



**Change 2 Lives...
Mentor a Northfield Youth**

Connected Kids, page 12.

Early Childhood Programs

Enrichment

Project ABLE

English Learner Services

Registration

Ventures

Mentoring

Aquatics

Community Resources

Recreation

Driver Education

Adult Basic Education

District Facilities



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Learning and Recreation For Life

REGISTER ONLINE www.northfieldschools.org

Fall 2015

I have been fortunate to be on both sides of the mentoring table – meaning I have awesome mentors that inspire me and hold me accountable, and I also happen to have awesome mentees I have been introduced to through the Connected Kids Mentoring Program. Both of these relationships have brought me joy, new perspectives, awareness and the desire to share the experience with others. See page 12 to learn how you can become involved in the Connected Kids Mentoring program.



As an article I recently read said, “Mentoring is the down payment on our future.”

Erin Bailey

Erin Bailey,
Community Services Director

New! Parent/Child Yoga



page 33

Hand in Hand Preschool



page 9

mission statement: We support the learning and participation of adults and children in our community through citizen involvement, access to school and community resources, and promotion of collaboration and partnerships.

Use of Northfield Public Schools Facilities

We encourage groups and organizations to utilize school district facilities. All usage of rooms or spaces in school buildings on weekends or after 4 p.m. weekdays is reserved through the Community Services Division. Nominal rental fees are charged. Service fees such as custodial, food services and building supervision may also be charged depending on specific permit requests. For complete facility usage policy and procedures, visit www.northfieldschools.org. Please allow at least two weeks notice to process your request. Call 507.664.3649 for more information.

Bridgewater Elementary 401 Jefferson Parkway, Northfield 507.664.3300	Community Services (NCRC) 1651 Jefferson Parkway, Northfield 507.664.3649	District Office 1400 Division St. S., Northfield 507.663.0600
Greenvale Park Elementary 700 Lincoln Parkway, Northfield 507.645.3500	Longfellow School 201 Orchard St., Northfield 507.645.1200	Northfield High School 1400 Division St. S., Northfield 507.663.0630
Northfield Middle School 2200 Division St. S., Northfield 507.663.0650	Sibley Elementary 1400 Maple St., Northfield 507.645.3470	



Recreation programs are financially supported by the City of Northfield and Northfield Public Schools Community Services Division through a generous donation from Northfield Hospital & Clinics.



Northfield Public Schools Community Services Division

Northfield Community Resource Center (NCRC), 1651 Jefferson Parkway, Northfield, MN 55057
 507.664.3649 **phone** 507.664.3651 **fax** 507.664.3659 **information line** (cancellation & schedule changes)
 8 a.m. to 4:30 p.m. Monday through Friday
www.northfieldschools.org

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Administrative Staff

Director **Erin Bailey**. . . 507.664.3652. . . EBailey@northfieldschools.org
 Administrative Assistant **Sara Boran**. . . 507.664.3657. . . SBoran@northfieldschools.org
 Administrative Assistant & Facilities Scheduler **Judy Becker**. . . 507.664.3649. . . JBecker@northfieldschools.org
 Adult Basic Education Coordinator. . . 507.664.3764
 Youth Development Coordinator **Linda Oto**. . . 507.664.3655. . . LOto@northfieldschools.org
 Early Childhood Coordinator **Sara Line**. . . 507.664.3754. . . SLine@northfieldschools.org
 Early Childhood Administrative Assistant **Mary Hansen**. . . 507.664.3750. . . MHansen@northfieldschools.org
 Enrichment & Project ABLE Coordinator **Niki Kolb**. . . 507.664.3648. . . NKolb@northfieldschools.org
 Recreation Coordinator **Melissa Bernhard**. . . 507.664.3502. . . MBernhard@northfieldschools.org
 Secretary (Longfellow School Building) **Martha Donahoe**. . . 507.645.1200. . . MDonahoe@northfieldschools.org
 Ventures Coordinator **Breezy Barrett**. . . 507.664.3653. . . BBarrett@northfieldschools.org

Advisory Council

Kelly Bergman, Chairperson	Todd Bornhauser	Grace Clark, Park Board Liaison
Jennifer Cox Johnson	Anita Fisher Egge	Adrienne Falcon
Ellen Iverson, School Board Liaison	Melissa Larsen	Jennifer McCracken, Student Member
Darian Paulson, Student Member	Nathan Rockey	Andria Sommers
Katrina Warner		

The Strengthening Families Program

An opportunity for families with youth entering 6th grade in September 2015

\$25 6:30 - 8:30 p.m.
Tuesdays, August 18—September 29
(7 two-hour sessions)
Northfield Middle School
Class #: 3211-S15A

The Strengthening Families Program for parents and youth is a nationally recognized program designed to develop more positive relationships in the family.

Parents and youth meet separately for the first hour and together for the second hour.



The fee for the entire series is \$25 per family and includes refreshments and materials. Childcare will be provided for families with younger children if needed & indicated in the notes section during registration.

Co-sponsored by Community Services and the Northfield Healthy Community Initiative.

Community Services Early Childhood Programs are committed to ensuring that “by 2020, all Minnesota children will be school ready upon entering kindergarten.” This means supporting the child and family as a whole, to prepare children to be successful learners in school and throughout their lives. Be sure to check out our classes at locations around the community!



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Early Childhood Family Education (ECFE)

ECFE is for everyone! The mission of ECFE is to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children. Program offerings are open to families with children ages birth to kindergarten entrance. If the cost of class is a hardship for your family, please call Sara Line, at 507.664.3754, for more information.

ECFE provides comprehensive program offerings, services and resources that educate, support and strengthen families with children ages birth to kindergarten entrance.

The goals of ECFE are to:

- Give children opportunities to discover and learn
- Support parents in raising their children
- Offer information about child development and parenting techniques
- Help parents and their children communicate with each other
- Promote positive parental attitudes
- Provide information on community resources



Fall ECFE classes begin on Monday, September 14.

Sibling care

Sibling care is offered for many ECFE classes. Please refer to the sliding fee scale, on page 5, for cost of care. Registration for sibling care is one of the steps of class registration and not listed as a separate class. In order for us to provide sibling care, a minimum of two children must be enrolled.

Northfield Early Childhood Coalition (ECIC)

The mission of the Northfield ECIC is to educate, activate and mobilize the entire community on the issues affecting young children from birth to age 5. We look forward to welcoming you to our group. The ECIC meets at 3:30 p.m. on the second Monday of every month, except July, at the NCRC. Call Mary Hansen, at 507.664.3750, for more information.

Early Childhood Advisory Council

Share your talents and experiences in a very special and meaningful way – become an Early Childhood Advisory Council (ECAC) member.

The roles of the advisory council are to:

- Make recommendations for programming
- Promote programming
- Sponsor special events, fund-raising and volunteer recruitment efforts
- Increase awareness about the importance of early childhood education and parent involvement

The council meets monthly. Childcare is available upon request. Contact Sara Line, at SLine@northfieldschools.org or 507.645.1232, for more information.

ECFE consultation or home visit

Do you have questions or concerns about your child’s behavior or development, that you would like to discuss privately? Meet with a licensed early childhood or parent educator in person at the NCRC or in your home, or visit by telephone. This service is free for parents who reside in the Northfield school district. Call 507.664.3754 for more information

Special Events

New Family Welcome Tour all ages

You're invited to see our Early Childhood Family Education classrooms, meet other parents and be introduced to ECFE staff. Your young children are welcome to accompany you and together you will discover what our program is all about! Please call 507.664.3754 to set up tour.

No Fee M, Sept. 14 - Dec. 14
(no tours Oct. 12, Nov. 9, 23)
NCRC Parent Ed Room



Are you looking for something extra to do with your child? Check out our drop-in play times – a great way to meet others and have fun with your child. A parent educator will be on-site for consultation. See page 8.

Pete the Cat Literacy Night

Evening Class

NEW

ages 2 - 5 years

We will rock in our school shoes, learn our colors and other fun lessons while experiencing the magic in literacy through Pete the Cat! Reading, creating and experiencing will all be part of this wonderful event!

\$5/First Child
\$8/family(2 or more kids)
5:45 - 6:45 p.m. Tu, Nov. 10
NCRC Preschool Room
Class #: 519-F15

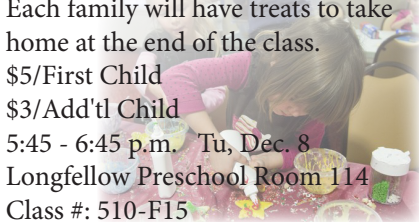
Holiday Cooking with your Kids!

Evening Class

ages 2 - 5 years

Come spend an evening cooking with your child! There will be an opportunity to measure, mix, stir and decorate your way through the night. Each family will have treats to take home at the end of the class.

\$5/First Child
\$3/Add'l Child
5:45 - 6:45 p.m. Tu, Dec. 8
Longfellow Preschool Room 114
Class #: 510-F15



Family School

Family School

ages birth - 5 years

This class is for families whose first language is not English, and meets three afternoons each week. Parents and children enjoy reading, art and sensory activities together, followed by a lively group time. Children experience activities that enhance literacy development, language acquisition and social skills while parents attend a parenting group or receive English instruction. All children who are not yet enrolled in kindergarten are welcome to attend. No Fee 12:30 - 2:30 p.m.
Emmaus Baptist Church

Tu, Sept. 15 - Dec. 8
(no class Oct. 13, Nov. 24)
Class #: 281-F15

W, Sept. 16 - Dec. 9
(no class Nov. 27)
Class #: 282-F15

Th, Sept. 10 - Dec. 10
(no class Oct. 15 & Nov. 26)
Class #: 283-F15

Registration & Fees

ECFE will not turn families away for the inability to pay. Please call 507.645.1232 if the cost of classes are a hardship for your family. Registration for sibling care is one of the steps of class registration and is not listed as a separate class. Children are not eligible to participate in ECFE classes after they have begun kindergarten. Call for availability if you live outside of the district.

▶ See pages 54 & 55 for registration.

Income Level	Fee A		Fee B		Fee C		Sibling Care	
	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One Child In Sibling Care	2 or More Children in Sibling Care
\$0 - \$24,999	\$41	\$67	\$21	\$26	\$14	\$23	\$26	\$36
\$25,000 - \$49,999	\$59	\$97	\$30	\$38	\$20	\$34	\$38	\$53
\$50,000 - \$74,999	\$79	\$134	\$39	\$54	\$26	\$44	\$54	\$74
\$75,000 - and up	\$99	\$164	\$49	\$64	\$34	\$53	\$64	\$89

Lunch and Learning

Lunch and Learning at Greenvale Place

ages birth - 5 years

ECFE offers a light lunch, cooking with your child, early childhood programming with free books and supplies, as well as time for parents to meet with each other and talk.

No Fee 11:45 a.m. - 1:30 p.m.

W, Sept. 16 - Dec. 9

(no class Oct. 14, Nov. 25)

Greenvale Place Community Center
Class #: 284-F15

Monday Classes

Baby and Me with Sibling Care

ages 3 - 12 months

What a new, exciting time! Come to meet other parents while learning about your baby's development, and talk about the feelings, frustrations and rewards of being a parent. This is a non-separating class with parent discussion time as well as playtime with your baby!

Fee A 9 - 10 a.m.

M, Sept. 14 - Dec. 14

(no class Oct. 12, Nov. 9 & Nov. 23)

NCRC Infant/Toddler Room

Class #: 212-F15



Newborn Baby Talk with Sibling Care

ages birth - 3 months

Join other parents with newborns from birth to 12 weeks for support, information and resources related to the exciting job of parenting. Learn about the various aspects of your baby's life such as feeding, sleeping, attachment and when to call a medical caregiver. This program is co-sponsored by the Northfield Public Schools ECFE program, Rice County Public Health Nursing Service and the Northfield Hospital. Classes are held every Monday from 10:30 a.m. - noon, except on public holidays. No pre-registration is required, although please call ahead if you require sibling care.

This is a non-separating class with parent discussion time. Please call 507.664.3754 for details.

No Fee 10:30 - 12 p.m.

