



DISTRICT 728 Community Education

SEPTEMBER-DECEMBER
FALL 2015
CLASS SCHEDULE

Lifelong Learning...unlock your potential



ADULTS

trips, online learning, health,
arts, fitness

YOUTH

swim lessons, sports, arts,
theater, trips, academics

EARLY CHILDHOOD

ECFE, preschool, screening

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WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.

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EVERYONE IS WELCOME

You don't have to live in the district to register for a class. Anyone can enroll!

FOLLOW us on



LIKE us on



MEET KRISTEN NELSON

Manager of Early Childhood Family Education

Weather Cancellations

Follow our Twitter feed @CE728ALERT or check our webpage at www.728communityed.com for possible weather cancellation of activities one hour before start time.

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What is your role at ISD 728 Community Education/ECFE?

I am the new Manager for the Early Childhood Family Education, School Readiness, and Early Childhood Screening programs.

Describe your background and experience.

For the last six years I have been the Family Services Collaborative Coordinator for Morrison County, where I organized Love and Logic Parenting classes, provided leadership to the early childhood community and assisted in the process of access to school-based mental health services. Prior to that my entire career has included every aspect of the Early Childhood Family Education world: I have been a Parent Educator, ECFE Children's Teacher, School Readiness Instructor, Home Visitor, Behavioral Specialist, Family Literacy Parent Educator, and ECFE and School Readiness Coordinator.

How do you plan to educate, inspire and empower families of ISD 728?

By taking the time to learn about the ISD 728 communities and listening to those families with young children about their interests in parenting topics, activities and preschool offerings. I would also like to make ECFE and School Readiness a place that empowers and supports families in their role as their child's most important teacher.

"As the new school year begins and staff, parents and children return, I am anticipating with excitement meeting everyone and starting on the adventure that is ECFE."

~Kristen Nelson

See pages 30-42 for more information on ECFE!



OUR MISSION

To build community through citizen involvement and lifelong learning while **educating, inspiring and empowering** ALL of our learners across ISD 728.

ADULT ACTIVE MINDS

WELCOME to ACTIVE *Minds*

A program geared for the adult looking for intriguing topics, in-depth dialog and new topics to explore. Classes are led by academic leaders and experts in the field. Register for an annual membership and enjoy up to 40 classes per year for only \$169 per individual or \$330 per couple. Otherwise sign up individually by class.

Active Minds Annual Membership

Become an Annual Member and pick and choose the Active Minds courses you wish to attend during the year, up to eleven per quarter. The Annual Membership for an individual pays for itself in just over four courses with over 40 courses at your disposal! Classes are also available to non-members on a class-by-class basis.

\$169 Individual/\$330 Pair | #8110-12F

Cultural Heritage and Archaeology

Cultural heritage is the legacy and protection of artifacts, places, and knowledge about past societies. There are many problems facing the preservation of archaeological sites today. This course will examine recent threats to cultural heritage from around the world and what they mean for the future of our past.

Tuesdays Sep 22 & Oct 6 | 4:00-6:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 5 | Erdman | #8110-1F

Interested in learning more about our instructors?

Join our ACTIVE *Minds*
mailing list by calling 763.241.3520
and receive additional class information.

Psychology 101: How the Mind Works

Have you ever wondered how your brain works? The human brain is responsible for every thought, action and experience, but exactly how it works remains one of the greatest mysteries of science. Dr. Jabbar will share fascinating lessons from the field of psychology that reveal how this extraordinary organ operates.

Friday Sep 25 | 10:00am-12:00pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Jabbar | #8110-2F

Songwriting: Even You Can Write a Song

This class is especially for people who want to express themselves by composing songs. You do not need to play an instrument or read music to carve out a song. While examining the rudiments of lyrics, melody, harmony and rhythm of songs, participants will use fun techniques to begin creating their own works.

Tuesdays Sep 29, Oct 27, Nov 10 | 2:30-4:30pm | 3 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 5 | Imholte | #8110-3F

Mesabi Gold: The History of Minnesota's Iron Range

The Iron Range is a long, thin strip of land that cuts across northeastern Minnesota. Immigrants from over 40 countries streamed there at the turn of the last century to mine the rich ore deposits. The Range has a rich history, fractured by labor conflict and wedded by cultural tradition and the mining of the richest iron ore deposit in history.

Wednesdays Oct 14 & 28 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 210 Door 5 | Aamodt | #8110-4F



ADULT ACTIVE MINDS

The Arts of the Americas

Join us on a virtual tour of the Americas from South America's Cape Horn to the far reaches of Northern Canada and from prehistory to today. Along the way, we'll encounter lost civilizations, step pyramids, an early calendar and esoteric rituals and art forms as diverse as the people and lands that gave rise to them.

Wednesdays Nov 4 & 18 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 212 Door 5 | Aamodt | #8110-5F

Tech Gadgets: What Do They Do?

Do you have a technical gadget and wonder what it can do? Are you curious about tech gadgets that other people have? Come to this class and learn from an easy-going and patient technology expert. Joel will show you a variety of tech gadgets, apps and programs that could make your life easier and/or a whole lot more fun!

Thursday Nov 5 | 5:00-7:00pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Feld | #8110-10F

The Essential Trio: Eat, Sleep, Be Active!

Join us to learn reliable information and practical strategies for eating well, getting good sleep and being active. More importantly, you will have the opportunity to assess your current health behaviors, overall well-being and readiness to change as you create personalized goals that work with, and not against, daily schedules and general life situations and scenarios.

Mondays Nov 9 & 16 | 5:30-7:30pm | 2 sessions
\$39 Individual/\$75 Pair
Rogers MS Rm 110 Door A | Kjolhaug | #8110-7F

Harry Truman: A Titan in a Tyrannical Age

How did a modestly educated, "accidental" president end the greatest war in history, articulate a successful policy against a ruthless Communist enemy and come to be regarded among the greatest presidents in our country's history? Meet Harry S. Truman, an unlikely titan in a tyrannical age.

Thursday Nov 12 | 9:00-11:00am | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Worner | #8110-6F



Learn about a variety of tech gadgets, apps and programs that could make your life easier and/or a whole lot more fun!

Stones of Heaven: Exploring Meteorites

Ancient Mediterraneans saw dragons of the sky--bright meteors with long, glowing tails. The Egyptians called the sudden showers of rock and light "stones of heaven." Join us as the University of Minnesota's Curator of Meteorites leads this class on meteorites, those intriguing "clocks in the rocks" that tell us so much about both the history and future of our solar system.

Tuesday Nov 17 | 6:30-8:30pm | 1 session
\$19 Individual/\$35 Pair
Rogers MS Rm 110 Door A | Alexander | #8110-11F

Another Look at Elk River's History

Join Steve Rohlf as he shares more interesting facts about the rich history of this area. You don't need to have attended the first class to attend this one. Register right away--the last Elk River history class filled quickly.

Thursday Dec 10 | 7:00-8:30pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Rohlf | #8110-8F

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ADULT FITNESS



Belly dancing engages your upper and lower abs, along with your obliques for a tighter core and flatter stomach.

Wise Women's Belly Dance

Women over 40 can stay in shape while having fun in this belly dance class that is low impact and does not require a thin figure or youth to enjoy and perform. Learn basic belly dance moves while improving your flexibility, strengthen your core, back, abs and bones. While all ages are welcome, the focus will be on health and beauty benefits for women age 40+. Not meeting Oct 22.

Thursdays Oct 1-29 | 6:30-7:30pm | 4 sessions
\$35 Individual/\$65 Pair
Zimmerman HS Cafeteria Door A | Isenor | #5172-1F

Pilates Mat

Pilates is a system of exercise that targets the deep muscles of the abdomen and spine to strengthen your body from the inside out.

Fridays Sep 18-Oct 23 | 12:00-12:45pm | 6 sessions
\$35 Individual/\$65 Pair
Three Rivers Fitness Studio Otsego | Three Rivers Fitness Staff
#5111-1F

Fridays Oct 30-Dec 11 | 12:00-12:45pm | 6 sessions
\$35 Individual/\$65 Pair
Three Rivers Fitness Studio Otsego | Three Rivers Fitness Staff
Not meeting Nov 27 | #5111-2F

Personal Training

Personal training with a certified personal trainer. This 6-week program will meet for approximately one hour weekly. You will receive one-on-one personalized guidance and an individualized workout routine specific to your health, physical history and your current weight loss, health and fitness goals.

6 sessions | \$425
Handke Center | #5146-1F

Basic Barre

Basic Barre is a unique class that blends ballet, strength and Pilates without the use of a ballet barre. It provides a fun, energizing and effective fitness class for participants of all levels who have an interest in either dance or fitness. Each participant will be challenged at their own level while focusing on the safety of their joints and skeletal system.

Tuesdays Sep 15-Oct 20 | 6:30-7:30pm | 6 sessions
\$35 Individual/\$65 Pair
Handke Center Stage Door 5 | Three Rivers Fitness Staff | #5113-1F

Tabata

This high-intensity workout involves specific training exercises done at maximum repetitions for 20 seconds, followed by 10 seconds of rest, for a total of 8 cycles, totaling 4 minutes. Tabata will help break through plateaus and take your fitness to the next level.

Tuesdays Sep 15-Oct 20 | 7:35-8:35pm | 6 sessions
\$35 Individual/\$65 Pair
Handke Center Stage Door 5 | Three Rivers Fitness Staff | #5112-5F

Stretch & Balance

This class is targeted at Baby Boomers who want to work on stretching their muscles and improving their balance. This introductory class may help you improve your quality of life.

Wednesdays Sep 16 & 30 | 10:00-11:00am | 2 sessions
\$15 Individual/\$25 Pair
Handke Center Stage Door 5 | Scattarelli | #5100-11F

NEW! EdVenture Club-Program Participant Care

EdVenture Club offers on-site childcare for the children of program participants for selected classes. This program is supervised by EdVenture Club staff specifically trained in Early Childhood and School Age best practices. Be sure to register one week in advance of your class's scheduled start date.

Fees:

First Child - \$4, Additional Children-\$2.50
(Additional fees may apply if the care is needed for longer than a 2-hour period.)

How to Register for Program Participant Child Care:

Call 763-241-3400 ext. 5528, visit <http://tinyurl.com/EdVPPC> or email wendy.mitchell@isd728.org.

Registration must be done one week prior to the scheduled program.




Care is available for classes that have the Program Participant Care program icon next to the title or class.

Pickle Ball | adults

Pickle Ball is a combination of ping pong and tennis and is all the rage for adults who are young at heart. Using our equipment or your own, you can play against others who love a game of friendly competition. Don't know how to play? Don't let it stop you--the first 15 minutes of each session can be used to share rules, practice and warm up. Play will be first-come, first-served with a rotation with others who show up to play.

Pay at the door: \$3/day, \$25/10-Day Pass, \$35/15-Day Pass

Sundays Sep 13-May 15 | 5:00-7:00pm
Handke Center Gym Door 5

 Mondays Sep 14-May 16 | 6:00-8:00pm
Handke Center Gym Door 5 | Not meeting Sep 21, Nov 16

Wednesdays Sep 16-May 18 | 4:15-6:00pm
Handke Center Gym Door 5

Lap Swim | grades 9-12 and adults

Get a great workout at the pool without having to pay membership fees.

Pay at the door: \$5/day; \$45/10-day pass
VandenBerge MS Pool Door M

Sundays Sep 20-Mar 13 | 7:00-8:30pm
Not meeting Dec 27

Wed/Fri Sep 23-Mar 18 | 5:45-7:00am
Not meeting Dec 30

Wednesdays Sep 23-Mar 16 | 6:00-8:00pm
Not meeting Dec 30

Boot Camp Mix & Mingle

Are you looking for an exercise group to work out with, who will hold you accountable and help you get results? Are you struggling with your weight, or just want better overall health and nutrition? Then visit us at the Mix & Mingle to find out what we're all about! Your 24Fit coaches and current boot campers will be present. Discover how we can help you with your nutrition and fitness goals!

Monday Sep 14 | 6:15-7:15pm | 1 session | Free
Handke Center Rm 111 Door 5 | Will | #5145-1F

Monday Oct 19 | 6:15-7:15pm | 1 session | Free
Handke Center Rm 111 Door 5 | Will | #5145-2F

Monday Nov 23 | 6:15-7:15pm | 1 session | Free
Handke Center Rm 111 Door 5 | Will | #5145-3F



Group fitness classes are great for getting encouragement and advice. The more you surround yourself with people who support your goals, the greater your chance of success will be!

24Fit Boot Camp

Do you need to increase metabolism and burn fat more efficiently? This class is for all fitness levels and features Xtreme fitness challenges, fitness evaluation and coaching. The goal: complete body transformation.

Mon/Wed/Thu Sep 21-Oct 15 | 6:15-7:15pm | 12 sessions | Free
Parker Elem Gym Door 3 | #5145-4F

Tue/Thu Sep 22-Oct 15 | 6:00-7:00pm | 8 sessions | Free
Rogers Elem Gym Door 1 | #5145-7F

Tue/Thu Sep 22-Oct 15 | 6:30-7:30pm | 8 sessions | Free
Zimmerman Elem Gym Door 1 | #5145-9F

Mon/Wed/Thu Oct 26-Nov 19 | 6:15-7:15pm | 12 sessions | Free
Parker Elem Gym Door 3 | #5145-5F

Tue/Thu Oct 27-Nov 19 | 6:00-7:00pm | 7 sessions | Free
Rogers Elem Gym Door 1 | Not meeting Nov 3 | #5145-8F

Tue/Thu Oct 27-Nov 19 | 6:30-7:30pm | 7 sessions | Free
Zimmerman Elem Gym Door 1 | Not meeting Nov 3 | #5145-10F

Mon/Wed/Thu Nov 30-Dec 21 | 6:15-7:15pm | 10 sessions | Free
Parker Elem Gym Door 3 | #5145-6F

Tue/Thu Dec 1-22 | 6:00-7:00pm | 7 sessions | Free
Rogers Elem Gym Door 1 | #5145-12F

Tue/Thu Dec 1-22 | 6:30-7:30pm | 7 sessions | Free
Zimmerman Elem Gym Door 1 | #5145-11F

ADULT FITNESS



Zumba Class Rule:
Don't know a move? Just shake it 'til you make it!

Zumba Fitness

Zumba is a Latin-inspired dance-fitness class that incorporates Latin and other international dance music and movements. The easy-to-follow dance movements combine fast and slow rhythms to tone and sculpt the body, while providing a cardiovascular workout.

Mondays Sep 14-Oct 19 | 7:35-8:35pm | 6 sessions
\$35 Individual/\$65 Pair
Rogers MS Cafeteria Door A | Three Rivers Fitness Staff | #5112-1F

Fridays Oct 9-Nov 13 | 5:30-6:30pm | 6 sessions
\$35 Individual/\$65 Pair
Three Rivers Fitness Studio Otsego | #5112-4F

Fridays Oct 30-Dec 11 | 5:30-6:30pm | 6 sessions
\$35 Individual/\$65 Pair
Three Rivers Fitness Studio Otsego | Not meeting Nov 27 | #5112-2F

Mondays Nov 2-Dec 14 | 7:35-8:35pm | 6 sessions
\$35 Individual/\$65 Pair
Rogers MS Cafeteria Door A | Three Rivers Fitness Staff
Not meeting Nov 23 | #5112-3F

Aikido

Learn this Japanese martial art from a 6th-degree black belt! Aikido is a defense system that teaches confidence and control with principles based on harmonizing mind and body with a partner's attack. Explore hand-to-hand, sword and staff techniques as you develop mental and physical discipline. There are no tournaments or competitions with this program.

Thursdays Sep 10-Oct 15 | 7:30-9:00pm | 6 sessions | \$55
Salk MS Balcony Door U | Larson | #5130-1F

Thursdays Oct 29-Dec 17 | 8:05-9:35pm | 7 sessions | \$65
Salk MS Balcony Door U | Larson | Not meeting Nov 26 | #5130-2F

R.I.P.P.E.D.

Experience this total body "plateau-proof fitness formula" workout, utilizing resistance and cardio training that masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet. The components of R.I.P.P.E.D. help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Mondays Sep 14-Oct 19 | 6:15-7:15pm | 6 sessions
\$35 Individual/\$65 Pair
Meadowvale Elem Gym Door 7 | Waite | #5144-1F

Saturdays Sep 19-Oct 24 | 9:15-10:15am | 6 sessions
\$35 Individual/\$65 Pair
Hassan Elem Cafeteria Door 1 | Waite | #5144-2F

Saturdays Oct 31-Dec 12 | 9:15-10:15am | 6 sessions
\$35 Individual/\$65 Pair
Hassan Elem Cafeteria Door 1 | Waite | Not meeting Dec 5
#5144-3F

Mondays Nov 2-Dec 14 | 6:15-7:15pm | 6 sessions
\$35 Individual/\$65 Pair
Meadowvale Elem Gym Door 7 | Waite | Not meeting Nov 23
#5144-4F

3-2-1

Total body conditioning consisting of 3 minutes of cardio endurance exercises followed by 2 minutes of resistance training and finishing with 1 minute of core control. In 55 minutes our 3-2-1 Fit class will help you reach your fitness goals.

Tuesdays Sep 15-Oct 20 | 9:30-10:30am | 6 sessions
\$35 Individual/\$65 Pair
Three Rivers Fitness Studio Otsego | #5111-3F

Tuesdays Oct 27-Dec 1 | 9:30-10:30am | 6 sessions
\$35 Individual/\$65 Pair
Three Rivers Fitness Studio Otsego | #5111-4F

Hip Hop Beginner

Cardio fitness meets hip hop dance for a super fun workout! You'll be having such a great time you won't even realize the great workout you're getting.

Wednesdays Sep 16-Oct 21 | 5:30-6:30pm | 6 sessions
\$35 Individual/\$65 Pair
Handke Center Cafeteria Door 5 | Waite | #5142-1F

Wednesdays Oct 28-Dec 9 | 5:30-6:30pm | 6 sessions
\$35 Individual/\$65 Pair
Handke Center Cafeteria Door 5 | Waite | Not meeting Nov 25
#5142-2F

NEW! H.I.I.T.

H.I.I.T. stands for HIGH INTENSITY INTERVAL TRAINING and it's what today's exercise science calls the most effective and efficient way to lose weight and get strong(er)! This class consists of a complete body workout in one hour using body weight, dumbbell exercises, cardio and strength. All fitness levels welcome; this class aims to challenge you. Commit and reap the benefits of "H.I.I.T.ing" it!

Tuesdays Sep 15-Oct 20 | 7:00-8:00pm | 6 sessions
\$35 Individual/\$65 Pair
Twin Lakes Elem Gym Door 3 | Zackowski | #5106-1F

Thursdays Sep 17-Oct 22 | 7:00-8:00pm | 6 sessions
\$35 Individual/\$65 Pair
Twin Lakes Elem Gym Door 3 | Zackowski | #5104-3F

Thursdays Nov 5-Dec 17 | 7:00-8:00pm | 6 sessions
\$35 Individual/\$65 Pair
Twin Lakes Elem Gym Door 3 | Zackowski | Not meeting Nov 26
#5104-4F

Tuesdays Nov 10-Dec 22 | 7:00-8:00pm | 6 sessions
\$35 Individual/\$65 Pair
Twin Lakes Elem Gym Door 3 | Zackowski | Not meeting Nov 24
#5106-2F

Candlelight Yoga Stretch

Yoga Stretch breaks down the fundamental postures and focuses on the alignment of postures and breathing while stretching. This class will mainly focus on stretching the body, lengthening the muscles and listening to your breath to de-stress. This is a great class for the body to become more flexible.

Mondays Sep 14-Oct 19 | 7:30-8:45pm | 6 sessions
\$35 Individual/\$65 Pair
Westwood Elem Music Rm Door 1 | Scattarelli | #5100-9F

Mondays Nov 2-Dec 14 | 7:30-8:45pm | 6 sessions
\$35 Individual/\$65 Pair
Westwood Elem Music Rm Door 1 | Scattarelli | Not meeting Nov 23
#5100-10F

TRY THIS...

Join us for an intro class and see for yourself what
Hip Hop Beginner and R.I.P.P.E.D. classes are all about!

Wednesday Sep 9 | 5:30-6:30pm
1 session | FREE | Handke Center Gym Door 5



Try a Stand Up Paddle Board class in the pool this fall!

NEW! Intro to SUP PaddleFit

Our intro class will focus on introducing you to the sport of stand up paddling (SUP) in a fun and safe manner. We will teach you the fundamentals of SUP, as well as safety and SUP laws, giving you a great foundation for your future paddling. No previous experience necessary; you must be comfortable in the water and be able to swim to take this class. All equipment for class is provided. Please arrive 15 minutes early.

Sunday Sep 27 | 7:30-8:30pm | 1 session | \$35 Individual/\$65 Pair
VandenBerge MS Pool Door M | Sprague-Brenteson | #5148-3F

NEW! SUP PaddleFit Fitness

This fun and challenging fitness class on the water will introduce you to the world of PaddleFit and its training benefits including balance, endurance, strength, focus and FUN! Class accommodates all skill and fitness levels; some previous paddling experience or completion of the Intro to SUP class required. You need to know how to swim to take this class. All equipment for class is provided. Please arrive 15 minutes early. Not meeting Oct 18 and Nov 29.

Sundays Oct 4-Dec 6 | 7:30-8:30pm | 8 sessions | \$149
VandenBerge MS Pool Door M | Sprague-Brenteson | #5148-4F

NEW! Stand Up Paddle Board Yoga

Develop better balance, strength, coordination and endurance by linking breath to movement. Give this class a try for some variety in your workout routine. You need to know how to swim to take this class. All equipment for class is provided. Please arrive 15 minutes early. There will be a lifeguard on duty.

Sunday Sep 20 | 11:45am-12:45pm | 1 session
\$35 Individual/\$65 Pair
VandenBerge MS Pool Door M | Olson | #5148-1F

Sunday Sep 27 | 11:45am-12:45pm | 1 session
\$35 Individual/\$65 Pair
VandenBerge MS Pool Door M | Olson | #5148-2F

ADULT FITNESS

Yoga Basics

Sweat, breathe, go with the flow! Yoga Basics breaks down the sequence step-by-step and focuses on the principles of yoga, foundations of postures, joining movement to breath, and proper alignment. Options and modifications offered to all practitioners. Wear comfortable clothing and bring an exercise mat, if possible.



Mondays Sep 14-Oct 19 | 1:00-2:00pm | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Stage Door 5 | Brixius | #5100-2F

Mondays Sep 14-Oct 19 | 6:30-7:30pm | 6 sessions

\$35 Individual/\$65 Pair

Rogers MS House A Hallway Door A | Three Rivers Fitness Staff
#5100-1F



Tuesdays Sep 15-Oct 20 | 9:00-10:00am | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Stage Door 5 | #5100-3F

Tuesdays Sep 15-Oct 20 | 11:00am-12:00pm | 6 sessions

\$35 Individual/\$65 Pair

Three Rivers Fitness Studio Otsego | Three Rivers Fitness Staff
#5100-4F

Fridays Sep 18-Oct 30 | 12:00-1:00pm | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Stage Door 5 | Not meeting Oct 16 | #5100-5F

Mondays Nov 2-Dec 14 | 6:30-7:30pm | 6 sessions

\$35 Individual/\$65 Pair

Rogers MS House A Hallway Door A | Three Rivers Fitness Staff
Not meeting Nov 23 | #5100-6F



Tuesdays Nov 10-Dec 15 | 9:00-10:00am | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Stage Door 5 | #5100-7F

Tuesdays Nov 10-Dec 15 | 11:00am-12:00pm | 6 sessions

\$35 Individual/\$65 Pair

Three Rivers Fitness Studio Otsego | Three Rivers Fitness Staff
#5100-8F

REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS
YOU ARE HOPING TO TAKE.

Yoga Sculpt

This fun, yet challenging class is a fusion of yoga, cardiovascular endurance and strength training. Though intense, this class is designed for all fitness levels and ages. Yoga Sculpt will tone and shape your body by targeting major muscle groups through anaerobic movements and compound training. Bring your own set of 2-4 lb dumbbell weights and a mat to class (if you have them). Be prepared to have fun, sweat and move your body!!

Tuesdays Sep 15-Oct 20 | 6:15-7:15pm | 6 sessions

\$35 Individual/\$65 Pair

Twin Lakes Elem Gym Door 3 | Olson | #5100-12F



Thursdays Sep 17-Oct 22 | 1:00-2:00pm | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Gym Door 5 | Brixius | #5100-14F

Tuesdays Nov 10-Dec 22 | 6:15-7:15pm | 6 sessions

\$35 Individual/\$65 Pair

Twin Lakes Elem Gym Door 3 | Olson | Not meeting Nov 24
#5100-13F

Power Yoga

Power Yoga is a dynamic Vinyasa series, meaning breath is linked to movement, and is set to music. Modifications are given throughout class, making it ideal for anyone. In Power Yoga, you will build strength, increase flexibility and find focus.

Mondays Sep 14-Oct 19 | 6:00-7:00pm | 6 sessions

\$35 Individual/\$65 Pair

Otsego Elem Music Rm Door 4 | Olson | #5100-15F

Fridays Sep 18-Oct 30 | 9:00-10:00am | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Stage Door 5 | Olson | Not meeting Oct 16
#5100-16F

Mondays Nov 2-Dec 14 | 6:00-7:00pm | 6 sessions

\$35 Individual/\$65 Pair

Otsego Elem Music Rm Door 4 | Olson | Not meeting Nov 23
#5100-17F

Fridays Nov 6-Dec 18 | 9:00-10:00am | 6 sessions

\$35 Individual/\$65 Pair

Handke Center Stage Door 5 | Olson | Not meeting Nov 27
#5100-18F

Open Gym | all ages

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others. Check in and pay upon arrival. Please note that changes may be made to this schedule; always check before dropping a child off at the school.

Pay at the Door: \$4/students, \$5/adults, \$12/family

all ages

Sundays Oct 4-May 15 | 5:00-7:00pm

Zimmerman HS Gym Door K | Not meeting Nov 22, Apr 24

Sundays Oct 4-May 15 | 5:00-7:00pm

Rogers MS Gym Door A | Not meeting Mar 6

families and students grades 5-8

Participants under age 12 must be accompanied by an adult.

Wednesdays Oct 7-May 18 | 7:00-8:30pm

Zimmerman HS Gym Door K

adults and students grades 9-12

Wednesdays Oct 7-May 18 | 8:30-10:00pm

Zimmerman HS Gym Door K

Wednesdays Oct 7-May 18 | 7:00-9:00pm

Rogers HS Gym Door I

Indoor Walking

Get moving with a healthy activity! This is an individualized program where you set the pace. Participants are welcome at any time during walking hours. We provide a safe, supervised route with time or mileage tracking. Register for your preferred location, but walk at other sites! Fee can be adjusted for late registrants by contacting Community Education at 763-241-3520.

Mon/Tue/Thu Dec 1-Apr 7 | 3:00-7:30pm | \$59 Individual/\$99 Pair

VandenBerge MS Hallways Door N

Not meeting Dec 24 & 31, Mar 1, 10, 15 | #5140-2F

Mon/Tue/Thu Dec 1-Apr 7 | 3:00-7:30pm | \$59 Individual/\$99 Pair

Rogers MS Hallways Door A

Not meeting Dec 24 & 31, Mar 1, 10, 15 | #5140-3F

Mon/Tue/Thu Dec 1-Apr 7 | 3:45-5:30pm | \$59 Individual/\$99 Pair

Zimmerman Elem Hallways Door 5C

Not meeting Dec 24 & 31, Mar 10 | #5140-1F

Mon/Tue/Thu Dec 1-Apr 7 | 5:00-7:30pm | \$59 Individual/\$99 Pair

Zimmerman MS/HS Hallways Door A

Not meeting Dec 24 & 31, Mar 1, 10, 15 | #5140-4F

FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pickle Ball	Pickle Ball	Basic Barre	Hip Hop	Aikido	Yoga Basics	R.I.P.P.E.D.
SUP Paddle Fit	24Fit Boot Camp	24Fit Boot Camp	24Fit Boot Camp	24Fit Boot Camp	Zumba	
Open Gym	R.I.P.P.E.D.	Tabata	Pickle Ball	Yoga Sculpt	Pilates	
Open Swim	Candlelight Yoga Stretch	Yoga Sculpt	Stretch & Balance	Belly Dance	Power Yoga	
Lap Swim	Power Yoga	Yoga Basics	Open Gym	Body Sculpt	Lap Swim	
	Zumba	H.I.I.T.	Open Swim	H.I.I.T.		
	Yoga Basics		Lap Swim			
	Indoor Walking (Dec)	Indoor Walking & Lap Swim (Dec)		Indoor Walking & Lap Swim (Dec)		

Community Education has been offering fitness classes for over 25 years!

We keep class sizes personal and manageable. Safety and involvement for adults at all levels of fitness are our main goals. Some classes are open to ages 15-17.

