

Adult Enrichment

Winter 2012

get your
grunt
on!



742!
for you!

St. Cloud Area School District 742

COMMUNITY
EDUCATION

Discover The Possibilities

Classes for Winter 2012

Hot Classes to Look For!



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Catalog Distribution: September, January, April Issue 26

St. Cloud Area School District 742 Community Education •
700 7th Street South • Waite Park, MN 56387

Printing: House of Print, Madelia, MN (507) 642-3297

We hope you enjoy our Winter catalog!

Our Summer catalog is mailed the second week in April.



Fitness

Totally Toned

Kim Wright

Trimmer thighs, tighter buns, flatter stomach and a smaller waist can be yours with this effective series of exercises designed to isolate and tone all major muscle groups. The hard work will be worth it when you see the remarkable results. Wear comfortable clothing. This group is designed for all levels of fitness. Bring to Class: mat, water bottle.

Westwood, door 5 6 sessions \$21

1100 Tue Feb 7-Mar 13 6-7 pm
1101 Tue Mar 20-Apr 24 6-7 pm

Oak Hill, door 5 6 sessions \$21

1102 Thu Feb 2-Mar 15 6-7 pm
No class: 3/8
1103 Thu Mar 22-Apr 26 6-7 pm



Better Booty Step Workout

Jo Henning

Get rid of the “junk in your trunk!” If you want an energetic, exciting, result-oriented workout that will shape and tone your lower body, sign up today.

Talahi, door 1 8 sessions \$27
1109 Tue Feb 7-Apr 3 5:30-6:30 pm
No class: 3/6

Step & Tone

Sarah Heim

Step into the fun. This class will use the basics of step and slowly add in more advanced moves with a touch of flare and fun. You will explore many different ways to use the step, which include techniques such as kickboxing, dance, basic hi/lo cardio, intervals, toning, and much more.

Westwood, door 5 6 sessions \$21

1116 Mon Feb 6-Mar 19 6:30-7:20 pm
No class: 2/20
1117 Mon Mar 26-May 7 6:30-7:20 pm
No class: 4/9

Kennedy Fitness Center

Community Education invites you to join the Community Education / Kennedy fitness program at Kennedy Community School. We have brand new equipment, a state of the art facility, and extremely low cost membership. Come and use the 14 different stations including LifeFitness stations. For ages 18 and older unless accompanied by an adult.

Kennedy, door 1 6-8 pm \$30

1149 Mon, Tue, Thu Feb 6-Apr 19
No activity: 2/7, 16 & 20, 3/1, 5, 6 & 8, 4/9 & 10

Kettlebells for Women

Bev Gustafson

Your gym is in the palm of your hand! In less than an hour a day, a few days a week you can do a cardio workout that blasts fat off your belly, butt and thighs. Even if you hate to lift weights, you will love to swing these Russian kettlebells (looks like a cannonball with a handle) and the exercise can be done anywhere, anytime. Wear loose comfortable clothing. Materials fee: \$16.10 (includes DVD for home practice) payable to instructor at class.

St Cloud Karate Instruction 4 sessions \$20

1118 Sat Feb 4-25 10:30-11:30 am
1119 Sat Mar 3-24 10:30-11:30 am

Fitness Cardio Kickboxing

Walt Mastey

This full-body workout encompasses kicking, punching, and blocking that will focus on strength, balance, stability and flexibility during this total full-body workout. This class is for beginner, intermediate, and advanced or even athletes looking for killer legs, upper & lower body conditioning, and abs. You will sweat. Wear loose, comfortable clothing and supportive shoes.

St Cloud Boxing Club 6 sessions \$21

1120 Sat Feb 4-Mar 10 10:30-11:30 am
1121 Sat Mar 17-Apr 28 9:30-10:30 am
No class: 4/7

Ditch the workout.
Join the party!



ZUMBA

Lose weight the fun way with Zumba



Come and check out the Zumba program that fuses hypnotic Latin rhythms and easy-to-follow moves that create a one of a kind fitness program that will blow you away. Our goal is simple we want you to want to work out, to love working out, to get hooked. Wear comfortable clothing and bring a water bottle.

<u>Westwood, door 5</u>	<u>6 sessions</u>	<u>\$24</u>
<i>Lauren Furmanski</i>		
1110 Wed Feb 1-Mar 14		6-7 pm
<i>No class: 3/7</i>		
1111 Wed Mar 21-Apr 25		6-7 pm
<u>Discovery, door 1</u>	<u>7 sessions</u>	<u>\$28</u>
<i>Abby Lundeen</i>		
1112 Thu Feb 2-Mar 15		6-7 pm
1113 Thu Mar 22-May 3		6-7 pm
<u>Oak Hill, door 1</u>	<u>5 sessions</u>	<u>\$19</u>
<i>Tamara Perrotte</i>		
1114 Mon Feb 6-Mar 19		6-7 pm
<i>No class: 2/20, 3/5</i>		
1115 Mon Mar 26-Apr 30		6-7 pm
<i>No class: 4/9</i>		



YOGA



Yoga-Your Way

Tracy Sharp, Sue Heck

Two instructors-twice the fun and more value for your dollar! Whether you have no prior yoga experience or have taken classes in the past, this class is for you. Here's how it works: each week, you choose from two groups-beginners (or those wanting to review the poses) and those seeking a somewhat quicker pace. From week to week, you choose which group is best for you. Both groups join together at the end of class for guided relaxation. Bring to Class: yoga mat & strap, necktie or belt.

McKinley, door 3 6 sessions \$24

3000 Tue Feb 14-Mar 27 5:30-6:30 pm
No class: 3/6

McKinley, door 3 7 sessions \$28

3001 Tue Apr 3-May 15 5:30-6:30 pm

Beginners Yoga: Abs & Back Emphasis

Katie Schad-White

Whether you are returning or new to yoga, gain the fundamental tools of yoga asana (poses) and pranayama (breath work). Each session includes: breath work, gentle warm-up, core exercises, standing and sitting postures-all promoting strength, flexibility and last but not least...relaxation. Bring to Class: exercise mat.

North JH, door 3 8 sessions \$28

1108 Mon Feb 6-Mar 26 6-6:50 pm

Pilates/Yoga

Jill Florek

Do you want more energy in your everyday life? Yoga is designed to release stress and tension in the mind and body through focused breathing and deep stretching while combining the latest Pilates moves to tone and firm the body. This combination helps to improve energy, increase flexibility and safely isolates muscles without joint stress. Come and enjoy this wonderful class. Bring to Class: exercise mat.

Westwood, door 5 6 sessions \$21

1104 Mon Feb 6-Mar 19 6-6:50 pm
No class: 2/20

Westwood, door 5 7 sessions \$24

1105 Mon Mar 26-May 14 6-6:50 pm
No class: 4/9

Kennedy, door 1 6 sessions \$21

1106 Wed Feb 1-Mar 14 6-6:50 pm
No class: 3/7

Kennedy, door 1 7 sessions \$24

1107 Wed Mar 28-May 9 6-6:50 pm

Introduction to T'ai Chi Chuan for Women

Bev Gustafson, Jack Gustafson

Performing T'ai Chi motions each day improves your health, balance and stamina as well as your concentration and coordination. Practicing deep lower lung breathing along with the gentle movements reduces the effects of stress on the body and lowers blood pressure as well. Wear loose, comfortable clothing and nonslip stockings or practice barefoot. Materials fee: \$16.10 (includes DVD for home practice) payable to instructor at class.

St Cloud Karate Instruction 4 sessions \$20

1134 Wed Feb 8-29 9-9:30 am
1135 Wed Mar 7-28 9-9:30 am

Fencing Classes with Minnesota Sword Play (ages 8-90)

Gerald Benford

Whether you are fencing for a good workout, or gaining points for the Olympics, fencing is fun for the whole family. Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude of self discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self-protection techniques with the sword. Attacking, defense, timing and intense tactics are all integrated into this beginning class. All equipment is provided (mask, jacket, glove, and weapon). Wear comfortable clothing such as long sweat pants and running shoes.



North JH, door 3 6 sessions \$79

1141 Sat Feb 4-Mar 10 1-2 pm
1142 Sat Mar 17-Apr 28 1-2 pm

No class: 4/7

Stick & Knife Training Tactics (Arnis de Mano)

Kurt Becker, Jim Ogle

An introduction to the single stick & empty hands in combat and knife training & tactics. Learn about angling, defending, and countering with this weapons-training program. A complete weapons based Martial Art. Understand how to protect yourself when sticks and other weapons are involved. Great for the Military and for Law Enforcement. Students must be at least 18 years of age. Open to new students only.

St Cloud Boxing Club 7 sessions \$35

1139 Wed Feb 1-Mar 14 7:15-9 pm
1140 Wed Mar 21-May 2 7:15-9 pm

Mixed Martial Arts for Fitness Men & Women (ages 16-50)

Jason Dumler

Wrestle, grapple, kick and box to get in shape! You will learn the basics of Mixed Martial Arts punching, kicking, boxing, wrestling, and grappling techniques. You will also learn how to protect yourself. This is a total body workout from head-to-toe that will help you become a stronger, safer and more self confident person. Sign up for one or both classes. If you are interested in information about competing, this will be given at the St Cloud Boxing Club. You may join after classes have started. Coaches are certified and background checked through USA Boxing.

St Cloud Boxing Club 6 sessions \$26

1122 Mon Feb 6-Mar 12 5:30-7 pm
1123 Mon Mar 19-Apr 30 5:30-7 pm
No class: 4/9
1124 Wed Feb 8-Mar 14 5:30-7 pm
1125 Wed Mar 21-Apr 25 5:30-7 pm

Plyometrics, Obstacle Course & Intense Fitness Training (ages 16-50) Men & Women

Jason Dumler

This class is modeled after the training for boxing, wrestling, football, and even military boot camp for one tough hour. Participants will be jumping boxes (plyometrics), jumping rope, running mini obstacle courses, push-ups, sit-ups, wind-sprints, playing catch with medicine balls, walking with weight plates (the Farmers Carry), and even flipping tires. This class is for the beginner as well as the advanced beginner.

St Cloud Boxing Club 6 sessions \$21

1126 Fri Feb 3-Mar 9 5:30-6:30 pm
1127 Fri Mar 16-Apr 4 5:30-6:30 pm
No class: 4/6

Introduction to T'ai Chi Chuan

Bev Gustafson

The slow and gentle movements of the ancient art of T'ai Chi improves your health and stamina. Its related deep breathing motions reduce the effects of stress lower blood pressure, increase concentration and coordination, improve muscle flexibility and strength, improve circulation and balance. Wear loose, comfortable clothing and nonslip stockings or practice barefoot. Materials fee: \$16.10 (includes DVD for home practice) payable to instructor at class.

St Cloud Karate Instruction 4 sessions \$20

1132 Mon Feb 6-27 6:30-7:30 pm
1133 Mon Mar 5-26 6:30-7:30 pm

Personal Safety and Self Defense for Women (18 & older)

Bev Gustafson, Jack Gustafson

Are you not feeling as safe as you once did? Would you like to learn some real movements that can save you and/or a loved one? Learn the basics of what you need to know to protect yourself and others against an attack. Get a fundamental understanding of the psychology of attack and defense. With simple, ready to use actions, you can escape from holds, maintain control of the opponent, and keep yourself safe. Wear loose comfortable clothing. A fee of \$6.50 payable to St Cloud Karate Instruction will be collected at class for required KUBOTAN.

St Cloud Karate Instruction 1 session \$20

1136 Sat Mar 31 10:30 am-12 pm

Quan Li K'an Karate

John Anderson

The art of Quan Li K'an teaches the body to function as a whole. Become better at self-defense and mind control while improving your physical well-being and self-confidence. Size and strength are not important. Families are encouraged to sign up together. Training is available year round.

