

# La Crescent - Hokah Community Education

*“What Sings to You”*



Register online: [www.isd300.k12.mn.us](http://www.isd300.k12.mn.us) - click on "Community" tab

September - December 2014

# Table of Contents

	Page #
Hobbies & Home / Trips .....	2-6
Be Prepared .....	7
Performing Arts.....	8-9
Fit 'n Fun.....	10-11
E.C.F.E. ....	12-13
Youth Programs .....	14-16
Registration Information .....	19

## Community Education Staff Directory – *We are here to help!*

General Inquiries, Program Registration, Facility Rental, Ticket Sales .....	507-895-5150
Beth Theede, Director .....	507-895-5153
Joan Wright, Operations Coordinator .....	507-895-5150
Mary Ann Graf, Secretary .....	507-895-5149
Meghan Wall, School Age Child Care (Kids Company) Coordinator .....	507-895-5156
Kids Company Site .....	507-895-4484 Option 4
Karn Schwartzhoff, Early Childhood Coordinator .....	507-895-8731
Sandy Graves, Neighbors in Action.....	507-895-5155

**Community Education hours: Monday - Friday, 8 am - 4 pm.**

## ECFE's Fall Harvest Party!

**Children Ages  
Birth to Five  
and Their Families**



Let's face it. There really is no place like home when you live where we do in the Fall. Come to the Elementary School Playground (or inside the gymnasium if weather does not cooperate) and take time to really enjoy Fall fun with your family and community. There will be stories, games, face painting, a family scavenger hunt, and a hotdog lunch to purchase.

It will be too much fun to miss!

**Saturday, October 11 - 11 am - 1 pm**

Elementary School Playground

(rain location - Elementary School Large Gym)

NO FEE!

## Remembering Barb

Community Education joins her family and friends in mourning the loss of long-time Community Educator, Barbara Bennett. Barb spent 16 years working in Community Education, and strived to help people every day as they pursued what "sings" to them.

Barb spent her time at Community Ed recruiting instructors, brainstorming new class ideas, helping groups reserve spaces, selling tickets to Performing Arts Series shows, "schlepping" hay bales to decorate our fall events, on occasion leading horse themed events at her farm, and so, so much more.



We are grateful for all of her years of dedication and service to our community through Community Education. One of Barb's favorite sayings was

***"Do what sings to you!"***

In that spirit, we ask, what "sings" to YOU?

## Trips & Hobbies & Home



### Let's Travel to: Galena, Illinois

Enjoy the colorful days of fall as you relax on our trip to Galena, Illinois! Find treasures in the area's art galleries and studios, local shops and wineries, Galena Country Fair and the natural beauty of the rolling hills and gentle valleys. There will be time on your own to shop, dine and take in all of the activities Galena has to offer. Get ready for a full and exciting day in Galena! Price includes coach bus. Bus will leave from high school parking lot. An itinerary will be sent to you approximately one week prior to the trip with specifics of our day.

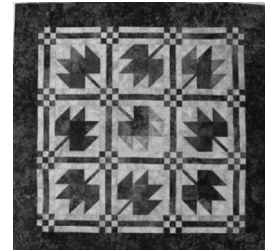
Class #	Time	Date	Fee
0503	8:00 a.m. - 8:30 p.m.	Oct. 12	\$49

**Registration Deadline: Oct. 1 – No refunds after Oct. 1**

### Fall Fabric Frolic!

**NEW**

Looking for new inspiration for your favorite sewing projects? Get on the bus with us this fall as we tour the tri-state area! Our first stop is at Red Roxy Quilt Co. in picturesque Decorah, Iowa. Our guests will enjoy a luncheon (cost included) down the street at the historic Hotel Winneshiek prepared by Executive Chef Tom Skold, with the opportunity to tour the lovely Hotel and Steyer Opera House to follow. The trip continues to the BackStitch in Elkader, Iowa, and the last stop is at The Pickett Fence in Prairie du Chien, Wisconsin. Enjoy the colorful fall foliage along the way! Bus will leave from high school parking lot. An itinerary will be sent to you approximately 1 week prior to the trip with specifics. **Registration Deadline: Oct. 13 – No refunds after Oct. 13**



Class #	Time	Date	Fee
0507	8:00 a.m. - 6:00 p.m.	Oct. 22	\$44, lunch included



### Shopping at the Mall of America & IKEA

Get your holiday shopping done early. Spend time with family & friends. With 520 stores and 50 restaurants there is something for everyone at the MOA plus IKEA is right next door! Enjoy a coach bus ride to the Mall of America and IKEA. We will leave La Crescent High School parking lot at 7:30 a.m. and return at 7:30 p.m. An itinerary will be sent to you approximately 1 week prior to the trip with specifics.

**Registration Deadline: Oct. 29**

**No refunds after Oct. 29**

Class #	Time	Date	Fee
0502	7:30 a.m. - 7:30 p.m.	Nov. 9	\$39

**NEW**

### Ladies Night at the Shop: Knowledge is Power

Vehicle service is a lot less intimidating when you know a thing or two about cars. Get to know the new La Crescent Auto Repair owners, Trent & Amber Boettcher and Trevor & Kristin Boettcher, as they present ACDelco's "Knowledge Is Power." This car seminar encourages women to play an active role in car care by learning the basics. From advice on how to effectively communicate with your mechanic to important safety hints and defensive driving tips, this class can help you feel more confident at the auto service center and behind the wheel. Enjoy hors d'oeuvres, tour the shop, and learn! Includes a take home informational guide. **Reservation Deadline: October 15**



Class #	Instructors/Location	Time/Date	Fee
0343-07	La Crescent Auto Repair	Tuesday, October 21 6:00-8:00pm	\$12

### Crafters Hideaway

**NEW**

Break away from all of the distractions at home to craft for the day! How does 12 hours of crafting sound?! Amazing, right? Join us for a day dedicated to creativity, relaxation and fun. Bring your own project and supplies. We will provide the location to work, delicious food throughout the day, and an inspirational environment full of encouragement to engage your creative side! Just in time to get all of those handmade Christmas gifts done!



**Reservation Deadline: November 28**

Class #	Instructor	Location	Time/Date	Fee
0321-05	Suzanne Sivertson and Bonnie Martin	Crescent Moon Retreat, 316 South 2nd St., La Crescent	Saturday, Dec. 6 9 am to 9 pm	\$47, includes a light breakfast, lunch, and dinner.

## Beginning Sign Language

with Regina McAlear, is for anyone Middle School Age through Adult.

Regina McAlear is currently a Deaf Mentor for Wisconsin Education Service Program-Deaf and Hard of Hearing. This American Sign Language (ASL) class makes it fun to learn the basic sign languages such as family, colors, food, animals, ASL grammars, with some fun games thrown in. This class is designed for anyone middle school age and up. Beginning Sign Language Class is six, one-hour classes.



**Registration Deadline: September 23**

Class #	Instructor	Location	Date/Time	Fee
0369	Regina McAlear	Middle School Room 183	Tuesdays, September 30 to November 4, 6 to 7 pm	\$39



## iPad Discovery

iPads have become an amazing part of people's everyday lives. Do you have one but only know how to use a few features? Join Diane Rud and Greg Watson to "discover" more of what your iPad has to offer. iPads are a great way to easily connect with family and friends via FaceTime, take wonderful photos and videos, play games, check out library books, read your medical records, track the weather and find information on just about everything!