ADULT GENERAL INTEREST



The battle of Iwo Jima is immortalized by Joe Rosenthal's photograph of the raising of the U.S. flag.

NEW! James C. Church WWII History Series: Marshall Harris 70th Anniversary of Iwo Jima

Join World War II veteran Marshall Harris as he reminisces about his time in the Marine Corps at Iwo Jima 70 years ago. Listen as he talks about the flag-raising and its significance. This is one presentation that you do not want to miss.

Tuesday Sep 29 | 9:30-11:00am | 1 session
\$9 Individual/\$15 Pair; \$2 Student
Handke Center Rm 111 Door 5 | Harris | #8126-1F

NEW! James C. Church WWII History Series: Meroslava "Slava" Bryn - Work Camp Survivor

Meroslava Bryn was born in the Ukraine in 1942. She and her family were sent to a slave camp to work and were spared death because Bryn's parents were skilled in ways that the Nazis found useful. Eventually Meroslava was rescued by British forces, spent time in a Displaced Persons Camp, and eventually made it to the U.S. Hear this amazing story of going from a slave labor camp to seeing the Statue of Liberty in the "Land of Golden Opportunity."

Sunday Nov 8 | 1:00-2:30pm | 1 session
\$9 Individual/\$15 Pair; \$2 Student
Handke Center Rm 111 Door 5 | Bryn | #8126-3F

WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.

NEW! Sibley's 1863 Dakota Expedition

Follow General Henry Sibley and nearly 4000 troops as they pursued the Sioux Indians from Minnesota to the Missouri River (in present day North Dakota). Presenter Doug Ohman has photographed and researched the campsites and battlefields of this expedition and will offer a balanced perspective of the conflict and background that led to this historic event.

Monday Nov 16 | 6:30-8:00pm | 1 session
\$9 Individual/\$15 Pair; \$2 Student
Handke Center Rm 107 Door 5 | Ohman | #8126-4F

NEW! U.S. - Dakota War of 1862: Gravestones & Stories

Following the killing of 650 white victims, survivors took action to establish gravestones for family members or friends who were killed. Presenter Curtis Dahlin's book, "Dakota Uprising Victims-Gravestones & Stories," contains about 90 gravestones or markers representing about 200 of those who were killed. These gravestones and markers will be shown and their stories told, though about 400 of the victims lie in unmarked graves.

Tuesday Oct 20 | 6:30-8:00pm | 1 session
\$9 Individual/\$15 Pair; \$2 Student
Handke Center Rm 111 Door 5 | Dahlin | #8126-2F

NEW! EdVenture Club-Program Participant Care

EdVenture Club offers on-site childcare for the children of program participants for selected classes. This program is supervised by EdVenture Club staff specifically trained in Early Childhood and School Age best practices. Be sure to register one week in advance of your class's scheduled start date.

Fees:

First Child - \$4, Additional Children-\$2.50

(Additional fees may apply if the care is needed for longer than a 2-hour period.)

How to Register for Program Participant Child Care:

Call 763-241-3400 ext. 5528, visit <http://tinyurl.com/EdVPPC> or email wendy.mitchell@isd728.org.

Registration must be done one week prior to the scheduled program.



Care is available for classes that have the Program Participant Care program icon next to the title or class.

TRY THIS...

Are you between the ages of 21-40 and looking to meet new people, or find some new hobbies? These classes are designed for people looking to spend time socializing and having fun with people who share similar interests. There's no pressure in these laid-back classes and you can be yourself. Whether it's a date night or an opportunity to get out and meet others who live in your community, this is a great option for you!

NEW! Horsin' Around

Head to Boulder Pointe Equestrian Center and learn to ride a horse and/or care for rescue horses and dogs to get them ready for their next home. Spend a fun evening making the world a better place.

Friday Sep 25 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair
Boulder Pointe Equestrian Center Nowthen | Keacher | #9999-1F

NEW! The Great Digital Short Movie Challenge

Drop the kiddos off at EdVenture Club-Program Participant Care. Bring your device with video capabilities (and plenty of storage space) and create your themed video within a specific amount of time. Then go home and put it into an iMovie, vimeo, or other video format and submit to Community Ed....Results will be posted on Community Ed social media pages!

Thursday Nov 12 | 6:30-8:30pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Feld | #9999-3F

NEW NIGHT! Dog Obedience, Basic

Learn the basics of on-leash obedience, including commands such as heel, sit, down, come, stand and stay. Handlers will learn to give commands and use praise to reward proper behavior. Fee is per dog. Puppy must be at least three months old and have begun their shot series. Bring a leash and dog treats.

Sundays Sep 20-Oct 18 | 8:00-9:00pm | 5 sessions | \$69
Handke Center Cafeteria Door 5 | Mahr | #8100-1F

Sundays Nov 1-Dec 6 | 8:00-9:00pm | 5 sessions | \$69
Handke Center Cafeteria Door 5 | Mahr | Not meeting Nov 29
#8100-2F



Bring your apron and get ready for an evening of cooking, conversation and laughter!

NEW! Cooking Up a Storm: Holiday Appetizers from Asia

The holiday season is just around the corner, so what's on the menu? A few exotic appetizers, cocktails and a fun-filled evening! We'll be creating a Beijing Mint Bellini Mocktail (made non-alcoholic in class, but the notched-up recipe will also be included), along with chicken pot stickers, crispy spicy onion fritters and chicken satays. Bring your apron and appetite! Dinner, recipes, chatter and fun are all part of this enjoyable class!

Friday Dec 11 | 6:30-9:00pm | 1 session | \$49 Individual/\$85 Pair
Elk River HS Rm 352 Door H | Seshadri | #9999-2F

NEW! Human Population Diversity in the United States

The United States is undergoing a profound demographic shift with the 2010 census showing an increasingly multiracial, multiethnic and multicultural population. The progressive diversity of the United States human population, the attendant problems of integration and assimilation are focused upon in the course.

Thursday Oct 22 | 5:30-6:30pm | 1 session
\$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Aswange | #8101-1F

ADULT TRIPS



The Côte d'Azur, known in English as the French Riviera, is the Mediterranean coastline of the southeast corner of France.

NEW! Adventures to Europe: Paris-Versailles-Riviera

Paris is synonymous with the finest things that culture can offer - art, fashion, food, literature and ideas. Enjoy guided neighborhood walks and savor the city's intimate cafes, colorful markets and joie de vivre. We'll spend time on the French Riviera including Nice, Monaco, Cannes, Villefranche-sur-mer, Antibes/Juan-les-pins and the little village of Eze, perched on a mountaintop.

Jun 13-22, 2016

\$1999/Person based on double occupancy; land package only
#6105-9F

Adventures to Europe: Prague, Salzburg, Munich

Beginning or ending in Prague, you'll spend nine magical days in some of Europe's historic capitals with Baroque and Art Nouveau architecture, a tumultuous past and earthy cuisine. We'll walk through bustling Munich in the Bavarian Alps, take a sobering trip to the Dachau concentration camp, then go to Austria to see if the "hills are alive" in quaint Salzburg in the Austrian Alps. This is an unforgettable get-away.

Oct 2016

\$1999/Person based on double occupancy; land package only
#6105-11F

Adventures to Europe: Tuscany and Beyond

From Renaissance Florence to medieval Siena and San Gimignano to the coziness of a Chianti vineyard, the eternal charm of Venice and the cliff-hugging fishing villages of Cinque Terre to the Holy City of Rome...you will experience the best Italy has to offer.

Oct 2016

\$1999/Person based on double occupancy; land package only
#6105-10F

GROUP TRAVEL INFO NIGHTS

Indus Travel: Travel Info Webinar

Join us for an evening of fun and information about travel to Peru and Turkey. This presentation is a LIVE Webinar from the Indus Travels, Inc. headquarters.

Wednesday Sep 23 | 6:30-8:00pm | 1 session | Free
Handke Center Rm 107 Door 5 | #6105-12F

Adventures to Europe: Travel Info Night

Are you interested in joining one of our tours? Spend the evening with us to discover more about each featured location. No jetlag guaranteed, just a presentation with a "sneak peek" at what you would experience on one of these tours. Meet and interact with Arlette, your tour director, as she shares photos and answers questions. Whether driven by curiosity or a desire to travel, you are welcome to join us. Bring a friend! There is no fee for this event, but registration is requested.

Monday Sep 28 | 6:30-8:00pm | 1 session | Free
Handke Center Rm 111 Door 5 | Gerber | #6105-8F

Premier World Discovery: Travel Info Night

Join us for this special presentation on travel destinations: San Diego and Baja Cruise, Discover Cuba, Treasures of Ireland, East Coast Islands, Prague and highlights of the Danube, and Charleston and Savannah.

Monday Oct 5 | 5:30-6:30pm | 1 session | Free
Handke Center Rm 107 Door 5 | VanOrdstrand | #6106-1F

NEW! Premier World Discovery: Discover Cuba - Highlights of Havana and Varadero

Once in Cuba, you'll stay at the Melia Varadero all-inclusive resort. You'll visit Varadero and Matanzas, enjoy the Matanzas School of Art and Music, go on an Old Havana walking tour (UNESCO site), visit the home and studio of artist Jose Fuster, see Hemingway's farm, experience the Old Style Classic Car Club discussion, visit Pinar Del Rio and Vinales Valley (UNESCO site), the Francisco Donatien Cigar Factory and more!

Multiple departure dates in 2016: Feb 3, Apr 20, Oct 5 or Nov 9
\$4895/Person based on double occupancy | #6106-3F

NEW! Premier World Discovery: Charleston and Savannah -- "America's Musical Heritage"

Spend two nights each in Charleston, Savannah and St. Augustine. Enjoy tours of each city, as well as a Fort Sumter Boat tour, Beaufort Horse-Drawn Carriage Tour, Mrs. Wilkes' Boarding House Dinner, Jekyll Island Trolley Tour and more!

Nov 29, 2016 | \$2195/Person based on double occupancy
#6106-7F

NEW! Premier World Discovery: East Coast Islands, the Hamptons and the Big Apple

On this trip, you'll spend three nights at the Mohegan Sun Resort and Casino, visit the Hamptons, Montauk Point Lighthouse and Sag Harbor, go on a tour of New York City, see the 9/11 Memorial and Museum, go to Times Square and more!

Sep 18, 2016 | \$2195/Person based on double occupancy
#6106-5F

NEW! Premier World Discovery: Highlights of San Diego and Baja Cruise

Enjoy two nights in San Diego, lunch at the Hotel del Coronado, tour San Diego and Old Town, visit San Juan Capistrano and Mission San Juan Capistrano. Then on to a four-night Princess Cruise featuring Avalon, Catalina Island, Ensenada, Mexico and more.

Jan 23, 2016 | \$2145-2495/Person based on double occupancy
#6106-2F

NEW! Premier World Discovery: Prague and Highlights of the Danube

Spend two nights in Prague, then seven nights in an outside cabin as you cruise the Danube. Experience local wines with dinner, spend a couple of days in Budapest and a full day in Vienna, enjoy a Durnstein Tour, Melk Abbey and more!

Oct 10-20, 2016 | \$4695-6595/Person based on double occupancy
#6106-6F

NEW! Premier World Discovery: Treasures of Ireland

Interested in staying overnight in a castle? This is your chance! You'll spend two nights in Dublin, two nights in Killarney, tour the city of Dublin, visit Trinity College - Book of Kells, the Old Jameson Whiskey Distillery, the Cliffs of Moher, Ring of Kerry, Medieval Banquet in Bunratty Castle, Blarney Castle, Woolen Mills and more! 9 Days.

Apr 11, 2016 | \$3595/Person based on double occupancy
#6106-4F



NEW! Indus Travels, Inc.: Marvelous Turkey

You'll start your tour in Istanbul with a visit to the Topkapi Palace. Then visit the fascinating and impressive Blue Mosque, the Hagia Sophia, Gallipoli and a World War I memorial. You'll find yourself in the legendary city of Troy along with visits to Ephesus, Sirince, Kusadasi, Hierapolis, Pamukkale, Marmaris, Cappadocia, and more! Be sure to attend the LIVE Webinar on Sep 23 for complete details.

Mar 11-25, 2016 | \$2990/Person based on double occupancy
#6105-14F

NEW! Indus Travels, Inc.: Essential Peru

Fly to "The City of Kings" famous for its Spanish colonial architecture, extraordinary museums and cuisine (considered among the most diverse and exquisite in the world). Fly over the Andes to the oldest inhabited city in the hemisphere, Cusco. Enjoy some leisure time, visit Machu Picchu and enjoy a boat excursion to the Uros and Taquile Islands, and more. Join us for the LIVE webinar on Sep 23.

Feb 3-11, 2016 | \$2990/Person based on double occupancy
#6105-13F



Modern day Peru has been home to many ancient civilizations, the largest and wealthiest of these was the Incas.

ADULT ARTS



Crescendo Music Lessons

We provide individual music lessons to students of all ages -- school age through adulthood. Our instructors share a love for music and are committed to helping each student reach their goals. Music lessons are held in schools throughout the Elk River School District. Availability varies depending upon lesson type, instructor availability and participant preferences. Please visit 728CrescendoMusic.org for additional program information and instructor availability.

Bent Willow Chair

Create a fan-backed, bent willow chair in one weekend. Select and cut the saplings for the frame and assemble it during the first day. On the second day, learn how to bend the willow to create the lines of a traditional fan-backed chair. Lunch is provided. Bring a friend to help for only \$15 (same project).

Sat/Sun Oct 24 & 25 | 9:00am-5:00pm | 2 sessions
\$210 Individual/ \$225 Pair (same project)
Red Wing Barn | McNeeley | #8463-2F

Twigs & Lunch

A beautiful piece of twig furniture awaits you in the woods near Red Wing. Choose a Slab Garden Bench, a Whimsical Twig Chair or a Barn Board Table. Bring a friend to help with your project for only \$15 additional. Kids are welcome to assist; minimum age is 10. Directions to the class location near Red Wing and a list of simple tools to bring will be mailed upon receipt of your registration. Lunch is provided.

Saturday Sep 19 | 9:00am-5:00pm | 1 session
\$210 Individual/\$225 Pair (same project)
Red Wing Barn | McNeeley | #8463-1F

REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS
YOU ARE HOPING TO TAKE.



"What a fun evening! It didn't matter if you were experienced or had never painted before -- we were all artists!"

Wine and Canvas

Inspire your inner artist – NO painting skills required! Socialize and sip wine as instructor Ericka guides you step by step to create your personal work of art.

Tuesday Sep 22 | 6:00-8:00pm | 1 session | \$35
Pour Bistro Otsego | BeeArtsy | #8400-2F

Tuesday Oct 20 | 6:00-8:00pm | 1 session | \$35
Pour Bistro Otsego | BeeArtsy | #8400-3F

Pottery

Learn how to use a potter's wheel; no experience required. Learn how to properly and effectively center clay, open and "pull" clay up to create your masterpiece. Participants will make functional pottery while learning different surface texture techniques to make pots that are truly works of art.

Thursdays Sep 24-Dec 10 | 7:00-9:00pm | 10 sessions | \$149
Handke Center Art Rm Door 5 | Hellings
Not meeting Oct 15, Nov 26 | #2400-F

TRY THIS...

Open Studio Ceramics

No membership required. Take advantage of this independent creative time to focus on your artistic progress and talents. Collaborate with fellow artists in a communal, energizing space. Classroom supplies and equipment available for use. Not meeting Nov 21, 28.

Saturdays Sep 26-Dec 12 | 10:00am-12:00pm | 10 sessions
\$149 Individual/ \$275 Pair
Handke Center Art Rm Door 5 | Hellings | #8400-1F

CULINARY | HEALTH & SAFETY



Our popular cooking classes are back! Bring your apron for an evening of dinner, conversation and fun!

NEW! Easy Exotic Indian Food

The featured cuisine is from the exotic land of India! If your hunger for the tantalizing samosas, tikkas or chutneys has not been appeased, come and learn to make them yourselves! Bring your apron and your appetite for this hands-on experience! Dinner, recipes, conversation and fun are all part of this enjoyable class!

Monday Sep 21 | 6:30-9:00pm | 1 session | \$59
Elk River HS Rm 352 Door H | Seshadri | #5182-1F

NEW! Holiday Appetizers from Asia

The holiday season is just around the corner, so what's on the menu? A few exotic appetizers and cocktails and a fun-filled evening! We'll be creating a Beijing Mint Bellini Mocktail (made non-alcoholic in class, but the notched-up recipe will be included), along with chicken pot stickers, crispy spicy onion fritters and chicken satays. Bring your apron and appetite! Dinner, recipes, chatter and fun are all part of this enjoyable class!

Thursday Dec 10 | 6:30-9:00pm | 1 session | \$59
Elk River HS Rm 352 Door H | Seshadri | #5182-3F

NEW! Tantalizing Thai Cuisine for One!

Enjoy these simple yet very authentic Thai dishes with Chef Anu! You will embark on your exploration with chicken satays served with satay peanut sauce, cucumber and noodle salad and green curry served over jasmine rice. Custard served with mango-coconut compote is a perfect sweet ending to the night. Bring your apron and your appetite! Dinner, recipes, conversation and fun are part of this enjoyable class!

Thursday Oct 29 | 6:30-9:00pm | 1 session | \$59
Elk River HS Rm 352 Door H | Seshadri | #5182-2F

American Heart Association CPR & AED

Did you know the save rate in the northern suburbs of the Twin Cities is five times the national average? The main reason is more lay persons are trained in CPR and Automated External Defibrillators. Learn how to do CPR and use AEDs and barrier devices on adults, children and infants.

Monday Sep 14 | 6:00-10:00pm | 1 session | \$75
Handke Center Rm 210 Door 5 | Neiss | #5005-1F

American Red Cross Standard First Aid

Be prepared with the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive. Fee includes book and American Red Cross certification.

Monday Oct 5 | 6:00-10:00pm | 1 session | \$65
Handke Center Rm 210 Door 5 | Neiss | #5002-1F

NEW! Police Activity League - Self Defense Intro

This class is primarily for people interested in protecting themselves against personal violence. Led by Law Enforcement Officers, you'll learn the skills needed to protect yourself. The Police Activity League was created to provide opportunities for the public (especially the youth of the community) to interact with Law Enforcement in a positive manner. The purpose of the Police Activity League is to provide a safe, positive and energetic environment for youth and adults to enjoy training in the martial arts. Not meeting Nov 3.

Tuesdays Oct 6-Dec 1 | 7:00-8:00pm | 8 sessions
\$35 Individual/\$65 Pair
American Legion Elk River | Keckeisen | #4150-1F

Self Defense for Women

Be prepared! Learn the conditions surrounding an assault, how to create personal safety awareness and how to develop the physical skills necessary for self defense. Study striking techniques, target areas and escape techniques. Instructor Chris Fournie has over 33 years of experience as a martial arts instructor, and is a personal protection specialist and certified law enforcement firearms instructor.

Friday Sep 11 | 6:30-9:30pm | 1 session | \$49 Individual/\$85 Pair
CrossFit Elk River | Fournie | #5003-1F

ADULT HEALTH & SAFETY

AARP Smart Driver Course | 4-hour Refresher

Refresher course for ages 50+ who have completed an insurance-approved 8-hour certified driver course and includes new approaches and concepts. Completion required to maintain auto insurance discount. Check with your insurance company to see if you qualify for discount. Bring driver's license and AARP number (if member) to class.

Tuesday Sep 22 | 9:30am-1:30pm | 1 session
\$19 Member/\$25 Non-Member
Handke Center Rm 111 Door 5 | Scott | #5007-1F

Wednesday Oct 28 | 5:00-9:00pm | 1 session
\$19 Member/\$25 Non-Member
Handke Center Rm 111 Door 5 | Scott | #5007-2F

Wednesday Dec 2 | 9:30am-1:30pm | 1 session
\$19 Member/\$25 Non-Member
Handke Center Rm 111 Door 5 | Scott | #5007-3F

AARP Smart Driver Course | 8-hour

Improve your skills and knowledge and learn about the effects of aging and medication on driving along with suggestions for overcoming limitations. Course completion may qualify you for insurance discounts; check with your insurance company. Bring your driver's license and AARP Member number (if member) to class. No driving or tests.

Mon/Wed Nov 2 & 4 | 5:00-9:00pm | 2 sessions
\$19 Member/\$25 Non-Member
Handke Center Rm 111 Door 5 | Scott | #5007-4F

MHSRC Driver Improvement Program | 4-hour Refresher

This driver improvement program is put on by the Minnesota Highway Safety Research Center. Topics include visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. You must have completed the eight-hour program to take this class. Check with your insurance provider to make sure this course qualifies for the discount. AAA member discount no longer applies to this class.

Wednesday Sep 23 | 12:30-4:30pm | 1 session | \$20
Handke Center Rm 111 Door 5 | Sundeen | #5007-7F

Thursday Oct 15 | 5:30-9:30pm | 1 session | \$20
Handke Center Rm 111 Door 5 | Sundeen | #5007-8F

Wednesday Nov 4 | 12:30-4:30pm | 1 session | \$20
Handke Center Rm 111 Door 5 | Sundeen | #5007-9F

MHSRC Driver Improvement Program | 8-hour

This driver improvement program is sponsored by the Minnesota Highway Safety Research Center. Topics include visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. This is a class for first-time participants. If you have participated in the past, please see the 4-hour refresher. Check with your insurance provider to make sure this course qualifies for the discount. AAA member discount no longer applies to this class.

Wed/Thu Dec 2 & 3 | 5:30-9:30pm | 2 sessions | \$24
Handke Center Rm 111 Door 5 | Sundeen | #5007-10F

NEW! Anger Management

Stop being angry and control your moods. We will be learning that anger is a human emotion that can be very costly if not used in the right way. Anger always has a theme, but how do we look for that? Is it fear or frustration? Learn proven ways to deal with the emotion and discover how to be assertive, not aggressive.

Thursday Oct 1 | 5:30-6:30pm | 1 session | \$19
Handke Center Rm 110 Door 5 | Lovelette | #5037-3F

NEW! Expectations and Assertiveness

Discover how to expect less and get more. Often, unrealistic expectations cause a lot of anxiety. We need to stop overreacting to so many things and sometimes just say, "It is not a big deal," and accept that we cannot always have control. Leave this class feeling stronger emotionally.

Thursday Nov 12 | 5:30-6:30pm | 1 session | \$19
Handke Center Rm 110 Door 5 | Lovelette | #5037-2F

NEW! Forgiveness - The Gateway to a Healthier Life

Join us in a discussion on what forgiveness truly means, and how it can set you free to walk the path of a happier and healthier life!

Thursday Sep 24 | 7:00-8:30pm | 1 session | \$25
Handke Center Rm 111 Door 5 | Peters | #5037-5F

NEW! Identifying the Cost of Your Mental Freedom

People struggle with being "free" because they get caught up in unnecessary details of emotions and life. We'll be discussing how to detach from situations/struggles, and how to free yourself from the bonds of your ego.

Thursday Oct 8 | 7:00-8:30pm | 1 session | \$25
Handke Center Rm 111 Door 5 | Peters | #5037-6F

ADULT HEALTH & SAFETY | PARENTING



"Love yourself first and everything else falls into place." - Lucille Ball

NEW! Abundance - There's Enough to Go Around

Join us as we learn what abundance means, and how living in a continual state of abundance will strengthen your self-love and help you attract what you most desire!

Thursday Oct 29 | 7:00-8:30pm | 1 session | \$25
Handke Center Rm 111 Door 5 | Peters | #5037-7F

NEW! Dying to Be Good Enough

"To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now." - Alan Cohen. Don't miss this great opportunity to hear Jennifer Brentano speak and inspire you as she's done for countless others.

Thursday Nov 12 | 7:00-8:30pm | 1 session | \$25
Handke Center Rm 111 Door 5 | Brentano | #5037-4F

NEW! Childhood Depression and Anxiety: What You Can Do

Professionals specializing in children's mental health will discuss common signs and approaches for working with children who suffer from childhood anxiety and/or depression. Topics include what you can do to help at home, when to seek outside services, where to find crisis/community supports, what safety plans are and how they are used for children and families in crisis. Questions welcomed. Community resources will be provided.

Tuesday Oct 13 | 6:00-7:30pm | 1 session
\$9 Individual/\$15 Family (max 4)
Zimmerman HS Media Door A | Selinsky | #9000-1F

Stress/Anxiety/Depression

Meet weekly with others who are going through similar challenges with stress, anxiety and depression. Do you tell yourself, "No one has it as bad as I do?" Or, "This is just the way I will always be." Have you tried everything? Learn skills to control your stress, anxiety and depression, and learn to live the life you were meant to live. Not meeting Nov 3.

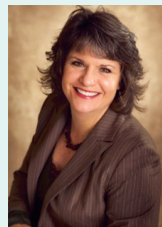
Tuesdays Sep 22-Dec 1 | 6:30-7:30pm | 10 sessions | \$65
Handke Center Rm 112 Door 5 | Lovelette | #5037-1F

NEW! How to Get into College & Pay for It Without Going Broke.

College is one of the largest investments your family will make. Understand the mistakes that result in poor academic and financial decisions that cost thousands of dollars. Learn what college actually costs and how to reduce your costs. Class will cover common mistakes families make in selecting a college, how to prevent these mistakes, myths about college aid, how FAFSA works and how to get grants directly from the schools. This class is a must for parents of college-bound students.

Monday Oct 19 | 6:30-8:30pm | 1 session | \$20
Elk River HS Rm 105 Door A | Benanav | #3610-1F

Tuesday Oct 20 | 6:30-8:30pm | 1 session | \$20
Rogers HS Media Door I | Benanav | #3610-2F



Setting Boundaries and Limiting Overindulgence - Presented by Katy Smith

Children's lack of boundaries and having over-indulgence can present challenges for any family! Find out how to set boundaries and limit overindulgence including the HOT topic of screen time and the need for better control of the time the children do spend in this new world of technology.

For over thirty years, Katy Smith has worked side by side with parents, families, educators, and businesses helping to connect people and build stronger, more vital communities. Katy received her BSW and a Parent Education license from Winona State University, a master's degree in Education from University of Wisconsin-LaCrosse, and a master's degree in Early Childhood Public Policy and Advocacy from Walden University. She was the 2011 Minnesota Teacher of the Year!

Thursday Oct 29 | 6:00-8:00pm | 1 session | Event Free; please pre-register
Handke Center Gym Door 5 | #722-F

CEU COURSES FOR TEACHERS

If you are looking for professional development, these six-week online courses are the perfect way to learn a new skill or enhance your existing ones. You'll spend roughly 2-4 hours each week completing two engaging lessons in an interactive learning environment. Expert instructors develop and lead every course and you'll be able to interact with them and with fellow students in online discussion areas.

New sessions start every month, so you can sign up anytime. Upon completing a course with a passing score, you'll get an award of completion that can be printed for approval for CEU credits.



www.ed2go.com/728commed-pro | Fall Classes Begin: Sept 16 and Oct 14

Classroom Computing

- Using the Internet in the Classroom
- Blogging and Podcasting for Beginners
- Integrating Technology in the Classroom
- Creating a Classroom Web Site

Languages

- Speed Spanish
- Speed Spanish II
- Spanish in the Classroom
- Speed Spanish III
- Enhancing Language Development in Childhood
- Teaching Adult Learners

Mathematics

- Math Refresher
- Introduction to Algebra
- Teaching Math: Grades 4-6
- Singapore Math Strategies: Advanced Model Drawing for Grades 6-9

Science

- Teaching Science: Grades 4-6
- Introduction to Chemistry
- Introduction to Biology

Reading and Writing

- Common Core Standards for English Language Arts K-5
- Guided Reading: Strategies for the Differentiated Classroom
- Guided Reading and Writing: Strategies for Maximum Student Achievement
- Teaching Writing: Grades K-3 & 4-6
- Content Literacy: Grades 6-12

Tools for Teachers

- A to Z Grant Writing
- Grammar Refresher
- Solving Classroom Discipline Problems
- Leadership
- Spanish in the Classroom
- Teaching Students With Autism: Strategies for Success
- Differentiated Instruction in the Classroom
- Teaching Preschool: A Year of Inspiring Lessons
- Teaching Students With Learning Disabilities
- Teaching Smarter With SMART Boards
- Understanding Adolescents
- Creating the Inclusive Classroom: Strategies for Success
- The Differentiated Instruction and Response to Intervention Connection
- Creating Classroom Centers
- Survival Kit for New Teachers
- Solving Classroom Discipline Problems II
- Teaching Writing: Grades K-3
- Teaching High School Students
- The Creative Classroom
- Differentiating K-12 Assessments
- Praxis Core Preparation
- Reading Instruction Techniques: Enhancing Learning in All Subject Areas



Courses on this page have been **approved for Continuing Education credits for ISD 728 teachers.**

Upon completing a course with a passing score, you'll get an award of completion that can be printed for approval by the District's Assistant Superintendent of Educational Services for CEU credits.

If you are a teacher from another district looking for approved CEUs, please consult with your district's administration to determine if these courses qualify for your district.

