQ31-Y14 Intermediate 1</p>	<p><i>6:20-6:50 pm</i></p> <p>AQ01-Z14 AquaKids-Parent & Child AQ21-Z14 Beginner 1</p> <p><i>6:20-7 pm</i></p> <p>AQ31-Z14 Intermediate 1</p>
<p><i>10:35-11:15 am</i></p> <p>AQ22-X14 Beginner 2 AQ41-X14 Advanced 1</p>		<p><i>7:10-7:50 pm</i></p> <p>AQ22-Z14 Beginner 2 AQ32-Z14 Intermediate 2 AQ41-Z14 Advanced</p>
<p><i>11:25 am-12:05 pm</i></p> <p>AQ31-X14 Intermediate 1 AQ32-X14 Intermediate 2</p>		
<p><i>12:15-12:45 pm</i></p> <p>AQ01-X14P Aqua Kids-Parent & Child AQ71-X14 Semi Private: Bobbers AQ72-X14 Semi Private: Beginner AQ73-X14 Semi Private: Intermediate AQ74-X14 Semi Private: Advanced</p>		

Winter Lesson times are listed under class descriptions on preceding pages.

Get in the POOL!

OPEN SWIM

Saturdays, 1-3 pm
Jan 11-May 17
No Open Swim
Jan 18, Feb 8, Apr 19

NON-SCHOOL DAY

OPEN SWIMS

Jan 20
Mar 10-14

12-2 pm

\$4 per person (ages 3-17 and 50+)
\$5 per person (ages 18-49)

Community Apps



Farmington Community EXPO

Saturday, January 25, 2014
9 am – Noon
 Farmington High School
 20655 Flagstaff Avenue

Visit with the Businesses, Organizations and People that make Farmington a great place to live, work and play!

Pick up program information from Farmington Community Education and the City of Farmington.

Refreshments, Prizes, and Entertainment

FREE ADMISSION

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 Farmington Community Education,
 City of Farmington, and the
 Farmington Independent




Student Performance of Lady Pirates of Captain Bree - the Musical

Come see Farmington Community Education students in a performance of this seafaring musical comedy.

Performances

Friday, May 30 at 7 pm

Saturday, May 31 at 1 pm

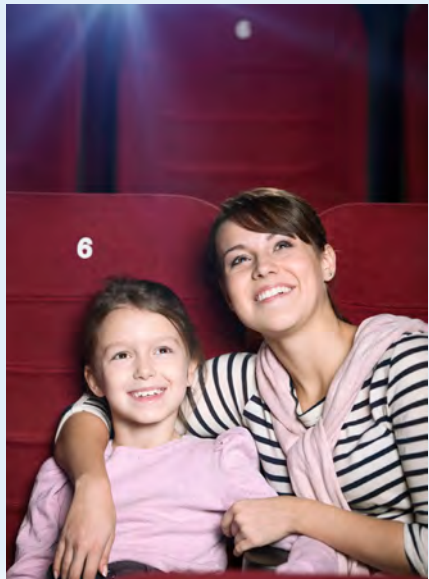
Boeckman Middle School Auditorium,
 800 Denmark Ave, Farmington.

Free Family Movies!

Saturdays, 10 am-12 pm

- ◆ Jan 4th - *Wall-E*
- ◆ Feb 1st - *MonstersU*
- ◆ Mar 8th - *Ratatouille*
- ◆ April 5th - *Despicable Me2*

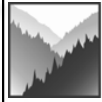
*Stadium Seating!
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Farmington High School Recital Hall
 20655 Flagstaff Ave.

Concessions sold during intermission. 20 minute intermission.
 Children **MUST** be accompanied by an adult.

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BUY from local businesses first, and LIVE in this community for a lifetime. The GROW Farmington group launched the "Buy, Live, Local!" campaign to encourage people to pledge support for their community.

With every local purchase, your patronage impacts the local economy, the vitality of our town, and the sustainability of our community. Where we shop, eat, and have fun makes our community home. Farmington's one-of-a-kind businesses are an integral part of the town's distinctive character.

Look for the GROW Farmington logo everywhere you shop and take the "Buy, Live, Local" pledge to show your support. Local businesses are owned by people who are invested in the community's future.

Contact Lee Smick for information about Grow Farmington and the "Buy, Live, Local" campaign, 651-280-6820 or ismick@ci.farmington.mn.us



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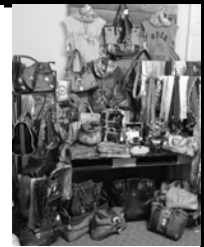


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 Register for our \$63 shopping spree given away monthly!!