Beginner

North JH, door 3 7 sessions \$21

1128 Thu Feb 9-Mar 22 6:30-7:30 pm

1129 Thu Mar 29-May 10 6:30-7:30 pm

Intermediate

North JH, door 3 7 sessions \$21

1130 Thu Feb 9-Mar 22 7:30-8:30 pm

1131 Thu Mar 29-May 10 7:30-8:30 pm

Introduction to Systema

Bev Gustafson, Jack Gustafson

Systema "The System" is a martial art handed down within Russian families for generations, similar to the way Asian martial arts have been handed down for centuries. Systema has no katas (forms) to learn and its flowing movement is reminiscent of T'ai Chi. The movements are tailored to you and teaches you how to escape from grabs, as well as how to neutralize the attacker's punches, strikes, and kicks without absorbing the full impact yourself. In addition, it teaches you how to deal with a variety of weapon-based attacks (e.g., sticks, knives, clubs, guns, etc.), as well as how to use whatever is at hand to defend yourself (e.g., books, coats, keys, umbrellas, etc.). Be sure to sign up today for your chance to experience this very practical Russian martial art. Wear loose-fitting, comfortable clothing. Ages 21 and older.

St Cloud Karate Instruction 4 sessions \$20

1137 Thu Feb 2-23 7-8 pm

1138 Thu Mar 1-22 7-8 pm

Beginning & Intermediate Tennis for Adults

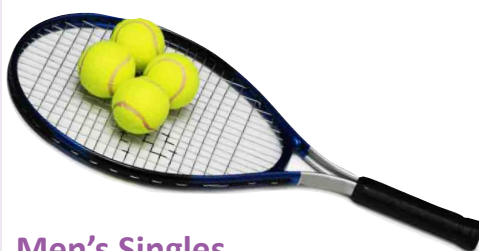
Central Minnesota Community Tennis Association

Come rain or shine, day or night, to adult tennis lessons sponsored by Central MN Community Tennis Association, Gold's Gym and Community Education! Get out on the court to improve the basics of the game (serve, volley, backhand, forehand, etc) Tennis shoes must be worn on the courts. Rackets provided if needed. You do not need to be a member of Gold's Gym to participate.

Golds Gym-Sartell 4 sessions \$45

1143 Thu Feb 9-Mar 1 6:30-7:30 pm

1144 Thu Mar 15-Apr 5 6:30-7:30 pm



Men's Singles Leagues

Central Minnesota Community Tennis Association

Come rain or shine, day or night, try adult Men's singles league this winter at Gold's Gym. You will be grouped with players your own ability level from beginner to advanced. Limited to ten players. Tennis shoes must be worn on the courts. Tennis balls provided. You do not need to be a member of Gold's Gym to participate.

Beginner/Intermediate

Golds Gym-Sartell 8 sessions \$75

1145 Wed Jan 25-Mar 14 6-7:30 pm

Golds Gym-Sartell 6 sessions \$64

1146 Wed Mar 21-Apr 25 6-7:30 pm

Advanced

Golds Gym-Sartell 8 sessions \$75

1147 Wed Jan 25-Mar 14 7:30-9 pm

Golds Gym-Sartell 6 sessions \$64

1148 Wed Mar 21-Apr 25 7:30-9 pm

CPR & First Aid

First Aid/CPR/AED

The American Red Cross Standard First Aid with CPR/AED - Adult and Child plus CPR - Infant course incorporates the 2010 ECC standards. It will help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in the program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive certificates for Standard First Aid with CPR/AED - Adult and Child which are valid for two years.

Discovery, door 1 1 session \$89
Mary Backes

4200 Sat Feb 11 9 am-3:30 pm

4201 Sat Mar 10 9 am-3:30 pm

4202 Sat Apr 14 9 am-3:30 pm

Discovery, door 1 1 session \$89
Katie Ahmann

4203 Sat May 5 9 am-3:30 pm

Standard First Aid with CPR/AED Refresher

Katie Ahmann

An abbreviated Standard First Aid with CPR/AED - Adult and Child plus CPR - Infant course that briefly reviews course information and allows practice of skills and knowledge before testing. Information based on 2010 ECC standards will be included in the course. Students who successfully complete this course will receive a certificate for Standard First Aid with CPR/AED - Adult and Child plus CPR - Infant which is valid for two years.

Discovery, door 1 1 session \$55

4204 Sat Mar 24 12:30-4:30 pm

dance



Find your step!



Dance

Ballroom Dance I

Whether you are a beginner or want to brush up your dance steps for an upcoming wedding, special occasion or just for fun, gain the confidence you're looking for. Special attention is paid to leading and following. Couples only.

McKinley, door 3 6 sessions \$42/person
Dan Triplett: Waltz, Fox Trot, Swing & Country 2-Step

3100A Tue Mar 13-Apr 17 7-9 pm

McKinley, door 3 6 sessions \$42/person
Chelsey Simmons: Waltz, Fox Trot, Swing & Cha Cha

3100 B Wed Feb 8-Mar 21 7-9 pm
No class: 3/7

Ballroom Dance II

Chelsey Simmons: Waltz, Fox Trot, Swing & Cha Cha

Expand your skills, gain confidence and have more fun in this class designed for participants with previous ballroom dance experience. Couples only.

McKinley, door 3 5 sessions \$35/person

3101 Wed Mar 28-Apr 25 7-9 pm

Swing Dance I

Chelsey Simmons

Swing dancing has been entertaining millions of people for decades. Learn beginning dance techniques of both East and West Coast swing and show off at dance clubs, wedding receptions, or even in your own living room. Get your adrenaline pumping! Couples only.

McKinley, door 3 4 sessions \$28/person

3102 Wed May 2-23 7-9 pm

Line Dance

Lisa Saari & Dan Triplett

Are you ready for a quick moving, entertaining and fun time? Class is designed to get you comfortable with the most common line dance steps including the Electric Slide. No partner required!

Sauk Rapids MS, door 4 6 sessions \$23

3107A Thu Feb 2-Mar 15 6:30-7:30 pm

No class: 2/16

3107B Thu Apr 12-May 17 6:30-7:30 pm

HoopDance I

Tiana Otto

Both an exercise and a dance, hoopdance is new, exciting and sweeping the nation! Discover the basics of hooping, how to use your hoop and a few simple tricks to wow any audience. Hoops are available for use during class and may be purchased from the instructor for \$20. Bring to Class: a hoop, if you have one.

McKinley, door 3 4 sessions \$15

3103A Mon Mar 12-Apr 2 5:30-6:30 pm

3103B Mon Apr 16-May 7 5:30-6:30 pm

HoopDance II

Tiana Otto

Designed for slightly more advanced hoopers, explore new, complex hoop tricks, including hooping on different parts of your body as well as putting together a short routine. Hoops are available for use during class and may be purchased from the instructor for \$20. Bring to Class: a hoop, if you have one.

McKinley, door 3 4 sessions \$15

3104A Mon Mar 12-Apr 2 6:30-7:30 pm

3104B Mon Apr 16-May 7 6:30-7:30 pm

Clogging II

Ronda Wintheiser

Continue your clogging experience as you add easy to mid-intermediate steps and routines. Prerequisite: Clogging I class or prior experience.

South JH, door 5 10 sessions \$35

3105 Thu Feb 2-Apr 5 6:15-7:15 pm

Belly Dance

Jenny Kroska, Certified Belly Dance Instructor

Explore the traditional and mesmerizing moves of belly dance. Learn basic, complex, layering and traveling moves. All experience levels welcome. Get your workout and have fun while increasing your self-confidence, self-esteem and coordination. No discounts.

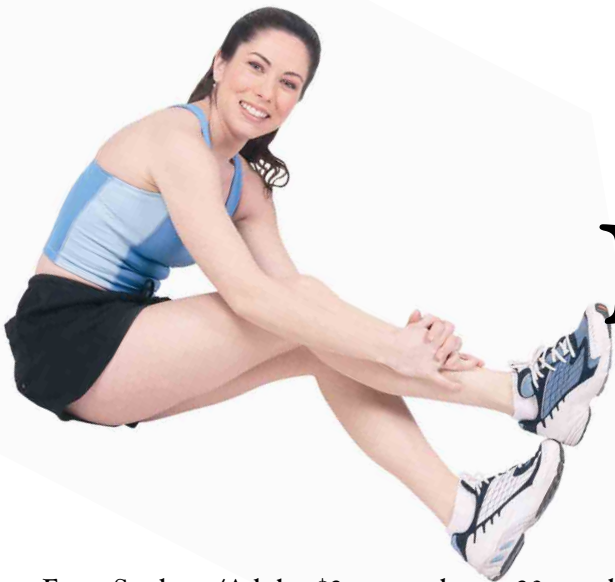
Sauk Rapids MS, door 1 5 sessions \$21

3106A Thu Feb 2-Mar 15 6:30-7:30 pm

No class: 2/16 & 23

3106B Thu Apr 5-May 10 6:30-7:30 pm

No class: 4/26



WALKING PROGRAM & OPEN GYM

Recreation Activities

Fees: Students/Adults: \$2, or purchase a 20 punch pass for \$30. Pass available at the door and may be shared with family or friends. Showers available at North—do not leave valuables in locker room.

North Jr. High Gym • All Ages

September 30-May 19

Looking for a great way to have some fun or get some exercise? Stop in and play basketball, volleyball or create your own games. Great fun for individuals, small or large groups and families. Three courts are available for use. All ages are welcome. Holiday hours will be posted. Enter door 3.

Activities	Time	Day
Open Basketball & Volleyball	6:30-9 pm	Friday
Open Basketball & Volleyball	9am-3 pm	Saturday
Open Basketball & Volleyball	6-8 pm	Wednesday

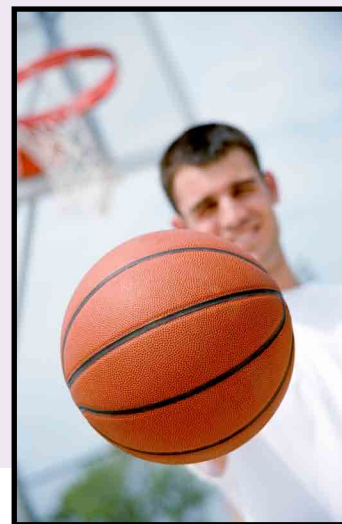
Lincoln Open Volleyball • Adults

October 3 – April 30

Closed: 11/16, 12/26 & 28, 1/16, 2/20, 3/5 & 7, 4/9

Activity	Location	Time	Days
Volleyball (Two courts)	Lincoln	7-9 pm	Monday & Wednesday

We reserve the right to cancel any of the above activities due to low attendance.



Walking Program-October through March

For more information, call 529-6500.

Let us help you keep your walking program going through the Fall, Winter & Spring months! All buildings are accessible and people of all abilities are encouraged to join. The yearly fee for this program is \$5.

New Walkers:

Register in person, for the 2011-2012 school year at Discover Elementary School, 700 7th St S, Waite Park (enter door #7). You will receive a badge and information packet that includes school maps, walking times and guidelines. Participants MUST wear a walking program badge while walking in the schools. Times vary with each school.

Returning Walkers:

If you already have a previous year walking pass you may stop at our office and pay the \$5 fee to receive a sticker to attach to your walking pass or mail the \$5 payment in and the sticker/times/map will be mailed to you. Checks payable to District 742 and mail to Community Education, 700 7th St S, Waite Park MN 56387.

The following schools have walking times available:

Kennedy Community School • Apollo High School • Discovery Elementary • South Jr High School • Westwood Elementary

"A recent Harvard study shows that walking at a moderate pace (3 mph) for up to 3 hours a week-or 30 minutes a day-can cut the risk of heart disease. Along with its benefits to the heart, walking improves circulation, helps breathing, combats depression, bolsters the immune system, helps prevent osteoporosis, helps prevent and control diabetes and helps control weight."

Health & Wellness

Roll It & Release It

Bev Gustafson, Jack Gustafson

What do “muscles and magnets” have in common? Can you tell when and where a negative emotion becomes embedded; whether you have a “heart wall” (80% of us have one)-and how to release its hold on you if you do? Based on Dr. Bradley Nelson’s “Emotion Code,” learn to release emotions that are tied to events and situations in your past and change your life and the lives of those you love. Materials fee: \$12 includes ‘magnet’ for home practice, payable to instructor at class.

