

DISTRICT 728  
**Community  
Education**

**ADULT CLASSES**  
Explore business, arts,  
culinary, tech. & more!



**ECFE**  
See the MN Children's  
Museum exhibit here!

**Storyland**  
A Trip Through Childhood Favorites

October 8, 2011 - January 22, 2012

**BACK-TO-SCHOOL**  
Experience new classes,  
trips and recreation!



**Adult, Youth & Early  
Childhood Programs**

Includes Otsego and Rogers  
Municipal Recreation

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DISTRICT 728  
**Community  
Education**

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more!

# Adult, Youth & Early Childhood Programs





## Welcome from the Program Manager

Fall is that special time of year for new beginnings. Whether you are starting a new year of school, a new hobby, or just looking for great activities to meet new people, Community Education has some great options for you!

- The Third Age Society classes begin this fall! Membership in The Third Age Society allows you to take any courses throughout the year that are offered in The Third Age Society class list. Each of these courses are led by academic leaders and experts in the field. Check out page 12 for more information.
- Visit our Historic Handke building this fall to see a can't miss exhibit of: Storyland – A Trip Through Childhood Favorites. This unique opportunity is a traveling, hands-on exhibit developed by the Minnesota Children's Museum. See page 46 for more details.
- Looking to get outside for a fun-filled day of children activities, exercise and to give back to the community? Our ECFE Family Fun Run is Oct. 8th! See page 48.
- Head to the web and check out a great new search feature on our website! You can search by class name or use the brochure to search for the specific class ID for fast, easy on-line registration. If you've never used our website before, check us out at [www.728communityed.com](http://www.728communityed.com).

Cory Franson

★ ★ ★ ★ Our mission is to  
educate, inspire & empower

**Community Education**  
View & register for classes online 24 hrs/day  
[www.728communityed.com](http://www.728communityed.com)  
E-mail your course ideas and questions to:  
[communityed@elkriver.k12.mn.us](mailto:communityed@elkriver.k12.mn.us)

Find us on **Facebook:**  
Community Ed Adult, Community Ed Youth and ECFE  
Follow us on **Twitter:** Communityed728 and ECFE728



## Haunted Minnesota: Land of 10,000 Ghosts

**Instructor: Chad Lewis**

This presentation will take you on a ghostly journey to some of the most haunted places in Minnesota from wandering ghosts in the north woods to the haunted B&B in Wabasha. Complete with photos, case history, eyewitness accounts, ghost lore, and directions, this unique presentation encourages you to visit these places for your own ghost story.

Thu, Oct 13, 6:30-8:30pm  
1 session, \$19 Individual/\$35 Pair  
Handke Center, Rm 111, Door 4 #8183-1F

## Civil War History: Minnesota to Gettysburg, The Story of William Colvill

**Instructor: Al Zdon**

Colonel William Colvill led the heroic charge of the First Minnesota Volunteer Regiment at Gettysburg in 1863. Colvill grew up in New York, studied law and emigrated to Red Wing, Minnesota, in 1858. He was a lawyer, land speculator and newspaper publisher before volunteering for the First Minnesota. The Civil War will be told through his eyes by Minnesota author Al Zdon.

Tue, Nov 15, 6:30-8:30pm  
1 session, \$9 Adult/\$2 Student  
Handke Center, Rm 111, Door 4 #8127-1F

## WWII History Series

ISD 728 Community Education is proud to present a WWII History Series. Don't miss these special opportunities only to wish later that you had taken the time. Register today! Pre-registration is very important for these events.

### Maj. Joe Gomer: Tuskegee Airmen

Joe Gomer recently sat in the cockpit of a P-51C Mustang with a huge grin on his face. It had been 58 years since he was at the controls of the Red Tail. Join us as Major Gomer shares his story of segregation, overcoming obstacles, perseverance, and success as he completed 68 bomber escort missions as a member of the legendary Tuskegee Airmen.

☼ Wed, Sep 21, 6:30-8:00pm  
1 session, \$9 Adult/\$2 Student  
Handke Center, Rm 111, Door 4 #8126-1F

### Marshall Harris: Iwo Jima - A Hellish Battle, And Then The Flag Rose

Local Veteran, Marshall Harris, recounts the experience that he had as a Marine on Iwo Jima. Harris belonged to the 2nd Armored Amphibian Tank Battalion whose initial mission was to make the first wave providing fire power all the way to the beach and once ashore, provide fire to assist infantry where needed.

☼ Wed, Nov 16, 6:30-8:00pm  
1 session, \$9 Adult/\$2 Student  
Handke Center, Gym #8126-3F

### Joachim "Yogi" Pusch: German 14th Infantry Division And Operation Barbarossa.

Join us as Joachim "Yogi" Pusch shares his story of spending 36 months on the Eastern Front with the German 14th Infantry Division, invading the Soviet Union and being involved in the encirclement of Minsk, and being assigned to Ninth Army. Hear how they suffered heavy losses during the battles of Rzhev and while defending against Operation Suvorov.

☼ Mon, Oct 10, 6:30-8:00pm  
1 session, \$9 Adult/\$2 Student  
Handke Center, Rm 111, Door 4 #8126-2F

### Jim Carroll: D-Day - The Day of Days

June 6, 1944 PFC Jim Carroll found himself jumping out of a C47 into Normandy along with 1,300 other members of the 101st and 85th Airborne Divisions. Jim belonged to 501PIR C Company of the 101st Airborne and experienced Cherbourg, the Battle of the Bulge, Operation Market Garden and more!

Thu, Dec 8, 6:30-8:00pm  
1 session, \$9 Adult/\$2 Student  
Handke Center, Rm 111, Door 4 #8126-4F

Handke Center is located at 1170 Main Street, Elk River

☼ Classes marked with this symbol indicate childcare is available. See page 8 for details.



## Dog Obedience

**Instructor:** Cathy Mahr

Learn the basics of on-leash obedience. Handlers will learn to give commands and use praise to reward proper behavior. Fee is per dog. Puppies must be at least three months old and have begun their shot series. Bring a leash.

Mon, begins Sep 26, 8:00-9:00pm

5 sessions, \$65

Handke Center, Cafeteria, Door 4 #8100-1F

## "Follow The Bone" Deer Cutting

**Instructor:** Kerry Swendsen

Learn the basic skills to cut your own deer. We will show you the proper care, do the actual field dressing, skinning, and cleaning. Learn skills to cut your deer for chops, roasts, ground venison and sausage. We will have a road kill deer for hands-on experience. You'll receive some cooking instructions and a NEW picture book to use for quick reference.

Wed, Oct 26, 7:00-9:00pm

1 session, \$49 Individual/\$95 Pair

Elk River HS, Rm 343, Door H #8131-1F

## Basic Brewing

**Instructor:** Jason Schroeder

Create your own craft beer at the Silo Brewing Co. Choose one of ten styles: Irish Stout; American Pale Ale; Red Ale; Weizenbier; India Pale Ale; English Pale Ale; American Cream Ale; Dunkelweizen; Robust Porter; Vanilla Porter. Sign up as an individual, or share the cost with a friend. You will bring home approximately 2 cases of brewed craft beer and a book on brewing.

Thu, Oct 6, 7:00-9:00pm

Thu, Oct 13 & 27, 7:00-8:00pm

3 sessions, \$135

Silo Brewing Co. #8405-1F

## Putting Your Gardens To Bed

**Instructor:** 101 Market

Get a jump start on planning for next years growing season. Our landscape designer, Anna, will provide you with information on weeding, pruning, amending the soil, planting bulbs and wintering plants. Just a few things and more to help you have a successful garden next year.

Thu, Sep 22, 6:30-7:30pm

1 session, \$10

101 Market, Otsego

#8243-1F



## Bent Willow Furniture

**Instructor:** Bob McNeely

Make a bent willow chair in two days! Classes are 9am - 5pm. Lunch included. Bring a friend to help for \$10. Directions to the farm near Red Wing and a list of simple tools will be sent.

Sat/Sun, begins Oct 1, 9:00am-5:00pm

2 sessions, \$200 Individual/\$10 Second Person, same project.

Red Wing, MN

#8463-2F

## Twig Furniture Making

**Instructor:** Bob McNeely

Add a new feature of rustic twig furniture to your home or landscape. Create a whimsical twig chair or a slab garden bench. All materials provided. Bring a marker, tape measure, utility knife and power drill if possible. You'll need to transport your creation home. Two people can work on one piece for an additional \$20. Lunch included.

Sat, Oct 15, 9:00am-5:00pm

1 session, \$100 Individual/\$10 Second Person, same project

Red Wing, MN

#8463-1F



## Letterboxing: Treasure Hunting Fun

**Instructor:** Steve & Zoma Olson

Letterboxing is an intriguing pastime combining artistic ability with "treasure-hunts" in parks, forests, and cities around the world. Participants seek out hidden letterboxes by cracking codes and following clues. The prize: an image from a miniature piece of art known as a rubber stamp—usually a unique, hand-carved creation.

Tue, Sep 13, 6:30-8:30pm

1 session, \$9

Handke Center, Rm 111, Door 4

#8475-1F



## Carving Your Letterboxing Rubber Stamp

**Instructor:** Steve Olson

Letterboxing uses rubber stamps, often hand carved, as the treasure. Learn how to make your very own custom stamp so that you can leave your mark, saying, "I was here - I found this".

Thu, Sep 15, 6:30-8:30pm

1 session, \$9

Handke Center, Art Rm, Door 4

#8474-1F

## **NEW** Hanging Holiday Pinecone

**Instructor: 101 Market**

We will assist you in decorating a sugar pinecone (8 to 12 in) with holiday greens, berries and decorative holiday ribbon. Perfect for hanging on your porch or entryway.

Sat, Nov 12, 10:00-11:00am

1 session, \$25

101 Market, Otsego

#8234-1F



## Harvest Home Delight

**Instructor: 101 Market**

Bring fall home as you learn tips on changing your plant containers to a blaze of color and fall decorating tips for your home. Create a fall door decoration to take home and enjoy brunch around the harvest table.

Sat, Sep 10, 10:00-11:30am

1 session, \$30

101 Market, Otsego

#8255-1F

101 Market is located at  
8980 Quantrelle Ave NE  
Otsego

## Holiday Floral Arrangement

**Instructor: 101 Market**

In just a couple of hours, you will have created a holiday evergreen centerpiece using mixed pines, fresh flowers, pine cones, berries, etc., accentuated with festive ribbon. Perfect for your holiday entertaining table. The best of all...it's made by you!

Sat, Dec 10, 10:00-11:30am

1 session, \$25

101 Market, Otsego

#8239-1F

## Silver & Gold Holiday Decor

**Instructor: 101 Market**

From Thanksgiving to Christmas, make the season easier to celebrate family, friends, and our many blessings. We'll share holiday tips and tricks from A to Z. We will be celebrating and creating JOY for not only the holidays but for everyday.

Thu, Nov 10, 7:00-8:30pm

1 session, \$25

101 Market, Otsego

#8231-1F

## Spruce Tip Decorating

**Instructor: 101 Market**

Add a festive touch to your entry or porch. Create your own design using spruce tips, greenery, pine cones, berries, dogwood twigs, etc. Bring your own weather-resistance container or use one of ours. You may also bring your own holiday decorations to add to your creation. Wear warm clothing; we will be working in the greenhouse. Razor knives and soldering irons will be used; children under 12 must be accompanied by an adult.

Sat, Nov 5, 10:00-11:30am

1 session, \$45

101 Market, Otsego

#8241-1F



## **NEW** Pumpkin Pie Arrangement

**Instructor: 101 Market**

Create a floral arrangement designed with colors of fall flowers in a hollowed out pie pumpkin. Perfect shape and size to add to your fall table decor.

Thu, Oct 6, 6:30-8:00pm

1 session, \$25

101 Market, Otsego

#8254-1F

## Victorian Kissing Ball

**Instructor: 101 Market**

Originating during Victorian times, kissing balls are created from flowers, greens and decorative items. You will make your own unique version with pine, berries and ribbon hanger to create this romantic Christmas tradition.

Sat, Dec 10, 1:00-2:30pm

1 session, \$25

101 Market, Otsego

#8259-1F

## **NEW** Tombstone Design

**Instructor: 101 Market**

Learn to build a realistic tombstone using inexpensive materials. Design experts from Little Monster Productions, Inc. will instruct how to turn a simple piece of styrofoam into an elaborate tombstone using creative techniques to make your stone look like it has been around for centuries. Take your masterpiece home to display in your yard.

Tue, Oct 4, 6:00-8:00pm

1 session, \$20

101 Market, Otsego

#8256-1F





**NEW** **Culinary Knife Skills**  
**Instructor: Jeff Sandino**

Handling a knife with skill is a basic building block of cooking. We'll explore basic techniques, learn which knife is best suited for specific jobs, look at knife styles, how to maintain your knife and sharpening techniques. We'll also examine cutting boards, sanitation, cleaning, and proper storage. Cooking will be faster, easier and more enjoyable when you slice and dice like a professional!

Thu, Nov 3, 6:00-9:30pm  
 1 session, \$39 Individual/\$75 Pair  
 Elk River HS, Rm 352, Door H #8161-1F

**NEW** **Classic Soups & A Famous Stew**  
**Instructor: Laurel Severson**

Create some of the best hearty soups - New England clam chowder, wild rice, pumpkin, split pea with ham, corn bisque with rosemary, and the famous boeuf bourguignon. What could be better for an easy meal during cold weather?

Tue, Oct 4, 6:00-9:00pm  
 1 session, \$39 Individual/\$75 Pair  
 Elk River HS, Rm 352, Door H #8153-1F

**Classic International Cookies**

**Instructor: Laurel Severson**

Have you yearned to learn the techniques and equipment necessary to make famous international cookies? Now is your opportunity to make: Norwegian Krumkakes; Pizzelles; Sanbackles; Florentines; Rosettes; Italian Biscotti; Madeleines; Tuiles; and Ladyfingers. We'll try Hamantaschen filled with prune, apricot or poppy seed. Sample the treats in class and bring 3-4 containers to your family and friends!

Tue, Nov 29, 6:00-9:00pm  
 1 session, \$39 Individual/\$75 Pair  
 Elk River HS, Rm 352, Door H #8155-1F



**NEW** **Classic Chateaubriand**

**Instructor: Jeff Sandino**

We'll start with a salad tossed of crisp granny apples, candied walnuts, feta cheese and dried cranberries in a raspberry vinaigrette. Followed by "Chateaubriand" center cut tenderloin of beef seared, roasted and served with bordelaise, béarnaise and pepper sauce along with creamy potatoes au gratin and fresh asparagus with olive oil and lemon. We'll finish with crème caramel, an exquisite custard in a pool of caramel.

Thu, Dec 1, 6:00-9:30pm  
 1 session, \$39 Individual/\$75 Pair  
 Elk River HS, Rm 352, Door H #8162-1F

**Czech Kolaches**

**Instructor: Laurel Severson**

Kolaches are one of Czechoslovakia's national pastries. They are a marvelous egg-rich, slightly sweet yeast dough traditionally filled with mixtures of apricot, cottage cheese, poppy seed or prune. They can be shaped into small rounds, square "tied packages," or filled turnovers. We'll make variations in class, taste samples and leave with recipes, tips, and techniques.

Sat, Nov 19, 9:00am-1:00pm  
 1 session, \$39 Individual/\$75 Pair  
 Elk River HS, Rm 352, Door H #8154-1F

**NEW** **Tantalizing Thai Cuisine**

**Instructor: Jeff Sandino**

We'll begin with fresh Vietnamese summer rolls served with hoisin, peanut dipping sauce and nuoc cham (Vietnamese table sauce). Pad Thai follows blending the flavors of Thailand with rice noodles and shrimp. Next, enjoy mussamun curry, an Arab inspired Thai classic using chicken with potatoes in a rich curry, coconut, cream sauce with Jasmine rice. Finish with crispy banana fritters with ice cream, chocolate and caramel sauces.

Thu, Oct 13, 6:00-9:30pm  
 1 session, \$39 Individual/\$75 Pair  
 Elk River HS, Rm 352, Door H #8160-1F

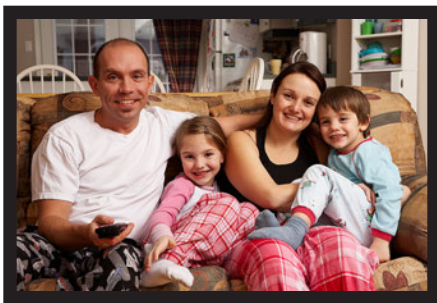


## **Parenting Successful Daughters**

**Instructor:** *Patty Carney Bradley*

Research shows an alarming number of girls are becoming underachievers and that the role a parent plays in his/her daughter's life is critical in promoting self esteem, a crucial element to achieve goals. This seminar focuses on what parents can do to improve a daughter's chances of success including the critical role a father plays in building self esteem.

Sat, Sep 24, 9:00-11:00am  
1 session, \$19 Individual/\$35 Couple  
Handke Center, Rm 111, Door 4 #5500-1F



## **Parenting Successful Sons**

**Instructor:** *Patty Carney Bradley*

Are boys active and aggressive because of genes or conditioning? Parents are asking, "What kind of men do we want our sons to be? How may society be influencing our sons in a negative way - and how can we counter this influence?" This seminar offers advice on how to help raise a son who can feel successful personally and professionally.

Sat, Oct 1, 9:00-11:00am  
1 session, \$19 Individual/\$35 Couple  
Handke Center, Rm 111, Door 4 #5501-1F

## **How To Win - Yes, Win! - College Scholarships**

**Instructor:** *Jason Lum*


With the cost of college going up, scholarships are more important and attractive than ever. Yet few parents and students know where to start. Learn where to find unadvertised scholarships, how to complete forms and what works and doesn't work in competing for scholarship money. Parents and students are urged to attend. No refunds after Oct 14.

Thu, Oct 27, 7:00-9:00pm  
1 session, \$29 by 4pm Oct 14/\$35 after this date  
Cambridge-Isanti HS, Performing Arts Center #5503-1F

## **Understanding Your Teen's World**

**Instructor:** *Laura Talvitie*


Naive to the risks involved with social networking, cell phones, text messaging, internet access, etc? Learn of the potential dangers and how to help or eliminate your teen's risk. The second night will focus on current substance abuse trends with teenagers. According to the Know the Truth's 2009 survey, more than 27% of students in Elk River used illegal drugs, with even more consuming alcohol. Be informed, make better decisions.

 Wed, Sep 21, 6:30-8:00pm  
2 sessions, \$15/up to 4 family members  
Handke Center, Rm 212, Door 4 #5502-1F

## **Behavior Basics** **Instructor:** *Education Specialists*

Do you have questions about why your child acts the way they do? Or how to manage those temper tantrums, melt downs and challenges that seem to come at every age? Come and join teachers, parent educators and therapists from the Early Childhood Special Education and Family Education teams as we discuss typical child behavior, what to do with challenging behavior, and challenges with sleep and mealtime routines. The target age range will be 18 months to 5 years. There is no charge for the event, but it would be helpful to reserve your space at 763-241-3524. If you have questions, contact Alice Strom at 763-274-3150 or [alice.strom@elkriver.k12.mn.us](mailto:alice.strom@elkriver.k12.mn.us).

Thu, Oct 6, 6:30-8:30pm  
1 session, FREE  
Handke Center, Rm 111, Door 4 #741F

 **Child care is available during classes marked by this symbol. Register in advance with the hourly fee. Inquire at registration or call 763-241-3520.**

Infants (up to 16 months) \$4/hr  
Toddlers (16-34 months) \$3.25/hr  
Age 34 months & up \$3/hr





## Executive Function

Instructor: Jody VanNess

Jody VanNess, a Psychoeducational Consultant with the Fraser Institute will present on executive function. Executive function refers to the cognitive skills that we use to solve problems. They assist us in representing problems, making a plan to solve problems, executing the plan and evaluating the outcome. Executive function may be one of the most frequently overlooked contributors to academic and behavioral problems.

Join us in discussing strategies that support individuals with Executive Dysfunction and how this disorder impacts planning, flexibility, sequencing, emotional regulation, working memory, organization and self-monitoring. Participants will better understand the development of executive function, its role in daily living and learning and how it is assessed and supported. The target audience for Ms. Van Ness's presentation would be parents, teachers, and caregivers of individuals with autism spectrum disorder, cognitive challenges, attention concerns, as well as learning disorders. If you have questions please contact Alice Strom 763-274-3150 or [alice.strom@elkriver.k12.mn.us](mailto:alice.strom@elkriver.k12.mn.us).

Thu, Oct 27, 6:30-8:30pm  
1 session, FREE  
Handke Center, Rm 111, Door 4

Sponsored by NW SPARK parent support groups and Help Me Grow Elk River Area.



## Sleepless in America: Is This Child Misbehaving or Missing Sleep?

Do you wonder why some children refuse to cooperate in the morning? Do you dread the constant bickering and fights with peers and siblings? Are the kids getting into trouble for not listening or lacking focus? Is it a battle every time you ask them to complete a task - any task? Are they "losing it" over seemingly insignificant issues?

Spend an evening with Mary Sheedy Kurcinka to discover:

- The scientific link between misbehavior and missing sleep.
- The importance of sleep for maximizing children's health, development and performance.
- The inter-play between adult sleep habits and children's sleep and (mis)behavior.
- How normal everyday events leave children too tense to sleep.
- Practical tools and real-life examples to help you and the children you live or work with to get the sleep you need and deserve.

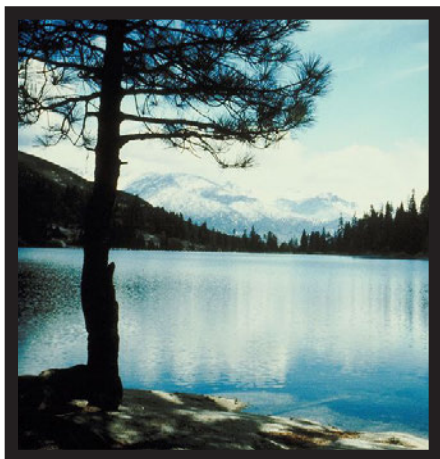
Tuesday, Nov 8, 6:30-8:00pm  
Handke, Gym, Door 4  
1 session, \$5/person #740F  
Limited childcare available, you must pre-register

*"It's estimated that 70 million American children from infants to teens are literally screaming for more sleep. It's also been found that one out of every two adults polled say they are not sleeping well. Could you be one of them?"*



**Uare MHP**

Members may take \$15 off most classes offered.



## Itasca State Park Trip

Join us as we take a motor coach to the Headwaters of the Mississippi River and a tour of Itasca State Park with stops for exploring. A morning snack will be provided and we'll lunch at Historic Douglas Lodge, and continue our tour aboard a fully accessible boat. Concluding our day will be a short stop for dinner on your own. Bring money for souvenirs and dinner. This is a joint trip with the HOPE program. Fee includes morning snack, lunch, motor coach tour, boat tour, and transportation to and from the destination!

Sat, Sep 17, 6:45am-8:00pm  
1 session, \$59 Individual/\$115 Pair  
Itasca State Park #6139-1F

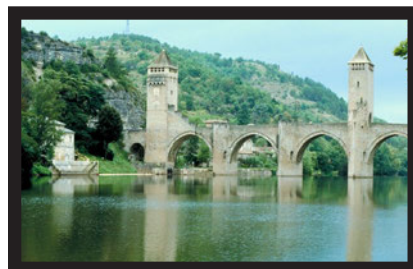
Bus Departure: 6:45am Ivan Sand, Elk River  
7:00am Options, Big Lake  
Approximate Return 8:00pm

## State Capital Tour

History is alive and well at the Minnesota State Capitol. When you roam the hallways forested with gilded marble columns and gape at artwork symbolizing the sweep of civilization, you feel part of something important. Join us as we tour this majestic structure. This is a joint trip with HOPE.

Sat, Nov 5, 8:30am-2:00pm  
1 session, \$19 Individual/\$36 Pair  
State Capital, St. Paul #6140-1

Bus Departure: 8:30am Options, Big Lake  
8:45am Ivan Sand, Elk River  
Approximate Return 2:00pm



## Paris And The French Riviera

*March 31-April 8, 2012*

Our 9-day adventure will start with the best of Paris, then wind its way to Southern France. The sunny Riviera will be our playground for more than half of our vacation with Juan-les Pins' sandy shores, a trek to Eze village via the goat trail, strolling through Nice's flower market & Promenade des Anglais, and exploring the principality of Monaco.

\$1,699 Land Package-Double Occupancy/Airfare is additional. Contact Community Education for itinerary and FAQ at 763-241-3520.

## Holidazzle

Watch the Holidazzle parade from your very own "hot seat." You'll see illuminated floats and hundreds of whimsical characters in glowing costumes. See Santa, fairytale vignettes, community bands and singers, and more. We'll tour the Macy's Holiday display prior to the parade. Be sure to bring money for souvenirs and dinner. This is a joint trip with the HOPE program.

Sat, Dec 3, 2:00-8:30pm  
1 session, \$25 Individual/\$47 Pair  
Minneapolis #6141-1F

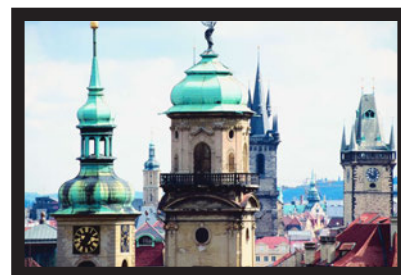
Bus Departure: 2:00pm Options, Big Lake  
2:15pm Ivan Sand, Elk River  
Approximate Return 8:30pm

## The Best of Prague And Budapest

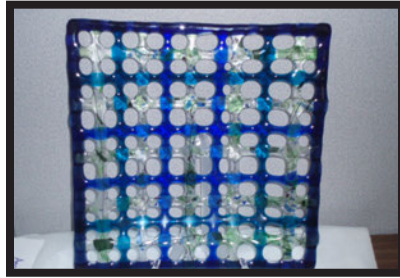
*May 13-20, 2012*

Beginning in Prague, you'll explore its mighty castle, swirling Baroque churches and fascinating Jewish Quarter. Then it's on to Budapest, with its unexpected elegance, hidden courtyards, remarkable markets, and tales of a tumultuous history - spiced with surprising cuisine and a panoramic cruise along the Danube.

\$1,599 Land Package-Double Occupancy/Airfare is additional. Contact Community Education for itinerary and FAQ at 763-241-3520.







## Crescendo Program

Welcome to the Crescendo Music Program! Crescendo features a wide variety of individual and group music opportunities offering classes in Elk River, Rogers and Zimmerman during the daytime and evening hours. In addition, Crescendo partners with local schools bringing middle school ensemble opportunities across the district.

**Immediate Openings for Adults and Youth:** Private, individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass are available. Inquire by calling Community Education at 763-241-3520.

## Individual Music Lessons for Adults - Special Rate

*Instructors: Mary Crum/Diana Mills*

No more excuses! There are many reasons why NOW is the time to enjoy and challenge yourself. Music can enhance flexibility, boost brain power and energize your outlook. Take advantage of a special discounted rate for these lessons. Other dates/times are available. Contact Community Education at 763-241-3520.

Voice, Strings  
Tue, begins Sep 27, 1:00-3:00pm  
7 individual 1/2 hr sessions, \$95  
Handke Center, Band Rm, Door 4 #8366-3F

Piano, Guitar, Woodwinds  
Mon, begins Sep 26, 1:00-3:00pm  
7 individual 1/2 hr sessions, \$95  
Handke Center, Music Rm, Door 4 #8366-2F

## Glass Fusing

*Instructor: Lily Pad Ceramics*

Glass fusing has become one of the hottest and most popular art forms. Design pieces of glass and melt them into individualized pieces of unique art. Select glass combinations that you cut, assemble and style into your own patterns. It's fun, easy and you won't want to stop once you start. Items will be ready in 3 weeks.