ADULT ONLINE LEARNING



Take a free demo of one of the 6-week online video and written courses. See why millions of lifelong learners take online courses through ed2go and the network of 2100+ college and university partners.

Accounting and Finance

Accounting | Capital Markets | Finance | Personal Finance and Investments

Business

Business Communications | Call Center | Entrepreneurship
General Business Skills | Human Resources | International
Business Management and Leadership | Nonprofit | Operations
Sales and Marketing

Computer Applications

Adobe | Corel | IBM | Microsoft | Quickbooks

Design and Composition

Graphic and Multimedia Design | Photography | Print Design
Web Design

Engineering

Building Design | Business Skills | Environmental | Health & Safety
Materials | Structural

Government

Law Enforcement

Health Care and Medical

Alternative Medicine | Ambulatory Care | Ancillary | Dietitians and
Nutrition | EMS and Firefighters | Ethics, Legal and Compliance
Health Care Certificate | Health Information Management
Industry Specific | Medical Billing and Coding | Mental Health
Conditions | Mental Health Education | Nursing | Nursing
Specialization | Operational | Veterinary

Industrial Skills

General Skills

Language and Arts

Arts | Languages | Photography | Writing

Law and Legal

Business and Corporate | Criminal Law | LSAT Preparation
Paralegal

Personal Development

Entrepreneurship | Health and Wellness | Job Search | Personal
Enrichment | Personal Finance and Investments | Photography
Test Prep (GED, GMAT, GRE, SAT/ACT)

Safety and Environmental

Environmental

Schools

Classroom Computing | Languages | Mathematics | Reading and
Writing | Science | Test Prep | Tools for Teachers

Service and Hospitality

Food and Beverage | Hospitality Training

Technology

Adobe | Business Strategies | Certification Prep | Cisco | Computer
Fundamentals | Computer Programming | Database Management
Graphic and Multimedia Design | Microsoft | Networking and
Communications | Operating Systems | Oracle | Security | System
Architecture | Web Programming | Web Technology | Website
Fundamentals

Writing and Publishing

Publishing | Writing

COURSES AS LOW AS \$99!

www.ed2go.com/728commed-pro

ADULT TECHNOLOGY



Learn some tips on internet safety to ensure your children's experience on the internet is a safe one.

NEW! Safe Surfin' | grades K-8 w/parent

As technology continues to evolve and change, it can be difficult for families to keep up. This parent/child class will discuss tools and techniques available to best facilitate safe online activity. Class will meet in two parts - first as a group, second as separate parent/child classes. Parents will have an opportunity to learn about the latest technologies to help keep children safe, while kids explore the latest apps and games.

grades K-2 w/parent

Wednesday Nov 18 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-2F

grades 3-5 w/parent

Tuesday Oct 13 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-3F

Tuesday Dec 1 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-1F

grades 6-8 w/parent

Tuesday Sep 1 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-4F

Tuesday Jan 5 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-7F

Today's Tech Trends

Join us for a lively discussion about what cool and interesting pieces of technology are out there right now, and how people are using them. There will also be a discussion on where tech trends are going and what might be next.

Tuesdays Sep 29, Oct 13 & 27 | 7:05-8:05pm | 3 sessions
\$25 Individual/\$45 Pair
Elk River HS Rm 104 Door A | Feld | #8010-7F

Communicate More Efficiently with Your iOS Devices

iPhones and iPads do a lot of amazing things including communicating with our family and friends! In this class we will look at many features including 3-way calling and video chatting using Face Time. We will discuss how to add multiple emails to Mail as well as benefits of using different email services such as iCloud, Gmail, Yahoo, Charter, MSN, Comcast and much more.

Tuesday Sep 22 | 5:00-7:00pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Feld | #8010-1F

I Got a New iPhone and iPad! Now What?!

Have you been told by your kids that you need to get an iPhone or iPad, but you aren't really sure you want one? You're not alone! In this class we will start right out of the box and learn the basic functions of many settings, features and buttons on your new Apple product!

Tuesday Oct 6 | 5:00-7:00pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Feld | #8010-3F

Using Your Camera to the Fullest Potential on Your iOS Devices

More and more people choose their smart phone to be their camera of choice. It's always with you. In this class we will learn all the tips and tricks of taking better photos with your iOS device as well as how to share and edit what you've perfectly captured.

Tuesday Oct 20 | 5:00-7:00pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Feld | #8010-5F

iCloud Overview

If you lost your phone and your ringer was set to silent, wouldn't it be nice to track it and make it ring so you could find it?! If so, you may want to look at what iCloud has to offer. We will see how it fits into your digital life as an iPhone, iPad, or Mac user.

Tuesday Oct 13 | 5:00-7:00pm | 1 session | \$19 Individual/\$35 Pair
Rogers MS Media Door A | Feld | #8010-4F

iPhoto 101

What is a person supposed to do with all those photos on the camera or phone? On a Mac computer you can use iPhoto to get the pictures from your camera to the computer and then organize them, do some editing, create photo books and more. Discover how this powerful tool can be a tremendous help when organizing and finding your photos.

Tuesday Oct 27 | 5:00-7:00pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Feld | #8010-6F

ADULT TECHNOLOGY

Exploring the iTunes Store, App Store, iBook Store and Newsstand

Review a variety of digital stores where you can buy your favorite content. By discovering your weekly free App, Book and Song, we will dive into the Apple Ecosystem of the new era in digital entertainment media.

Tuesday Sep 29 | 5:00-7:00pm | 1 session | \$19 Individual/\$35 Pair
Rogers MS Media Door A | Feld | #8010-2F

Intro to Social Media

Does your head spin when you hear these words--tweet, like, friend, post, share and follow? If you want to learn more about the wide world of social media this is the class for you! NO experience required; this is an introductory course. Mac device provided; or bring your own device.

Tuesday Dec 1 | 4:45-6:45pm | 1 session | \$15 Individual/\$25 Pair
Rogers Senior Center | Favilla | #8010-24F

Facebook 101

So you have a Facebook account set up...now what? Let's set up your profile, explore Facebook settings, explore the newsfeed, join groups, like business pages, add friends, manage events and more. Mac device provided; or bring your own device.

Monday Sep 21 | 4:30-6:30pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Favilla | #8010-9F

NEW! EdVenture Club-Program Participant Care

EdVenture Club offers on-site childcare for the children of program participants for selected classes. This program is supervised by EdVenture Club staff specifically trained in Early Childhood and School Age best practices. Be sure to register one week in advance of your class's scheduled start date.

Fees:

First Child - \$4, Additional Children-\$2.50

(Additional fees may apply if the care is needed for longer than a 2-hour period.)

How to Register for Program Participant Child Care:

Call 763-241-3400 ext. 5528, visit <http://tinyurl.com/EdVPPC> or email wendy.mitchell@isd728.org.

Registration must be done one week prior to the scheduled program.



Care is available for classes that have the Program Participant Care program icon next to the title or class.



Technology changes the way we live our day-to-day lives. Keep up-to-date on the newest advancements.

The Technology Suite

There are just so many great technology classes offered, how do you decide what to register for? The Technology Suite allows you to register for up to eight technology classes this Fall at a great price! Now is the time to invest in yourself.

8 sessions | \$99 Individual/\$195 Pair
#8010-8F

Twitter 101

Twitter is a social media technology used by individuals, professionals and businesses around the world to communicate. Like many tools, Twitter isn't for everyone. In this session we will examine what Twitter is, different Twitter demographics and users, how to create your own Twitter strategy and Twitter terminology and symbols. Mac device provided; or bring your own device.

Monday Sep 21 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Favilla | #8010-10F

LinkedIn 101

LinkedIn is a professional networking tool to collaborate and share best practices. LinkedIn promotes lifelong learning by networking and collaborating with other professionals. In this session we will work on making connections and contacts, join groups and search for companies and jobs. By the end you will have the tools and knowledge to build a professional profile and increase your visibility! Mac device provided; or bring your own device.

Tuesday Sep 22 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 212 Door 5 | Favilla | #8010-11F

ADULT TECHNOLOGY



The first version of Excel was released for the Mac in 1985 and the first Windows version was released in November 1987.

Internet Basics 101

What is the Internet? Or a web browser? Learn to change the browser home page in Internet Explorer, use the browser address bar, save Favorites and discover what hyperlinks and a search engine are. We'll also use Google to search the Internet. Mac device provided; or bring your own device.

Monday Oct 12 | 4:30-6:30pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Favilla | #8010-15F

Computers Made Easy

If you are new to computers, this course is for you! We will go over the basics: overview of the computer, the mouse, the cursor, the keyboard, desktop and icons, recycle bin, personalizing the desktop, desktop shortcuts, the taskbar and other features. You will leave this class with the confidence and skills you need to use the computer on your own. Demonstration only; no devices required.

Tuesday Oct 6 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 212 Door 5 | Favilla | #8010-14F

Monday Nov 2 | 4:45-6:45pm | 1 session | \$15 Individual/\$25 Pair
Rogers Senior Center | Favilla | #8010-21F

WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.

Microsoft Excel Part 1: Environment, Terminology, Formatting

Take a tour of the Excel environment. You'll learn about basic spreadsheet terminology, how to make a basic worksheet and how to insert values and labels. You'll also learn to modify an Excel Worksheet, add rows and columns, find and replace items, format cells and more. It's time to get started!

PC provided; or bring your own PC device

Tuesday Oct 20 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Rogers MS Computer Lab 230 Door A | Favilla | #8010-18F

Mac device provided; or bring your own device

Tuesday Nov 24 | 10:00am-12:00pm | 1 session
\$15 Individual/\$25 Pair
Rogers Senior Center | Favilla | #8010-22F

Microsoft Excel Part 2: Formulas and Functions Basics

Are you ready to move on from Part 1? In this Part 2 class, you will learn the 4 steps to a formula, the 6 steps to a function, math operators and order of operation. We'll also focus on Relative Referencing, Absolute Referencing and how to do functions such as sum, average, minimum, maximum and count. PC provided; or bring your own PC device.

Tuesday Oct 27 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Rogers MS Computer Lab 230 Door A | Favilla | #8010-19F

Microsoft Excel Part 3: Printing Options and Graphs

Congratulations! You've made it to Part 3. Now it's time to learn about print settings, page setup and orientation, print titles and print area. In addition, you will learn how to use Excel as a database, sort and filter items, create subtotals, charts and graphs. PC provided; or bring your own PC device.

Tuesday Nov 10 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Rogers MS Computer Lab 230 Door A | Favilla | #8010-20F



Email Essentials Using Gmail

Create a new Gmail account and learn to send, receive, store and manage your emails. Discuss cc and bcc and how/when to use them, reply, reply to all and forward. Create folders for storing important messages and learn how to delete messages you don't need. Discover how to send, receive and download attachments with emails, make an email signature and explore other email settings. Mac device provided; or bring your own device.

Monday Oct 5 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 212 Door 5 | Favilla | #8010-13F

Tuesday Nov 17 | 4:45-6:45pm | 1 session | \$15 Individual/\$25 Pair
Rogers Senior Center | Favilla | #8010-23F

Microsoft Word 101

Most people take word-processing for granted. While we may still write out our grocery lists, we expect to use a computer to create the majority of our documents. Microsoft Word is designed to help you move smoothly through the task of creating professional-looking documents. Its rich features and powerful tools can make your work easy, and even fun. Mac device provided; or bring your own device.

Monday Oct 12 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 210 Door 5 | Favilla | #8010-16F

Monday Dec 14 | 10:00am-12:00pm | 1 session
\$15 Individual/\$25 Pair
Rogers Senior Center | Favilla | #8010-25F

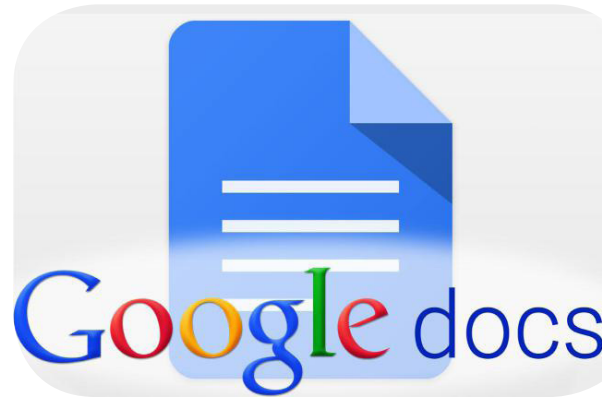
Microsoft Word 102

This course will show you how to be more efficient by automating some tasks and providing methods to maintain consistency between documents. You will create more complex documents that include lists, tables, charts, graphics, and newsletter layouts. You will also merge data into documents to personalize correspondence, address envelopes and create labels with the data. Mac device provided; or bring your own device.

Monday Oct 19 | 6:35-8:35pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 212 Door 5 | Favilla | #8010-17F

find us on **facebook**

follow us **twitter**



Files saved using Google Docs can be accessed using your computer, phone or tablet anyplace and anytime!

Working with Google Docs

Learn to work more efficiently using Google Docs, Google Sheets and Google Presentations. This course will give you an overview of these three tools, the basics in each program and using Google Drive to store your files. Basic computer experience is necessary to be successful in this class. Mac device provided; or bring your own device.

Monday Oct 5 | 4:30-6:30pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 212 Door 5 | Favilla | #8010-12F

NEW! Managing Your Small Business with QuickBooks

Do you have a small business? A non-profit? QuickBooks is the most popular software for small business accounting, payroll and inventory needs. In this class, we'll go through the basics of what QuickBooks can do for your business!

QuickBooks for Your Business

Tuesday Sep 8 | 6:30-8:30pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 107 Door 5 | Dwyer | #8064-10F

Are you Making a Profit?

Tuesday Oct 6 | 6:30-8:30pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Dwyer | #8064-13F

Understanding QuickBooks Report to Run a Better Business

Thursday Nov 5 | 6:30-8:30pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 107 Door 5 | Dwyer | #8064-11F

End the Year Strong

Tuesday Dec 8 | 6:30-8:30pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 107 Door 5 | Dwyer | #8064-12F

ADULT FINANCE



*It's never too late to start planning
for your financial future!*

Write Your Own Health Care Directive and Power of Attorney

If you become incapacitated, who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney. Participants will leave class with a valid Health Care Directive and Power of Attorney. Participants should be comfortable using a computer. Some prep work is required; a packet will be sent one week prior to class.

Tuesday Oct 13 | 6:30-8:30pm | 1 session | \$35 Individual/\$65 Couple
Elk River HS Media Door A | Helseth | #8064-7F

Write Your Own Will

Ask yourself, "If I were to pass away unexpectedly, would my wishes be carried out?" Class is appropriate for individuals with assets less than one million dollars including real estate, life insurance and retirement assets. You will leave this class with a legal and effective will drafted under the guidance of a licensed attorney. Prior to attending class, all participants will receive and must complete a questionnaire; bring completed forms to class. Basic computer skills are helpful; you will type your will on a computer.

Wednesday Sep 30 | 6:30-9:30pm | 1 session
\$55 Individual/\$99 Couple
Elk River HS Media Door A | Helseth | #8064-6F

NEW! How Money Works

Let your money work for you! In this course we'll guide you through financial planning and resources to develop your financial future.

Tuesday Oct 13 | 6:30-8:00pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Schwantes | #8064-4F

Tuesday Dec 8 | 6:30-8:00pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Schwantes | #8064-5F

NEW! Your Prosperity Picture

There is a common misunderstanding that average and ordinary folks can't become millionaires. That couldn't be further from the truth. YOU CAN get out of debt. YOU CAN build savings. YOU CAN get on the path to financial independence! Ready to get started?

Tuesday Sep 8 | 6:30-8:00pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Schwantes | #8064-2F

Tuesday Nov 10 | 6:30-8:00pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Schwantes | #8064-3F

Estate Preservation

Planning where your estate will go before you are gone may save your heirs extra legal fees and taxes. We'll discuss health care, power of attorney, living wills, trusts, probate expenses, what to do before you see an attorney and the importance of planning for long-term health care. An estate audit planning form will be provided to help you start planning.

Tuesday Oct 20 | 6:30-8:00pm | 1 session | \$9 Individual/\$15 Pair
Handke Center Rm 111 Door 5 | Bigalke | #8064-1F

NEW! The Changing World of Retirement Planning

It's natural to have questions about your retirement. Learning the confident retirement approach can help you find answers and take the first step toward creating a road map for your future. In this class, we'll go through principles of retirement planning to get you pointed in the right direction. Workbook included; optional book "*The Power of Zero*" by David McKnight is available for an additional fee of \$15.

Thursdays Sep 24 & Oct 1 | 5:30-8:30pm | 2 sessions
\$15 Individual/\$25 Pair
Rogers MS Media Door A | Ryther/Jergenson | #8064-8F

NEW! Savvy Social Security Planning

The decisions baby boomers make now can have an impact on the total amount of benefits they receive in their lifetime. To help better understand the Social Security system, this workshop will cover: five factors to consider when deciding when to apply for benefits, when to delay benefits, why you should check your earnings record for accuracy, how to estimate your benefits, how to coordinate benefits with your spouse, how to minimize taxes on your benefits, and how to coordinate Social Security with your other retirement income.

Thursday Oct 8 | 6:30-8:00pm | 1 session | \$9 Individual/\$15 Pair
Rogers MS Media Door A | Ryther/Clem | #8064-9F

ADULT HELPING OTHER PEOPLE EXCEL



Welcome to the H.O.P.E. program!

From outings to events, activities and classes, we have a wide variety to keep you busy. There are always some of your favorites and a few new ones to try.

You can also access program information and register online at www.728communityed.com. Participants are asked to bring a staff or family member if personal care assistance is needed. If attending alone, the participant should be able to function independently in a group setting, follow simple directions, and communicate their needs. All reasonable accommodations will be made to meet the needs of the participants. Please allow at least one week to make accommodations; this includes sign language interpretation. Community Education welcomes persons of all abilities to participate in any of the activities throughout this brochure. These activities are designed for adults with developmental disabilities (age 18+).

OUTINGS

Sep 3	Bowling Party
Sep 10	Friends and Fun Fall BBQ
Sep 12	Apple Orchard Fun
Sep 25	New! Scavenger Hunt & S'mores
Oct 9	New! Fall Ball
Oct 11	New! Fall Riverboat Cruise & Party
Oct 23	Trick or Treat Dance Party
Oct 26	Volunteers of H.O.P.E.
Nov 2	Dinner and a Movie
Nov 7	Prairie Fire Theater – "Robin Hood"
Nov 14	New! Bakken Museum Trip
Nov 22	Vikings Game & Pizza
Dec 4	New! Climbing Wall
Dec 11	New! Holiday Lights Display & Dessert
Dec 13	Disney On Ice



"If you never did you should. These things are fun and fun is good."
— Dr. Seuss

CLASSES

Sep 16	Hip Hop Beginners
Sep 14	Let's Cook!
	Amazing Apple Baked Goodies
Sep 19	Basketball Hoopla
Sep 21	BINGO Blast
Sep 28	Fall Craft
Oct 5	Fall Birthday Celebration
Oct 6	New! Computers Made Easy
Oct 12	Game Night!
Oct 15	New! Find a Friend, Make a Friend for Life
Oct 17	Pickleball
Oct 19	Halloween Craft
Oct 29	Halloween Bingo and Treat
Nov 5	New! Music and Movement
Nov 9	Thanksgiving Craft
Nov 16	BINGO Blast
Nov 30	New! Fleece Pillows
Dec 5	New! Exploring the World of Music
Dec 7	Holiday Craft
Dec 10	Homemade Doggie Toys
Dec 14	Winter Season Kick-Off
Dec 17	Cookie Bake & Take
Dec 21	Gifts in a Jar

ADULT BASIC EDUCATION

ADULT BASIC EDUCATION MORE than a GED

Adult Basic Education offers
FREE individualized instruction in:

- Basic skills review in math, writing and reading
- College preparation
- Job preparation
- Basic computer skills
- GED
- Adult High School Diploma

English as a Second Language (ESL)

Learn and improve your English skills:

- speaking
- listening
- reading
- writing
- grammar
- TOEFL

We have classes for beginning, intermediate and transitional levels.

Citizenship & ESL/Citizen Classes

- fill out the INS N-400 application
- answer US history and government questions
- prepare for the test
- speak in the oral interview

Dates of class to be determined.

GET STARTED TODAY!

Instruction is provided in small groups, independent study, and distance learning. **Call to schedule an intake appointment** to learn more about how this program can help you reach your goals. Intake sessions are approximately 2 hours and involve assessment in basic reading, math, and English to help instructors place you appropriately in the right level and to develop a personal education plan. You must be able to commit to weekly time in class or completing distance learning assignments weekly to maintain active student status.

GED®

- The GED® test was updated in 2014 to make sure it measures what graduating high school seniors know and what colleges and employers will expect of you.
- The tests are offered on computer. The tests are offered in English and Spanish. The four parts of the test include:
 - Science (90 minutes)
 - Social Studies (90 minutes)
 - Reasoning through Language Arts (150 minutes including a 10-minute break)
 - Mathematical Reasoning (120 minutes)
- The fee per subject area is \$30 per test and you can pay as you go; this means you pay for each subject individually when you are ready to test. **ABE participants are eligible for \$10 discount on each test.**
- On the GED® test you need to earn at least 150 points on each subject to pass. To find out if you're likely to pass, take the GED Ready™, the official practice test which is the only test that can tell you if you're likely to pass. **Office practice tests cost \$6 each, but enroll in our GED prep program, attend 12 hours or more and become eligible for at least 2 free practice tests!**
- By attending our GED preparation program, you increase your potential to pass the exam. Prepare online, get 1:1 help during independent study time, or attend a small group.

*"Why should society feel responsible
only for the education of children,
and not for the education of all
adults of every age?"*

~Erich Fromm

ADULT ENGLISH AS A SECOND LANGUAGE



These students received a PCA certificate and became CPR/First Aid certified this summer with Bill Neiss, CPR/First Aid Instructor for Community Education.

Personal Care Assistant Training is a Success!

This summer, a group of 9 students attended a Personal Care Assistant and Pre-CNA class offered at Handke Center through the ABE program. Course topics included medical terminology, roles and responsibilities of a PCA/CNA, and hands-on training in blood pressure readings and taking other vitals, as well as seeing and hearing from professionals who are employed in the health care field. At least 7 students have earned the PCA certificate and become CPR/First Aid certified. Several plan to continue their education in the health care pathway, while others will seek employment as a PCA.

There is the potential for another PCA/Pre-CNA course to begin in October. If you are interested in a career in health care and would like to enroll in a course like this, please call or email ABE staff. Days and times of this course are yet to be determined.

Join our Team of ABE & ESL Volunteers

Here's your opportunity to make a contribution to your community in a personal way. Classroom and one-to-one volunteers are needed for a variety of positions: classroom assistant, clerical assistant and technology assistant. Work with individuals or small groups tutoring basic skills or English as a Second Language. If you would like to learn more about becoming a volunteer, **contact the Volunteer Coordinator at 763-783-4920.**

Elk River Learning Lab ABE/ESL 2015-2016 Class Schedule

Fall 2015 Classes begin Tuesday, Sept 8, 2015

Mornings (8:30am-12:30pm): Monday - Thursday

Afternoons (1:15-3:15pm): Monday - Thursday

Evening (4:00-8:00pm): Tuesdays & Wednesdays

*Not meeting Oct 15, Nov 23, 24, 25 & 26, Dec 21 - Jan 1.

Winter/Spring 2016 Classes begin Monday, Jan 4, 2016

Mornings (8:30am-12:30pm): Monday - Thursday

Afternoons (1:15-3:15pm): Monday - Thursday

Evening (4:00-8:00pm): Tuesdays & Wednesdays

*Not meeting Jan 18, Feb 15, Mar 23, 24, May 30.

Schedule subject to change based on attendance.

Classroom Location at Handke: Room 221

Contact Information

Elk River Learning Lab

Community Education at The Handke Center

1170 Main Street, Elk River, MN 55330

Phone: 763-241-3400 x5525

Email: pamela.moriarity@isd728.org

Website: www.elkriver.k12.mn.us/webpages/pmoriarity

Coordinator: Pam Moriarity

Instructor: Sherry Smith

Instructor: Rallou Rice

Please call 763-241-3400 ext 5525 to arrange an orientation and intake appointment. *Orientation and intake is where you can learn more about our program and design your personalized schedule.*

FREE Childcare Available

Free on-site childcare is available for most Adult Basic Education and English as a Second Language classes. You must register at least 24 hours in advance. To register your child, call 763-241-3400 x5528.

ECFE

EARLY CHILDHOOD FAMILY EDUCATION

Come for your child...stay for yourself



It's for you and your young children - birth to before Kindergarten.

ECFE is based on the idea that the family provides a child's first and most significant learning

environment and parents are a child's first and most important teachers. Parents shape a child's development and set the stage for future learning and growth. That's why ECFE offers a variety of classes that provide information, encouragement and support for parents and their children.

Discover hands-on learning opportunities for you to explore new experiences, meet other families, and grow and learn together with your child. ECFE serves all families in the Elk River Area School District with children ages birth to Kindergarten. All ECFE classes are taught by licensed early childhood teachers and parent educators to provide the quality education parents are looking for.

What happens when we come to ECFE parent/child activities?

Staff will greet you and the room will be set up with activities. All ECFE instructing staff have, at minimum, a four-year degree plus teaching licensure in Parent Education, Early Childhood Education or Early Childhood Family Education. Usually there are three parts to the sessions: time together for parents and children, parent discussion time and children's activity and exploration time.

What are the activities?

Activities will be set up in the room. You and your child can choose what you want to try. Some activities, like painting, become weekly favorites. We encourage you to "take your child's lead" and enjoy the special time together. At times we will do group activities with all parents and children. Usually there's a time when the ECFE staff have all the parents and children together in order to get acquainted. There will be a variety of activities depending on the ages of the children. For older children there will be stories, songs and finger plays. In some classes parents will "step back" and watch the children's learning in action.

ECFE OPEN HOUSE (Infants to Multi-Age classes)

Tour classrooms and meet staff members in our beautiful facilities!

Handke Center, Elk River

Thursday, Sep 10 | 5:30-7:00pm

Rogers ECFE, Rogers

Thursday, Sep 10 | 5:00-8:00pm

What happens during parent discussion time?

While your child participates in the children's time in the ECFE classroom with the Early Childhood Educator, you'll meet with parents and the ECFE Parent Educator. Parent discussion will be in the children's room for parents with young children; it will be in another room for parents with older children. It's a comfortable situation where you'll be able to talk about the joys and concerns of being a parent. You'll be able to take time to look at and consider many ideas. Often parents say this is one of their most important times during the week. Research tells us that getting information and support for our role as parents is one of the most important things we can do for ourselves and our children!

What happens during the children's time and how will parents be involved?

The children participate in activities in the classroom while moms, dads or caregivers participate in the discussion. The Early Childhood Educator prepares the room and activities gauged for the children's ages. Both teacher-led and child-initiated activities are planned. In some classes parents take turns working with the teacher in the classroom. This provides an opportunity for parents to observe children's time and how their child responds. It also provides an opportunity to learn more about children's development and behavior. It's a chance to get involved and have fun!

No one will be denied participation in ECFE programs because of inability to pay. Please call our office to ask questions, make payment plan arrangements, or to have fees reduced or waived.



NEW to ECFE?

CLASS is FREE!

Clip this coupon for
1 FREE ECFE class
of your choice!

*Discount does not apply to
Discovery Learning or trips.
Classes subject to space availability.*

Limit one coupon per family.

Good for 2015-2016 ECFE classes
#700-899 only.

ECFE INFANTS | TODDLERS

Breastfeeding Basics

This class is designed for pregnant and breastfeeding women and their significant others. The class will discuss the benefits of breastfeeding, the risks of formula feeding, how to breastfeed, challenges, milk supply, storage, breast pump information, weaning, going back to work, resources and more.

Monday Sep 14 | 6:00-8:00pm | 1 session | FREE
Handke Center Rm 107 Door 5 | #718-F

Infant Massage | age 0-12 months

Good for you and your baby! Massage has been shown to benefit both baby and parents. It enhances baby development, improves digestion and sleep, and promotes a bond between baby and parents.

Tuesdays Sep 15-29 | 1:00-2:00pm | 3 sessions | FREE
Handke Center Rm 1 Door 5 | #719-F

Infants - You and Your Baby | age 0-12 months

Babies change your life - it's both rewarding and challenging! This is your time to play with your baby in a new setting, talk with a Parent Educator and other parents about development, reading your baby's cues, sleeping and feeding, your changing needs as an adult and parent, and more. Discussion is in the room with your child. Class is free, but please pre-register.