St Cloud Karate Instruction 2 sessions \$20

1138A Sat Mar 31 & Apr 7 9-10 am

Gym Ball Exercises To Do At Home

Dr. Sara Cuperus

Those big gym balls provide an amazing full-body workout, but they can be intimidating. Become comfortable working on the ball and discover a workout that can be done in the comfort of your own home. Wear comfortable clothing. Class tuition is \$30 and includes a gym ball. If you have your own gym ball, please bring it to class and pay \$15. If you are purchasing a gym ball, please state height when registering. After Friday, February 10-call 529-6500 to see if a ball can still be ordered.

North, door 3 1 session \$30

3004 Wed Feb 22 6:30-8:30 pm



You will be conscious at all times. Fee includes reinforcement CD and a lifetime card. The card allows participants to attend future seminars free, if reinforcement is desired. No discounts. For more information visit www.hypnosisclinic.net. Bring to Class: pillow & blanket or sleeping bag.

Group Hypnosis for Weight Loss

Janel Lamp-Wiese

Are you tired of struggling with your weight and/or unhealthy eating habits? Hypnosis works with the subconscious mind, breaking negative eating and exercise habits and creating new positive habits. Stop your cravings and increase your willpower, motivation and self-confidence. With your improved habits, this seminar can pay for itself in less than a month and compliments your existing weight loss program.

South JH, door 5 1 session \$60

3002 Thu Feb 16

6-6:30 pm (Check-in)

6:30-8:30 pm (Introduction & hypnosis)

Group Hypnosis to Stop Smoking/Chewing Tobacco

Janel Lamp-Wiese

If you have the desire to stop, hypnosis may be the tool you have been searching for. Hypnosis works with the subconscious mind to help you stop this negative habit without cravings, withdrawals, mood swings and weight gain. If you smoke a pack a day, this seminar can pay for itself in two weeks or less. Choose life and health over tobacco today!



South JH, door 5 1 session \$60

3003 Thu Feb 16

6-6:30 pm (Check-in)

6:30-7:30 pm (Introduction)

7:30-8:30 pm (Smokers/chewers break)

8:30-9:30 pm (Hypnosis session)

Acupressure for Pain Relief & Emotional Balancing

Beth Henning & Tao Institute Staff

Discover ten acupressure points that benefit your physical and emotional balancing. With instructor help, find your points and learn basic skills and combination routines for home practice. Handouts and point location charts are provided. Dress comfortably for practice.

South, door 5 1 session \$15

3006 Tue Feb 21

7-8:30 pm

Acupressure Self Help

Beth Henning & Tao Institute Staff

Along with a review of Acupressure for Pain Relief and Emotional Balancing, take a more thorough look at the theory of acupressure, why it works and how you apply these new theories for home care benefit. In addition, explore ways to integrate acupressure with self massage and stretching to enhance your somatic practices. Handouts included. Dress comfortably for practice.

South JH, door 5 1 session \$15

3007 Tue Apr 17

7-8:30 pm

Introduction to Shoulder & Foot Massage

Beth Henning & Tao Institute Staff

Experience the healing benefits of massage. This class is hands-on only, no lecturing and lots of fun! Register with a friend and exchange a 15-minute chair massage for the upper back and neck and a 15-minute foot massage. By the end of class feel like you’ve had a long vacation. Please have physician’s approval if you have upper back or neck injury. Dress comfortably for practice. Couples only.

South JH, door 5 1 session \$20/person

3008 Thu May 24

7-8:30 pm

Arts & Crafts

Fused Glass I: Jewelry

Lisa Beumer

Have you admired examples of glass fusing? Now it's your turn to experiment with glass fusing and create jewelry- earrings, pendants or pins. At each session, make either three pendants/pins or a pair of earrings and two pendants/pins. Tuition includes materials. Bring to Class: cutting board, ruler, permanent marker & safety glasses.

Discovery, door 1 2 sessions \$40

3501 Thu Feb 16 & 23 6:30-8:30 pm

Fused Glass II: Garden Stake

Lisa Beumer

Cut, assemble and decorate your own delightful fused glass bird, slug or fish. This plant stake is perfect for your garden, flowerpot or planter! Prerequisite: glass cutting and breaking experience. Tuition includes materials. Bring to Class: cutting board, ruler, permanent marker & safety glasses.

Discovery, door 1 1 session \$35

3502 Tue Mar 27 6:30-8:30 pm

Fused Glass: Hummingbird Feeder

Lisa Beumer

Create a unique hummingbird feeder using a recycled wine bottle. Wrapped with barbed or copper wire and embellished with a fused glass design of your choice the feeder is sure to bring hummingbirds to your yard. Fused glass patterns include: flowers, cowboy boot, butterfly or dragonfly. Glass cutting and breaking experience preferred. Tuition includes materials. Bring to Class: cutting board, ruler, permanent marker, safety glasses & needle-nosed pliers.

Discovery, door 1 1 session \$30

3503 Tue Apr 3 6:30-8:30 pm

Bent Willow Chair

Bob McNeely

To create your traditional bent willow chair, begin by building the base followed by attaching the flowing lines of willow. Bring a friend to help you build your project for an additional fee of \$20, payable at registration. Materials fee: \$30, payable to instructor at class and includes all lumber materials, safety equipment and fastening hardware. Bring to Class: a marker, tape measure, utility knife & power drill.

Apollo, door 30 1 session \$195

3507 Sat Apr 21 8 am-4 pm



Rustic Twig Furniture

Bob McNeely

Add a new feature to your home or landscape with a piece of rustic twig furniture. Create a whimsical twig chair, slab garden bench or table. The table top is made of recycled barn board and can be configured any size you can imagine within the maximum length of three feet and width of two feet. This class is for every skill level. Bring a friend to help you build your project for an additional fee of \$20, payable at registration. Materials fee: \$30, payable to instructor at class and includes all lumber materials, safety equipment and fastening hardware. Bring to Class: a marker, tape measure, utility knife & power drill.

Apollo, door 3 1 session \$95

3507 Bench Sat Apr 21 8 am-4 pm

3507 Chair Sat Apr 21 8 am-4 pm

3507 Table Sat Apr 21 8 am-4 pm



Handmade Greeting Cards

Sarah Smoley

Create four unique, all-occasion (thank you, gift, thinking of you) cards for gift giving or your own personal correspondence. Tuition includes materials. Bring to Class: adhesive & if you have one, a paper cutter.

South, door 5 1 session \$27
3500 Sat Feb 25 9 am-12 pm

S'Mittens

Dawn Kraayenbrink

Keep your hands warm and toasty with mittens you make from recycled sweaters.

Learn how to prepare the sweaters, sew the fleece lining, sew the sweater mittens and add



a buttoned cuff. Materials fee includes a precut sweater mitten kit, fleece lining, buttons and the pattern, so you can make many more s'mittens. Sewing machines are provided.

Just Sew Studio 1 session \$45
3508 Sat Feb 4 9 am-12 pm

Boyfriend Shirt Apron

Dawn Kraayenbrink

Recycle a man's shirt into a unique apron for yourself. Materials fee includes use of sewing machine, an apron kit and the pattern so you can make more aprons at home.

Just Sew Studio 1 session \$30
3509 Sat Apr 28 9 am-12 pm

Canvas Painting

Charlene Ridlon

Design your own abstract wall hanging! With step-by-step instruction, learn basic designs and techniques for your painting options. Tuition includes materials.

Bring to Class: some inspiration for color (a pillow, piece of fabric, magazine clipping)

Art As You Like It 1 session \$33
3504 Thu Feb 23 6-9 pm

Toad Abode

Charlene Ridlon

Sculpt a whimsical garden piece such as a fairy house, toad abode, 3-D garden plaque, garden stake or small bird house. Design and create your three-dimensional piece the first evening and paint it the second evening. Pick up your project after April 19. Tuition includes materials and use of tools.

Art As You Like It 2 sessions \$34
3505 Thu Mar 22 & Apr 12 6-9 pm

Mosaic Garden Stone

Charlene Ridlon

Using decorative glass and ceramic pieces, design your own garden stepping stone. With the skills gained in class you are now set to go home and create a yard filled with stepping stones! Tuition includes materials. Bring to Class: one ice cream bucket, small garden shovel for mixing concrete.

Art As You Like It 1 session \$33
3506 Thu Apr 26 6-9 pm

Chip Carving

William Ness

Explore the techniques of chip carving whether you are a beginner or more advanced carver. Projects range from simple to more advanced pieces such as a Celtic cross or jewelry box. Materials fee ranges between \$5 (beginners) to \$30 (advanced) and is payable to instructor at class.

North, door 3 6 sessions \$40
3512 Thu Feb 9-Mar 22 6:30-9 pm
No class: 3/8



Sew It Up: I

Tami Johnson

Begin your sewing adventure with simple stitching practice using different machine settings as you explore the sewing machine and how to use it. Construct a simple carry-all bag with a front design and inside pockets. Tuition includes materials. Machines are provided, but bring your own if you prefer.

Alterations by Tami 2 sessions \$40
3510 Wed Feb 8 & 15 6:30-8:30 pm

Sew It Up: II

Tami Johnson

Continue your sewing adventure as you construct a garment or item of your choice. Your guided adventure includes a trip to a fabric store shopping for a pattern, appropriate fabric and materials necessary to complete your project. Your materials are purchased by you at the fabric store. Machines are provided, but bring your own if you prefer.

Alterations by Tami 4 sessions \$60
3511 Wed Feb 29-Mar 21 6-9 pm

Computers

Introduction to Computers

Jean Sonstebly

Start at the very beginning: hands-on training of computer terminology, hardware, software, Windows and related topics are covered along with basic computer functions and the uses for home or business settings. Prerequisite: basic computer keyboarding and mouse skills.

Tech, door 1 2 sessions \$39
3600 Wed Feb 8 & 15 6-9 pm

Beyond Basics Computer Training for the Intermediate User

Jean Sonstebly

Class content is determined and driven by participant interest and requests. Prerequisite: Basic computer operation knowledge.

Tech, door 1 2 sessions \$39
3601 Wed Feb 22 & 29 6-9pm



Word 2007

Jean Sonstebly

With Office Word 2007, Microsoft introduces some of the most significant changes to Word in years. Most notable is the new intuitive user interface which replaces the traditional menus and toolbars, featuring the Ribbon, the Quick Access toolbar, and the Mini toolbar as well as a new Office button which replaces the File menu. Discover how to navigate within the new user interface!

Tech, door 1 2 sessions \$39
3602 Mon Mar 12 & 19 6-9 pm

Excel 2007

Jean Sonstebly

Microsoft has made substantial changes to the user interface of its spreadsheet application with the introduction of Office Excel 2007. Get up-to-speed on the new features and functions through the demonstration of workbook creation and navigation, and worksheet data entry at a user-friendly, beginner level.

Tech, door 1 2 sessions \$39
3603 Tue Mar 13 & 20 6-9 pm

iPad Basics

Jean Sonstebly

Do you have questions about how to navigate your iPad? Explore the basics-from settings, organizing and multitasking to surfing the web, checking email, watching movies, listening to music, reading books and more! Discover how the iPad2 makes it easy to shoot HD video, takes playful photos in Photo Booth and makes Face Time calls. Also, learn a few of the thousands of apps from the App Store in virtually any category. Bring to class: iPad, if you have one.

Tech, door 1 1 session \$20
3604 Mon Feb 13 6-9 pm

iPad: Beyond the Basics

Jean Sonstebly

You've mastered the basics of the iPad and now you're ready for more! Find out how to keep your email, contacts, and calendars up-to-date and organized. Discover how to create presentations, documents, movies, and music with iWork, iMovie, and GarageBand. Hear more about the apps others love for work, play, and everything in between and share a few of your favorites. Bring to Class: iPad, if you have one.