Earring & Pendant Set or 3 Pendants

Tue, Oct 4, 6:30-8:30pm  
1 session, \$35  
Handke Center, Art Rm, Door 4

#8318-3F

Basket Weave Platter

Mon, Nov 7, 6:30-8:30pm  
1 session, \$45  
Handke Center, Art Rm, Door 4

#8318-4F

## Exploring Watercolor Painting

*Instructor: Cherene Bebeau*

Especially for the beginner: Try materials and techniques needed to paint in watercolor. Experiment with a multitude of techniques, casting, wet-into-wet, dry brush, glazing and lifting, color and composition choices, and tricks that make watercolor a unique and beautiful medium. Learn how to "multiply your masterpieces" easily to use in cards to share with others. All materials included.

Sat, Oct 1, 9:30am-2:30pm  
1 session, \$45  
Rogers MS, Rm 562, Door A

#8302-2F



## Just Once Guitar

*Instructor: Jeff Doheny*

Want to start playing the guitar but can't find the time? In a few hours you can learn enough guitar skills to give you years of musical enjoyment. Learn basic chords and start playing along with your favorite songs. Includes book and DVD. Bring your acoustic guitar.

Mon, Oct 17, 6:30-9:00pm  
1 session, \$59

Salk MS, Choir Rm, Door S #8362-1F



## The Third Age Society



“The Third Age” is a term used to describe the pre-retirement and retirement phase in a person’s life. Membership in The Third Age Society allows you to take any classes throughout the year that are offered by The Third Age Society. Classes are led by academic leaders and experts in the field and are also available to non-members and adults of any age on a class-by-class basis.

### Much Ado About Shakespeare

*Instructor: Dr. Kate Maurer, Anoka-Ramsey Community College*

Explore Shakespeare’s *Much Ado About Nothing* by examining the themes and messages behind this “merry war” of wit and see whether or not it really is much ado about nothing! Our journey includes three parts: an initial discussion of the text; a live performance at the Guthrie Theater; and a wrap-up discussion. Please come to the first session having read the entire play. Tickets to the Guthrie show must be arranged & purchased separately by participants.

Tue, begins Sep 20, 6:30-8:30pm

3 sessions, \$39 Individual/\$75 Couple

Hassan Elem, Media, Door 1

#8110-1F

### Some Perspectives On Norway

*Instructor: Odell Bjerkness, Author, Emeritus Professor, Concordia College*

Explore 300 years of Viking domination of the known world including Viking voyages and settlements, the importance of the Norwegian monarchy, the German occupation of Norway and the resistance during WWII along with Norwegian artists such as Edvard Munch, Edvard Grieg and the church of Norway. We also will learn why so many left Norway for Minnesota and where they settled.

Thu, begins Sep 22, 5:30-7:00pm

2 sessions, \$39 Individual/\$75 Couple

Hassan Elem, Media, Door 1

#8110-2F

### Maps And Mapmakers In The Age Of Discovery

*Instructors: Dr. Marguerite Ragnow, Curator, James Ford Bell Library U of M*

Explore the exciting world of maps from ancient Rome to 18th-century America. You’ll take a tour through history using facsimiles and images of maps from the 15th-18th centuries in the James Ford Bell collection. You’ll learn how ideas about the world changed over time - not just on maps - but in the imagination as well.

Fri, begins Oct 7, 10:00am-12:00pm

2 sessions, \$39 Individual/\$75 Couple

Handke Center, Rm 111, Door 4

#8110-3F

### The Hooked X: Key To The Secret History Of North America

*Instructor: Scott Wolter, Professional Geologist, Author*

Scott’s book is the culmination of a seven-year odyssey to understand the origin of a mysterious symbol that first appeared on a century-old artifact called the Kensington Rune Stone. The discovery of the meaning of the Hooked X is stunning, as is the secret behind it. We’ll also look at unpublished discoveries that provide additional support for the authenticity of the Kensington Rune Stone.

Tue, begins Oct 11, 6:30-8:30pm

2 sessions, \$39 Individual/\$75 Couple

Hassan Elem, Media, Door 1

#8110-4F

### Art & Antiques Home Show

*Instructor: Catherine Vesley, Artist, Art Historian, Antique Generalist*

Talk about and share antiques you know and love, then put them into a broader context in lively discussion. We will focus on paintings, prints, small antiques, native American items, and objects d’arte with interesting stories.

Sat, begins Oct 29, 10:00am-12:00pm

2 sessions, \$39 Individual/\$75 Couple Handke Center, Rm 111, Door 4

#8110-5F



## The Holocaust: Resistance And Rescue

**Instructor:** *Edward Snyder, Graduate Student in History and OLLI Scholar*

Examine the attempts by Germans and non-Germans to resist the Nazi regime and rescue its victims. After discussing what we mean by such terms as resistance and rescue, we will look at a different case study each night and examine how it fits into a larger historical context.

Thu, begins Nov 3, 6:30-8:30pm      2 sessions, \$39 Individual/\$75 Couple      Hassan Elem, Media, Door 1      #8110-6F

## Last Keeper At Split Rock

**Instructors:** *Mike Roberts, Retired US Coast Guard, Lighthouse Keeper, Author*

In 1969, Mike Roberts turned off the light at Split Rock Lighthouse for the final time. Mike will share stories about his years working for the U.S. Coast Guard, life at Split Rock, of Lake Superior and of making ends meet on the North Shore. Nov 10 is the anniversary of the sinking of the Edmund Fitzgerald

Thu/Tue, begins Nov 10, 10:00am-12:00pm      2 sessions, \$39 Individual/\$75 Couple      Handke Center, Rm 212, Door 4      #8110-7F

## Mozart's Requiem: A Conductor's Perspective

**Instructor:** *Melissa Bergstrom, Choir Director and Music History Instructor, Anoka-Ramsey College*

One of the greatest examples of sacred music for chorus, soloists and orchestra ever composed will be examined and discussed. Listen to portions of each section as the conductor discusses its controversial history. The course will culminate in a live performance by the Anoka-Ramsey Concert Choir, Chorale, and Chamber Singers, along with a professional orchestra and soloists.

Mon, begins Nov 28, 6:30-8:30pm      2 sessions, \$39 Individual/\$75 Couple      Handke Center, Rm 201, Door 4      #8110-8F  
Dec 5 class meets at Anoka-Ramsey Community College

## If I Had A Remembrance Book

**Instructor:** *Seal Dwyer, Publisher at North Star Press, Author*

Writing a memoir and personal or family history has different challenges and joys than many other types of writing. We will work on creating the story, crafting the narrative and deciding what to include. We will also discuss using photos and artwork to complete your work.

Wed, begins Nov 30, 10:00am-12:00pm      2 sessions, \$39 Individual/\$75 Couple      Handke Center, Rm 111, Door 4      #8110-9F

## Film Appreciation

**Instructor:** *Catherine Bean, Anoka-Ramsey Community College*

In this series of discussion-based classes, you'll gain a greater appreciation and enjoyment of films by exploring setting, lighting, editing, special effects, acting, directing, theme, visual design, cinematography, color, sound effects, dialogue, music, and genre. Films from the 20th and 21st centuries will be used to illustrate class concepts.

Tue, begins Dec 6, 10:00am-12:00pm      2 sessions, \$39 Individual/\$75 Couple      Handke Center, Rm 111, Door 4      #8110-10F

## Music And The Brain

**Instructor:** *Jenzi Silverman, Ph.D. Educational Psychology, U of M*

Has a piece of music ever moved you to tears? For centuries, people have recognized the power of music to enrich our lives, connect with our emotions and even help us heal. We will explore the reasons music affects the brain and body, including its potential to help people with Alzheimer's and Parkinson's diseases, strokes, and chronic pain.

Thu, begins Dec 8, 11:00am-1:00pm      2 sessions, \$39 Individual/\$75 Couple      Handke Center, Rm 111, Door 4      #8110-11F

Annual Memberships available. Inquire at 763-241-3520





## Baby Boomers and Social Security - What You Need To Know

**Instructor: Donald Ryther**

Millions of Americans depend on Social Security as their retirement income. Learn about the benefits, how to become eligible, how benefits are calculated, how divorce and widowhood could affect eligibility and taxes on benefits. Many Baby Boomers are finding they are eligible for Medicare before they are eligible for Social Security. Learn how to avoid mistakes that could last for the lifetime.

Thu, Oct 6, 6:30-8:00pm  
1 session, \$9 Individual/\$15 Couple  
Rogers MS, Rm 110, Door A #8065-1F

## Estate Preservation

**Instructor: Troy Bigalke**

Planning where your estate will go before you are gone may save your heirs extra legal fees and taxes. We'll discuss healthcare, 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 provided to help you start planning!

Thu, Nov 3, 7:00-8:30pm  
1 session, \$9 Individual/\$15 Couple  
Handke Center, Rm 111, Door 4 #8064-1F

The Elk River Chamber of Commerce and ISD 728 Community Education's Business Training Solutions bring you:

## Business Education Over Lunch

We're excited to bring to you and your business a new three-part series training opportunity. **Business Education Over Lunch** is designed to provide you the essential skills needed in the areas of **Leadership, Human Resources, Communications**, and other essential areas such as **Customer Engagement**.

Individual class as a chamber member= \$29      3 classes as a chamber member= \$75  
Individual class as a non-member= \$39      3 classes as a non-member= \$100

### Is My Doctor On Your List?

September 21  
11:30 a.m.-1:30 p.m.  
The Handke Center, Elk River  
Instructor: Michael Zdychnech,  
MN School of Business

Are you wondering how the new changes in Health Care Laws will affect you and your business? This class will provide a guide to surviving the health care system and our changing role as health care (human resources) consumers and business owners.

### 'The Top Reasons Businesses Fail and the 6 Steps to Prevent Them'

October 19  
11:30 a.m.-1:30 p.m.  
The Handke Center, Elk River  
Instructors: David and Tracy Ford,  
Action Coach

In our struggling economy it is essential to know the secrets of business success. Join us as we outline some of the key mistakes most business owners make, and then learn 6 specific tools to implement immediately into your business to ensure success.

### Do's and Don'ts of Employee Handbooks

November 16  
11:30 a.m.-1:30 p.m.  
The Handke Center, Elk River  
Instructor: Chad Staul,  
Wessels Sherman

Do you have concerns that your Employee Handbook is legally sound and covers everything that it needs to? This course will cover your handbook purpose, construction, must haves, optional provisions, and even social media policies.

Sponsored By:



Register today to confirm your spot! Contact the Elk River Chamber of Commerce at 763-441-3110 or email [victoria@elkriverchamber.org](mailto:victoria@elkriverchamber.org).

## **NEW** Where Does All My Money Go?

Ever get frustrated that you never seem to get ahead? Find out where your money goes. Make your own choices about where you want it to go. Start to tackle your debt. Learn how to fund your dreams and stop worrying about money.

On-line Learning Class. Register at [www.728communityed.com](http://www.728communityed.com)

## **NEW** Introduction To Stock Options

Learn how to evaluate, buy, sell, and profit with investment tools that were once thought to be only for the pros. This course will teach you how to protect your portfolio and profit in a down market, an up market, or even a flat market. Learn to leverage your investment dollars for potential profits that surpass those possible with stocks.

On-line Learning Class. Register at [www.728communityed.com](http://www.728communityed.com)

## Accounting Fundamentals

Demand for accounting professionals currently exceeds supply. If you're interested in gaining a marketable skill, this course is for you. You'll learn the basics of double-entry bookkeeping, how to analyze and record financial transactions and how to prepare various financial reports. Accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities will be discussed. We'll cover all the bases, from writing checks to preparing an income statement and closing out accounts.

## Creating Web Pages

Learn how to design, create, and post your very own site on the Internet's World Wide Web using HTML. Discover low-cost marketing techniques and search engine strategies.

## A To Z Grant Writing

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! Discover how and where to look for potential funders, how to network and develop true partnerships with a variety of funders, how to organize a successful grant-writing campaign, and how to put together a complete proposal package.

Additional on-line Mindquest Academy classes are featured on page 24.



Ed2go instructor-facilitated on-line courses are informative, fun, convenient, and highly interactive. Most courses run for six weeks (with a ten day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

New course sessions begin each month. Please visit our web site at [www.728communityed.com](http://www.728communityed.com) to see all the courses available and the exact start dates.

*You can complete any of these courses entirely from your home or office at any time of the day or night. Classes begin Sep 21 Oct 19, Nov 9, Dec 14 and Jan 18. Courses start as low as \$99.*

## Introduction To Microsoft Excel 2007

Discover dozens of shortcuts and tricks for setting up worksheets quickly and efficiently. Learn the secrets behind writing formulas, using functions, sorting and analyzing data, creating custom charts, creating 3-dimensional workbooks, building links, and creating macros and custom toolbar buttons.

## Medical Terminology: A Word Association Approach

This course teaches medical terminology according to each body system. Multiple graphics, study tips and unusual facts make for a most enjoyable course.



## Speed Spanish

This powerful course teaches six easy recipes you can use to glue Spanish words together into sentences. With the powerful methods taught in this course, you'll be able to engage in conversational Spanish in no time. ¡Qué Bueno!

## Help for the Helpdesk

Become a customer helpdesk guru! In this course, you'll learn how to deal with any problem or complaint quickly and effectively. You'll start by mastering simple tricks for dealing with all types of customers—from those angry and abusive callers to the nice-but-clueless folks. Next, you'll discover how to make the most of your helpdesk software. And finally, you'll learn how to solve even the trickiest issues by doing smart detective work. If you want to take your helpdesk support skills to the next level, or you're hoping to advance to helpdesk management, this is the course for you.

Register on-line:  
[www.728communityed.com](http://www.728communityed.com).

Requirements:  
Internet access, E-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser, familiarity with the Internet, and a computer of any type.

## UGotClass Online Courses and Certificates

Get skills for the 21st Century!  
Demonstrate your knowledge!  
Boost your organization's bottom line!



**New! Creating Cell Phone Apps for Your Business**  
\$245 10/3/2011-10/28/2011

**New! Cyber Security** \$245 10/3/2011-10/28/2011

**New! Designing Successful Webinars** \$195  
10/3/2011-10/28/2011

**New! Facebook for Business** \$245 10/3/2011-10/28/2011

**New! Google Analytics** \$195 10/3/2011-10/28/2011

**New! Students with Aspergers** \$245 10/3/2011-10/28/2011

**New! Successful Survey Techniques** \$395  
10/3/2011-10/28/2011

**New! Technology Update with Gareth Mitchell**  
Only \$45 10/17/2011-10/21/2011

**New! Twitter** \$195 10/3/2011-10/28/2011

**New! YouTube for Business** \$195 10/3/2011-10/28/2011

**Business Research Certificate** \$495 total

- Introduction to Business Research  
9/6/2011-9/30/2011
- Business Statistics  
10/3/2011-11/4/2011
- Qualitative Business Research  
11/7/2011-12/2/2011

**Certificate in Online Teaching** \$495 Certificate,  
\$795 to become a Certified Online Instructor (COI)

- Advanced Teaching Online  
10/17/2011-10/21/2011
- Designing Online Instruction  
10/31/2011-11/4/2011
- Building Online Learning Communities  
11/28/2011-12/2/2011

**Courses for K12 Teachers** \$245 each

- Gender in the Classroom  
10/3/2011-10/28/2011
- Online Teaching and Learning for K12 Teachers  
10/3/2011-10/28/2011

- Social Media and Online Tools for K12 Teachers  
11/7/2011-12/2/2011
- Generational Learning Styles for K12 Teachers  
11/7/2011-12/2/2011

**eMarketing Essentials** \$495 total, or \$195 each

- Improving Email Promotion  
9/6/2011-9/30/2011
- Boosting Your Web Site Traffic  
10/3/2011-10/28/2011
- Online Advertising  
11/7/2011-12/2/2011

**Entrepreneur Boot Camp** \$195 9/6/2011-9/30/2011

**Extraordinary Customer Service** \$145 9/6/2011-9/30/2011

**Green Buildings and Preparing for the LEED  
Green Associate Exam** \$695 9/6/2011-10/28/2011

**Introduction to Implementing Green Workplaces**  
\$195 9/6/2011-9/30/2011

**Mentoring and Coaching in the Workplace** \$295  
9/6/2011-10/28/2011

**Practical Math for the Workplace** \$145 9/6/2011-9/30/2011

**Recruiting and Retaining Gen Y and Gen X** \$175  
10/3/2011-10/28/2011

**Social Media for Business Certificate**

\$495 total or \$195 each

- Introduction to Social Media  
9/6/2011-9/30/2011
- Marketing Using Social Media  
10/3/2011-10/28/2011
- Integrating Social Media in Your Organization  
11/7/2011-12/2/2011

**Supervisory and Leadership Certificate** \$395  
9/6/2011-10/28/2011

**Virtual Meeting Planner Certificate** \$795 9/6/2011-11/15/2011

**1** Go to the website  
listed below

**2** Find your course  
or certificate

**3** Register today!  
Call 763-241-3520 or email  
communityed@  
elkriver.k12.mn.us

[www.yougotclass.org/catalog.cfm/ElkRiver](http://www.yougotclass.org/catalog.cfm/ElkRiver)



## Business Training Solutions

### Local training meeting local needs.

• Business Training Solutions is a program brought to you by ISD 728 Community Education to fulfill your business training needs. Many companies spend thousands of dollars sending people to off-site training incurring the cost of the course, travel, meals and lost productivity. Business Training Solutions offers our community the option to take on-line and on-site classes locally to meet this need.

### How does my company benefit?

- Employees can take on-line classes at their convenience, 24 hrs day/7 days a week.
- Group discount rates apply when signing up more than one employee.
- Convenient registration and invoice options exist making it easier for you to do business.
- Employees trained in the latest and newest methods can help grow your business as well as meet their individual growth potential.
- Save money & time on costly mileage and drive time by using on-site or on-line classes.
- Increase productivity, reduce costs and increase profits.

### How much does it cost?

• Online Certificate programs are traditionally (3) one-month courses. Other courses range from several weeks to several months. Prices vary depending on course selection.

### How do I sign up?

Sign up by using our convenient on-line registration process at [www.728communityed.com](http://www.728communityed.com). A complete listing of On-Line and On-Site Programs will be available for you to select and register.

### On-line Professional Courses

**\$99 per Individual. Group Registration available.**

- Accounting
- Business Mgmt
- Certificate Prep
- Grant Writing
- Health Care
- Multi-Media Design
- PC Networking
- Graphics
- Digital Photography
- Database Management
- Law and Legal
- Sales and Marketing
- Start a Business
- Teaching/Education
- Veterinary
- Microsoft Office Suite
- Business Writing
- Publishing
- Languages
- Computer Literacy

....and many more!

### On-Site Certificate Courses

**\$49 per Individual. Minimum of 8 registered.**

- Social Networking for Business
- iLife @ Work
- Computer Hardware Essentials
- Basic Operating Systems: Windows/Mac OS
- Staying Connected (on the go)
- Understanding Web Hosting: dedicated servers, VPS hosting, cloud hosting, reseller and shared hosting.



### On-line Certificate Programs

#### Social Networking for Business Certificate:

- Intro to Social Networks \$195
- Communication & Marketing: Using Social Networks \$195
- Integrating Social Networks into your Organization \$195

#### Marketing Essentials Certificate:

- Improving email promotion \$195
- Boosting your website traffic \$195
- On-line advertising \$195

#### Generational Communication & Management Certificate:

- Generations in the workplace \$175
- Understanding Generation X and Generation Y \$175
- Managing Generationally \$175

#### More Individual Courses:

- Extraordinary Customer Service \$145
- Mentoring & Coaching in the Workplace \$295
- Workplace Law Compliance \$175
- Practical Math for the Workplace \$145
- Digital Brochures \$195

On-Site Classes can be held at your site or at Community Education sites located in Rogers, Elk River, Otsego and Zimmerman.

## American Heart Association CPR & AED

**Instructor:** William Neiss

Did you know the national resuscitation rate is only 5%, but the save rate in the northern suburbs of the Twin Cities is approaching 27%? The difference is more lay persons trained in CPR and Automated External Defibrillators. Learn how to do CPR, AED's, and barrier devices on adults, children and infants.

Mon, Oct 10, 6:00-10:00pm  
1 session, \$65  
Handke Center, Rm 201, Door 4 #5005-1F

Mon, Nov 14, 6:00-10:00pm  
1 session, \$65  
Handke Center, Rm 201, Door 4 #5005-2F

Mon, Dec 5, 6:00-10:00pm  
1 session, \$65  
Handke Center, Rm 201, Door 4 #5005-3F



## American Red Cross Standard First Aid

**Instructor:** William Neiss

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. American Red Cross certification.

Mon, Oct 3, 6:00-10:00pm  
1 session, \$55  
Handke Center, Rm 201, Door 4 #5002-1F

**Hypnosis Participants:** Bring a pillow and blanket or sleeping bag for added comfort. Dress comfortably. Class includes a free reinforcement CD and lifetime guarantee card. New Way Hypnosis Lifetime Members can register for \$5. Please check-in within 30 minutes of the class start time. Class begins promptly at published time.

**Cost:** \$59 new participant \$5 lifetime member

## Hypnosis: Weight Loss

**Instructor:** Mary Fischer

How will you feel and look one year from now if you don't stop your obsession with food today? Have you lost weight consciously many times, only to gain it back again? Stop craving sweets, chocolate, breads, pastries, salty, fatty and greasy foods. Stop unhealthy snacking and overeating. Get motivated to exercise. Increase will power and self-confidence.

Mon, Oct 10, 6:30-9:00pm  
1 session  
Rogers MS, Media, Door A #5035-2F

Thu, Nov 10, 6:30-9:00pm  
1 session  
VandenBerge MS, Media, Door L #5035-1F

## Hypnosis: Stop Smoking/Chewing Tobacco

**Instructor:** Mary Fischer

What will your future be like if you don't stop smoking or chewing tobacco today? Will there be a future? If you have a desire to quit, hypnosis can help you stop immediately, without withdrawal, cravings or weight gain.

Mon, Oct 10, 6:30-9:00pm  
1 session  
Rogers MS, Media, Door A #5036-2F

Thu, Nov 10, 6:30-9:00pm  
1 session  
VandenBerge MS, Media, Door L #5036-1F

## Community Weight Loss Challenge

**Instructor:** Melissa Beaudry

Compete for your chance to win a piece of prize money at the end of class. Weekly classes are motivating, inspiring, and informative and teach you how to be successful with weight loss for the rest of your life. Class is led by a wellness coach who has lost and kept off 55 lbs. Top three weight loss percentage losers win the prize.

Tue, begins Sep 20, 6:30-7:45pm  
7 sessions, \$55 Individual/\$105 Pair  
Handke Center, Rm 212, Door 4 #5080-1F



## See The New Beautiful You

**Instructor:** Lisa Cassman

Are you struggling to find yourself in today's world? Find the good in yourself by building your self-worth. Discover the beauty within you, review your attitudes, struggles and transitions of the past, and take a look at how life changes. The way you look at and think about all these things affects your self-worth.

Tue, Oct 11, 6:00-8:30pm  
1 session, \$15 Individual/\$25 Pair  
Handke Center, Rm 111, Door 4 #5040-1F

Handke Center is located at 1170 Main Street, Elk River

Classes marked with this symbol indicate childcare is available.

## Minnesota Highway Safety, 4 Hr

**Instructor:** *Dave Sundeen*

This driver improvement program is sponsored by the Minnesota Highway Safety Research Center and AAA. 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.

Tue, Oct 11, 5:30-9:30pm  
1 session, \$17 AAA Member/\$20 Non-Member  
Rogers MS, Rm 110, Door A #5010-1F

Tue, Oct 18, 5:30-9:30pm  
1 session, \$17 AAA Member/\$20 Non-Member  
Pine Cone Manor, Community Rm #5010-2F

Wed, Dec 7, 5:30-9:30pm  
1 session, \$17 AAA Member/\$20 Non-Member  
Rogers MS, Rm 110, Door A #5010-3F

## Minnesota Highway Safety, 8 Hr

**Instructor:** *Dave Sundeen*

This driver improvement program is sponsored by the Minnesota Highway Safety Research Center and AAA. Topics include visual techniques, new vehicle technology, airbag awareness, mirror set-up, distracted drivers, new laws and more. Follow up class is required after three years. Check with your insurance provider to make sure this course qualifies for the discount.

Mon/Tue, begins Sep 26, 5:30-9:30pm  
2 sessions, \$21 AAA Member/\$24 Non-Member  
Rogers MS, Rm 110, Door A #5011-1F

Mon/Tue, begins Nov 21, 5:30-9:30pm  
2 sessions, \$21 AAA Member/\$24 Non-Member  
Pine Cone Manor, Community Rm #5011-2F

Pine Cone/Pine Tree Manor is located at  
12612 2nd Ave. S. in Zimmerman.

**AARP Class Participants:** Be sure to check with your insurance company; not all insurance companies give the discount starting at age 50. Bring your driver's license to class. If you register as an AARP Member, you must also provide your AARP Member number when registering. Also, bring your member number to class with you.

**FEES for AARP Driver Safety classes:** \$16 for AARP Members  
\$18 for Non-Members



## AARP Driver Safety Program, 4 hour Refresher

**Instructors:** *Dave Halgren & Guy Rowe*

This 4-hour classroom refresher course is for those age 50 or older who have previously completed an insurance approved 8-hour certified driver course. New approaches and concepts, including compensating for normal, age-related physical changes that may affect driving. Completion is required to maintain your auto insurance discount. Be sure to check with your insurance company; not all insurance companies give the discount starting at age 50.

Mon, Sep 19, 5:00-9:00pm  
1 session  
Handke Center, Rm 201, Door 4 #5007-2F

Mon, Sep 26, 5:00-9:00pm  
1 session  
Handke Center, Rm 111, Door 4 #5007-1F

Tue, Oct 18, 5:00-9:00pm  
1 session  
Handke Center, Rm 111, Door 4 #5007-3F

Tue, Nov 15, 9:00am-1:00pm  
1 session  
Handke Center, Rm 201, Door 4 #5007-4F

Thu, Dec 1, 9:00am-1:00pm  
1 session  
Handke Center, Rm 111, Door 4 #5007-5F

Tue, Jan 17, 9:00am-1:00pm  
1 session  
Handke Center, Rm 201, Door 4 #5007-6F

## AARP Driver Safety Program, 8 hour

**Instructors:** *Guy Rowe & Dave Halgren*

Improve your skills and knowledge, with no driving and no tests. Learn about the effects of aging and medication on driving, license renewal, traffic hazards, road conditions, accident prevention, and suggestions for overcoming limitations. Course completion may qualify you for insurance discounts (not all insurance companies give the discount starting at age 50).