M, Sept. 14 - Dec. 14

(no class Oct. 12, Nov. 9, 23)

NCRC Parent Ed Room



Wonderful Ones Class with Sibling Care

ages 12 - 23 months

What a wonderful time of growth: new words, skills and adventures! Parents can enjoy playtime with their child as well as group discussion with others; geared toward parenting those wonderful older babies and young toddlers. Because many children are not ready to say goodbye to mom and dad yet, all parent discussions will be held in the same classroom.

Fee A 10:30 - 11:45 a.m.

M, Sept. 14 - Dec. 14

(no class Oct. 12, Nov. 9 & Nov. 23)

NCRC Infant/Toddler Room

Class #: 170-F15



Terrific Twos with Sibling Care

ages 24 - 36 months

If you are a parent of an active two-year-old, this is the class for you! You and your child will be invited to explore a wide range of fun learning activities while meeting other families with similar joys and challenges. This is a separating class with parent discussion time.

Fee A 8:30 - 10 a.m.

M, Sept. 14 - Dec. 14

(no class Oct. 12, Nov. 9 & Nov. 23)

NCRC Preschool Room

Class #: 131-F15



Threes, Fours and Fives with Sibling Care

ages 36 - 60 months

Come join the fun! The preschool years are a great time for active learning. Children will learn through fun, developmentally appropriate activities and play groups. Parent and child themes cover much of the social, emotional, cognitive and physical growth through the preschool years. This is a separating class with parent discussion time.

Fee A 12:45 - 2:30 p.m.

M, Sept. 14 - Dec. 14

(no class Oct. 12, Nov. 9 & Nov. 23)

NCRC Preschool Room

Class #: 173-F15



Kindergarten Prep Evening Class

age 4 by Sept. 1

Do you have a child that is getting ready to go to school next year? Experience preschool together in our fun ECFE classrooms and learn easy things to do at home to encourage learning through play! **Scholarships are available.**

Fee B 6:30 - 7:30 p.m.

M, Sept. 14 - Dec. 14

(no class Oct. 12, Nov. 9 & Nov. 23)

NCRC Preschool Room

Class #: 254-F15

NEW



Also located in our building, the LINK Center of the NCRC offers a relaxed space to hang out and free books to pick up and take home.



indicates class has sibling care available (Registration for sibling care is one of the steps of class registration. In order for us to provide sibling care, a minimum of two children must be enrolled.)

Tuesday Classes

Toddling Toddlers with Sibling Care

ages 16 - 26 months

New adventures must fill the days with your toddler as they learn so many new things. Our classroom provides safe and fun opportunities to explore this new world without saying goodbye to mom and dad. This is a non-separating class with parent discussion time.

Fee A 9:45 - 11 a.m.

Tu, Sept. 15 - Dec. 8

(no class Oct. 13 & Nov. 24)

NCRC Infant/Toddler Room

Class #: 122-F15



Mini Music Class

Evening Class

ages 2 - 5 years

Do you sing silly songs along with your child? Do they love to bop to the beat? This class is for you! Rhythm, creative movement, instruments and songs will be a part of this delightful class for you and your child!

Fee C 4 - 5 p.m.

Tu, Oct. 20 - Nov. 17

NCRC Preschool Room

Class #: 290-F15

NEW

Tuesday Birth - 5 Drop-off Time

ages birth - 5 years

Take this time to run an errand, have coffee with a friend or just relax. Children must be registered for an additional parent/child ECFE class to use drop off time, and you must register by each Monday at noon. Register each child who will be attending.

\$6/visit 8:15 - 9:30 a.m.

Tu, Sept. 15 - Dec. 8

(no class Oct. 13, Nov. 24)

NCRC Infant/Toddler Room

Class #: 223-F15

Tuesday Magnificent Multi-age with Sibling Care

ages 2 - 5 years

Explore new learning activities with your children while enjoying the company of other young families.

You are welcome to join this class whether you have multiple children or just one child. General parent topics deal with family and community relationships. This is a separating class with parent discussion time.

Fee A 9:45 - 11:30 a.m.

Tu, Sept. 15 - Dec. 8

(no class Oct. 13, Nov. 24)

NCRC Preschool Room

Class #: 171-W15TUES



Wednesday Magnificent Multi-age with Sibling Care

ages 2 - 5 years

Explore new learning activities with your children while enjoying the company of other young families.

You are welcome to join this class whether you have multiple children or just one child. General parent topics deal with family and community relationships. This is a separating class with parent discussion time.

Fee A 9:30 - 11:15 a.m.

W, Sept. 16 - Dec. 9

(no class Oct. 14, Nov. 25)

NCRC Preschool Room

Class #: 171-F15WED



Wednesday Classes

Busy Bodies with Sibling Care

ages 8 - 18 months

Older babies need to be close to a parent or caregiver, which makes separation difficult in new situations. Parents enjoy playtime with their child as well as group discussion with other parents. Various topics geared toward parenting older infants and younger toddlers are covered. This is a non-separating class with parent discussion time. Sibling care available.

Fee A 9:30 - 10:45 a.m.

W, Sept. 16 - Dec. 9

(no class Oct. 14 & Nov. 25)

NCRC Infant/Toddler Room

Class #: 121-F15



Thursday Classes

Older Twos and Threes with Sibling Care

ages 30 - 48 months

The time between 2-1/2 and 4 years is a great time of growth for your child! This class offers opportunities to practice classroom routines, learn from stories and activities, and form relationships with others. Parent topics include typical development and challenges, as well as ways to enhance your child's independence. This is a separating class with parent discussion time.

Fee A 8:30 - 10 a.m.

Th, Sept. 17 - Dec. 10

(no class Oct. 15 & Nov. 26)

NCRC Preschool Room

Class #: 132-F15



Would you like your preschooler to have a second day of early childhood programming? Register for any parent/child class and become eligible to drop your child off at a child-only class. See On My Own (Fridays) for more information.



indicates class has sibling care available (Registration for sibling care is one of the steps of class registration. In order for us to provide sibling care, a minimum of two children must be enrolled.)

Threes, Fours and Fives with Sibling Care



ages 36 - 60 months

Come join the fun! The preschool years are a great time for active learning. Children will learn through fun, developmentally appropriate activities and play groups. Parent and child themes cover much of the social, emotional, cognitive and physical growth through the preschool years. This is a separating class with parent discussion time.

Fee A 10:15 a.m. - noon

Th, Sept. 17 - Dec. 17

(no class Oct. 15 & Nov. 26)

NCRC Preschool Room

Class #: 173-F15A

Parents Only Class!
parents only



Are you a parent of a K-3rd grader still looking for a support group? Come meet with other families whether this is your first or last child starting school. Parent educator will be there to facilitate, parents pick topics!

Fee B 12:30 - 1:30 p.m.

Th, Sept. 17 - Dec. 10

(no class Oct. 15 & Nov. 26)

NCRC Parent Ed Room

Class #: 153-F15

On My Own

Just for kids, this class is designed to expand your child's self-help skills and allow them to make new friends while learning concepts in language and literacy, math, art and science to support school readiness. This class is an integrated classroom with children of multiple ages, abilities and interests. *Your child may enroll in "On My Own" if he or she participates in another class that includes parent discussion.*

ages 3 - 4 years

Fee A 9:15 - 11 a.m.

F, Sept. 18 - Dec. 11

(no class Oct. 16, Nov. 27)

NCRC Preschool Room

Class #: 242-F15A

All Ages, All Stages

Evening Class

birth - 5 years

Explore fun learning activities with your children while enjoying the company of other families. This is a separating class with a short parent discussion time. All children who are not yet enrolled in kindergarten are welcome to attend. A simple dinner will be provided!

Fee B 5:30 - 7 p.m.

Th, Sept. 24 - Nov. 5

NCRC Preschool Room

Class #: 272-F15

Friday Classes

Friday Family Drop-in Time
newborn - Pre-K

Make family time together a priority for your young family. Feel free to drop in to meet new friends while having fun exploring games, music, stories and art projects with other families! A parent educator will be on-site and available for consultation.

\$4/visit \$6 max. /family visit

(no class Oct. 16, Nov. 27)

9:15 - 11 a.m.

F, Sept. 18 - Dec. 11

(no class Oct. 16 & Nov. 27)

NCRC Infant/Toddler Room

Class #: 124-F15

ages 4 - 5 years

Fee A 12:45 - 2:30 p.m.

F, Sept. 18 - Dec. 11

(no class Oct. 16, Nov. 27)

NCRC Preschool Room

Class #: 242-F15B

Early Childhood Programs

Babies & Blankets Home Visit

ECFE offers a series of home visits to families who have children less than five years who are looking for extra parenting support. Call Sara Line, at 507.664.3754, for more information.

Teen Parent Program

The Teen Parent Program offers classes for current or expectant parents between the ages of 14 and 21 who are enrolled at the Northfield Area Learning Center. Call Daryl Kehler, at 507.645.1238, for more information.

Lunch and Learning

Families with economic challenges or looking for extra parenting support meet Wednesdays at Greenvale Place. Call Sara Line, at 507.664.3754, for more information.

Family School for English Language Learners

- Need basic English language education?
- Want to improve your life, parenting and job skills?
- Have children ages birth to five years and want to learn some fun educational activities?

Family School provides this support free for families whose first language is not English. Class begins Sept. 15 and meets from 12:30 to 2:30 p.m. on Tuesdays, Wednesdays and Thursdays. We are also adding morning and evening sessions at Greenvale Park Community School. Call Gabriela Nieves, at 507.301.2144, for more information.



indicates class has sibling care available (Registration for sibling care is one of the steps of class registration. In order for us to provide sibling care, a minimum of two children must be enrolled.)

School Readiness

Hand in Hand Preschool and the preschool rooms at EarlyVentures Learning Center are four-star rated, awarded by Minnesota's Parent Aware Rating System. This identifies our programs as having a high quality learning environment and curriculum, helping children prepare for kindergarten success.



Hand in Hand Preschool

Now enrolling for the 2015-2016 school year!

We offer classes for children ages 3 - 5 with sections in the morning and afternoon and options to attend 2, 3, 4 or 5 days per week. Children must turn 3 by September 1, 2015, to attend Hand in Hand Preschool. Scholarships and transportation are available.

NEW Extended-day preschool options available:

7:45 - 8:45 a.m. • 11:30 a.m. - 12:45 p.m. • 3:45 - 4:30 p.m.

Why choose Hand in Hand?

- All of our teachers have a bachelor's degree and are licensed by the state
- We have a low child-to-adult ratio and high parent involvement
- We work in concert with district kindergarten programs
- We have an integrated special education program
- We incorporate flexible learning groups, to continuously monitor and respond to different learners
- We offer access to school specialists, such as nurses and occupational, physical and speech therapists
- Our partners include AmeriCorps and local colleges, high schools, and care centers

To register, visit the Early Childhood Programs of the Community Services Division, at www.northfieldschools.org, or call 507.664.3750. Classes are located at Longfellow School.



*Our programs provide discounted wrap around childcare for your preschooler.
A great place for siblings too!*

EarlyVentures Learning Center

EarlyVentures Learning Center is a childcare center for infants, toddlers and preschoolers licensed by the Department of Human Services. We offer a variety of schedule options and are located, along with Hand in Hand Preschool, at Longfellow School. Visit www.northfieldschools.org or call 507.664.3750 for registration information.

Census Makes a Difference

Parents, please help Northfield Public Schools keep census information up-to-date. Contact Mary Hansen at 507.664.3750 if:

- You have recently had a baby
- You have an infant, toddler or preschooler, and have recently moved into the school district
- Your address and phone number has changed since the birth of your preschool child

Early Childhood Screening

What: A free health and development screening* that is required by the state of MN to be completed before your child enters public school preschool or kindergarten.

Why: To see how your child is developing and to receive information about your district's programs and community resources.

When: Around the time your child turns 3 1/2, but we welcome 4 - and 5-year-olds who have not been screened.

How: Call Longfellow School at 507.645.1200 to schedule an appointment. Screenings are typically held 4 days per month.