Tech, door 1 1 session \$20
3605 Mon Feb 27 6-9 pm



Google I: iGoogle, Search & Calendar

Laura Mackenthun

Discover how to create an iGoogle page filled with useful items to greet you each time you launch the internet on your computer. Create a calendar that is user friendly and can be shared and viewed in many ways. Also, learn tips and tricks for searching Google for the information you need. Handouts provided.

Sauk Rapids MS, door 1 1 session \$12
3606 Thu Mar 22 6-8 pm

Google II: Maps, Reader & More

Laura Mackenthun

Do you think you've discovered all the uses for Google? Learn all the different ways you can make it work for you from any computer with internet access. Explore locations on Maps; follow and track often used websites with Reader and find more Google products!

Sauk Rapids MS, door 1 1 session \$12
3607 Tue Apr 3 6-8 pm

Google III: Docs, Blogger & Sites

Laura Mackenthun

Google provides FREE tools that work together to let you create, collaborate and share information online. Docs has word processing and spreadsheet tools, Blogger and Google Sites let you post information on the web. Discover how to use these tools in your own life!

Sauk Rapids HS, door 23 1 session \$12
3608 Mon Apr 16 6-8 pm

Curious About Cloud Computing?

Sauna Seaman

Have you heard of cloud computing? Do you wonder how it works and how it can be useful to you? Join others and discover the cloud!

Sauk Rapids HS, door 23 1 session \$12
3609 Thu Apr 19 6:30-8 pm

Finance

Are You Ready to Buy a Home?

Great River
Federal Credit
Union

This is a great time for first-time homebuyers! There is a lot of inventory to choose



from, interest rates are low and prices are down. A mortgage specialist, title specialist, realtor and home inspector take you through the steps in becoming a homeowner. Even if you aren't ready to buy a home now, this information will prepare you for future home ownership. Although there is no charge for this class (fee is covered by Great River Federal Credit Union), please register.

Apollo, door 30 1 session Free
3700 Thu Mar 29 6-8 pm

Basic Estate Planning

John Wenker

Provide for your family with a comprehensive estate plan. Explore the significance of wills, trusts, health care directives, powers of attorney and beneficiary designations in carrying out your wishes.

Apollo, door 30 1 session \$9
3701 Thu Mar 8 6:30-8:30 pm

Diversification & Rebalancing

James Kramer III, MBA, CFPR

Over the past several years financial markets all over the world have experienced significant volatility, which has affected many investment portfolios. However, there are ways to use times like these to your advantage. Explore the significance of diversification and rebalancing and how these strategies provide clear, objective viewpoints that can get your money working for you!

Apollo, door 30 1 session \$9
3702 Tue Mar 20 6:30-8:30 pm

Foods

Cooking With Whole Grains

Dick Ogren

Whole grains can perform "magic" in your body. Enjoy a nutritious and delicious dinner made with gluten free grains: buckwheat vegetable soup, brown rice stir fry and delicious banana bread. Learn how to identify and cook both gluten and gluten free grains, where to purchase grains and how they contribute to your health. Tuition includes materials fee and a cookbook.

Apollo, door 30 1 session \$29
3400 Tue Feb 28 6-8:30 pm

Sushi

Misa Feldhege

Do you love sushi? Gain the skills you need to make hand rolled sushi, rolled sushi (futo maki and ho maki) and inside out rolled sushi. In addition, learn to make miso soup. Tuition includes materials. Bring to Class: a container to take home sushi, a sharp knife & towel.

Apollo, door 30 1 session \$28
3401 Thu Mar 8 6:30-8 pm

Cupcakes-The Gluten Free Way

McKenzie McCabe

Don't let diet restrictions get in the way! Discover how tasty and delicious gluten-free baked goods are-something everyone can love. Instructor discusses the basics of baking without gluten: ingredients, methods, tools and supplies.



Sauk Rapids MS, door 4 1 session \$18
3404 Thu Apr 12 6:30-9 pm

Cruelty-Free Cooking: Gourmet Style

Michael Willemson

Think vegetarian cooking is all salad and no flavor? Think again! An evening of fun includes making green bean and fingerling potato salad with miso dressing, paella with "sausage" and mushrooms, and date coffeecake with coconut Irish cream sauce. See what the buzz is about and learn how compassionate cooking can be both delicious and healthy!

Sauk Rapids MS, door 4 1 session \$32
3403 Thu Feb 23 5:30-8:30 pm

Healthy Snacking Made Easy

Diane Giambruno, Jessica George

Healthy eating can be a challenge with a busy lifestyle and all of the snacks, fast food, and convenience items available to you today. Instructors prepare several healthy alternatives and go beyond the idea of portion control. Samples are provided.

Sauk Rapids MS, door 4 1 session \$23
3402 Tue Feb 21 6:30-8 pm

Traditional Cake Decorating

Marietta Vossen

Experiment with the techniques of traditional icing and piping and become a pro! You take home your own decorated cake. Tuition includes materials.

Sartell HS-B110 1 session \$35
3405 Thu Feb 16 6-8 pm

Fun With Fondant

Marietta Vossen

Join Cold Spring Bakery professionals and make a new project-an animal cake perfect for either a boy or girl! This is a great parent/child class. Children must be 9 years of age or older and accompanied by an adult. If registering as a pair, please state whether you are making one or two cakes. Please bring an apron and rolling pin—the rest is supplied.

Sartell HS-B110 1 session \$35
3406 Thu Mar 8 6-8 pm

Creative Opportunities

How to Write a Book in Three Easy Steps

Seal Dwyer

Do you dream of writing a book? Are you not sure how to get started-or how to finish? This class takes you through the steps--from idea to manuscript.

Apollo HS, door 30 3 sessions \$35
3300 Tue Feb 21-Mar 6 7-9 pm

Publish You!

Seal Dwyer

Have you written a book? Thought about writing a book? This class, taught by a local publisher, answers your questions about writing, creating, printing and selling your book.

Apollo HS, door 30 3 sessions \$35
3301 Tue Mar 13-27 7-9 pm

If I Had A Remembrance Book

Seal Dwyer

Writing memoir and personal or family history has different challenges and joys than many other types of writing. Creating the story, crafting the narrative and deciding what to include is discussed along with photos and artwork to complement your work.

Apollo, door 30 3 sessions \$35
3302 Tue Apr 3-17 7-9 pm

Just ONCE Piano for Busy People

Jim Anderson

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll! No discounts. Total beginners can request a free pamphlet by sending a self-addressed, stamped envelope to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85295. Materials fee: \$29 for workbook and practice CD, payable to instructor at class. For more information visit: pianofun.com or justonceclasses.com

South JH, door 5 1 session \$30
3304 Mon Apr 23 6:30-9:30 pm

Intro to Digital Cameras

Peter Wilson

Discover what to look for when purchasing a digital camera and then how to use it. Taking pictures, storing images and making prints are covered. If you have a camera, please bring it. Also, bring your manual, especially if you are having technical difficulties. Bring to Class: a camera & manual, if you have them.

South JH, door 5 1 session \$19
3306 Tue Feb 14 7-8:30 pm

Creative Digital Photography

Peter Wilson

Now that you have a digital camera, how do you move beyond the standard "snapshot?" Camera settings, composition and basic lighting setups are covered. Please bring your camera and manual to the first class so the ideal settings for various situations can be identified. To the second class, bring a photo you are disappointed with and one you really like.

South JH, door 5 2 sessions \$35
3307 Tue Feb 28 & Mar 13 7-8:30 pm

Recycle Clothing, Creatively

Lori Eich

Instead of throwing away your old clothes, why not recycle them? Discover how you can utilize ALL parts of them, like buttons into magnets, belts into bracelets, and sweatshirts into skirts.

Sauk Rapids MS, door 1 1 session \$19
3303 Thu Mar 22 6:30-8 pm

Personalized Photo Calendars

Shauna Seaman

Do you love the look of custom photo calendars, but have no idea how to get started? Discover how easy it is to make your own custom photo calendar printed by Shutterfly. Starting with any month you choose, have a fully designed calendar by the end of class that is delivered to your home in a few weeks. Prerequisite: some computer/internet experience. Additional fee is the cost (starting at \$17) of the calendar and dependent on your choices/options.

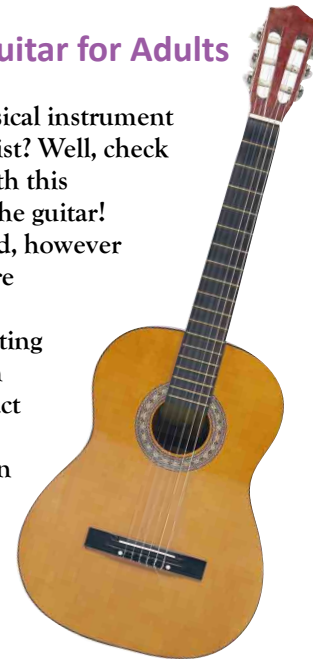
Sauk Rapids HS, door 23 1 session \$24
3308 Sat Feb 11 9 am-1 pm

Beginning Guitar for Adults

Steve Cekalla

Is learning a musical instrument on your bucket list? Well, check it off your list with this introduction to the guitar! Guitar is required, however limited rentals are available. Please inquire when setting up schedule with instructor. Contact information for instructor is given after registration is complete. Bring to Class: a guitar.

Steve's Guitar & Music School \$18
3305 3 sessions
Lessons must be completed Jan 9-Feb 29.



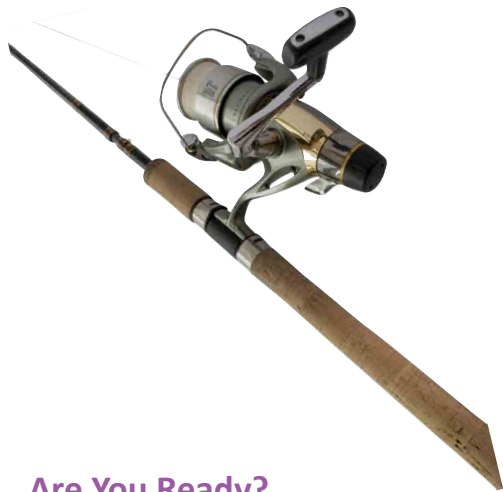
Special Interest General

Fly Casting

Dave Kollmann

Do you want to learn the sport of fly fishing? With over 40 years of fly fishing experience, instructor discusses selection and proper use of equipment and accessories. Practice casting in the gym at the second class. Space is limited for this class, please register early.

Sauk Rapids MS, door 1 2 sessions \$22
 3309 Mon Mar 26 7-9 pm
 Sauk Rapids MS-gym, door 4
 Wed Mar 28 7-9 pm



Are You Ready?

Angie Trulson

Are you prepared for disaster? The chance you and your family will recover from an emergency tomorrow often depends on the planning and preparation you do today. Prepare for all kinds of emergencies by evaluating your personal needs and making a plan to fit those needs, exploring the steps to take before disaster happens and also assisting with community preparedness.

Sauk Rapids MS, door 1 1 session \$14
 3310 Tue Apr 10 6-8 pm

Driver Improvement Program

Recognize and avoid traffic collisions. Discussion on such topics as drinking and driving, handling emergency driving situations, new technology in vehicles, driver distractions and general awareness of traffic laws promotes safe driving for you and others. Persons 55 and older qualify for 10% reduction in auto insurance. No class fee discount.

Pam Wenda

Apollo, door 30 2 sessions \$24
 3311 Tue & Wed, Feb 7 & 8 5-9 pm
 3312 Tue & Wed, Apr 17 & 18 5-9 pm

Ron Stewart

Kennedy, door 1 2 sessions \$24
 3313 Tue & Wed, Mar 13 & 14 5-9 pm

Driver Improvement Refresher Program

If you have previously completed the eight-hour program you can maintain your eligibility for the 10% insurance reduction by taking this refresher course. No class fee discount.

Pam Wenda

Apollo, door 30 1 session \$20
 3314 Tue Mar 13 5-9 pm
 3315 Tue Apr 10 5-9 pm
 3316 Tue Feb 28 5-9 pm

Ron Stewart

Kennedy, door 1 1 session \$20
 3317 Tue Feb 21 5-9 pm

Cribbage Basics

Cribbage Association, St Cloud

Whether you are new to the game or want to brush up your skills, explore the popular pastime of cribbage. It is a card game for two to four players who form various counting combinations of cards and keep score by moving small pegs on a board. Cribbage boards/cards are provided for class use. A portion of your registration fee is used for the school cribbage programs for students.