Mondays Sep 21-Nov 2 | 9:00-10:00am | 7 sessions | Free
Handke Center Rm 1 Door 5 | #705-F

Mondays Sep 21-Nov 2 | 11:00am-12:00pm | 7 sessions | Free
Rogers ECFE Rm 122 Door 1 | #703-F

Wednesdays Sep 23-Nov 11 | 4:30-5:30pm | 7 sessions | Free
Handke Center Rm 1 Door 5 | Not meeting Oct 14 | #706-F

Thursdays Sep 24-Oct 29 | 1:00-2:00pm | 5 sessions | Free
Handke Center Rm 1 Door 5 | Not meeting Oct 15 | #707-F

Thursdays Nov 5-Dec 10 | 1:00-2:00pm | 5 sessions | Free
Handke Center Rm 1 Door 5 | Not meeting Nov 26 | #708-F

*"The staff is so nice!
Beautiful classroom and fun toys."
~ECFE Parent*



You are your baby's first playmate. Parent and child classes give your child an opportunity to socialize with same-age peers.

1s - Moving and Exploring | age 12-24 months

Enjoy playing with your one-year-old in a room designed for moving and exploring. Parents remain in the same room for parent discussion. Discussion topics include development, encouraging language skills, picky eaters, and more!

Mondays Sep 21-Dec 7 | 9:00-10:30am | 10 sessions | \$70
Rogers ECFE Rm 122 Door 1 | Not meeting Nov 9, 23 | #702-F

Mondays Sep 21-Dec 7 | 10:30am-12:00pm | 10 sessions | \$70
Handke Center Rm 1 Door 5 | Not meeting Nov 9, 23 | #709-F

Thursdays Sep 24-Dec 10 | 10:00-11:30am | 10 sessions | \$70
Handke Center Rm 1 Door 5 | Not meeting Oct 15, Nov 26 | #715-F

2s - On the Go! | age 24-36 months

Your two-year-old is using many new words, finding out how things work, questioning you over and over, and wanting to know now! Channel their energy in positive ways and learn how to keep up with them! Enjoy this experimenting and exciting time with your child through a class with other parents and educators by laughing and learning together.

Fridays Sep 25-Dec 11 | 10:45am-12:15pm | 10 sessions | \$70
Rogers ECFE Rm 125 Door 1 | Not meeting Oct 16, Nov 27 | #701-F

Wednesdays Sep 23-Dec 9 | 10:45am-12:15pm | 10 sessions | \$70
Handke Center Rm 10 Door 5 | Not meeting Oct 14, Nov 25 | #713-F

ECFE MULTI-AGE



Whether you have an outgoing or shy little one, socialization is an important part of your child's overall development.

3s, 4s, & 5s - Learning Together **age 36 months - Kindergarten entry**

The world of your 3-, 4-, and 5-year-old is expanding. Play and learn together through parent/child activities, circle time, music, stories, snack and parent discussion. There is a new adventure each week. Boost your child's development through purposeful play and your parenting skills with helpful discussions about behavior, development, challenges and more. Not meeting Oct 16, Nov 27.

Fridays Sep 25-Dec 11 | 10:45am-12:15pm | 10 sessions | \$70
Handke Center Rm 10 Door 5 | #717-F

NEW! ECFE 2.0 **age 24 months - Kindergarten entry**

For those parents who have "been there, done that," this class offers an opportunity for you to enjoy one-on-one time with your child and join other "veteran" parents for more in-depth parent discussions. Not meeting Oct 14, Nov 25.

Wednesdays Sep 23-Dec 9 | 9:00-10:30am | 10 sessions | \$70
Handke Center Rm 10 Door 5 | #712-F

NEW! Multiples! When Babies Come in 2 or More **age birth - Kindergarten entry**

Multiple babies, multiple challenges, multiple joys! If you are a parent of multiples, finding the information and support you need may be difficult. Meet other parents of multiples and share stories and advice that only you understand. Gain new ideas for managing double sleep, feedings, potty training, discipline and more through parent discussion with a Parent Educator. Not meeting Oct 13, Nov 24.

Tuesday Sep 22-Dec 8 | 10:30am-12:00pm | 10 sessions | \$70
Handke Center Rm 10 Door 5 | #711-F

NEW! Toddlers and Preschoolers - Growing Together | age 12 months - Kindergarten entry

Play and grow together through parent/child activities, circle time, music, stories, snack and parent discussion. There is a new adventure each week. Boost your child's development through purposeful play and your parenting skills with helpful discussions.

Wednesdays Sep 23-Dec 9 | 6:00-7:30pm | 10 sessions | \$70
Handke Center Rm 10 Door 5 | Not meeting Oct 14, Nov 25
#714-F

Fridays Sep 25-Dec 11 | 9:00-10:30am | 10 sessions | \$70
Handke Center Rm 10 Door 5 | Not meeting Oct 16, Nov 27
#716-F

NEW! It's OK Not to Share and Other Renegade Rules | age 12 months - Kindergarten entry

Parenting can be an overwhelming job and it's easy to lose track of where you stand on some of the more controversial subjects at the playground. Join us for a lively discussion based on the topics addressed in this book and spend time with your child doing various activities. It's not necessary to have read the book before attending class. Not meeting Oct 16, Nov 27.

Fridays Sep 25-Dec 11 | 9:00-10:30am | 10 sessions | \$70
Rogers ECFE Rm 125 Door 1 | #700-F

NEW! Positive Discipline for 2s **age 24-36 months**

This class is for parents who want to focus on the positive by learning to guide and teach their children in ways that are kind, but firm. Based on the book *Positive Discipline* by Dr. Jane Nelson, this class will teach the skills and tools necessary to understand children's behaviors and respond in ways that address them. Not meeting Oct 13, Nov 24.

Tuesdays Sep 22-Dec 8 | 8:45-10:15am | 10 sessions | \$70
Handke Center Rm 10 Door 5 | #710-F

Read to **ECFE BLOG**
isd728earlychildhoodfamilyeducation.com

The ECFE Blog is written by Ms. Angy and guest bloggers. Ms. Angy has been teaching in the field of Early Childhood Education for over 20 years and is in her 8th year teaching School Readiness. She has a Master's Degree in Education and is in the process of finishing her second graduate degree in Parent Education. She is also a very proud mother. Find the ECFE blog at www.isd728earlychildhoodfamilyeducation.com.

ECFE MULTI-AGE | ONE-TIME EVENTS

Drop In Play

Looking for something to do with your child at the last minute? Drop in at ECFE and play in one of the ECFE rooms and gym or playground (when available). First-come, first-served; space is limited to 25 total (adults and children). Family childcare providers must meet child-to-adult ratios for the children they bring.

Pay at the Door:

Drop In Play pass \$10
\$2/child each time with pass; \$2.50/child each time without pass

Mondays Sep 21-Dec 7 | 9:30-11:00am | 10 sessions
Handke Center Rm 10 Door 5 | Not meeting Nov 9, 23

Tuesdays Sep 22-Dec 8 | 2:00-4:00pm | 10 sessions
Handke Center Rm 10 Door 5 | Not meeting Oct 13, Nov 24

Wednesdays Sep 23-Dec 9 | 9:30-11:00am | 10 sessions
Rogers ECCE Rm 125 Door 1 | Not meeting Oct 14, Nov 25

Thursdays Sep 24-Dec 10 | 6:00-7:30pm | 10 sessions
Handke Center Rm 10 Door 5 | Not meeting Oct 15, Nov 26

NEW! Nature Play!

Come dressed for the weather and experience all things nature. Get the full experience of our certified Nature Explore Center by playing with our natural building materials, tree fort fabric, art materials, sandbox and more! Play time in gym in case of rain. Not meeting Nov 9, 23.

Pay at the Door:

Drop In Play pass \$10
\$2/child each time with pass; \$2.50/child each time without pass

Mondays Sep 21-Dec 7 | 3:00-5:00pm | 10 sessions
Handke Center Nature Explore Center Door 5

Saturday Morning Gym Time!

Have children who need to run off extra energy? Parents and children get active together by running, jumping, playing ball and more! Drop in and join the fun! Not meeting Nov 14, 28.

Drop In Play pass \$10
\$2/child each time with pass; \$2.50/child each time without pass

Saturday Nov 7-Dec 19 | 9:30-11:30am | 5 sessions
Handke Center Gym Door 5



6th Annual Family Fun Walk/Run

Grab your running shoes and join us for a morning of fun! Run our 5K on a beautiful autumn morning or walk our 1K with your family. After the run, join us for free healthy snacks, fall art projects, face painting, the Scholastic Book Fair and fun in our Nature Explore Center and Handke Gym. Inflatable bounce houses, games, music and other activities will keep your family moving! Help support ECCE and School Readiness programs by signing up! All ages are encouraged to participate. Pre-register for a discounted price or register at the event.

Saturday Oct 10 | 9:00am-12:00pm | 1 session

Pre-register: \$10 individual/ \$20 family

Register at Event: \$15 individual/\$30 family

Handke Center Door 5 | #723-F

Sherburne National Wildlife Refuge's Annual Festival

Visit our ECCE Nature Explore activities at the Festival! This year Sherburne NWR is celebrating its 50th birthday with a 1960s-themed Wildlife Festival! The celebration will feature author and wildlife photographer Stan Tekiela, live birds, horse-drawn wagon rides, nature crafts, bird education, music, historical displays and wildlife discovery. Small fee for food; all other activities FREE. Event is held at Sherburne National Wildlife Refuge - south of the Old School House on C.R. 9 in Zimmerman. Pre-registration is not required.

Saturday Oct 3 | 10:00am-3:00pm | 1 session | Free
Sherburne National Wildlife Refuge

ECFE

ONE-TIME EVENTS | PARENTING

Charlie Brown Christmas at Stages Theater

Join Charlie Brown, Snoopy and the whole Peanuts gang as they grapple with the real meaning of Christmas. If you loved *Rudolph*, then you will adore celebrating the 50th Anniversary of this classic animated television special as it comes to life. With the music you love and remember, experience the warmth of the season in this cherished production. We will board a bus at the Handke Center; please be on time as we will need to depart promptly at 9:00am. Registration deadline is Nov 18.

Wednesday Dec 2 | 9:00am-12:15pm | 1 session | \$14/person
Handke Center Meet at Door 5 | #725-F

Not-So-Scary Fun

Take the scary out of bugs, snakes, and bats and have some Halloween fun! This is a non-scary event with some treats, activities and family fun on our certified Nature Explore Center! Non-scary costumes are allowed. Co-sponsored by ECFE and Friends of Sherburne Wildlife Refuge. We'll be indoors if it rains. Event is free, but please pre-register!

Saturday Oct 24 | 11:00am-12:30pm | 1 session | Free
Handke Center Nature Explore Center Door 5 | #724-F

Dad and Me: Camping age 30 months - Kindergarten entry

Come with your dad, grandpa, uncle, or another special male in your life to share some fun time together on a Saturday morning. Join us for fun large motor activities built around a camping theme including building and creating forts/tents. We will end class with a theme-related story and snack. Dress for the weather and exercise! Class will be held on the Nature Explore Center, or in the gym in case of rain.

Saturday Sep 26 | 9:30-11:00am | 1 session | \$5/family
Handke Center Nature Explore Center Door 5 | #720-F

Classroom Play Dough Recipe

Ingredients:

1 cup flour	½ cup salt
1 cup water	2 teaspoons cream of tartar
1 tablespoon oil	food coloring



Directions:

Combine all ingredients in a saucepan. Cook over medium heat. Stir constantly until mixture forms a ball. Knead until smooth. Store in airtight container.



Join Charlie Brown, Snoopy and the whole Peanuts gang as they grapple with the real meaning of Christmas.

Dad and Me: Discovering Outer Space age 30 months - Kindergarten entry

Spend a Saturday morning discovering the night sky! Children should invite their dad, grandpa, uncle, or another special male in their life to share some fun time together. The morning will start with fun space-related activities in the gymnasium, followed by creating and discovering in the classroom, story and snack.

Saturday Nov 14 | 9:30-11:00am | 1 session | \$5/family
Handke Center Rm 111 Door 5 | #721-F

NEW! Childhood Depression and Anxiety: What You Can Do

Professionals specializing in children's mental health will discuss common signs and approaches for working with children who suffer from childhood anxiety and/or depression. Topics include what you can do to help at home, when to seek outside services, where to find crisis/community supports, what safety plans are and how they are used for children and families in crisis. Questions welcomed. Community resources will be provided. Class is for all ages.

Tuesday Oct 13 | 6:00-7:30pm | 1 session
\$9 Individual/\$15 Family (max 4)
Zimmerman HS Media Door A | Selinsky | #9000-1F

Parenting Apart

For a variety of reasons, many children do not live in homes with both of their birth parents. In these situations, children often experience anger, sadness, guilt and grief. This class is in compliance with the standards established by the Supreme Court for parent education programs.

Saturday Sep 12 | 8:00am-4:30pm | 1 session | \$65
Handke Center Community Rm Door 5 | #PA9

Saturday Oct 3 | 8:00am-4:30pm | 1 session | \$65
Handke Center Community Rm Door 5 | #PA10

Saturday Nov 7 | 8:00am-4:30pm | 1 session | \$65
Handke Center Community Rm Door 5 | #PA11

Saturday Dec 5 | 8:00am-4:30pm | 1 session | \$65
Handke Center Community Rm Door 5 | #PA12

Young Parent Program for Pregnant or Parenting Teens

This program provides pregnant or parenting teens with information about pregnancy, birth, parenting and community resources and is open to District 728 students and area residents who may not be in school. For more information, or to register, contact ECFE at 763-241-3524 or contact the school counselor, school nurse or Ivan Sand Community High School. Home visits are also available. This program is co-sponsored by District 728 Ivan Sand Community High School and ECFE. Classes are held at the Handke Center in the ECFE Rooms. Classes are on-going during the school year and are free. Special events funding provided by Three Rivers Community Foundation.

Parenting Solo - The Hardest Job You'll Ever Do Alone

Parenting - the hardest job you'll ever do by yourself. If you're parenting solo for whatever reason - military duty, work situations, separation, divorce, loss of spouse or single parenting - you're welcome to attend! Bring your children and enjoy a meal together. Parents will meet together for parenting support and information while young children participate in early childhood activities and school age children meet in another classroom for activities and support. Join at any time! Not meeting Nov 3, 24, Dec 22, 29, Mar 1, 22.

Tuesdays Sep 22-May 24 | 6:00-8:00pm | 30 sessions | Free
Handke Center Community Rm Door 5 | #780-F

BIG... building better behaviors for success in school, childcare and at home

BIG is an intervention and prevention program for preschoolers who are at risk of losing their childcare or preschool placement because of negative behaviors. BIG works with parents, teachers and childcare providers to build positive behavior skills. BIG is a Behavior Intervention Group including educators, emotional health professionals and specialists to coordinate expertise and resources for success. If you are interested in BIG, call the ECFE office at 763-241-3524. BIG is funded by ISD 728 Family and Children's Collaborative, a part of Wright County Family Services Collaborative.

"ECFE On Wheels" Home Visits

A program that comes to you and is designed "just for you." The program features visits to your home, or one-to-one visits at the ECFE center. Visits provide ideas for creative, fun, age appropriate activities, as well as time to discuss children, family, ideas on child development, parenting and community resources. Call the ECFE office at 763-241-3524. There is no fee for home visits.

😊 Setting Boundaries and Limiting Overindulgence - Presented by Katy Smith



Children's lack of boundaries and having overindulgence can present challenges for any family! Find out how to set boundaries and limit overindulgence including the HOT topic of screen time and the need for better control of the time the children do spend in this new world of technology.

For over thirty years, Katy Smith has worked side by side with parents, families, educators, and businesses helping to connect people and build stronger, more vital communities. Katy received her BSW and a Parent Education license from Winona State University, a master's degree in Education from University of Wisconsin-LaCrosse, and a master's degree in Early Childhood Public Policy and Advocacy from Walden University. She was the 2011 Minnesota Teacher of the Year!

Thursday Oct 29 | 6:00-8:00pm | 1 session
Event Free; please pre-register
Handke Center Gym Door 5 | #722-F

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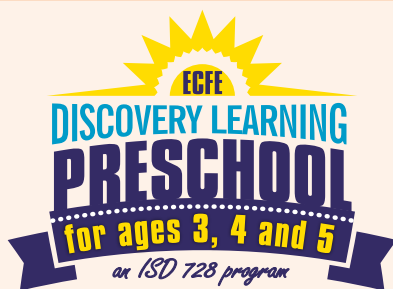
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Twitter/ECFE728

ECFE DISCOVERY LEARNING PRESCHOOL

Discovery Learning Preschool...an ISD 728 Early Childhood Program



Choosing the right preschool program is essential for giving your child the tools needed to be successful in school and in life. Discovery Learning Preschool, offered through District 728 Early Childhood Family Education, is a highly recognized and sought-after program with a **4-star rating**

from Parent Aware, an independent nonprofit organization of Minnesota business and community leaders using private sector strategies to improve school readiness. A 4-star rating is an indicator a program is using the practices that best prepare children for Kindergarten. Discovery Learning Preschool offers professionally trained, caring teachers, customized preschool experiences for your child in a safe and fun environment and, as part of the school district, the program has access to the district's resources. Conveniently offered in Elk River, Rogers and Zimmerman with a variety of daytime and evening programming, Discovery Learning Preschool is sure to fit your child's needs.

Comprehensive Curriculums

Discovery Learning Preschool has revolutionized its curriculum and embedded core fundamentals in all of the classrooms. Overall opportunities for learning are provided through individual and group times. Literacy, mathematics, science, social studies, the arts, technology, and process skills are part of the program curriculum, all while having FUN!

Parent Education and Involvement

Core to our program is parent education. A professional and highly trained Parent Educator is assigned to each classroom. The Parent Ed component focuses not only on the child's experience in preschool, but the family as a whole.

Discovery Learning Preschool... the right choice for you and your child

Your child will grow and achieve academically, emotionally, socially and physically toward Kindergarten readiness while attending Discovery Learning Preschool. For more information, log on to our website at www.728communityed.com or call Early Childhood Family Education at 763-241-3524.



How to Register for 2015-2016 DISCOVERY LEARNING CLASSES

Discovery Learning registration for the 2015-2016 school year is available online now. If you do not have internet access, you may turn in paper registration forms to the Discovery Learning/ECFE office at the Handke Center, or you may stop by and complete the forms online using one of our computers. Paper registration forms are available at the Discovery Learning/ECFE office, or can be downloaded from our website. A \$49 non-refundable deposit is due at the time of registration.

Please note, once you have begun the online application, you must finish it; it cannot be saved. It will take about 15-20 minutes to complete. You will receive a receipt once your application is submitted; however, this does not guarantee placement in a specific class. Your class placement will be confirmed by email or a phone call from the Discovery Learning/ECFE office.

- Information you will need to register:
 - Emergency contact information
 - Pertinent medical info (allergies, asthma, etc.)
 - Child's current immunization record
 - Early Childhood Screening information - the school district where your child attended screening (if screened)
 - Income information - if applying for reduced tuition, you will need your adjusted gross household income for 2014 (see sliding fee scale on page 42).
 - A credit or debit card for the \$49 deposit (in some cases the non-refundable deposit may be reduced or waived.)
- Class placement will be **CONFIRMED BY EMAIL** or phone. Please watch your email for notification of your registration status. First choice class requests cannot be guaranteed, but we will do our best to honor requests; please include a 2nd and 3rd choice when registering, if possible. Waiting lists are maintained for all full classes and you will be contacted as an opening occurs.
- Fees are divided into 9 monthly payments. Payments begin in September and end in May. A non-refundable registration fee of \$49 is due when you register. This fee does not apply to the total cost. Receive a \$35 tuition discount for a 3s class, or a \$50 discount for a 4s/5s class if the year is paid in full by September 13, 2015.
- Program Participant Care is available during Parent/Child classes at an additional fee; please notify the ECFE office.

Classes may be cancelled due to low enrollment. We will try to accommodate registrations for a cancelled class into another class if possible.

ECFE DISCOVERY LEARNING PRESCHOOL

Register TODAY for the 2015-2016 Discovery Learning Preschool

ELK RIVER

Discovery 3s

Classes for children who are '3' by Sep 1, 2015

Tue/Thu Sep 2015-May 2016 | 9:15-11:15am | \$90/month
Handke Center | #750
Child alone day is Tuesday
Parent/child day is Thursday

Tue/Thu + Mon Sep 2015-May 2016 | 9:15-11:15am | \$110/month
Handke Center | #751
Child alone days are Tue/Thu
Parent/child night is Monday 6:00-7:30pm

Wed/Fri + Mon Sep 2015-May 2016 | 9:15-11:15am | \$110/month
Handke Center | #752
Child alone days are Wed/Fri
Parent/child night is Monday 6:00-7:30pm

Discovery 4s & 5s

Classes for children who are '4' by Sept 1, 2015
Parents must attend 3 parent discussion sessions scheduled throughout the year (dates TBD).

*Mon/Wed/Fri Sep 2015-May 2016 | 8:50-11:20am | \$159/month
Handke Center | #753

*Mon/Tue/Thu Sep 2015-May 2016 | 8:50-11:20am | \$159/month
Handke Center | #754

*Mon-Fri Sep 2015-May 2016 | 9:00-11:30am | \$269/month
Handke Center | #800

*Tue-Thu Sep 2015-May 2016 | 1:00-3:30pm | \$159/month
Handke Center | #755

Tue/Thu Sep 2015-May 2016 | 5:45-7:45pm | \$90/month
Handke Center | #758

Preschool Programs with
CHILDCARE offered!

Classes at the Handke Center with * asterisk are eligible for wrap-around childcare; available 7:00am-5:30pm on school days and non-school days. See page 38 for options and pricing!

ROGERS

Discovery 3s

Classes for children who are '3' by Sep 1, 2015

Tue/Thu Sep 2015-May 2016 | 9:30-11:30am | \$90/month
ECFE Rogers | #760
Child alone day is Tuesday
Parent/child day is Thursday

Discovery 4s & 5s

Classes for children who are '4' by Sept 1, 2015
Parents must attend 3 parent discussion sessions scheduled throughout the year (dates TBD).

Mon/Wed/Fri Sep 2015-May 2016 | 9:15-11:45am | \$159/month
ECFE Rogers | #761

Mon/Tue/Thu Sep 2015-May 2016 | 9:15-11:45am | \$159/month
ECFE Rogers | #763

Tue-Thu Sep 2015-May 2016 | 1:00-3:30pm | \$159/month
ECFE Rogers | #762

ZIMMERMAN

Discovery 3s

Classes for children who are '3' by Sep 1, 2015

Tue/Thu Sep 2015-May 2016 | 9:30-11:30am | \$90/month
Zimmerman Elem | #770
Child alone day is Thursday
Parent/Child day is Tuesday

Discovery 4s & 5s

Classes for children who are '4' by Sept 1, 2015
Parents must attend 3 parent discussion sessions scheduled throughout the year (dates TBD).

Mon/Wed/Fri Sep 2015-May 2016 | 9:00-11:30am | \$159/month
Zimmerman Elem | #771

Tue-Thu Sep 2015-May 2016 | 12:45-3:15pm | \$159/month
Zimmerman Elem | #773

ECFE DL EXTRA PRESCHOOL | EDVENTURE CLUB



Discovery Learning EXTRA Preschool



Discovery Learning EXTRA Preschool is a program focused on getting children ready for Kindergarten. The fee is based on a family's ability to pay, or there is no fee. Children will develop vocabulary and learn letter

names and sounds. They will also learn how to get along with other children and how to follow school rules.

This program helps the child who may have one or more of the following circumstances:

- Comes from a low-income family
- Has English as their second language
- Has behavioral or developmental concerns
- Is a foster child
- Comes from a family with multiple challenges

Requirements:

- Family must live in ISD 728 (includes the cities of Elk River, Otsego, Rogers and Zimmerman)
- Must be 4 years old on or before Sep 1, 2015
- Does not qualify for Special Education Services
- Is not eligible for Head Start, or on a Head Start waiting list

Applications for Discovery Learning Extra 2015-2016 are being accepted now. Have questions? Need more information? Call or email the ECFE Office 763-241-3524 or ecfe@isd728.org.

Mon-Fri Sep 2015-May 2016 | 8:50-11:20am
Handke Center | #AM ER

Tue-Fri Sep 2015-May 2016 | 1:00-3:30pm
Handke Center | #PM ER

Tue-Fri Sep 2015-May 2016 | 1:00-3:30pm
Rogers ECFE | #PM Rogers

Tue-Fri Sep 2015-May 2016 | 12:45-3:15pm
Zimmerman Elem | #PM Zimm



Discovery Learning Childcare

Community Education is offering child care services to extend your child's experience with their Discovery Learning classes. Childcare is available for eligible classes in block times before and after your child's preschool class to help accommodate your needs.

When registering, you will pick the block times needed for each day and only pay for the blocks you use. You do not need to schedule blocks for the time your child is participating in Discovery Learning classes. Your schedule can vary week to week. Block registration is due on Monday the week prior to attendance. This program is eligible for county assistance.

With over 23 years of successful extended day childcare experience, we provide a quality program that complements the Discovery Learning program curriculum. Each day participating students will be escorted between our child care program and the Discovery Learning classroom by our high quality staff. Snacks will be provided in the morning and afternoon. Students will need to bring a lunch each day they attend Block C.

Please note: The extended day options apply only to the daytime Discovery Learning for 4s and 5s classes offered at the Handke Center. (See the eligible classes with the * on the previous page.)

If you have additional questions about the Discovery Learning EdVenture Club Program, please contact Wendy at 763-241-3400 X5528. To register for these child care options, please use this link to set up an account that will allow you to register for block times: <http://tinyurl.com/m6z4hnh>

Block Times and Rates

BLOCK TIMES

- Block A 7:00-9:00am
- Block B 9:00-11:30am
- Block C 11:00am-1:30pm
- Block D 1:00-3:30pm
- Block E 3:30-5:30pm

BLOCK RATES (Use as many blocks per day as needed)

- Use 1 Block \$10
- Use 2 Blocks \$15
- Use 3 Blocks \$20
- Use 4 Blocks \$25
- Full Day 5 Blocks \$38 (for non-preschool days)

ECFE Class Schedule

ECFE SITE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Handke, Elk River	9:00-10:00 You & Your Baby 9:30-11:00 Drop In & Play 10:30-12:00 1s Moving & Exploring	8:45-10:15 Positive Discipline for 2's 10:30-12:00 Multiples 2:00-4:00 Drop In & Play 6:00-8:00 Parenting Solo	9:00-10:30 ECFE 2.0 10:45-12:15 2s-On the Go! 4:30-5:30 You & Your Baby 6:00-7:30 Toddlers & Preschoolers	10:00-11:30 1s Moving & Exploring 1:00-2:00 You & Your Baby 6:00-7:30 Drop In & Play	9:00-10:30 Toddlers & Preschooler 10:45-12:15 3s 4s and 5s	9:30-11:00 Dad & Me 9:30-11:00 Gym Time 8:00-4:30 Parenting Apart
Rogers	9:00-10:30 1s Moving & Exploring 11:00-12:00 You & Your Baby		9:30-11:00 Drop In & Play		9:00-10:30 Its Ok Not to Share 10:45-12:15 2s-On the Go!	

Discovery Learning Open House

Tour classrooms and meet staff members in our beautiful facilities! Information will be sent out to families with specific times to attend per class.

Handke Center Door 5

Day Classes: Tuesday Sep 8 | 5:00-8:00pm

Evening Classes: Thursday Sep 10 | 5:30-7:00pm

Zimmerman Elementary Door 1

Tuesday Sep 8 | 5:00-8:00pm

Rogers ECFE

Thursday Sep 10 | 5:00-8:00pm

Parent Orientation Nights for Discovery Learning 4s/5s Classes (Not for Discovery Learning 3s):

Handke Center Door 5

Tuesday Sep 1 | 6:00-7:15pm

Zimmerman Elementary Door 1

Thursday Sep 3 | 6:30-7:30pm

Rogers ECFE

Thursday Sep 3 | 6:00-7:00pm

More information will be sent out to families regarding times. Childcare is not provided.

ECFE SCREENING



What is Early Childhood Screening?

Early Childhood Screening is an opportunity for children and their parents to participate in a health and developmental screening after their third birthday. State law requires screening for all children entering public school Kindergarten, ideally at age 3.

Who Needs to be Screened?

All children living in District 728 who are 3, 4, or 5 years old and are not currently enrolled in Kindergarten **NEED** to participate in this **FREE** screening program before entering Kindergarten, or have an equivalent screening from a doctor. Children who attend Head Start or Early Childhood Special Education Services programs may not have to participate in Early Childhood Screening.

Reasons to Screen at Age 3

- Screening assists your child to be ready for Kindergarten.
- Health and developmental problems or concerns can be identified earlier and help provided sooner; families may be referred to community health and educational services including School Readiness and ECFE.
- Screening is free, easy and good for your child.

Early Childhood Screening Includes:

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

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FOLLOW US
— on —



Twitter/ECFE728



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

What Happens During Screening?

The parent attends the entire screening process with their child. Your child will have a developmental progress review by a speech/language clinician. A review of your child's vision, hearing, height, weight and immunization history will be conducted by one of our health professionals. The parent/s will then participate in a family factors interview to review the screening process and talk about any concerns they may have.

Is the Program Required?