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Corinthian Lodge #67

Farmington Masonic Lodge

The members of the Farmington Masonic Lodge have been meeting in downtown Farmington for 147 years and have Masonic programs for men, women, and girls. We support the Farmington Area Community and people across America.



326 3rd Street 2nd Floor
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Join Us! Thursday, January 30, 2014

6 PM - Free Open House Dinner Served in the Lodge
 7 PM - Presentation on the History of Masonry and how Masonry serves the Community today.

www.corinthian67.org



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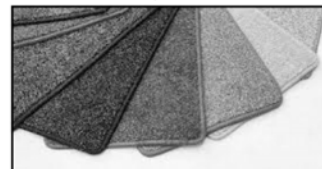
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Affordable Senior & Workforce Rental Housing

Twin Ponds Townhomes



Located south of County Road 50 and east of Highway 3, Twin Ponds provides affordable rental housing designed for families with children. There are 51 two- and three-bedroom units.

Vermillion River Crossing



Located south of County Road 50 on Dushane Parkway, this 66 unit senior housing development provides affordable rental housing for adults age 55+. Building amenities include a community room with kitchen, underground parking garage, exercise room and more!



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- Dec 9-Dec 20
- Jan 6-Jan 17
- Feb 21-Mar 6
- Mar 17-Mar 28
- Apr 7-Apr 21 (No Class on Apr 18)
- May 5-May 16

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Farmington School Facilities are a great place for your next birthday, graduation, community meeting, or business training seminar.

Involved with a sports team?

Plan your next tournament, practice or clinic at Farmington Schools. We can accommodate basketball, soccer, volleyball, track and field, tennis, and much more. Indoor and outdoor batting cages, tennis courts and electronic scoreboards are available to rent.

Looking for a place for your next business meeting?

Think, work, and play in our creative, yet professional facility. Whether you need a theater, boardroom, or classroom-style arrangement, we have the perfect space for your needs. We can accommodate as few as four or as many as 100. Our food service can also provide on-site catering for your event.

Amenities we offer

- ◆ Free WiFi access in most buildings
- ◆ Free parking
- ◆ In-house catering
- ◆ Swimming pool
- ◆ Daytime availability
- ◆ Ceiling mounted projectors
- ◆ Smart Board technology

No traffic concerns, no parking hassles, just local, quality facilities. From meetings to concerts, birthdays or tournaments, we want your experience to turn out exactly the way you envision it.

Throughout the academic year we have meeting spaces available for your daytime, evening and weekend events. Whether you are hosting an event for 5 or for 1,000, we can meet your needs and help you accomplish your goals. From mid-June through the end of Aug, our entire campus is available to host your summer camp or conference.



FHS Recital Hall

A dynamic, inviting space with lighting, sound and visual media capabilities and a professional technical staff.



Elementary Gyms

Gyms have basketball hoops, volley ball standards and can accommodate large group activities.

On-Site Catering Available

Let Chartwell's catering provide meals or refreshments for your reception, meeting, wedding, fundraiser, lecture or party. From day-to-day dining services to event banquets, we offer high quality food service for a reasonable price.

Book Your Event Today

To request a District 192 facility you can go online at www.farmingtonCE.com, and click on Facility Rentals to fill out the online request form.

Contact Paula at (651) 460-3212 or pskoviera@farmington.k12.mn.us with questions, to schedule a tour or to make a reservation.

Five Easy Ways to Register

Online

At www.farmingtonCE.com choose Online Registration and search for classes by name. Registrations can be charged to Visa, MasterCard or Discover.

By Phone

Phone class requests are accepted only when charged to Visa, MasterCard and Discover. Call (651) 460-3200, Monday-Friday, 7:30 am-4:30 pm.

By Mail

Send completed registration form with payment (one check for each class) to:

Farmington Community Education
6100 195th St W
Farmington, MN 55024

In Person

Register in the Community Education Office- 6100 195th St W, Farmington

By Fax

(651) 460-3210 Fax your registration form 24 hours a day using Visa, MasterCard or Discover for payment. (Please use white paper when faxing.)



Visa, MasterCard and Discover

For your convenience, we accept payments made with Visa, MasterCard and Discover! Charge in person, by phone, mail or fax.

Refund Policy

Community Education reserves the right to cancel any activity due to insufficient enrollment. When an activity is cancelled the department will make every effort to contact registrants 48 hours before the scheduled start of the activity. Complete refunds are given when this occurs.