Discovery, door 1 3 sessions \$20
 3319 Tue Feb 21-Mar 6 7-9 pm



Beginning Bicycle Maintenance

Benjamin Doom

It's time--get your bike ready for spring riding! Learn the basic adjustments to get and keep your bike running smoothly all year long as well as how to change a flat tire and keep your bike clean. Bring to Class: your bike.

Revolution Cycle and Ski 1 session \$20
 3318A Thu Mar 22 6-8 pm
 3318B Thu Mar 29 6-8 pm
 3318C Thu Apr 5 6-8 pm



Personal Development

Hermeneutics (Interpretation Skills)

Brian Bram

Have you ever wondered why there are so many ways to interpret literature, religious texts, law or even verbal communication? Discover the basics of the art and science of interpretation and unlock the interpretive process we all use every day without even realizing it.

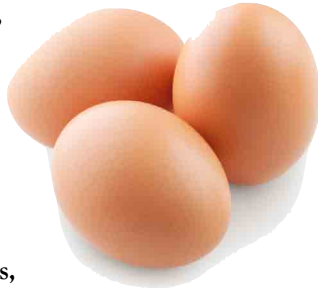
Discovery, door 1 6 sessions \$30
3350 Thu Feb 16-Mar 22 7-8:15 pm

What Came First, the Chicken or the Egg?

Brian Lauer

To answer this important question, take an entertaining yet thought provoking look at the theories of creation and evolution.

Explore two types of science, six types of evolution, and take a rare look at the evidence that supports creation. You decide which model best explains layers of rock, fossils, dinosaurs, petrified trees, Grand Canyon, DNA, and other areas of interest.



South JH, door 5 1 session \$5/person \$10/family of 4
3351 Sat Feb 25 10 am-12 pm

A Coach Worth Remembering

Brian Lauer

John Wooden's UCLA Bruins won seven NCAA basketball championships in a row, eight out of nine, and ten out of twelve championships. He won with the shortest team, the youngest team, and the favored team, yet he never talked about winning. Learn about his teams, his character, and his success principles that benefited his players long after graduation.

South JH, door 5 1 session \$5/person \$10/family of 4
3352 Sat Mar 24 10-11:30 am

Navigating Through a Career Change

Connie Hauer

Are you ready for something new? Is your career in need of a jumpstart? If you've pinpointed your new occupation, but aren't sure how to get there, discover strategies to transition from one career to another. Ideas for researching job specifics, isolating transferable skills, identifying ways to gain additional skills or experience and creating a career-transition resume are discussed.

Sauk Rapids MS, door 1 1 session \$21
3353 Tue Feb 21 6:30-8 pm

Amazing Interviews

Shauna Seaman

Want to be amazing in your interviews? Explore the many aspects of interviewing including body language, common questions, dress, etc. Bring your resume for a mock interview and gain confidence in your job search.

Sauk Rapids MS, door 1 1 session \$18
3354 Mon Feb 27 6:30-8 pm

All Abilities Welcome!

Community Education encourages people of all abilities to participate in classes and activities in this catalog. Persons with disabilities will be provided with accommodations and assistance is based on individual needs.

For more information, please call 529-6500.

Travel & Trips

Your Adventure to Europe Preview

Arlette Gerber

Join Arlette for a preview of your 2012 trips to Europe-- destinations filled with sunshine, art, history and fun! There is no charge, but please register.

Apollo, door 30 1 session Free
3800T Tue Feb 7 6:30-8 pm



Arlette Gerber,
your travel guide

Paris & the French Riviera

Arlette Gerber

Paris and the French Riviera 9-days: March 31-April 8, 2012 This nine day adventure begins with the best of Paris and then winds its way to Southern France. The sunny Riviera is your playground for more than half your vacation--Juan-les Pins' sandy shores, a trek to Eze village via the goat trail, strolling through Nice's flower market and Promenade des Anglais and exploring the principality of Monaco.

3801T \$1699 land package is based on double occupancy, airfare is additional.

Paris, Loire Valley, Brittany, Mont. St-Michel, Normandy Beaches & Versailles

Arlette Gerber

Paris, Loire Valley, Brittany, Mont. St-Michel, Normandy beaches, Versailles 9 days: June 12-20, 2012. Experience the very best of Paris along with its most stunning surroundings: the Loire Valley's exquisite châteaux such as Chambord and Cheverny; Brittany's half-timbered villages and walled cities on the ocean front; Normandy's magical Mont St. Michel, Bayeux and its history, the Palace of Versailles and the stirring D-Day beaches and American Cemetery.

3802T \$1499 land package is based on double occupancy, airfare is additional

Prague, Budapest & More

Arlette Gerber

Beginning in Prague, spend nine enchanting days in some of Europe's great historic capitals. Explore Prague's mighty castle, Baroque churches and fascinating Jewish Quarter. Then you choose where the second part of the trip will lead you. Budapest, with its unexpected elegance, hidden courtyards, remarkable markets, and tales of a tumultuous history? Or small town Salzburg, the birthplace of Mozart, site of the filming of 'The Sound of Music,' and Bavaria's capital, Munich--either way, you will be charmed. Single supplements are available at additional cost. Won't you join us?

3803T Oct 7-15 Prague-Budapest \$1,599
Prague-Salzburg-Munich \$1,799
with possible extensions

Land package for both trips is based on double occupancy, airfare is additional.

Florence, Siena, San Gimignano, Venice & Cinque Terre on the Italian Riviera

Arlette Gerber

Florence, Siena, San Gimignano, Venice and Cinque Terre on the Italian Riviera 8 days: September 30-October 7, 2012 Explore Chianti, with its olive groves, vineyards, medieval towns and earthy farmhouses. With the Renaissance city of Florence as a home base, your daily escapades take you to Venice for a day, soaking in the sinking city's atmosphere by cruising the Grand Canal and discovering its meandering narrow lanes. Spend a day on the Italian Riviera touring Cinque Terre: a string of five fishing villages nestled along the Mediterranean Sea. Lace up your walking shoes

3804T \$1499 land package is based on double occupancy, airfare is additional.

For more information and itinerary previews visit: www.adventurestoeurope.com

Single supplements are available for all trips at an additional cost.

Minneapolis Home & Garden Show Trip

Spring for a day! A trip to the Minneapolis Home and Garden Show is your antidote for spring fever. Discover what's new in home décor, remodeling, gardening and more! Meet over 1,000 experts and view thousands of products and services. Fee includes motor coach and entry to the show, lunch is on your own.

Registration deadline: Friday, Feb 17.

Depart: 8:30 am from ShopKo East back parking lot

Return: 5 pm (approximately)

Minneapolis Convention Center \$30

3805T Thu Mar 1



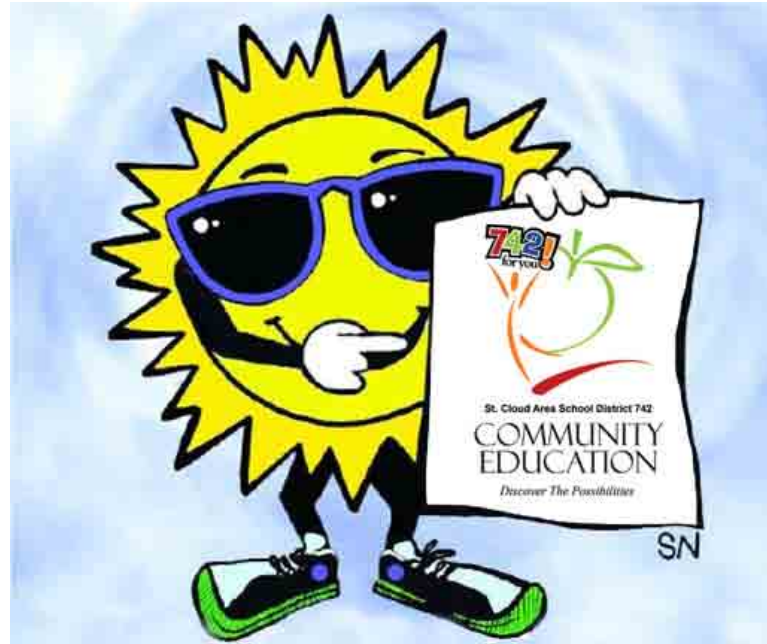
St. Cloud Community | Aquatics

The City of St. Cloud Park and Recreation and the St. Cloud School District 742 Community Education are teaming up again for another season of quality aquatic programs. Get a jump start on your swim lessons today! It is our goal to maintain the highest level of swim training and aquatic safety. We look forward to serving you in this upcoming season at South JH.

Registration

If you are looking for quick and easy way to register, please visit us at www.stcloudcommunityed.com or call St. Cloud Community Education at 529-6500 for registration. If you have programming questions, please call Marci at St. Cloud Park and Recreation at 257-5952. Community Education will take all registrations.

According to Aquatic International magazine, more than 1,500 individuals were lost to drowning between May 1 and Aug 26, 2011. Of the 1500 drownings, 400 were age 12 or younger. Drowning is the second leading cause of death among children ages 1-14. Get a jump start on your swim lessons today!



Mid-Minnesota Community Aquatics Swim Program

Starting this spring, we are introducing a new swim lesson curriculum, different from previous sessions. Mid-Minnesota Aquatics provides parents and children with important and useful information about strokes, skills, and water safety. We help teach people to swim, be safe on and around water and what to do in the event of an emergency. Our caring and dedicated instructors are Red Cross trained to help your child enjoy swimming and water safety skills in our positive learning environment.

Why Mid-Minnesota Community Aquatics?

Key elements of learning include:

- Effective lesson planning
- Teaching techniques appropriate to students' abilities including explanations, demonstrations, and skill practice
- Balanced group and individual practice time
- Individual attention to students with positive and constructive feedback

Instructors and Aides are trained in:

- Principles of water safety
- Proper techniques for swimming
- Effective skill progressions to teach swimming
- Class management and teaching techniques

Well-rounded curriculum includes:

- Smaller class sizes
- Basic skills for water adjustment
- Focus on developing an efficient kick
- Four competitive strokes: Front Crawl (Freestyle), Back Crawl (Backstroke), Breaststroke and Butterfly
- Two resting strokes: Elementary Backstroke and Sidestroke

Please read all course descriptions carefully in order to place your child in the correct class.

AQUATICS CLASS DESCRIPTIONS

Mid-Minnesota Community Aquatic Class Descriptions

St. Cloud Community Aquatics Baby Bobbers-Parent/Child and Pre-School Swim Lessons. Classes are 25 minutes long and meet 8 times. Basic skills in kicking and floating are taught. Please read the descriptions below before registering your child. Only the Baby Bobbers-Parent/Child class requires an adult to get into the water with the child.

Baby Bobbers I (ages 6 to 24 months)

Designed to orient your child (accompanied by parent) to better prepare them for Baby Bobbers II swim lessons. Parents will learn safety information and techniques to help your child feel comfortable in the water. This class provides a bonding experience for parents and their children. Class limit: 15.

Baby Bobbers II (age 24-36 months)

Designed to orient your toddler (accompanied by parent) to better prepare them for preschool swim lessons. Toddler will learn to ease the transition from parent to instructor and become more comfortable with their skills and surroundings. Skills we will start focusing on are: safety, kicking, paddle, floats and underwater exploration. Class limit: 15.

Beginner Preschool (ages 3 to 4)

Skills taught include safety topics, water adjustments, kicking, floating with support, front and back paddle, breath control and completely submerging. Parents do not need to get into the water with their child. Class limit: 5.

Advanced Preschool (ages 3 to 4)

Skills taught include safety topics, front and back paddle, kicking, treading water and advanced breath control. The goal in this class is to perform each skill unassisted. Parents do not need to get into the water with their child. Class limit: 5.