**Early childhood developmental screening helps a school district identify children who may benefit from district and community resources available to help in their development. Early childhood developmental screening includes a vision screening that helps detect potential eye problems, but is not a substitute for a comprehensive eye exam.*



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Youth Recreation

Open Gyms

Teen Open Gym Basketball Community Services Staff grades 6 - 12

Did you know that you can tell the ripe cranberries from the others by whether or not they bounce? All the basketballs are ripe and ready for bouncing at open gym basketball this fall. This drop-in program is designed for teens who like to dribble the night away, shoot around or start up a game. Pre-registration not required. \$2 payable at the door (no large bills please).

7 - 9:30 p.m.

W, Sept. 9 - Dec. 16

(no open gym Nov. 25)

Middle School Auxiliary Gymnasium

Basketball

Basketball Camp Dan McHugh ages 6 - 12

Swoosh! This camp is designed to introduce young athletes to the sport of basketball through skill development and small group games. Sports Unlimited staff will focus on helping the children learn the rules of basketball while working on team play and sportsmanship. Individual skills taught include: shooting, passing, dribbling along with learning the strategies of offense and defense. Children will be divided by age and skill level. Staff to camper ratio 1:10. The camp is open to boys and girls.

\$44 10 a.m. - 1 p.m.

M & Tu, Dec. 28 & 29

Bridgewater Gymnasium

Class #: 1153-F15A

Football

Flag Football Community Services Staff grades 2 - 5

Come out and join the fall tradition. Flag football provides the opportunity to experience the excitement of playing football without rough contact. Learn fundamentals of the game through practice drills and games on assigned teams. **All team assignments, schedules, T-shirts, mouth guards and information will be available for pick-up on Tuesday, Sept. 8, at Sechler Park.** Second and third grades should arrive at 6:30 p.m. Fourth and fifth grades should arrive at 7 p.m. Rain site is the NCRC.

\$35 Tu & Th, Sept. 15 - Oct. 8
Sechler Fields

grade 2

6:30 - 7:25 p.m.

Class #: 1060-F15A2

grade 3

6:30 - 7:25 p.m.

Class #: 1060-F15B3

grade 4

7:35 - 8:30 p.m.

Class #: 1060-F15C4

grade 5

7:35 - 8:30 p.m.

Class #: 1060-F15D5

Sponsor a Kid

Make learning and fun possible for all kids - donate to our scholarship fund! Your gift will go directly to sponsor a local child.

Any amount is welcome!

Send a check to:

Northfield Public Schools
Community Services,
1651 Jefferson Parkway,
Northfield, MN 55057, or add
your gift to the contribution line
on your registration form.



Please check back in the winter/spring 2016 brochure for Community Services Open Gym, Mini Clinics and Boys and Girls Basketball programs.



General Recreation

Teen Train IT!

IT! FACTORY Staff
ages 13 and older

Are you a teen athlete looking for that edge to take your talents to the next level? If so, come in and train with IT! Coaches Cindy Boyum and Therese Smiens this fall and let us help you achieve your vision. This is an 8-week training that is a great addition to any sports program or just on its own. We will help you learn new techniques and provide you the tools, so you are physically and mentally ready for your next athletic season. Why workout on your own, when you can be coached to the next level. Space is limited, so grab your spot today! Please bring water bottle, clean workout shoes and a heart rate monitor if you have one.

\$199 4:15 - 5:15 p.m.

M - Th, Sept. 21 - Nov. 12

IT! FACTORY Fitness and Wellness
Class #: 1131-F15A



**Don't forget
to wear a helmet!**

Helmets for biking, skating,
skateboarding and sledding can
be purchased for only \$10 from
Community Services, at 1651
Jefferson Parkway. Hours: 8 a.m. to
4:30 p.m. Monday through Friday.

Boys and Girls Bowling

Gary Greenlund

NEW

grades k - 12

The Northfield USBC Bowling Association is a non-profit organization designed to introduce children of all ages to the lifetime sport of bowling through skills development and team competition. Students of all ages are welcome. Coaching and equipment are provided. Great opportunity to prepare for the Raider High School Bowling Team and a lifetime of enjoyment. Participants can bowl one, two or all three sessions and can join at anytime with the fee being prorated. An annual \$4 United States Bowling Congress Sanction Fee has been built into the registration cost. \$89/New Participant \$85/Former Participant 4 - 5:30 p.m.

Jesse James Lanes

Th, Sept. 10 - Nov. 12

Class #: 1057-F15A

Th, Nov. 19 - Feb. 4

(no class Nov. 26 & Dec. 24)

Class #: 1057-F15B

Th, Feb. 11 - April 14

Class #: 1057-F15C

Cheerleading

Laurie Sadowski

grades k - 8

Kick up a leg and deliver a shout! The Northfield High School Raider Football Cheer team and its head coach will help you learn the basics of cheerleading and will teach you different cheers, dances, stunts and jumps. Cheerleaders will show off what they have learned by cheering on the Raiders at a home football game. (Date TBD) To secure a spot and a T-shirt, register by Wednesday, Sept. 2. Please indicate or update shirt size when registering. Bring tennis shoes and water bottle. Poms available for \$5 at clinic.

\$49 8:30 a.m. - 3:30 p.m.

Sa, Sept. 19

High School Gymnasium

Class #: 1168-F15A



KidVentures Program



Northfield
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

KidVentures is a school-age care program that allows kids to experience a variety of enrichment and recreation activities.

Our mission is to foster a fun atmosphere where children are encouraged to explore new interests and develop new friendships. Throughout the program, children will participate in a variety of hands-on activities that build social, emotional, physical and academic development.

KidVentures is offered at all elementary schools from 6:30 a.m. to school start and until 6 p.m. after school ends, Monday through Friday.

KidVentures offers a variety of enrollment options including:

- Set weekly schedule
- Monthly calendar schedule
- School release days
- Late Start Wednesdays

Enrollment information for the 2015-16 school year is available at the Community Services office. Call 507.664.3750 or visit www.northfieldschools.org/communityservices/venture.



Northfield Ski & Snowboard Club

Community Services Staff

grades 6 - 12

Catch some powder! The Northfield Ski & Snowboard Club will be skiing and boarding on Mondays, starting in late November. Buses will depart as soon as possible after school from the Northfield Middle School and Northfield High School. Students will ski and board until 8:15 p.m. and will return by 9:15 p.m. Fee includes transportation. Ski and boarding passes must be purchased from Welch Village separately. Additional information is available at the middle school, the high school and the Community Services offices. A single bus buy-on can be purchased for \$28 at the bus. A parent meeting for new participants will be held at 7 p.m. on Sept. 21 at the Northfield High School Auditorium.

\$165 3:15 - 9:15 p.m.

M, Nov. 30 - Feb. 15

(no class Dec. 21 & 28)

Welch Village Ski Area

grade 6	Class #: 1316-F15A6
grade 7	Class #: 1316-F15B7
grade 8	Class #: 1316-F15C8
grade 9	Class #: 1316-F15D9
grade 10	Class #: 1316-F15E10
grade 11	Class #: 1316-F15F11
grade 12	Class #: 1316-F15G12
group lesson-\$5	Class #: 1316-F15HL
bus buy-on-\$28	Class #: 1316-F15IBB



Horseback Riding

Vickie Tyler

ages 8 and older

It's often been said that there's nothing better for the inside of a man than the outside of a horse. Come to the stables and get healthy from the inside out! You will learn about grooming and tacking up a horse and will concentrate on the basic principles of classic riding including dressage, and jumping. Practice solid safety and an awareness of horse behavior as you ride in a variety of indoor and outdoor settings including arenas and trails. These seasoned school horses will provide a safe and challenging experience for beginners or intermediate riders. Class will happen rain or shine. Safety helmets are required and provided.

\$134 4 - 5 p.m.

W, Sept. 16 - Oct. 21

Winterhaven Stables

Class #: 1276-F15A

Youth Floor Hockey

Community Services Staff

grades k - 5

Hit the floor before hitting the ice! Learn the fundamentals of hockey, sharpen your skill, enhance your ability and participate in games.

This program will get you ready for the winter season on the ice or may simply generate future interest in the sport of hockey. The program is open to boys and girls.

\$20 Sa, Sept. 19 - Oct. 10

Middle School Gymnasium

grades k - 2

9 - 9:45 a.m.

Class #: 1054-F15K-2

grades 3 - 5

10 - 10:45 a.m.

Class #: 1054-F153-5

Connected Kids Program

Be Someone Who Matters to Someone Who Matters



Northfield
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

- *Help a youth stay in school*
- *Help a youth avoid risk-taking behaviors*
- *Help a youth become a leader*
- *Bridge the generation gap*
- *Learn from a young person*

Let a child know they matter...

Become a mentor to a Northfield youth through Connected Kids, a mentoring initiative of Northfield Public Schools Community Services.



For more information contact Connected Kids Coordinator Linda Oto at 507.664.3655 or LOto@northfieldschools.org.

Learn To Play Hockey

Hockey Association Northfield
ages 4 - 10

Score big this fall with the Northfield Hockey Association! In the Learn to Play Hockey class, players will work on fundamentals of the game, including stick-handling, puck control, and game strategy. A great way to try hockey before the regular season starts. Designed for those who have not played organized hockey before. All participants will receive a jersey. Previous skating background is not required, though this class will not focus on learning to skate but rather on hockey fundamentals. For new skaters, the Northfield Hockey Association also recommends USA Hockey's Learn to Skate curriculum, taught by Northfield Skating School staff. Learn to Play Hockey can be taken on its own, or along with Northfield Skating School's Snowplow Sam or Hockey classes, which teach skating basics. Loaner helmets and pads available, players need to bring their own hockey skates and hockey stick.
\$50 1 - 1:45 p.m.
Su, Oct. 4 - Nov. 8
Northfield Ice Arena
Class #: 1313-F15A



Northfield Skating School

Community Services Staff

all ages

The Northfield Skating School (NSS) encourages participation, enjoyment and achievement in skating by fostering a positive, challenging and inclusive learning environment. NSS is a U.S. Figure Skating model program where you'll build skills and confidence for skating and for life. Skaters receive a weekly 30 minute lesson and an open skate punch card for practice. NSS reserves the right to cancel or combine classes based on registration. Registrations after September 9 will incur a \$15 late fee. Class assignments will be emailed prior to the first lesson. Things to note: Refunds for medical reasons only with a doctor's note; rental skates are available for \$3; and no double-bladed skates or helmets with pointed backs are permitted. Helmets are recommended for skaters age 6 and under. List new skater or skills mastered if you have skated but not with NSS. For class and program details, visit northfieldskating.com. Call Melissa, at 507.664.3502, if interested in private skating lessons. NSS parent meeting will be 7:15 - 8:15 p.m. Sept. 17 at the NCRC.

\$99 Su, Sept. 20 - Nov. 8 Northfield Ice Arena

Adult 12:30 - 1 p.m.

Level 1 Class #: 1312-Adult1

Level 2 Class #: 1312-Adult2

Level 3 Class #: 1312-Adult3

Level 4 Class #: 1312-Adult4

Freestyle noon - 12:30 p.m.

Level 1 Class #: 1312-FreeSk1

Level 2 Class #: 1312-FreeSk2

Level 3 Class #: 1312-FreeSk3

Level 4 Class #: 1312-FreeSk4

Level 5 Class #: 1312-FreeSk5

Level 6 Class #: 1312-FreeSk6

Snowplow Sam 12:30 - 1 p.m.

Level 1 Class #: 1312-Snowplow1

Level 2 Class #: 1312-Snowplow2

Level 3 Class #: 1312-Snowplow3

Basic

12:30 - 1 p.m.

Level 1 Class #: 1312-Basic1

noon - 12:30 p.m.

Level 2 Class #: 1312-Basic2

Level 3 Class #: 1312-Basic3

Level 4 Class #: 1312-Basic4

Level 5 Class #: 1312-Basic5

Level 6 Class #: 1312-Basic6

Level 7 Class #: 1312-Basic7

Level 8 Class #: 1312-Basic8

Hockey noon - 12:30 p.m.

Level 1 Class #: 1312-F15Hockey1

Level 2 Class #: 1312-F15Hockey2

Level 3 Class #: 1312-F15Hockey3

\$72

Power Edge 11:30 - 11:45 a.m.