Mon/Tue, begins Sep 26, 5:00-9:00pm  
2 sessions  
Handke Center, Rm 201, Door 4 #5006-1F

Mon/Tue, begins Nov 28, 5:00-9:00pm  
2 sessions  
Handke Center, Rm 111, Door 4 #5006-2F





## Aromatherapy

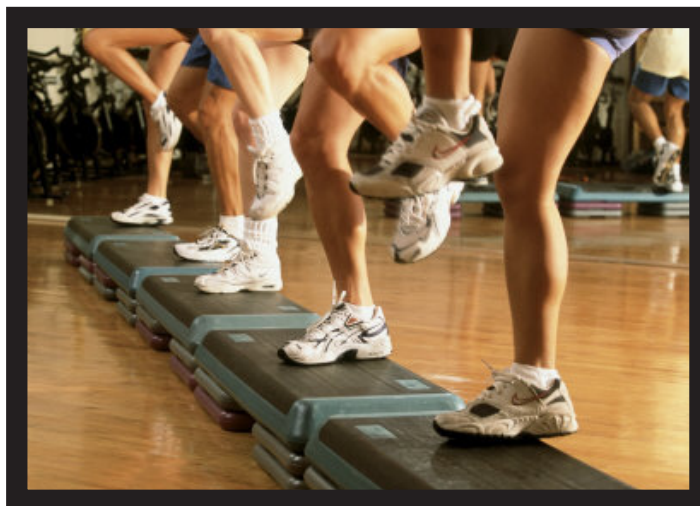
**Instructor:** *Celina Mckenzie*

Experience the difference essential oils can make in your everyday life including uses for stress reduction, creating energy or overall wellness. Go home with your very own homemade aromatherapy product. Celina is a nationally certified massage therapist, certified infant massage instructor, certified reflexologist and is the Program Chair at the Minnesota School of Business.

Sat, Sep 10, 9:00am-12:00pm

1 session, \$15

Minnesota School of Business, Lobby #5042-1F



## Reflexology

**Instructor:** *Celina Mckenzie*

Do you love to get your feet rubbed? Interested in Reflexology? Learn how incorporate acupressure on your own feet to reduce stress, tension, and help aid digestion issues. You will be able to start using these stress busting lessons before you walk out of class.

Fri, Oct 21, 9:00am-12:00pm

1 session, \$9

Minnesota School of Business, Lobby #5043-1F



## Abdominal Strengtheners

**Instructor:** *Janice Novak*

If you have back or neck discomfort, strengthening all 4 layers of abdominal muscle is crucial. Many ab exercises put stress on back and neck joints and can actually cause problems. Learn a series of extremely effective exercises that will quickly strengthen your abdominals without stressing your neck or back - all done without having to get onto the floor.

Tue, Oct 11, 6:00-8:30pm

1 session, \$15 Individual/\$25 Pair

Handke Center, Rm 111, Door 4 #5040-1F

## Group Step® Kick-Off

**Instructors:** *Kristi Waite/Erin Franson/Natalie Olorundami*

Bring your friends! Community Education has a new fitness opportunity called Group Step®. Group Step® strengthens and shapes the lower body one step at a time. Free childcare will be provided during the Kick-off event, along with activities for your school age children and door prizes! Come see what all the excitement is about.

Thu, Sep 1, 6:00-7:00pm

1 session, Free Class

Handke Center, Gym, Door 4

## Group Step®

**Instructor:** *Kristi Waite/Erin Franson/Natalie Olorundami*

Discover new heights with Group Step®! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step®.

Tue/Thu/Sat, begins Sep 6

Tue/Thu 6:00-7:00pm; Sat 8:00-9:00am

12 sessions, \$65 Individual/\$125 pair

Handke Center, Gym, Door 4

#5142-1F

Tue/Thu/Sat, begins Oct 4

Tue/Thu 6:00-7:00pm; Sat 8:00-9:00am

12 sessions, \$65 Individual/\$125 pair

Handke Center, Gym, Door 4

#5142-2F

Tue/Thu/Sat, begins Thursday Nov 3

Tue/Thu 6:00-7:00pm; Sat 8:00-9:00am

12 sessions, \$65 Individual/\$125 pair

Handke Center, Gym, Door 4

#5142-3F

Not meeting Nov 24, Nov 26, Dec 3

Tue/Thu/Sat, begins Dec 8

Tue/Thu 6:00-7:00pm; Sat 8:00-9:00am

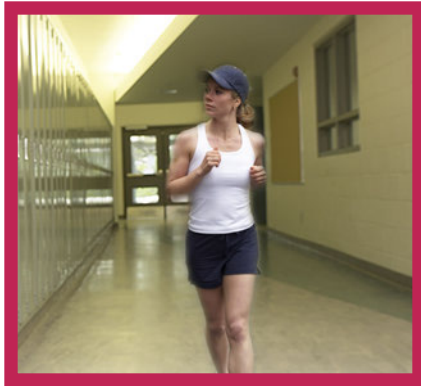
12 sessions, \$65 Individual/\$125 pair

Handke Center, Gym, Door 4

#5142-4F

Not meeting Dec 24 & 31

**Did you know...**  
**Group Step® burns**  
**an average of 500-**  
**700 calories per**  
**hour?**



## Indoor Walking

Here's your opportunity to get moving with a healthy activity! In this individualized program, you set the pace. Participants are welcome at any time within walking hours. We provide a safe, supervised route and time/mileage tracking. Register for your preferred location, but you may walk at other sites also! Fee can be adjusted for late registrants.

Mon/Tue/Thu, begins Jan 2, 3:00-7:30pm  
36 sessions, \$35 Individual/\$65 Pair  
Zimmerman MS/HS, Halls, Door A #5140-1F  
Not meeting Feb 7, Mar 12, Mar 15

Mon/Tue/Thu, begins Jan 2, 3:00-7:30pm  
36 sessions, \$35 Individual/\$65 Pair  
Rogers MS, Halls, Door A #5140-2F  
Not meeting Feb 7, Mar 12, Mar 15

Mon/Tue/Thu, begins Jan 2, 5:30-7:30pm  
38 sessions, \$35 Individual/\$65 Pair  
Otsego Elem, Hall, Door 4 #5140-3F  
Not meeting Feb 7, Mar 12, Mar 15



## Body Sculpt

**Instructor: Fitness 101**

This is an easy to follow class for all fitness levels that will strengthen and tone your entire body using controlled movements and a variety of equipment.

Mon, begins Sep 19, 10:15-11:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5101-1F

Mon, begins Nov 7, 10:15-11:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5101-2F



## Spin

**Instructor: Fitness 101**

Beginner to advanced stationary group cycling class. Challenge your mind and body, cardio class!

Wed, begins Sep 21, 5:30-6:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5103-1F

Fri, begins Sep 23, 9:15-10:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5103-3F

Fri, begins Nov 4, 9:15-10:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5103-4F  
Not meeting Nov 25

Wed, begins Nov 9, 5:30-6:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5103-2F  
Not meeting Nov 23



## Body Pump

**Instructor: Fitness 101**

The original barbell class that strengthens your entire body! This workout challenges all your major muscle groups by using the best weight-Rm exercises like squats, presses, lifts and curls.

Sun, begins Sep 18, 4:45-5:45pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5102-1F

Sun, begins Nov 6, 4:45-5:45pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5102-2F  
Not meeting Nov 27

## Beginning Yoga

**Instructor: Fitness 101**

Interested in learning the basic poses, correct alignment, and breathing techniques of Yoga? Experience not necessary to take this class, all fitness levels welcome! You can gain strength, stamina, and balance as you explore Yoga. Wear comfortable clothing and bring an exercise mat if possible. Limited mats available at class.

Tue, begins Sep 20, 10:15-11:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-5F

Tue, begins Nov 1, 10:15-11:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-6F  
Not meeting Nov 8

## Yoga Basics

**Instructor: Fitness 101**

This class is great for beginners! Yoga Basics will focus on learning individual yoga poses. Class will take more time with each pose so that you can master the basics and then move on to one of the many other Yoga options.

Sat, begins Sep 24, 9:00-10:00am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-9F  
Not meeting Oct 1 & 29

## Yoga Fusion

**Instructor: Fitness 101**

Yoga Fusion combines Yoga with Pilates and hand held weights. This class is designed for those who are familiar with yoga poses.

Thu, begins Sep 22, 7:30-8:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-7F

Thu, begins Nov 3, 7:30-8:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-8F  
Not meeting Nov 24

## Fitness Yoga

**Instructor:** Fitness Zone/April Kalal

Are you interested in learning the basic poses, correct alignment and breathing techniques of Yoga? All fitness levels are welcome! Gain strength, stamina, and balance as you explore Yoga. This class has a fitness component to it. Please wear comfortable clothing and bring an exercise mat if possible.

Wed, begins Sep 21, 6:30-7:30pm  
6 sessions, \$25  
Hassan Elem, Media, Door 1 #5100-1F

Thu, begins Sep 22, 10:30-11:30am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-2F

Thu, begins Nov 3, 10:30-11:30am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5100-3F  
Not meeting Nov 24

Wed, begins Nov 9, 6:30-7:30pm  
6 sessions, \$25  
Hassan Elem, Media, Door 1 #5100-4F  
Not meeting Nov 23

## Aikido

**Instructor:** Mark Larson

Learn this Japanese martial art from a 5th 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.

Thu, begins Sep 8, 7:30-9:00pm  
9 sessions, \$75  
Salk MS, Balcony, Door U #5130-1F

Thu, begins Nov 10, 7:30-9:00pm  
9 sessions, \$75  
Salk MS, Balcony, Door U #5130-2F

## Pilates

**Instructor:** Fitness 101

The Pilates method of conditioning is a unique system of stretching and strengthening exercise developed over 90 years ago by Joseph H. Pilates. It is a total body conditioning program that simultaneously stretches and strengthens the body creating balance from front-to-back, side-to-side and top-to-bottom.

Mon, begins Sep 19, 6:30-7:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5107-3F

Tue, begins Sep 20, 5:30-6:30pm  
6 sessions, \$25  
Rogers MS, House A, Door A #5107-1F

Mon, begins Nov 7, 6:30-7:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5107-4F

Tue, begins Nov 15, 5:30-6:30pm  
6 sessions, \$25  
Rogers MS, House A, Door A #5107-2F

## Standing Pilates

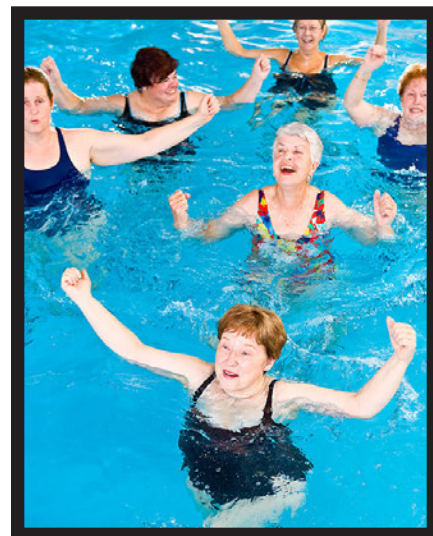
**Instructor:** Fitness 101

Take mat Pilates to the functional level. Standing Pilates helps improve your bone density while improving your posture, balance and range of motion.

Thu, begins Sep 22, 5:30-6:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5107-5F

Thu, begins Nov 3, 5:30-6:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5107-6F  
Not meeting Nov 23

**Fitness Zone is located at  
9201 Quaday Avenue NE  
Otsego**



## Aqua Fitness

**Instructor:** Lisa Holien

Use the resistance of the water with low impact aerobic moves for overall fitness. You do not need to know how to swim to take this introductory class. Deep water exercise is involved in this class. Spectators or children are not allowed during these sessions. Bring a water bottle, towel and suit (aqua shoes are optional).

Sun, begins Sep 18, 8:00-9:00pm  
8 sessions, \$65 Individual/\$125 pair  
VandenBerge MS, Pool, Door M #5120-1F

## Kick Boxing

**Instructor:** Fitness 101

Develop strength and attitude while having fun with punching and kicking combinations. This class is for all levels, and offers a challenging work out for beginners and advanced students.

Tue, begins Sep 20, 9:15-10:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5113-1F

Tue, begins Nov 15, 9:15-10:15am  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5113-2F



## Dance Classes

### Middle Eastern Dance

**Instructor: Anita Isenor**

Belly dancing is a great way to stay toned and fit. This course is intended to build the muscle and agility needed to express yourself in dance. A dance routine will be developed. Wear loose fitting clothing, leotards, or harem pants. Veils provided. Instructor has 17 years of training. Continuing students welcome.

Wed, begins Sep 21, 6:30-7:45pm  
6 sessions, \$45 Individual/\$85 Pair  
Rogers MS, Cafeteria, Door A #5172-1F

### Middle Eastern Dance II

**Instructor: Anita Isenor**

You've already tried our beginner class, is it time to advance to the next level? Practice layering and combining basic dance moves with the American Tribal Belly Dance moves that you will learn. Wear loose fitting clothing.

Tue, begins Nov 1, 6:30-7:45pm  
4 sessions, \$35 Individual/\$65 Pair  
Handke Center, Stage, Door 4 #5173-1F

❁ Classes marked with this symbol indicate childcare is available.  
See page 8 for details.

### Zumba

**Instructor: Fitness 101**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! Add some Latin flavor and international zest into the mix and you've got Zumba!

Mon, begins Sep 19, 7:30-8:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5112-1F

Fri, begins Sep 23, 5:30-6:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5112-2F

Fri, begins Nov 4, 5:30-6:30pm  
6 sessions, \$25 class only/\$30 with childcare  
Fitness 101, Otsego #5112-3F  
Not meeting Nov 25

### Ballroom Basics

**Instructor: Stuart Palmer**

Bring your favorite partner or group of friends for some dancing fun! We have partnered with a seasoned, professional dance instructor to bring your dancing dreams to life. Get introduced to the Waltz, Salsa, Swing and more. Our instructor specializes in people with two left feet or those who think they have no rhythm! Sound like you or your partner?

❁ Mon, begins Sep 19, 7:00-8:00pm  
6 sessions, \$49 Individual/\$90 couple  
Handke Center, Gym, Door 4 #5170-1F  
Not meeting Oct 17 & 31

❁ Mon, begins Nov 14, 7:00-8:00pm  
6 sessions, \$49 Individual/\$90 couple  
Handke Center, Gym, Door 4 #5170-2F  
Not meeting Dec 5



### Karate adult

**Instructor: Tara Benver**

Karate offers something unique for adults from 20 to 60. When you are trying hard to balance work, family and fitness, karate offers a great way to reduce stress and get in shape with the benefit of taking care of yourself! Check it out. Fee includes uniform cost.

Tue/Thu, begins Sep 20, 7:55-8:45pm  
6 sessions, \$55  
Handke Center, Stage, Door 4 #2662-16F

### Open Swim

Open swim is lifeguard-supervised pool time for all ages.

Children 6 and under who cannot swim 20 yards (the width of the pool) MUST be accompanied by an adult in the water. One to three children age 6 or under per adult in the water. All children wearing diapers must have swimming diapers.

The Open Swim cashier cannot accept bills larger than \$10. Checks are accepted and can be written to Community Education.

Groups of 10 or more, please call in advance: 763-241-3520.

Sun, begins Sep 11, 2:00-4:00pm  
15 sessions, Pay at door  
\$3 Students/\$4 Adults/\$10 Family  
(immediate family WITH adult in the water)

Children 3 and younger FREE with paid adult  
VandenBerge MS, Pool, Door M  
Not meeting Oct 16, Nov 27, Dec 25, Jan 1

## Adult Basic Education

Are your basic skills in reading, math and writing a little rusty? Do you need to prepare for training in a different career choice? Are you wanting to go back to school to further your education? Do you want to be able to help your child with homework? If you answered "yes" to any of these questions, then ABE is for you!

## Adult Diploma Program

Earn credits to complete your high school diploma! To be eligible, you must be 18 years of age or older and your class has graduated. Upon completion of all graduation requirements, you will receive your high school diploma.

## GED Preparation

Increase your potential to pass the GED exam. Take practice tests to determine what you need to review prior to taking the actual exam. The GED is a high school equivalency diploma. Prepare on-line, 1:1 help or in a small group setting.

## GED Testing Information

- Five exams in the areas of writing skills, social studies, science, literature and mathematics.
- Nearest testing site is Anoka Tech.
- Call 763-433-4054 for schedule and information.
- The cost is \$80 for the entire series of tests; paid at the first session.
- Testing is open to adults 19 years of age and older. Students younger than 19 may apply for an age waiver by contacting the Elk River Learning Lab at 763-241-3400 x5525.



## Computer Aided Manufacturing CAM Basics

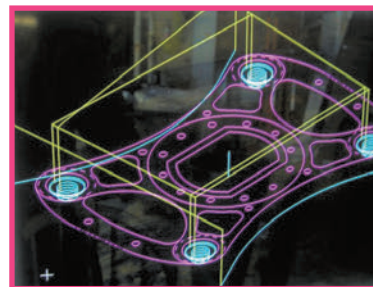
Are you out of a job? Have you been downsized from your company? Are you interested in the field of manufacturing but lack basic skills? Are you interested in FREE training to get you started? Take this FREE class to prepare you for an education in manufacturing.

CAM Basics is a 10-week session covering the topics of:

- › Engineering drawings
- › CNC (Computer Numerical Control)
- › Feature CAM Software

**Mon/Tue, begins Sep 19, 12:00-4:00pm**  
**10 sessions/FREE**  
**Handke Center, ABE, Elk River**

**Call Pam Moriarity, Site Coordinator at**  
**763-241-3400 x5525 to register.**



## GED-i

GED-i is an on-line program for GED instruction and preparation. Want to study for the GED test on-line? Only a select number of eligible students will have an opportunity to take part in this on-line program. Interested students must schedule an intake appointment with an instructor to see if they meet the eligibility requirements.

## Mindquest Academy

**FREE Online learning for college prep or adult diploma credits**

If you've got your sights set on college, but first want to boost your academic skills, then Mindquest Academy is for you! Mindquest is a combination of on-line learning and classroom experience. Study from home any time of the day or night!

- **What the college environment is like**
- **How to use strategies for critical thinking, college reading, writing, and mathematics**
- **What introductory college courses, such as biology, economics, anthropology, public health-and many more-are all about and how to get the most from these courses**
- **How to manage your time; set motivating goals; and organize assignments, readings, and projects**
- **How to use the Internet effectively and complete assignments on the computer**

## College Prep/Career Exploration

AccuPlacer, SAT, ACT got you all tangled up in knots? Unsure of your skills, interests or potential career path? Come to ABE to get untangled and prepare for your next step in education.

For more information and to register for any classes on this page, contact Adult Basic Education Coordinator Pam Moriarity at 763-241-3400 x5525.



## Childhood in Nicaragua

### *Eridania John, Elk River*

*My name is Eridania John. I am from Nicaragua. I have lived in the United States for 10 years. I'm married and have two boys, and I am a student at The Handke Center. Ten years ago I decided to come to this country because I wanted to have a better life. In Nicaragua, most of the children work at the age of five. I was one of them, so I didn't have an opportunity to study. My mother had to make a choice: buy supplies to go to school or eat. Sometimes we sacrificed ourselves. Some days we ate and some days we didn't, but for my sister and I, it was very important to read and write. When I was nine years old, my mother decided not to send us to school at all. For her, making money was more important than schools. So I decided when I have my own family not to repeat her mistake. Now I'm working on my high school diploma and setting a good example for my boys.*

## English as a Second Language (ESL)

Learn and improve your English skills:

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

We have classes for beginning, intermediate and transitional level.

## Citizenship & ESL/ Citizen Classes

In this 8-week class, you'll learn how to:

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

**Dates to be determined.**  
**Contact 763-241-3400 x5525.**

## 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. The following opportunities are available: classroom assistant, clerical assistant and technology assistant. Work with individuals or small groups tutoring basic skills or English as a Second Language. Classroom assistants work with individuals. If you would like to learn more about becoming a volunteer, attend an orientation.

## Volunteer Orientation

Are you interested but don't know what to expect? What is ESL and GED? What does a volunteer do? Attend an orientation to learn more about the Literacy Volunteer Program and how you can help! Call Glenice Jones at 763-783-4920 for an appointment.

## How Do I Get More Information?

To register or to get more information about any classes listed on these two pages, contact Site Coordinator, Pam Moriarity at 763-241-3400 x5525.

## Elk River Learning Lab

Community Education  
at The Handke Center  
1170 Main Street  
Elk River, MN 55330

Coordinator: Pam Moriarity  
Instructors: Pat Davis & Sherry Smith

### Contact Information:

763-241-3400 x5525  
pamela.moriarity@elkriver.k12.mn.us

## Class Schedule

Class meeting times are available daytime and evening hours. A personalized schedule will be set during your intake appointment. Call today to schedule an appointment: 763-241-3400 x5525.

### Dates Closed:

- September 5 Labor Day
- October 20-21 Fall Break
- November 11 Veteran's Day
- November 23-25 Thanksgiving Break
- Dec 23-Jan 2 Winter Break
- Jan 16 Martin Luther King Jr. Day
- Feb 20 President's Day
- April 2-9 Spring Break
- May 28 Memorial Day

## Childcare Availability

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. Please also call if your child will not be attending.





## CLASSES

H.O.P.E. Fall Tailgate Kick-Off	Sep 8
Rules of the Road I	Sep 19
Exercise in Disguise	Sep 22
Fall Birthday Celebration	Sep 26
Bingo & Treat	Oct 3
Fall Craft	Oct 10
Rules of the Road II	Oct 17
Halloween Hoopla	Oct 24
Exercise in Disguise Aquacise	Nov 3
Thanksgiving Craft	Nov 14
Thanksgiving Potluck & Game Night	Nov 21
Fleece Blankets	Nov 28
Gift in a Jar	Dec 5
Holiday Bake -n- Take	Dec 8
Holiday Craft	Dec 12
Bingo & Treat	Dec 15
Holiday Sing-a-long	Dec 19
New Years Eve Anticipation	Dec 29
Captured Memories	Jan 2
Exercise in Disguise	Jan 5

## OUTINGS

Mille Lacs Fishing Trip	Sep 10
Itasca State Park Fall Colors Tour	Sep 17
Twins Game	Sep 18
Fall Harvest	Oct 15
Shrine Circus	Oct 22
Anoka Halloween Parade	Oct 29
Jack and the Beanstalk	Oct 29
State Capitol Tour	Nov 5
MOA Trip	Nov 19
Dinner & Movie	Dec 1
Holidazzle Parade	Dec 3
Disney on Ice	Dec 10
Vikings Game & Pizza	Dec 18
St. Paul Winter Carnival	Jan 28

Join us for the  
Tailgate Kick-Off in  
the Handke Stadium!  
Hot dogs, pop & games  
Thursday, September 8  
6-8pm - FREE!

Sign up for your fall classes  
and get \$1.00 off each  
registration!



## 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.

Please note that you can also access program information and register online at [www.728communityed.com](http://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+).***

## Adults With Disabilities Cancellation Policy

Registrants must cancel at least 3 business days prior to the class or event to receive a refund or credit. If the event requires purchasing a ticket or supplies, no refund will be made unless we can fill the space from our waiting list.

## Do you receive the H.O.P.E. newsletter?

Don't miss a thing!

Please call Community Education at 763-241-3520 or e-mail us at [communityed@elkriver.k12.mn.us](mailto:communityed@elkriver.k12.mn.us) to be added to the mailing list.

## Zap the ACT; Test Preparation gr 11-12

**Instructor: ZAPs Learning Company**

ACT test scores are widely used in college admissions and scholarship decisions. This popular workshop is for students of any ability level and will cover a variety of general test-taking skills and strategies. From past experience, students who take this workshop score higher on the ACT. Receive practice tests and a special manual to take home.

Wed/Thu, begins Sep 28, 6:30-9:00pm  
2 sessions, \$85  
Elk River HS, Rm 168, Door A #3590-1F

## How To Win - Yes, Win! - College Scholarships

**Instructor: Jason Lum**

With the cost of college going up, scholarships are more important and attractive than ever. Yet few parents and students know where to start. Learn where to find unadvertised scholarships, how to complete forms and what works and doesn't work in competing for scholarship money. Parents and students are urged to attend. No refunds after Oct 14.

Thu, Oct 27, 7:00-9:00pm  
1 session, \$29 by 4pm Oct 14/\$35 after 4pm Oct 14  
Cambridge-Isanti HS, Performing Arts Center #5503-1F

## Karate age 13

**Instructor: Tara Benver**

Karate offers a great workout. When you are trying hard to balance school, friends, family and fitness, karate offers a great way to reduce stress and get in shape! Check it out.

Tue/Thu, begins Sep 20, 7:55-8:45pm  
6 sessions, \$55  
Handke Center, Stage, Door 4 #2662-15F

## Driver Education Program

age 15+

Do you want to learn to drive and gain your driver's permit? You'll be on your way when you take driver's training from ISD 728 Community Education. Complete 30 hours of classroom instruction required to operate a vehicle in Minnesota in an interactive, engaging classroom. Gain valuable 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.

**Complete Training Package (includes 30hrs of classroom and 6hrs of Behind the Wheel): \$339**

**Payment plan for Complete Training Package: \$139 down, \$200 by last class.**

Classroom instruction only is available for \$75.

Behind the Wheel Training is available for a fee of \$280 as a separate option for students who have completed the classroom training. Please contact our office for these options at 763-241-3520 to register.

Mon-Thu, begins Sep 19, 3:00-6:00pm  
10 sessions  
Elk River HS, Room 325, Door H #3895-5F

Tue/Thu, begins Sep 20, 6:00-9:00pm  
10 sessions  
Rogers HS, Room B103, Door I #3895-6F  
Not meeting Oct 20

Mon-Thu, begins Oct 3, 3:00-6:00pm  
10 sessions  
Zimmerman HS, Room 225, Door A #3895-7F

Mon-Thu, begins Oct 31, 3:00-6:00pm  
10 sessions  
Rogers HS, Room B103, Door I #3895-8F

Tue/Thu, begins Nov 8, 6:00-9:00pm  
10 sessions  
Elk River HS, Room 325, Door H #3895-9F

Parents, watch for important information arriving by mail.  
  
Remember, students must be 15 years old by the end of class.



## Events & Trips

Gr 9

Looking for something fun to do this fall/winter? Check out these events:

- Open Gym & Swimming page 30
- Ski & Snowboard Club page 31
- Ski & Snowboard Trip page 31
- Nickelodeon Universe Trip page 31
- Skate the Depot & Movie page 31



## Criminal Justice Camp gr 6-8

**Instructor: Janell Trocke**

Have you ever wondered what a day is like for someone in law enforcement and criminal justice? Get a behind the scenes look at this exciting field from trained professionals. This session will include a look at forensics, investigations, and a specialized law enforcement unit.

Fri, Oct 21, 9:00am-12:00pm

1 session, \$12

Minnesota School of Business, Lobby #3541-2F

## Chess Club gr 6-8 **Instructor: Twin Cities Chess Club**

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing Chess and compete for various prizes? Learn from Twin Cities Chess Club instructors who have years of teaching experience.

Wed, begins Nov 2, 3:15-4:15pm

6 sessions, \$59

VandenBerge MS, Cafeteria, Door N #3400-2F

Not meeting Nov 23

## Tutoring gr 6-8 **Instructor: Licensed Teachers**

Start the year on a positive note and gain the confidence needed to conquer your academic goals! Support and preparation provided by our licensed teacher will boost the skills you need to succeed. Focused on individualized needs and scheduled at schools throughout District 728. Contact Community Education at 763-241-3520 to receive an information packet. Individualized, one-hour instruction in eight weekly sessions is \$295.

## FIRST® LEGO® League (FLL®) gr 6-8

FIRST® LEGO® League (FLL) introduces young people, grades 4-8, to the fun and excitement of science and technology while building self-confidence, knowledge, and valuable life skills. Alongside adult mentors, FLL teams solve problems using engineering concepts, presentation techniques, and robots. Potential participants and parents should attend this informational meeting. The benefits are astounding. Teams and meeting locations to be determined. Please contact Kristi Waite at 763-241-3400 x5504 if you are interested in coaching.