Swim 1-6 and PREP classes are 40 minutes long and meet 8 times. Please see the descriptions below. We encourage participants to complete all swim levels to ensure learning all swimming skills and strokes

Swim 1 (ages 5 and up)

Participants become comfortable in the water learning basic skills. Safety topics include pool rules, recognizing lifeguard, safe water entry, being able to recall name and phone number, helping yourself in an emergency and proper use of life jacket. Class limit: 5.

Skills:

- Enter and exit the water
- Blowing bubbles
- Bob underwater
- Pick up object under water
- Front/back floats
- Front/back blast offs
- Flip flops (rolling from front to back)
- Flutter kick on wall
- Front/back paddle
- Treading water motions

Swim 2 (ages 5 and up)

Participants learn to swim without support. Safety topics include being able to recall parents/guardians names, home address, proper use of life jackets and boat safety. Class limit: 6.

Skills:

- Jump into chest-deep water and return to the edge of pool
- Bob underwater and hold breath
- Front/back float
- Front/back blast off
- Flip flops (rolling from front to back / back to front)
- Flutter kick with kick board
- Treading water
- Front/back crawl
- Breaststroke kick

Swim 3 (ages 5 and up)

Participants learn to be comfortable with new skills in deep water and learn new strokes. Safety topics include helping yourself and others in an emergency, safe weather conditions for swimming and proper use of life jackets. Class limit: 6.

Skills:

- Jump into deep water and return to wall
- Swim underwater and pick up an object
- Front/back float in deep end
- Flutter kick on front/back with kick board
- Treading water in deep end
- Front crawl with rhythmic breathing
- Back crawl
- Elementary backstroke
- Breaststroke kick
- Breaststroke arm motion

Swim 4 (ages 5 and up)

Participants increase endurance, improve skills learned in Swim classes 1-3 while learning new skills. Safety topics include basic 1st aid, reaching assist and proper use of life jacket. Class limit: 8.

Skills:

- Feet-first surface dive in deep end
- Somersault
- Open turn: Front crawl
- Open turn: Back crawl
- Treading water
- Flutter kick on front/back with kick board
- Breaststroke kick with kick board
- Front/back crawl
- Elementary backstroke
- Breaststroke
- Dolphin kick

Swim 5 (ages 5 and up)

Participants learn ways to improve efficiency for strokes learned in Swim classes 1-4 while learning new skills. Safety topics include 1st aid, throwing assist and proper use of a life jacket. Class limit: 8.

Skills:

- Feet-first surface dive to 7 ft. and pick up object
- Flip turn: Front crawl
- Flip turn: Back crawl
- Treading water
- Flutter/dolphin/breaststroke kick with kick board
- Front/back crawl with flip turn
- Elementary back stroke
- Breaststroke
- Butterfly
- Sidestroke

Swim 6 (ages 5 and up)

Participants have learned all strokes and will concentrate on refining their technique. Safety topics include recognizing spinal injury and proper use of life jacket. Class limit: 8.

Skills:

- Feet first surface dive and pick up brick
- Open turn breaststroke/butterfly
- Tread water, kick only
- Flutter/dolphin/breaststroke kick with kick board
- Front/back crawl with flip turn
- Elementary back stroke
- Breaststroke with open turn
- Butterfly with open turn
- Sidestroke

PREP – Personal, Readiness, Endurance Program (ages 12-14)

Participants will focus on building endurance and getting prepared for the Lifeguard Training and Water Safety Instructor courses. Class Limit: 10.

Skills:

- Continuous 500 swim
- Swim Team Readiness
 - o Sets
 - o Turns
 - o Starts
- Basic CPR and 1st Aid
- Rescue Techniques
- Swim Lesson teaching techniques

Private & Semi-Private Lessons for Adults and Children

These lessons are 25 minutes long and meet 8 times. Private lesson are designed to give any participant the individualized attention necessary in order to improve or master swimming skills. Together, the instructor, participant(s) and/or parent, determine the goals for the session and the curriculum is customized to meet your goals.

Comparison to Other Swim Lesson Programs

This chart is to help you decide what level to put your child in for swim lessons. If you participated in a different program, find the level your child had completed, then find the Mid Minnesota swim lessons comparable to that level.

Mid-Minnesota Aquatics	American Red Cross	YMCA	Jack Splash
Baby Bobbers I and II	Preschool Level 1	Parent/child	Little Splashers
Beginner Preschool	Preschool Level 2	Pike, Eel	Middle Blues
Advance Preschool	Preschool Level 3	Ray, Starfish	Middle Blues
Swim 1	Level 1	Polliwog	Big Red 1
Swim 2	Level 2	Guppy	Big Red 2
Swim 3	Level 3	Minnnow	Big Red 3
Swim 4	Level 4	Fish	Big Red 4
Swim 5	Level 5	Flying Fish	Great Whites 1
Swim 6	Level 6	Shark	Great Whites 2

All classes are located at South JH, Door 5
 Registration must be completed one week prior to the first class meeting. Registration questions, call 529-6500. Program questions, call 257-5952.

Session I Mon & Wed, February 1-29 *No class: 2/20*

4001 Beginner Preschool	4-4:25 pm	\$29
4002 Advanced Preschool	4-4:25 pm	\$29
4003 Baby Bobbers I	4:30-4:55 pm	\$29
4004 Beginner Preschool	4:30-4:55 pm	\$29
4005 Private Lesson	5-5:25 pm	\$90
4006 Baby Bobbers II	5-5:25 pm	\$29
4007 Beginner Preschool	5:30-5:55 pm	\$29
4008 Advanced Preschool	5:30-5:55 pm	\$29
4009 Swim 1	6-6:40 pm	\$40
4010 Swim 2	6:00-6:40 pm	\$40
4011 Swim 4	6:45-7:25 pm	\$40
4013 PREP	7:30-8:10 pm	\$40
4014 Private Lesson	7:30-7:55 pm	\$90

Session II Sat, Feb 4- Mar 31 *No class: 3/10*

4015 Swim 1	8-8:40 am	\$40
4016 Swim 2	8-8:40 am	\$40
4017 Swim 3	8-8:40 am	\$40
4018 Beginner Preschool	8:45-9:10 am	\$29
4019 Advanced Preschool	8:45-9:10 am	\$29
4020 Beginner Preschool	8:45-9:10 am	\$29
4021 Baby Bobbers I	9:15-9:40 am	\$29
4022 Private Lesson	9:15-9:40 am	\$90
4023 Beginner Preschool	9:45-10:10 am	\$29
4024 Advanced Preschool	9:45-10:10 am	\$29
4025 Advanced Preschool	9:45-10:10 am	\$29
4026 Swim 4	10:15-10:55 am	\$40
4027 Swim 1	10:15-10:55 am	\$40
4028 Swim 2	10:15-10:55 am	\$40
4029 Private Lesson	11-11:25 am	\$90
4030 Baby Bobbers II	11-11:25 am	\$29
4031 Swim 3	11:30 am-12:10 pm	\$40
4032 Swim 5	11:30 am-12:10 pm	\$40
4033 Swim 6	11:30 am-12:10 pm	\$40
4034 PREP	12:15-12:55 pm	\$40
4035 Private Lesson	12:15-12:40 pm	\$90

Session III Mon & Wed, Mar 12-Apr 4

4036 Swim 1	4-4:40 pm	\$40
4037 Swim 2	4-4:40 pm	\$40
4038 Beginner Preschool	4:45-5:10 pm	\$29
4039 Advanced Preschool	4:45-5:10 pm	\$29
4040 Swim 3	5:15-5:55 pm	\$40
4041 Swim 4	5:15-5:55 pm	\$40
4042 Private Lesson	6-6:25 pm	\$90
4043 Baby Bobbers II	6-6:25 pm	\$29
4044 Swim 5	6:30-7:10 pm	\$40
4045 Swim 6	6:30-7:10 pm	\$40
4046 Private Lesson	7:15-7:40 pm	\$90
4047 Private Lesson	7:15-7:40 pm	\$90

Session IV Mon & Wed, Apr 16-May 9

4049 Advanced Preschool	4-4:25 pm	\$29
4050 Baby Bobbers I	4:30-4:55 pm	\$29
4051 Beginner Preschool	4:30-4:55 pm	\$29
4052 Private Lesson	5-5:25 pm	\$90
4053 Baby Bobbers II	5-5:25 pm	\$29
4054 Beginner Preschool	5:30-5:55 pm	\$29
4055 Advanced Preschool	5:30-5:55 pm	\$29
4056 Swim 1	6-6:40 pm	\$40
4057 Swim 2	6-6:40 pm	\$40
4058 Swim 3	6:45-7:25 pm	\$40
4059 Swim 4	6:45-7:25 pm	\$40
4060 Swim 5	7:30-8:10 pm	\$40
4061 Swim 6	7:30-8:10 pm	\$40

Session V Tue & Thu, Apr 17-May 10 *No class: 1/19*

4062 Swim 1	4-4:50 pm	\$40
4063 Swim 2	4-4:50 pm	\$40
4064 Beginner Preschool	5-5:25 pm	\$29
4065 Advanced Preschool	5-5:25 pm	\$29
4066 Swim 3	5:30-6:10 pm	\$40
4067 Swim 4	5:30-6:10 pm	\$40



Shallow Water Exercise

Shed pounds in the pool without swimming laps or sweating buckets. Our pool workouts are a hit that gets great results! Workouts will improve muscle tone, strength, flexibility and increase cardio respiratory endurance in a reduced gravity environment that is kind to joints.

Class limit: 25

4068 Tue Feb 7 - Apr 3	5:30-6:20 pm	\$38
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Prerequisites: Participants must be at least 15 years old and pass a swimming pre-test given at the first class. Red Cross textbook Life guarding is included. This class is designed to provide participants with the knowledge, skills and practice needed to be effective lifeguards at traditional pools. The course also includes training and certification in CPR for the Professional Rescuer and First Aid. Participants must attend all class sessions. Class limit: 10.

Lifeguard - 4070

Mar 30, 31, Apr 13, 14 Fri 3:30-9:30 pm; Sat 8 am-3 pm \$190



American Red Cross Water Safety Instructor Course (WSI)

Prerequisites: Participants must be 16 years or older, mastered skills taught in the Level 5 course and pass a pre-course skills test. This course is designed to train instructor candidates to teach the six American Red Cross Learn-to-Swim classes, Parent and Child Aquatics, Basic Water Rescue, and water safety outreach programs. These include the ability to plan and conduct lessons, evaluate student swimmers, and maintain course records and reports. This course will improve the participant's own stroke and water safety techniques. Textbooks are included. Participants must attend all class sessions. Class limit: 10.

Water Safety Instructor - 4071

May 4, 5, 11, 12 Fri 3:30-9:30 pm; Sat 8am - 3pm \$190

Seeking Experienced Enthusiastic Water Instructors

St. Cloud Community Aquatics is looking to hire those who may have experience in numerous aquatic fields. As the aquatic programming of our community grows, we continue to seek individuals to teach and share their aquatic passion with others. Our programs need high quality personnel, so if you have experience or interest in working with our youth and adult swim programs, Water Aerobics, or have experience with triathlons, water activity programs and sports, scuba diving, please let us know.

Lap Swim

Looking to keep those weight loss resolutions? Join us at South Jr. High for lap swim. This is a great way to get exercise and not put too much strain on your muscle and joints. Laps swim is available for anyone 14 and older and interested in swimming laps. If you are looking for a good, workout ask the lifeguard on duty for our sample workouts: cardio, abs, lower body and upper body.

Tue & Thu Jan 3-May 29 6:30-8 pm \$3.25 per day
No activity: 1/19, 3/6, 3/8, 3/20, 4/19, 5/15, 5/17 & 5/22

Open Swim

Looking to get out of the house this winter? Head over to South Jr. High for a fun afternoon in the pool. We have a variety of equipment available, including: water basketball, noodles and children's water toys, available for you to use. Hope to see you there.