Yes. Minnesota state law requires that your child must be screened for enrollment in a public school. Children are not permitted to enter public school without having Early Childhood Screening and up-to-date immunizations. *If you are planning to send your child to private or home school, the screening is not required by law, however, we still encourage you to participate. This is a wonderful opportunity for you to find out how your child is developing.*

How do I Schedule an Appointment for my Child?

Invitations to Early Childhood Screening were mailed to families with children turning 4 years old prior to August 1, 2015. If you did not receive an invitation, scheduling an appointment is easy! Screenings are done throughout the school year at the Handke Center. Some evening and Saturday appointments are available along with times during the week. Just contact the screening office at 763-241-3525 with questions or to schedule an appointment.

ECFE VOLUNTEERS | THANK-YOU



Melinda Goetsch has been volunteering her time and talents to help make the Nature Explore Center grow since 2008!

We Appreciate Our Volunteers!

The ECFE staff would like to thank all our volunteers that have helped develop and maintain the beautiful gardens in the Nature Explore Center. It could not be as lush and beautiful as it is today without all the help from our many volunteers. We'd also like to extend an even bigger thanks to a very special and devoted volunteer over the past seven years, Melinda Goetsch. As any serious gardener knows, it takes many hours to plan, install, and maintain a garden. The gardens of the Early Childhood Nature Explore Center are no exception. A thoughtful, creative, and dedicated person, Melinda not only contributed ideas, time, and expertise to help the NEC take shape since 2008, but she did extensive research to propose ideas for safe, attractive plants and shrubs to include to interest both children and adults in the colors, textures, and scents that a garden can offer. When it came time to add garden areas and plantings to the NEC, Melinda generously donated many beautiful, healthy plants from her own gardens, helped to do the planting and weeding, and advised other volunteer gardeners about best practices for creating and maintaining a successful garden. She even installed edging and hauled rocks! It is said that volunteers are like gold, and Melinda certainly demonstrates this. Thank you, Melinda!

If you are interested in helping with gardening and further development of the NEC please leave your name, number, and email at the ECFE office by phone (763)-241-3524 or email ecfe@isd728.org.

Thank You Kathy Simonson!



Everyone here at ECFE wants to send out a big "THANK YOU" to our fearless leader, Kathy Simonson! After 29 years of dedication to families, new and exciting ideas, and constant leadership, Kathy has retired. She is now "off to new adventures," and will be able to spend much-deserved time opening a new chapter in her life! She plans to spend time with her wonderful family, travel, and explore things and places that she loves. We wish her well and will always be thinking of her. Thank you, Kathy, for your friendship, leadership, and commitment to so many members of our community!

Advisory Council Information Night

Do you have an interest in Early Childhood programs and want to connect with other parents of young children? Do you have great ideas that you are willing to share? Join the ECFE and School Readiness Advisory Council and get involved with the programs your child loves! Attend this Advisory Council Information Night and enjoy a light dinner while learning about the council. Program participant childcare is available but you must pre-register by calling 763-241-3524--or email ecfe@isd728.org with questions or to sign up for childcare.

Tuesday Oct 13 | 6:00-8:00pm | Free
Handke Center Community Rm Door 5



Minnesota Reading Corps Tutors

Want to make a difference for children? Want to gain skills in working with teachers, families and children? Ready to commit a year of your time in exchange for great training, real life experience in a classroom, and at the same time earning a living stipend, health insurance and an over \$5,000 education award at the end of your year of service?

Apply at Minnesota Reading Corps and indicate you'd like to work in one of our programs in Elk River, Rogers or Zimmerman. You can change lives by being a part of MRC – change your life, change young children's lives.

Check it out, go to Minnesota Reading Corps at: <https://minnesotareadingcorps.org> and click on *Become a Member*.

ECFE REGISTRATION | SLIDING FEE SCALE

Registration for Early Childhood Family Education Classes

Register at the ECFE Office in the Handke Center or at the Rogers ECFE location. You can also register by phone at 763-241-3524, by mail, or online at www.728communityed.com. See page 74 for a registration form. We take registrations until classes fill and take names for a wait list when necessary.

Fees

Fees are based on the number of times the class meets. Full payment is due when you register online. We accept Discover, VISA American Express and MasterCard. A sliding fee scale is available, see below. No one will be turned away because of inability to pay. Please call our office to ask questions, make other arrangements, or to have fees waived or reduced.

Cancellations

If you need to cancel from a class, we will pro-rate the fee and issue a refund. There are no refunds for missed classes due to illness or due to inclement weather. Credits will be issued, if requested, for classes cancelled due to inclement weather.

Parent Participation

Parents (moms, dads or both) must accompany and participate in the classroom with the child and discussion with other parents for all ECFE Parent/Child classes. Grandparents or other caregivers may participate in classes, however parents must give permission. Permission slips are not required for Drop In Play or one-time events. Information on volunteer opportunities will be available at classes. Parents will be asked for donations of consumable and snack items to be used for classes.

Immunizations Required

Minnesota laws require that all children be immunized before entering school. Up-to-date immunizations must be submitted to ECFE before your child attends classes. Please enclose a copy of your child's record with your registration; pick up a form in the ECFE/SR office or on the ECFE website.

Special Needs

We welcome persons of all abilities to participate in our classes and activities. If any special accommodations are needed, please let us know at the time you register. We are not able to provide transportation to classes.

District 728 ECFE Class & Discovery Learning Preschool Sliding Fee Scale					
Number of persons in household	Full Fee	80% of Full Fee	65% of Full Fee	15% of Full Fee	Waived Fee
2	\$35,393 +	\$31,461 - 35,393	\$29,102 - 31,460	\$20,922 - 29,101	\$0 - 20,921
3	44,528 +	39,581 - 44,528	36,613 - 39,580	26,322 - 36,612	0 - 26,321
4	53,663 +	47,701 - 53,663	44,124 - 47,700	31,722 - 44,123	0 - 31,721
5	62,798 +	55,821 - 62,798	51,635 - 55,820	37,121 - 51,634	0 - 37,120
6	71,911 +	63,941 - 71,911	59,146 - 63,940	42,521 - 59,145	0 - 42,520
More than 6 persons, add this amount for each additional person	7,511	7,511	7,511	7,511	5,400

Reduced Tuition Amount	Full Fee	80% of Full Fee	65% of Full Fee	%15 of Full Fee	Waived Fee
2 day 2 hour	\$90/month	\$72/month	\$59/month	\$14/month	\$0/month
2 day 2 hour	\$110/month	\$88/month	\$72/month	\$17/month	\$0/month
3 day 2 hour	\$129/month	\$103/month	\$84/month	\$19/month	\$0/month
3 day 2-1/2 hour	\$159/month	\$127/month	\$103/month	\$24/month	\$0/month
5 day 2-1/2 hour	\$269/month	\$215/month	\$175/month	\$40/month	\$0/month
ECFE \$64/class	\$64/class	\$51/class	\$42/class	\$10/class	\$0/class
ECFE \$57/class	\$57/class	\$47/class	\$34/class	\$9/class	\$0/class
ECFE \$54/class	\$54/class	\$43/class	\$34/class	\$8/class	\$0/class
ECFE \$50/class	\$50/class	\$40/class	\$33/class	\$8/class	\$0/class
ECFE \$42/class	\$42/class	\$32/class	\$27/class	\$6/class	\$0/class

EXTENDED DAY PROGRAMS

BEFORE & AFTER SCHOOL | GR K-5

EdVenture Club | Grades K-5

EdVenture Club is a unique program that combines fun enrichment activities with extended hours for your convenience! Since 1997, EdVenture Club has continuously provided a successful and quality extended day experience that complements the school day. Featured enrichment includes reading and math activities, physical education, science, art and more!

Morning Program

Students attend between 6:00am and school starting time Monday through Friday. A variety of games, gym time, playground and other choices are available. Enrichment activities are planned up to three times per week. Healthy snacks and juice are provided daily.

Afternoon Program

Students attend after school until 6:00pm Monday through Friday. Each day includes enrichment and recreation activities as well as a healthy snack and juice. Site schedules are posted weekly that list activities by days and grade levels.



Elk River, Otsego & Rogers Area Elementary Schools

Before School 6:00am to school start time

1 day/week	\$15
2 days/week	\$24
3 days/week	\$30
4 days/week	\$36
5 days/week	\$42

After School 3:30 to 6:00pm

1 day/week	\$18
2 days/week	\$30
3 days/week	\$36
4 days/week	\$42
5 days/week	\$48

Zimmerman Area Elementary Schools

Before School 6:00am to school start time

1 day/week	\$13
2 days/week	\$20
3 days/week	\$26
4 days/week	\$32
5 days/week	\$38

After School 3:15 to 6:00pm

1 day/week	\$18
2 days/week	\$30
3 days/week	\$36
4 days/week	\$42
5 days/week	\$48

Sibling Discount

Discount available to families scheduling more than one child with EdVenture Club.

Locations

- Hassan Elementary, Rogers
- Lincoln Elementary, Elk River (a.m. only)
- Meadowvale Elementary, Elk River
- Otsego Elementary, Otsego
- Parker Elementary, Elk River
(serves Lincoln in the p.m. & St. Andrews)
- Rogers Elementary, Rogers
(serves Mary Queen of Peace & Kaleidoscope)
- Twin Lakes Elementary, Elk River
- Zimmerman Elementary, Zimmerman
(serves Westwood in the p.m.)
- Westwood Elementary, Zimmerman (a.m. only)

District Early Release Days

Plan to have your child join EdVenture Club for an afternoon of fun. When registering for the early release day, please include the course number as well as the site preference listed under the non-school days (see page 44) for the 6am-6pm option. For example, to register for Parker, your course number would be 6020-2F.

Friday, November 20 | 1 session | \$18 | #6020

Secure your child's spot TODAY!
Register online at www.728communityed.com
 (click on the EdVenture Club tab)

EXTENDED DAY PROGRAMS

NON-SCHOOL DAYS | GR K-5

Non-School Days | Grades K-5

Fun enrichment activities and outings are offered on days that school is not in session. Students are divided by grade levels for the planned activities, including art or science topics, physical education and games, academic-related activities and more. All students should bring a bag lunch and beverage and wear appropriate clothing for the activity. These are full-day activities, held 9:00am-3:00pm, that are planned in a day camp format. Extended hours are available for your drop-off and pick-up convenience; the sites are open 6:00am-6:00pm. When registering, please include the course number as well as the site/time preference listed below. For example: to register for "Pumpkin Patch Trip" at Parker for 9:00am-3:00pm, your course number would be #6001-1F.

Fees: 9:00am-3:00pm | \$29
6:00am-6:00pm | \$38

Pumpkin Patch Trip

Join us for a field trip day to pick out pumpkins, walk through a corn maze and enjoy one more great day outside in the fall weather!
Thursday Oct 15 | 1 session | #6001

Fall See and Feel

Did you know the Arctic Tern has one of the longest migrations of any bird on the planet? It can travel an 11,000-mile journey from places such as Iceland and North America to the Antarctic Coast. Come learn other amazing fall facts and enjoy some creative fall art as well!
Friday Oct 16 | 1 session | #6002

Kindness Day

"Kindness is the language which the deaf can hear and the blind can see." - Mark Twain. We'll spend this day exploring what it means to share kindness with others, and what it feels like to give and receive that unique gift.
Monday Nov 9 | 1 session | #6003

Celebrating Our Earth -- Day 1

Did you know that if you stood on the equator you would be spinning around Earth's center at 1000 miles per hour? At the poles, however, you would be standing still, and turning in a circle. Join us as we learn all about our amazing Earth this week.
Monday Nov 23 | 1 session | #6004

Celebrating Our Earth -- Day 2

Did you know the hottest temperature ever recorded on Earth's surface was 136°F in El Azizia, Libya in 1922? Join us as we learn more amazing Earth facts.
Tuesday Nov 24 | 1 session | #6005

Celebrating Our Earth -- Day 3

Did you know coral reefs are the largest living structures on Earth, some even visible from space? Join us to learn more unusual and interesting Earth information.
Wednesday Nov 25 | 1 session | #6006

Non-School Day Site/Time Preferences:

-1F	Parker Elem, Door 3	9:00am-3:00pm
-2F	Parker Elem, Door 3	6:00am-6:00pm
	*Parker also serves Lincoln and Meadowvale	
-3F	Zimmerman Elem, Door 5C	9:00am-3:00pm
-4F	Zimmerman Elem, Door 5C	6:00am-6:00pm
	*Zimmerman also serves Westwood	
-5F	Hassan Elem, Door E	9:00am-3:00pm
-6F	Hassan Elem, Door E	6:00am-6:00pm
	*Hassan also serves Otsego	
-9F	Rogers Elem, Door 3	9:00am-3:00pm
-10F	Rogers Elem, Door 3	6:00am-6:00pm
-11F	Twin Lakes Elem, Door 3	9:00am-3:00pm
-12F	Twin Lakes Elem, Door 3	6:00am-6:00pm

NOTE: In the event of low or high enrollment, sites may be combined or additional sites opened.

Healthy Choices

With the holiday season coming to an end, it's that time of year to focus again on healthy choices. We'll explore some healthy habits and discuss how to keep those skills throughout the year.
Monday Dec 28 | 1 session | #6007

Handke Fun Day

Join us to a trip to the historic Handke Center as we try a little bit of everything that Community Education has to offer!
Tuesday Dec 29 | 1 session | #6008

Celebrations Around the World

Travel with EdVenture Club as we explore the different customs and celebrations around our wonderful world.
Wednesday Dec 30 | 1 session | #6009

New Year's Party

"Celebrate good times, come on!" with EdVenture Club as we celebrate the end of another great year and set some goals for the new year to come!
Thursday Dec 31 | 1 session | #6010

EXTENDED DAY PROGRAMS

INCLEMENT WEATHER CARE | GR K-5

Inclement Weather Care | Grades K-5

Inclement Weather Care/School Cancelled

EdVenture Club-Inclement Weather Care/School Cancelled is offered from 6:30am to 6:00pm at Hassan, Parker and Zimmerman Elementary Schools on days school is cancelled due to inclement weather.

The fee for Inclement Weather Care/School Cancelled is:

\$35/day for the first child

\$31/day for each additional child in family

EdVenture Club families can sign up for Inclement Weather Care/School Cancelled using their online scheduling parent portal account.

Non-EdVenture Club families can sign up for Inclement Weather Care/School Cancelled at www.728communityed.com using the following course numbers:

Parker Elem | #6100-2Y | \$105 first child; \$93 additional child

Hassan Elem | #6100-6Y | \$105 first child; \$93 additional child

Zimmerman Elem | #6100-4Y | \$105 first child; \$93 additional child

EdVenture Club-Inclement Weather Care/2-Hour Late Start

In the event of a 2-hour late start, EdVenture Club-Inclement Weather Care/2-Hour Late Start will offer morning care from 8:00-11:30am at each elementary school.

The fee for Inclement Weather Care/2-Hour Late Start is:

\$9/morning for the first child

\$8/morning for each additional child in family

No charge if child is already registered and paid for AM care the morning of the 2-hour late start.

EdVenture Club families can sign up for Inclement Weather Care/2-Hour Late Start using their online scheduling parent portal.

Non-EdVenture Club families can sign up for Inclement Weather Care/2-Hour Late Start at www.728communityed.com using the following course numbers:

Fee: \$27 first child; \$24 additional child

Hassan | #6101-6Y

Rogers | #6101-10Y

Meadowvale | #6101-8Y

Twin Lakes | #6101-12Y

Otsego | #6101-4Y

Westwood | #6101-16Y

Parker | #6101-2Y

Zimmerman | #6101-4Y



Registration Information and Policies

Must pre-register and pre-pay for 3 days; registration deadline is November 2, 2015.

- If you have pre-registered but decide not to use Inclement Weather Care on a snow or late start day, you will NOT be refunded your pre-payment.
- If less than 3 snow days or late start days during the school year, your account will be refunded May 1 for the days not used.
- Bring a lunch and beverage on days school is cancelled; a morning and afternoon snack and beverage will be provided.

If school is cancelled by the Governor, or the Superintendent of ISD 728 Schools decides to cancel EdVenture Club-Inclement Weather Care/School Cancelled, we will close for the safety of children and staff. If the Governor or Superintendent closures apply, the day will not count as one of the billed Inclement Weather days.

Cancellation deadline: If you register for EdVenture Club Inclement Weather Care and decide to cancel, the cancellation deadline is November 2, 2015 to receive a full refund.

Notifications

School cancellations and EdVenture Club-Inclement Weather Care program alerts will be included in the District weather notifications, on the EdVenture Club Facebook page and on the Community Education website main page in the @CE728ALERT Twitter feed.

Twitter: @CE728ALERT

Facebook: facebook.com/728EdventureClub

Community Education website: www.728communityed.com

Early Dismissal of School Due to Inclement Weather

In the event school is dismissed early due to inclement weather, after school EdVenture Club is cancelled. Parents/Guardians of EdVenture Club students must make arrangements to get their child home from school as EdVenture Club will NOT have regular after school care when school is dismissed early.

AQUATICS

American Red Cross Swimming Lesson Curriculum

The American Red Cross Swimming and Water Safety program teaches people how to be safe in, on or around water and teaches individuals of different ages and abilities how to swim. In a logical progression, the program covers the knowledge and skills needed for aquatic skill development. As participants develop these skills, they will become safer and better swimmers.

Please see our website for additional information about each level to determine which level your child should be enrolled in. Signing up for a level above or below ability will only cause frustration for the student and class. Students who are in the incorrect level will not be allowed to participate unless space is available in an appropriate class.

For more information about stroke requirements for each level go to www.redcross.org.

Parent/Child 1 | age 6 -24 months

Parent/Child level 1 familiarizes children with the water and provides safety information and teaching techniques parents can use to orient their children to the water. No skills prerequisites. Child must be age 6+ months and a parent must accompany child in water.

Sundays Sep 20-Nov 8 | 4:45-5:10pm | 8 sessions | \$45
#1014-1F

Sundays Nov 15-Jan 17 | 5:15-5:40pm | 8 sessions | \$45
Not meeting Nov 29, Dec 27 | #1014-2F

Parent/Child 2 | age 2-3

Parent/Child Level 2 improves skills learned in Level 1 and teaches more advanced skills while continuing to build on water safety knowledge. Child must feel comfortable with skills learned in Level 1 and a parent must accompany child in water.

Sundays Sep 20-Nov 8 | 5:45-6:10pm | 8 sessions | \$45
#1015-1F

Sundays Nov 15-Jan 17 | 5:45-6:10pm | 8 sessions | \$45
Not meeting Nov 29, Dec 27 | #1015-2F

Preschool A | age 3-5

Preschool A orients participants to the aquatic environment to help them gain basic aquatic skills, develop positive attitudes and safe practices in and around water. No skills prerequisites required.

Sundays Sep 20-Nov 8 | 6:15-6:40pm | 8 sessions | \$49
#1011-1F

Sundays Nov 15-Jan 17 | 5:15-5:40pm | 8 sessions | \$49
Not meeting Nov 29, Dec 27 | #1011-2F

Preschool B | age 3-5

Preschool B builds and improves skills learned in Preschool A while increasing water knowledge and safety topics. Must have successfully passed Preschool A to participate.

Sundays Sep 20-Nov 8 | 4:45-5:10pm | 8 sessions | \$49
#1012-1F

Sundays Nov 15-Jan 17 | 6:15-6:40pm | 8 sessions | \$49
Not meeting Nov 29, Dec 27 | #1012-2F

Preschool C | age 3-5

Preschool C increases proficiency and builds on the basic aquatic skills learned in Preschool A and B while reinforcing water safety skills and introducing additional water safety topics. Must have successfully passed levels A and B to participate.

Sundays Sep 20-Nov 8 | 5:15-5:40pm | 8 sessions | \$49
#1013-1F

Sundays Nov 15-Jan 17 | 4:45-5:10pm | 8 sessions | \$49
Not meeting Nov 29, Dec 27 | #1013-2F

Level 1 | age 6+

Level 1 orients participants to the aquatic environment to help them gain basic aquatic skills, develop positive attitudes and safe practices in and around water. No skills prerequisites required.

Sundays Sep 20-Nov 8 | 5:15-5:40pm | 8 sessions | \$49
#1110-1F

Sundays Nov 15-Jan 17 | 4:45-5:10pm | 8 sessions | \$49
Not meeting Nov 29, Dec 27 | #1110-2F



All swimmers must
shower before entering
the pool.

Swim Lessons At A Glance

Session Date & Times	FALL 1 Sundays Sep 20-Nov 8	FALL 2 Sundays Nov 15-Jan 17
4:00pm	Semi-Private Private	Semi-Private Private
4:45pm	P/C 1 Pre B Level 2	Pre C Levels 1,2
5:15pm	Pre C Level 1	P/C 1 Pre A
5:45pm	P/C 2 Levels 3, 4, 5, 6	P/C 2 Levels 3, 4, 5, 6
6:15pm	Pre A	Pre B

Level 2 | age 6+

Level 2 builds on the basic aquatic skills, water safety skills and concepts learned in Level 1. Must have successfully passed Level 1 to participate.

Sundays Sep 20-Nov 8 | 4:45-5:35pm | 8 sessions | \$65
#1120-1F

Sundays Nov 15-Jan 17 | 4:45-5:35pm | 8 sessions | \$65
Not meeting Nov 29, Dec 27 | #1120-2F

Level 3 | age 6+

Level 3 builds on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Must have successfully passed Level 2 to participate.

Sundays Sep 20-Nov 8 | 5:45-6:10pm | 8 sessions | \$65
#1130-1F

Sundays Nov 15-Jan 17 | 5:45-6:10pm | 8 sessions | \$65
Not meeting Nov 29, Dec 27 | #1130-2F

Level 4 | age 6+

Level 4 improves participant's proficiency in performing swimming strokes introduced in Level 3. Must have successfully passed Level 3 to participate.

Sundays Sep 20-Nov 8 | 5:45-6:35pm | 8 sessions | \$65
#1140-1F

Sundays Nov 15-Jan 17 | 5:45-6:35pm | 8 sessions | \$65
Not meeting Nov 29, Dec 27 | #1140-2F

Level 5 | age 6+

Level 5 helps participants refine their performance of all six swimming strokes. Must have passed Level 4 to participate.

Sundays Sep 20-Nov 8 | 5:45-6:35pm | 8 sessions | \$65
#1150-1F

Sundays Nov 15-Jan 17 | 5:45-6:35pm | 8 sessions | \$65
Not meeting Nov 29, Dec 27 | #1150-2F

Level 6 | age 6+

Level 6 refines strokes so participants swim with greater efficiency and effectiveness over long distances. Includes how to prevent aquatic emergencies and to introduce and practice self-rescue techniques. Must have successfully passed Level 5 to participate.

Sundays Sep 20-Nov 8 | 5:45-6:35pm | 8 sessions | \$65
#1160-1F

Sundays Nov 15-Jan 17 | 5:45-6:35pm | 8 sessions | \$65
Not meeting Nov 29, Dec 27 | #1160-2F

Lessons & Pool Activities are held at VandenBerge MS | 948 Proctor Rd Elk River

- Only swim wear may be worn in the pool.
- Spectator seating is open during lessons & open swim.
- Showers are required by all participants before entering the pool.
- Use of water wings, floating toys, rafts, inner tubes, life jackets, etc. is not allowed.

Shoes MAY NOT be worn on pool deck by participants or spectators. No food or beverages are allowed.



AQUATICS



Private and Semi-Private Lessons offer students more individual attention to improve their skills.

Private & Semi-Private Lessons | all ages

These lessons are for students who need more individual attention in order to learn to swim and/or improve their skills to pass to the next level of swim lessons. Focus will be on the individual's goals.

Private

Sundays Sep 20-Oct 25 | 4:00-4:30pm | 6 sessions | \$159
#1302-1F

Sundays Nov 15-Jan 3 | 4:00-4:30pm | 6 sessions | \$159
Not meeting Nov 29, Dec 27 | #1302-2F

Semi-Private

Sundays Sep 20-Oct 25 | 4:00-4:30pm | 6 sessions | \$89
#1301-1F

Sundays Nov 15-Jan 3 | 4:00-4:30pm | 6 sessions | \$89
Not meeting Nov 29, Dec 27 | #1301-2F

Discover SCUBA | age 10+

There is nothing like breathing underwater for the very first time. It takes a little getting used to - after all, human beings weren't designed to do that - but after a few minutes of awestruck wonder, most people realize how easy scuba diving is. The biggest challenge instructors have with the Discover Scuba Diving Program is not coaxing participants into the water, but coaxing them out. The fun part? All of it!

age 10-12

Monday Nov 2 | 6:00-7:30pm | 1 session | \$35
#1900-1W

age 13+

Monday Nov 2 | 6:00-7:30pm | 1 session | \$35
#1900-2W

NEW! Intro to SUP PaddleFit

Our intro class will focus on introducing you to the sport of stand up paddling (SUP) in a fun and safe manner. We will teach you the fundamentals of SUP, as well as safety and SUP laws, giving you a great foundation for your future paddling. No previous experience necessary; you must be comfortable in the water and be able to swim to take this class. All equipment for class is provided. Please arrive 15 minutes early.

Sunday Sep 27 | 7:30-8:30pm | 1 session | \$35 Individual/\$65 Pair
#5148-3F

NEW! SUP PaddleFit Fitness

This fun and challenging fitness class on the water will introduce you to the world of PaddleFit and its training benefits including balance, endurance, strength, focus and FUN! Class accommodates all skill and fitness levels; some previous paddling experience or completion of the Intro to SUP class required. You need to know how to swim to take this class. All equipment for class is provided. Please arrive 15 minutes early. Not meeting Oct 18 and Nov 29.

Sundays Oct 4-Dec 6 | 7:30-8:30pm | 8 sessions | \$149
#5148-4F

NEW! Stand Up Paddle Board Yoga

Develop better balance, strength, coordination and endurance by linking breath to movement. Give this class a try for some variety in your workout routine. You need to know how to swim to take this class. All equipment for class is provided. Please arrive 15 minutes early. There will be a lifeguard on duty.

Sunday Sep 20 | 11:45-12:45pm | 1 session
\$35 Individual/\$65 Pair | #5148-1F

Sunday Sep 27 | 11:45am-12:45pm | 1 session
\$35 Individual/\$65 Pair | #5148-2F

REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS
YOU ARE HOPING TO TAKE.

AQUATICS



Did you know swimming the English Channel is the equivalent of swimming 1,848 laps in a pool?

Lap Swim | grades 9-12 and adults

Get a great workout at the pool without having to pay membership fees. Check out the new lap swim schedule which offers more workout opportunities.

Pay at the door: \$5/day; \$45 for 10-day pass

Sundays Sep 20-Mar 13 | 7:00-8:30pm
Not meeting Dec 27

Wed/Fri Sep 23-Mar 18 | 5:45-7:00am
Not meeting Dec 30

Wednesdays Sep 23-Mar 16 | 6:00-8:00pm
Not meeting Dec 30

Tue/Thu Dec 15-Jan 14 | 6:00-8:15pm
Not meeting Dec 24, 29, 31, Jan 5

Open Swim | all ages

Grab your family and friends and head to the pool for some water fun. Play games, practice swim skills; whatever you do, you'll have a great time. Lifeguard supervised.

Sundays Sep 20-Mar 20 | 2:00-4:00pm | \$5/person; \$15/family

**All Lessons & Pool Activities are held at
VandenBerge MS | 948 Proctor Rd Elk River
Enter through Door M**

The remodel of the pool at VandenBerge MS.

BEFORE



DURING



AFTER



YOUTH CE ACADEMY



ISD 728 Community Education gives youth an opportunity to continue to learn and grown outside of school. We believe in approaching curriculum from a creative perspective, letting “kids be kids” throughout the

learning process. Participants will enjoy the opportunity to explore learning in ways that best suit their interests and abilities. Our programs are designed to introduce curriculum in a FUN, positive environment to educate, inspire and empower our diverse learners.

Choose a variety of FUN activities from our four categories: CE Academy, CE Prep, CE University and CE Athletics.

CE ACADEMY

Classes break away from common core subjects and open students' minds to inventive problem solving and innovation through art. CE Academy classes encourage creative, critical thinking while learning to appreciate the complexity of the arts.



After School Special EdVentures | grades K-5

Students are sure to love getting their hands dirty as we EdVenture through inventive art. Class will begin with an inspirational book and end with a creative, take home project.

Fee: \$15/class or \$79 for all 6!

Please send permission to school informing staff that your student will be staying after. Students will check in with EdVenture Club after school.

Transportation:

Lincoln students will wait in front of the office to be walked to the class at Parker. Westwood students will wait in front of the office to be bussed to the class at Zimmerman Elem.

Pick-Up:

All students will be picked-up from EdVenture Club.

EdVenture Club families:

Check with your site leader to see when Special EdVentures (included in your fee) will be held at your EdVenture Club site.