If you need to cancel your registration please call 651-460-3200 as soon as possible to request a refund.

If you contact us more than 5 business days before the class you can:

- ◆ Receive a refund minus a \$5 processing fee
- ◆ OR select a different class in the same brochure

If you cancel your registration less than five (5) business days prior to the start of the class or activity, there will be no refund.

Photos

District 192 Community Education periodically takes pictures of participants in our classes and during other sponsored activities. These photos may be used in the Community Education catalog or other promotional materials. If you do not wish to have your picture taken or published you must provide us written notice in advance.

Non-Discrimination

It is the policy of Independent School District #192 not to discriminate on the basis of race, color, national origin, creed, religion, sex, marital status, parental status, sexual orientation, status with regard to public assistance, age, disability, family care leave status, or veteran status.

Discounts

Seniors

Anyone age 65 and older who lives in the Farmington School District may register for Community Education Classes at a 10% discount. However, you will be charged full price for any materials used in class. Some classes not eligible for discounts. See class descriptions for details.

Scholarships

A limited number of funds are available each year for ISD 192 youth to participate in selected youth enrichment classes, activities and sports through Farmington Community Education. These scholarships are generously funded by the Rotary Club of Farmington and the Louis Schmitz Foundation. To request a scholarship application, please call (651) 460-3200. A child is eligible for one scholarship award per quarter, scholarships are awarded up to one half of the registration fee. More information about the Rotary Club of Farmington is available at www.farmingtonrotarymn.com and the Louis Schmitz Foundation at www.louisschmitzfoundation.org.



All UCare members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be enrolled with UCare at the time of registration, and throughout the duration of the course. Members will need to include their UCare ID number when registering. Please call to obtain a UCare discount.

Register Early!

Prompt registration helps avoid disappointment when classes fill quickly. It also helps avoid the disappointment of cancelling a class due to low enrollment, only to find that last minute registrations would have filled it. Early registrations make it easier if we need to contact you for any reason before your class begins.

Easy Online Registration!

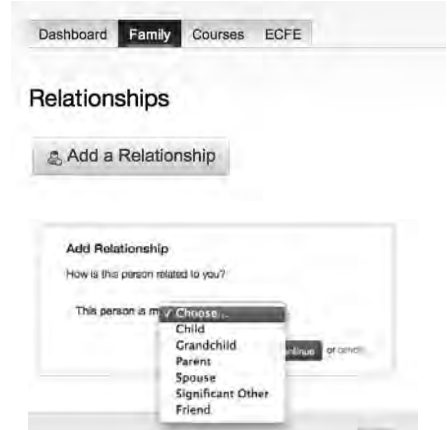
Create a New Online Account

Farmington Community Education has a new registration system! This new system keeps all your family's Community Education registration and payment activity in one convenient location. If you have not participated in a Community Education program this summer you will need to create a new account before you are able to register yourself and your family members in any class or activity. If you have questions please call Community Education at (651) 460-3200 for assistance.

Login Set-up:

Go to www.farmingtonCE.com

Click on "Online Registration" on the left hand bar
 Select Create an Account in the upper right corner
 Enter information into the required fields.



Add Relationships (family members) to Your Account


Log in to your Account
 Relationships on this Account are shown under the Family tab.
 Select Add a Relationship.
 Choose the relationship and click on Continue to add the family member's information.

Tip: If you create your account by signing into Facebook please be sure to add your address and phone number(s) so we can contact you in case of an emergency.

**Independent School District #192 Community Education, 6100 195th St W, Farmington, MN, 55024
 (651) 460-3200, Fax: (651) 460-3210**

The information requested is for the purposes of registering and paying for Community Education classes and activities. This information is necessary to provide services to participants and will not be released.

Please send a separate check for each class. Make checks payable to Farmington Community Education. Paper registrations cannot be accepted for Gymnastics classes. Please register online or by telephone.

----- 

Name _____ Age _____ Grade _____

If youth, Parent/Guardian _____

Address _____ City _____ Zip _____

Email Address _____

Daytime Phone _____ Evening Phone _____

Activity # _____ Title _____ Start Date _____ Fee _____

Activity # _____ Title _____ Start Date _____ Fee _____

Emergency Contact _____ Phone _____

UCARE Discount for Members only UCARE ID# _____ Total Discount _____
 (Up to \$15 per class)

Special needs, health concerns, restrictions: _____

Charge to my MasterCard VISA Discover Total Amount \$ _____

Card Number _____ Expiration Date _____

Signature _____



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SEE PAGE 2