### Informational meeting:

Tue, Sep 13, 6:30-8:00pm

1 session, Free

Handke Center, Cafeteria, Door 4

FIRST® LEGO® League (FLL®) – Elk River

Begins Mon, Sep 26

\$125

Time & Location TBD

#2575-3F



## Prairie Fire Theatre age 7-16

Travel up and down the beanstalk as Jack tries to save his village. Meet many characters along the way, including the trolls, the birds, the Goose and the carnies. Cast is limited to approximately 75 and up to 100 can audition. Students are chosen based on a variety of factors including enthusiasm, age and ability to follow directions. You must be able to attend the full audition, all evening rehearsals and performances.

Auditions: Mon, Oct 24, 4:30-6:30pm

Lincoln Elem., Gym, Door 2

#2080-2F

Check in: 4:15-4:30pm

Some cast members may need to stay longer (until 8:30pm) on audition night to start rehearsing.

Note: \$35 refunded if not selected. No refund will be given to any participant who auditions, receives a part and then withdraws.

Rehearsals: 4:30-8:45pm, Tue-Fri, Oct 25-2

Elk River HS, Little Theater, Door H

Performances: Fri, Oct 28, 7:30pm

Sat, Oct 29 11:00am and 1:30pm

Elk River HS, Little Theater, Door H

"FIRST has changed my life in every way, from the friends I hang out with to the person I want to be when I grow up (I'm 14). FIRST is an amazing experience!"

- Nicholas, FLL Team Member





## Crescendo Program

Welcome to the Crescendo Music Program! Crescendo features a wide

variety of individual and group music opportunities offering classes in Elk River, Rogers and Zimmerman during the daytime and evening hours. In addition, Crescendo partners with local schools bringing middle school ensemble opportunities across the district.

### Immediate Openings for Youth:

Private, individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass are available. Inquire by calling Community Education at 763-241-3520.

## Winter Drama Camp gr 2-8

Journey through the fantasy world "Willy Wonka Jr." in the candy man's search for one child to entrust with his chocolate factory. Participate in all the elements of theater including staging, singing, dancing, set design, and costuming while preparing for a live performance. Performance ticket sales help offset the camp cost. Tickets available at the Community Education Office. Seating begins at 6:30pm and must be picked up by 6:45pm on show night or they may be re-sold.

Tue-Fri, Dec 27-30  
4 Sessions, \$149-Early bird by Nov 1, \$165-after Nov 1  
Rogers MS, Cafeteria, Door A #2072-4F  
Rehearsal: Tue-Thu 9:00am-5:00pm, Fri 10:00am-7:00pm, Fri performance 7:00pm

## Guitar Lessons; Group Instructor: Mary Crum gr 6

A fun, easy introduction to playing the guitar including all the fundamentals you need to know to succeed. Get started with positioning the guitar, basic left and right hand technique, tuning and music notation. You'll be jamming on simple, but cool, rhythm and lead patterns in no time.

Sat, begins Oct 1, 11:00-11:55am  
6 Sessions, \$55  
Handke Center, Band Rm, Door 4 #2130-2F  
Not meeting Oct 22



## Dance: Hip Hop gr 6-8 Instructor: Cassandra Miller

Have fun while learning the fundamentals of hip hop - poppin', locking, tutting, breakin', social hop, body isolations, bounce and rhythm as well as the hippest moves to the latest sounds in rap, R & B and pop. Classes are taught with age appropriate music and choreography.

Tue, begins Oct 11, 3:10-4:10pm  
6 Sessions, \$35  
VandenBerge MS, Cafeteria, Door N #3039-11F



## Clay: Throw, Carve & Create gr 6-7 Instructor: Mary Aguilar

Experiment with a variety of methods for constructing a ceramic piece 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!

Tue, begins Oct 11, 6:30-8:30pm  
5 Sessions, \$65  
Handke Center, Art Rm, Door 4 #3360-1F

Projects will be fired after the last class and will need to be picked up after two weeks

## 5th & 6th Grade Party gr 5-6

Grab your friends and dance the night away, play basketball or other games. If you miss it you'll be missing a lot. Concessions are available so bring spending money. Parents: Please 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 your child knows to be at the table and you check them out. Parent volunteers are needed! Please contact Kristi Waite at 763-241-3400 x5504.

Fri, Oct 14, 7:00-9:00pm  
1 session, \$5  
Salk MS, Gym, Door U

## Babysitting age 11+

**Instructor:** CE Staff

New to babysitting or looking for ways to polish your skills? Gain the knowledge every prepared babysitter should have. Develop safe, fun and educational activities, focus on preventing accidents, and learn to care for the needs of various ages of children. Receive a handbook, resources from various agencies, and a certificate of completion. Bring a lunch.

Sat, Oct 1, 9:00am-4:00pm  
1 session, \$49  
Handke Center, Rm 201, Door 4 #2600-7F

Thu, Oct 20, 9:00am-4:00pm  
1 session, \$49  
Rogers Elem, Rm C119, Door 1 #2600-8F

Sat, Nov 5, 9:00am-4:00pm  
1 session, \$49  
Handke Center, Rm 201, Door 4 #2600-9F

Sat, Dec 3, 9:00am-4:00pm  
1 session, \$49  
Handke Center, Rm 201, Door 4 #2600-10F

Tue, Dec 27, 9:00am-4:00pm  
1 session, \$49  
Zimmerman Elem, Rm 182, Door 1 #2600-11F

## Home Alone gr 6

**Instructor:** CE Staff

Will you be home alone after school or for short periods of time while your parents run errands? Learn what to do in emergency situations such as severe weather, injuries and strangers at the door? Plus, have fun coming up with ideas for activities to avoid boredom when staying home alone.

Sat, Oct 8, 8:00am-12:00pm  
1 session, \$35  
Handke Center, Lounge, Door 4 #2604-4F

Sat, Dec 10, 8:00am-12:00pm  
1 session, \$35  
Rogers MS, Rm 561, Door A #2604-5F

## Fencing ages 11+

Fencing is a great hobby and challenging sport. The program offered through 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 provided.

Thu, begins Sep 22, 6:00-7:00pm  
6 sessions, \$99  
Lincoln Elem, Cafeteria, Door 2 #3267-2F  
Oct 27 meet at VandenBerge MS

Thu, begins Nov 3, 6:00-7:00pm  
6 sessions, \$99  
Lincoln Elem, Cafeteria, Door 2 #3267-4F  
Not meeting Nov 24

### REGISTRATION TIP:

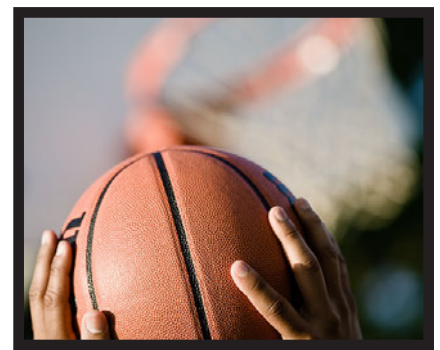
Looking to register for Middle School classes on-line at [www.728communityed.com](http://www.728communityed.com)? Click on the "Search" button on the top right of the home page and enter in the class name or class ID and see all options available across the school district.

## Open Gym & Swim gr 6-9

No school and want something to do? Come and swim or hang out in the gym for the afternoon. Fee includes a snack for those who pre-register. Pay at the door option is \$5, and snack may not be available.

Mon, Oct 24, 1:00-3:00pm  
1 session, \$4  
VandenBerge MS, Pool & Small Gym, Door N #3016-1F

Fri, Nov 11, 1:00-3:00pm  
1 session, \$4  
VandenBerge MS, Pool & Small Gym, Door N #3016-2F



## After School Open Gym gr 6-8

Spend an afternoon with your friends or teammates at Open Gym. Brush up on your basketball, volleyball or other sports skills while having fun and hanging out with others who enjoy sports just as much as you do.

Wed, begins Oct 26, 3:15-5:00pm  
10 sessions, \$25 (10 session pass)  
\$3 pay at the door  
VandenBerge MS, Small Gym, Door N #3015-2F  
Not meeting Nov 23 & Dec 28

Thu, begins Oct 27, 3:15-5:00pm  
10 sessions, \$25 (10 session pass)  
\$3 pay at the door  
Rogers MS, Gym A, Door A #3015-1F  
Not meeting Nov 24 & Dec 29

Mon, begins Oct 31, 3:15-5:15pm  
9 sessions, \$25 (10 session pass)  
\$3 pay at the door  
Salk MS, Gym 308, Door U #3015-3F  
Not meeting Dec 26 & Jan 2

## Karate age 13+

**Instructor:** Tara Benver

Karate offers a great workout through a time-honored art form. When you are trying hard to balance school, friends, family and fitness, karate offers a great way to reduce stress and get in shape with the benefit of taking care of yourself! Check it out.

Tue/Thu, begins Sep 20, 7:55-8:45pm  
6 sessions, \$55  
Handke Center, Stage, Door 4 #2662-15F



## Nickelodeon Universe Trip gr 6-9

Grab some friends and hang out at Nickelodeon Universe for the day. Cost includes a 3-hour ride wristband. Bring a bag lunch or money for lunch. Additional spending money is optional. Return times are approximate, your child can call as we get closer to the return location.

Tue, Dec 27, 8:00am-4:45pm  
1 session, \$45  
Zimmerman MS/HS, Parking Lot #6302-4F

Tue, Dec 27, 8:30am-4:15pm  
1 session, \$45  
VandenBerge MS, Parking Lot #6302-2F

Tue, begins Dec 27, 9:00am-4:00pm  
1 session, \$45  
Rogers MS, Parking Lot #6302-1F

## Skate the Depot & Movie gr 6-9

Spend the day with friends. The Depot Rink is a historic Downtown Minneapolis train shed that now houses a modern-day, indoor rink with floor-to-ceiling glass walls showcasing views of the downtown city skyline. When the skating fun is done we'll relax and take in an afternoon movie (TBD). Skate Rental is available, \$6 payable at The Depot . Return times are approximate, your child can call as we get closer to the return location.

Thu, Dec 29, 8:00am-4:30pm  
1 session, \$39  
Zimmerman MS/HS, Parking Lot #6340-4F

Thu, Dec 29, 8:20am-4:00pm  
1 session, \$39  
VandenBerge MS, Parking Lot #6340-2F

Thu, Dec 29, 8:40am-3:45pm  
1 session, \$39  
Rogers MS, Parking Lot #6340-1F

## Ski & Snowboard Club gr 6-9

Join your friends on the slopes of Powder Ridge. This club is great if you enjoy skiing or snowboarding. This club offers three days of skiing/snowboarding and allows one makeup day. If you attend all three days the makeup day becomes a bonus (four days for the price of three). A student waiver must be completed by parent/guardian for this trip.

3 sessions, Fee covers all weeks  
\$130 – Lift only  
\$175 - Lift w/Ski Rental  
\$195 - Lift w/Snowboard Rental  
\$9 - Helmet Rental

Mon, Jan 23, 2:30-9:45pm  
Zimmerman MS/HS, Cafeteria, Door A #3250-4W

Mon, Jan 23, 3:00-9:00pm  
Rogers MS, Cafeteria, Door A #3250-1W

Mon, Jan 23, 3:00-9:15pm  
VandenBerge MS, Cafeteria, Door N #3250-2W

Mon, Jan 23, 3:00-9:15pm  
Salk MS, Cafeteria, Door S #3250-3W

## Ski & Snowboard Trip gr 6-9

Haven't had much time to get out on the hills? This is your chance! Join your friends or make new ones while hitting the slopes of Powder Ridge. Bring food from home or money to purchase dinner. Check in right after school. student waiver must be completed by parent/guardian for this trip.

1 session  
\$35 – Lift only  
\$39 – Lift w/Ski Rental  
\$45 - Lift w/Board Rental

Mon, Feb 27, 2:30-9:45pm  
Zimmerman MS/HS, Cafeteria, Door A #6339-4W

Mon, Feb 27, 3:00-9:15pm  
Salk MS, Cafeteria, Door S #6339-3W

Mon, Feb 27, 3:10-9:15pm  
VandenBerge MS, Cafeteria, Door N #6339-2W

Mon, Feb 27, 3:15-9:00pm  
Rogers MS, Cafeteria, Door A #6339-1W

**Weather Hotline: 612-253-5109**



# EdVenture Club Extended Day

**Safe**

**Convenient**

**Fun!**

**Affordable**

**EdVenture Club**

8 locations      Open 6am-6pm



A quality ISD 728 Community Education program that provides a **safe**, supervised environment that ensures students have a good time and parents do not have to worry.

With **8 convenient** locations you are sure to find a site and schedule that fit your hectic lifestyle.  
Hassan  
Meadowvale  
Otsego  
Parker  
Rogers  
Twin Lakes  
Westwood  
Zimmerman

From activities to academics, EdVenture Club has it all, before & after school! Watch your child grow with us in this **fun**, energizing environment.

We understand that care programs can be costly. Call TODAY to speak with one of our friendly staff about how we can help YOU & your family take advantage of this **affordable** program.

Register with ISD 728 Community Education  
[www.728communityed.com](http://www.728communityed.com) 763-241-3520  
 Part of the ISD 728 School District

## Morning Program:

Students attend between 6:00am and school starting time Monday through Friday. A variety of games, cards, gym time, playground, and other choices are available. Enrichment activities are planned up to 3 times per week. Snack and juice are provided daily.

## Afternoon Program:

Students can attend after school until 6:00pm Monday-Friday. Each day includes enrichment activities as well as a snack and juice. See schedule at your site for weekly activities.

## Non-School Days Program:

Enrichment day camp formats are available from 9:00am-3:00pm with 6:00am-6:00pm option. Students are divided by grade levels for enrichment topics as well as structured physical activity classes.

### \*Elk River, Otsego & Rogers Schools

Before School 6:00am to school start time

Full-time (4-5 days)	\$40/week
Part-time (2-3 days)	\$28/week
AM One-Day rate	\$15/day

After School to 6:00pm

Full-time (4-5 days)	\$48/week
Part-time (2-3 days)	\$35/week
PM One-Day rate	\$18/day

### \*Zimmerman Schools

Before School 6:00am to school start time

Full-Time (4-5 days)	\$37/week
Part-Time (2-3 days)	\$25/week
AM One-day rate	\$13/day

After School to 6:00pm

Full-Time (4-5 days)	\$48/week
Part-Time (2-3 days)	\$35/week
PM One-day rate	\$18/day

### Non-School Days (All schools)

Enrichment Only (9am-3pm)	\$29/day
Extended Hours (6am-6pm)	\$38/day

### District Scheduled 2-Hour Late Start Days

Extended morning care

Ongoing EdVenture Families	add \$8
Non-EdVenture Club Families	\$14

**\*EdVenture Club is offered at every elementary school in the district, except Lincoln Elementary.**

Parker Elementary - Also serves Lincoln & St. Andrew's Elementary Schools

Rogers Elementary- Also serves Mary Queen of Peace & Kaleidoscope Elementary Schools.

Zimmerman Elementary - Also serves Westwood in the afternoon only.

## Non-School Days gr 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 lunch and beverage.

These are full-day activities held 9am-3pm that are planned in a day camp format. Extended hours are available for your drop-off and pick-up convenience; the sites are open 6am-6pm. Register for the option that best fits your schedule.

When registering please include the course number listed at the right, as well as the site/time preference listed below.

For example: to register for "State Fair" at Parker for 9am-3pm, your course number would be 6001-1F.

### LOCATIONS & TIMES:

-1F Parker Elem*, Door 3	(9am-3pm)
-2F Parker Elem*, Door 3	(6am-6pm)
*Parker Elem also serves Lincoln & Meadowvale	
-3F Zimmerman Elem*, Cafeteria Door	(9am-3pm)
-4F Zimmerman Elem*, Cafeteria Door	(6am-6pm)
*Zimmerman Elem also serves Westwood Elem	
-5F Hassan Elem*, Door 1	(9am-3pm)
-6F Hassan Elem*, Door 1	(6am-6pm)
-9F Rogers Elem, Door 1	(9am-3pm)
-10F Rogers Elem, Door 1	(6am-6pm)
-11F Twin Lakes Elem, Door 3	9am-3pm
-12F Twin Lakes Elem, Door 3	6am-6pm
-13F Otsego Elem, Door 4	9am-3pm
-14F Otsego Elem, Door 4	6am-6pm

NOTE: All locations meet in their respective cafeteria. In the event of low or high enrollment, sites may be combined or additional sites opened.

FEE:	9am-3pm	\$29
	6am-6pm	\$38

**#6001 State Fair** Sep 15  
Buy tickets, play games, win prizes! We will bring the fun of the midway right into your school. You will plan the games, make the signs and then enjoy it all!

**#6002 Muggles, Magic and Mystery** Oct 20  
Enter the mystical world of Harry Potter and explore the world of wizards. Conjure up a potion, play quidditch, and wave your magic wand.

**#6003 Shrine Circus Trip** Oct 21  
The circus is in town! Join us on this field trip under the Big Top while we watch the elephants, clowns, acrobats and Ring Master. Money for concessions is optional.

**#6004 Fall Holiday Fun** Oct 24  
When there is a nip in the air and crunchy leaves under our feet, we know it's fall and time to think about fall decorating.

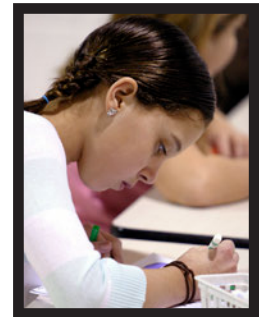
**#6005 Celebrating our Veterans** Nov 11  
Join us as we learn about our Veterans and how we can help them, make their day, and find some ways to say, "Thank You!"

**#6006 Kindergarten Fun** Nov 18  
Today is a day just for Kindergarteners! Bounce with us as we adventure to Pump it Up, for a day of bounce house fun!!

**#6007 Cartooning** Nov 21  
This a month of famous cartoonists! We'll learn about the history of cartooning and maybe make a couple cartoons of our own!

**#6008 Waterpark Day** Nov 22  
Join your friends for a fantastic day of wet and wild waterpark fun!! We'll spend the day jumping into the pool and splashing down slides. Don't forget to bring your swimsuit and towel.

**#6009 Gobble it Up** Nov 23  
It's that time of year! Turkey-time is here! Join us as we make some great holiday decorations for your home.



## District -Scheduled Late Start Days gr K-5

ISD 728 elementary schools have a 2-hour late start day on Jan 3. Plan to have your child join EdVenture Club students for a morning of fun. Attend from 6:00am until school starts. We will have activities planned to include enrichment, gym and choice alternatives. Snack and juice provided.

For example: To register for the January 3rd 2-hour late start at Parker, your course number would be 6641-2W

NOTE: Students enrolled in EdVenture Club need to register for 2-hour late start days on the EdVenture Club Payment/Attendance Calendar. All locations meet in their respective cafeteria.

**Jan 3 - 2 hour late start #6641**

Locations:	
-2W	Parker Elem*, Door 3
*Parker Elem also serves Lincoln Elem	
-4W	Zimmerman Elem, Cafeteria Door
-6W	Hassan Elem, Door E
-8W	Meadowvale Elem, Door 7
-10W	Rogers Elem, Door 1
-12W	Twin Lakes Elem, Door 3
-14W	Otsego Elem, Door 4
-16W	Westwood Elem, Door 1

FEE: Non-EdVenture Club Families \$14  
Ongoing EdVenture Club Families add \$8

## After School Special EdVentures for K-5

Stay after school and join us for an afternoon of fun activities. Please dress appropriately for painting activities. Students should report to the gym.

**Parents should send a note to school informing staff that the student is staying after school.**

Lincoln students will wait in front of the Lincoln office and will be walked to Parker by Community Education staff.

Lincoln parents should pick up their students at Parker.

**EdVenture Club families: Please check with your site leader to see when these Special EdVentures (included in your fee) are held at your EdVenture Club site.**



## The Great Pumpkin Party

This adorable pumpkin light will scare away anything that goes bump in the night. It will take on a personality all its own as you sculpt the face and accessories. The party continues with a snack, bingo and prizes for all.

2996-1F	Zimmerman Elem	Cafeteria, Door 1
	Monday, Oct 10	3:00-5:00pm
2999-1F	Westwood Elem	Gym, Door 1
	Monday, Oct 10	3:00-5:00pm
2995-1F	Parker Elem	Gym, Door 1
	Tuesday, Oct 11	3:45-5:45pm
2998-1F	Hassan Elem	Gym, Door 1
	Tuesday, Oct 11	3:45-5:45pm
2992-1F	Twin Lakes Elem	Gym, Door 1
	Wednesday, Oct 12	3:45-5:45pm
2993-1F	Otsego Elem	Gym, Door 1
	Wednesday, Oct 12	3:45-5:45pm
2994-1F	Meadowvale Elem	Cafe, Door 7
	Thursday, Oct 13	3:45-5:45pm
#2997-1F	Rogers Elem	Gym, Door 1
	Thursday, Oct 13	3:45-5:45pm

★1 session, \$15  
Early Bird \$12 until Sep 27

## Holiday House

Back by popular demand! Graham crackers, frosting, candies, colored sugars and more combine for a true masterpiece of edible confection.

2996-2F	Zimmerman Elem	Cafeteria, Door 1
	Monday, Dec 5	3:00-5:00pm
2999-2F	Westwood Elem	Gym, Door 1
	Monday, Dec 5	3:00-5:00pm
2995-2F	Parker Elem	Gym, Door 1
	Tuesday, Dec 6	3:45-5:45pm
2998-2F	Hassan Elem	Gym, Door 1
	Tuesday, Dec 6	3:45-5:45pm
2992-2F	Twin Lakes Elem	Gym, Door 1
	Wednesday, Dec 7	3:45-5:45pm
2993-2F	Otsego Elem	Gym, Door 1
	Wednesday, Dec 7	3:45-5:45pm
2994-2F	Meadowvale Elem	Cafeteria, Door 7
	Thursday, Dec 8	3:45-5:45pm
2997-2F	Rogers Elem	Gym, Door 1
	Thursday, Dec 8	3:45-5:45pm

★ 1 session, \$15  
Early Bird \$12 until Sep 27

★Save \$\$... use Early Bird Pricing!

## Stocking Up

No lumps of coal in this stocking! Personalized with holiday fabric, foam shapes and ribbon it will be the perfect addition to your holiday decorations. We'll also make a favorite holiday treat for a snack.

2996-3F	Zimmerman Elem	Cafeteria, Door 1
	Monday, Dec 12	3:00-5:00pm
2999-3F	Westwood Elem	Gym, Door 1
	Monday, Dec 12	3:00-5:00pm
2995-3F	Parker Elem	Gym, Door 1
	Tuesday, Dec 13	3:45-5:45pm
2998-3F	Hassan Elem	Gym, Door 1
	Tuesday, Dec 13	3:45-5:45pm
2992-3F	Twin Lakes Elem	Gym, Door 1
	Wednesday, Dec 14	3:45-5:45pm
2993-3F	Otsego Elem	Gym, Door 1
	Wednesday, Dec 14	3:45-5:45pm
2994-3F	Meadowvale Elem	Cafeteria, Door 7
	Thursday, Dec 15	3:45-5:45pm
2997-3F	Rogers Elem	Gym, Door 1
	Thursday, Dec 15	3:45-5:45pm

★1 session, \$15  
Early Bird \$12 until Nov 15



## Strings for Youth, Beginner age 5-9

**Instructor:** *Alanna Schugg/  
Diana Mills*

The Strings for Youth program was established over 15 years ago and provides instruction, as well as performance, while being introduced to a variety of styles beginning with Suzuki, progressing to classical, folk and fiddle music. You must supply your own violin, viola or cello and practice time is required between lessons. The Strings for Youth program is co-sponsored by ISD 728 Community Education and the Arts Alliance with additional funding by Great River Energy. Semi-Private and private lessons are available for students who have completed their first year of lessons. Contact Community Education at 763-241-3520 for information.

age 5-6

Tue, begins Oct 4, 5:00-5:45pm  
29 sessions, \$235 first family member/\$199 each additional family member  
Handke Center, Rm 209, Door 4 #2118-2Y  
Not meeting Nov 22, Dec 27, Feb 7, April 3

age 7-9

Mon, begins Oct 3, 6:15-7:00pm  
29 sessions, \$235 first family member/\$199 each additional family member  
Handke Center, Rm 209, Door 4 #2118-1Y  
Not meeting Nov 21, Dec 26, Jan 2, April 2

Wed, begins Oct 5, 7:00-7:45pm  
29 sessions, \$235 first family member/\$199 each additional family member  
Rogers HS, Choir Rm, Door I #2118-3Y  
Not meeting Nov 23, Dec 21, 28, April 4

Thu, begins Oct 6, 6:30-7:15pm  
29 sessions, \$235 first family member/\$199 each additional family member  
Zimmerman MS/HS, Rm 885A, Door A #2118-4Y  
Not meeting Nov 24, Dec 22, 29, Apr 5



## Strings Ensemble age 6+ **Instructor:** *Alanna Schugg/ Diana Mills*

Have fun playing your instrument while learning the basics of performing in an ensemble. To participate you must have played your instrument for at least a year, be able to read notes and follow rhythms. Plan to attend all rehearsals and recital. Practice between rehearsals is required.

Mon, begins Oct 17, 7:00-8:00pm  
7 sessions, \$15  
Handke Center, Rm 209, Door 4 #2119-1F

Not meeting Nov 21, Group will perform in the Crescendo Music Recitals on Dec 3

## Guitar Lessons; Group gr 3-6

**Instructor:** *Mary Crum*

A fun, easy introduction to playing the guitar including all the fundamentals you need to know to succeed. Get started with positioning the guitar, basic left and right hand technique, tuning and music notation. You'll be jamming on simple, but cool, rhythm and lead patterns in no time.

Sat, begins Oct 1, 11:00-11:55am  
6 sessions, \$55  
Handke Center, Band Rm, Door 4 #2130-2F  
Not meeting Oct 22



## Piano Lessons; Group gr 1-5 **Instructor:** *Mary Crum*

Start your musical journey in this small group setting where everyone has fun and is successful. Begin to learn note reading, fingering and counting rhythms. Play a piano during class; practice will not be required between sessions. All music and materials included. Take the first step!

gr 1-2  
Sat, begins Oct 1, 9:00-9:55am  
6 sessions, \$55  
Handke Center, Band Rm, Door 4 #2132-3F  
Not meeting Oct 22

gr 3-5  
Sat, begins Oct 1, 10:00-10:55am  
6 sessions, \$55  
Handke Center, Band Rm, Door 4 #2132-4F  
Not meeting Oct 22



## Crescendo Program

Welcome to the Crescendo Music Program! Crescendo features a wide variety of individual and group music opportunities offering classes in Elk River, Rogers and Zimmerman during the daytime and evening hours. In addition, Crescendo partners with local schools bringing middle school ensemble opportunities across the district.

### Immediate Openings for Youth:

Private, individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass are available. Inquire by calling Community Education at 763-241-3520.

## Dance: Me & My Shadow adult/child, age 2-3

**Instructor: Kathy Miller**

Designed for children who enjoy dance but are not ready to take a class on their own. Parent/guardian joins the fun as basic dance fundamentals are introduced through the use of themes, props and familiar songs.

Mon, begins Sep 26, 10:15-10:55am  
10 sessions, \$39  
Handke Center, Stage, Door 4 #2021-10F  
Not meeting Nov 21

Mon, begins Sep 26, 6:00-6:30pm  
10 sessions, \$49  
Handke Center, Stage, Door 4 #2021-11F  
Not meeting Nov 21

## Dance: Creative Movement age 3-5

**Instructor: Kathy Miller**

Creative Movement is a great introduction to fundamental movement skills in an atmosphere of discovery and fun. Boys and girls welcome! Wear comfortable clothing and soft-soled shoes.