Class #: 1312-F15PowerEd

Northfield Ice Arena

The Northfield Ice Arena has several open skate times, holiday skates, and both youth and adult open hockey times this fall. For more information, call 507.645.6556 or visit: ci.northfield.mn.us/index.aspx?NID=376.

Holiday Skates & Open Skate Times, 12:30 - 2 p.m.

- Halloween skate - Oct. 25
- Turkey skate - Nov. 22
- Santa skate - Dec. 20

Open Freestyle

\$10 10:30 - 11:30 a.m. Sundays

The Northfield Arena is located at 1280 Bollenbacher Drive, just off of Highway 3, and is managed by the City of Northfield. The arena offers a full-service pro shop.



Trap Team

Northfield Raiders Clay Target Club Instructors
grades 6 – 12

This fall, more than 2,000 student athletes representing more than 185 high school teams are expected to participate this fall in the Minnesota State High School Clay Target League. The league is still growing for the 7th consecutive year and will continue as Minnesota's fastest growing high school sport. Welcome to the team in Northfield! The Clay Target team has a time slot of 2 - 4:30 p.m. at the Morristown Gun Range for six Sundays September 20 - October 25. Each athlete will participate in two rounds of trap per week. Specific blocks of time will be determined for each prior to the first practice. Any Northfield student is eligible to participate if he/she: is in grades 6 through 12, possesses a Minnesota Firearm Safety Training Certificate, meets all school curricular activity eligibility requirements and if the team has room to accommodate the student athlete. **Registration deadline is September 10.** Please note: under no circumstance, should a shotgun or ammunition be brought onto school property.

New participants must register through the MN State High School Clay Target League and Community Services. Registration process is:

1. Contact Head Coach Scott Quiring at 952.200.4823 or via e-mail squiring@amconconstruction.com for the log-in access code to the MN State High School Clay Target League registration website.
2. Register on the MN State High School Clay Target League registration website.
3. Register and make payment on the Community Services website. All new participants must submit a copy of their gun safety certification to the Community Services office. **New participants must have a guardian present at the first practice (Sept. 20) to sign forms required by the Morristown Gun Club.**

Former participants must register through Community Services. No forms, proof of certification, or guardian signature are required if participation in a previous spring league occurred.

Aug. 14 – Sept. 10: Roster edits and athlete registration
 Sept. 18: \$25 per athlete per league registration fee due to MSHSCTL
 Sept. 20: Practice/Reserve Week
 Sept. 27: Competition Week 1
 Oct. 4: Competition Week 2
 Oct. 11: Competition Week 3
 Oct. 18: Competition Week 4
 Oct. 25: Competition Week 5
 No State Tournament

\$154
 Su, Sept. 20 - Oct. 25
 Morristown Gun Club
 Class #: 1277-F15A

Team uniform, shirt and hat are not included in the fee and will be an added cost (approx. \$35).



Martial Arts

Gumdo - Korean Sword

Susan Shirk
ages 12 and older

Haidong Gumdo, Korea's fastest growing martial art, focuses on the use of the long sword, or Jigung. Students will learn forms, drills and cutting exercises based on battlefield tactics. This is a non-contact martial art that is fast paced for a good workout but is low impact, which makes it suitable for many age groups. There is a \$20 fee for the practice sword, payable to the instructor on the first day of class. Uniform and testing fees are additional. Younger students with previous martial arts experience are welcome with instructor approval or when registered with a parent.
 \$49

7:45 - 8:45 p.m.
 Tu & Th, Sept. 15 - Oct. 27
 (no class Oct. 15)
 Sibley Cafeteria
 (class held at Middle School
 Auxiliary Gymnasium Oct. 8 & 13)
 Class #: 4108-F15B

7:45 - 8:45 p.m.
 Tu & Th, Nov. 3 - Dec. 15
 (no class Nov. 26)
 Sibley Cafeteria
 Class #: 4108-F15D



Tae Kwon Do for Kids

Daniel Elo

grades 2 - 12

Whether you are looking to improve your physical fitness, confidence, or learn a new set of skills, Tae Kwon Do has something to offer you! As a student, you will learn beginning hand and foot fighting/defensive techniques in an instructor controlled contact environment. You will learn to control your body and focus power into every punch and kick.

\$74

Beginner (white, yellow & orange belts)

6 - 6:45 p.m.

Tu & Th, Sept. 8 - Oct. 27

(no class Oct. 6, 8 & 15)

Sibley Cafeteria

(class held at Middle School

Auxiliary Gymnasium Oct. 13)

Class #: 4165-F15A

6:45 - 7:45 p.m.

Tu & Th, Nov. 3 - Dec. 15

(no class Nov. 26)

Sibley Cafeteria

Class #: 4165-F15C

Advanced (green & black belts)

6:45 - 7:45 p.m.

Tu & Th, Sept. 8 - Oct. 27

(no class Oct. 6, 8 & 15)

Sibley Cafeteria

(class held at Middle School

Auxiliary Gymnasium Oct. 13)

Class #: 4165-F15B

6:45 - 7:45 p.m.

Tu & Th, Nov. 3 - Dec. 15

(no class Nov. 26)

Sibley Cafeteria

Class #: 4165-F15D

Martial arts lovers can also find Shorin-Ryu Karate and Gumdo on page 31.

Safety Certification

Snowmobile Safety Class Waterford Warriors Snowmobile Club

ages 12 - 18

Attention snowmobilers ages 12 to 18! Minnesota law requires a valid snowmobile safety certificate to operate a snowmobile on public property. Safety classes for snowmobile safety certificates are given by the Waterford Warriors Snowmobile Club. Be ready for winter! You must be present at both classes. A "behind the handlebars" day will be scheduled when it snows. Note: total class cost is \$7 (\$2 to Community Services upon registering, \$5 to the DNR after completion of class to receive certificate of completion).

\$2 6 - 9 p.m.

M, Nov. 9 & 16

Bridgewater Cafetorium

Class #: 4805-F15A

Dance

Alignment and Strengthening

Kathleen Pender, Northfield

Arts Guild

ages 11+



Northfield Arts Guild

NEW

Northfield Arts Guild dance classes focus on sequential development of skills and establishing a lifelong appreciation of the arts in a supportive environment. Develop whole-body awareness through exploration in alignment and strengthening. All dancers ages 11+ with previous dance experience are welcome. This class builds on the skills developed in Ballet and Modern technique classes.

\$176/NAG Member

\$195/Non-NAG Member

6:30 - 7:45 p.m. Tu, Sept. 15 - Dec. 15

(no class Nov. 24)

Northfield Arts Guild Dance Studio

Class #: 3857-F15A

Middle School Youth Center

The *Middle School Youth Center*

is dedicated to providing free after-school programming that engages youth with their school and community while developing individual strengths and talents.

- Homework assistance
- Clubs and workshops
- Physical recreation
- Cultural enrichment
- Interaction with peers and caring adults
- Opportunities to engage in community service

Middle School Youth Center

grades 6 - 8

3 - 5 p.m. M - Th

Middle School Room 153



Northfield
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION



Contact Linda Oto at LOto@northfieldschools.org
or 507.664.3655 for additional information or a registration packet.

Dance Theater Company

Kathleen Pender & Shari Setchell,
Northfield Arts Guild

NEW

ages 10 - 18

Northfield



Northfield Arts Guild

Arts Guild dance classes focus on sequential development of skills and establishing a lifelong appreciation of the arts in a supportive environment. In its 7th season, The Dance Theater Company includes technique classes and choreography. Dancers create pieces in ballet, jazz and modern to be performed during Winter Walk on Dec. 10. Dancers need at least two years of dance experience and instructor permission.

\$151/NAG Member

\$168/Non-NAG Member

4:30 - 6:30 p.m. Th, Oct. 8 - Dec. 10
(no class Oct. 15 and Nov. 26)

Northfield Arts Guild Dance Studio

Class #: 3855-F15A

Modern Dance

Kathleen Pender, Northfield
Arts Guild

NEW

ages 8+

Northfield



Northfield Arts Guild

Arts Guild dance classes focus on sequential development of skills and establishing a lifelong appreciation of the arts in a supportive environment. By exploring various techniques of modern dance, each student will stretch and tone their body, learn different ways of expressing emotion and ideas through physical movement and develop their creative and improvisational skills.

\$140/NAG Member

\$156/Non-NAG Member

5:30 - 6:30 p.m. M, Sept. 14 - Dec. 14
(No class Nov. 23)

Northfield Arts Guild Art Studio

Class #: 3856-F15



Adventure

Adventure Mania

Community Services Staff

Adventure Mania is a family friendly, year-round program that mixes reading about an outdoor adventure with the exhilaration of engaging in adventure activities. Adventures will depart and return to the Northfield Community Resource Center parking lot. Transportation is provided. Participants should eat lunch before coming and may bring a few snacks and a water bottle. Lending copies of the books are available at the Northfield Community Resource Center. Choose to read one of the books listed below and prepare to share a brief overview of the adventure while traveling to the class site. Offered in partnership with the Northfield Public Library.

- "Between a Rock and a Hard Place," Aron Ralston
- "Deep Survival: Who Lives, Who Dies, and Why," Laurence Gonzales
- "Trapeze Girl," Matt Sheridan
- "Flying Free: Life Lessons Learned on the Flying Trapeze," Lynn Braz
- "Kool Kid Kruncha and the High Trapeze," Emma Calin
- "G.G. Rock Climbs - The G.G. Series, Book #2," Marty Mokler Banks
- "Pete Livesey - Fast and Free: Stories of a Rock Climbing Legend," John Sheard & Mike Radtke
- "Winterdance: The Fine Madness of Running the Iditarod," Gary Paulsen
- "Lure of the Quest," John Balzar
- "Taco the Sleddog," Paige Arnold & James P. Powell

September Adventure: Rock Climbing, Vertical Endeavors

Ages 4 and older (Max weight 250 lbs.) (Waiver required)

\$15/person or \$50/family of 4+

Class #: 1112-F15S

(\$5 extra for climbing shoes)

noon - 4 p.m. Sa, Sept. 19

October Adventure: High Ropes, Shattuck St. Mary's

Ages 12 and older (Health history form & waiver required)

\$15/person or \$50/family of 4+

Class #: 1112-F15O

12:30 - 4:30 p.m. Sa, Oct. 10

November Adventure: Twin Cities Trapeze

Ages 3 and older (Waiver required)

Class #: 1112-F15N

\$15/person or \$50/family of 4+

1 - 4:30 p.m. Sa, Nov. 14

December Adventure: Dog Sledding, HHH Ranch

(Waiver required)

\$15/person or \$50/family of 4+

Class #: 1112-F15D

noon - 4 p.m. Sa, Dec. 19





Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Youth Enrichment

ACT Prep

Zapping the ACT Test!

Doorway To College

High School Juniors

ZAPS test-preparation seminars are carefully designed to help each student do his or her personal best on the ACT. Students who complete the ZAPS seminar and practice these tips and strategies at home, typically raise their ACT scores by 2 to 4 points. In the five-hour ZAPS seminar, students will learn strategies for improving in all four subtests, take shortened practice tests that mirror the actual testing experience, and get suggestions for individualized study. Attendees receive a comprehensive Study Guide and 24 practice test workouts with detailed answer explanations. Students should bring a calculator and two pencils to the seminar. To register visit www.doorwaytocollege.com or call toll-free 877.927.8378.

\$90 3 - 5:30 p.m.

M & Tu, Oct. 12 & 13

High School Classroom H124



Arts, Music & Theater

Individual Guitar Lessons

Dave Gilmore

ages 8 and older

Get 10 weeks of individualized guitar lessons. Whether you're a beginner or have been playing for a while, here's a chance to bring your guitar playing up to the next level. Lessons will be tailored to match your current skill level and can be customized to help you learn particular songs or styles of music you would like to be able to play. The instructor will provide all lesson materials and guitars will be available for rent if needed. You will be contacted to arrange a class time with the teacher at half-hour increments between 4:30 and 7:30 p.m.

\$199 4:30 - 7:30 p.m.