Creepy, Crawly, Fun | grades K-5

Monday Oct 19 | 3:15-5:15pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2300-2F

Tuesday Oct 20 | 3:45-5:45pm | 1 session
Hassan Elem Cafeteria Door 1 | #2300-3F
Parker Elem Cafeteria Door 3 | #2300-4F

Wednesday Oct 21 | 3:45-5:45pm | 1 session
Otsego Elem Cafeteria Door 4 | #2300-5F
Twin Lakes Elem Cafeteria Door 3 | #2300-6F

Thursday Oct 22 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2300-7F
Rogers Elem Cafeteria Door 3 | #2300-8F

Run, Turkey, Run! | grades K-5

Monday Nov 16 | 3:15-5:15pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2301-2F

Tuesday Nov 17 | 3:45-5:45pm | 1 session
Hassan Elem Cafeteria Door 1 | #2301-3F
Parker Elem Cafeteria Door 3 | #2301-4F

Wednesday Nov 18 | 3:45-5:45pm | 1 session
Otsego Elem Cafeteria Door 4 | #2301-5F
Twin Lakes Elem Cafeteria Door 3 | #2301-6F

Thursday Nov 19 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2301-7F
Rogers Elem Cafeteria Door 3 | #2301-8F

DIY Holiday Mug & Cocoa Reindeer | grades K-5

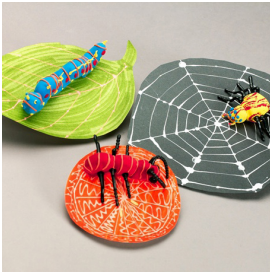
Monday Dec 14 | 3:15-5:15pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2302-2F

Tuesday Dec 15 | 3:45-5:45pm | 1 session
Hassan Elem Cafeteria Door 1 | #2302-3F
Parker Elem Cafeteria Door 3 | #2302-4F

Wednesday Dec 16 | 3:45-5:45pm | 1 session
Otsego Elem Cafeteria Door 4 | #2302-5F
Twin Lakes Elem Cafeteria Door 3 | #2302-6F

Thursday Dec 17 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2302-7F
Rogers Elem Cafeteria Door 3 | #2302-8F

YOUTH CE ACADEMY



Just look at the creative and fun projects you can make at After School Special EdVentures this year!

Ooey, Goopy Valentine Slime | grades K-5

Monday Feb 8 | 3:15-5:15pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2303-2W

Tuesday Feb 9 | 3:45-5:45pm | 1 session
Hassan Elem Cafeteria Door 1 | #2303-3W
Parker Elem Cafeteria Door 3 | #2303-4W

Wednesday Feb 10 | 3:45-5:45pm | 1 session
Otsego Elem Cafeteria Door 4 | #2303-5W
Twin Lakes Elem Cafeteria Door 3 | #2303-6W

Thursday Feb 11 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2303-7W
Rogers Elem Cafeteria Door 3 | #2303-8W

How to Catch a Leprechaun | grades K-5

Monday Mar 14 | 3:15-5:15pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2304-2P

Tuesday Mar 15 | 3:45-5:45pm | 1 session
Hassan Elem Cafeteria Door 1 | #2304-3P
Parker Elem Cafeteria Door 3 | #2304-4P

Wednesday Mar 16 | 3:45-5:45pm | 1 session
Otsego Elem Cafeteria Door 4 | #2304-5P
Twin Lakes Elem Cafeteria Door 3 | #2304-6P

Thursday Mar 17 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2304-7P
Rogers Elem Cafeteria Door 3 | #2304-8P

Garden Party | grades K-5

Monday Apr 11 | 3:15-5:15pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2305-2P

Tuesday Apr 12 | 3:45-5:45pm | 1 session
Hassan Elem Cafeteria Door 1 | #2305-3P
Parker Elem Cafeteria Door 3 | #2305-4P

Wednesday Apr 13 | 3:45-5:45pm | 1 session
Otsego Elem Cafeteria Door 4 | #2305-5P
Twin Lakes Elem Cafeteria Door 3 | #2305-6P

Thursday Apr 14 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2305-7P
Rogers Elem Cafeteria Door 3 | #2305-8P

Sign Up for All 6 Classes for a Reduced Rate of \$79!

2306-3Y Hassan Elem
2306-7Y Meadowvale Elem
2306-5Y Otsego Elem
2306-4Y Parker Elem
*Parker also serves Lincoln Elem
2306-8Y Rogers Elem
2306-6Y Twin Lakes
2306-2Y Zimmerman
*Zimmerman also serves Westwood Elem



www.facebook.com/728CEYouth
twitter.com/Communityed728

YOUTH CE ACADEMY

Special EdVentures | age 2-5 w/parent

Little learners are sure to love getting their hands dirty as we EdVenture through inventive art. Activities will explore art, movement, games, songs and stories.

age 2-3 w/parent

Tuesdays Sep 15-Oct 13 | 6:00-6:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2511-2F

Tuesdays Oct 20-Nov 17 | 6:00-6:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2511-4F

age 4-5 w/parent

Tuesdays Sep 15-Oct 13 | 5:00-5:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2511-1F

Tuesdays Oct 20-Nov 17 | 5:00-5:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2511-3F

Tuesdays Dec 1-Jan 12 | 5:00-5:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig
Not meeting Dec 22, 29 | #2511-5F

Story Time Book Club | age 2-5 w/parent

Join us for story time fun! Each week will feature a new theme as Little Learners cooperate to identify themes, colors, shapes and composition through art.

age 2-3 w/parent

Thursdays Sep 10-Oct 8 | 6:00-6:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2512-2F

Thursdays Oct 22-Nov 19 | 6:00-6:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2512-4F

Thursdays Dec 3-Jan 14 | 6:00-6:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig
Not meeting Dec 24, 31 | #2512-6W

age 4-5 w/parent

Thursdays Sep 10-Oct 8 | 5:00-5:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2512-1F

Thursdays Oct 22-Nov 19 | 5:00-5:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2512-3F

Thursdays Dec 3-Jan 14 | 5:00-5:45pm | 5 sessions | \$35
Handke Center Rm 3 Door 5 | Sandvig | #2512-5W

Mini Musician | age 3-5 w/parent

Explore rhythm, tonality and beat as Little Learners learn to appreciate music and melody. Experiment with instruments, singing, dance and hands-on activities.

Fridays Sep 11-Oct 9 | 9:00-10:00am | 5 sessions | \$45
Handke Center Rm 3 Door 5 | Sandvig | #2510-1F

Fridays Oct 23-Nov 20 | 9:00-10:00am | 5 sessions | \$45
Handke Center Rm 3 Door 5 | Sandvig | #2510-2F

Fridays Dec 4-Jan 15 | 9:00-10:00am | 5 sessions | \$45
Handke Center Rm 3 Door 5 | Sandvig
Not meeting Dec 25, Jan 1 | #2510-4F

Not-So-Scary Fun | age 2-5 w/parent

Take the scary out of bugs, snakes, and bats and have some Halloween fun! This is a non-scary event with some treats, activities and family fun on our certified Nature Explore Center! Non-scary costumes are allowed. Co-sponsored by ECFE and Friends of Sherburne Wildlife Refuge. We'll be indoors if it rains. Event is free, but please pre-register!

Saturday Oct 24 | 11:00am-12:30pm | 1 session | Free
Handke Center Nature Explore Center Door 5 | #724-F

NEW! Toddlers and Preschoolers - Growing Together | age 2-5 w/parent

Play and grow together through parent/child activities, circle time, music, stories, snack and parent discussion. There is a new adventure each week. Boost your child's development through purposeful play and your parenting skills with helpful discussions.

Wednesdays Sep 23-Dec 9 | 6:00-7:30pm | 10 sessions | \$70
Handke Center Rm 10 Door 5 | Not meeting Oct 14, Nov 25 | #714-F

Fridays Sep 25-Dec 11 | 9:00-10:30am | 10 sessions | \$70
Handke Center Rm 10 Door 5 | Not meeting Oct 16, Nov 27 | #716-F



Not-So-Scary Fun and Toddlers & Preschoolers-Growing Together are ECFE classes. See pages 30-42 for more age birth to pre-kindergarten classes!



Did you know the top 3 pets in the United States are dogs, cats and rabbits? Here's a chance to paint yours!

Paint a Portrait of Your Pet! | grades 2-5

Dog, cat, hamster, horse...no matter what your pet or favorite animal is, you will paint a portrait of your furry friend. Once registered for the class, email a high-quality digital photo of your pet (one pet per canvas) to nwmpis@kidzart.com. KidzArt will transfer each photo to an 11x14" canvas then walk you through the steps to creating your final masterpiece!

Monday Oct 12 | 4:00-6:00pm | 1 session | \$39
Zimmerman Elem Art Rm Door 5C | KidzArt | #2105-10F

Tuesday Oct 13 | 4:00-6:00pm | 1 session | \$39
Hassan Elem Art Rm Door 1 | KidzArt | #2105-1F

Wednesday Oct 21 | 4:00-6:00pm | 1 session | \$39
Rogers Elem Art Rm Door 3 | KidzArt | #2105-3F

Thursday Oct 22 | 4:00-6:00pm | 1 session | \$39
Otsego Elem Art Rm Door 4 | KidzArt | #2105-2F

Open Studio Ceramics | grades 3-8

No membership required. Take advantage of this independent creative time to focus on your artistic progress and talents. Collaborate with fellow artists in a communal, energizing space. Classroom supplies and equipment available for use. Not meeting Nov 21, 28.

Saturdays Sep 26-Dec 12 | 9:00-10:00am | 10 sessions | \$79
Handke Center Art Rm Door 5 | Hellings | #2104-3F

Advanced Artists: Acrylic Painting | grades 2-5

Do you love to paint? Then grab your friends as we use acrylic paint on stretched canvas to create a Tuscan sunset. Learn about perspective and how to mix colors to create a beautiful evening sky.

Tuesdays Nov 10 & 17 | 4:00-5:00pm | 2 sessions | \$39
Rogers Elem Art Rm Door 1 | KidzArt | #2105-7F

Wednesdays Nov 11 & 18 | 4:00-5:00pm | 2 sessions | \$39
Hassan Elem Art Rm Door 4 | KidzArt | #2105-8F

Thursdays Nov 12 & 19 | 4:00-5:00pm | 2 sessions | \$39
Otsego Elem Art Rm Door 3 | KidzArt | #2105-9F

Clay/Pottery Workshop | grades K-8

Experiment with a variety of methods including hand building, coil, slab and wheel throwing - techniques that guarantee success with your first efforts. Complete your design with a variety of glazing techniques for the finishing touch. Projects can be functional, sculptural or decorative. Not meeting Oct 15, Nov 26.

grades K-2

Thursdays Sep 24-Dec 10 | 5:00-6:00pm | 10 sessions | \$79
Handke Center Art Rm Door 5 | Hellings | #2104-1F

grades 3-8

Thursdays Sep 24-Dec 10 | 6:00-7:00pm | 10 sessions | \$79
Handke Center Art Rm Door 5 | Hellings | #2104-2F

Very Merry Party! | grades 2-5

Try some surprising new art mediums that you haven't tried before. All high-quality artist materials will be included in this workshop filled to the brim with everything you need to be an accomplished artist. Paint a winter tree with acrylic paints on canvas, use metallic paper and markers to make a Nutcracker collage, and use watercolors to create a picture of a reindeer. No previous art experience necessary.

Mondays Nov 30 & Dec 7 | 4:00-5:30pm | 2 sessions | \$39
Zimmerman Elem Art Rm Door 5C | KidzArt | #2105-4F

Tuesdays Dec 1 & 8 | 4:00-5:30pm | 2 sessions | \$39
Hassan Elem Art Rm Door 1 | KidzArt | #2105-11F

Wednesdays Dec 2 & 9 | 4:00-5:30pm | 2 sessions | \$39
Otsego Elem Art Rm Door 4 | KidzArt | #2105-5F

Thursdays Dec 3 & 10 | 4:00-5:30pm | 2 sessions | \$39
Rogers Elem Art Rm Door 3 | KidzArt | #2105-6F

YOUTH CE ACADEMY

Dance: Me & My Shadow | age 2-3 w/parent

Explore dance fundamentals as we introduce themes, props and games through familiar songs and nursery rhythms. We will introduce dance, movement and balance while teaching peer interaction, the dynamics of being in a group, taking turns and other important life skills. Our instructor will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and guiding their little one through class.

Mondays Sep 14-Nov 16 | 5:30-6:10pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | #2102-5F

Mondays Nov 30-Feb 8 | 5:30-6:10pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | Not meeting Dec 28
#2102-6W

Dance: Disney Movin' and Groovin' | age 2-4

Bond with your little one while helping build motor skills and inspire their creativity! This class incorporates Disney music, focuses on dance, movement and balance while teaching peer interaction, the dynamics of being in a group, taking turns and other important life skills. Our instructor will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and guiding their little one through class.

age 2-3 w/parent

Tuesdays Sep 15-Nov 17 | 5:15-5:55pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | #2100-1F

Tuesdays Dec 8-Feb 16 | 5:15-5:55pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | Not meeting Dec 29
#2100-3W

age 3-4 w/parent

Tuesdays Sep 15-Nov 17 | 6:00-6:40pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | #2100-2F

Tuesdays Dec 8-Feb 16 | 6:00-6:40pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | Not meeting Dec 29
#2100-4W



The best part of going to dance class is making new friends and having fun!

Dance: Creative Movement | age 3-5

Creative Movement is a great introduction to fundamental movement skills in an atmosphere of discovery and fun. We will focus on dance, movement and balance while teaching peer interaction, the dynamics of being in a group, taking turns and other important life skills. Our instructor will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and guiding their little one through class.

Mondays Sep 14-Nov 16 | 6:15-6:55pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | #2102-3F

Mondays Nov 30-Feb 8 | 6:15-6:55pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | Not meeting Dec 28
#2102-4W

Dance: Pre-Ballet & Tap | age 4-5

Develop rhythm, coordination, musicality and early classroom etiquette through simple imaginative exercises, creative dance and early ballet and tap steps and terminology. Dancers should wear comfortable clothing and bring ballet and tap shoes.

Mondays Sep 14-Nov 16 | 7:00-7:40pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | #2102-7F

Mondays Nov 30-Feb 8 | 7:00-7:40pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | Not meeting Dec 28
#2102-8W



All dance classes will share what they have learned in a Dance Recital on the last class day. Information regarding the Dance Recital will be sent electronically - please update your email address when registering!

YOUTH CE ACADEMY

Dance: Hip Hop | age 4-10

Have fun while learning the fundamentals of hip hop – poppin', locking, tutting, breakin', social hop, body isolations, bounce and rhythm -- to the latest sounds in rap, R & B and pop.

age 4-5

Tuesdays Sep 15-Nov 17 | 6:45-7:25pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | #2100-5F

Tuesdays Dec 8-Feb 16 | 6:45-7:25pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | Not meeting Dec 29
#2100-7W

age 6-10

Tuesdays Sep 15-Nov 17 | 7:30-8:10pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | #2100-6F

Tuesdays Dec 8-Feb 16 | 7:30-8:10pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | DeMars | Not meeting Dec 29
#2100-8W

Dance: Ballet & Tap | age 6-10

Turn your dreams of dancing into reality as you learn dance steps and terminology. Improve coordination, grace, posture and self-esteem as you learn the dynamics of dancing in a group, taking turns and so many more important life skills. Dancers should wear comfortable clothing and bring ballet and tap shoes.

Mondays Sep 14-Nov 16 | 7:45-8:25pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | #2102-1F

Mondays Nov 30-Feb 8 | 7:45-8:25pm | 10 sessions | \$49
Elk River HS Dance Rm Door A | Miller | Not meeting Dec 28
#2102-2W

Rentals – Parties and Celebrations

Use space at our schools for an ultimate party or celebration experience! Choose from themes including Party in the Pool, Princess or Superhero, Artistic Masterpieces, Jumpin' Gym Time or your own idea. Cost is \$125 with Bounce House available for additional fee. We provide the facility and staff and you bring the food, utensils and decorations. To sign up, complete the Party Request Form on our website at www.728communityed.com/ About Us/Waivers and Forms/Party Request. All requests must be submitted at least three weeks prior to party date. Availability based on space and staff availability. Party packages are for 2 hours. No latex balloons allowed. Questions? Call Community Education at 763-241-3520.



Tear down Sherwood Forest to build a mall? Not if the merry band and other citizens of the forest have a say!

Prairie Fire Theater: Robin Hood | age 7-16

Robin Hood, with original script and music by Daniel Nordquist, continues the Prairie Fire Children's Theatre's tradition of presenting classic tales as you've never seen them before. Though set traditionally in the 12th century, complete with faeries and gnomes, Prairie Fire's version features the Sheriff of Nottingham as a man ahead of his time – way ahead – eight centuries ahead, in fact. Please confirm your email address during registration as program communications are sent electronically.

Nov 2-7 | \$65 | #2103-2F

Auditions

Monday Nov 2 | 4:30-6:30pm (check in 4:15-4:30pm)
Lincoln Elem Gym Door 2

Some cast members may stay longer on audition night for rehearsal.

Rehearsals

Tue-Fri Nov 3-6 | 4:30-8:45pm
Elk River HS Little Theater Door H

Performances

Friday Nov 6 | 7:30pm
Saturday Nov 7 | 11:00am and 1:30pm
Elk River HS Little Theater Door H

WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.

YOUTH CE ACADEMY | CE PREP



Crescendo - Individual Music Lessons

We provide individual music lessons to students of all ages -- school age through adults. Our instructors share a love for music and are committed to helping each student reach their goals. Music lessons are held in schools throughout the Elk River School Area District. Availability varies depending upon lesson type, instructor availability and participant preferences. Please visit 728CrescendoMusic.org for additional program information and instructor availability.

NEW! Rock Band! | age 7-16

Bring your guitar and get ready to learn some of the grooviest riffs ever played! ROCK OUT while learning music theory and a variety of rhythms and strumming patterns. Students will learn note reading and ensemble playing in a fun and relaxed atmosphere.

Saturdays Sep 19-Nov 21 | 10:00am-12:00pm | 10 sessions | \$149
Handke Center Band Rm Door 5 | Dolan | #2101-1F

Saturdays Dec 5-Feb 20 | 10:00am-12:00pm | 10 sessions | \$149
Handke Center Band Rm Door 5 | Dolan
Not meeting Dec 26, Jan 2 | #2101-2W

5th & 6th Grade Party!

Grab your friends and dance the night away, or play basketball or other games. Concessions are available, so bring spending money. Parents: Do not drop your child off before 6:45pm and be at the school by 9:00pm for pick-up. Early release is allowed if child knows to be at the check-in table and a parent signs them out. Volunteers needed! Please contact Kristi Waite at 763-241-3400 x5504.

Friday Oct 30 | 7:00-9:00pm | 1 session | \$5
Salk MS Gym Door U | #6355-1F

Locations

Boulder Pointe Equestrian and Event Center
6612 189th Lane Northwest, Nowthen

Mall of America
8100 24th Ave S, Bloomington

CE PREP

Classes focus on basic life skills and well-rounded experiences. Classes provide helpful, practical knowledge to build confidence, character and overall wellness. CE Prep believes in cultivating life-long learners to discover and serve true potential.



Chess Club | grades 1-8

Want to amaze your friends and impress your opponents? Chess is a popular game of strategy between two players. Increase your IQ and have fun playing chess while competing for various prizes. Learn from Twin Cities Chess Club instructors who have years of experience.

grades 1-5

Saturdays Oct 3-Nov 7 | 10:00-11:00am | 6 sessions | \$69
Handke Center Rm 212 Door 5 | Twin Cities Chess Club | #3400-1F

Thursdays Oct 29-Dec 10 | 4:15-5:15pm | 6 sessions | \$69
Hassan Elem Media Center Door 1 | Twin Cities Chess Club
Not meeting Nov 26 | #3400-3F

grades 6-8

Saturdays Oct 3-Nov 7 | 10:00-11:00am | 6 sessions | \$69
Handke Center Rm 212 Door 5 | Twin Cities Chess Club | #3400-2F

Sea Life MN - Overnight | grades 6-12

Do you love the mysterious seahorse or graceful rays? Or do you prefer the sand tiger shark and sea turtles? Sleep under the sea at Sea Life MN and enjoy all the residents of the aquarium. Go on a hike through the aquarium, get a behind-the-scenes tour, have a pizza party, enjoy great activities and sleep in the tunnel. Limited space available, register right away. Waiver required. Snorkeling option available for students age 10+ for an additional charge.

grades 6-12

Sat/Sun Nov 7 & 8 | 6:45pm-9:00am | 1 session
\$75; \$115 with snorkeling
Sea Life MN - Mall of America Bloomington | #3251-4F

grades K-5 w/parent

Sat/Sun Nov 7 & 8 | 6:45pm-9:00am | 1 session
\$140/parent & child; \$180/parent & child with one snorkeling;
\$220/parent & child with two snorkeling
Sea Life MN - Mall of America Bloomington | #3251-5F



All horses celebrate the same birthday; you can say "Happy Birthday" to all horses on January 1st!

Boulder Pointe: Horseback Riding Day Camp grades K-12

Spend the day learning how to ride a horse including balance and control in the saddle, leading and in-hand work. Braid a horse's mane, groom, play horse tag and help to feed, water and care for horses. Camps are held rain or shine as there is an outdoor and indoor arena.

Saturday Sep 26 | 9:00am-3:00pm | 1 session | \$99
Boulder Pointe Equestrian and Event Center Nowthen | Keacher #2200-1F

Thursday Oct 15 | 9:00am-3:00pm | 1 session | \$99
Boulder Pointe Equestrian and Event Center Nowthen | Keacher #2200-2F

Friday Oct 16 | 9:00am-3:00pm | 1 session | \$99
Boulder Pointe Equestrian and Event Center Nowthen | Keacher #2200-3F

Boulder Pointe: My Little Horse Camp age 2-5 w/parent

This parent/child camp will feature horse safety, learning and fun! Spend the morning learning different horse breeds, colors and sizes. Participants will help feed, care for and groom the horses of Boulder Pointe. Bring your camera to snap photos during pony rides to conclude the class.

Saturday Oct 10 | 9:00-11:00am | 1 session | \$45
Boulder Pointe Equestrian and Event Center Nowthen | Keacher #2500-1F

Babysitting Training | age 11+

New to babysitting or looking for ways to polish up your skills? Gain the knowledge every prepared babysitter should have. Develop safe, fun and educational activities while focusing on preventing accidents, learning to care for children of various ages and taking care of yourself. Please bring a lunch. **NEW! Parent discussion during the last half-hour of class.**

Saturday Sep 12 | 9:00am-4:00pm | 1 session | \$49
Handke Center Lounge Door 5 | Peterson | #2201-1F

Friday Oct 16 | 9:00am-4:00pm | 1 session | \$49
Hassan Elem Lounge Door 1 | Peterson | #2201-2F

Monday Nov 9 | 9:00am-4:00pm | 1 session | \$49
Twin Lakes Elem Lounge Door 3 | Peterson | #2201-3F

Saturday Dec 5 | 9:00am-4:00pm | 1 session | \$49
Westwood Elem Lounge Door 1 | Peterson | #2201-4F

Home Alone | grades 3-6

Is your child ready to be left home alone? Make sure your child is prepared for emergency situations, such as severe weather, injuries, strangers at the door, etc. This class will spend time asking "what if" questions, coming up with ideas for activities to avoid boredom and discussing things all home alone children should be aware of. Please bring a lunch. **NEW! Parent discussion during the last half-hour of class.**

Saturday Oct 3 | 8:00am-12:00pm | 1 session | \$35
Handke Center Lounge Door 5 | Peterson | #2202-1F

Saturday Nov 7 | 8:00am-12:00pm | 1 session | \$35
Handke Center Lounge Door 5 | Peterson | #2202-2F

Monday Dec 28 | 8:00am-12:00pm | 1 session | \$35
Westwood Elem Lounge Door 1 | Peterson | #2202-1W

Holiday Host | grades 2-5 w/parent

Are you entertaining this holiday season? You and your child will learn to work together as you prepare popular holiday appetizers and desserts to take home for your guests to enjoy.

Saturday Nov 14 | 9:00am-12:00pm | 1 session | \$55
Salk MS Rm 213 Door S | DuBay | #2203-1W

CE University

Classes offer supported, focused academics. Small class sizes encourage interactive learning and student success. Lessons create a positive, productive learning environment while promoting fun and social engagement.



Spanish | grades K-5

Students will explore language using some of their favorite activities - sports, games, hobbies and the great outdoors! Using builder phrases, students will be speaking in short sentences and phrases from day one. Whether they are on the field, at the lake, or on the playground, your child will be able to use their new Spanish skills! Students should check in with EdVenture Club staff in the cafeteria after school.

Mondays Oct 12-Dec 7 | not meeting Nov 23
Mondays Feb 8-Apr 11 | not meeting Feb 15, Mar 28
4:15-5:15pm | \$249
Twin Lakes Elem Rm B101 Door 3 | Futura Language Professionals
#2400-1F

Tuesdays Oct 13-Dec 8 | Not meeting Nov 24
Tuesdays Feb 9-April 12 | Not meeting Mar 8, 22
3:25-4:25pm | \$249
Zimmerman Elem Media Door 5C | Futura Language Professionals
#2400-5F

Tuesdays Oct 13-Dec 8 | Not meeting Nov 24
Tuesdays Feb 9-April 12 | Not meeting Mar 8, 22
4:15-5:15pm | \$249
Meadowvale Elem Media Door 7 | Futura Language Professionals
#2400-2F

Wednesdays Oct 14-Dec 9 | Not meeting Nov 25
Wednesdays Feb 10-Apr 13 | Not meeting Mar 9, 23
4:15-5:15pm | \$249
Rogers Elem Rm A106 Door 3 | Futura Language Professionals
#2400-4F

Thursdays Oct 22-Dec 17 | Not meeting Nov 26
Thursdays Feb 11-Apr 14 | Not meeting Mar 10, 24
4:15-5:15pm | \$249
Hassan Elem Media Door 1 | Futura Language Professionals
#2400-3F

Pokemon League Training | grades 3-8

This fun course will teach you EVERYTHING you need to know about how to effectively play the Pokemon Trading Card Game. Learn the basics, perfect your strategy and techniques, trade cards with others and participate in a tournament to win prizes! This is a parent/child training program.

Tuesdays Sep 15-Oct 20 | 6:00-7:30pm | 6 sessions | \$25
Otsego Elem Rm D120 Door 4 | DuBay | #2406-1F

NEW! Safe Surfin' | grades K-8 w/parent

As technology continues to evolve and change, it can be difficult for families to keep up. This parent/child class will discuss tools and techniques available to best facilitate safe online activity. Class will meet in two parts - first as a group, second as separate parent/child classes. Parents will have an opportunity to learn about the latest technologies to help keep children safe, while kids explore the latest apps and games.

grades K-2 w/parent

Wednesday Nov 18 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-2F

grades 3-5 w/parent

Tuesday Oct 13 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-3F

Tuesday Dec 1 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-1F

grades 6-8 w/parent

Tuesday Sep 1 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-4F

Tuesday Jan 5 | 6:00-8:00pm | 1 session | \$49
Handke Center Rm 111 Door 5 | Favilla/Feld | #2402-7F

GEMS | grades 6-8

Join Girls in Engineering Math and Science (GEMS) for super science and exciting engineering fun after school.

Tuesdays Nov 3, Dec 8, Feb 2, Mar 1, April 12, May 24
3:00-4:30pm | 6 sessions | \$39
Salk MS Rm 525 Door S | Grandell/Heitkamp | #2401-1F

NEW! LEGO® Star Wars Episode VII Movie grades 1-5

Do you want to create your own Star Wars VII movie? Then this class is for you! Join us as we use professional grade stop-motion software on kid-friendly Macs to create an action-packed film in the Star Wars world! At your team's disposal will be Star Wars mini-figures, LEGO® s and some of the latest LEGO® Star Wars Episode VII sets!

Saturdays Oct 24 & 31 | 9:00am-12:00pm | 2 sessions | \$79
Handke Center Community Rm Door 5 | Tech Tac Toe | #2403-1F

Saturdays Nov 7 & 14 | 9:00am-12:00pm | 2 sessions | \$79
Handke Center Rm 210 Door 5 | Tech Tac Toe | #2403-2F

Minecraft Game Design | grades 3-6

Don't just play Minecraft! Turn Minecraft from a game into a visual learning tool! This class will reinforce problem-solving skills and spatial cognition through learning to create in-game puzzles, mazes and obstacle courses. Students will learn basic game design skills while they collaborate to build Adventure maps, as well as some advanced features of Minecraft. Students will be able to take their custom worlds home on a flash drive, and continue their work on their home computer. Please bring a drink and snack daily.

Saturdays Nov 14 & 21 | 9:00am-12:00pm | 2 sessions | \$79
Hassan Elem Rm A112 Door 1 | Computer Explorers | #2405-3F

LEGO® Ziplines & Battler | grades 1-4

Join our team as we make and experiment with different LEGO® zip lines. Build LEGO® contraptions that travel up and down a zip line, climb across a tight rope and more. Make your LEGO®s zip faster or slower, then get them back to the top of the line. We will also create and battle spinner tops, Speedors and more.