**Registration Deadline: November 28**

Class #	Instructor	Location	Time/Date	Fee
0364-02	Diane Rud and Greg Watson	Middle School Room 184	Tuesdays, December 2 and 9, from 5:30 to 7:30 pm	\$15

**NEW**

## Holistic Strategies Classes by Patti Bartsch

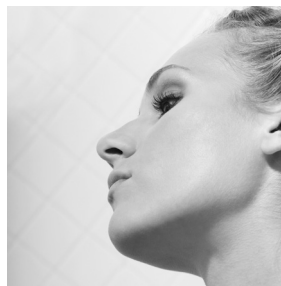


### Holistic Strategies for Lyme Disease: Beyond antibiotics

**Wednesday, Sept. 3 (#0360-08)**

Many ticks that carry Lyme disease also carry additional infections along with them and many times the treatment for Lyme doesn't hit the secondary infections. The Lyme microorganism is the most sophisticated of all bacteria studied and has multiple techniques to survive antibiotics and the immune system. Discover natural and holistic strategies to support the immune system, fight the infections, and restore the body to balance after Lyme Disease and secondary infections. Patti will present you with details and strategies to support your body in winning this battle.

**Registration Deadline: August 29**



### Holistic Strategies for Thyroid Balance

**Wednesday, Nov. 5 (#0360-09)**

Cold hands and feet, dry skin, scalloping along the sides of the tongue, and thinning hair and eyebrows are just some physical signs of poor thyroid function. Discover holistic strategies for bringing your thyroid back into balance. Patti will walk you through some of the ins and outs of the thyroid and what natural options you can consider to help balance your thyroid health.

**Registration Deadline: October 31**

Instructor	Location	Time/Date	Fee
Patti Bartsch, M.A., Ph.D. of Naturally Unbridled Wellness LLC in Onalaska	Room 184	7-8:30 p.m.	\$15/class



### Holistic Strategies for ADHD: Wednesday, Dec. 3 (#0360-10)

The rate of diagnosis for ADHD is skyrocketing. There are no blood tests to diagnose your child with this condition and there are no drugs that cure it - only those that suppress the symptoms of the underlying imbalance. These drugs bring with them some serious side effects and are often addictive. Patti will help you to discover natural, non-drug approaches to optimizing your child's holistic health - body, mind, and spirit.

**Registration Deadline: November 28**

## Holiday Painting on Glass... at the Winery!

Treat yourself to an art experience this fall at the River View Winery, set atop the beautiful bluffs of North Ridge. Your senses will be immersed in the beauty of the vineyard on a beautiful fall morning. The views, the surroundings, and



the taste of River View Winery's signature wines will provide you with plenty of inspiration to discover the artist in you. 1-2 glass ornaments will be provided and you will turn them into beautiful holiday masterpieces through Suzanne's instruction and using specialty paint for this project.

**NEW**

**Registration deadline, Friday, November 7**

Class #	Instructor	Date/Time	Location	Fee
0320-04	Suzanne Sivertson ISD 300 Art Teacher	Saturday, November 15 Noon-2 pm	River View Winery 32882 Co. Rd. 1, La Crescent	\$19 (includes glass ornament for you to paint)

## An Introduction to Voiceovers... Getting Started In Voice Acting

### A One-On-One ONLINE Course!

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? This fun and empowering 90 minute introductory workshop covers the different types



of voiceovers and what tools are needed in order to find success in the industry. Your instructor will coach you in this one-on-one setting, using video chat technology, as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

Class #	Instructor	Location	Time/Date	Fee
0202	Professional Voice Actor	Video Chat Session	Determined by Student 90 Minutes	\$49

## — Me and My Family at Santa's Workshop —

**Build great memories making art together as a family!**

### Ornament Painting!

Kindergarten to 4th Grade

Add a beautiful hand-made touch to your holidays by creating your own family's ornament. Join Suzanne Sivertson in her Santa's Workshop as she walks you and your child through the process of creating a memorable ornament for your Christmas tree. A glass ornament will be provided for you and your child to paint and decorate.



**Registration Deadline: November 7**

Class #	Instructor	Location	Date/Time	Fee
3019-02	Suzanne Sivertson ISD 300 Art Teacher	Middle School 184	Saturday, November 15 9 - 10:30am	\$9 per ornament

### Reindeer Lawn Ornament!

Kindergarten and Up

Add a beautiful hand-made touch to your holidays by creating your own family's lawn ornament. Join Scott Martin in his Santa's Workshop as he walks you and your child through the process of creating a memorable reindeer lawn ornament for your yard. Supplies will be provided for you and your child to build this decoration. Class starts at 10 a.m. and you can leave when you are finished.



**Registration Deadline: December 5**

Class #	Instructor	Location	Date/Time	Fee
3019-01	Scott Martin, ISD #300 Industrial Arts Teacher	High School Room 74	Saturday, December 13 10:00 am	\$15 per reindeer

### Canning Salsa with Kenny and Bob

Ever wonder how to preserve all those great garden vegetables? Join Kenny Kammel and his family as they present you with a hands-on food preservation workshop. They will teach you the basics of canning your own Salsa. Bring up to a dozen canning jars with rings and lids, your own Salsa (have the recipe all ready to go



in the jars) and Kenny and his family will walk you through the sterilization, fill, seal, and canning process. Leave with your homemade, fresh, canned salsa, ready to enjoy all year long! Please provide your email when registering for this class. Kenny or Bob Kammel will be in touch to send additional information about the class prior to Sunday, September 7. **Bring to class:** up to 12 jars, rings and lids, and your salsa (ready to can). **Class includes the book:** "Ball Blue Book, Guide to Preserving."

**Registration Deadline: September 1**

Class #	Instructor	Location	Time/Date	Fee
0844	Kenny and Bob Kammel	High School Room 73	Sunday, September 7 NOON to 5pm	\$27

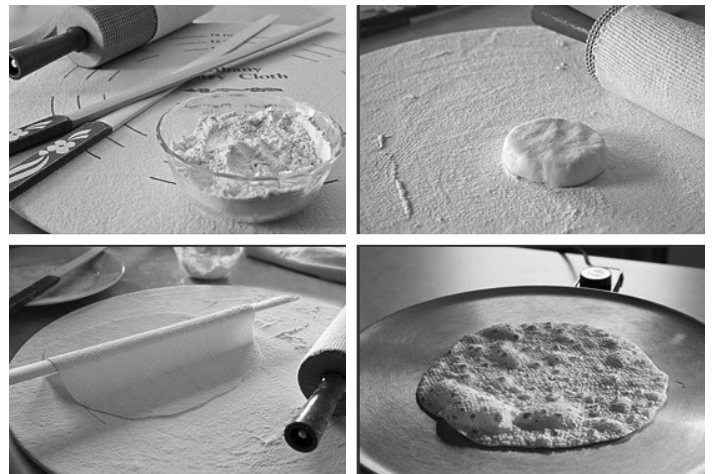


### Fall Soups with Casey

There is nothing quite as comforting as a hot bowl of soup! As the shadows are getting longer and the air is getting that fall smell..it must mean it is time for SOUP! Whether you're surrounded by a group of friends or family, spooning ladles full all around or enjoying on your own, there's no better way to warm up. Soups and stews also stretch your dollar and better yet, freeze well, so make as big of a pot as you want. Join Casey Stetzer, Executive Chef at Premier Catering in learning how to prepare these fall favorites: Chicken Tortilla Soup, Butternut Squash Bisque, and Vegetable Beef Barley Soup.