Th, Sept. 10 - Nov. 19

(no class Oct. 15)

NCRC Classroom 223

Class #: 4423-F15A



Prairie Fire Children's Theatre - Wizard of Oz

Prairie Fire Children's Theatre grades 2 - 8

Catch the fire! Enrollment is open to all district students. Spend a week memorizing lines, learning dances, wearing costumes and performing an original play. Please provide your own snack/dinner as needed. You must provide your own transportation. Performances are at 7 p.m. on Friday and 1 p.m. on Saturday. Tickets to the performance are \$5 for adults and \$3 for students/seniors 55+. Class meets at 4 p.m. every day. A detailed schedule will be handed out on the first day.

\$69 4 - 8:15 p.m.

M - Sa, Oct. 5 - 10

Middle School Auditorium

Class #: 4171-F15A



Birthday Party Packages

Plan a stress-free birthday party with Community Services by choosing one of our many party packages! Party package options include:

- sports (flag football, dodgeball, floor hockey, soccer and kickball)
- recreation (scooters, moon balls, hula-hoops and parachutes)
- teambuilding (group games, team initiatives and relays)
- pool activities (noodles, kickboards and dive toys)

Party packages are flexible and vary in cost by the activity chosen and number of kids attending. Contact Melissa at MBernhard@northfieldschools.org or 507.664.3502 for more information and reservations.

If you are interested in teaching an enrichment class, please contact Niki Kolb, at 507.664.3648 or NKolb@northfieldschools.org.

Gumball Machine Replicas

Renee Reinardy

NEW

grades 1 - 5

Everyone loves colorful gumballs and now you can make your very own gumball machine. Make a candy dish replicating the iconic gumball machine. Once you learn the assembly of these fun candy dishes, the options are endless and you will have the skills to design one for any occasion! All supplies are included - even the gum balls! Dress to get messy and prepare to have fun!

\$19 3:30 - 4:30 p.m.

M, Sept. 21

Bridgewater Art Room 212

Class #: 4412-F15A

Hello Cupcake! Autumn Edition

NEW

Renee Reinardy

grades 1 - 5

Have you ever seen cupcakes that are just too cute to eat? Yes, that is what we are making! Learn to decorate adorable cupcakes with a fall inspired theme. Use frosting, candies and other unexpected foods to decorate six different designs. Each child will leave with 6 delicious custom-decorated cupcakes in a cupcake carrier. Dress to get messy as we will be working with colored frosting. Please indicate any allergy restrictions in the notes section when registering.

\$25 3:30 - 5 p.m.

M, Oct. 12

Sibley Art Room 133

Class #: 4414-F15A



Clay For Kids

NEW

Melissa Henning, Northfield

Arts Guild

grades k - 5



Northfield Arts Guild classes focus on sequential development of skills and establishing a lifelong appreciation of the arts in a supportive environment. Students will be guided by their imagination to create items they desire using a slab and coil techniques. If desired, students may learn to center, throw and trim on the wheel to create bowls and cups and other creations. Students may create whatever their hearts desire!

\$112/NAG Member

\$127/Non-NAG Member

6 - 7:15 p.m. Th, Oct. 22 - Dec. 3

(no class Nov. 26)

Northfield Arts Guild Clay Studio

Class #: 4401-F15A



Festive Pumpkins

NEW

Renee Reinardy

grades 1 - 5

Get the kids involved in preparing for Thanksgiving Day by having them make a festive pumpkin centerpiece! Kids will learn to create their own unique arrangement by cleaning out a real pumpkin and using an assortment of fall-inspired flowers to arrange on the inside. Dress to get messy and prepare to have fun. Please indicate any allergies to pumpkins or fresh flowers in notes section when registering.

\$25 3:30 - 4:30 p.m.

M, Nov. 23

Greenville Park Art Room 171

Class #: 4413-F15A



Watch Me Draw: Art Explorers - Dazzling 3-D Sampler

NEW

Watch Me Draw

grades k - 5

Develop creativity, technique and self-expression with painting, drawing and sculpting! Students will bring home a beautiful, finished project after each class! Draw a majestic lighthouse on the rocks, a cozy campfire in the Northwoods, create a night owl with clay and paint and much more! Use texturing plates, pastels, clay, paint and even a few jewels. Watch Me Draw provides a progressive art-enriched experience designed to build solid skills and artistic confidence in each child. All supplies are included.

\$79

3:20 - 4:20 p.m.

Tu, Sept. 29 - Nov. 10

(No class Oct. 13)

Sibley Art Room 133

Class #: 4374-F15SA

3:25 - 4:25 p.m.

M, Sept. 28 - Nov. 2

Bridgewater Media Center
Classroom 311

Class #: 4374-F15BA

3:20 - 4:20 p.m.

Th, Sept. 24 - Nov. 5

(No class Oct. 15)

Greenville Park Art Room 171

Class #: 4374-F15GA



Watch Me Draw: Art Explorers - Make it Pop!

Watch Me Draw
grades k - 5

NEW

Draw, paint and sculpt – creating art that's popping with fall colors! Create midnight pumpkins in a luminous field, a trotting wild turkey, CLAY-dazzled geese and a pop art project! Develop skills and confidence in creating art that is uniquely yours. All supplies are included.

\$79 3:20 - 4:20 p.m.

Tu, Nov. 17 - Dec. 22

Sibley Art Room 133

Class #: 4382-F15SA

\$79 3:25 - 4:25 p.m.

M, Nov. 16 - Dec. 21

Bridgewater Media Center

Classroom 311

Class #: 4382-F15BA

\$54 3:20 - 4:20 p.m.

Th, Nov. 19 - Dec. 17

(No class Nov. 26)

Greenville Park Art Room 171

Class #: 4382-F15GA



Gift certificate

'Tis the season of giving so why not purchase the unique present of a Community Service gift certificate, available at our office or online. If ordered online, bring the confirmation to our office to receive a gift certificate suitable for a special presentation.

Class #: GC-2015

Watch Me Draw: Holiday Cookies & Canvas

Watch Me Draw
grades 1 - 5

NEW

Join us for a sweet treat of cookies and painting in a relaxed and non-competitive environment. Bring a friend or make a new one as we create and paint with acrylics on real canvas boards. Have you never painted? Not a problem! There is no experience necessary as we'll guide you step-by-step in the creation of your own masterpiece. All it takes is a fun approach and enthusiasm to take home a beautiful piece of art. All supplies are included.

\$25

3:25 - 4:55 p.m.

W, Dec. 2

Bridgewater Media Center

Classroom 311

Class #: 4373-F15BA

3:20 - 4:50 p.m.

W, Dec. 9

Sibley Art Room 133

Class #: 4373-F15SA

3:20 - 4:50 p.m.

W, Dec. 16

Greenville Park Art Room 171

Class #: 4373-F15GA



Science & Mathematics

LEGO® X:Eninetics

NEW

Youth Enrichment League (YEL)
grades 1 - 5

Get plugged in... LEGO style! Drag racers, cranes, go carts, motorized dogs and more. Build them all, connect them to an engine and watch 'em go! Students will build multiple projects, connect them to an engine and use their projects to investigate basic engineering concepts. This is an all new curriculum that is sure to electrify the most discerning LEGO builder. For more information visit www.youthenrichmentleague.com

\$69

3:20 - 4:20 p.m.

M, Oct. 26 - Dec. 14

(no class Nov. 9 and Nov. 23)

Greenville Park Media Center

Room 146

Class #: 4439-F15GA

3:25 - 4:25 p.m.

Tu, Oct. 27 - Dec. 15

(no class Nov. 10 and Nov. 24)

Bridgewater Media Center

Class #: 4439-F15BA

3:20 - 4:20 p.m.

Th, Oct. 22 - Dec. 3

(No class Nov. 26)

Sibley Art Room 133

Class #: 4439-F15SA



Make learning and fun possible for all kids - please consider donating to our scholarship fund! Any amount is welcome! Find more information on page 10.

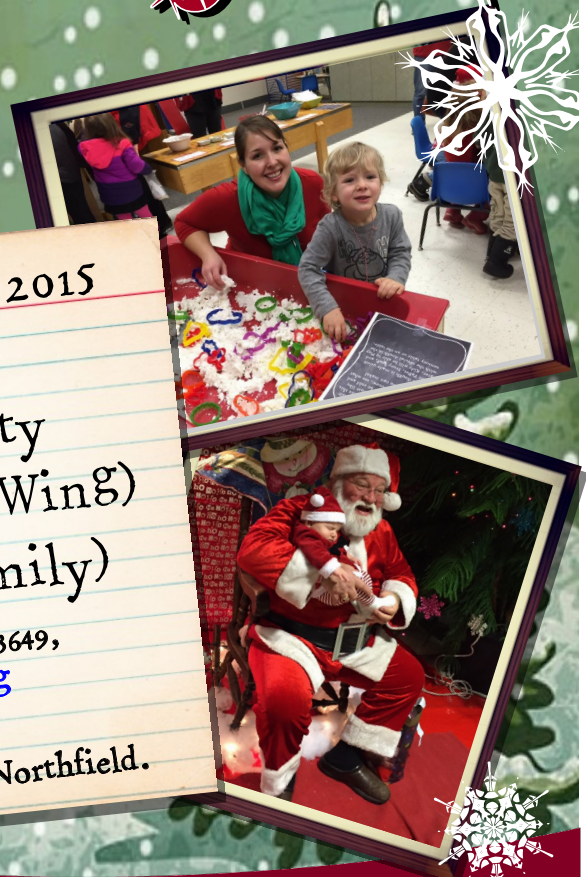
Come join in the family fun!

JINGLE JAM

Thursday, December 17, 2015
6 - 7:30 P.m.

Northfield Community
Resource Center (Youth Wing)
\$4/Person (\$10 max/family)

Get more information at 507-664-3649,
www.northfieldschools.org
(Community Services link)
or at the NCRC, 1651 Jefferson Pkwy, Northfield.



presents with Santa ❄️ holiday crafts and games ❄️ storytime

❄️ horse-drawn sleigh rides ❄️ hot cocoa bar

ages birth - 3rd grade (but older siblings are welcome too!)

Sense-ational Science with Mad Science®

NEW

Mad Science of Minnesota
grades 1 - 6

Experience the sensational world of science with Mad Science®. Light up your imagination as you blend and separate light and discover how to harness static electricity. Explore food science as you practice chemistry in the kitchen and figure out how to build the perfect meal. Take home your Technicolor Blender, Static Tube, Digester Inspector and Step-o-Meter.
\$64

3:20 - 4:20 p.m.
M, Nov. 16 - Dec. 7
Sibley Art Room 133
Class #: 4356-F15SA

3:20 - 4:20 p.m.
Tu, Oct. 6 - Nov. 3
(No class Oct. 13)
Greenvale Park Art Room 171
Class #: 4356-F15GA

3:25 - 4:25 p.m.
M, Oct. 5 - 26
Bridgewater Art Room 212
Class #: 4356-F15BA



Super Science Saturday Club for Girls!

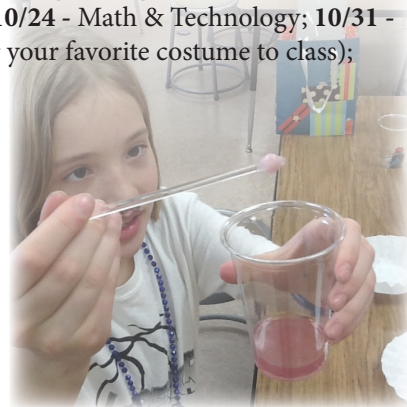
NEW

Anna Landskroener, Emma Schnuckle, Amanda Spitzenberger,
Natalie Bentley & Kristen Shruhan
girls in grades 3 - 6

Taught by St. Olaf Honor House students, this science club for girls in grades 3 through 6, will follow GEMS (Girls Excelling in Math and Science) curriculum. Join in the fun of science with various interactive experiments and activities that include the gooey, bubbly, fast and bouncy. Girls can be scientists, mathematicians, engineers, futurists and all-around explorers each Saturday, as a different field of science is explored each week. Register for the full series of 5 weeks or a single week at a time. If registering for a single week please specify the date you will be attending in the notes section when registering:

9/26 - Engineering; 10/3 - Biology; 10/24 - Math & Technology; 10/31 - Halloween themed Chemistry (wear your favorite costume to class); 11/7 - Physics

\$49/Full 5-wk Series
\$12/Single 1-wk Class
10:30 a.m. - noon
Sa, Sept. 26 - Nov. 7
(no class Oct. 10 & 17)
Middle School Art Room 200
Class #: 4372-F15A



Safety Certification

American Red Cross Babysitter's Certification Course

American Red Cross Staff

ages 11 - 17

This course is fun and fast-paced, including lots of hands-on learning, videos and interactive games providing the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10.