Saturdays Sep 19 & 26 | 9:00am-12:00pm | 2 sessions | \$79
Twin Lakes Elem Rm A108 Door 3 | Computer Explorers | #2405-1F

DC Marvel Comic Movie Making | grades 1-4

Teenage Mutant Ninja Turtles, Captain America, Batman, Wonder Woman and more! Pick your favorite comic book characters to star in your own mini-movie. In this exciting hands-on learning class, our instructors will take your student through the entire digital filmmaking steps from start to finish using Frames Software. Final projects will be emailed to parents, or students may bring a USB jump drive the last day to take home their films immediately. Student photography release must be signed for class.

Saturdays Dec 12 & 19 | 9:00am-12:00pm | 2 sessions | \$79
Westwood Elem Rm A210 Door 1 | Computer Explorers | #2405-4F



Create your own Star Wars VII movie to share!

NEW! Go Green, Get Smart* | grades 1-5

Use everyday materials to create fabulous works of art...plus a few FUN surprises. Create unique mixed media pieces with found, unusual and recycled materials and assembled with imagination.

Monday Nov 9 | 9:30-11:30am | 1 session
\$25; or \$45 for both Go Green and Gizmos and Gadgets*
Hassan Elem Art Room Door 1 | Kidz Art | #2404-1F

NEW! The Mechanics of Gizmos and Gadgets* grades 1-5

How did toys work before batteries? They relied on physics. Put science to work as you explore the how and whys of energy, gravity and motion by experimenting and building gadgets that really work.

Monday Nov 9 | 12:30-2:30pm | 1 session
\$25; or \$45 for both Go Green and Gizmos and Gadgets*
Hassan Elem Art Room Door 1 | Science Explorers | #2404-2F

**Sign up for one class or immerse yourself in a full day of art and science. If you sign up for a full day, bring a bag lunch and enjoy a supervised lunch break. With over 30 years of experience, Kidz Art and Science Explorers will provide your child an exciting day of hands-on, education fun!*

Intro to Coding with Super Heroes | grades K-2

Create YOUR OWN VIDEO GAME! Choose a storyline with popular super heroes, add challenges and levels of difficulty, then share by email or post on the web. Students practice math, logic, and programming and put their video game talents to work! Game will be in an animated flash format, viewable in most internet browsers. Bring a jump drive to the last day of class, or files can be emailed to parents.

Saturdays Oct 10 & 17 | 9:00am-12:00pm | 2 sessions | \$79
Handke Center Rm 111 Door 5 | Computer Explorers | #2405-2F

YOUTH CE ATHLETICS

CE Athletics

Activities go beyond training, sports and fitness. Our core values help build character and integrity, encourage social interaction, and promote a positive, physical self-image. CE Athletics offer opportunities for cooperation, teamwork and setting personal and group focused goals.

Archery | grades 1-12

The beginning archery series of classes will focus on learning eye dominance, range and safety rules, scoring and fundamentals of archery. Exciting class events will be used to reinforce the lessons learned! Parents are encouraged to join also; join the same group that your child is registered for. Equipment is provided.

grades 1-5

Mon-Thu Sep 21-24 | 4:45-5:45pm | 4 sessions
\$75/Child; \$139/Parent & Child
Salk MS Balcony Gym Door U | #3269-2F

Mon-Thu Oct 12-15 | 4:45-5:45pm | 4 sessions
\$75/Child; \$139/Parent & Child
VandenBerge MS Gym Door N | #3269-5F

Mon-Thu Oct 12-15 | 6:00-7:00pm | 4 sessions
\$75/Child; \$139/Parent & Child
VandenBerge MS Gym Door N | #3269-7F

grades 6-8

Mon-Thu Sep 21-24 | 3:30-4:30pm | 4 sessions
\$75/Child; \$139/Parent & Child
Salk MS Balcony Gym Door U | #3269-1F

Mon-Thu Oct 12-15 | 3:30-4:30pm | 4 sessions
\$75/Child; \$139/Parent & Child
VandenBerge MS Gym Door N | #3269-4F

grades 6-12

Mon-Thu Sep 21-24 | 4:45-5:45pm | 4 sessions
\$75/Child; \$139/Parent & Child
Salk MS Balcony Gym Door U | #3269-3F

Mon-Thu Oct 12-15 | 4:45-5:45pm | 4 sessions
\$75/Child; \$139/Parent & Child
VandenBerge MS Gym Door N | #3269-6F

Mon-Thu Oct 12-15 | 6:00-7:00pm | 4 sessions
\$75/Child; \$139/Parent & Child
VandenBerge MS Gym Door N | #3269-8F



Archery requires strength, endurance and focus, making it an ideal sport to help keep you healthy and fit.

Advanced Archery | grades 4-12

Build on the fundamentals learned in beginning archery and focus on improving form and scores. Students will shoot at legal distances, learn traditional scoring methods and set personal profiles. This class is for students with previous archery experience. We provide the Genesis Bow equipment. Parents are encouraged to join the same group that your child is registered for.

grades 4-5

Mon/Wed/Fri Sep 21-Oct 2 | 6:00-7:00pm | 6 sessions | \$110
Salk MS Balcony Gym Door U | #3269-10F

grades 6-12

Mon/Wed/Fri Sep 21-Oct 2 | 6:00-7:00pm | 6 sessions | \$110
Salk MS Balcony Gym Door U | #3269-11F

Fencing | age 6+

Fencing is a fun hobby and challenging sport. This program from MN Sword Play will introduce you to the fundamentals of fencing with an emphasis on skills such as building concentration and self-discipline through activities that are developmentally appropriate. Equipment is provided.

age 6-10

Tuesdays Sep 22-Oct 27 | 6:15-7:15pm | 6 sessions | \$99
Parker Elem Cafeteria Door 3 | #3267-1F

Tuesdays Nov 10-Dec 22 | 6:15-7:15pm | 6 sessions | \$99
Parker Elem Cafeteria Door 3 | Not meeting Nov 24 | #3267-3F

age 11+

Tuesdays Sep 22-Oct 27 | 6:15-7:15pm | 6 sessions | \$99
Parker Elem Cafeteria Door 3 | #3267-2F

Tuesdays Nov 10-Dec 22 | 6:15-7:15pm | 6 sessions | \$99
Parker Elem Cafeteria Door 3 | Not meeting Nov 24 | #3267-4F

YOUTH CE ATHLETICS

NEW! Self Defense Training | grades 6-8

Become more aware, prepared, and ready for any situation that may occur in your everyday life on any given day. Stay after school and train with staff from Elk River's Professional Karate Studio.

Tuesdays Sep 29-Nov 3 | 3:15-4:15pm | 6 sessions | \$65
Salk MS Balcony Gym Door U | PKS Instructor | #2665-1F

Thursdays Oct 22-Dec 3 | 3:15-4:15pm | 6 sessions | \$65
VandenBerge MS Cafeteria Door N | PKS Instructor
Not meeting Nov 26 | #2665-2F

Taekwondo | grades 1-5

World Taekwondo Academy-Rogers teaches people to expect excellence from themselves by training in a supportive and challenging way that allows them to discover the black within. Find out why they were voted the #1 Taekwondo Program in the country!

Mondays Sep 28-Nov 16 | 5:00-5:45pm | 8 sessions | \$80
Rogers Elem Gym Door 3 | #3267-10F

Open Gym | all ages

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Check in and pay upon arrival. Please note that changes may be made to this schedule; always check before dropping a child off at the school.

Pay at the Door: \$4/students, \$5/adults, \$12/family

all ages

Sundays Oct 4-May 15 | 5:00-7:00pm
Zimmerman HS Gym Door K | Not meeting Nov 22, Apr 24

Sundays Oct 4-May 15 | 5:00-7:00pm
Rogers MS Gym Door A | Not meeting Mar 6

families and students grades 5-8

Participants under age 12 must be accompanied by an adult
Wednesdays Oct 7-May 18 | 7:00-8:30pm
Zimmerman HS Gym Door K

adults and students grades 9-12

Wednesdays Oct 7-May 18 | 8:30-10:00pm
Zimmerman HS Gym Door K

Wednesdays Oct 7-May 18 | 7:00-9:00pm
Rogers HS Gym Door I



Cheerleading is a display of discipline, practice, dedication, determination, skill and athleticism.

Cheer Clinic | grades K-8

Learn all about cheerleading from The JETS (ISD 728's Competition Cheer Team). You'll practice some cheers, stunts and a dance with a performance during a competition on Saturday following the clinic (more information will be provided in class). Fee includes t-shirt. Please bring a bottle of water and a snack each day. Saturday competition requires a ticket into the competition to watch performance; class participants will enter free of charge. This activity directly supports the JETS Competition Cheer Team.

Mon/Tue/Fri Nov 9-13 | Mon/Tue 5:30-7:00pm; Friday 4:30-6:30pm
3 sessions | \$35
Handke Center Gym Door 5 | #4006-1F

Karate | age 4-12

Karate is a great way for students to increase their sense of responsibility, decrease their willingness to take foolish risks and build higher self-esteem. Choose martial arts to supplement your child's education and see how they benefit.

age 4-6

Tue/Thu Sep 22-Oct 8 | 6:25-6:55pm | 6 sessions | \$39
Parker Elem Music Rm Door 3 | #2662-1F

Tue/Thu Oct 27-Nov 17 | 6:25-6:55pm | 6 sessions | \$39
Parker Elem Music Rm Door 3 | Not meeting Nov 3 | #2662-3F

age 7-12

Tue/Thu Sep 22-Oct 8 | 7:00-7:45pm | 6 sessions | \$49
Parker Elem Music Rm Door 3 | #2662-2F

Tue/Thu Oct 27-Nov 17 | 7:00-7:45pm | 6 sessions | \$49
Parker Elem Music Rm Door 3 | Not meeting Nov 3 | #2662-4F

YOUTH TRIPS

MS Ski/Snowboard Club | grades 6-9

Join your friends on the slopes of Powder Ridge. This club is great for skiing or snowboarding enthusiasts. Choose either three or six days; program allows for one make-up day. If you attend each of your scheduled days, the make-up day becomes a bonus. Bring bag dinner from home or money for concessions. Equipment rentals are an additional fee. No re-entry into the school upon return. Not meeting Dec 28, Jan 18.

3-Day Option

\$159/Lift Ticket Only

\$205/Lift Ticket & Ski Rental; \$215/Lift Ticket, Ski Rental & Helmet Rental; \$220/Lift Ticket, Ski Rental, Helmet Rental & 3 Lessons

\$210/Lift Ticket & Snowboard Rental; \$219/Lift Ticket, Snowboard Rental & Helmet Rental, \$225/Lift Ticket, Snowboard Rental, Helmet Rental & 3 Lessons

Mondays Jan 11-Feb 8 | 2:30-10:15pm | 4 sessions
Zimmerman HS Cafetorium Door A | #3250-1W

Mondays Jan 11-Feb 8 | 3:00-9:30pm | 4 sessions
Salk MS Cafeteria Door T | #3250-2W
Salk MS students will return to VandenBerge MS

Mondays Jan 11-Feb 8 | 3:20-9:30pm | 4 sessions
VandenBerge MS Cafeteria Door N | #3250-3W

Mondays Jan 11-Feb 8 | 3:00-9:30pm | 4 sessions
Rogers MS Cafetorium Door A | #3250-5W

Mondays Jan 11-Feb 8 | 3:40-9:30pm | 4 sessions
Spectrum Charter School Cafeteria | #3250-4W
Spectrum students will return to VandenBerge MS

6-Day Option

\$250/Lift Ticket Only

\$328/Lift Ticket & Ski Rental; \$349/Lift Ticket, Ski Rental & Helmet Rental; \$358/Lift Ticket, Ski Rental, Helmet Rental and 3 Lessons

\$330/Lift Ticket & Snowboard Rental; \$351/Lift Ticket, Snowboard Rental & Helmet Rental; \$360/Lift Ticket, Snowboard Rental, Helmet Rental & 3 Lessons

Mondays Dec 14-Feb 8 | 2:30-10:15pm | 7 sessions
Zimmerman HS Cafetorium Door A | #3250-1F

Mondays Dec 14-Feb 8 | 3:00-9:30pm | 7 sessions
Salk MS Cafeteria Door T | #3250-2F
Salk MS students will return to VandenBerge MS

Mondays Dec 14-Feb 8 | 3:20-9:30pm | 7 sessions
VandenBerge MS Cafeteria Door N | #3250-3F

Mondays Dec 14-Feb 8 | 3:00-9:30pm | 7 sessions
Rogers MS Cafetorium Door A | #3250-5F

Mondays Jan 11-Feb 8 | 3:40-9:30pm | 7 sessions
Spectrum Charter School Bus Lot | #3250-4F
Spectrum students will return to VandenBerge MS

NEW! Ski/Snowboard Trip - Trollhaugen grades 6-12

Haven't had time to get out on the slopes? This is your chance! Join your friends or make new ones while hitting the hills of Trollhaugen. Bring a lunch or money for food.

\$69/Lift Ticket Only, \$89/Lift Ticket, Equipment & Helmet Rental

Monday Feb 15 | 8:00am-6:30pm | 1 session
Zimmerman HS Bus Lot | #6339-1W

Monday Feb 15 | 8:45am-6:00pm | 1 session
VandenBerge MS Bus Lot | #6339-2W

Monday Feb 15 | 9:30am-5:30pm | 1 session
Rogers MS Bus Lot | #6339-3W



HS Ski/Snowboard Club | grades 9-12

Spend a Friday night with your friends and enjoy a winter playground at Wild Mountain with its mix of terrain for all levels, novice to expert. Choose the package that suits your needs.

\$195/ Lift Ticket Only

\$295/ Lift Ticket & Ski Rental; \$315/ Lift Ticket, Ski Rental & Helmet Rental

\$305/ Lift Ticket & Board Rental ; \$325/ Lift Ticket, Board Rental & Helmet Rental

Fridays Jan 29-Feb 26 | 2:35-11:30pm | 5 sessions
Rogers HS Commons Door I | #3251-1W

Fridays Jan 29-Feb 26 | 3:00-11:00pm | 5 sessions
Elk River HS Commons Door A | #3251-2W

Fridays Jan 29-Feb 26 | 3:30-10:30pm | 5 sessions
Zimmerman HS Cafetorium Door A | #3251-3W

Driver's Education | age 15+

Do you want to gain your driver's permit and learn to drive? You'll be on your way when you complete the 30 hours of classroom instruction required to operate a vehicle in Minnesota in our interactive, engaging classroom. Once you have your permit, schedule Behind the Wheel training from our experienced, state-certified instructors. Flexible registration and pricing allows you to pick the package that is right for you; select the complete training package, classroom instruction only, and/or Behind the Wheel training only. State law requires students to be registered for Behind-the-Wheel before they can take the permit test. In order to be fully registered for Behind-the-Wheel, payment must be received in full by the last classroom day. Students must be 15 years old by the last day of class. **PARENTS: Important information will be sent home with students at the first class regarding the Parent Class and Behind-the-Wheel scheduling.**

Complete Training Package: \$339

Payment plan available: \$139 due at registration, \$200 by last class

Classroom Instruction only: \$100

Behind-the-Wheel training only: \$280

Call 763-241-3520 to register for Classroom or Behind-the-Wheel instruction only.

Tue/Thu Sep 15-Oct 20 | 6:00-9:00pm | 10 sessions
Elk River HS Rm 105 Door A | Hudson | Not meeting Oct 15 | #3895-1F

Mon-Fri Sep 21-Oct 2 | 2:45-5:45pm | 10 sessions
Rogers HS Rm B103 Door I | Waggoner | #3895-2F

Mon-Fri Oct 19-30 | 2:30-5:30pm | 10 sessions
Elk River HS Rm 105 Door A | Waggoner | #3895-3F

Tue/Thu Nov 10-Dec 17 | 6:00-9:00pm | 10 sessions
Rogers HS Rm B103 Door I | Hudson | Not meeting Nov 24, 26
#3895-4F

ZAP the ACT

ACT test scores are used in college admissions and scholarship decisions. In this workshop, students will learn strategies for improving in all four subtests, take shortened practice tests, and get suggestions for individualized study. Seminars are designed to help students do their personal best on the ACT. From past experience, students who take this workshop score higher on the ACT. A study guide and practice test are included. Students should bring a calculator and two pencils.

Wed/Thu Oct 7 & 8 | 6:30-9:00pm | 2 sessions | \$89
Elk River HS Rm 105 Door A | Doorway to College Instructor
#3590-1F

Effective January 1, 2015, drivers under the age of 18 who complete Behind-the-Wheel instruction and are testing for a provisional drivers's license MUST SUBMIT A DRIVING LOG. Parents/guardians have two options regarding the supervised driving log:

Complete a supplemental parent class provided by a driver education program approved in Minnesota, and submit a supervised driving log showing their teen has completed at least 40 hours of supervised driving, 15 of which are nighttime hours;

OR

If the parent/guardian chooses not to complete the supplemental parent class, the driving log must show that their teen has completed at least 50 hours of supervised driving, 15 of which are nighttime hours.

NEW! Study Smart

The transition to high school can be challenging and frustrating for students who don't develop good study skills. Sign your 9th- or 10th-grader up to help make studying effective, efficient and even fun. Students will learn helpful tips to understand their learning style, get organized, take effective notes, read for comprehension, memorize effectively, manage time and deal with school anxiety. A free e-book, *Goal-Setting for Student Athletes...and their Parents*, is included. Students should bring either a pen or pencil to class.

Wednesday Oct 7 | 2:30-5:00pm | 1 session | \$55
Elk River HS Rm 105 Door A | Doorway to College Instructor
#3600-1F

Thursday Oct 8 | 2:30-5:00pm | 1 session | \$55
Rogers HS Rm B103 Door I | Doorway to College Instructor
#3600-2F

NEW! How to Get into College and Pay for It Without Going Broke

College is one of the largest investments your family will make. Understand the mistakes that result in poor academic and financial decisions that cost thousands of dollars. Learn what college actually costs and how to reduce your costs. Class will cover common mistakes families make in selecting a college, how to prevent these mistakes, myths about college aid, how FAFSA works and how to get grants directly from the schools. This class is a must for parents of college-bound students.

Monday Oct 19 | 6:30-8:30pm | 1 session | \$20
Elk River HS Rm 105 Door A | Benanav | #3610-1F

Tuesday Oct 20 | 6:30-8:30pm | 1 session | \$20
Rogers HS Media Door I | Benanav | #3610-2F

ROGERS RECREATION YOUTH

After School - Flag Football | grades K-5

Introduce young athletes to the basic skills of football, including catching, passing and blocking. Offensive and defensive strategies will be presented through interactive games and drills.

grades K-2

Tuesdays Sep 22-Oct 27 | 4:00-5:15pm | 5 sessions | \$19
Rogers Elem Gym Door 3 | #4075-1F

grades 3-5

Thursdays Sep 24-Oct 29 | 4:00-5:15pm | 5 sessions | \$19
Rogers Elem Gym Door 3 | Not meeting Oct 15 | #4075-2F

After School - Floor Hockey | grades K-5

Minnesota's favorite winter sport - indoors! Come play with us; you'll learn the basics of the game and have a blast with your friends.

grades K-2

Mondays | Nov 2-Dec 14 | 4:00-5:15pm | 5 sessions | \$19
Hassan Elem Gym Door 1 | Not meeting Nov 9 & 23 | #2672-1F

Tuesdays Jan 5-Feb 2 | 4:00-5:15pm | 5 sessions | \$19
Rogers Elem Gym Door 3 | #2672-3W

grades 3-5

Wednesdays Nov 4-Dec 9 | 4:00-5:15pm | 5 sessions | \$19
Hassan Elem Gym Door 1 | Not meeting Nov 25 | #2672-2F

Thursdays Jan 7-Feb 4 | 4:00-5:15pm | 5 sessions | \$19
Rogers Elem Gym Door 3 | #2672-4W

After School - Basketball | grades K-5

Basketball is a popular team sport. Using creative drills and fun mini-games, you will work on the skills necessary to become a better individual and team player. Wear comfortable clothing and gym shoes.

grades K-2

Thursdays Nov 5-Dec 10 | 4:00-5:15pm | 5 sessions | \$19
Rogers Elem Gym Door 3 | Not meeting Nov 26 | #2671-1F

Mondays Jan 4-Feb 8 | 4:00-5:15pm | 5 sessions | \$19
Hassan Elem Gym Door 1 | Not meeting Jan 18 | #2671-3W

grades 3-5

Tuesdays Nov 10-Dec 22 | 4:00-5:15pm | 5 sessions | \$19
Rogers Elem Gym Door 3 | Not meeting Nov 24 | #2671-2F

Wednesdays Jan 6-Feb 3 | 4:00-5:15pm | 5 sessions | \$19
Hassan Elem Gym Door 1 | #2671-4W

After School - Soccer | grades K-5

For kids who love the game of soccer and those who want to learn it. Practice drills and play mini-games while working on the skills necessary to become a better soccer player. Participate in scrimmages or challenges at the end of most meeting days to see how your skills are improving.

grades K-2

Mondays Sep 21-Oct 26 | 4:00-5:15pm | 5 sessions | \$19
Hassan Elem Gym Door 1 | #4015-1F

grades 3-5

Wednesdays Sep 23-Oct 28 | 4:00-5:15pm | 5 sessions | \$19
Hassan Elem Gym Door 1 | #4015-2F

Basketball | age 3-10

Improve your game by practicing dribbling, passing, shooting, offense and defense. Mini-games for skill building will make this a fun learning experience. Not meeting Oct 15.

age 3-4 w/parent

Thursdays Sep 24-Oct 29 | 5:30-6:00pm | 5 sessions | \$29
Rogers Elem Gym Door 1 | #4031-1F

age 4-6

Thursdays Sep 24-Oct 29 | 6:10-6:55pm | 5 sessions | \$35
Rogers Elem Gym Door 1 | #4031-2F

age 7-10

Thursdays Sep 24-Oct 29 | 7:00-7:45pm | 5 sessions | \$35
Rogers Elem Gym Door 1 | #4031-3F

Flag Football | grades 2-5

Get ready to dash to the end zone with our high-octane Flag Football class. Develop your basic passing, catching, defending and teamwork skills. Each week includes basic skill-building exercises followed by action-packed games to cement those skills. Safety and sportsmanship are emphasized. This is a perfect opportunity to energize young athletes!

Saturdays Sep 19-Oct 10 | 10:30-11:30am | 4 sessions | \$49
Rogers Elem Field | #4076-1F

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ROGERS RECREATION YOUTH



Parents are the number one source affecting the way children feel about living a healthy lifestyle.

Families in Motion | families; all ages

This highly-energetic program will be a favorite activity for everyone in your family. Each person will be challenged to exceed their personal fitness level to get the most out of each class. Everybody should come prepared for work and play!

Saturdays Sep 19-Oct 24 | 10:30-11:15am | 6 sessions
\$35 per family
Hassan Elem Gym Door 1 | #4254-1F

Saturdays Oct 31-Dec 12 | 10:30-11:15am | 6 sessions
\$35 per family
Rogers Elem Cafeteria Door 1 | Not meeting Nov 28 | #4254-2F

NEW! Make Me Move | age 3-8

This class will be filled with all kinds of silliness when we incorporate fun with musical movement, large motor activities and group games. The kids won't want to stop moving!

age 3-4 w/parent

Tuesdays Sep 22-Oct 27 | 5:30-6:00pm | 5 sessions | \$25
Rogers Elem Gym Door 1 | #4025-1F

Tuesdays Sep 22-Oct 27 | 6:10-6:55pm | 5 sessions | \$35
Rogers Elem Gym Door 1 | #4025-2F

age 5-8

Tuesdays Sep 22-Oct 27 | 7:00-7:45pm | 5 sessions | \$35
Rogers Elem Gym Door 1 | #4025-3F

Tumbling & Movement | age 2-3 w/parent

This fun and instructional program allows you and your toddler to interact in an active environment. With the assistance of the instructor and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced. Not meeting Oct 15.

age 2-3 w/parent

Thursdays Sep 24-Oct 29 | 6:15-6:45pm | 5 sessions | \$29
Rogers Elem Cafeteria Door 1 | #4200-1F

age 4-6

Thursdays Sep 24-Oct 29 | 6:55-7:25pm | 5 sessions | \$29
Rogers Elem Cafeteria Door 1 | #4200-2F

Gymnastics & Movement | age 7-10

Your child will love this program whether they want to learn basic gymnastics skills or are ready to enhance the skills they already have. Students will work on basic tumbling and flexibility in a safe manner. Added benefits are improved listening skills, coordination and cooperation with peers.

Thursdays Sep 24-Oct 29 | 7:35-8:20pm | 5 sessions | \$35
Rogers Elem Cafeteria Door 1 | Not meeting Oct 15 | #4200-3F

NEW! Mind & Body Movement | age 3-15

The mind and body connection are vital to everyday life. Learn to listen to your body, feel the movements and control your breathing. This is a yoga-based program for youth and their parents. Not meeting Nov 9 & 23.

age 3-5

Mondays Nov 2-Dec 14 | 5:30-6:00pm | 5 sessions | \$25
Hassan Elem Gym Door 1 | #4034-1F

age 6-10

Mondays Nov 2-Dec 14 | 6:10-6:40pm | 5 sessions | \$25
Hassan Elem Gym Door 1 | #4034-2F

age 11-15

Mondays Nov 2-Dec 14 | 6:45-7:15pm | 5 sessions | \$25
Hassan Elem Gym Door 1 | #4034-3F

Follow our Twitter Feed [@CE728ALERT](#)
or check online at www.728communityed.com
for possible inclement weather
cancellations of activities
or late return time from outings.



ROGERS RECREATION YOUTH



Physically active kids also are more likely to be academically motivated, alert, successful and have higher self-esteem.

Mini Sportsters | age 3-4 w/parent

This class is designed to encourage young children to participate in large group activities within a gym or sports setting. Students will follow the lead of the instructors and participate in activities that will incorporate basic skills from a variety of sports. Each session ends with open gym time to play with the equipment that is available.

Mondays Sep 21-Oct 26 | 5:30-6:00pm | 6 sessions | \$29
Hassan Elem Gym Door 1 | #4251-2F

Tuesdays Nov 10-Dec 22 | 5:30-6:00pm | 6 sessions | \$29
Rogers Elem Gym Door 3 | Not meeting Nov 24 | #4251-5F

Little Sportsters | age 4-6

This program is designed to energize and encourage children to participate in sports and games. Basic skills and good sportsmanship are emphasized. Students will learn the rules and basic skills of soccer, volleyball and tennis and will participate in relays, races and other gym games.

Saturdays Sep 19-Oct 24 | 8:15-9:00am | 6 sessions | \$35
Hassan Elem Gym Door 1 | #4251-1F

Mondays Sep 21-Oct 26 | 6:10-6:55pm | 6 sessions | \$35
Hassan Elem Gym Door 1 | #4251-3F

Tuesdays Nov 10-Dec 22 | 6:10-6:55pm | 6 sessions | \$35
Rogers Elem Gym Door 3 | Not meeting Nov 24 | #4251-6F

L'il Squirts Gym Time | grades K-5

Perfect for kids who just want to, or need to, move! Stations and challenges will be available, as well as a variety of sports and gym equipment. Each day begins and ends with a large group activity.

Saturdays Sep 19-Oct 24 | 9:15-10:15am | 6 sessions | \$29
Hassan Elem Gym Door 1 | #4252-1F

Saturdays Oct 31-Dec 12 | 9:15-10:15am | 6 sessions | \$29
Rogers Elem Cafeteria Door 1 | Not meeting Nov 28 | #4033-2F

Sportsters | age 5-7

Fun is the name of the game! Learn the basic skills needed to play a variety of sports and have a chance to demonstrate the skills you're developing. Students will learn the rules and basic skills of soccer, volleyball and tennis and will participate in relays, races and other gym games.

Mondays Sep 21-Oct 26 | 7:05-7:50pm | 6 sessions | \$35
Hassan Elem Gym Door 1 | #4251-4F

Tuesdays Nov 10-Dec 22 | 7:05-7:50pm | 6 sessions | \$35
Rogers Elem Gym Door 3 | Not meeting Nov 24 | #4251-7F

Yoga for Youngsters | age 3-10

Yoga is a fun way to move your body in new ways. Learn yoga poses and breathing, get fit and stay healthy in this yoga class, then practice at home. One parent may participate per registered child, but it is not required. Participating parents must provide their own mat. Not meeting Nov 28.

Saturdays Oct 31-Dec 12 | 8:30-9:00am | 6 sessions | \$25
Rogers Elem Cafeteria Door 1 | #4033-1F

REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS
YOU ARE HOPING TO TAKE.

ROGERS RECREATION YOUTH

Haunted Dash | all ages

What a great kid-friendly event! Kids will have the opportunity to race in their Halloween costumes, earn prizes and treats, and participate in a fitness challenge.