**Registration Deadline is Monday, October 24**

Class #	Instructor	Location	Time/Date	Fee
0363-05	Casey Stetzer	High School Room 73	Saturday, November 1 10:30am - 12:30pm	\$34



### Lefse Making

Learn the art of lefse making in this fun, hands-on class that is just in time for the holidays! All supplies and materials will be provided for you to make lefse from scratch. Whether you're a novice or an expert you are welcome to join us for an UFF DA good time!

**Registration Deadline: September 26**

Class #	Instructor	Location	Time/Date	Fee
0363	Allison Conrad	HS FACS Rm 72	Saturday, October 4 9am-Noon	\$14

### Snowshoe Rentals

Community Education has snowshoes in both youth and adult sizes available to rent to District families on weekends. The snowshoes were purchased through the efforts of Houston County Public Health and a Minnesota SHIP (Statewide Health Improvement Program) Grant.

Snowshoes, including poles, are available for rent for \$5 per pair (plus a refundable deposit) at the Community Education Office, 703 South 11th Street, La Crescent, MN during regular business hours on Fridays only, 9 am to 4 pm, throughout the winter months. Snowshoes are due back in the office no later than 9:30 am on Monday.

To find out more about snowshoe rentals or available pairs of snowshoes, individuals can call the CE office at 895-5150. Hiking trail maps are available!



## Defensive Driving

All drivers 55 years and older are encouraged to enroll in this eight-hour course. The defensive driving class will prepare you for a new awareness of traffic safety and sharpen your driving skills. You must attend all eight hours to receive your certificate, which will entitle you to a 10% discount on your auto insurance. You will not need to take a test. Space is limited, so please register in advance.



**When registering, we will need your driver's license number.**

**Registration Deadline: October 1**

Class #	Instructor	Location	Time/Date	Fee
0810	DeWayne Severson, National Safety Council	La Crescent Middle School Room 186	Oct. 6 & 7 5:30-9:30 pm Mon. & Tues.	\$28

## Defensive Driving Recertification

This four-hour course is available to participants who have taken the eight-hour course within the last three years and need to renew their insurance certification. Space is limited, so please register in advance.

**You will not need to take a test.**

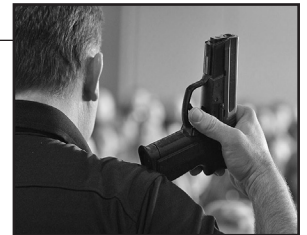
**When registering, we will need your driver's license number.**

Instructor	Location	
DeWayne Severson, National Safety Council	La Crescent Community Building (Fire Station)	
0811	<b>Monday, October 20</b> 1:30pm- 5:30pm	Fee \$20
<b>Registration Deadline: October 15</b>		
081101	<b>Monday, November 17</b> 5:30pm- 9:30pm	Fee \$20
<b>Registration Deadline: November 12</b>		

To register: call Community Education at 895-5150, or go online to [www.ISD300.k12.mn.us](http://www.ISD300.k12.mn.us)

## Permit to Carry a Handgun

Completion of this one day course fulfills the training requirements for a Minnesota Permit to Carry a Handgun. It also fulfills the training requirements for Wisconsin, Iowa and Florida Permits. The Minnesota Permit is honored in 25 states and the combination of a Minnesota and Florida Permit is honored in 33 States. Florida application packets are available at no additional cost. This is a basic course for men or women with little or no experience with firearms, as well as for more experienced shooters. It includes handgun actions and function, legal aspects, practical application of laws, basics of marksmanship, and a live fire exercise on the range. Handguns are available for those who do not yet own one. The instructor is a retired officer, police firearms instructor and Master Class shooting competitor. For more information, contact Fred Petersen at (507) 689-2657 or at [alphafox@charter.net](mailto:alphafox@charter.net).



You may choose ONE of the dates. You do NOT need to attend all dates.

- #0837-02 Saturday, September 6
- #0837-03 Saturday, October 4
- #0837-06 Saturday, November 15
- #0837-07 Saturday, December 13

Time	Location	Fee
10:00 AM – 4:30 PM	Winona Senior High School	\$125

## ATV Safety - (Ages 11 & Up)

**Please note new class location this year.**

This class is for ATV riders ages 12 and up. (\*11 year olds may also attend the class, but their certificate cannot be registered until their 12th birthday.) Learn valuable skills to make you a safe rider. This is a required course for youth to ride on state lands and trails. Students must wear sturdy shoes or boots, long pants and a helmet to participate in class. (ATV's will be supplied by M&M for the outdoor training course.)

All students must pre-register and must view and complete the self-study DNR Safety Training CD and print out the quizzes **before attending class**. DNR Safety Training CD is available from the Community Ed offices at time of registration.



### Date and New Location:

- October 4, 2014- Wilson Fire Station, 29660 County RD 12, Winona, MN  
Instructor: Bluff Country ATV Club  
Firm registration deadline of September 26

Class #	Time	Fee
0847-02	Registration 9:00 am. Class held 9:30am- 3:00pm (finish time depends on number of students)	\$10 per student at time of registration Plus \$10.00 paid to the DNR upon completion of course (online payment)

# Performing Arts Series

## Ticket Information:

Purchase your ticket to great entertainment!

For details, call Community Education at 507-895-5150.

Visa and Mastercard accepted.

**NEW:** online ticket sales available: [www.isd300.k12.mn.us](http://www.isd300.k12.mn.us) and click on "community" tab



## Alive and Kickin'

the Twin Cities Premier Rockin Senior Ensemble, presents:

### ■ Makin' History

Where were you on that historical day?

Arguing that you can still rock hard at any age, the 26 charismatic, high-energy seniors that comprise Alive & Kickin' take to the stage to deliver a powerful message across musical eras. Their latest show, Makin' History, offers their personal perspectives on the influential events of the past via both stories and music, ranging from rock and pop to folk.

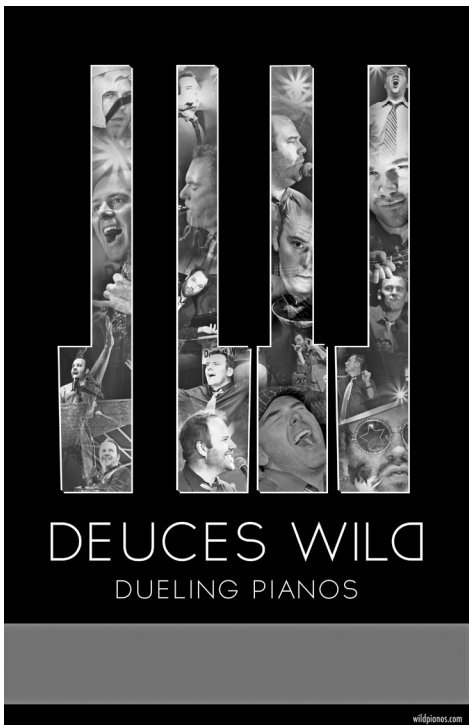
La Crescent-Hokah Community Education Performing Arts Series is thrilled to be Alive & Kickin's premier show outside of the Twin Cities area. Don't miss this memorable performance!