Learn how to:

- Respond to emergencies with first aid, rescue breathing and more
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Start your own babysitting business



Students will receive an American Red Cross Babysitter's Certification card after successful completion of the one-day course. Please bring a snack and/or lunch, markers and a pencil.

\$89 8 a.m. - 3 p.m.
Middle School FACS Food Lab 221
Sa, Oct. 3 Class #: 4355-F15A
Sa, Nov. 14 Class #: 4355-F15B
Sa, Dec. 5 Class #: 4355-F15C

General Interest

Grandmasters of Chess: Fall Season

Youth Enrichment League (YEL)
grades k - 5

New and returning students are invited to join this “sport of the mind” and be part of your school’s chess club. YEL Chess has proven excellence in dozens of schools. We have 50+ lessons and hundreds of puzzles for all levels and our teachers are among the best in the state. The lessons progress from rudimentary concepts through higher-level theories. Activity books are formatted to be accessible to beginners, yet challenge intermediate and advanced students to apply a deeper understanding of chess concepts. For more information visit www.youthenrichmentleague.com.
\$89

3:20 - 4:20 p.m.

Tu, Oct. 13 - Dec. 15
(No class Nov. 17 & 24)

Greenvale Park Media Center
Room 146

Class #: 4340-F15GA

3:20 - 4:20 p.m.

M, Oct. 19 - Dec. 14
(No class Nov. 9)

Sibley Skylight Commons

Class #: 4340-F15SA

3:25 - 4:25 p.m.

Th, Oct. 8 - Dec. 17

(No class Oct. 15, Nov. 12 & Nov. 26)

Bridgewater Media Center

Class #: 4340-F15BA



MN History Fall Field Trip Series

NEW

Chris O' Neill
grades 6 - 8

This history field trip series is for Northfield Middle School students and their parents who would like to join. The per person fee includes bus transportation, site entrance and program fees. Please bring a bag lunch, snacks, pen and notebook. Please also dress appropriately for the weather as some time will be spent outdoors.

Trips leave from the middle school.

Jeffers Petroglyphs

Within the prairie grasses of southwestern Minnesota is a place where American Indian ancestors left carvings called "petroglyphs" that tell the story of a 7,000 years of history. This trip will include an introductory video, atlatl program, prairie walk and guided tour of the Jeffers Petroglyphs site. It also includes a lesson on how American Indians used technology to adapt to a changing climate.

\$29 9 a.m. - 5 p.m.

Sa, Sept. 26

Jeffers Petroglyphs

Class #: 4320-F15A



Mille Lacs Indian Museum and Trading Post

Located near Onamia, MN, the Mille Lacs Indian Museum is dedicated to telling the story of the Mille Lacs Band of Ojibwe. This trip will include a tour of the museum featuring the Four Seasons Room and activities with American Indian games and Ojibwe words. In the afternoon visit the adjacent 1930s Trading Post and select between either a dream-catcher craft or corn husk doll activity to make and bring home. *When registering please indicate preference of craft in the notes section.*

\$35 9 a.m. - 5 p.m.

Sa, Oct. 17

Mille Lacs Indian Museum and Trading Post

Class #: 4320-F15B

North West Company Fur Post

Located near Pine City, MN, the North West Company Fur Post is reconstructed as it looked in the winter of 1804. Meet a French voyageur, a British fur trade clerk and visit an Ojibwe encampment. After a site tour, participants will learn about the fur trade, make a voyageur pouch and tour the expansive exhibit gallery with a 24-foot birch canoe and a 30-foot tall stone fireplace.

\$29 9 a.m. - 5 p.m.

Sa, Nov. 14

North West Company Fur Post

Class #: 4320-F15C

Home Alone Safety Workshop for Children

Cathy White

ages 8 - 10

Learn about staying safe while being home alone for a short period of time or for a couple of hours. This class will teach you more about escape routes, first aid, kitchen safety and much, much more. You will also get to do fingerprinting, make your own first aid kits and enjoy other engaging activities. Please bring a snack and/or lunch, markers and a pencil.

\$34 9 a.m. - 1 p.m.

Sa, Oct. 24

Middle School FACS Food Lab 221

Class #: 4354-F15A

Sa, Dec. 5

Middle School Art Room 250

Class #: 4354-F15B



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Driver Education

Driver Education Classroom

Doug Bengtson
ages 15 - 18

We offer a complete driver education program conducted by certified instructors. Intended primarily for Northfield School District residents, this class is for participants who are 15 years old by the end of the session. Students who are not residents of Northfield Public Schools will be permitted to take the class if it has not filled by the registration deadline. This class requires a special registration form available at the Northfield High School, Community Services and online, at www.northfieldschools.org. Students will receive a certificate of classroom completion card necessary to apply for an instruction permit. Cost for replacement of lost or damaged cards is \$10. Behind-the-Wheel instruction is available following completion of the classroom session; reference class 6920. Registration opens Aug. 14 and ends Oct. 9 or until the class is full - please register early to avoid disappointment.

\$152 3 - 6 p.m.
M - F, Oct. 19 - Oct. 30
High School Classroom H124
Class #: 6910-F15A

"Point of Impact" Parent Awareness Presentation

- Increase your awareness of modern teen driving risks
- Learn current driving laws and best practices

No Fee 6:30 - 8 p.m.
Tu, Oct. 27
High School Auditorium
No pre-registration required

Driver Education Behind-the-Wheel

Kevin Dahle, Robert Knutson & Nate Truman
ages 15 - 18

The six-hour Behind-the-Wheel experience is available following completion of the classroom session. Students must have a valid MN permit to register. Registration forms are available at the Northfield High School, Community Services and online, at www.northfieldschools.org. Sessions are by appointment, scheduled by the driving instructor. After successful completion of the Behind-the-Wheel instruction, students will receive a certificate of completion card which is necessary to apply for a driver's license. Cost for replacement of lost or damaged cards is \$10.

\$252 By Appointment Only Class #: 6920-2015

AARP Smart Driver Courses

Northfield Senior Center Staff

This newly updated and renamed "Smart Driver Course" is designed for the driver over age 50, to help discover how roads, cars and you may have changed since you started driving. Learn research-based safety strategies; understand the links between the driver, vehicle and road environment; and how awareness encourages safer driving. Learn the newest safety features in vehicles and gain tips for assessing when alternate transportation methods may be the safest option. Completion of this Smart Driver Course qualifies each student over age 55 (sometimes 50) for a certificate redeemable for a discount on an auto insurance premium for three years. First timers must take the 8-hour course and then a refresher course every three years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course. Please indicate your AARP Member number in the notes section when you register, to qualify for the AARP Member discount. Co-sponsored with the Northfield Senior Center. Deadline to register is one week prior to class.

\$27/non-AARP member \$22/AARP member
Northfield Senior Center



AARP Driver Safety Program 8-hour Full Course

8 a.m. - 4 p.m. Sa, Oct. 10 Class #: 6951-F15A	8 a.m. - 4 p.m. Sa, Nov. 7 Class #: 6951-F15B
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AARP Driver Safety Program 4-hour Refresher Course

5:30 - 9:30 p.m. W, Sept. 2 Class #: 6950-F15A	1 - 5 p.m. Th, Sept. 17 Class #: 6950-F15B
5:30 - 9:30 p.m. Tu, Oct. 13 Class #: 6950-F15C	1 - 5 p.m. F, Oct. 23 Class #: 6950-F15D
1 - 5 p.m. Th, Nov. 5 Class #: 6950-F15E	1 - 5 p.m. M, Nov. 16 Class #: 6950-F15F
1 - 5 p.m. Tu, Dec. 15 Class #: 6950-F15G	



Project A.B.L.E.

"Serving Persons with Disabilities by Achieving a Better Life through Education"

Project A.B.L.E. is a program within Northfield Public Schools Community Services that provides social, recreational and educational programming for adults with disabilities. We have great new classes and old favorites to offer this fall. Register with Project A.B.L.E. in Northfield, by calling 507.664.3649. Or visit us online, at www.northfieldschools.org, and click on Community Services. A registration form (on page 54) can also be mailed to Community Services along with payment.

Arts & Crafts

Crafty Club - October: Jack O' Lantern

Carve or paint your own pumpkin into a true jack o' lantern to use on Halloween.

\$10 1 - 3 p.m.

Sa, Oct. 24

NCRC YW108

Class #: 7610-F15A



Crafty Club - December: Painted Holiday Ornaments

Paint and decorate your own festive ornaments for the holidays.

\$10 1 - 3 p.m.

Sa, Dec. 5

NCRC YW108

Class #: 7607-F15B

Social Activities

Fall Bowling League

Work on motor skills and increase hand-eye coordination while learning socialization skills in this fun, ten-week bowling league.

Fee includes two games per night and shoes if needed. Single night registration is available for \$6 per person.

\$60 6:30 - 8 p.m.

M, Sept. 14 - Nov. 16

Jesse James Lanes

Class #: 7566-F15A



Pizza Bingo

Combine the tasty with the fun at Pizza Bingo. Utilize number recognition, sequencing and patterning skills to be the first one to solve the puzzle and win a prize. Pizza and a beverage are included in the cost.

\$10 6 - 7:30 p.m.

Laura Baker Services Millis

Dining Room

F, Sept. 25

Class #: 7500-F15A

F, Oct. 23

Class #: 7500-F15B

F, Nov. 20

Class #: 7500-F15C

F, Dec. 4

Class #: 7500-F15D

Puzzle Wars!

NEW

Join the fun as we divide up into teams and compete to build different size jigsaw puzzles in the fastest time. There will also be some time to socialize and some snacks will be served.

\$5 High School Rock House
6 - 7:30 p.m.

F, Dec. 11

Class #: 7575-F15A

Movers & Shakers Exercise Class

Join us for some exercise as we stretch and move to music. You will have so much fun during this exercise class you will forget that it is good for you. Wear comfortable clothes and your tennis shoes. Bring along a bottle of water and some hand weights if you have them.

\$5 10 - 11 a.m.

Middle School

Auxiliary Gymnasium

Sa, Sept. 26 Class #: 7570-F15A

Sa, Oct. 24 Class #: 7570-F15B

Sa, Nov. 14 Class #: 7570-F15C

Sa, Dec. 5 Class #: 7570-F15D



REGISTER ONLINE
at
www.northfieldschools.org
or call 507.664.3649 to
register by phone.

Cooking

Top Chefs Cooking Club

Do you like to cook? If so, join us once a month in this cooking club as we create some classic dishes and fabulous treats. All supplies are included.

\$10 6 - 7:30 p.m.
High School Rock House

September- Pizza & Cookies

Join us for pizza and cookie night, where you get to pick all the toppings for a make-your-own pizza experience and a sweet, cookie treat afterwards.

Th, Sept. 17 Class #: 7530-F15A

October - Everything Pumpkin

Fall is the time for pumpkin **NEW** spice and everything nice. Give your taste buds a treat as we teach you how to make butternut squash soup and pumpkin bread.

Th, Oct. 22 Class #: 7530-F15B

November - Cupcake Wars!

During November let's get **NEW** decorating! Each participant will receive six cupcakes to decorate in 45 minutes. Once time is up staff will be judging all the cupcakes. Participation prizes will be awarded.

Th, Nov. 12 Class #: 7530-F15C

December - Holiday Cookie Decorating

Get in the holiday spirit while baking and decorating cut-out cookies with your favorite frostings and sprinkles.