Mon, begins Sep 26, 11:00-11:40am  
10 sessions, \$39  
Handke Center, Stage, Door 4 #2031-10F  
Not meeting Nov 21

**General Dance Information:**  
Classes at Handke will not meet individually on Dec 5, but will participate in a group performance at 7:00pm in the gym. Classes at other locations will share what they have learned with parents during the last class. We are looking for instructors to offer additional dance classes. Watch the website and our Facebook page for updates.

## Dance: Hip Hop gr K-5

**Instructor: Cassandra Miller**

Have fun while learning the fundamentals of hip hop - poppin', locking, tutting, breakin', social hop, body isolations, bounce and rhythm as well as the hippest moves to the latest sounds in rap, R & B and pop. Classes are taught with age appropriate music and choreography.

gr K-2  
Tue, begins Oct 11, 4:15-4:55pm  
6 sessions, \$35  
VandenBerge MS, Cafeteria, Door N #2039-12F

gr 3-5  
Tue, begins Oct 11, 5:00-5:40pm  
6 sessions, \$35  
VandenBerge MS, Cafeteria, Door N #2039-13F

## Dance: Ballet & Tap age 6-9

**Instructor: Kathy Miller**

You can turn your dreams of dancing into reality as you learn dance terminology and practice basic dance steps. Improve coordination, grace, posture and self-esteem. Wear comfortable clothing, ballet or soft soled shoes and hard soled or tap shoes.

Mon, begins Sep 26, 7:30-8:10pm  
10 sessions, \$49  
Handke Center, Stage, Door 4 #2001-11F  
Not meeting Nov 21

Mon, begins Sep 26, 5:15-5:55pm  
10 sessions, \$49  
Handke Center, Stage, Door 4 #2031-11F  
Not meeting Nov 21

## Dance: Pre-Ballet & Tap age 4-5

**Instructor: Kathy Miller**

Develop rhythm, coordination, musicality, and early classroom etiquette through simple imaginative exercises, skipping, creative dance, and early ballet and tap steps. Wear comfortable clothing, ballet or soft soled shoes and hard soled or tap shoes.

Mon, begins Sep 26, 9:30-10:10am  
10 sessions, \$39  
Handke Center, Stage, Door 4 #2011-10F  
Not meeting Nov 21

Mon, begins Sep 26, 6:45-7:25pm  
10 sessions, \$49  
Handke Center, Stage, Door 4 #2011-11F  
Not meeting Nov 21





## Prairie Fire Theatre

age 7-16

Travel up and down the beanstalk as Jack tries to save his village. Meet many characters along the way, including the trolls, the birds, the Goose and the carnies. Cast is limited to approximately 75 and up to 100 can audition. Students are chosen based on a variety of factors including enthusiasm, age and ability to follow directions. You must be able to attend the full audition, all evening rehearsals and performances.

Auditions: Mon, Oct 24, 4:30-6:30pm Lincoln Elem, Gym, Door 2 #2080-2F

Check in: 4:15-4:30pm

Some cast members may need to stay longer (until 8:30pm) on audition night to start rehearsing.

Note: \$35 refunded if not selected. No refund will be given to any participant who auditions, receives a part and then withdraws.

Rehearsals: 4:30-8:45pm, Tue-Fri, Oct 25-28  
Elk River HS, Little Theater, Door H

Performances: Fri, Oct 28, 7:30pm  
Sat, Oct 29 11:00am and 1:30pm  
Elk River HS, Little Theater, Door H

**Adult Volunteers are needed during recitals. Contact Parent Liaison, Theresa Heinkel, at 612-367-7288 to volunteer!**

## Clay: Throw, Carve and Create

gr 4-7

**Instructor: Mary Aguilar**

Experiment with a variety of methods for constructing a ceramic piece 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!

Tue, begins Oct 11, 6:30-8:30pm

5 sessions, \$65

Handke Center, Art Rm, Door 4 #3360-1F

Projects will be fired after the last class and will need to be picked up after two weeks



## Winter Drama Camp

gr 2-8

Journey through the fantasy world "Willy Wonka Jr." in the candy man's search for one child to entrust with his chocolate factory. Participate in all the elements of theater including staging, singing, dancing, set design, and costuming while preparing for a live performance. Performance ticket sales help offset the camp cost. Tickets available at the Community Education Office.

Seating begins at 6:30pm and must be picked up by 6:45pm on show night or they may be re-sold.

Tue-Fri, Dec 27-30

4 sessions, \$149-Early bird by Nov 1, \$165-after Nov 1

Rogers MS, Cafeteria, Door A #2072-4F

Rehearsal: Tue-Thu 9:00am-5:00pm, Fri 10:00am-7:00pm, Fri performance 7:00pm

**"All of my boys loved drama camp!"**

**- Parent**

## Kids n Clay

gr 1-3

**Instructor: Mary Aguilar**

Dig in and have fun making pinch pots, tiles, animals and more! Celebrate your individuality while you sculpt, squish, paint and glaze. Create memories that will last forever.

Tue, begins Oct 11, 5:30-6:30pm

5 sessions, \$39

Handke Center, Art Rm, Door 4 #2300-1F

Projects will be fired after the last class and will need to be picked up after two weeks



## Tutoring gr K-8 Instructor: Licensed Teachers

Start the year on a positive note! Support and preparation provided by our licensed teachers will boost the skills you need to succeed. Focused on individualized needs and scheduled at schools throughout District 728. Contact Community Education at 763-241-3520 to receive an information packet. Individualized, one-hour instruction in eight weekly sessions is \$295.

## 3D Racing Game Design gr 2-5

Instructor: Computer Explorers

Use the Track Mania toolset to design custom race tracks and cars and race against classmates. Design your own tracks including checkpoints, long bends, loop-the-loops, and jumps. At the end of class you can download your own copy of Track Mania along with your designs or bring an USB drive on the last day.

Sat, Nov 5, 9:00am-12:00pm  
1 session, \$39  
Rogers Elem, Cafeteria, Door 1 #2578-2F

## Crazy Action Wheels gr 1-5

Instructor: Computer Explorers

If you love legos, this class is for you. Learn about engineering and the physical science principles while building a high-performance contraption that will spin, stretch, speed or spring into action. Possible learning models include: No Donkey, Donkey Cart, Supercharged Speedster, A Battle Top Spinner, Wall Rocket Racer.

Sat, Oct 1, 9:00am-12:00pm  
1 session, \$39  
Handke Center, Rm 212, Door 4 #2578-1F

## Jr. Veterinarian Mini-Camp gr 3-5 Instructor: Megan Youngs

Do you love animals and dream about working in veterinary medicine when you grow up? Here's your chance to go behind the scenes. Study x-rays, practice examination techniques and interact with live animals. Gain confidence in caring for your pets and safety around all animals. Classes fill quickly, so sign up today!

Sat, Sep 10, 9:00am-12:00pm  
1 session, \$19  
Minnesota School of Business, Lobby #2540-4F

Fri, Oct 21, 9:00am-12:00pm  
1 session, \$19  
Minnesota School of Business, Lobby #2540-5F

## Extreme Legos: Levers gr K-3

Instructor: Youth Enrichment League

Build a snapping dragon, a scale, design your own railroad crossing and use these projects to investigate the science of simple machines and basic lever concepts including: load, effort & fulcrum. We may even do a marshmallow toss contest to finish off the session.

\*Mon, begins Oct 17, 4:15-5:15pm  
Hassan Elem, Music Rm, Door 1 #2573-1F  
Not meeting Oct 24

\*Tue, begins Oct 18, 4:15-5:15pm  
Rogers Elem, Music Rm, Door 1 #2573-2F

\*Wed, begins Oct 19, 4:15-5:15pm  
Twin Lakes Elem, Music Rm, Door 3 #2573-3F

\*Tue, begins Nov 15, 4:15-5:15pm  
Otsego Elem, Music Rm, Door 4 #2573-4F  
Not meeting Nov 22

\*Wed, begins Nov 16, 4:15-5:15pm  
Meadowvale Elem, Music Rm, Door 7 #2573-5F  
Not meeting Nov 23

\*Mon, begins Nov 28, 4:15-5:15pm  
Rogers Elem, Music Rm, Door 1 #2573-6F

\*All locations 4 sessions, \$49



## FIRST® LEGO® League (FLL®) gr 4-6 Instructor: First Lego League

FIRST® LEGO® League (FLL®) introduces young people, grades 4-8, to the fun and excitement of science and technology while building self-confidence, knowledge, and valuable life skills. Alongside adult mentors, FLL teams solve problems using engineering concepts, presentation techniques, and robots. Potential participants and parents should attend this informational meeting. Teams and meeting locations to be determined.

Please contact Kristi Waite at 763-241-3400 x5504 if you are interested in coaching.

Informational Meeting:  
Tue, Sep 13, 6:30-8:00pm  
1 session, Free  
Handke Center, Cafeteria, Door 4

FIRST® LEGO® League (FLL®) – Zimmerman  
Begins Mon, Sep 26  
Sep-Dec, \$125  
Time & Location TBD #2575-4F

FIRST® LEGO® League (FLL®) – Elk River  
Begins Mon, Sep 26  
Sep-Dec, \$125  
Time & Location TBD #2575-2F

FIRST® LEGO® League (FLL®) – Rogers  
Begins Mon, Sep 26  
Sep-Dec, \$125  
Time & Location TBD #2575-1F

"FIRST has changed my life in every way, from the friends I hang out with to the person I want to be when I grow up (I'm 14). FIRST is an amazing experience!"  
- Nicholas, FLL Team Member.

**NEW** **Vamos a Viajar y Explorar (Let's Travel and Explore)**  
gr K-5

**Instructor: Futura Language Professionals**

Let's explore and delve into the Panamanian culture while learning REAL WORLD SPANISH related to travel including how to buy items and how to order a meal. We continue on our adventure in Central America with Vamos a viajar! (Let's Travel!). In 5 months, you will "board" planes, trains and automobiles, learn key travel and transportation phrases in Spanish.

\*Mon, begins Oct 3, 3:50-4:50pm  
Twin Lakes Elem, Lounge, Door 3 #2204-1F  
Meets Oct 3-Dec 5, Jan 23-Mar 19  
Not meeting Oct 24, Nov 21, Feb 20

\*Tue, begins Oct 4, 3:50-4:50pm  
Meadowvale Elem, Lounge, Door 7 #2204-2F  
Meets Oct 4-Nov 29, Jan 24-Mar 13  
Not meeting Nov 22

\*Wed, begins Oct 5, 8:00-9:00am  
Hassan Elem, Lounge, Door 1 #2204-3F  
Meets Oct 5-Nov 30, Jan 25-Mar 7  
Not meeting Nov 23

\*8 sessions, \$249 (payment option of \$149 due by Sep 23, balance due on Jan 3)

**Christmas Cookies**  
gr 2-5

**Instructor: Diane Wesloh**

There's nothing like the smell of home-made sugar cookies right out of the oven. Spend a fun mornings making and decorating these favorite holiday cut-outs. Sample a few while they are still warm and take some home to share with your family. YUM!

Sat, Dec 3, 9:30-11:30am  
1 session, \$19  
Salk MS, Rm 213, Door S #2443-2F

**NEW** **Somethin' on Saturday**  
adult/child, gr K-5

**Instructor: CE Staff**

Somethin' on Saturday: Looking for something fun to do with your children, grandchildren, nieces or nephews? We've got your answer. We'll provide the wood projects and other crafts and you get the benefit of spending quality time with someone special in your life. Better than Saturday morning cartoons!

Back to School

Sat, Sep 17, 9:30-11:30am  
1 session, \$15 one child/\$20 two children  
Handke Center, Art Rm, Door 4 #2490-1F

Sat, Oct 1, 9:30-11:30am  
1 session, \$15 one child/\$20 two children  
Rogers MS, Rm 561, Door A #2490-2F

Dino-racer

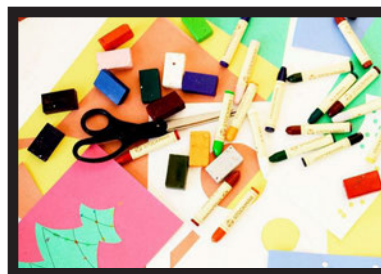
Sat, Oct 8, 9:30-11:30am  
1 session, \$15 one child/\$20 two children  
Handke Center, Art Rm, Door 4 #2491-1F

Sat, Oct 29, 9:30-11:30am  
1 session, \$15 one child/\$20 two children  
Rogers Elem, Rm 103, Door 1 #2491-2F

Turkey Time

Sat, Nov 5, 9:30-11:30am  
1 session, \$15 one child/\$20 two children  
Handke Center, Art Rm, Door 4 #2492-1F

Sat, Nov 12, 9:30-11:30am  
1 session, \$15 one child/\$20 two children  
Rogers Elem, Rm 103, Door 1 #2492-2F



**Ace of Cupcakes**  
adult/child, gr K-4

**Instructor: Diane Wesloh**

What could be more fun than getting ready for a Halloween party and decorating your own cake? Adult and child will have the chance to practice with different decorating tips and colors while decorating several cupcakes using the skills they learn. You may recognize Diane as the cake decorator from the Dairy Queen in Zimmerman.

Mon, Oct 10, 6:30-8:00pm  
1 session, \$19  
VandenBerge MS, Rm 244, Door N #2443-1F

**NEW** **Chess Club** gr 2-5

**Instructor: Futura Language Professionals**

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing Chess and compete for various prizes? Learn from Twin Cities Chess Club instructors who have years of teaching experience.

Tue, begins Nov 1, 4:00-5:00pm  
6 sessions, \$59  
Parker Elem, Media, Door 3 #3400-1F  
Not meeting Nov 22

Sat, begins Nov 5, 10:00-11:00am  
6 sessions, \$59  
Handke Center, Rm 212, Door 4 #3400-3F  
Not meeting Nov 26

## Babysitting age 11+ Instructor: CE Staff

New to babysitting or looking for ways to polish your skills? Gain the knowledge every prepared babysitter should have. Develop safe, fun and educational activities, focus on preventing accidents, and learn to care for the needs of various ages of children. Receive a handbook, resources from various agencies, and a certificate of completion. Bring a lunch.

- Sat, Oct 1, 9:00am-4:00pm  
1 session, \$49  
Handke Center, Rm 201, Door 4 #2600-7F
- Thu, Oct 20, 9:00am-4:00pm  
1 session, \$49  
Rogers Elem, Rm C119, Door 1 #2600-8F
- Sat, Nov 5, 9:00am-4:00pm  
1 session, \$49  
Handke Center, Rm 201, Door 4 #2600-9F
- Sat, Dec 3, 9:00am-4:00pm  
1 session, \$49  
Handke Center, Rm 201, Door 4 #2600-10F
- Tue, Dec 27, 9:00am-4:00pm  
1 session, \$49  
Zimmerman Elem, Rm 182, Door 1 #2600-11F



## 5th & 6th Grade Party gr 5-6

Grab your friends and dance the night away, play basketball or other games. If you miss it you'll be missing a lot. Concessions are available so bring spending money. Parents: Please 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 your child knows to be at the table and you check them out. Parent volunteers are needed! Please contact Kristi Waite at 763-241-3400 x5504.

- Fri, Oct 14, 7:00-9:00pm  
1 session, \$5  
Salk MS, Gym, Door U

## After School Soccer gr K-5

Learn the skills to become a better soccer player. Using mini games and fun drills you will learn proper techniques for passing, dribbling and shooting. Please wear comfortable clothing and gym shoes. After school soccer partners with EdVenture Club, check in after school with that group.

- gr K-1  
Mon, begins Sep 19, 4:00-5:00pm  
4 sessions, \$19  
Parker Elem, Field #2675-1F
- Thu, begins Sep 22, 4:00-5:00pm  
4 sessions, \$19  
Twin Lakes Elem, Field #2675-5F
- gr K-2  
Tue, begins Sep 20, 3:30-4:30pm  
4 sessions, \$19  
Zimmerman Elem, Field #2675-6F
- gr 2-3  
Tue, begins Sep 20, 4:00-5:00pm  
4 sessions, \$19  
Twin Lakes Elem, Field #2675-3F
- gr 2-5  
Wed, begins Sep 21, 4:00-5:00pm  
4 sessions, \$19  
Parker Elem, Field #2675-2F
- gr 3-5  
Thu, begins Sep 22, 3:30-5:00pm  
4 sessions, \$25  
Westwood Elem, Field #2675-7F
- gr 4-5  
Wed, begins Sep 21, 4:00-5:00pm  
4 sessions, \$19  
Twin Lakes Elem, Field #2675-4F

## Home Alone gr 3-6 Instructor: CE Staff

Will you be home alone after school or for short periods of time while your parents run errands? Learn what to do in emergency situations such as severe weather, injuries and strangers at the door? Plus, have fun coming up with ideas for activities to avoid boredom when staying home alone.

- Sat, Oct 8, 8:00am-12:00pm  
1 session, \$35  
Handke Center, Lounge, Door 4 #2604-4F
- Sat, Dec 10, 8:00am-12:00pm  
1 session, \$35  
Rogers MS, Rm 561, Door A #2604-5F



**Did You Know?**  
Many youth enrichment activities qualify for tax deductions. Check with your financial advisor for further information.



## After School Basketball gr 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. Please wear comfortable clothing and gym shoes. After School Basketball partners with EdVenture Club, check in after school with that group.

### gr K-1

Mon, begins Oct 31, 4:00-5:00pm  
5 sessions, \$25

Parker Elem, Gym, Door 3 #2672-10F  
Not meeting Nov 21

Thu, begins Nov 3, 4:00-5:00pm  
5 sessions, \$25

Twin Lakes Elem, Gym, Door 3 #2672-14F  
Not meeting Nov 24

### gr K-2

Tue, begins Nov 1, 3:30-4:30pm  
5 sessions, \$25

Zimmerman Elem, Gym, Door 1 #2672-15F  
Not meeting Nov 22

### gr 2-3

Tue, begins Nov 1, 4:00-5:00pm  
5 sessions, \$25

Twin Lakes Elem, Gym, Door 3 #2672-12F  
Not meeting Nov 22

### gr 2-5

Wed, begins Nov 2, 4:00-5:00pm  
5 sessions, \$25

Parker Elem, Gym, Door 3 #2672-11F  
Not meeting Nov 23

### gr 3-5

Thu, begins Nov 10, 3:30-5:00pm  
4 sessions, \$25

Westwood Elem, Gym, Door 1 #2672-16F  
Not meeting Nov 24

### gr 4-5

Wed, begins Nov 2, 4:00-5:00pm  
5 sessions, \$25

Twin Lakes Elem, Gym, Door 3 #2672-13F  
Not meeting Nov 23

## Karate age 4-7+ Instructor: Tara Benver

Studies have found that children in martial arts have an increased sense of responsibility, a decrease in the willingness to take foolish risks, and a higher self-esteem. This is why millions of parents are using martial arts to supplement their children's education. Fee includes uniform cost.

### age 4-6

Tue/Thu, begins Sep 20, 6:30-7:00pm

6 sessions, \$39  
Handke Center, Stage, Door 4 #2662-11F

Mon/Wed, begins Sep 26, 6:30-7:00pm

6 sessions, \$39  
Hassan Elem, Music Rm, Door 1 #2662-1F

Mon/Wed, begins Oct 24, 6:30-7:00pm

6 sessions, \$39  
Hassan Elem, Music Rm, Door 1 #2662-3F  
Not meeting Oct 31

Tue/Thu, begins Nov 1, 6:30-7:00pm

6 sessions, \$39  
Handke Center, Music Rm, Door 4 #2662-13F

### age 7+

Tue/Thu, begins Sep 20, 7:05-7:50pm

6 sessions, \$49  
Handke Center, Stage, Door 4 #2662-12F

Mon/Wed, begins Sep 26, 7:05-7:50pm

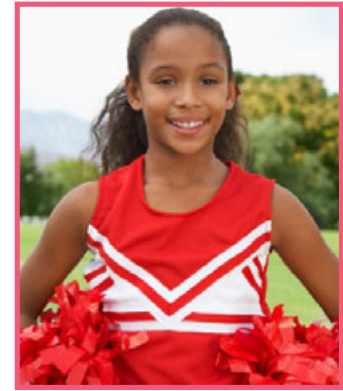
6 sessions, \$49  
Hassan Elem, Music Rm, Door 1 #2662-2F

Mon/Wed, begins Oct 24, 7:05-7:50pm

6 sessions, \$49  
Hassan Elem, Music Rm, Door 1 #2662-4F  
Not meeting Oct 31

Tue/Thu, begins Nov 1, 7:05-7:50pm

6 sessions, \$49  
Handke Center, Music Rm, Door 4 #2662-14F



## Little Dolls Cheerleading Squad gr 1-5

Instructor: ISD 728 Competition Cheer Team

Here is your chance to cheer for the home team! Learn about cheerleading from the Elk River School District's Competition Cheer Team. You'll learn some cheers and perform at a cheer competition at Zimmerman High School on Oct 29. Fee includes T-shirt.

Tue-Fri, begins Oct 25, 4:00-5:15pm

4 sessions, \$25  
Parker Elem, Gym, Door 3 #4006-1F

## Fencing ages 6-10

Fencing is a great hobby and challenging sport. The program offered through 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 provided.

Thu, begins Sep 22, 6:00-7:00pm

6 sessions, \$99  
Lincoln Elem, Cafeteria, Door 2 #3267-1F  
Oct 27 meet at VandenBerge MS

Thu, begins Nov 3, 6:00-7:00pm

6 sessions, \$99  
Lincoln Elem, Cafeteria, Door 2 #3267-3F  
Not meeting Nov 24

“Come for your child this Fall...Stay for yourself!”



## 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 lead 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!

## Early Childhood Family Education.

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

ECFE offers high quality learning activities for you and your children, helps children grow and develop, enriches family life, and provides information and support for your important role as a parent!

## 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 rooms like?

The ECFE rooms are set up for young children with child-sized furniture, toys and materials that are appealing to kids! We have one room set up just for infants - 2 years, others for a variety of ages up to 5 years.

## 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 age of the children. For older children there will be stories, songs, fingerplays. In some classes parents will “step back” and watch the children's learning in action.

Don't miss ECFE's Open House at Handke  
 Thursday, September 8, 5:30-7:30pm  
 Check out the rooms, meet staff, see what's new for fall!

## You and Your Baby

(0-12 mos classes are FREE)

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 a baby's cues, sleeping and feeding, your changing needs as an adult and as a parent, and more. Discussion is in the room with the children.

### 0-6 Months

Wednesdays, begins Sep 28, 1:30-2:30pm  
 5 sessions, FREE CLASS  
 Handke, Rm 9, Door 6 #700F

Wednesdays, begins Nov 9, 1:30-2:30pm  
 5 sessions, FREE CLASS  
 Handke, Rm 9, Door 6 #701F

### 6-12 months

Fridays, begins Sep 30, 11:00-12:00pm  
 5 sessions, FREE CLASS  
 Handke, Rm 9, Door 6 #702F

Fridays, begins Nov 18, 11:00-12:00pm  
 4 sessions, FREE CLASS  
 Handke, Rm 9, Door 6 #703F

### 0-12 Months (evening)

Mondays, begins Sep 26, 5:00-6:00pm  
 5 sessions, FREE CLASS  
 Handke, Rm 9, Door 6 #704F

Mondays, begins Nov 7, 5:00-6:00pm  
 4 sessions, FREE CLASS  
 Handke, Rm 9, Door 6 #705F

## Moving and Exploring - That's a Toddler

Your child wants to experience everything—to build and knock down, empty, pull apart, feel, twist, squeeze and move quickly from one activity to the next! How do you keep up, keep them safe and still allow them to explore and learn? Play with your toddler in a room geared for toddlers. Then, meet with other parents and one of our friendly and knowledgeable parent educators to talk and learn together. Topics may include: Development, temperament, setting limits, communicating with your partner about parenting, observing and reflecting on development. Discussion will be in the room with the children 12-24 Months.

### 12-18 Months

Thursdays, begins Sep 29, 10:45am-12:00pm  
 10 sessions, \$56/child or 2 pmts of \$28  
 Handke, Rm 9, Door 6 #707F

### 12-24 Months

Wednesdays, begins Sep 28, 10:45am-12:00pm  
 10 sessions, \$56/child or 2 pmts of \$28  
 Handke, Rm 9, Door 6 #708F

### 18-24 Months

Thursdays, Begins Sep 29, 9:00am-10:30am  
 10 sessions, \$66/child or 2 pmts of \$33  
 Handke, Rm 9, Door 6 #709F

### 12-24 Months (evening)

Mondays, begins Sep 26, 6:15-7:30pm  
 9 sessions, \$50/child or 2 pmts of \$25  
 Handke, Rm 9, Door 6 #710F

## Behavior Basics

**Instructor: Education Specialists**

Do you have questions about why your child acts the way they do? Or how to manage those temper tantrums, melt downs and challenges that seem to come at every age? Come and join teachers, parent educators and therapists from the Early Childhood Special Education and Family Education teams as we discuss typical child behavior, what to do with challenging behavior, and challenges with sleep and mealtime routines. The target age range will be 18 months to 5 years. There is no charge for the event. If you have questions, contact Alice Strom at 763-274-3150 or [alice.strom@elkriver.k12.mn.us](mailto:alice.strom@elkriver.k12.mn.us).

Thu, Oct 6, 6:30-8:30  
 1 session, FREE  
 Handke Center, Rm 111, Door 4 #741F





Don't miss ECFE's Open House at Handke  
Thursday, September 8, 5:30-7:30pm  
Check out the rooms, meet staff, see what's new for fall!

## On the Go with Twos

Your 2 year old is finding out how it works, questioning over and over, using so many new words and wanting it now! How do you keep up and channel their energy in positive ways? Enjoy part of the time with your 2 year old in the classroom with activities planned by the early childhood educator. Then spend time learning, sharing and even some laughing as you meet with other parents and a parent educator during discussion. Get new ideas and information, learn about brain development, behavior, dealing with "No", and more. Children must be the correct age within 2 weeks of the start of the class.

### 24-36 Months

Mondays, begins Sep 26, 9:00-10:30am  
9 sessions, \$60/child or 2 pmts of \$30  
Handke, Rm 7, Door 6 #711F

### 24-36 Months

Mondays, begins Sep 26, 10:45am-12:15pm  
9 sessions, \$60/child or 2 pmts of \$30  
Handke, Rm 7, Door 6 #712F

### 24-36 Months

Tuesdays, begins Sep 27, 10:45am-12:15pm  
10 sessions, \$66/child or 2 pmts of \$33  
Handke, Rm 7, Door 6 #713F

*Parent Discussion for all 2's classes are held in another room.*

### Fall and Winter for 2 Year Olds

(formerly Year Rounder class)

You'll join other parents and their two-year-olds in the same class over the course of the fall and winter. Develop longer-term relationships with other parents and ease transitions for your child. Class begins with parent-child time followed by time for children with the early childhood educator and time for parents (in another room) for parent discussion with a parent educator. Educators remain the same for the length of the class. Children should be two by Sept. 1, 2010.

Wednesdays, begins Sep 28, 9:00-10:30am  
20 sessions, \$135/child or 4 pmts of \$34  
Handke, Rm 7, Door 6 #714F



You must pre-register for all classes and for sibling care.

## Your 3, 4, 5 Year Old

The world of your 3, 4, 5 year old is expanding! This is an exciting time of questions, imitations, imagination and increased physical abilities. Enjoy fun and learning with your child in a preschool classroom. Meet with other parents and a parent educator to discuss and learn about fostering your child's growth and development, parenting challenges, understanding your child's behavior (and options to try), preparing for school and more! Class size is limited. Discussion is in another room for all 3, 4, 5 year old classes.