Sat Jan 7-May 26 4-7 pm \$3.25 per day

City of St. Cloud



St. cloud park & recreation

Whitney Recreation Center

Consider the Whitney Recreation Center for your team practices, scrimmages, games and tournaments. The Recreation Center features three hardwood Neoshock basketball courts, five volleyball courts, or anything in between. The air conditioned comfort also makes the Whitney Recreation Center the perfect location for team building activities. Parents can use the walking track or exercise room while the kids pound the hardwood. Church groups, youth teams, tournaments and leagues have been calling Whitney Recreation Center “home” for years. Full service concessions are available.

The Whitney Park complex features 8 slowpitch softball fields, 2 fastpitch fields, 2 intermediate baseball fields and 12 soccer fields of various sizes. 90 percent of the playing surface is newly irrigated and all of the softball and baseball fences are new. Combine these features with full service concessions and you have the makings of a great location for your company tournament. Call Steve Krueger at (320) 650-3053 for more information on rates and availability. Located right in the middle of Minnesota, Whitney Recreation Center and Whitney Park are the logical location for that special sports event.



Walking Track and Open Gym

Whitney Recreation Center features a one-ninth mile suspended walking/jogging track with a “Pulastic” surface, guaranteed to be easy on the joints. 1000 members enjoy the climate controlled track with card access security. Locker rooms and shower are also available.

Meanwhile, the hardwood below is available for basketball, volleyball, pickleball, dodgeball or any other kind of ball that can be played in a gymnasium setting. Please call the Gym Office at (320) 255-7277 for rates and schedules for the Track and Gym.

Community Trips

St. Cloud Park and Recreation is offering a community trip to the Xcel Center for Minnesota Wild Hockey, on Sunday, March 4th. Deadline to register is Friday, February 10th. Cost for the Wild trip is \$43 per person, which includes coach bus transportation and game ticket. Also in the works are 2012 Minnesota Twins trips. Look for details on the Recreation page of the City of St. Cloud’s website at: www.ci.stcloud.mn.us call Steve at (320) 650-3053 for more information or to register.



Kinder Gym

On Tuesday, Thursday, and Friday mornings from 9-11am and Friday afternoons from 1-3 pm, the Whitney Recreation Center becomes ‘Kids Country.’ KinderGym provides the toys and an opportunity for preschoolers to play like the big kids on one basketball court. We provide the tools and parents provide the supervision. Please call (320) 255-7277 for more information.

Kinder Olympics

Kinder Olympics returns to Whitney Recreation Center, 1529 Northway Drive, on February 4th from 9-11 with fun activities for improved reading skills and healthy lifestyles! Events included: Inflatables, Arts and Crafts, Obstacle Course, Sesame Street Games, Animal Hopscotch, Frog Jump, Reading Room and much more! The cost for this event is \$1.00 per person, or \$2.00 per family. Kinder Olympics is sponsored by St. Cloud Park and Recreation and United Way Success by 6. For more information, please call (320) 257-5952, or e-mail marci.sussenguth@ci.stcloud.mn.us

Spring Volleyball at Whitney

Registration will begin Monday, February 6th and end Monday, March 19th for



Adult Spring Volleyball played at the Whitney Recreation Center. Leagues being offered are Monday Women’s Power (single match), Tuesday Co-Rec Power single match or double headers, Wednesday Co-Rec Power or Recreational single match. Each team will play 7 matches in single match leagues or 14 matches in double header leagues. A post league playoff will also be offered. The cost per team is \$140 for single match leagues, \$280 for double header leagues and \$30 for the post league playoff. You may register online at www.ci.stcloud.mn.us (go to the Recreation page) or in person at the Whitney Recreation Center. Individuals looking for teams to play on are encouraged to call the contact number listed below to get their names on the individual’s list. For additional information, please contact Steve at (320) 650-3053 or Steve.Krueger@ci.stcloud.

“Take a Kid Ice Fishing”

Plan to come and join us on Sunday, February 19, 2012 at Pleasant Lake as St. Cloud Park and Recreation and Jennings Decoy presents the 3rd Annual “Take a Kid Ice Fishing” event. This event is FREE! This will be an afternoon of great fun and excitement. Learn how to ice fish with the pros using the latest equipment, and have a chance to enter in some great “ice contests.” There will be free food and hot chocolate, and chances to win some great prizes. “Take a Kid Ice Fishing” will run from noon – 3:00 PM. You may bring your own equipment or use equipment provided at the event. This event runs in conjunction with the Department of Natural Resources free weekend of fishing: fishing licenses are not required for adults if you accompany someone under 16 years of age. For additional information, contact Steve at (320) 650-3053.



Rinks

For operating hours and opening dates please visit us at ci.stcloud.mn.us. All shelters will be unavailable with the exception of Lake George & Southside this season.

Centennial Skating & Hockey	1725 Centennial Drive
Rotary West Skating & Hockey	1507 Goettens Way
Southside Hockey	805 13th Street South
Seberger Skating	2001 2nd Street North
Schmidt Hockey	751 18th Street South
Raymond Skating & Hockey	324 Raymond Avenue NE
Talahi Hockey	1321 University Dr
Rolling Ridge Skating & Hockey	6630 Kenwood Road
Southwood Heights Skating	3500 17th Avenue South
Lake George	425 East Lake Blvd

Lake George Warming Shelter

Come on down to Lake George this winter to enjoy a day or evening of ice skating. Snacks and hot chocolate will be available for purchase during hours of operation. The Lake George Warming Shelter is also available to rent for private parties outside of regular hours of operation. Call Steve at (320) 650-3053 for more information.



2012 Park Shelter Reservations

Riverside Park Shelter is available for rent year round. This is a great facility for events such as family gatherings, group meetings or parties, birthday parties, sledding parties or many other functions.



In addition to Riverside, reservations are being taken for our other Park Shelters at Wilson Park, Lions Park and Knights of Columbus Park. These are available from May 1 - September 30 only.

Please visit our Recreation website at www.ci.stcloud.mn.us or call 650-3053 for availability and pricing.



City of
St. Cloud

Lake George Municipal Complex

The Lake George Municipal Complex is a multi-use facility programmed by the City of St. Cloud Park and Recreation Department. Renovated in 2006, the Complex offers room



rentals perfect for hosting small gatherings such as bridal or baby showers, graduation or birthday parties and business meetings; or larger events like a church function, reunions, walk/runs and weddings.

Room Rental Rates

Sun	\$20 per hr
Multipurpose	\$15 per hr
Kitchen	\$20 per day

Play Time (Age 0-5 years)

Children are simply amazing. Our preschool room is full of educational materials and toys to help with your child's development. Take the time from your busy day to connect with other parents who are going through similar stages and to watch your child play with other children.



Open Monday-Friday 8:00-4:30 at Lake George

Municipal Complex



Weddings and Photography Munsinger and Clemens Gardens

The beauty of St. Cloud's Munsinger Gardens provides the ideal setting for wedding ceremonies and professional photography sessions. Ceremonies are held in the Special Events Area on the southern end of Munsinger Gardens. This "botanical room" provides a private setting within the beauty of the Garden. Photography sessions, such as wedding, family, or senior photos, are allowed by permit throughout the rest of the Munsinger Gardens. There is a 50 person limit for all Ceremony and Photography Sessions in Munsinger Gardens. Additionally, photography sessions may be booked for Clemens Gardens with a 12 person limit (please call for pricing).



All reservations are scheduled in 2 hour blocks. These reservations are booked between 4 and 7 p.m. on weekdays; between 10 a.m. and 7 p.m. on Saturdays; and at 10 a.m. on Sundays.

Ceremony Fees – (Includes Ceremony and Photography Permit)

St. Cloud Residents:	\$250
Non-Residents:	\$300

Photography Fees

Photography Groups over 12 people:	
St. Cloud Residents:	\$70 per session
Non-Residents:	\$90 per session

Photography groups under 12 people:	
St. Cloud Residents:	\$35 per session
Non-Residents:	\$45 per session

New Look for the City's Website

The City of St. Cloud's website has a whole new look with many more features. Get the latest City news and Park and Recreation updates; see emergency alerts for road closures and snow emergencies; and sign up for email or texts to keep you informed about happenings in any city department. It is the same address but with a lot more going on: www.ci.stcloud.mn.us



City of St. Cloud

Employment

Fun Job Opportunities

St. Cloud Park and Recreation has a long history of providing summer enjoyment to the citizens of St. Cloud. Whether in the form of adult athletic leagues, experiences for youth, swimming lessons, or the all-American pass time of baseball and softball, we pride ourselves on adding quality to the lives of our patrons.

We also have a long history of providing summer employment for our residents. We are looking for the best and brightest to assist us. If you enjoy interacting with youth and adults in a recreational setting, we may have just the job for you. We offer a lot more than just a paycheck! You will make life-long friends and you will impact the lives of many patrons of all ages.

Examples of Seasonal Job Openings

- Baseball / softball coaches
- Concession workers
- Lifeguards
- Park / Gardens maintenance workers
- Umpires
- Water safety instructors

Please complete a job application and return by email to Jessica.Schaefer@ci.stcloud.mn.us or drop it off or mail it to either :

- Lake George Municipal Complex
1101 Seventh St. S.
St. Cloud, MN 56301
- Whitney Recreation Center
1529 Northway Dr.
St. Cloud, MN 56303

City of St. Cloud



Program Contacts

Whitney Recreation Gym Office Gym Hours, Program Registration	255-7277
Lake George Municipal Complex Program Registration, Facility Rentals	257-5959
Forestry, Park Maintenance, Special Events, Volunteering, Weddings Jessica Schaefer, Secretary	650-3175
Whitney Park, Recreation Center/Programs John Anderson, Recreation Supervisor	650-3051
Community Aquatics, Lake George Programs/Rentals Marci Sussenguth, Recreation Programmer	257-5952
Park Shelters, Sports Field Rentals, Community Trips Steve Krueger, Recreation Programmer	650-3053
Park and Recreation Director Scott Zlotnik	650-3170

How to Register

On-line

www.ci.stcloud.mn.us

Mail

Complete the form and mail it with payment type to:
St. Cloud Park and Recreation
1101 7th St S
St. Cloud, MN 56301

Fax

Send the completed form, including your payment information, to 320-257-0657

Phone

Call 320-257-5959; please have program and payment information available

Walk In

Visit us at the Lake George Municipal Complex; open Mon-Fri 8-4:30pm

Make a Difference...

You teach her
English.

She teaches you
what it took to
survive
in a
refugee camp.



Teach English to someone from a different culture,
and who knows what you'll learn.

Become a volunteer tutor.

Assist in our classrooms, lead a class, and help people learn
reading, writing and math.

Receive free training.

Call Colette at District 742 Adult Basic Education
(320)529-6500 Ext 6261 for more information.

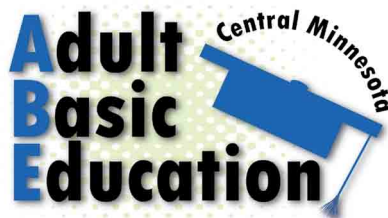
DISCOVER YOUR FUTURE



If you or someone you know is looking to improve basic reading, writing, or math skills, earn a GED, improve English language skills, citizenship classes, or learn more about parenting, Central Minnesota Adult Basic Education can help. We offer a flexible schedule of classes designed to fit the lives of busy adults.

Our experienced and talented staff of professionals include licensed teachers, social workers, paraprofessionals, support staff, trained volunteer tutors, and others. We are here to help you achieve your goals. If you are at least 16 years of age and not currently enrolled in a regular program, please give us a call.

**CHECK OUT OUR WEBSITE FOR
THE LATEST ABE CLASS
SCHEDULE AND GED TESTING
ISD742.ORG~ABE/**



FOR MORE INFORMATION

Call: 320-529-6500 ext 6202

- Email: abe@isd742.org
- Website: isd742.org~abe/

LOCATION

Discovery Community School, Door 7
700 7th Street South
Waite Park, MN 56387

Project Challenge

Programs & Services for People with Disabilities

Hot Line



Workshops

FASD Advanced

Pam Chmielewski

Participants will learn about basic brain functioning in relation to FASD brain damage, identify "red flags" for diagnosis, explain the relationship between secondary disabilities and primary brain damage and discover protective factors and strategies to increase success. Tuition includes: Materials & refreshments. Class limit 35.