Th, Dec. 17 Class #: 7530-F15D



Special Events



River Bend Nature Series

River Bend Nature Center is **NEW** offering this fall nature series where participants get to do a different nature activity each week including:

- Archery - participants will practice shooting archery, discuss animal adaptations and do a forest hike.
- Fall Colors Hike - participants will learn how trees change color, do a guided tree-color hike and learn interesting facts/adaptations about trees during the winter.
- Birds - participants will get to meet the River Bend Nature Center's birds, discuss the characteristics of birds and also do a guided bird hike.
- Reptiles and Amphibians - participants will get to meet River Bend Nature Center's live reptiles and amphibians, learn the difference between the species and do a guided hike to find more reptiles and amphibians in the area.

*Transportation to Faribault for Northfield participants will be provided. Bus will pick up at Northfield High School entrance at 4:30 p.m.**

\$34 5 - 6 p.m.
Tu, Sept. 15 - Oct. 6
River Bend Nature Center
Class #: 7560-F15A

United Way



*Bus transportation for activities outside of Northfield and program funding for Fall Bowling League and Pizza Bingo was made possible by a grant from the Northfield Area United Way.

Rolling on the Mississippi Riverboat Cruise

NEW

Join your friends from around the State of Minnesota for a two-hour narrated cruise of the Mississippi River. The Anson Northrup Paddleboat departs from Harriet Island located across the river from downtown St. Paul. Travel up the river through the wooded Great River National Park to Fort Snelling. The Mississippi River has a tremendous history that all Minnesotans should encounter. Come and enjoy an afternoon on the "Ol' Miss!" A box lunch with a sandwich, salad, dessert and beverage will be included. *Bus transportation will be provided and pick-up will be at the Northfield High School entrance at 9:15 a.m.* (Boat ride will be from 10:30 a.m. - 1 p.m.)*

\$34 9:15 a.m. - 2:15 p.m.
Su, Oct. 11
Padelford Riverboats,
Downtown St. Paul/Mississippi River
Class #: 7549-F15A



Fall Dance

Ready to have some fun? Come along with your friends and dance up a storm to your favorite tunes at our Fall Dance. Get to socialize and enjoy a pop and some tasty appetizers. *Transportation to Faribault for Northfield participants will be provided. Bus will pick up at Northfield High School entrance at 5:30 p.m.**

\$14 5:30 - 8 p.m.
F, Oct. 9
Faribault Middle School
Class #: 7543-F15A

Learn-to-Swim Level Descriptions

See next page for classes.



Together, we can save a life

Level 1 Introduction to Water Skills

Purpose: To begin developing positive attitudes, good swimming habits and safe practices in and around the water

- Enter and exit water using ladder, steps or side
- Front and back glides and floats
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Blow bubbles through mouth and nose
- Bobbing
- Tread water using arm and head actions
- Roll from front to back and back to front
- Alternating and simultaneous leg and arm actions on front and back

Level 2 Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills

- Enter and exit water by stepping or jumping from the side
- Bobbing
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and how to perform simple nonswimming assists
- Learn how to stay safe in, on and around the water, including the use of a lifejacket, entering the pool, recognizing lifeguards and sun safety
- Learn what to think about and what to do when exhausted or caught in a dangerous situation
- Fully submerge and hold breath
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Finning arm action

Level 3 Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice in deeper water

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Survival float
- Tread water
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to recognize, prevent and respond to cold water emergencies
- Headfirst entries from the side in sitting and kneeling positions
- Rotary breathing
- Back Float
- Change from vertical to horizontal position on front and back
- Flutter, scissor, dolphin and breaststroke kicks on front and back
- Learn to perform simple nonswimming assists

Level 4 Stroke Improvement

Purpose: Develops confidence in the strokes learned previous, and improves other aquatic skills.

- Swim under water
- Feet first surface dive
- Front crawl and backstroke open turns
- Flutter and dolphin kicks on back
- Learn to perform simple nonswimming assists
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Headfirst entries from the side in compact and stride positions
- Survival swimming
- Tread water using two different kicks
- Learn to look carefully before entering the water
- Learn about recreational water illnesses and how to prevent them

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Learn to look carefully before entering the water
- Learn to perform simple nonswimming assists
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks
- Shallow-angle dive from the side then glide and begin a front stroke
- Sculling
- Learn about recreation water illnesses and how to prevent them

Level 6 Swimming and Skill Proficiency

Purpose: Refines strokes so students swim with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimmer



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Aquatics

Youth Aquatics

American Red Cross

Learn-to-Swim Sessions

Community Services Staff



American Red Cross

ages 6 and older

Together, we can save a life

\$39 M & Th,

Nov. 2 - 19

Middle School Pool

See previous page for descriptions.

Level 1

6 - 6:40 p.m.

Class #: 1033-F15A

Level 2

6 - 6:40 p.m.

Class #: 1034-F15A

6:45 - 7:25 p.m.

Class #: 1034-F15B

Level 3

6:45 - 7:25 p.m.

Class #: 1035-F15A

Level 4

7:30 - 8:10 p.m.

Class #: 1036-F15A

Level 5

7:30 - 8:10 p.m.

Class #: 1037-F15A

Level 6

7:30 - 8:10 p.m.

Class #: 1038-F15A



See next page for more detailed descriptions.

Water Babies

Community Services Staff

ages 6 - 24 months

Water Babies classes help to familiarize young children with the water and prepare them for participation at the pre-school level. Participants will learn to enjoy the water and to stay safe in and around the water. The adult/parent is an integral part of the learning process and must accompany the child in the water.

\$39 5:15 - 5:45 p.m.

Tu, Sept. 15 - Nov. 3

AmericInn Motel & Suites Pool

Class #: 1030-F15A

Water Babies/Aqua Tots

Community Services Staff

ages 6 months - 3 years

Water Babies & Aqua Tots classes comprise of a combined Red Cross curriculum of those 6 months - 3 years and help to familiarize young children to the water and prepare them for participation at the pre-school level. Participants will learn to enjoy the water and to stay safe in and around the water. The adult/parent is an integral part of the learning process and must accompany the child in the water.

\$39 5:50 - 6:20 p.m.

Tu, Sept. 15 - Nov. 3

AmericInn Motel & Suites Pool

Class #: 1040-F15A

Aqua Tots

Community Services Staff

ages 2 & 3 years

Aqua Tots classes help to familiarize young children with the water and prepare them for participation at the pre-school level. Participants will learn to enjoy the water and to stay safe in and around the water. The adult/parent is an integral part of the learning process and must accompany the child in the water.

\$39 6:25 - 6:55 p.m.

Tu, Sept. 15 - Nov. 3

AmericInn Motel & Suites Pool

Class #: 1031-F15A

Our 15-month-old was in the Aqua Tots class. The teacher was great! She did a fantastic job and we were so happy with the program.

- Parent of an Aquatots student

Starfish

Community Services Staff

ages 4 & 5

Starfish swim lessons will orient children to the aquatic environment, help them acquire rudimentary levels of basic aquatic skills and will build on the basic aquatic skills of the Water Babies & Aqua Tots classes by providing additional guided practice with increased distances and times. Children are allowed to participate without an adult/parent in the water.

\$39 7 - 7:30 p.m.

Tu, Sept. 15 - Nov. 3

AmericInn Motel & Suites Pool

Class #: 1032-F15A



See previous page for classes.

Water Babies

Purpose: To familiarize young children to the water

Learning Objectives:

- Enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose and eyes completely
- Explore buoyancy on the front and back position
- Change body position in the water with support
- Learn about the importance of wearing a lifejacket; experience wearing one
- Learn basic safety rules and how to avoid hazards around the home

Aqua Tots

Purpose: To familiarize young children to the water and prepare them for the pre-school aquatics program.

Learning Objectives:

- Respect adult supervision in and around water
- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern completely
- Glide on front and back with assistance
- Change body position in the water
- Learn about the importance of wearing a lifejacket; experience wearing one
- Learn basic safety rules and how to avoid hazards around the home

Starfish

Purpose: To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills while becoming more proficient with aquatic movements as distance and time is increased.

Learning Objectives:

- Enter and exit water using ladder, steps, side, by stepping in from a low height and by jumping in to shoulder deep water
- Exit water by using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes and hold breath for 10 seconds
- Bobbing
- Rotary Breathing
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float for 5 - 15 seconds and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread with arm and hand actions and tread water for 15 - 30 seconds
- Finning action on back
- Alternating and simultaneous leg and arm actions on front and back
- Combined arm and leg actions on front and back
- Experience wearing a lifejacket in the water
- Learn safety rules and what to do in an emergency

Private Youth Swimming Lessons

Community Services Staff

Private swimming lessons are available for anyone regardless of age or ability. Lessons are held at the Northfield Outdoor Pool during the summer and at the Northfield Middle School or the Northfield Senior Center during the school year. Other people may be in the pool as the private lessons take place. To schedule a private lesson, please call Melissa, at 507.664.3502. Fee is \$20 per hour or \$10/half hour.

Adult Aquatics

Adult Lap Swimming

Community Services Staff

Lap swimming is available during all American Red Cross Learn-to-Swim sessions. Pre-registration required.

\$15 - May attend up to six times.
6 - 8:15 p.m.
M & Th, Nov. 2 - 19
Middle School Pool
Class #: 1115-F15A

Private Adult Swimming Lessons

Community Services Staff

Private swimming lessons are available for anyone regardless of age or ability. Lessons are held at the Northfield Outdoor Pool during the summer and at the Northfield Middle School or the Northfield Senior Center during the school year. Other people may be in the pool as the private lessons take place. To schedule a private lesson, please call Melissa at 507.664.3502. Fee is \$20 per hour or \$10/half hour.

Adult Swimming Lessons

Community Services Staff

Is splashing around in a cold pool not so intriguing anymore? Relax, and take up a swimming lesson opportunity in our warm water pool. Gain cardiovascular and muscle strength while maintaining healthy joints. Your instructor will help to teach and/or improve your strokes and your confidence in the water. Adults of all abilities welcome.

\$49 5:45 - 6:45 p.m.

M & W, Sept. 28 - Oct. 14

Northfield Senior Center Pool

Class #: 1039-F15A

Aqua Ageless

NEW

Northfield Senior Center Staff

This is a great aqua exercise class for those 18 years and older. Class includes aerobic and strength conditioning by using water resistance and buoyancy.

\$67 8:15 - 9 a.m.

M & W, Oct. 26 - Nov. 18

Northfield Senior Center Pool

Class #: 1145-F15A

Aqua Fitness Fusion

Northfield Senior Center Staff

High energy water aerobics at its best! Energetic exercise using the dynamics of water resistance. Non-stop fun! Sometimes equipment (water barbells, noodles, and water dynamics) are used for resistance.

Expect moderate to vigorous aerobic training. No swimming skills required but you must be comfortable in water that is waist to chest deep.

\$67 5:30 - 6:30 p.m.

Northfield Senior Center Pool

Tu & Th, Sept. 8 - Oct. 1

Class #: 1144-F15A

Tu & Th, Oct. 13 - Nov. 5

Class #: 1144-F15B

Aqua Sunrisers

Northfield Senior Center Staff

Wake up with the sun and have some fun! This class offers a series of stretching, aerobic and strengthening exercises, designed to maintain cardio health as well as flexibility and balance. Participants can adjust exercises to their own abilities. Co-sponsored with the Northfield Senior Center.

\$67 7 - 7:45 a.m.

Northfield Senior Center Pool

W & F, Sept. 9 - Oct. 1

Class #: 1042-F15A

M & W, Oct. 12 - Nov. 4

Class #: 1042-F15B

Water Volleyball Fitness

Northfield Senior

Center Staff

Come play with others in a fun, warm pool environment. Group play is designed to bring enjoyment in the water, fitness, and to playing volleyball in an aquatic setting.

Group is not a league so beginners are always welcome. No experience necessary. Great fun!

\$44 7 - 7:45 p.m.

Th, Sept. 10 - Oct. 29

Northfield Senior Center Pool

Class #: 1049-F15A

Fitness Swimming - Group

Coaching

Northfield Senior Center Staff

Enhance your recreational swimming enjoyment and fitness level. Lap swimmers who are looking for ways to tone, avoid repetitive-use swimming injuries, improve strokes, speed, swimming efficiency and power, will shift from boredom to inspiration, and find focused improvement of pool time with this simple program. Join us on deck for group lap swim technique coaching. The certified swim coach with over 25 years swimming instruction has worked with all ages of adults including recreational swimmers as well as competitive swimmers into their nineties at several aquatic facilities. Enroll now. Bring a water bottle, and please take a soapy shower before entering the pool.