**Sunday, September 28, 2:00 pm**

**\$17 / reserved seating**

Check out Alive and Kickin' at [www.aliveandkickinmn.com](http://www.aliveandkickinmn.com)



### ■ Deuces Wild Dueling Pianos

This dynamic duo will rock the house with their Las Vegas-style show featuring an unlikely and surprising mix of music and parodies ranging from classic rock and country to rap and show tunes. Daring to go where YOU take it with comedy, music, and a whole lot of improv, Deuces Wild! will have you up on your feet & part of the action! Check out Deuces Wild Dueling Piano at [www.wildpianos.com](http://www.wildpianos.com).

**Friday, October 24, 7:30 pm \$19/reserved seating**

**This show is a fundraiser for Neighbors in Action, a local service for senior citizens.**



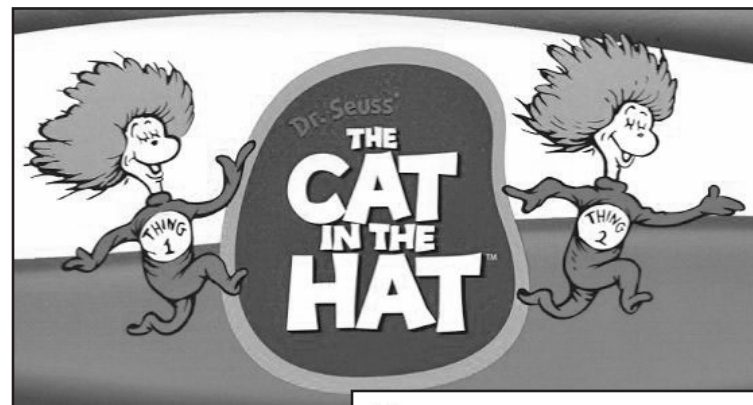


### ■ The Lake Wobegon Brass Band's Holiday Show

The Lake Wobegon® Brass Band is a 28-piece British Brass Band ensemble. Join us as they fill our Fine Arts Center with sounds of the season! For a sneak peek of the dynamic sounds of the Lake Wobegon® Brass Band, go to [lwbb.org](http://lwbb.org). Special opening performance by the La Crescent Band Program! Check them out at [LWBB.org](http://LWBB.org).

**Saturday, December 6, 7:30 pm**  
**\$15 / reserved seating**

The Lake Wobegon® Brass Band is co-sponsored by the Anoka Brass Band Association, Inc. and Anoka-Ramsey Community College



Dr. Seuss' The Cat in the Hat is presented through special arrangement with Music Theatre International (MTI).



### ■ Cat in the Hat

From the moment his tall, red-and-white-striped hat appears around the door, Sally and her brother know that The Cat in the Hat is the funniest, most mischievous cat they have ever met. With the trickiest of tricks and craziest of ideas, he is certainly fun to play with. And he turns a rainy afternoon into an amazing adventure. But what will mum find when she gets home?

La Crescent-Hokah Community Education Performing Arts Series and Applesseed Community Theatre are teaming up to present this fabulous production for the entire family!

**Friday, January 23, 2015 7:00pm**

**Saturday, January 24, 2015 3:00pm**

**Reserved seating, \$10/adult, \$5/child (ages 3-17)**

## Senior Resource Fair

NEW

On Veterans Day | Tuesday, November 11, 2014 | 1:30-4:00  
Prince of Peace Church Fellowship Hall, La Crescent | FREE!

Mark your calendars for this FREE event designed to provide information and resources for seniors and those who care for them.

#### The fair will include:

- Basic foot care
- Hand massages
- Blood pressure screenings
- Informational presentations, including preventing falls
- Resources and information from local senior care providers
- Assisting Equipment Lending Library

REFRESHMENTS!

Hosted by the La Crescent Senior Care Council, a collaborative of local senior service providers.



ZUMBA fuses hypnotic Latin rhythms and easy-to-follow dance moves. Our goal is simple: We want you to want to work out, to love working out, and get hooked. The routines feature fast and slow rhythms that will tone and sculpt your body while burning fat. Add some Latin flavor into the mix and you've got a ZUMBA class.

**All Skill Levels Welcome! Beginners Encouraged!**

Instructor	Location	Wednesdays
Donna Andresen	Middle School Gym, use door #18	6:30-7:30 pm
0829	<b>Session 1:</b> Sept. 24 – Nov. 12 (2 days off TBD)	\$21
082901	<b>Session 2:</b> Nov. 19 – Jan. 14 (OFF 11/ 26, 12/ 24, 12/31)	\$21

Instructor	Location	Thursdays
Kelly Sheehan	HS Cafeteria	5:30 - 6:30 pm
082906	<b>Session 1:</b> Sept. 25 – Nov. 13 (2 days off TBD)	\$21
082907	<b>Session 2:</b> Nov. 20 – Jan. 15 (no class on 11/27, 12/25, 1/1)	\$21

## Iyengar Yoga Classes

Iyengar Yoga is a form of yoga known for its use of props, such as belts and blocks, as aids in performing asanas (postures). It is firmly based on the traditional eight limbs of yoga emphasizing the development of strength, stamina, flexibility and balance as well as concentration and meditation. Iyengar Yoga, a form of Hatha Yoga, focuses on the structural alignment of the physical body through the development of asanas. All are welcome to attend, from beginners to the more advanced.

Instructor	Location	Time/Date
Jenelle Lee	Elementary Small Gym	5:30pm – 6:45pm Mondays & Thursdays
0808	<b>Session 1:</b> Sep. 22 – Nov. 13 (no class 10/23, 10/27, 2 days TBD)	\$51
080801	<b>Session 2:</b> Nov. 17 – Jan. 15 (no class 11/27, 12/25, 12/29, 1/1 & 2 days TBD)	\$51

MONDAYS ONLY: Session 1: \$25.50 Session 2: \$25.50  
THURSDAY ONLY: Session 1: \$25.50 Session 2: \$25.50

## Pilates Classes

■ **Pilates with Shannon** – Are you ready for the next step in your Pilates workout? Are you looking to rev up your fitness and challenge yourself? Join Shannon, as she takes your Pilates routine to the next level of technique and movement while making sure form is not compromised. Increase strength without bulk, improve flexibility and balance, and increase your body's core stability as you reach your goals of balance between body and mind.

Instructor	Location	Time/Date
Shannon Adams	Elem. Small Gym	8:00am – 8:50am Mondays & Wednesdays
0805	<b>Session 1:</b> September 22 – November 12 (2 days off TBD)	\$49
080501	<b>Session 2:</b> November 17 – January 14 (off 11/26, 12/24, 12/31 & 1 day off TBD)	\$49

■ **Pilates with Jenelle** – Pilates is a mind-body connection / awareness practice. With Pilates, you will improve posture, balance, strength, flexibility, breathing, and core strength. Even though this is not a beginner course, this class is recommended for people of all fitness levels. You will learn exercises to increase strength without bulk, improve flexibility and balance, and increase your body's core stability.