5700	1 session	\$15
Th Feb 23	6:30-8:30 pm	
Apollo HS, door 30		

To register please visit
www.stcloudcommunityed.com
 or call 320.529.6500

Project Challenge Classes
 for ages 16 +

The following is a listing of
 some of the titles for Project Challenge
 activities
 being offered this winter.

- Snow tubing at Powder Ridge
- Spring Bowling League
- Science Museum - "Real Pirates"
- Empty Bowls
- Jose Cole Circus
- Three Bear Water Park
- Spring Singers
- Dances
- Zumba

Valentines Day Party

Roses are red, violets are blue, we like to have fun...how about you? Join us for a fun filled afternoon decorating Valentine cookies, playing bingo, and making special Valentine crafts. Yummy refreshments will be included in the fun! Tuition includes materials and refreshments. Class limit: 30.

5103	1 session	\$20
Sa Feb 11	1:00 - 4:00 pm	
North JH, door 3		

Are you receiving the Project Challenge HOTLINE?

To receive a more detailed description of these and many more activities sponsored by the St. Cloud Area School District 742 Adults with Disabilities Program, call Community Education at (320) 529-6500, ext 6272



Remembering... Sally Haag

On October 27, 2011, our dear friend and co-worker Sally Haag passed away. For the past 11 years, Sally served others with her warm and caring nature and a true dedication to her job. She loved her family, coming to work, a good game of bingo, a lunchtime treat of Qdoba burrito bowl, and an occasional meat raffle fundraiser!

Sally strived to live out her faith in a caring and loving way and considered her church community a very important part of her life.

Sally also took great pride in tutoring adult learners. Many looked to her for a warm smile as well as for help

in learning English. She understood that we all smile in the same language. Affectionately known to some as "Grandma Sally," she lovingly guided many young people as though they were part of her own family.

The Project Challenge program and its participants always held a very special place in her heart and were truly a source of happiness to her. A Community Education memorial fund has been established in Sally's name to help fund a Project Challenge class each year.

Sally will greatly be missed by all.

For more information about project challenge activities, please contact

Julie Johnson

Your Project Challenge Coordinator
Community Education
700 7th Street South, Waite Park, MN
Phone: (320) 529-6500 ext. 6272
E-Mail: julie.johnson@isd742.org

Adult Asperger Recreation Night

Interested in monthly activities for persons 17 and older with Aspergers Syndrome, NLD or High Functioning Autism?
Call 320.529.6500 for more information .

National Alliance on Mental Illness, St. Cloud Area

Monthly Educational Programs

Free and open to the public

6:30-7:30 pm

Hope Community Support Program

157 Roosevelt Road, Suite #300, St. Cloud

February 21, 2012

"Getting a Good Night's Sleep" – Jolene Simmons

March 20, 2012

"Mental Health Crisis Services" – Nikki Wieberdink MSMHP

Central MN Mental Health Center Crisis Services

April 17, 2012

"Vulnerable Adults" – Stearns County

May 15, 2012

Consumer Panel – Area consumers discuss their illness and their road to recovery.



Mark Your Calendar for
Potpourri for Providers & Parents
Regional Conference
Saturday - March 3, 2012
Sauk Rapids Rice High School

Keynote presenter Deborah Jiang Stein's personal story of overcoming adversity is inspirational, for she finds triumph against great odds that began as a special needs and at-risk child: a heroin-exposed infant born in a federal prison. From rebellion to survival, Deborah conveys through her unique perspective that although progress is not always linear, it is always possible.

Breakout sessions will include topics such as Dyslexia, Mental Health Concerns, Autism Spectrum Disorder, Motivating Learners, and much more!

Lunch by Panera
Space is limited

Register early with Arc Midstate
320-251-7272
email: info@ArcMidstate.org
website: www.ArcMidstate.org

St Cloud Area Schools District 742 Locations

Apollo High School & DAO
 1000 N 44th Ave
 St Cloud, MN 56303
 Door 11, North Side
 Door 30, South Side

Clearview Elementary School
 7310 Hwy 24 SE
 Clear Lake, MN 55319
 Door 1, West Side

Discovery Community School & Community Education
 700 7th St S
 Waite Park, MN 56387
 Door 1, North Side
 Door 7, West Side

Kennedy Community School
 1300 Jade Road
 St Joseph, MN 56374
 Door 1, West Side

Lincoln Elementary School
 336 5th Ave SE St. Cloud, MN 56304
 Door 1, West Side

Madison Elementary School
 2805 9th St N
 St Cloud, MN 56301
 Door 8, North Side

McKinley Ed Center & ALC
 216 8th Avenue North
 Waite Park, MN 56388
 Door 3, North Side

North Junior High School
 1212 N 29th Ave
 St Cloud, MN 56303
 Door 3, South Side

Oak Hill Community School
 2600 Cy Road 136
 St Cloud, MN 56301
 Door 1, West Side

Roosevelt Early Childhood Center
 3015 3rd Street N
 St Cloud, MN 56303
 Door 2, South Side

South Junior High School
 1120 S 15th Ave
 St Cloud, MN 56301
 Door 5, East Side (tennis courts)

Talahi Community School
 1321 University Dr. SE
 St Cloud, MN 56304
 Door 1, South Side

Technical High School
 233 12th Avenue S
 St. Cloud, MN 56301
 Door 1, Southeast Side

Westwood Elementary School
 5800 Ridgewood Road
 St Cloud, MN 56303
 Door 5, South Side

Other Area Locations

Alterations by Tami
 303 NE 4th Ave, Suite 2
 Waite Park MN 56387

Academy of Talent & Entertainment
 1007 Industrial Drive
 Sauk Rapids MN 56379

Art As You Like It
 109 Division St
 Waite Park MN 56387

Cooking For Fun!
 408 Great Oak Drive
 Waite Park MN 56387
 (across from the Splash Pad)

Dual Dragons Martial Arts Studio
 259 2nd Ave. South
 Waite Park MN 56387
 (behind Fuji Restaurant)

Gold's Gym
 850 Pine Cone Rd
 Sartell MN 56377

Just Sew Studio (just east of Best Buy)
 4124 W Division, Suite 2
 St Cloud MN 56301

North Crest Gymnastics
 1009 Industrial Dr S
 Sauk Rapids MN 56379

Revolution Cycle & Ski
 160 S 29th Ave
 St Cloud MN 56301

Sauk Rapids Middle School
 901 S 1st St
 Sauk Rapids MN 56379

Sauk Rapids High School
 1835 Osarka Road NE
 Sauk Rapids MN 56379

Sartell High School
 748 N 7th St
 Sartell MN 56377

St Cloud Boxing Club
 220 7th Ave South
 St Cloud MN 56301

St Cloud Karate & Tai Chi Instruction
 1514 3rd St. North
 St. Cloud MN 56303

Steve's Guitar and Music School
 Midtown Square

Tiny Tumblers
 220 7th Ave. South
 St. Cloud MN 56301

To use District facilities follow these simple procedures:

1. Submit a facility use request at least two weeks in advance:
 District 742 Area Schools
 Community Education Office
 700 South 7 Street
 Waite Park, MN 56387 or
www.isd742.org/communityed/facilities.htm

Special requests and volume use may require more time for processing.

2. Staff review requests, complete the approval section and establish estimated costs according to the Facility Use Fee Schedule.

3. The applicant will receive confirmation or rejection of request by mail or phone.

District 742 encourages the use of school facilities by community members. For complete information contact the Community Education Office at 529-6500 or Eric Johnson at eric.johnson@isd742.org

GOT TALENT?

Community Education has teaching opportunities available.

Adult Classes

- Interior Design
- Home Repair/Maintenance
- Aquatics
- Fitness
- Kickboxing
- Personal Fitness
- Pilates
- Weight Training
- Zumba

Youth Classes

- Arts & Crafts
- Cooking
- Preschool Activities
- Aquatics
- Soccer
- Basketball
- Mandarin Chinese
- Spanish
- Woodworking
- Hip Hop Dance
- Double Dutch
- T-Ball

Contact Us:

cec@isd742.org
320-529-6500

Check it out!

To offer adult and youth programs or to suggest new class ideas or instructor resources, please contact any of our program coordinators listed below.

Mary Heinen • Youth Enrichment & After-School Programs, ext. 6259

Julie Johnson • Adults with Disabilities, ext 6272

Linda Podvin • Adult Enrichment, ext 6258

Dave Tweedt • Fitness & Recreation & CPR, ext 6257

Marci Sussenguth • Aquatics, 257-5952

cec@isd742.org • 529-6500 • www.stcloudcommunityed.com

Opportunity For Older Adults

District 742 residents, 60 years of age and older, are invited to become members of the Gold Card Club. This club entitles members to free admission to District 742 cultural and athletic events and is sponsored by the District 742 Student Activities Committee and the Community Education Department. To receive your Gold Card contact the District 742 Community Education Office at 529-6500 or stop in during business hours.

Accommodations

To your facilitate participation in a class/activity, please call 529-6500.

Financial Assistance

To participate in Community Education classes, assistance is given to District 742 residents, if needed. Verification required.

School Closings

If school closes during the day due to bad weather, Community Education will cancel all activities. Announcements are broadcast over local radio stations.

Cancellations

- Complete refund or credit on your account with Community Education is given if a class is cancelled or filled.
- Complete refund or credit on your account with Community Education is given when you cancel five or more working days prior to the first class.
- When you cancel with less than five working days, credit will be put on your account with Community Education minus any direct class costs (i.e. supplies, food). This credit may be used for future classes and is not refundable for cash or check.

Satisfaction Guaranteed

We want your experience with Community Education to be a pleasant one. If for any reason you are not satisfied with a class, call our office at (320) 529-6500. We will gladly speak with you about your concerns.

District 742 Community Education

instructors are employed because they have a special skill or expertise they are willing to share with the community. However, District 742 Community Education does not endorse the opinions or business affiliation of our instructors.



If you are a member of UCare Minnesota, contact Community Education for information regarding partial fee reimbursement.

6 EASY WAYS TO REGISTER

On-Line

www.stcloudcommunityed.com

Mail

Complete the form and mail it with your check, money order or credit card number to (check payable to):
 District 742 Community Education
 700 7th Street South
 Waite Park, MN 56387

Drop Box

A drop box is located on the west side of Discovery Community School, Door 7.

By Fax

Fill out registration form including your credit card number and fax it to 529-4301, 24 hours a day.

By Phone

Call Cheryl at 529-6500, have your VISA, MasterCard or Discover and course information ready.

In Person

- Discovery Community School
- 700 7th Street South
- Waite Park, MN 56387
- Door 7, West Side
- Monday-Friday 7:30am -4:30pm

When to Register

Registration for classes begins when you receive this catalog. For future catalogs, you can register early on-line! Register early to guarantee a spot, decision on class cancellations are made one week before class starts!

Am I In?

YES! Unless we call, assume the course is held at the time and place indicated and that you are enrolled.

Satisfaction Guaranteed

We want your experience with Community Education to be a positive one. If for any reason you are not satisfied with a class, call our office at 529-6500. We will gladly speak with you regarding your concerns.

DISTRICT 742 COMMUNITY EDUCATION REGISTRATION

One Form Per Person



Student Name _____ Last _____ First _____
 (Please Print)

Parents Name (if applicable) _____

Address _____

City _____ Zip Code _____ Home Phone # _____

E-mail _____ Work/Emergency # _____

Age 0-5 yrs 6-18 yrs 19-54 yrs 55+ yrs

Financial Assistance Special Needs _____

Medical conditions instructor should be aware of: _____

Course #	Course Title	Fee
		\$
		\$
		\$
		\$
Total		\$

VISA Discover MasterCard

_____ Expires: _____ Mo. _____ Yr. _____

FOR OFFICE USE ONLY

Mail In _____ In Person _____ Check _____ Cash _____ Chg _____ Credit Slip _____ Date _____