### 36-48 Months

Tuesdays, begins Sep 29, 9:00-10:30am  
10 sessions, \$66/child or 2 pmts of \$33  
Handke, Rm 7, Door 6 #715F



New things to explore!

" Books & bubbles  
were his favorite,  
and the farm  
animals too!"

— ECFE Parent



## Los Chiquitos! Spanish FUN for parents and children ages 3-6

Using books, games, songs and crafts, our preschool classes provide a dynamic introduction to the Spanish language. Twenty sessions will fly by as you and your child learn how to ask and answer basic questions in Spanish, count from 1-20, recognize colors and family members in Spanish *y mucho más!* Join us on this language adventure today! Parents also receive a weekly newsletter.

Presented by Futura Languages. They offer enrichment programs geared for children ages 3-6 years. Class will run Sep 29 through Mar 22, and follow the ECFE semester calendar for days off and break weeks.

Thursdays, begins Sep 29, 6:15-7:00pm  
20 sessions, \$195/child or 2 pmts of \$98  
Handke, Rm 12, Door 6 #716F

## Multi-Age Classes -

### Birth to Kindergarten entry

If you're looking for a class to attend with one or more of your preschool children, try one of the following!! Enjoy the fun and learning in the classroom with children birth to kindergarten. Then, while children enjoy activities together with the early childhood staff, parents meet with the parent educator for parent discussion. Topics may include parenting children at different developmental ages and stages, sibling relationships, development, family activities, managing time and more. Class begins with parent child time. Discussion will be in another room.

## Family Fun Multi-Age

Mondays, begins Sep 26, 6:30-8:00pm  
9 sessions, \$60/child or 2 pmts of \$30  
Handke, Rm 7, Door 6 #717F

## Family Fun Multi-Age Evening

Wednesdays, begins Sep 28, 6:15-7:45pm  
10 sessions, \$66/child or 2 pmts of \$33  
Handke, Rm 7, Door 6 #718F

## T.G.I.F. (Togetherness, Good times, Interaction & Fun) (Birth to Kdgn entry)

Fridays, begins Sep 30, 9:15-10:45am  
9 sessions, \$60/child or 2 pmts of \$30  
Handke, Rm 7, Door 6 #719F

## Drop In Playtime & Gym Times

Looking for something to do with your child at the last minute? Drop In at ECFE and play in one of the ECFE rooms or in the gym. Gym may be available on a limited basis for evening playtimes. First come, first serve, space is limited. Family childcare providers need to meet child adult ratios for the children they bring. Purchase a Drop In Play pass for \$10.00. Each time you come we'll punch your card.

**\$2/child each time with Pass**  
**\$2.50/child each time without Pass**

## Multi Age Drop In Play

### (Birth to Kindergarten)

Thursdays, begins Sep 29  
9:30-11:30am  
Handke, Rm 7, Door 6

*Drop In Play is ongoing during the regular ECFE class schedule. No Drop In Play during break weeks. Call the office for a schedule or pick one up in the room.*



## Saturday Morning Gym Time!!

### (Birth to Kindergarten)

Have children who need to run off extra energy? Gym Time lets kids climb, run, jump, ride bikes, play ball, and lots more. Come join the fun! No pre-registration - pay at the door

2.50/child or 2.00/child with your Play Pass  
(see Drop In Playtime for more info on this)

9:30 - 11am

Handke Gym, Door 4	Sat, Nov 12
Handke Gym, Door 4	Sat, Dec 10*
Handke Gym, Door 4	Sat, Dec 17
Handke Gym, Door 4	Sat, Jan 14
Handke Gym, Door 4	Sat, Jan 21*
Handke Gym, Door 4	Sat, Jan 28

\*See page 46 for additional  
Storyland Events on Dec 10 & Jan 21

## Take a trip to see Winnie the Pooh at the GREAT Theatre!

From the classic, endearing stories of A.A. Milne comes this magical musical production of Winnie-The-Pooh. That willy, nilly, silly old bear and all his friends - Piglet, Rabbit, Eeyore, Owl, Kanga, Roo, Christopher Robin and Tigger are all ready for grand adventures. From the arrival of Roo and Kanga's bathtub, to the search for Eeyore's missing tail, the Heffalump hunt and especially Eeyore's Birthday, these friends see each other through thick and thin.

Follow your tummy to the Hundred Acre Woods for a musical celebration of friendship, sharing and caring!

Friday, Jan 27, 8:30am-11:30am  
Bus Pick-up 8:30am, Handke, Door 6  
\$14/person #730F

**Important Trip Info:** You may bring a stroller. Strollers must fit between the seats. There are no seat belts on the bus and car seats are not allowed. Please be on time for Handke departure, we will not be able to wait past the schedule pick-up time! Return times are approximate for all trips.

Don't miss ECFE's Open House at Handke  
Thursday, September 8, 5:30-7:30pm  
Check out the rooms, meet staff, see what's new for fall!

## Breakfast in Storyland!



Join us for an exciting morning of breakfast, stories and playtime before taking a journey through Storyland: A Trip Through Childhood Favorites. Relax and enjoy a "good for you" breakfast together in the cafeteria, listen to some favorite childhood stories, play for awhile in an ECFE classroom before visiting the Minnesota Children's Museum's traveling exhibit. These are parent/child activities. You must pre-register with the ECFE office.

## Storybook Characters

(Birth to 8 yrs)

Come dressed as your favorite storybook character!

Saturday, Oct 29, 9:00-10:00am  
Handke, Rm 5, Cafe, Gym, Door 6  
1 session, FREE #731F

## Bring a Friend

(Birth to 8 yrs)

Bring your favorite stuffed animal.

Saturday, Dec 10, 9:00-10:00am  
Handke, Rm 5, Cafe, Gym, Door 6  
1 session, FREE #732F

## Pajama Day

(Birth to 8 yrs)

Come dressed in your pajamas!  
Parents too!

Saturday, Jan 21, 9:00-10:00am  
Handke, Rm 5, Cafe, Gym, Door 6  
1 session, FREE #733F

*This project funded in part by the Initiative Foundation, a regional foundation.*

©2011 Minnesota Children's Museum. All rights reserved. *Storyland: A Trip Through Childhood Favorites™* was created by Minnesota Children's Museum with support from the State of Minnesota.

Parent/s or caregiver/s accompany child for all activities on this page.

## Trains, Planes & Automobiles

(2-1/2 Years to Kindergarten)

We know that kids who love trains and trucks are out there! Your child will have a chance to enjoy a few songs and stories about transportation. They will also have a chance to play with trains, trucks, boats and more!

Friday, Nov 4, 6:30-8:00pm  
Handke, Rm 12, Door 6  
1 session, \$5/child #734F

## Amazing Artist

Let your child's artistic side have a chance to shine! Your child can paint, print, stamp, mix and draw an adventure! We will have many creative options using different art mediums. Your child will enjoy stories that relate to the art activities.

Friday, Dec 2, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child #735F

The following activities are....

## Storyland & Nature Playground Events!



### Peter Rabbit

(2-1/2 Years to Kindergarten)

After hearing the story your child will experience a vegetable garden in our nature playground. Playing in the various settings from the book in the "Peter Rabbit" Storyland exhibit will bring this classic story alive! Your child will have a snack Peter Rabbit would have enjoyed as well as a chance to paint with vegetables!

Saturday, Oct 15, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child #736F

## Where's Spot?

A Dad & Me Event

(2-1/2 Years to Kindergarten)

Your child will have fun making a doghouse and exploring the Storyland traveling exhibit! Your child will benefit from the literacy opportunities, and have a chance to enjoy dog stories, songs, and a dog bone snack.

Saturday, Nov 19, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child #737F

## The Snowy Day

(2-1/2 Years to Kindergarten)

Your child will interact with scenes in the Storyland Exhibit from this story you may remember from your childhood. Your child can make an indoor snowman, play in Peter's bedroom, and pretend to walk through the city on the Snowscape set. Your child will have a chance to crunch the snow outside and paint a snowy picture.

Follow your tummy to the Hundred Acre Woods for a musical celebration of friendship, sharing and caring!

Saturday, Jan 7, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child #738F

**SCHOLASTIC**

**Scholastic Book Fair!**  
**Monday, Oct. 3 - Saturday, Oct. 8**  
**at the Handke Center**

For more information visit our  
Book Fair Homepage at <http://bookfairs.scholastic.com/homepage/728ecfeandsr>



[Check the Website for updates and additions.](#)

# Discovery Learning Preschool

Unless otherwise noted, all Discovery 4's will have Parent/Child time for 1 hour of class, one time per month. In addition, parents will attend 3 parent discussion sessions: Fall, Winter and Spring.

Discovery Learning Preschool classes begin in September 2011.

Registration continues until classes fill!

For more information call the ECFE office at 763.241.3524



Discovery Learning classes are a mix of indoor and outdoor activities that compliment a research based curriculum including literacy, math, science, social studies, arts and technology.

- Classes begin in mid-September and end the 3rd week of May.
- Classes include 30 weeks of programming, excluding break weeks.
- There will be 2 parent/child conferences (one at mid-year, and one in the spring).

## Elk River

### Discovery 3's (3 by Sep 1, 2011)

7500D Tues/Thurs  
9:15-11:15 am  
\$90/month  
(2 sections)

(Thursdays are parent child days for these classes)

### Discovery 4's (4 by Sep 1, 2011)

7530D Mon/Wed/Fri  
8:50-11:20 am **FULL**  
\$159/month  
(2 sections)

7550D Tues/Wed/Thur  
12:50-3:20 pm  
\$159/month  
(3 sections)

757D Tues/Wed/Thur  
3:45-5:45 pm  
\$129/month  
(1 section)

758D Tues/Thurs  
5:45-8:00 pm **FULL**  
\$95/month  
(1 section)

## Zimmerman

### Discovery 3's (3 by Sep 1, 2011)

770D Tues/Thurs  
9:30-11:30 am  
\$90/month  
(1 section)

(Tuesdays are parent/child days for this class)

### Discovery 4's (4 by Sep 1, 2011)

771D Mon/Wed/Fri **FULL**  
9:00-11:30 am  
\$159/month  
(1 section)

773D Tues/Wed/Thur **FULL**  
12:45-3:15 pm  
\$159/month  
(1 section)

## Rogers

### Discovery 3's (3 by Sep 1, 2011)

760D Wed/Fri  
9:30-11:30 am  
\$90/month  
(1 section)

(Fridays are parent/child days for this class)

### Discovery 4's (4 by Sep 1, 2011)

761D Mon/Tues/Thurs **FULL**  
9:00-11:30 am  
\$159/month  
(1 section)

762D Tues/Wed/Thur **FULL**  
1:00-3:00 pm  
\$159/month  
(1 section)



## Sleepless in America: Is This Child Misbehaving or Missing Sleep?

Do you wonder why some children refuse to cooperate in the morning? Do you dread the constant bickering and fights with peers and siblings? Are the kids getting into trouble for not listening or lacking focus? Is it a battle every time you ask them to complete a task - any task? Are they "losing it" over seemingly insignificant issues?

Spend an evening with Mary Sheedy Kurcinka to discover:

- The scientific link between misbehavior and missing sleep.
- The importance of sleep for maximizing children's health, development and performance.
- The inter-play between adult sleep habits and children's sleep and (mis)behavior.
- How normal everyday events leave children too tense to sleep.
- Practical tools and real-life examples to help you and the children you live or work with to get the sleep you need and deserve.

Tuesday, Nov 8, 6:30-8:00pm

Handke, Gym, Door 4

1 session, \$5/person

#740F

Limited childcare available, you must pre-register



*"It's estimated that 70 million American children from infants to teens are literally screaming for more sleep. It's also been found that one out of every two adults polled say they are not sleeping well. Could you be one of them?"*

## Discovery Learning Open Houses

(For families already registered)

**Handke, Rogers & Zimmerman**

**Wednesday, September 7:**

5:00-6pm: Discovery 3's classes

6:00-7pm: Discovery 4's morning classes

7:00-8pm Discovery 4's afternoon classes

**Thursday, September 8**

(Handke only)

5:30 - 7:30pm: Discovery 4's late afternoon & evening classes

## Advisory Council Information Night, Tues, Oct 25 at the Handke Center

Wondering if the Parent Advisory Council is for you?

- Not sure if you have the time?
- Wonder what the council really does?
- Want to find ways to help out with the activities your child loves?
- Interested in connecting with other parents of young children?

Come to ECFE and School Readiness Advisory Council Information Night to get all your questions answered!

- 6:00-6:30 Pizza
- 6:30-7:00 Informational Meeting- All about the Advisory Council
- 7:00-7:30 Short Regular Advisory Council Meeting

Childcare will be provided but you must pre-register your child/ren for childcare by calling the ECFE office at 763-241-3524

## 2nd Annual Family Fun Walk/Run!

**Saturday Morning,  
October 8, 2011**

**Handke Family Center**

Grab some tennis shoes and join us for a morning of fun! Come out and run our 5K on a beautiful autumn morning or walk our 1K with your family. Afterwards join us for free healthy snacks, fall art projects, face painting, the Scholastic Book Fair, fun on our Nature Playground or in the Handke gym!

Inflatable bounce houses, games, music, and other activities will keep your family moving! Help support ECFE and School Readiness programs by signing up! Register as a family for a discounted rate. All ages are encouraged to participate.

*Sponsored by the ECFE Parent Advisory Council*

*All proceeds will directly benefit ECFE/SR programs*

**WATCH FOR MORE DETAILS**



## Cindy Nyquist

I have worked in the ECFE program for over 21 years as an early childhood teacher. I teach the 2's, 3's, 3-K, multi-age, and one-time classes. I love interacting with people!

I am always amazed at how young children can learn so much more than I thought 20 years ago. An example of this would be how successful visual phonetics is with preschoolers. The combination of seeing the letter, hearing the letter, saying the letter and making a symbol has amazing results. So as a teacher I need to utilize those strategies that are successful and then be prepared to be amazed! I believe that children want to learn at this early age too, which is exciting!

It is important to have a close relationship with your children when they are young so you will have a strong relationship to help you through the tough teen years. I grew up in a farming community and the farmers with the beautiful fields expend a lot of effort to obtain their wonderful crops. So nurture your little seeds! It's my hope that parents realize the importance of raising productive healthy children. Our society has so many issues and so much of it seems to be related to children

not getting support from their family. I hope that parents come away with insight that will help them in the most important "job" they will ever have. I hope they also feel supported as they come to class and meet other parents going through the same things.

### "Nurture your little seeds!"

On a personal note, I love music! I play synthesizer at my church every week! I like swimming and working out! We love to cook together at our house and I like to experiment with recipes! Hanging out with my 3 kids is a big priority to me! My oldest are in college now so when we are all together it feels like a holiday to me!

## ECFE/SR Advisory Council

The ECFE/SR Advisory Council is made up of parents who volunteer their time and talents for the program. Meetings are held once a month at the Handke Family Center. If you are interested in being a member, contact the ECFE office at 763-241-3524.

### 2011/12 Members:

Jenny Dupre	Kelly Rogers
Jessie Greenwald	Jennifer Dwyer
Jessica Andreasen	Karee Grupa
Lisa Peterson	Mandy Pietrzak
Melissa Denning	Megan Ebert
Patty Waldvogel	Shauna Coons
Veronica Donatelle	Michelle Rose
Chris Gelhaye	David Sobiech
Sara Burfeind	Beth Bode

### ECFE would like to extend a big THANK YOU to the following:

- Brad LeBlanc for work on playground
- Minnesota School of Business Service Day in Nature Classroom
- Varty's Greenhouse and Pletchers Greenhouse for plant donations
- Sue Malachek for plants and work in Nature Classroom
- Sue Hix, Melinda Goetsch and Beth Britt for plant donations
- Sentenced to Serve for their help
- Ross Pomeroy- MNGreenCorps volunteer for the City of Elk River
- Heather Joyce, Leah Satterlund, and Erin Mathison of MRC, and youth volunteer Taylor Foster
- Jac Davis, Rose Strei, Charlene Frost, Marlene Buchholz & Joan Frick for their help on the Nature Playground.

## ECFE and School Readiness Staff

**Kathy Simonson**  
*Manager*

**Lynne Kopitzke**  
*Secretary*

**Laura Orwoll**  
*Secretary*

**Mary Dwyer**  
**Paula Donnelly**  
*Parent Facilitators & Home Visitors*

**Kathleen Holthaus**  
*Parent Facilitator & Young Parent Instructor*

**Nicole Martin**  
*Parent Facilitator*

**Beth Britt**  
*Parent Facilitator & Child Educator*

**Cindy Nyquist**  
**Ann Ostby**  
*ECFE Child Educators*

**Jessica Backlin**  
**Rebecca Dey**  
**Tiffany Grams**  
**Nicole Martin**  
**Angela Talbot**  
*Discovery Learning Instructors*

**Wanda Anderson**  
**Maureen Bolin**  
**Terry Briggs**  
**Lisa Davis**  
**Linda Potter**  
**Virginia Larsen**  
**Teresa Sizen**  
*Classroom Assistants*

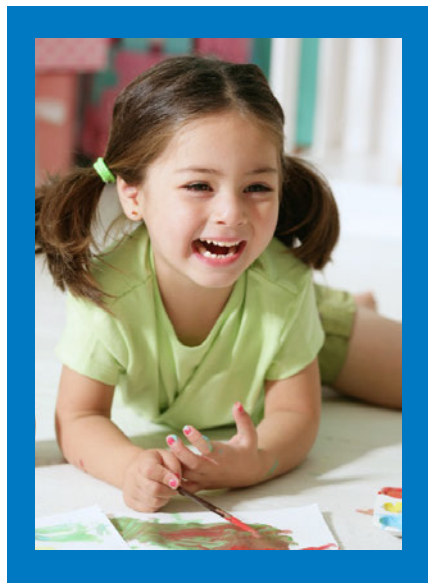


**“The class made me realize I’m not the only single parent!”**

**— Single Parent participant**

## Young Parent Program for Pregnant or Parenting Teens

Provides pregnant or parenting teens with information about pregnancy, birth, parenting and community resources. Open to District 728 students and area residents who may not be in school. For more information or to register contact ECFE at (241-3524) or contact the school counselor, school nurse or Ivan Sand Community School. Home visits are also available. Co-sponsored by Dist. 728 Ivan Sand Community School and ECFE. Classes are held at Handke Family Center in the ECFE Rooms. Use Door 6. Classes are on going during the school year. No fee. Call the ECFE/SR office at 763-241-3524 for information on days and times.



## Parenting Apart

A program to help minimize the negative impact of parenting apart and/or divorce on children birth to age 18 at a time when parents are naturally preoccupied with their own adjustments. Jointly presented by a variety of Sherburne County agencies and professionals. Classes are held each month. Scholarships available on request. For registration information, call 763-241-3524 or register online at [www.728communityed.com](http://www.728communityed.com) Check the course catalog for Parenting Apart.

## Single Parents— Short Term, Long Term Whatever the reason!

A group for families living in Dist. 728 where parents are parenting alone. Military families, families parenting alone due to work situations, families experiencing separation, divorce, loss of spouse or single parenting—all are welcome to attend! Bring your children and enjoy a meal together. Parents will meet together for parenting support and information. Young children will participate in early childhood activities, school age children will meet in another classroom together for activities and support. To register or for more information, call the ECFE/SR office at 763-241-3524. **Caring Rivers United Way funding helps support this program.**

Tuesdays, begins Sep 27, 6:00-8:00pm

No Cost

Handke, Door 6

#780F



**Want more information about any programs on this page? Call our office at 763.241.3524.**

## BIG... building better behaviors for success in school, childcare & 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 as a team 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 please call the ECFE office at 763-241-3524 for further information

*BIG is funded by ISD 728 Family & Children’s Collaborative, a part of Wright County Family Services Collaborative.*

## Got a Parenting Question? Get an Answer!!!

Call for answers, resources, or help in finding the answers! A parent educator will return your call, or (coming soon!) check the website for an email address to email us your questions!

## “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 questions on kids and family. Information and ideas on child development, parenting and community resources are also available. Call the ECFE office at 241-3524 . There is no fee for home visits.

## Calling all 3 Year Olds!

**It's time for Screening!**

Early Childhood Screening provides 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 3 years old. Identifying potential health, developmental problems or concerns early allows time for intervention and remediation during the critical formative years. Families participating in Early Childhood Screening may be referred to community health and educational services including School Readiness and ECFE.

*Invitations have been mailed to families with children turning 4 years old prior to January 1, 2012. Please call the Screening office at 763-241-3525 if you did not receive your invitation or to schedule an appointment.*



### Early Childhood Screening includes:

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

### What Happens During Screening?

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

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 that they may have.

### Who Needs to be Screened?

All children living in District 728 who are 3, 4, or 5 years old and not currently enrolled in kindergarten **NEED** to participate in this **FREE** screening program before entering kindergarten or have an equivalent screening from a doctor. **Age three is the recommended age for screening.**

Children who attend Head Start or Early Childhood Special Education Services programs may not have to participate in Early Childhood Screening.

### 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.



## Registration for Early Childhood Family Education classes

Register for classes: At the ECFE Office in Room 10 at Handke Family Center 1170 Main St., Elk River, MN -use door 6 (off 4th St.) , by phone at 763.241.3524, by mail, or online at [www.728communityed.com](http://www.728communityed.com) . See page 70 for a registration form. We continue to take registrations until classes fill and take names for a wait list after they fill.

## Fees—ECFE Classes

Fees are based on the number of times the class meets. The first payment is due when you register. The second payment is due by September 26, 2010. The full payment is due when you register on-line. We accept VISA and MasterCard. A sliding fee scale is available, see page 53. 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 refund the fee minus the number of classes that have been held prior to your request. 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.

## 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.

## Parent Participation

Parents (moms, dads or both) must accompany and participate in the classroom with the child and discussion with other moms and dads for all ECFE Parent/Child classes. Grandparents or other caregivers may participate in classes, however parents must give permission on the ECFE registration form. Permission slips are not required for Drop In Play or 1 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.

## 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.

## Child Care During ECFE

Child care for brothers and sisters is provided during ECFE classes. We cannot accommodate other children in your care. Registration for child care should be completed at the same time as class registration.

Children must be at least 6 weeks old to be eligible for childcare; prior to 6 weeks infants may accompany parents to class discussions. Children 6 weeks to 3 months may accompany parents to discussions, or they may attend childcare. At 3 months of age, children must attend childcare.

To request childcare on a one time basis, you must call to check availability at least 1 day prior to the class.

## Cost is

Infants \$4.00 per hour  
Toddlers \$3.25 per hour  
Preschoolers \$3.00 per hour  
Additional Children \$2.50/hr

### ***Child Care on a one time basis —\$5.00 per hour***

Child care fee may be divided into payments. The sliding fee scale and fee reductions, waivers and payment plans will apply for child care also. Call the ECFE/SR office at 763.241.3524 for more information.



## ECFE's "Economic Stimulus!" \$10 off the price of an ECFE class!

Clip this coupon for \$10 off  
the ECFE class of your choice!

Discount does not apply to Discovery Learning  
Preschool Classes, or Drop In Playtimes  
Classes subject to space availability  
Good for Fall 2011 ECFE classes only #700-799

Don't miss the fun, if \$10 is not enough - let us know!

## New to ECFE??? Your first class is 1/2 price!

Clip this coupon for half off the  
class fee for the  
ECFE class of your choice!

Discount does not apply to Discovery Learning  
Preschool Classes  
Classes subject to space availability  
Coupon good for Fall 2011 ECFE classes only #700-799

### ECFE

- Early Childhood Family Education Office Hours: 8am-4:30pm, Monday - Friday
- ECFE phone 763.241.3524
- See below for information on sliding fee scale, available for all ECFE activities and sibling care for ECFE classes.

See page 70 for registration form

### Online [www.728communityed.com](http://www.728communityed.com)

Secure registration 24 hrs/day using Visa, Discover or MasterCard

Fax 763.241.3521

Mail: ECFE

with Visa or MasterCard

1170 Main St., Elk River, MN 55330



### 2011/12 DISTRICT 728 ECFE/DISCOVERY LEARNING SLIDING FEE SCALE

The sliding fee scale applies to all ECFE and Discovery Learning preschool and classes. Please note, fees can be waived or reduced at any income level if family circumstances would make payment a hardship. Call the ECFE office at 763 241-3524 if you have any questions about the fee scale or fee waivers. A request form for fee reduction or waiver is available in the ECFE office. Any information collected is confidential. Our goal is to provide affordable, quality programming for all District 728 families.

If your yearly income for household size is at or below the figure listed, fee for the class will be reduced to the amount listed at the top of the column. If your gross yearly household income exceeds the highest amount listed for your family size you would pay the full fee for ECFE/Discovery Classes.

Household size	Waive	1/6 Fee	1/2 Fee	3/4 Fee ***
	(130% of Federal Guidelines)	(185% of Federal Guidelines)	(200% of Federal Guidelines)	(225% of Federal Guidelines)
	<u>Yearly Gross</u>	<u>Yearly Gross</u>	<u>Yearly Gross</u>	<u>Yearly Gross</u>
1	14,157	20,147	21,780	24,503
2	19,123	27,214	29,420	33,098
3	24,089	34,281	37,060	41,693
4	30,055	41,348	44,700	50,288
5	34,021	48,415	52,340	58,883
6	38,987	55,482	59,980	67,478

\*\*\* Please note, fees can be waived or reduced at any income level if family circumstances would make payment a hardship. Payment plans can also be arranged. Call the ECFE office at 763 241-3524 if you have any questions about fees. Our goal is to provide affordable, quality programming for all District 728 families. Guidelines are based on HHS Poverty Guidelines and MN Free & Reduced Lunch Guidelines. These may be revised slightly based on poverty/free & reduced guideline updates.

## American Red Cross Swimming Lesson Curriculum

ISD 728 Community Education is proud to offer the American Red Cross Swimming and Water Safety program, which combines the best in swim instruction with an even stronger emphasis on drowning prevention and water safety - ideal for anyone who wants to enjoy the water safely, regardless of age level or skill.

Updated curriculum includes:

- The addition of three levels of preschool classes for children who are ages 4 to 5
- An expectation that children be age 6 to start the Learn to Swim program (Levels 1 through 6)

Please see the tables below to determine which level your child should be placed. Signing up for a level above or below ability will only cause frustration for the student and class. Students that are in the incorrect level will be not allowed to participate unless space is available in an appropriate class. Note: classes fill quickly!

**My child has taken lessons already. With the new curriculum, what level should your child be in?**

Child passed level:	Is age 4 or 5	Is age 6 or older
"Old" Level 1	Preschool Level B	Learn to Swim Level 2
"Old" Level 2	Preschool Level C	Learn to Swim Level 3
"Old" Level 3 or higher	The next Learn to Swim Level	The next Learn to Swim Level



**How do Preschool classes work with the Learn to Swim levels?**

Child has passed Preschool level:	Is age 4 or 5	Is age 6 or older
Preschool Level A	Preschool Level B	Learn to Swim Level 2 or Preschool Level B
Preschool Level B	Preschool Level C	Learn to Swim Level 2 or Preschool Level C
Preschool Level C	Learn to Swim Level 3	Learn to Swim Level 3

**Lessons & Pool Activities are held at VandenBerge MS  
948 Proctor Rd, Elk River  
Use Door M.**

- Only swim wear may be worn in the pool.
- Spectator seating is open during lessons and open swim times.
- Showers are required of 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, beverage, candy, or gum is allowed in the pool area.
- **NO** pay phone is available.

## Parent/Child Level I ages 6mo-3 yrs w/parent

This is a great class for your child to become comfortable with the water with your assistance. With help from the instructor, you and your child will learn to enter and exit the water safely, float, change positions in the water and how to play safely in the water. As a parent you will learn how to hold and support your child in the water, select and fit a life jacket and water safety for the whole family.