Instructor	Location	Time/Date
Jenelle Lee	Elem. Small Gym	7:00 - 7:50 pm Mondays & Thursdays
0804	<b>Session 1:</b> Sep. 22 – Nov. 13 (no class 10/23, 10/27, & 2 day TBD)	\$42
080401	<b>Session 2:</b> Nov. 17 – Jan. 15 (no class 11/27, 12/25, 12/29, 1/1 & 2 Days TBD)	\$42



### Fitness Open House

We invite you to attend the first day of any fitness class listed below for FREE. This gives you a chance to try a class and see if it's right for you. If you enjoy the class and would like to continue, you may sign up for the entire session as advertised in this catalog. Go ahead and give it try! We hope to see you there!

**Tai Chi Pilates Zumba Get Fit Boot Camp**

### Tai Chi!

Ignite your mind, body, and spirit with Tai Chi, a graceful Chinese exercise that enhances relaxation skills, mental focus, and physical alignment while building leg strength, endurance, and stability. With our very busy lives, Tai Chi offers a great way to take advantage of some "me" time and help you focus on your inner self. Research has shown that Tai Chi is effective for reducing stress, improving balance, reducing falls, lowering blood pressure and enhancing immune function. Tai Chi is a moderate aerobic exercise and one expert has called it, "The most powerful weight-bearing exercise known to man." Tai Chi is a gentle and safe exercise.

Instructor	Location	Time/Date	
Jenelle Lee	Prince of Peace Narthex	8:00 – 9:00am Tuesdays	
0802	<b>Session 1:</b> Sep. 23 – Nov. 11 (no class 10/21 and 1 day TBD)		\$21
080201	<b>Session 2:</b> Nov. 18 – Jan. 13 (no class 12/30 and 1 day TBD)		\$24.50

### Adult Open Basketball

The High School gym will be open for supervised adult recreational basketball. Residents of the school district are welcome to attend on a drop-in basis according to the schedule below. Teams will be formed at the gym and adult personnel will supervise all open gyms. Must be 18 years of age and up to participate. Adult behavior and responsibility is mandatory, and if any damage is sustained to our gyms or equipment, it will be the responsibility of the individual to cover charges for replacement or repair. Respectful behavior is expected and there is a "NO DUNK" policy. Admission is \$2 per visit.



**Sundays, Sept. 21 - Jan. 11 | 10 am - 12 noon**

Coordinator: Terry Lubben

**Wednesdays, Sept. 24 - Jan. 14 | 6 - 8 pm**

Coordinator: Jason Rohweder

**35 & older!** → **Sundays, Sept. 21 - Jan. 11 | 3 - 5 pm**  
Coordinator: Carl Ekern

### Get Fit Boot Camp

Get motivated! Be held accountable! Join our Boot Camp to achieve your fitness goals. All shapes, sizes and abilities are welcome. You WILL get a workout to achieve your goals! Cardiovascular and strength work will be incorporated in a variety of workouts.



Instructor	Location	Time/Date	
Kelly Sheehan	Elementary Small Gym	5:30 – 6:30pm Wednesdays	
0826	<b>Session 1:</b> September 24 to November 12 (2 days off TBD)		\$21
082601	<b>Session 2:</b> November 19 to January 14 (no class 11/26, 12/24, 12,31)		\$21

### Healthy Steps

Join your friends and neighbors in a safe, warm, dry environment to walk during the fall months. The high school corridors are open for indoor walking and jogging every day that school is in session through April, 2015. Participants need to register at the Community Education Office to receive their ID card and Healthy Tips handout. No fee is charged for Healthy Steps.

**Healthy Steps is a great complement to our other exercise classes. Check them out!**

**Monday – Friday, September through April, 2015**

**6:15 - 7:15 am & 3-7 pm | Doors lock @ 6PM**

### SNAVL: Sunday Night Adult Volleyball League

**Sunday Night Adult Volleyball League** is a great way to have fun and meet new people. Gather your own team and come together to enjoy this great recreational team sport. Team captains need to submit the names, addresses and phone numbers of all team members. Full team payment is required at the time of registration. Registration deadline is Friday, September 26. All teams must be registered by then in order to get the schedule made and announced to team captains. There are no referees.

**Sundays • 5:00 – 9:00 PM | Sept. 28 - Dec. 14**

La Crescent Middle School Gymnasium

Min. 8 teams / Max. 24 teams

\$160 per team | Coordinator: Bob Kammel Class # 0701



## Early Childhood Family Education

Early Childhood Family Education is for all families with children ages birth – five residing in the La Crescent-Hokah School District. Our goal is to support families by providing classes, services and resources that educate, support and strengthen families. We are located in the early childhood wing of the La Crescent-Hokah Elementary School. For more information, call our office at 895-8731.

### Time to Connect (0–5 years)

We're excited to have you join us for this long-time ECFE tradition. Families will have time to connect with each other and other families through song, play, projects, and learning. Following the open explorations and a short circle time, children will remain with early childhood staff and parents will leave to enjoy learning and conversation centered on parenting topics of the group's choice.



9:30 – 11:00am Fridays	Elem. Rooms 132 & 135	\$24/Family per session or \$5/class Drop-In
<b>8403</b>	Session 1 - September 5 – October 10 (no class October 17)	
<b>8403-01</b>	Session 2 - October. 24 – December 19 (no class Nov. 14 or 28)	

### Families Learning Together (0–5 years)

It's time to spend family time listening to the experts in our community! This semester we will be bringing in a variety of community speakers to lead our conversations. We'll spend our evenings in conversation, play, and guided exploration around a variety of topics that are highly relevant to families with young children.



6:00pm – 7:00pm Thursdays	Elem. Room 132	\$18 / family or \$5 / class drop-In
<b>8402</b>	Session 1: September 11 – October 23 (no class October 16)	
<b>840201</b>	Session 2: October 30 – December 18 (no class Nov. 13 or 27)	

### Baby and Me

#### 0-24 months

Bring your littlest family members and join us in conversations about all things baby. We'll share joys and challenges, sort through the over-whelming amount of information available to parents of infants, ask questions, share ideas, and support each other in the beginning of what is always the adventure of a lifetime!



10:00-11:00 am Wednesdays	Elem. Room 132	No fee but please call to register
<b>8101</b>	Session 1 - September 10 – October 22 (no class October 15)	
<b>810101</b>	Session 2 - October 29 – December 17 (no class Nov. 12 or 26)	

### Toddler Storytime

#### 2-3 years

Join us for this informal story hour planned especially with those busy, inquisitive toddlers in mind! We will read stories, sing songs, and make a craft to take home. At the final class, children will receive a book to take home.



10:00-11:00 am Tuesdays	Elem. Room 132	No fee, but please call to register.
<b>8102</b>	Session 1: September 9 – October 21 (no class October 14)	
<b>810201</b>	Session 2: October 28 – December 16 (no class Nov. 11 or 25)	

### New to town? Have children ages birth-5?

Let us know you are here! Call the Early Childhood office at 895-8731 so we can arrange to give your family a special welcome gift!