Saturday Oct 31 | 11:00am-12:30pm | 1 session | \$9
Rogers Elem Field | #4026-1F

The Friendly Games | age 4-grade 5

This program will teach cooperation and the value of teamwork through fitness activities that everyone is sure to enjoy. Not meeting Nov 25.

age 4-6

Wednesdays Nov 4-Dec 9 | 5:30-6:00pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4040-1F

grades K-2

Wednesdays Nov 4-Dec 9 | 6:10-6:55pm | 5 sessions | \$35
Hassan Elem Gym Door 1 | #4040-2F

grades 3-5

Wednesdays Nov 4-Dec 9 | 7:05-7:50pm | 5 sessions | \$35
Hassan Elem Gym Door 1 | #4040-3F

NEW! Net Sports | age 4-grade 5

"Lifelong sports" are activities that can be performed at any age. While promoting fitness and improving health, we'll explore some variations of net sports: tennis, pickleball and volleyball.

age 4-6

Wednesdays Sep 23-Oct 28 | 5:30-6:00pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4030-1F

grades 1-2

Wednesdays Sep 23-Oct 28 | 6:10-6:55pm | 5 sessions | \$35
Hassan Elem Gym Door 1 | #4030-2F

grades 3-5

Wednesdays Sep 23-Oct 28 | 7:00-7:45pm | 5 sessions | \$35
Hassan Elem Gym Door 1 | #4030-3F



Open Gym | all ages

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Pay at the door. Changes may be made to this schedule, so always check before dropping your child off at the school.

Pay at the door:

Adult \$5/day or \$40/10-day pass

Students \$4/day or \$30/10-day pass

all ages

Sundays Oct 4-May 15 | 5:00-7:00pm
Rogers MS Gym Door A | Not meeting Mar 6

grades 9-12 & adult

Wednesdays Oct 7-May 18 | 7:00-9:00pm
Rogers HS Gym Door I

Open Gym - Family Time | grades K-5

This open gym time is perfect for families with elementary-aged students. The gym has been reserved specifically for you!

Mondays Nov 2-Dec 14 | 7:15-8:30pm | 5 sessions | \$30/family
Hassan Elem Gym Door 1 | Not meeting Nov 9 & 23 | #3223-1F



For the safety of participants, we reserve the right to ask parents/spectators to wait in the hallway during class. This may be due to the nature of the activity or due to the space for the number of participants. If the class is listed as a Parent/Child class, parents are required to participate.

ROGERS RECREATION

YOUTH | LEARN-TO-SKATE



Rogers MS Stuff 2 Do | grades 6-8

Rogers Middle School students are invited to stay after school on select days to participate in fun activities, crafts and games. Check them out!

Homecoming Shirts

Tuesday Sep 15 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-1F

Sculpey Clay Creations

Tuesday Sep 29 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-2F

Cartoon and Caricature Drawing

Tuesday Oct 13 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-3F

Halloween Snack & Craft

Tuesday Oct 27 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-4F

Canvas Art

Tuesday Nov 10 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-5F

Holiday Gift Making

Tuesday Dec 1 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-6F

Holiday Party

Tuesday Dec 15 | 3:15-5:00pm | 1 session | \$9
Rogers MS Cafeteria Door A | #4035-7F



@ROGERSMSSTUFF2DO

*The LOFT! | grades 6-12

Join the fun at our teen program offered throughout the school year. It's a fun place to hang out with friends every second Thursday of the month, September through May, and it's FREE! Bring change if you want to play the coin-operated video games and make purchases from the vending machines. Wi-Fi is available along with volunteer-led games and activities.

2nd Thursday Sep-May | 3:00-5:00pm
Rogers Activity Center

Thursday Sep 10 | Square game, Kan Jam and Yard Yahtzee
Thursday Oct 8 | Tae-Kwon-Do
Thursday Nov 12 | Dazzling Dave Yo-Yo master
Thursday Dec 10 | Minute To Win It Holiday Theme

Learn-to-Skate | age 3-adult

We offer a wide variety of skating levels for all ages, including beginner and novice skating, USA Hockey skills and Intro to Figure Skating. Each program is designed and structured using USFSA and USA Hockey basic skill techniques. This program prepares you to move on to other levels of skating, or just recreational fun. Register using MasterCard/Visa/Discover/Amex through ISD 728 Community Education website at www.728communityed.com, or by phone at 763-241-3520. There is no pro-rating of fee for missed classes and no refunds once session starts, except for extenuating circumstances. Classes are subject to cancellation if minimum registration is not met or classes may be combined. Registration closes three days prior to start of session.



All classes are taught by sanctioned instructors over the course of six sessions and are held at the Rogers Activity Center. Rental skates are available for \$2/pair weekly, and helmets are available for \$1. Helmets are required for ages 3-6 and hockey classes, and are recommended for all new skaters. No double-blade skates allowed, nor are parents allowed on ice during lesson times. Exceptions must be approved by skate director.

It is common for children to repeat a level before advancing to the next level. Attendance is important to learn new skills that build on previous classes. Please arrive 20 minutes early the first day of class to pick up name badge and general information. Visit <http://rogersmn.gov/rec-programs/1469-learn-to-skate> or call 763-428-0975 for complete details or questions. Please check skates to ensure sharp edges as this will make it easier to skate; skate sharpening available at the arena.

ROGERS RECREATION

LEARN-TO-SKATE

Learn-to Skate Fall 1 Session

Saturdays Sep 12-Oct 17 | 6 sessions

4980-1F | Snowplow Sam 1 | 8:45-9:15am | \$69

4981-1F | Snowplow Sam 2 | 8:45-9:15am | \$69

4982-1F | Snowplow Sam 3 | 9:15-9:45am | \$69

4983-1F | Basic 1 | 8:45-9:15am | \$69

4984-1F | Basic 2 | 9:15-9:45am | \$69

4985-1F | Basic 3 | 9:15-9:45am | \$69

4986-1F | Basic 4+ | 8:45-9:15am | \$69

4994-1F | Hockey Prep Jr Level 1 | 9:15-10:15am | \$89

4994-1Fa | Hockey Prep Jr Level 2 | 9:15-10:15am | \$89

4995-1F | Hockey Prep Beginner 1 | 9:15-10:15am | \$89

4995-1Fa | Hockey Prep Beginner 2 | 9:15-10:15am | \$89

4996-1F | Hockey Prep Advance 3 | 9:15-10:15am | \$89

4996-1Fa | Hockey Prep Advance 4 | 9:15-10:15am | \$89

Learn-to Skate Fall 2 Session

Saturdays Oct 24-Nov 28 | 6 sessions

4980-2F | Snowplow Sam 1 | 8:45-9:15am | \$69

4981-2F | Snowplow Sam 2 | 8:45-9:15am | \$69

4982-2F | Snowplow Sam 3 | 9:15-9:45am | \$69

4983-2F | Basic 1 | 8:45-9:15am | \$69

4984-2F | Basic 2 | 9:15-9:45am | \$69

4985-2F | Basic 3 | 9:15-9:45am | \$69

4986-2F | Basic 4+ | 8:45-9:15am | \$69

4994-2F | Hockey Prep Jr. Level 1 | 9:15-10:15am | \$89

4994-2Fa | Hockey Prep Jr. Level 2 | 9:15-10:15am | \$89

4995-2F | Hockey Prep Beginner 1 | 9:15-10:15am | \$89

4995-2Fa | Hockey Prep Beginner 2 | 9:15-10:15am | \$89

4996-2F | Hockey Prep Advance 3 | 9:15-10:15am | \$89

4996-2Fa | Hockey Prep Advance 4 | 9:15-10:15am | \$89

Beginner Snowplow Sam Program | age 3-5

This level is for new skaters who have rarely or never been on skates. It is designed to help the pre-school skater develop preliminary coordination and strength necessary to move on ice. Gloves/jacket/warm pants and a bike or hockey helmet are required.

Snowplow Sam 1: Designed for skaters with no experience; introduces how to stand, sit, fall and get up on and off the ice, marching, dipping and beginning glides.

Snowplow Sam 2: For skaters able to move along ice, dipping and gliding. Builds on backward wiggles and forward two-foot swizzles.

Snowplow Sam 3: Skater should be able to move freely on skates with steadiness. Program focuses on pushing and balance while moving forward and backward in swizzles, glides, snowplow stops with skid action.



Gloves, jacket and helmet are required for beginner classes and recommended for everyone.

Basic Skills Program | age 6+

This program is divided into carefully planned levels to progress the skater from basic to advanced ice skating skills. Levels 1-3 are great for all beginning/novice skaters. Beyond Level 3, focus is on figure skating techniques and use of toe pick. Gloves/jacket and a helmet are required for beginner classes and recommended for everyone.

Basic 1: Designed for new skaters with little or no skating experience; covers basic balance and movement through marching, swizzles, wiggles, glides, and snowplow stops.

Basic 2: For beginner skaters with some skating experience; focuses on glides, backward skating, two-foot turns from front to back and moving stops.

Basic 3: Designed for skaters who have basic experience being on skates. Students will learn basic fundamental moves through a series of progression--forward/backward skating, stops, edges, crossovers and more.

Intro to Figure Skating | age 6+

Basic 4+: Designed for experienced skaters who wish to continue in figure skating techniques. Skill sets include forward/backward glides, stroking, two-foot turns and spins, edges, crossovers and more. Must have passed Basic 3.

Upper class levels have limited availability. Please inquire for alternate options if unavailable or cancelled.

Learn-to-Skate classes will resume at the end of January 2016; watch for the winter brochure to be delivered on Saturday, Dec 5 for days/times.

ROGERS RECREATION

LEARN-TO-SKATE

Learn to Play Hockey | age 4+

This program uses guidelines of USFSA and USA Hockey learn-to-skate techniques. The Hockey Prep classes are for the beginner to the slightly advanced skater and teach the basic skating skills needed to play hockey. **Hockey prep classes require that child is able to glide.** They focus on skating and introduce sticks and pucks; sticks will be introduced by the third week, pending abilities. Helmets, shin guards, hockey gloves and stick are required; other protective gear is recommended. Instructors will group the skaters based on ability at the first class. This program allows for flexibility to deviate from skill-sets to focus on skills needed by ability of skaters. Class is 60 minutes and uses stations or small groups based on the number of skaters and abilities, with some free time. All skaters will be assessed first week and put into skill levels.

Hockey Prep Jr Level 1 & 2 | age 4-6

Designed for beginning skaters who want to play hockey but have little skating ability, yet are able to stand, march and glide on skates. If child cannot balance and march on skates, it is recommended that they enroll in one of the Snowplow Sam classes prior to participating in Hockey Prep. Skaters younger than 6 can participate in other prep levels providing they have the ability to keep up with the class.

Hockey Prep | age 7+

Beginner level 1 & 2: Covers the basic beginning format of skating including stance, quick get up from falls, forward skating, dips, snowplow stop, scooter/T-pushes and proper stick holding.

Advanced skaters 3 & 4: For skaters ready for crossovers and other more challenging skills such as quick stop and starts, crossovers, c-cuts, one-foot pushes and glides on circles, mohawks, hockey stop, and stick/puck handling drills. Great class for those who have played before, but need to work on their skating skills.

Visit <http://rogersmn.gov/rec-programs/1469-learn-to-skate> or call 763-428-0795 for complete details or questions regarding our skating programs.

Snowplow Sam and beginning Basic classes include 30 minutes of instruction (on and off ice time); helmets, warm pants and gloves required.

Hockey classes include 45 minutes of instruction and 15 minutes of free-time.

Hockey program focuses on skating and introduces sticks; helmet, shin pads, hockey gloves and stick required; other equipment is optional.



"I wasn't naturally gifted in terms of size and speed; everything I did in hockey I worked for."
~Wayne Gretzke

*Open Skate Schedule

Pay at the door: \$4/skater, age 5 & under are free
Open Skate schedules are subject to change; visit our website at www.rogersmn.gov/activity-center for updates.

Sundays Sep 13-May 8 | 4:00-5:30pm
Wednesdays Sep 2-May 11 | 11:30am-1:00pm
Wednesdays Sep 2-May 11 | 6:00-7:15pm

*Special Event Open Skates

Glow 'N' Skate

Friday Sep 11 | 9:15-10:45pm | \$5 includes glow collar

Back to School

Wednesday Sep 16 | 6:00-7:15pm
Free admission if wearing Rogers' apparel

Haunted Glow 'N' Skate

Wednesday Oct 28 | 6:00-7:15pm | \$5 includes glow collar

Gobbler Skate

Sunday Nov 29 | 4:00-5:30pm
FREE admission with a non-perishable food item for local Food Shelf

Skate with Santa

Sunday Dec 20 | 4:00-5:30pm
Free hot chocolate with paid admission



Watch for other special event Open Skate dates at www.rogersmn.gov/schedules or www.facebook.com/cityofrogers.

*Adult & Pond Open Hockey

Fee: \$7/skater
2 goalies free for Adult Hockey; no goalies free for Pond Hockey
See www.rogersmn.gov/activity-center for schedules; updated weekly.

*Outdoor Skate

Neighborhood skating rinks will be open to the public mid-December (weather permitting). When the temperature drops to minus 20 degrees below zero with wind chill, the warming house will be closed. For more information, contact Rogers Activity Center at 763-428-1033 or check online at www.rogersmn.gov/rec-programs, or www.facebook.com/cityofrogers.

ROGERS RECREATION

ALL AGES

Adult Mens Basketball | adults

ISD 728 Community Education, in partnership with Rogers Recreation, is offering an Adult Men's Winter Basketball League. This 10-week league is great for those who love the game and have a group ready to play. Referees will officiate the games in accordance with the Minnesota Sports Federation rules. Each team will play 9-10 games per season (depending on number of teams registered).

Wednesdays Jan 13-Mar 16 | 7:00-9:30pm | 10 sessions

\$525/team

Rogers HS Gym Door I | #4140-1W

Co-Rec Adult Volleyball | adults

This 10-week Adult Co-Rec Volleyball League is a great opportunity for those who love the game and have a group ready to play. Referees will officiate the games in accordance with the Minnesota Sports Federation rules. Each team will play 9-10 games per season (depending on the number of teams registered).

Sundays Jan 17-Mar 20 | 7:00-10:00pm | 10 sessions | \$525/team

Rogers MS Gym Door A | #4240-1W

*Rogers Farmers' Market

The farmers' market is still up and running. Don't miss the great fall vegetables, squash, pumpkins and gourds.

Wednesdays Aug 5-Oct 7 | 3:00-6:30pm

Downtown Rogers 12724 Main Street

*Movie at Twilight

Don't miss our last outdoor movie for the season...BIG HERO 6. Bring a blanket and lawn chair and enjoy the night!

Saturday Sep 12 | 7:45pm/dusk

Veteran's Memorial 12724 Main Street



Visit the NEW Senior Center at 12913 Main Street in Rogers!

*Rogers Senior Programs

The City of Rogers provides a variety of programs for older adults in the Rogers area. We offer field trips, classes, social gatherings, volunteer opportunities, holiday celebrations, committees, card playing and more. We recently opened a Senior Center at 12913 Main Street that is open from 9:00am-4:30pm, Monday through Friday. The Senior Center has a library, billiards table, games/puzzles, card groups and various scheduled events. A few activities are also held at the Rogers Community Room including the Senior Dining program that is held Tuesday-Thursday with meals served at noon for \$4 (age 55+). Every month a senior newsletter is published that includes all of the upcoming senior events. Please visit www.Seniors.RogersMN.gov to view the monthly senior newsletter, senior dining menu, upcoming events and more. For questions about the senior programs, or to add your name to the newsletter mailing list, contact Liz Dirks at 763-428-0939.

*Arena Walking

Need a place to walk other than outdoors? Walk around the ice arena 8 times for a mile and best of all, it's FREE! The Rogers Activity Center is open Mon-Fri at 9:00am. Check our website for daily closings and weekend hours at www.rogersmn.gov/schedules. The arena is not open for walking during paid events such as tournaments or high school hockey games.

*These programs are brought to you directly by Rogers Parks and Recreation. Call 763-428-0975 for additional program information or online at <http://rogersmn.gov/rec-programs>

ADVERTISEMENTS

2015 VOLUNTEER OPPORTUNITY EXPO



*Find a position that fits
your passion, skills, and schedule.*

**Wednesday, Oct 7, 2015
3:00 to 6:00 pm**

**Lions Park Center
1104 Lions Park Dr., Elk River, MN**

Volunteers are vital to meeting many community needs. Please join us to learn how you can serve your community as a volunteer now or in the future.

For more information:
763-635-4505 | RSVP@ci.stcloud.mn.us



*This is a free community event hosted by The Volunteer Bridge
and supported by Sherburne County Health and Human Services.*

SAVE the DATE! FEB.27.2016

CAREER EXPLORATION FAIR

SATURDAY, FEBRUARY 27

10 a.m - 1 p.m.

Handke Center — 1170 Main St., Elk River, MN

FREE admission | food | prizes | ages 15+

EXPLORE CAREER OPTIONS!

Ignite the Fun...

ROCKET INTO SCOUTING

STATE-WIDE JOIN SCOUTING NIGHT • THURSDAY, SEPTEMBER 17

PLEASE GO TO A SCOUT NIGHT LOCATION OR E-MAIL WITH ANY QUESTIONS:

Independence and Liberty Elementary
Independence and Liberty Elementary
Lincoln and Parker Elementary
Meadowvale Elementary
Otsego Elementary
St. Andrew's Elementary
St. John's and Twin Lakes Elementary
Zimmerman Elementary

Katrine Nau
Krystal Christian
Jamie Stout
Jerod Hahn
Jason Anderson
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FREE
model rockets
for new
members
to build and
launch!

Community Education reserves the right to refuse requests for advertisements.

ADVERTISEMENTS

**JOIN Zimmerman
YOUTH WRESTLING**



*Where
Champions
are Made!*

- Fun and physical activity for Kindergarten to Eighth Grade.
- Certified adult coaches assisted by Zimmerman High School Wrestlers.
- Tuesdays and Thursdays starts November 10, 2015.
- Registration Commitment the week of November 17.

Home of:
Zac Nielson,
Two Time State Champion
Austin May,
2014 Minnesota State Champion

 Find us on Facebook

www.zimmermanyouthwrestling.com

2015 EVENT SCHEDULE

**SHERBURNE NATIONAL
Wildlife Refuge**

SEPTEMBER
Saturday, September 5, 10am - 12pm
Bird Tour
Meet your guide at Refuge HQ.

Saturday, September 12, 10am - 12pm
Wildflower Tour
Meet your guide at Refuge HQ for the car caravan tour.

Late September - October
Sandhill Crane Viewing
View thousands of cranes in late September and October. Stop at Refuge HQ for maps and information, or download information from our website.

OCTOBER
Saturday, October 3, 10am - 3pm
Fall Wildlife Festival
Our annual celebration of wildlife, beginning with a 5K run/walk through the refuge. Featuring author and wildlife photographer, Stan Tekiela, live birds, horse-drawn wagon rides, nature crafts, bird education, wildlife discovery, Eagle's Nest Nature Store, silent auction and food. Small fee for 5K and food. All other activities free. Classroom site on Old Schoolhouse Road south side of CR 9.

DECEMBER
Saturday, December 19, 8am - 5pm
Christmas Bird Count
Join Friends of Sherburne Refuge to count birds on the refuge and in the local area. Meet at Refuge HQ.

<http://www.fws.gov/refuge/sherburne/>
sherburne@fws.gov 763/ 389-3323
Friends of Sherburne NWR
www.exploresherburne.org
www.facebook.com/SherburneRefugeFans

Refuge HQ & Eagle's Nest Nature Store Hours:
8am to 4pm
Monday - Friday
Closed federal holidays



Sherburne National Wildlife Refuge & Friends of Sherburne
17076 293rd Ave, Zimmerman, MN 55398

REGISTRATION

ONLINE

www.728communityed.com

Secure registration 24 hrs/day using
Visa, MasterCard, Discover or AmEx.

IN PERSON, MAIL, DROP BOX

Handke Center
1170 Main St.
Elk River 55330

There is a 24-hour drop box.

PHONE:

763.241.3520

FAX:

763.241.3521

WEATHER HOTLINE

Check our Twitter feed @CE728ALERT
or our website at
www.728communityed.com

COMMUNITY EDUCATION

- **Community Education Office Hours:**
8:00am-4:30pm, Summer Hours
8:30am-5:00pm, Labor Day-Memorial Day
- **E-mail address:**
communityed@isd728.org
- **Make checks payable to:**
ISD 728 Community Education
- Participants must be the correct age and/
or grade by the last day of class, unless
otherwise noted.
- Cancellations must be made at least
3 business days prior to activities. Refunds
or credits cannot be given for forgotten
classes.
- Some activities, supplies or tickets are not
refundable.



- Adults are given priority for adult classes,
unless specified. Ages 15-17 may be able to
register if space permits.
- We take photographs which may be used in
our marketing materials. Please notify us in
writing if you do not wish to have photos in
our publications.
- Fee assistance is available for most youth
programs (except child care, outings, some
private lessons, and Behind the Wheel
Training).

ECFE

- **Early Childhood Family Education**

Office Hours: 8am-4:30pm

- **ECFE phone:** 763.241.3524

- See special information on deposits and/or payment plans available for some ECFE activities
in the ECFE section.



Home Phone w/area code _____ E-mail address _____

Participant's Last Name _____ First Name _____
CLASS # _____ CLASS TITLE _____ FEE _____ ☐ Child care needed*
Child's Birth Date & Age _____ School _____ Current Grade _____ (15-16)

Participant's Last Name _____ First Name _____
CLASS # _____ CLASS TITLE _____ FEE _____ ☐ Child care needed*
Child's Birth Date & Age _____ School _____ Current Grade _____ (15-16)

Address _____ City _____ Zip Code _____
If participant is a child, Parent Names _____ Work Phone _____
Health concerns: _____ Emergency phone # & contact _____

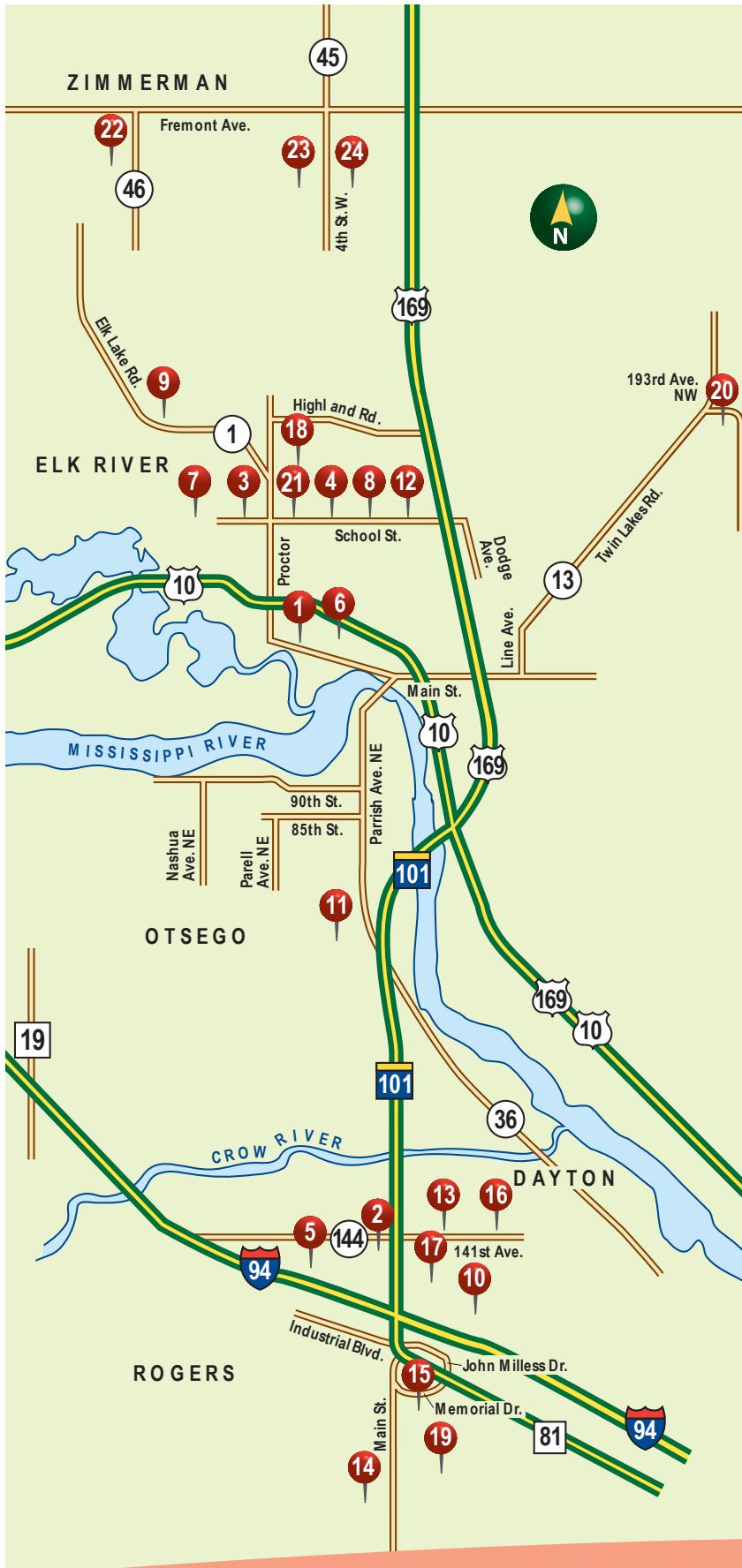
*Sibling/child care needed with class (when available, as noted): Child Name _____ Birth Date _____
Child Name _____ Birth Date _____ Child Name _____ Birth Date _____

☐ Check ☐ Cash ☐ MasterCard/VISA/Discover/AmEx# _____ - _____ - _____ Exp _____
Signature _____

We **guarantee your satisfaction** with our courses and activities. If you are not
satisfied with your experience, please contact the Community Education office at
763-241-3520, or the Early Childhood Family Education office at 763-241-3524.



FACILITY LOCATIONS



- 1 Community Education & ECFE**
The Handke Family Center
1170 Main St., Elk River
- 2 ECFE Rogers**
14020 Northdale Blvd, Rogers
- 3 Educational Technology Center**
1230 School Street, Elk River
- 4 Elk River Senior High School**
900 School St., Elk River
- 5 Hassan Elementary School**
14055 Orchid Ave., Hassan
- 6 ISD 728 District Office**
815 Highway 10, Elk River
- 7 Ivan Sand Community High School**
1232 NW School St., Elk River
- 8 Lincoln Elementary School**
600 School St., Elk River
- 9 Meadowvale Elementary School**
12701 Elk Lake Road, Elk River
- 10 North Community Park**
13750 Bittersweet Lane, Rogers
- 11 Otsego Elementary School**
8125 River Road NE, Otsego
- 12 Parker Elementary School**
500 School St., Elk River
- 13 Rogers Activity Center**
21080 141st Ave., Rogers
- 14 Rogers Elementary School**
12521 Main St., Rogers
- 15 Rogers Fire Hall/Community Room**
21201 Memorial Drive, Rogers
- 16 Rogers High School**
21000 141st Ave., Rogers
- 17 Rogers Middle School**
20855 141st Ave., Rogers
- 18 Salk Middle School**
11970 Highland Road, Elk River
- 19 Triangle Park**
21400 Rouillard Blvd., Rogers
- 20 Twin Lakes Elementary School**
10051 191st Avenue NW, Elk River
- 21 VandenBerge Middle School**
948 Proctor Road, Elk River
- 21 VandenBerge Pool**
948 Proctor Road, Elk River
- 22 Westwood Elementary**
13651 Fourth Ave. S., Zimmerman
- 23 Zimmerman Elementary School**
25959 4th St.W., Zimmerman
- 24 Zimmerman Middle/High School**
25900 4th St.W., Zimmerman



ISD 728 Community Education
1170 Main Street
Elk River, MN 55330

REGISTER ONLINE

www.728communityed.com

LIKE US ON FACEBOOK

facebook.com/728CEadult

facebook.com/728CEyouth

facebook.com/728ECFE

facebook.com/CommunityEd.HOPE

JOIN OUR MAILING LIST

www.728communityed.com

TWEET ON TWITTER

[ECFE728](#) & [Communityed728](#)

NOW OPEN

★ ★ ★ ★
INDEPENDENT SCHOOL DISTRICT 728
**WELCOME
CENTER**
★

at the Handke Center • 1170 Main St. Elk River

8:30 am - 5 pm
Monday - Friday
during the school year

8 am - 4:30 pm
from Memorial Day
to Labor Day

**Visit
us
TODAY!**

The **WELCOME CENTER** will provide:

- A convenient location for new district residents to register their students.
- Information on community resources available in ISD 728.
- Information on ISD 728 schools, programs and attendance areas.
- Answers for families considering a move to ISD 728 or enrollment in ISD 728 schools.

WWW.728COMMUNITYED.COM