Sun, begins Sep 11, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1014-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1014-10F  
Not meeting Nov 23

Sun, begins Nov 13, 5:00-5:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1014-2F  
Not meeting Dec 25, Jan 1

## Parent/Child Level II ages 6mo-3 yrs w/parent

In this class you and your child will continue to practice skills that were introduced in the Parent-Child Level I class. You and your child will explore more arm and leg actions that will lead to swimming skills.

Sun, begins Sep 11, 6:30-6:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1015-1F  
Not meeting Oct 16

Sun, begins Nov 13, 6:30-6:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1015-2F  
Not meeting Dec 25, Jan 1

## Preschool Level A age 4-5

This class helps participants feel comfortable in the water. Skills will include enter/exit the water, blow bubbles, submerge face, open eyes under water and retrieve submerged objects, front and back glides, back float, roll over, tread water, leg and arm actions on front and back and water safety topics.

Sun, begins Sep 11, 5:00-5:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1011-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1011-10F  
Not meeting Nov 23

Sun, begins Nov 13, 5:30-5:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1011-2F  
Not meeting Dec 25, Jan 1

## Preschool Level B age 4-5

This class is for children who have passed Preschool Level A. Children will learn fundamental skills, which will include entering water by stepping in, bobbing, open eyes under water and retrieve submerged objects, front and back floats and glides, roll over, tread water, combined arm and leg actions on front and back, finning and water safety topics.

Sun, begins Sep 11, 5:00-5:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1012-2F  
Not meeting Oct 16

Sun, begins Sep 11, 5:30-5:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1012-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1012-10F  
Not meeting Nov 23

Sun, begins Nov 13, 5:00-5:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1012-3F  
Not meeting Dec 25, Jan 1

Sun, begins Nov 13, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1012-4F  
Not meeting Dec 25, Jan 1

## Preschool Level C age 4-5

Build on skills learned in Preschool Levels A and B. Children will build on skills learned in Level B through additional practice in deeper water. They will learn to enter water by jumping in, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, back float and glide, change direction of travel while swimming, tread water, combined arm and leg actions on front and back, finning arm action on back and water safety topics.

Sun, begins Sep 11, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1013-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 6:30-6:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1013-10F  
Not meeting Nov 23

Sun, begins Nov 13, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1013-2F  
Not meeting Dec 25, Jan 1

**"The instructors were so patient with my child!"**

**-Swim Lesson Parent**





## Level I: Intro to Water Skills

Helps students feel comfortable in the water and enjoy the water safely. Students learn elementary aquatic skills and develop good attitudes and safe practices around the water.

- Sun, begins Sep 11, 5:30-5:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1110-1F  
Not meeting Oct 16
- Sun, begins Sep 11, 6:30-6:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1110-2F  
Not meeting Oct 16
- Mon/Wed, begins Nov 7, 6:00-6:25pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1110-10F  
Not meeting Nov 23
- Sun, begins Nov 13, 5:30-5:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1110-3F  
Not meeting Dec 25, Jan 1
- Sun, begins Nov 13, 6:30-6:55pm  
8 sessions, \$39  
VandenBerge MS, Pool, Door M #1110-4F  
Not meeting Dec 25, Jan 1

## Level II: Fundamental Aquatic Skills

Students explore simultaneous and alternating arm and leg motions on the front and back to lay the foundation for future strokes. Student must have passed Level I.

- Sun, begins Sep 11, 5:00-5:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1120-1F  
Not meeting Oct 16
- Sun, begins Sep 11, 6:00-6:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1120-2F  
Not meeting Oct 16
- Mon/Wed, begins Nov 7, 7:00-7:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1120-11F  
Not meeting Nov 23
- Sun, begins Nov 13, 5:00-5:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1120-3F  
Not meeting Dec 25, Jan 1
- Sun, begins Nov 13, 6:00-6:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1120-4F  
Not meeting Dec 25, Jan 1

## Level III: Stroke Development

Build on the skills of Level II with guided practice. Students will learn to coordinate the front and back crawl, elements of the butterfly, treading water and rules for head-first entries. Student must have passed Level II.

- Sun, begins Sep 11, 5:00-5:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1130-1F  
Not meeting Oct 16
- Sun, begins Sep 11, 6:00-6:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1130-2F  
Not meeting Oct 16
- Mon/Wed, begins Nov 7, 6:00-6:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1130-10F  
Not meeting Nov 23
- Sun, begins Nov 13, 6:00-6:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1130-3F  
Not meeting Dec 25, Jan 1
- Sun, begins Nov 13, 7:00-7:50pm  
8 sessions, \$49  
VandenBerge MS, Pool, Door M #1130-4F  
Not meeting Dec 25, Jan 1

## Level IV: Stroke Improvement

Helps students improve their skills and increase their endurance by swimming familiar strokes (front and back crawl) for greater distances. Continue to build the butterfly stroke and be introduced to the breaststroke, elementary backstroke, elements of the sidestroke and basic turns. Student must have passed Level III.

Sun, begins Sep 11, 6:00-6:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1140-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 6:00-6:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1140-10F  
Not meeting Nov 23

Sun, begins Nov 13, 7:00-7:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1140-2F  
Not meeting Dec 25, Jan 1

## Level V: Stroke Refinement

Coordination and refinement of all the strokes: front crawl, back crawl, butterfly, breaststroke and sidestroke. Students will increase their distance and be introduced to flip turns. Student must have passed Level IV.

Sun, begins Sep 11, 7:00-7:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1150-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 7:00-7:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1150-10F  
Not meeting Nov 23

Sun, begins Nov 13, 6:00-6:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1150-2F  
Not meeting Dec 25, Jan 1

## Level VI: Swimming & Skill Proficiency

Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. This course includes skills for lifeguarding and personal water safety. Practice the prerequisites for the Lifeguard and Water Safety Instructor.

Sun, begins Sep 11, 7:00-7:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1160-1F  
Not meeting Oct 16

Mon/Wed, begins Nov 7, 7:00-7:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1160-10F  
Not meeting Nov 23

Sun, begins Nov 13, 6:00-6:50pm  
8 sessions, \$55  
VandenBerge MS, Pool, Door M #1160-2F  
Not meeting Dec 25, Jan 1

## Private Lessons all ages

For students who need individual attention in order to learn to swim or improve his/her skills to pass onto the next level of swim lessons. Focus will be on the individual's personal goals.

Sun, begins Sep 11, 4:15-4:45pm  
6 sessions, \$149  
VandenBerge MS, Pool, Door M #1301-1F  
Not meeting Oct 16

Sun, begins Sep 11, 4:15-4:45pm  
6 sessions, \$149  
VandenBerge MS, Pool, Door M #1301-2F  
Not meeting Oct 16

Sun, begins Nov 13, 4:15-4:45pm  
6 sessions, \$149  
VandenBerge MS, Pool, Door M #1301-3F  
Not meeting Dec 25, Jan 1

Sun, begins Nov 13, 4:15-4:45pm  
6 sessions, \$149  
VandenBerge MS, Pool, Door M #1301-4F  
Not meeting Dec 25, Jan 1





## Semi-Private Lessons

For a student who needs more individual attention in order to learn to swim or improve his/her skills to pass onto the next level of swim lessons. Focus will be on each individual's goals. Six lessons of 25 minutes each.

Sun, begins Sep 11, 4:15-4:45pm

6 sessions, \$79

VandenBerge MS, Pool, Door M #1302-1F

Not meeting Oct 16

Sun, begins Nov 13, 4:15-4:45pm

6 sessions, \$79

VandenBerge MS, Pool, Door M #1302-2F

Not meeting Dec 25, Jan 1

## Adult, Beginners

**Ages 15+**

Adult participants will share the areas in which they wish to improve. This class is designed around the group of people who register.

Sun, begins Sep 11, 5:00-5:50pm

8 sessions, \$55

VandenBerge MS, Pool, Door M #1170-1F

Not meeting Oct 16

## Lifeguard Training

**age 15+**

Learn the skills and training needed to be a non-surf lifeguard. This course prepares you to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries. You must be 15 years old by last day of class, be able to swim 500 yards continuously using crawl, breast stroke and sidestroke and swim 25 yards to retrieve a brick back to the starting point. Class does not include actual waterfront rescue training but it is addressed briefly. Includes standard first aid and CPR for the Professional Rescuer. Fee includes books and materials. Full attendance required. Bring a lunch and snack along with two towels and swimsuit. Prepare to be in water everyday except Sat, Oct 29.

Sat, begins Oct 22, 10:30am-5:00pm

5 sessions, \$225

VandenBerge MS, Pool, Door M #1998-1F

Meet at Handke Center Oct 29

## Lap Swim

**age 15+**

Enjoy this ultimate, low-impact workout where you set the pace. Why pay for club membership when all you need is the pool? Lifeguard supervised.

Tue/Thu, begins Sep 13, 6:00-7:30am

35 sessions, \$5/day, \$45/10 day pass

VandenBerge MS, Pool, Door M

Not meeting Nov 24

## Open Swim

Open swim is lifeguard-supervised pool time for all ages.

Children 6 and under who cannot swim 20 yards (the width of the pool) MUST be accompanied by an adult in the water. One to three children age 6 or under per adult in the water. All children wearing diapers must have swimming diapers.

The Open Swim cashier cannot accept bills larger than \$10. Checks are accepted and can be written to Community Education.

Groups of 10 or more, please call in advance: 763-241-3520.

Sun, begins Sep 11, 2:00-4:00pm

15 sessions, Pay at door

\$3 Students/\$4 Adults/\$10 Family

(immediate family WITH adult in the water)

Children 3 and younger FREE with paid adult  
VandenBerge MS, Pool, Door M

Not meeting Oct 16, Nov 27, Dec 25, Jan 1

## Lessons & Pool Activities are held at VandenBerge MS

**948 Proctor Rd, Elk River  
Use Door M.**

- Only swim wear may be worn in the pool.
- Spectator seating is open during lessons and open swim times.
- Showers are required of 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, beverage, candy, or gum is allowed in the pool area.
- NO pay phone is available.



Otsego Recreation is sponsored by the City of Otsego and administered by  
ISD 728 Community Education. Your input and suggestions are always welcome!



## Tennis Adults (16+)

Learn the basic strokes of forehand, backhand, serves and court strategy. In addition to hitting balls, each session will end with group games emphasizing fun while developing skills. Bring your own racket and 3 tennis balls.

Sat, begins Sep 17, 10:15-11:00am  
4 sessions, \$29  
School Knoll Park, Tennis Court #4034-31F

## Intro to Rock Climbing age 16-adult

You will be introduced to the basics of indoor rock climbing, exposing you to a new form of lifetime physical activity that offers the benefits of a total body workout. Emphasis will be placed on providing a safe and enjoyable experience in a comfortable, controlled setting. Vertical Endeavors is located at 845 Phalen Blvd, St Paul, MN 55106.

Wed, begins Oct 12, 7:00-9:00pm  
3 sessions, \$59  
Vertical Endeavors #4444-31F

## Fall Open Gym Schedule -all ages

Supervised recreational gym time sponsored by the City of Otsego Recreation. Please note that schedule may change; always check in at the school before dropping off a child. All participants must wear gym shoes. No organized practices allowed. Pay at the door. Children under 10 must be with a responsible older sibling or adult, children 5 and younger must be with a responsible adult.

Sun, begins Oct 23, 3:30-5:30pm  
11 sessions, pay at door  
\$3/individual, \$8/immediate family  
\$20/10 Session Individual Pass, \$40/10 Session Family Pass.  
Otsego Elem, Gym, Door 4  
Not meeting Dec 25 and Jan 1

Pass is good for 10 days of participation. Holder must have the card present at the time of check in. Community Education is not responsible for lost or stolen cards.

## Tennis age 7-15

Begin with an introduction to basic strokes such as forehand, backhand and serves. Court strategy will also be covered. In addition to hitting balls, each session will end with a group game emphasizing fun while developing skills. Bring your own racket and 3 tennis balls.

ages 7-10  
Sat, begins Sep 17, 11:10-11:55am  
4 sessions, \$29  
School Knoll Park, Tennis Court #4034-32F

age 11-15  
Sat, begins Sep 17, 12:05-12:50pm  
4 sessions, \$29  
School Knoll Park, Tennis Court #4034-33F

## Volleyball gr 3-8

A fun sport great for boys and girls that improves hand-eye coordination and strengthens and develops fast reflexes. It also enhances your energy level which improves over all performance in daily activities and other sports. Each day will include drills, mini games and match games. Wear comfortable clothes and gym shoes.

gr 3-5  
Sat, begins Nov 5, 10:45am-12:00pm  
6 sessions, \$39  
Otsego Elem, Gym, Door 4 #4050-31F  
Not meeting Nov 26

gr 6-8  
Sat, begins Nov 5, 9:15-10:30am  
6 sessions, \$39  
Otsego Elem, Gym, Door 4 #4050-32F  
Not meeting Nov 26

## After School Soccer gr K-5

Learn the skills to become a better soccer player. Using mini games and fun drills you will learn proper techniques for passing, dribbling and shooting. Please wear comfortable clothing and gym shoes. After School soccer partners with EdVenture Club, check in after school with that group.

gr K-1  
Tue, begins Sep 20, 4:00-5:00pm  
4 sessions, \$19  
Otsego Elem, Soccer Field #4357-32F

gr 2-5  
Thu, begins Sep 22, 4:00-5:00pm  
4 sessions, \$19  
Otsego Elem, Soccer Field #4357-31F

## Gymnastics



A fun and safe instructional gymnastics program led by highly qualified and well-trained coaches.

### age 18 mos - 4 yrs w/parent

This fun and instructional program will allow you and your toddler to interact in an active environment. With the assistance of the instructor(s) and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced.

### age 5-6

Your child will love this program, designed to teach basic gymnastics skills, terms and positions in a fun and friendly environment. Added benefits to this gymnastics class are improved listening skills, coordination and cooperation with peers. Observers are welcome the first and last day of the program.

### Ages 5+- 6+

When your child is ready to move on, this program is designed to enhance basic gymnastics skills by teaching basic tumbling and flexibility in a safe manner. Students under 6 may be recommended for this class by the instructor. Observers are welcome the first and last day of the program.

ATTENTION PARENT/CHILD CLASSES: Only one parent is allowed in the class per child. Other children are not allowed to be in the gym. Parents will need to sign a waiver form during the first class.

## age 18mo-6+

### age 18 mos - 2 yrs w/parent

Wed, begins Sep 21, 5:45-6:15pm  
5 sessions, \$29  
Otsego Elem, Gym, Door 4 #4201-31F

Wed, begins Nov 9, 6:30-7:00pm  
5 sessions, \$29  
Otsego Elem, Gym, Door 4 #4201-35F  
Not meeting Nov 23

### age 3-4 w/ parent

Wed, begins Sep 21, 6:20-6:50pm  
5 sessions, \$29  
Otsego Elem, Gym, Door 4 #4201-32F

Wed, begins Nov 9, 7:05-7:50pm  
5 sessions, \$29  
Otsego Elem, Gym, Door 4 #4201-36F  
Not meeting Nov 23

### age 5+

Wed, begins Nov 9, 7:55-8:40pm  
5 sessions, \$39  
Otsego Elem, Gym, Door 4 #4201-37F  
Not meeting Nov 23

### age 5-6

Wed, begins Sep 21, 6:55-7:40pm  
5 sessions, \$39  
Otsego Elem, Gym, Door 4 #4201-33F

### age 6+

Wed, begins Sep 21, 7:45-8:30pm  
5 sessions, \$39  
Otsego Elem, Gym, Door 4 #4201-34F

## Let's Play... age 2 -6 w/parent

Want some time being active with your child? This gym time is part organized and part free time to play with your child and their friends.

### age 2-3 w/parent

Activities: Parachute games, ball games & other large motor activities  
Thu, begins Dec 1, 5:30-6:15pm  
6 sessions, \$35  
Otsego Elem, Gym, Door 4 #4250-31F  
Not meeting Dec 29

### age 4-6 w/parent

Activities: kickball, floor hockey, soccer, PE games/challenges and more.  
Thu, begins Dec 1, 6:20-7:05pm  
6 sessions, \$35  
Otsego Elem, Gym, Door 4 #4250-32F  
Not meeting Dec 29

## Little Sportsters age 3-6

Each class is designed to energize and encourage your child to participate in sports and games. Basic skills and good sportsmanship are emphasized. This is one of our most popular classes for toddlers and preschool children so don't wait to register. Wear comfortable clothes and gym shoes.

### age 3-4 w/parent

Mon, begins Sep 26, 5:45-6:30pm  
6 sessions, \$35  
Otsego Elem, Gym, Door 4 #4251-31F  
Not meeting Oct 31

### age 4-6

Mon, begins Sep 26, 6:35-7:20pm  
6 sessions, \$35  
Otsego Elem, Gym, Door 4 #4251-32F  
Not meeting Oct 31

## Intro to Football gr K-3

Fall is the perfect time for football! You can learn the basics of the game in a fun place with others your age. We'll play mini-games to teach different areas of the game. If the group is ready, the session will end with a Parent's Day flag or touch football game.

### gr 1-3

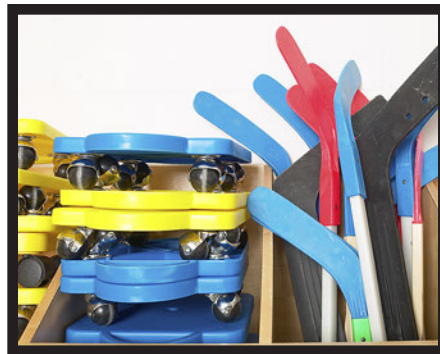
Sat, begins Sep 10, 12:00-1:15pm  
4 sessions, \$29

Otsego Elem, Soccer Field #4075-31F

### gr 4-5

Sat, begins Sep 10, 1:30-2:45pm  
4 sessions, \$29

Otsego Elem, Soccer Field #4075-32F



## Jam Time! gr 1-3

Want some time in the gym but now you're too old for Little Sportsters? These games and activities are just right for you. You will continue to work on the basic skills needed to play sports but there will be additional challenges to make this just what you're looking for.

Mon, begins Sep 26, 7:25-8:10pm

6 sessions, \$35

Otsego Elem, Gym, Door 4 #4459-31F

Not meeting Oct 31

## After School Basketball gr K-5

Basketball is a popular team sport that many enjoy. Using creative drills and fun mini games you will work on the skills necessary to become a better individual and team player. Please wear comfortable clothing and gym shoes. After School Basketball partners with EdVenture Club, check in after school with that group.

### gr K-1

Tue, begins Nov 1, 4:00-5:00pm  
5 sessions, \$25

Otsego Elem, Gym, Door 4 #4252-31F  
Not meeting Nov 22

### gr 2-5

Thu, begins Nov 3, 4:00-5:00pm  
5 sessions, \$25

Otsego Elem, Gym, Door 4 #4252-32F  
Not meeting Nov 24

## Ball Hockey gr K-5

Gym time to play ball hockey (without skates)! Have a great time with friends while learning basic hockey skills through fun games and drills. Except for the first night, scrimmages will be played the last 15 minutes of each class that parents may observe.

### gr K-1

Tue, begins Nov 1, 5:30-6:15pm

6 sessions, \$35

Otsego Elem, Gym, Door 4 #4255-31F

Not meeting Nov 22

### gr 3-5

Tue, begins Nov 1, 6:20-7:05pm

6 sessions, \$35

Otsego Elem, Gym, Door 4 #4255-32F

Not meeting Nov 22

## Otsego Festival

September 17, 2011  
10 am to 5 pm

Join us for the 10th Annual Otsego Festival!

The Otsego Festival is family friendly one day festival held every September. The festival helps link the community to local businesses and the City of Otsego.



Many FREE & INEXPENSIVE activities for the whole family

- \* Petting Zoo
- \* Wagon & Pony Rides
- \* Moonwalks
- \* Classic Car Show
- \* Entertainment
- \* Local Businesses
- \* Mechanical Bull
- \* Food



The festival is located at:

Prairie Park (behind City Hall)  
8899 Nashua Avenue, Otsego





Rogers Recreation is sponsored by the City of Rogers and administered by ISD 728 Community Education. Your input and suggestions are always welcome.

## Tennis age 16+

Learn the basic strokes of forehand, backhand, serves and court strategy. In addition to hitting balls, each session will end with group games emphasizing fun while developing skills. Bring your own racket and 3 tennis balls.

Sat, begins Sep 17, 10:15-11:00am  
4 sessions, \$29  
Rogers MS, Tennis Courts #4034-1F



## Intro to Rock Climbing age 16+

You will be introduced to the basics of indoor rock climbing, exposing you to a new form of lifetime physical activity that offers the benefits of a total body workout. Emphasis will be placed on providing a safe and enjoyable experience in a comfortable, controlled setting. Vertical Endeavors is located at 845 Phalen Blvd, St. Paul, MN 55106

Wed, begins Oct 12, 7:00-9:00pm  
3 sessions, \$59 Vertical Endeavors,  
St. Paul, MN #4444-1F



## Halloween Party age 2 - 12

Looking for a safe and fun place to take your kids on Halloween night? Have a great time with friends and neighbors playing games, making crafts and eating a Halloween treat. Wear your costume and come ready for fun. A responsible adult must accompany the participant.

Mon, Oct 31, 5:00-7:00pm  
1 session, \$10/child, \$18/2 children  
Rogers Fire Hall #4905-1F

## After School Basketball gr 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. After School Basketball partners with EdVenture Club, check in after school with that group.

gr K-1  
Mon, begins Oct 31, 4:00-5:00pm  
5 sessions, \$25  
Rogers Elem, Gym, Door 1 #4356-1F  
Not meeting Nov 21

Tue, begins Nov 1, 4:00-5:00pm  
5 sessions, \$25  
Hassan Elem, Gym, Door 1 #4356-3F  
Not meeting Nov 22

gr 2-3  
Mon, begins Oct 31, 4:00-5:00pm  
5 sessions, \$25  
Hassan Elem, Gym, Door 1 #4356-2F  
Not meeting Nov 21

gr 2-5  
Wed, begins Nov 2, 4:00-5:00pm  
5 sessions, \$25  
Rogers Elem, Gym, Door 1 #4356-4F  
Not meeting Nov 23

gr 4-5  
Thu, begins Nov 3, 4:00-5:00pm  
5 sessions, \$25  
Hassan Elem, Gym, Door 1 #4356-5F

## After School Soccer gr K-5

Learn the skills to become a better soccer player. Using mini games and fun drills you will learn proper techniques for passing, dribbling and shooting. Please wear comfortable clothing and gym shoes. After School soccer partners with EdVenture Club, check in after school with that group.

gr K-1  
Mon, begins Sep 19, 4:00-5:00pm  
4 sessions, \$19  
Rogers Elem, Soccer Field #4357-1F

Tue, begins Sep 20, 4:00-5:00pm  
4 sessions, \$19  
Hassan Elem, Soccer Field #4357-3F

gr 2-3  
Mon, begins Sep 19, 4:00-5:00pm  
4 sessions, \$19  
Hassan Elem, Soccer Field #4357-2F

gr 2-5  
Wed, begins Sep 21, 4:00-5:00pm  
4 sessions, \$19  
Rogers Elem, Soccer Field #4357-4F

gr 4-5  
Thu, begins Sep 22, 4:00-5:00pm  
4 sessions, \$19  
Hassan Elem, Soccer Field #4357-5F

## Gymnastics

age 18mo-6+yrs

A fun and safe instructional gymnastics program led by highly qualified and well-trained coaches.

### Age 18 months-4yrs w/parent:

This fun and instructional program will allow you and your toddler to interact in an active environment. With the assistance of the instructor(s) and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced.

**Age 5-6:** Your child will love this program, designed to teach basic gymnastics skills, terms and positions in a fun and friendly environment. Added benefits to this gymnastics class are improved listening skills, coordination and cooperation with peers. Observers are welcome the first and last day of the program.

**Age 6+:** When your child is ready to move on, this program is designed to enhance basic gymnastics skills by teaching basic tumbling and flexibility in a safe manner. Students under 6 may be recommended for this class by the instructor. Observers are welcome the first and last day of the program.

ATTENTION PARENT/CHILD CLASSES: Only one parent is allowed in the class per child. Other children are not allowed to be in the gym. Parents will need to sign a waiver form during the first class.

### age 18 mos - 2 yrs w/parent

Wed, begins Sep 21, 4:30-5:00pm

5 sessions, \$29

Rogers Elem, Gym, Door 1 #4201-1F

Wed, begins Nov 9, 4:30-5:00pm

5 sessions, \$29

Rogers Elem, Gym, Door 1 #4201-5F

Not meeting Nov 23

### age 3-4 w/parent

Wed, begins Sep 21, 5:05-5:35pm

5 sessions, \$29

Rogers Elem, Gym, Door 1 #4201-2F

Wed, begins Nov 9, 5:05-5:35pm

5 sessions, \$29

Rogers Elem, Gym, Door 1 #4201-6F

Not meeting Nov 23

### age 5-6

Wed, begins Sep 21, 5:40-6:25pm

5 sessions, \$39

Rogers Elem, Gym, Door 1 #4201-3F

Wed, begins Nov 9, 5:40-6:25pm

5 sessions, \$39

Rogers Elem, Gym, Door 1 #4201-7F

Not meeting Nov 23

### age 6+

Wed, begins Sep 21, 6:30-7:15pm

5 sessions, \$39

Rogers Elem, Gym, Door 1 #4201-4F

Wed, begins Nov 9, 6:30-7:15pm

5 sessions, \$39

Rogers Elem, Gym, Door 1 #4201-8F

Not meeting Nov 23

## Jam Time!

gr 1-3

Want some time in the gym but now you're too old for Little Sportsters? These games and activities are just right for you. You will continue to work on the basic skills needed to play sports but there will be additional challenges to make this just what you're looking for. Fall Activities: Relays & Races, Soccer, Challenge Team Games (i.e. Dodgeball) & Kickball

Thu, begins Sep 22, 7:15-8:00pm

6 sessions, \$35

Rogers Elem, Gym, Door 1 #4459-1F

## Rogers Open Gym

Supervised recreational time, sponsored by Rogers Recreation. Please note that changes may need to be made to this schedule. Always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed.

### Age 16+

Wed, begins Oct 26, 7:00-9:00pm

10 sessions, Pay at door

\$3/individual, \$8/immediate family, \$20/10 Session Individual Pass.

Rogers HS, Gym, Door I

Not meeting Nov 23 & Dec 28

### All Ages

Sun, begins Oct 23, 6:00-8:00pm

11 sessions, Pay at door

\$3/individual, \$8/immediate family, \$20/10 Session Individual Pass, \$40/10

Session Family Pass.

Rogers MS, Gym, Door A

Not meeting Dec 25 and Jan 1

Passes are good for 10 days of participation valid on either Wednesdays or Sundays. Holder must have card present at time of check-in. Community Education is not responsible for lost or stolen passes.

There will be separate gym space for families and gr K-5, gr 6-8 and high school to adult.

## Little Sportsters

age 2 1/2-6

Each class is designed to energize and encourage your child to participate in sports and games. Basic skills and good sportsmanship are emphasized.

This is one of our most popular classes for toddlers and preschool children so don't wait to register. Wear comfortable clothes and gym shoes.

### age 2 1/2 - 4 yrs w/parent

Thu, begins Sep 22, 5:30-6:15pm

6 sessions, \$35

Rogers Elem, Gym, Door 1 #4251-1F

### age 4-6

Thu, begins Sep 22, 6:25-7:10pm

6 sessions, \$35

Rogers Elem, Gym, Door 1 #4251-2F

## **BBall** **gr 1-5**

Basketball is a sport that is great for boys and girls. Benefits include increased confidence, coordination and social skills. Each day will include individual and team drills, mini games and scrimmages. Wear comfortable clothes and gym shoes.