**All classes will take place in the ECFE classrooms in the Early Childhood Wing of the Elementary School.**

### Discovery Preschool

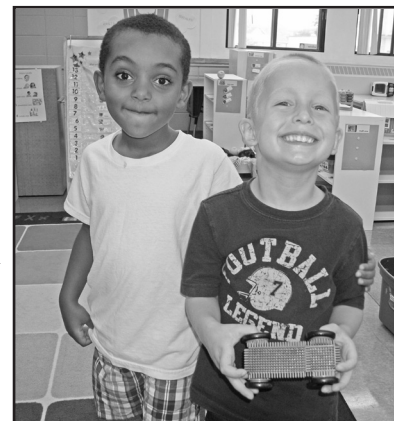
La Crescent-Hokah Early Childhood Discovery Preschool takes its name and purpose very seriously. We work every day to ensure a well-rounded and developmentally appropriate pre-Kindergarten experience that lays the foundation for a successful K-12 experience and beyond, while discovering and carefully nurturing the strengths of every student.

Highly-trained and experienced staff ensure the delivery of a state-approved and research-based curriculum that is carefully aligned with K-12 and Common Core standards but more importantly puts the needs and interests of each individual child at the center of every decision we make.

Discovery Preschool programming addresses all areas of your child's development; social emotional, large and small motor, language, and cognitive. Discovery Preschool takes great pride in being able to offer preschool that truly prepares the whole student for Kindergarten.

One of the greatest assets of Discovery Preschool is its location in La Crescent-Hokah Elementary. Attending preschool in the elementary environment allows your student and his/her teachers access to the entire facility including on-site surround care (Discovery Company and Kids' Company), food service that includes options for breakfast and lunch, two gymnasiums, a full playground, the entire elementary library, as well as technology resources. In addition, staff and students are privileged to benefit from having the expertise of a licensed school nurse, educational psychologist, and specialist educators on site.

Register now! Spaces are filling quickly, enrollment is limited! Call 895-8731 for more information.



#### 2014-2015 School Year Offerings:

##### Discovery 3K

For children age 3 on or before Sept. 1, 2014  
Mondays and Wednesdays, 8:00-10:30am  
\$85/month\*\*

##### Discovery 4K

For children age 4 on or before Sept. 1, 2014  
Tuesdays and Thursdays, 8:00-11:00am  
\$95/month\*\*

##### Discovery 4K Plus -- NEW!

For children age 4 on or before Sept. 1, 2014  
Mondays - Thursdays, 10:30am-2:50pm  
\$195/month\*\*

\*\*Scholarships available for Discovery 3K, 4K, and 4k Plus for those who qualify based on income.

#### Discovery Company – NEW!

##### Curriculum-Based Surround Care for children enrolled in Discovery Preschool

Call  
895-8731  
for details

During the school day when your child is not attending their section of Discovery Preschool, Discovery Company provides professional, quality childcare that strives to meet each child's physical, emotional, social, and developmental needs.

This structured childcare program utilizes the Creative Curriculum to extend preschool learning throughout the day.

Full- and part-time Discovery Company Enrollment is available five days per week for Discovery Preschool students. Rates vary depending on preschool class section. Enrollment in Discovery Company is limited.

Children enrolled at Discovery Company also have the opportunity to attend Kids' Company before and after school hours!



NO FEE

### Early Childhood Screening

Done between the ages of 3 and 5, Early Childhood Screening is a quick and simple check of how your child is growing and developing. Screening checks for concerns in the areas of learning, vision, hearing, growth, and fine and gross-motor development.

Students who are on the district's census and have a birthday on or before April 2010 and have not yet been screened should receive an invitation to one of the two screening sessions below. If you have a child who is of the age that he/she needs to be screened and you do not receive an invitation before March, please contact Karn Schwartzhoff, Early Childhood Coordinator, at 507-895-8137 ext 2141 or e-mail: [karn.schwartzhoff@isd300.k12.mn.us](mailto:karn.schwartzhoff@isd300.k12.mn.us). Early Childhood Screening is required prior to students entering public kindergarten in Minnesota.

**When** Session I: Friday, January 17, appointments starting at 8:00-10:00 AM  
Session II: Thursday, March 7, appointments starting at 3:30-5:00 PM  
Friday, March 8, appointments starting at 8:00-10:00 AM

**Where** Screening is held in the Early Childhood wing of La Crescent-Hokah Elementary

## Wee Clay Play (Grades 1-4)

Fall is in the air and kids are back to school. Let's get creative by making some wee clay creations with an autumn spirit! Your imagination is the limit while you work with soft, easy to mold clay. Let's make some miniature polymer clay Back-to-School and Fall mini's:

- pencils
- backpacks
- sweater
- hot chocolate
- notebook
- leaves (imprints into the clay)
- pumpkins
- acorns

**Registration Deadline is September 5**

Class #	Instructor	Location	Time/Date	Fee
3043	Sherry Sipusich	Elem Art Rm	Wednesday, Sept. 10 3-4 pm	\$10

Includes all materials with a wee little finished product to bring home!



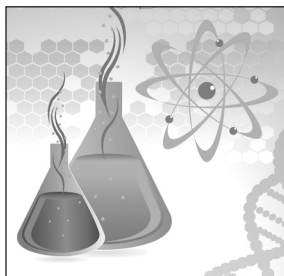
## Friendship Bracelets with a Twist Grades 2-4

Making your own bracelets is all the rage right now, whether you are using rubber bands or a loom, or doing braiding with thread. No loom or rubber bands needed for this class... Let Mrs. Sivertson show you how to craft your own beautiful, original creation to wear or to give to a friend! If you have attended this class before, make sure to come again. You will learn a NEW TWIST to the art of making friendship bracelets. A snack will be provided.



**Registration Deadline: Oct. 31**

Class #	Instructor	Location	Time/Date	Fee
8254	Suzanne Sivertson, ISD 300 Art Teacher	Elementary Art Room 184	Thursday, November 6 3:30-4:30pm	\$9 (Includes a snack)



## Fun with Chemistry Grades K-4

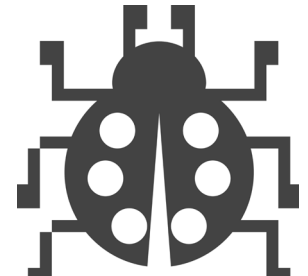
Watch and be amazed at what happens when some simple items react to one another. Participants will also have a chance to try some of their own experiments. Snack provided.

**Registration Deadline: Oct. 3**

Class #	Instructor	Location	Time/Date	Fee
3303-04	David Foley, U of M Extension Service	Elementary Art Room	Wednesday, October 8 2:30-3:30	\$7

## Creepy, Crawly, Critters- All about bugs! Grades K-4

Did you know there are over 900 thousand different insects in the world? That's a lot of bugs! In this session youth will learn all about the world of bugs. You'll make your very own bug house, play games, and learn how to identify the insects we see on a daily basis! Snack provided.



**Registration Deadline: Oct. 17**

Class #	Instructor	Location	Time/Date	Fee
3303-05	David Foley, U of M Extension Service	Elementary Art Room	Thursday, October 23 3:00-4:00	\$7

**NEW**

## La Crescent Youth Wrestling

La Crescent-Hokah Community Education is partnering with La Crescent Youth Wrestling to bring you a great season of youth wrestling this school year! Watch later this fall for registration information from Community Education!

## L<sup>3</sup> Lancer Lego League

What is the future of learning? FIRST® LEGO® League teams will find the answers. In the 2014 FLL WORLD CLASS® Challenge, over 230,000 children grades 4-8 from over 70 countries will redesign how we gather knowledge and skills in the 21st century. Teams will teach adults about the ways that kids need and want to learn. Get ready for a whole new class – FLL WORLD CLASS!

Two pieces of info needed to register before the deadline. Check it out on the Lego league website: [isd300.k12.mn.us/lacrescent-lego-league](http://isd300.k12.mn.us/lacrescent-lego-league)  
Or find us at Back to School Night!



Instructor	Fee	Time/Date
Becky Haack	\$85	August 28, Room 171, 3-8 pm
3704	<b>Students entering Grades 4-8</b>	



**FIRM REGISTRATION DEADLINE is AUGUST 28.**

## Middle School Clay Studio

Grades 5-8

Roll up your sleeves and get your creativity flowing. Art teacher, Mrs. Sivertson, will guide you through the creative process using clay as your medium. Young artists will have a blast manipulating raw clay with their hands, with molds, and clay tools and creating a unique masterpiece. Come join the Clay Play!



**Registration Deadline: Sept. 26**

Class #	Instructor	Location	Time/Date	Fee
3725-05	Suzanne Sivertson, ISD 300 Art Teacher	MS Art Room 184	Thursdays, October 2 and 9 3:15-4:45 pm	\$25 (Includes a snack)

## Hemp Jewelry

Grades 5-8

Learn to twist and tie hemp cord and beads into incredible necklaces, bracelets, anklets, and more. Join Mrs. Sivertson as she teaches you and your friends how to make your own pieces of distinctive jewelry, designed by you! A variety of beads are available for you to choose from. Your new jewelry will be as unique as you! A snack will be provided.



**Registration Deadline: Nov. 14**

Class #	Instructor	Location	Time/Date	Fee
3725	Suzanne Sivertson, ISD 300 Art Teacher	MS Art Room 184	Thursday, November 20 @ 3:15 to 4:45pm	\$14 (Includes a snack)

**Middle and High Schoolers: Want to learn sign language? See page 4**



## Middle School Co-Ed Basketball Open Gym

Sundays – 1-3 pm | October 5 to December 21

High School Gym | Grades 5th-8th

Punch cards are \$10 for 10 visits to the Open Gym. Parents; purchase a punch card in advance through online registration, by calling or stopping into the office, or at the door from the Instructor. Punch cards will be valid for the entire 14-15 School Year.

**Class: # 1111**

**Instructor: La Crescent Youth Basketball**

## For Youth

### FENCING

**BACK BY  
POPULAR  
DEMAND!**

Are you ready to duel? New and experienced students are invited to participate in this one of a kind program. Get ready to face your foe in mano-a-mano matches that will test your strength, speed, discipline and desire. Young student fencing classes improve dexterity, speed, quickness, and focus. SAFETY is top priority in this program! Youth Enrichment League, based in the Twin Cities, will provide specialized fencing instruction, safety swords, protective masks, jackets and a high-octane, professional coach. Check out their website to read more: [youthenrichmentleague.com](http://youthenrichmentleague.com) and click "FENCING."

**Registration Deadline: October 31**  
**Twin Cities Fencing Tournament,**  
**open to all Fencers... Dec. 13**

# 3900	Grades 2 to 5, 10-11am	
#3900-01	Grades 6 and up, 11:05-12:05am	
Location	Time/Date	Fee
Elem Large Gym	Saturdays, Nov. 1, 8, 15, 22, Dec. 6. No class Nov. 29.	\$65

### Destination Imagination:

a worldwide creative problem solving competition for kids. Teams of 4-7 members work together to apply creativity and critical thinking to solve challenges without assistance from adults or any other non-team members. Students develop leadership, performing, writing, technical, building and teamwork skills as they develop creative solutions! Form your team, find your leader and you are ready to go! Team members can be classmates, friends, neighbors...any student interested in creative problem solving and working collaboratively on a team!



**Dates:** November - March  
**Ages:** Elementary Level (grades K-5), Middle Level (grades 6-8), Senior Level (grades 9-12); Non-competitive Rising Stars (grades K-2)  
**Fee:** \$75/student. (Rising Stars: \$45/student)  
Contact Community Education as soon as you've formed a team to receive your official DestiNation Imagination registration access.  
**Class # 0123**

### 4Kicks Taekwondo:

**Ages 4 & up**  
**Parents and children encouraged to participate together**



Taekwondo is a fun family activity and great for students of all ages! Improve balance coordination, strength and agility. To help promote the learning of life skills (honor, integrity, respect, etc.), we encourage parents to monitor classes. This allows parents to keep up on what is being taught and to promote the use of these skills outside of class. New students need no equipment. Come dressed in comfy clothing.

Cost: Tiny Tigers: \$30, Big Kids/ Adults: \$45  
Location: Montessori School - Cafeteria

**Session 1:** Wednesdays, Aug. 20 to Oct. 15  
• Tigers (Ages 4-7): 5 to 5:30 pm – #3719-01  
• Big Kids/ Adults (8 & Up): 5:30-6:45 pm – #3719-03  
**Session 2:** Wednesdays, Oct. 22 to Dec. 17 (no class 11/26)  
• Tigers (Ages 4-7): 5 to 5:30 pm – # 3719  
• Big Kids/ Adults (8 & Up): 5:30-6:45 pm – # 3719-02

## ISD 300 - Fall 2014 Driver Education

**Our community's ONLY Driver's Education program with Licensed Teachers!**

La Crescent-Hokah Community Education Driver Education classroom instruction and behind the wheel training is for La Crescent-Hokah students. Our program features teachers that are licensed by the Minnesota Department of Education for Driver's Education. These licensed teachers have been trained at St. Cloud State University's Driver Education Teacher Preparation program, which is accredited by the National Council for Accreditation of Teacher Education and meets the Minnesota Board of Teaching requirements.

We are pleased to announce that Mr. Scott Martin, teacher for La Crescent-Hokah Schools, has joined Mr. Al Spande for classroom instruction.

- You are eligible to take the class at 14 years of age.
- You are not eligible to take your permit test until you are 15 years old.
- You will be scheduled for Behind-The-Wheel as soon as you obtain your permit.
- Register early, as class fills quickly.
- Registrations and payments are made at the Community Education Office.
- Fee waivers and reductions do not apply to the Driver Education course.

**Call Community Education at 895-5150  
for more details and information!**



Instructor	Location/Time	Cost
Al Spande and Scott Martin	High School Room 176 3-6 p.m.	\$355
3401	Session 1: October 1 to 22, 2014 (no class 10/15, 10/16, 10/17) Permit test: Thurs. 10/23/2014 at La Crescent City Hall	
3401-01	Session 2: February 9 to 25, 2015 Permit test: Thurs. 2/26/2015 at La Crescent City Hall	



## Mayo Clinic care close to home



### Franciscan Healthcare in La Crescent

524 N. Elm Street • 507-895-6600  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)



117-075 © 14M17



La Crescent Youth Hockey Association

**FREE** for 1st-year skaters  
**FREE** for "in-house" age 8 and under  
**FREE** equipment rental

### "LEARN TO SKATE PROGRAM"

Goal, Mini-Mite, Mite, Squirt,  
Peewee, Bantam teams

For more information:  
<http://lyha.pucksystems.com/>

### REGISTER:

Saturday, September 6 – 8 am - 12 pm  
Wednesday, September 10 – 6 pm to 8 pm

La Crescent Community Arena  
or contact Pete Hogan at 507-895-2967



### Hey 1<sup>st</sup> and 2<sup>nd</sup> Grade Boys...its time to join Scouting!

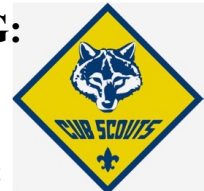
We are excited to invite you to join the adventures of Tiger Cubs, Cub Scouts, and Webelos! BOYS in 1st thru 5th grades and PARENTS are welcome to come and learn more about the Scouting program.