### gr 1-2

Sat, begins Oct 29, 10:45am-12:00pm

6 sessions, \$39

Rogers Elem, Gym, Door 1

#3223-1F

Not meeting Nov 26

### gr 3-5

Sat, begins Oct 29, 9:15-10:30am

6 sessions, \$39

Rogers Elem, Gym, Door 1

#3223-2F

Not meeting Nov 26

## **Fall Ball** **age 3-9**

Didn't get enough baseball or softball over the summer? Here is your chance to get more playing time before winter arrives. Join for some skill-building practices, mini-games and scrimmages. Grab your glove and let's hit the field.

### age 3-4 w/parent

Sat, begins Sep 10, 12:30-1:15pm

5 sessions, \$29

Hassan Elem, Baseball Field

#4000-3F

### age 7-9

Sat, begins Sep 10, 10:30-11:15am

5 sessions, \$29

Hassan Elem, Baseball Field

#4000-1F

### ages 5-6

Sat, begins Sep 10, 12:00-12:15pm

5 sessions, \$29

Hassan Elem, Baseball Field

#4000-2F

A Tee Stand will be available for those who prefer to use it.

## **Let's Play...** **age 3-gr 5**

Want some time being active with your child? This gym time is part organized and part free time to play with your child and their friends.

### age 3 - 5 yrs w/parent

Activities: parachute games, ball games, and other large motor activities

Tue, begins Nov 1, 5:30-6:15pm

5 sessions, \$29

Rogers Elem, Gym, Door 1

#4250-1F

Not meeting Nov 22

### gr K-2

Activities: kickball, floor hockey, soccer, PE games/challenges and more.

Tue, begins Nov 1, 6:25-7:10pm

5 sessions, \$29

Rogers Elem, Gym, Door 1

#4250-2F

Not meeting Nov 22

### gr 3-5

Activities: kickball, floor hockey, soccer, PE games/challenges and more.

Tue, begins Nov 1, 7:15-8:00pm

5 sessions, \$29

Rogers Elem, Gym, Door 1

#4250-3F

Not meeting Nov 22

## **Tennis** **age 7-15**

Begin with an introduction to basic strokes such as forehand, backhand and serves. Court strategy will also be covered. In addition to hitting balls, each session will end with a group game emphasizing fun while developing skills. Bring your own racket and 3 tennis balls.

### age 7-10

Sat, begins Sep 17, 11:10-11:55am

4 sessions, \$29

Rogers MS, Tennis Courts

#4034-2F

### age 11-15

Sat, begins Sep 17, 12:05-12:50pm

4 sessions, \$29

Rogers MS, Tennis Courts

#4034-3F

## **\*Drop N' Shop ages 5-10**

Cost: \$10/night and \$6 for each additional family member per night

Our popular summertime drop-n-play is once again being offered during the winter holiday season. These events will keep your child busy having fun while you enjoy a night out shopping or whatever.

Friday, November 18

6:00-9:00pm

Gobbler Trekking

Saturday, December 17

6:00-9:00pm

Holiday Sparkle

Wednesday, December 21

6:00-9:00pm

Slip, Slide, Skate

Reserve your spot by calling 763-428-1033 and completing the registration form at [www.parkandrec.cityofrogers.org](http://www.parkandrec.cityofrogers.org). Each day is limited to 20 kids.

## **\*Adult Men's Basketball**

12 weeks (includes playoffs)

Cost: TBD

Teams will play only 1 game per night until playoffs -- Officiated

Full details are still in process so check out Rogers Parks & Recreation website for updated information late August-early September. Season will begin in January. Registration will go through Rogers Parks & Rec beginning late September. Stay tuned.

The programs marked by this symbol \* are brought to you directly by Rogers Parks & Recreation. Questions can be directed to Cherie McCallum at 763-428-1033 x8.



## \*Learn to Skate

Fall Learn-to-Skate classes are now forming. Classes will be held on Saturday mornings between 8:45 - 10:15am. Class sizes are minimum of 4 and a maximum of 8. Classes may be combined if necessary to meet minimum requirements. All children in Snowplow Sam or Parent/Tot classes are REQUIRED to wear a helmet (bike helmets are ok). Helmets and rental skates are available at minimal cost at the concessions window weekly. Rental skate sizes available are Toddler 6/7 thru Adult 13. (Note: Parents are only allowed on ice if in the Parent/Tot class.) There is NO pro-rating of fee for classes missed. Make-ups should be done at one of our Open Skate times as we will coordinate instructors to be available. Also, there are NO refunds once the session has started except for extenuating circumstances.

Rogers Activity Center has a limited number of rental skates available for \$2 per session, first-come, first-served. Shoe size toddler 6/7 to adult 13.

SKATING LEVELS: Decide which skating level your child should be at based on the descriptions below.

### Parent/Tot age 3-5 w/parent

With the help of a parent the student will learn the very basics of ice skating. Emphasis will be made on balance, weight transfer, edges using games to make the class lots of fun! Children in Parent/Tot and Snowplow Sam classes are required to wear a bike helmet.

Snowplow Sam 1-3, age 3-5, are intended for beginner skaters who are learning the very basics of ice skating. The focuses for Snowplow Sam levels are in balance, weight transfer, edges, and, of course, fun and games! Helmets required.

Basic 1-5, age 6+, are intended for recreational skaters and for skaters intending to continue into the figure skating "Freestyle" levels.

Hockey 1-4, age 6+, are intended for skaters who are specifically interested in learning skating for hockey development. The focus for the program is to develop skating ability, balance, weight transfer, and posture without incorporating sticks and pucks.

Teen/Adult age 16+, intended for skaters who have always wanted to learn how to skate. Program covers skills from Basic classes.

### Sessions beginning Sat. Oct 15

#4979-2F	Parent/Tot (ad'l fee)	8:45-9:15am
#4980-9F	Snowplow Sam 1	9:15-9:45am
#4980-10F	Snowplow Sam 1	9:45-10:15am
#4981-9F	Snowplow Sam 2	9:15-9:45am
#4981-10F	Snowplow Sam 2	9:45-10:15am
#4982-5F	Snowplow Sam 3	8:45-9:15am
#4983-5F	Basic 1	9:45-10:15am
#4984-5F	Basic 2	9:15-9:45am
#4985-3F	Basic 3/4/5	8:45-9:15am
#4989-5F	Hockey 1	9:15-9:45am
#4990-4F	Hockey 2	9:45-10:15am
#4991-3F	Hockey 3**	8:45-9:15am
#4992-3F	Hockey 4**	8:45-9:15am
#4993-4F	Teen/Adult	9:45-10:15am

\*\*These classes may be combined based on numbers

All sessions are 6 weeks in length and cost \$69 with the exception of Parent/Tot class which is \$89. Classes are held at Rogers Activity Center. Registration closes 3 days prior to class.

Arrive at least 15 minutes early and come prepared with:

- properly fitted, sharpened skates (no double blades)
- rentals available
- mittens or gloves
- warm, comfortable clothing
- helmets for Snowplow Sam classes - required
- pads - optional

For more information and a guide to choosing the correct skating level, please visit us on-line [www.ci.rogers.mn.us](http://www.ci.rogers.mn.us) or contact Cherie McCallum, Rogers Parks & Recreation at 763-428-1033.



## \*Open Skate all ages

Time on the ice to practice your skills or have fun with friends, either way this is the place to be. Helmets are recommended for young/beginning skaters.

Sep 7, 2011-Feb 29, 2012

Sunday	4:00-5:30pm
Wednesday	11:30am-1:00pm 6:00pm-7:15pm

Pay at door, \$4/skater, age 5 and younger FREE  
Rogers Activity Center, Rink

## \*Halloween Open Skate Event

Sunday, Oct. 30th 4:00 - 5:30pm  
FREE admission if you come in costume

## \*Thanksgiving Open Skate Event

Wednesday, Nov. 27th 6:00 - 7:15pm  
FREE admission if you can show a receipt from Black Friday (Nov. 25) from a Rogers' store

## \*Holiday Skate

Wednesday, Dec. 28 6:00 - 7:15pm  
FREE hot chocolate with paid admission

## \*Adult Open Hockey & Pond Hockey

Check web site at [www.rac.cityofrogers.org](http://www.rac.cityofrogers.org) under schedules for weekly updates.

## Storyland™

A Trip Through Childhood Favorites

**October 8, 2011 - January 22, 2012**

Prepare for a reading adventure! The whole family will be able to travel into the three popular stories of *The Tale of Peter Rabbit*, *Where's Spot?* and *The Snowy Day* in **Storyland: A Trip Through Childhood Favorites**.

**The Handke Center**  
1170 Main Street  
Elk River, MN 55330

**Storyland: A Trip Through Childhood Favorites**, created by Minnesota Children's Museum, is an exciting, hands-on learning opportunity for children ages 2-8 to fall in love with beloved childhood books while building valuable early literacy skills.

Hosted by Elk River Early Childhood Coalition.

**Exhibit Hours:**

Monday - Saturday ..... 9 a.m. - 1 p.m.  
Tuesday & Friday ..... 1 - 5 p.m.  
Monday, Wednesday & Thursday .... 5 - 8 p.m.  
Sunday ..... 11 a.m. - 3 p.m.

Groups of 8 or more, call 612-644-6519 to arrange a visit.

Supported by:



©2011 Minnesota Children's Museum. All rights reserved. Storyland: A Trip Through Childhood Favorites™ was created by Minnesota Children's Museum with support from the State of Minnesota Clean Water, Land and Legacy Amendment.

## Storyland & Nature Playground Events!

### Peter Rabbit

(2-1/2 Years to Kindergarten)

After hearing the story your child will experience a vegetable garden in our nature playground. Playing in the various settings from the book in the "Peter Rabbit" Storyland exhibit will bring this classic story alive! Your child will have a snack Peter Rabbit would have enjoyed as well as a chance to paint with vegetables!

Saturday, Oct 15, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child

#736F

### Where's Spot?

A Dad & Me Event

(2-1/2 Years to Kindergarten)

Your child will have fun making a doghouse and exploring the Storyland traveling exhibit! Your child will benefit from the literacy opportunities, and have a chance to enjoy dog stories, songs, and a dog bone snack.

Saturday, Nov 19, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child

#737F

### The Snowy Day

(2-1/2 Years to Kindergarten)

Your child will interact with scenes in the Storyland Exhibit from this story you may remember from your childhood. Your child can make an indoor snowman, play in Peter's bedroom, and pretend to walk through the city on the Snowscape set. Your child will have a chance to crunch the snow outside and paint a snowy picture.

Follow your tummy to the Hundred Acre Woods for a musical celebration of friendship, sharing and caring!

Saturday, Jan 7, 10:00-11:30am  
Handke, Rm 12, Door 6  
1 session, \$5/child

#738F

## Breakfast in Storyland!

Join us for an exciting morning of breakfast, stories and playtime before taking a journey through Storyland: A Trip Through Childhood Favorites. Relax and enjoy a "good for you" breakfast together in the cafeteria, listen to some favorite childhood stories, play for awhile in an ECFE classroom before visiting the Minnesota Children's Museum's traveling exhibit. These are parent/child activities. You must pre-register with the ECFE office.

### Storybook Characters (Birth to 8 yrs)

Come dressed as your favorite storybook character!

Sat, Oct 29, 9:00-10:00am Handke, Rm 5, Cafe, Gym, Door 6 1 session, FREE #731F

### Bring a Friend (Birth to 8 yrs)

Bring your favorite stuffed animal.

Sat, Dec 10, 9:00-10:00am Handke, Rm 5, Cafe, (No Gym), Door 6 1 session, FREE #732F

### Pajama Day (Birth to 8 yrs)

Come dressed in your pajamas! Parents too!

Saturday, Jan 21, 9:00-10:00am Handke, Rm 5, Cafe, Gym, Door 6 1 session, FREE #733F

**ROGERS YOUTH VOLLEYBALL**



**What:** Rogers Royals High School Volleyball and Club Velocity Junior Olympic Volleyball introduce a Fall Youth Volleyball program for students entering Grades 3-8.

It is our goal to introduce young players to the sport of competitive volleyball in a positive and exciting learning environment. We will be emphasizing competitive power volleyball skill development, game rules, Royal Pride, and teamwork.

**When:** September to November  
**Where:** Rogers Middle School  
**Cost:** \$80

**More information and registration at:**  
<http://www.rogersroyalsvb.org>

E-mail: [rogersroyalsvb@gmail.com](mailto:rogersroyalsvb@gmail.com)



Join the Cub Scouts!!!



Cub Scouts is a family program that teaches your son citizenship and teamwork while having outdoor fun.

Sign-Up in Elk River on Thursday - September 22, 2011  
 6:30 - 8:00 PM, Lions Park Center  
 1104 Lions Park Drive

Sign-Up in Otsego on Monday - September 19, 2011  
 6:30 - 7:30 PM, Otsego Elementary Cafeteria  
 8125 Parrish Avenue NE

**Rogers Area Wrestling, K-6**

Rogers Youth Wrestling Club - specializing in Folkstyle Wrestling.

**Registration & meet the coaches:**

Monday, November 28th, 6:00-7:30pm

**Practice begins:**

Tuesday, November 29th, 6:00-7:30pm

Rogers High School Wrestling Room



USA Wrestling Membership and T-shirt included in fee. A vendor will be on site on November 28th for head gear and shoe purchases.

VISIT US AT: [RAWPOWERWRESTLING.ORG](http://RAWPOWERWRESTLING.ORG) Email address at: [information@rawpowerwrestling.org](mailto:information@rawpowerwrestling.org)  
 Contact Perry Pearson at 763-428-3938 or Vie Martinez at 763-428-9840



## Elk River Activity Center – A place for people 55+ years

You are invited to stop by the Activity Center at 413 Proctor Ave. The center is open Monday through Friday 8am to 4:30pm. Card Games, Computer Lab and Assistance (by trained volunteers), Medicare Help, Fitness Classes and Equipment, Billiards, Coffee Shop & More! For more information please call the Elk River Activity Center at 763.635.4500

### Join us in September for National Senior Center Month!

Thursday, Sept. 8 – Lincoln Assassination program 1 session 10am Free (413 Proctor)

Thursday, Sept. 15 – Origami Sample Class 1 session 1pm Fee \$2 (413 Proctor)

Monday, Sept. 19 – Tai Chi Sample Class 1 session 1:30pm Fee \$2 (413 Proctor)

Tuesday, Sept 27 – Senior Center Month Celebration 2pm Fee \$1 (350 Evans)

Wednesday, Sept. 28 – Women's' Health & fitness Day Events all day! (413 Proctor)

For these program details and for information on all of the programs offered, check us out at [www.ci.elk-river.mn.us](http://www.ci.elk-river.mn.us) <<http://www.ci.elk-river.mn.us/>> or call 763.635.4500 and get your copy of the center's newsletter today! The Elk River Activity Center is a division of the City of Elk River Parks & Recreation.

## FREE How to Study the Bible Seminar!

By learning and practicing the "Equipped For Life" study method,  
in 3 hours you will learn ~

- † What the Bible says
- † What the Bible means
- † How to apply what you learn

Tuesday, October 4th - OR - Tuesday, December 13th  
6:00pm – 9:00pm  
The Handke Center

Register by sending an email to:  
[info@equippedforlifemn.org](mailto:info@equippedforlifemn.org)  
Or visit us online at [www.equippedforlifemn.org](http://www.equippedforlifemn.org)



Join Us!

Sherburne National Wildlife Refuge

# Fall Bird Tour



Saturday, September 3, 2011  
8:00 a.m. to 11:00 a.m.  
Bring binoculars!

Meet your leaders at Blue Hill Trail on County Road 9, six miles west of Hwy. 169. Tour includes walking and driving. You'll look for resident birds, as well as fall migrant raptors, waterfowl, warblers, flycatchers, sparrows and others.

For more information or to pre-register for this tour, call 763/ 389-3323 x 13 or TTY 1-800-877-8339

<http://www.fws.gov/midwest/sherburne/>



Join us for a ...

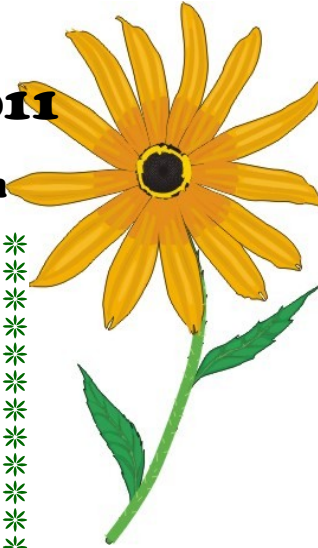
# Fall Wildflower Tour

Sherburne National Wildlife Refuge

Saturday  
September 10, 2011

10:00 am - 12:00 pm

\*\*\*\*\*  
\* Join us for a tour to see \*  
\* wildflowers and native \*  
\* tall grasses that are in \*  
\* bloom on the Refuge. \*  
\* An experienced volun- \*  
\* teer naturalist will be \*  
\* your guide. \*  
\*\*\*\*\*



Meet at the Old School House on County Road 9, 5.5 miles west of Hwy. 169.

For more information, or to pre-register for this tour, call 763/ 389-3323 x 13 or TTY 1-800-877-8339

<http://www.fws.gov/midwest/sherburne/>

## Thank You to our Sponsors!

ISD 728 Community Education would like to thank the following organizations, businesses and people who have contributed to our scholarship fund program and our ECFE Nature Classroom Program.

We sincerely appreciate your time and/or donation!

- \* Brad & Brent LeBlanc
- \* Charlene Frost
- \* Charlotte Strei & RSVP
- \* City of Elk River Abatement Funds
- \* Cretex
- \* Decimet Sales Incorporated
- \* Dimensions Educational Research Foundation
- \* ECFE Advisory Council
- \* Elk River Municipal Utilities
- \* Great River Energy
- \* Jac Davis

- \* Jenny & Dan Niblo
- \* Jesse Ewert Tree Service
- \* Joan Frick
- \* Marlene Buchholz
- \* Melinda Goetsch
- \* Minnesota School of Business
- \* Nature Classroom Committee Members
- \* Nelsons Nursery, Zimmerman
- \* Pletscher Greenhouse
- \* Rose Strei
- \* Sue Hix, Master Gardener



## Community Ed

- Community Education Office Hours  
8:30am-5:00pm, Labor Day-Memorial Day  
8:00am-4:30pm, Summer Hours
- E-mail address: **communityed@elkriver.k12.mn.us**
- Make checks payable to: **ISD 728 Community Education**
- Register no later than 3 business days in advance; all activities need a minimum number of registrations to take place. Some activities fill quickly.
- Am I in? Yes, unless you hear from us. **We'll contact you** if your class is cancelled, changed or full.
- Classes are intended for the specified ages and only registered participants may attend.
- Participants must be the correct age and/or grade by the last day of class, unless otherwise noted.
- Refunds or credits cannot be given for forgotten classes.
- **Cancellations** must be made at least 3 business days prior to activities (or by the registration deadline indicated). Some activities, supplies or tickets are **not** refundable. **Call the office** to request cancellation (not available online).

- Adults are given priority for adult classes, unless specified. Ages 15-17 may be able to register if space permits.
- We take photographs of many of our activities which may be used in our brochures, news releases, website or displays at events. **Please let us know in writing if you do not wish to have photos in our publication.**
- **Fee assistance** is available for most youth programs (except child care, outings, some private lessons, and Behind the Wheel Training).
- Please remember to send a release note with your child to school on the day(s) they are staying after school for a Community Education activity.

### On-line

**www.728communityed.com**

Secure registration 24 hrs/day using Visa, MasterCard, Discover.

### In Person, Mail, Drop Box

**Handke Center**

**1170 Main St.**

**Elk River 55330**

See office hours at right. 24-hour drop box located at Door 4.

**Phone 763.241.3520**

**Fax 763.241.3521**

### 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.
- ECFE sliding fee, see ECFE pages.

### Weather Hotline

**612.253.5109**

Home Phone w/area code \_\_\_\_\_ E-mail address \_\_\_\_\_

Participant's Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

**If participant is a child**, Parent Names \_\_\_\_\_ Work Phone \_\_\_\_\_

Child's Birth Date & Age \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (10-11)

CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*

CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*

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# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_



Home Phone w/area code \_\_\_\_\_ E-mail address \_\_\_\_\_

Participant's Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

**If participant is a child**, Parent Names \_\_\_\_\_ Work Phone \_\_\_\_\_

Child's Birth Date & Age \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (10-11)

CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*

CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*

Health concerns: \_\_\_\_\_ Emergency phone # & contact \_\_\_\_\_

\*Sibling/child care needed with class (when available, as noted): Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_

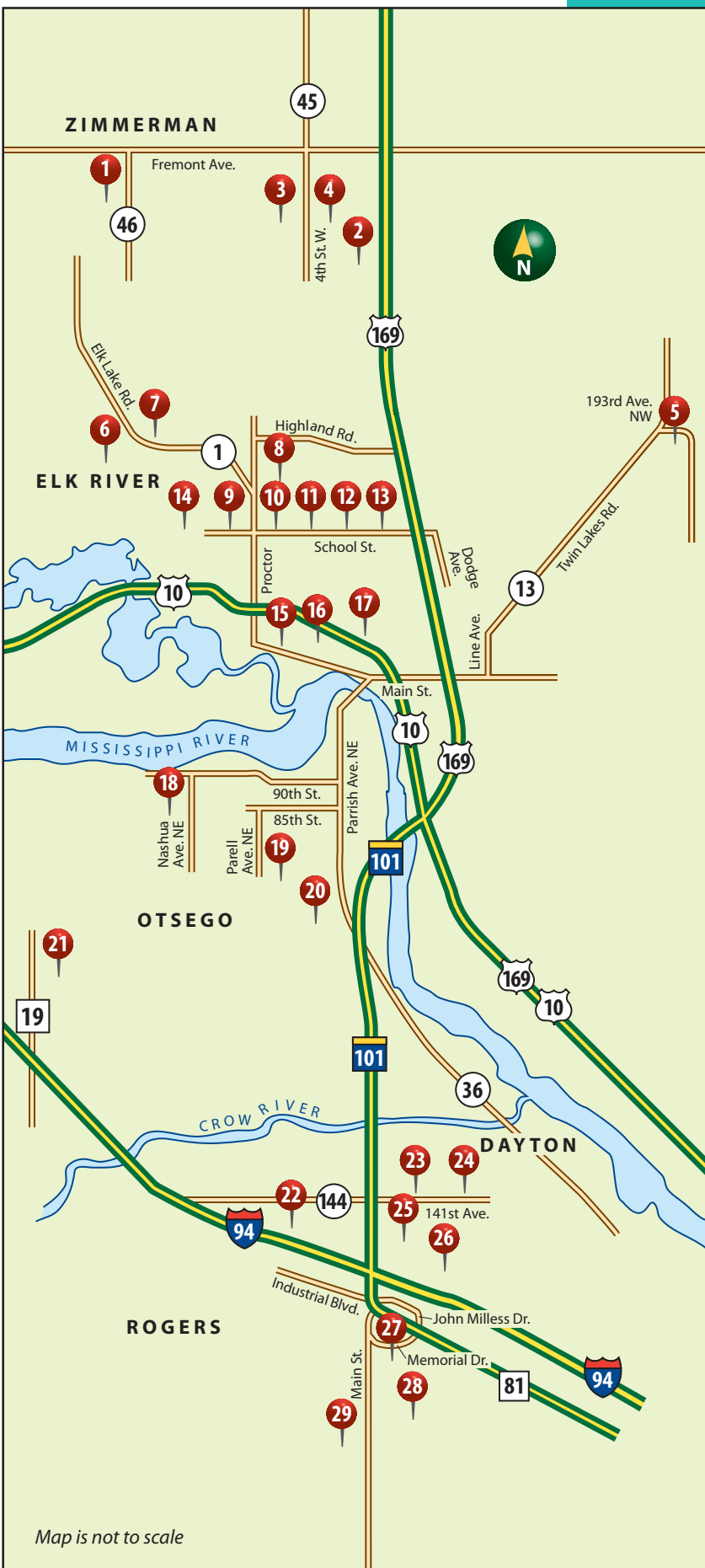
Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Check  Cash  MasterCard/VISA/Discover# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_







## ISD 728 Facilities & Community Education Activity Locations

<b>Beaudry Meadow Park</b> 11313 77th St. NE, Otsego.....	21
<b>Community Education and ECFE</b> The Handke Family Center 1170 Main St., Elk River.....	15
<b>District Service Center</b> 19072 Triangle Road, Elk River.....	6
<b>Educational Technology Center</b> 1230 School Street, Elk River.....	9
<b>Elk River Senior High</b> 900 School St., Elk River.....	11
<b>Elk River Senior Center</b> 350 Evans, Elk River.....	17
<b>Hassan Elementary</b> 14055 Orchid Ave., Hassan.....	22
<b>ISD 728 District Office</b> 815 Highway 10, Elk River.....	16
<b>Ivan Sand Community School</b> 1232 NW School St., Elk River.....	14
<b>Lincoln Elementary</b> 600 School St., Elk River.....	12
<b>Meadowvale Elementary</b> 12701 Elk Lake Road, Elk River.....	7
<b>North Community Park</b> 13750 Bittersweet Lane, Rogers.....	26
<b>Otsego City Hall/Prairie Park</b> 8899 Nashua Ave. NE, Otsego.....	18
<b>Otsego Elementary</b> 8125 River Road NE, Otsego.....	20
<b>Parker Elementary</b> 500 School St., Elk River.....	13
<b>Randy Hanson Park</b> 2nd St. E., Zimmerman.....	2
<b>Rogers Activity Center</b> 21080 141st Ave., Rogers.....	23
<b>Rogers Elementary</b> 12521 Main St., Rogers.....	29
<b>Rogers Fire Hall</b> 21201 Memorial Drive, Rogers.....	27
<b>Rogers High School</b> 21000 141st Ave., Rogers.....	24
<b>Rogers Middle School</b> 20855 141st Ave., Rogers.....	25
<b>Salk Middle School</b> 11970 Highland Road, Elk River.....	8
<b>School Knoll Park</b> 11501 83rd St. NE, Otsego.....	19
<b>Triangle Park</b> 21400 Rouillard Blvd., Rogers.....	28
<b>Twin Lakes Elementary</b> 10051 191st Avenue NW, Elk River.....	5
<b>VandenBerge Middle School</b> 948 Proctor Road, Elk River.....	10
<b>VandenBerge Pool</b> 948 Proctor Road, Elk River.....	10
<b>Westwood Elementary</b> 13651 Fourth Ave. S., Zimmerman.....	1
<b>Zimmerman Elementary</b> 25959 4th St. W., Zimmerman.....	4
<b>Zimmerman Middle/High School</b> 25900 4th St. W., Zimmerman.....	3

Map is not to scale

Effective through Dec. 2011



763.241.3570  
ISD 728 Community Education  
1170 Main Street  
Elk River, MN 55330  
[www.728communityed.com](http://www.728communityed.com)

REGISTER ON-LINE AT:  
[www.728communityed.com](http://www.728communityed.com)

JOIN US ON FACEBOOK:  
ECFE, Community Ed Adult &  
Community Ed Youth

TWEET ON TWITTER:  
ECFE728 & Communityed728

JOIN OUR MAILING LIST:  
[www.728communityed.com](http://www.728communityed.com)

## CULINARY

Check out our delicious  
new culinary classes



## CRAFT

Explore your creative side  
with new craft classes