### PACK 98 PARENT INFORMATIONAL MEETING:

**TUESDAY, SEPTEMBER 9, 2014, AT 6:00 PM**  
**LACRESCENT COMMUNITY BUILDING**

in the back of the LaCrescent Firehouse at the corner of 1<sup>st</sup> and Oak Streets, LaCrescent



**First Grade Parents:** We are also in need of parent den leaders for our new Tiger Dens. It's a fun way to be involved with your son, his friends and their families. Leader Training is provided, as well as the materials used by previous Tiger Dens. Please send an email to [LaCrescentPack98@gmail.com](mailto:LaCrescentPack98@gmail.com) if you are interested in learning more about den leadership.

Questions? Contact Cubmaster Darla Krzoska at [LaCrescentPack98@gmail.com](mailto:LaCrescentPack98@gmail.com) or 507-895-2616.

## Ascend Your Technology

**AcenTek**  
Ascending Technology

888.404.4940 | AcenTek.net

- Internet
- Computer Repair
- IT Consulting
- MedAlert
- Managed Services
- Voice
- Video

## All the financial services you need!

Serving La Crescent, La Crosse, Onalaska, Holmen, Winona, Rochester and members nationwide

205 N. Chestnut St, Suite 102  
La Crescent, MN  
507-895-3700 • www.altra.org

**Altra**  
Federal Credit Union

*Encouraging a curiosity driven life  
that encompasses lifelong learning.*

**507.895.8903**  
www.wieserbrothers.com

**WIESER  
BROTHERS**

200 Twilite St • La Crescent, MN 55947

General Contractor, Inc.



### Find us on Facebook

Check out La Crescent-Hokah  
Community Education on Facebook!

Mention to us you've become a FAN  
when you register for any adult or youth class  
and receive **\$2.00 OFF** one class.  
Be the first to learn about new classes and event.  
Stay up-to-date on Community Education news.

## Kids' Company School Age Child Care



Kids' Company is committed to providing a safe and caring environment for children ages preschool-5th grade before and after school, and all summer long! Kids' Company strives to offer opportunities where children can express themselves through art, crafts, self-directed play, games, and indoor and outdoor physical activities.

**Join the fun! Enroll now!**

Contact Kids' Company Coordinator Meghan Wall at 895-5156 or stop by Kids' Company adjacent to the Elementary School Cafeteria for more information and registration materials.

Kids' Company is a program of  
La Crescent-Hokah Community Education.

# Register Now!

We encourage early registration and payment is needed with registration. Register early to prevent class cancellation. This can easily be accomplished in the following ways:

## Online:

[www.isd300.k12.mn.us](http://www.isd300.k12.mn.us) - click on the "Community" tab, click on Community Education. Call 895-5150 with questions.



## By Mail:

Mail registration form with check payable to ISD 300 or VISA/Mastercard information to Community Education, 703 So. 11th Street, La Crescent, MN 55947



## By Phone:

Call 895-5150 to register by phone using your VISA/Mastercard. Phone registrations are taken Monday – Friday, 8:00 am – 4:00 pm, following the school calendar.



## By Fax:

Fax your completed registration form and VISA/Mastercard information to us at 507-895-8560. Available 24 Hours a day.



## In Person:

Community Education is located at 703 So. 11th Street, La Crescent. Office hours are 8:00 am – 4:00 pm, Mondays through Fridays. Cash, checks, Visa, Mastercard and are all accepted when you pay in person.



## Scholarships

Scholarships are available to students who qualify for the school district free and reduced lunch program. We offer a 75% reduction for those who qualify for free lunch and a 50% reduction for anyone qualifying for the reduced lunch program. There are some exceptions to this policy. Contact Education office with your questions.

## Substitutes

If you are unable to attend the class, event or trip that you registered for, please call us at 895-5150. We may have a waiting list, so please do not find your own substitutes.

## UCare

Members of UCare Minnesota may take up to \$15 discount per class on most classes in this catalog. If a class is less than \$15, the member may take the class free of charge. UCare for Seniors are eligible for one \$15 reimbursement per calendar year. Members must be on UCare at the time of registration and through the duration of the class(es). Include UCare ID number when registering. If you have any questions about the eligibility of specific classes, call (507) 895-5150.

### Registration Form

Return to: Community Education,  
703 S. 11th St., La Crescent, MN 55947

Name \_\_\_\_\_

Address \_\_\_\_\_

Day & Evening Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

Name	Age	Course #	Title	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total Enclosed \$ \_\_\_\_\_

UCare ID # \_\_\_\_\_

Make check payable to ISD 300.  
If paying by credit card, fill out below or email to:  
[joanwright.isd300.k12.mn.us](mailto:joanwright.isd300.k12.mn.us)

Charge my:  
 Visa  Mastercard

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

## Cancellation Policy

We realize that schedules are busy, but your early registration assures that your class is a "Go."

### Class Cancellation Policy and Refunds Prior to Start

**Date:** Class cancellation must be made a minimum of 3 working days prior to the class start date for a **FULL REFUND** (unless otherwise noted).

If you cancel with less than 3 days notice, you will be issued a refund, minus a \$5.00 processing fee and any costs incurred (supplies, food etc.).

If you do not notify Community Education prior to start of the class that you will not be attending, you will not be issued a refund.

La Crescent - Hokah Public Schools  
Community Education  
703 South 11th Street  
La Crescent, MN 55947  
**Return Service Requested**

PRSRT STD  
NON-PROFIT ORG.  
PERMIT #32  
US POSTAGE PAID  
LA CRESCENT, MN 55947  
ECRWSS



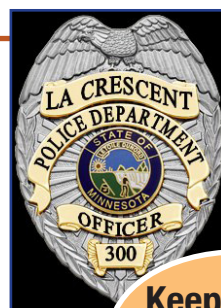
Postal Patron

**Community Education hours: 8 am - 4 pm. Closed non-school days.**

La Crescent-Hokah Community  
Education's Featured Presentation:

## NetSmartz® Parent and Community Workshop

Tuesday, September 23, 2014 | 7:00pm  
Fine Arts Center  
No fee or registration necessary!



Keeping our  
kids safe  
online!

The La Crescent Police Department, with support from the Bureau of Justice Assistance, Office of Justice Programs, and United States Department of Justice will present:

NetSmartz®, a program of the National Center for Missing & Exploited Children (NCMEC) to promote Internet Safety in our community. Using cutting edge technology and invaluable safety information developed by NCMEC, NetSmartz® presentations teach children and parents what potential risks they may face on the Internet and how to make safer online choices.

Parents will receive valuable information of online risks their children may encounter along with the tools to prevent and protect. This presentation is valuable for parents of children of all ages, as well as community members! **Adults in attendance will be eligible to win an iPad® and other prizes!**

Win an  
Ipad®

**Let's fill the auditorium and learn how we can help keep our children safe online!**