\$64 6 - 7 a.m.

F, Sept. 11 - Oct. 30

Northfield Senior Center Pool

Class #: 1048-F15A

Walking in the Northfield High School

Walking is available from 6:15 to 7:45 a.m. and 3:15 to 5 p.m. Monday through Friday, except for breaks and non-school days. There is no fee and no registration required. Enter through the district doors (northeast side).

Northfield Old Memorial Park Pool

8th Annual Doggy Dip

801 Seventh Street E. • 507-645-1837 • www.ci.northfield.mn.us

Friday, September 4, 4 – 6 p.m.

Saturday, September 5, noon – 2 p.m.

Bring your pooch to the Northfield Outdoor Pool to help us celebrate and to show off your dog's front crawl, breast stroke or doggy paddle.



\$4.50 for the first dog & \$3 for each additional dog. No people in the water, just four-legged friends please! All dogs must have Distemper, Bordetella and Rabies shots. Papers required. Please note: any dogs showing aggression will be asked to leave.



Aqua Zumba**Northfield Senior Center Staff**

Just add water and shake!

Combining Latin and international rhythms, Zumba is exercise in disguise. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

\$67 8 - 8:45 a.m.

Sa, Oct. 3 - Nov. 21

Northfield Senior Center Pool

Class #: 1047-F15A

SCUBA Open Water Certification Class**John Campion**

With this PADI open water course, you'll become certified to dive the underwater world. This class involves three parts: classroom, pool and an open water weekend. Fee includes use of all equipment except your swimsuit (bring to each class). You may also bring your own mask, fin and snorkel. The open water session costs \$65 payable on the weekend. Details discussed in class. Open water sessions are required for certification. Pick up the required course material at Northfield Community Services prior to the class start date. Email campionscuba@gmail.com for more information.

\$335 5:30 - 8:30 p.m.

Tu, Sept. 15 - Oct. 6

Middle School Pool

Class #: 1001-F15A

Recreation Positions Available!

Community Services is looking for staff who are outgoing and responsible and who work well with youth. Applicants must possess knowledge and aptitude of their desired position. Instructor opportunities exist in a variety of sports, as well as in outdoor adventure, and in aquatics as lifeguards, water safety instructors and swim aides. Basketball scorekeepers and officials are also needed. Contact Recreation Coordinator Melissa Bernhard, at 507.664.3502 or MBernhard@northfieldschools.org. Positions and applications will be posted online at www.northfieldschools.org.

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description.

See pages 54 & 55 for registration.

Adult Recreation**Open Gyms****Adult Open Gym Basketball
Community Services Staff**

Did you know that you can tell the ripe cranberries from the others by whether or not they bounce? All the basketballs are ready for bouncing at open gym basketball. This drop-in program is designed for adults who like to dribble the night away, shoot around or start up a game. Pre-registration not required. \$2 payable at the door (no large bills please).

7 - 9:30 p.m.

W, Sept. 9 - Dec. 16

(no open gym Nov. 25)

Middle School Gymnasium

**Open Gym Dodgeball
Community Services Staff**

Come be nimble, come be quick, come see what makes the townies tick. This drop-in dodgeball program is designed for anyone in ninth grade and older who would enjoy the exercise and fun involved with the activity. Get your friends together, young and old and bring your game face. Pre-registration not required. Times and dates subject to change depending upon participation. \$2 payable at the door (no large bills please).

7 - 9:30 p.m.

Tu, Oct. 13 - Dec. 15

Longfellow Gymnasium

Class #: 1019-F15A

**Adult Open Gym Volleyball
Community Services Staff**

Bump, Set, Hit up volleyball open gym as a fun way to exercise or to prepare you and your team for the adult volleyball league. Pre-registration not required. \$2 payable at the door (no large bills please).

7:30 - 10 p.m.

M, Sept. 14 - Nov. 30

Bridgewater Gymnasium

Leagues**Adult Basketball League
Community Services Staff**

Shoot for the moon. Even if you miss, you'll land among the stars. Your younger days of landing on the moon may be gone, but at least you and your buddies can still become hometown stars. Northfield Community Services offers an officiated five-on-five basketball league on Sunday evenings. Contact Melissa at 507.664.3502 or MBernhard@northfieldschools.org for information or a registration packet. League continues into February. Registration form and fee are due by Oct. 2. Schedules and rankings will be posted at www.quickscores.com/nfld once the season begins.

Game times: 5:30, 6:40 & 7:50 p.m.

\$390

League begins Su, Nov. 1

(no league Dec. 27)

High School Gymnasium

Class #: 1023-F15A

Co-Rec Volleyball League

Community Services Staff

Competitive volleyball lives on! Get a team together to bump, set, and hit the courts. Registration forms and fees are due by November 9. League begins Monday, Dec. 7 and continues through early April. Contact Melissa at 507.664.3502 or MBernhard@northfieldschools.org for information or a registration packet. Game times: 7:30, 8:30 & 9:30 p.m. Schedules and statistics will be posted at www.quickscores.com/nfld once the season starts. \$275

(no league Dec. 21, 28 & Jan. 25)

Bridgewater Gymnasium

Class #: 1029-F15A

Martial Arts

Kyudo - Japanese Longbow Archery

John & Carly Born

Kyudo, Japanese longbow archery, has a long tradition in Japanese history in both militaristic and ceremonial venues. Today's kyudo is a non-competitive, introspective process to shooting that helps to focus one's mind and body on the simple act of shooting a bow. Parent participation is required for those under fifteen years old. Visit www.mnkyudo.org for more details about kyudo and the instructors. There is a \$35 membership fee into the Minnesota Kyudo Renmei when shooting begins. Practice bows (\$25) are also for sale - they are optional, but recommended. Loaner equipment is provided for most adults.

\$29 7 - 9 p.m.

W, Sept. 9 - Dec. 16

(no class Sept. 16 & Nov. 25)

High School Gymnasium

Class #: 4107-F15A

Gumdo - Korean Sword

Susan Shirk

Train your body, mind, and willpower for personal growth through Haidong Gumdo, Korea's fastest growing martial art. Focused on the use of the long sword, or Jigung, students will learn forms, drills, and cutting exercises based on battlefield tactics. This is a non-contact martial art that is fast paced for a good workout but is low impact, which makes it suitable for many age groups. Adult Gumdo occurs concurrently with the youth Gumdo class. There is a \$20 fee for the practice sword, payable to the instructor on the first day of class. Uniform and testing fees are additional.

\$49 7:45 - 8:45 p.m.

Tu & Th, Sept. 15 - Oct. 27

(no class Oct. 15)

Sibley Cafeteria

(class held at Middle School

Auxiliary Gymnasium Oct. 8 & 13)

Class #: 4108-F15A

Tu & Th, Nov. 3 - Dec. 15

(no class Nov. 26)

Sibley Cafeteria

Class #: 4108-F15C

Susan Shirk is ranked as a Master, and is very active in the Haidong Gumdo community, training regularly with other MN masters and with her master from Korea. Susan started taking Gumdo several years ago through Community Education, and it has changed her life for the better! In 2013, Susan went to Korea for an international competition and training (Mulympics).



Shorin-Ryu Karate

Bob Dobrow

Karate develops self-confidence, focus, strength and flexibility. Karate is a rewarding physical activity for adults and children, and a great family activity as well. You will train in Shorin-Ryu karate, a traditional Okinawan style, just as it has been practiced for centuries. Emphasis is on kata and self-defense application, not free-style sparring or competition. Our school is part of Ueshiro Shorin-Ryu Karate USA, founded 53 years ago, with clubs and dojo around the country. Call Sensei Bob Dobrow at 507.301.3544 or visit www.northfieldkarate.wordpress.com for more information. Students will purchase a gi (white karate uniform) near the start of class. Testing fees are additional. It is recommended that for children under 10 at least one other family member attends classes. Students can attend as many or as few sessions as they want. There is no better time than now to get started! \$49/person or \$79/family

6:45 - 8 p.m.

M & W, Sept. 9 - Dec. 16

(no class Nov. 25)

Longfellow Gymnasium

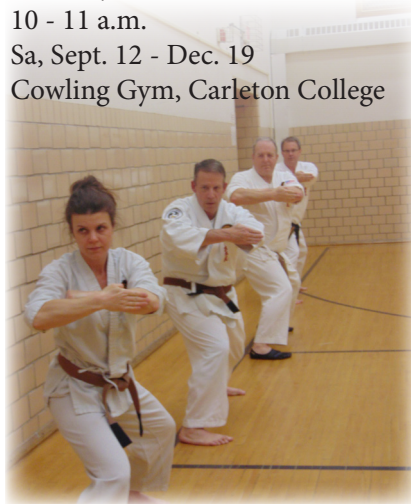
Class #: 4166-F15A

Saturday Class

10 - 11 a.m.

Sa, Sept. 12 - Dec. 19

Cowling Gym, Carleton College



Tae Kwon Do for Adults

Daniel Elo

Whether you are looking to improve your physical fitness, confidence, or learn a new set of skills, Tae Kwon Do has something to offer you! As a student, you will learn beginning hand and foot fighting/defensive techniques in an instructor controlled contact environment. You will learn to control your body and focus power in to every punch and kick. The adult class occurs concurrently with the Advanced Tae Kwon Do for youth. Parents, this is a great opportunity for you to join your child in an engaging environment.
\$74 6:45 - 7:45 p.m.

Tu & Th, Sept. 8 - Oct. 27
(no class Oct. 6, 8 & 15)
Sibley Cafeteria
(class held at middle school auxiliary gymnasium Oct. 13)
Class #: 1151-F15A

Tu & Th, Nov. 3 - Dec. 15
(no class Nov. 26)
Sibley Cafeteria
Class #: 1151-F15B

Celebrate Yoga Day

Sa, Sept. 19 - All day
Free classes and drawings
Heartwork Yoga Studio



General Recreation

Pickleball

Community Services Staff

Join the fastest growing sport around! Much like badminton, tennis and ping pong, pickleball is a game that people of all ages and abilities can enjoy. Created in 1965, pickleball is played on a badminton court with the net lowered to 34 inches and uses a perforated plastic ball (similar to a whiffle ball) and wood or composite paddle. Class includes some instruction and lots of time for open play. Pickleball paddles and balls are provided. Offered in partnership with the Northfield Senior Center.

\$45 7 - 9 p.m.
W, Sept. 9 - Dec. 16
(no class Nov. 25)
Bridgewater Gymnasium
Class #: 1195-F15A

Believe IT!

IT! FACTORY Staff

Have you ever heard that "Thoughts become things?" Have you ever heard that what you focus on shows up in your life, whether good or bad? Come join Cindy Boyum in a training workshop to learn and apply the Law of Attraction into you life. Take a few hours to look at your beliefs/thoughts, learn new tools to shift these beliefs/thoughts and create personal affirmations that will be an integral part of creating your best life.

Believing that your thoughts can change your life...leads to your life changing.
\$94 5 - 8 p.m.
Su, Oct. 11
IT! FACTORY Fitness and Wellness
Class #: 1128-F15A

Zumba Gold

Northfield Senior Center Staff

Zumba gold uses the same great Zumba formula with additional warm up and cool down time. The program improves balance, flexibility and cardiovascular strength. Zumba Gold is designed to teach basic dance steps and provide an appropriate workout for those just beginning a fitness program. Feeling the music happens when one suddenly forgets they are dancing in a class and the music is the reason to move with joy.

\$55 7 - 8 a.m.
Northfield Senior Center
M & Th, Sept. 14 - Oct. 1
Class #: 1168-F15A
M & Th, Oct. 5 - 22
Class #: 1168-F15B

Spin IT!

IT! FACTORY Staff

Have you ever tried a spin class? Now's your chance. IT! FACTORY fitness and wellness is offering a 6-week class open to all fitness levels. With nine bikes available, our experienced coaches, Cindy, Therese and Sonja, will work with you to give you a fun, safe, forty-five minute ride. Come in each week to learn new skills or work to increase your biking stamina.

\$81 5:30 - 6:15 p.m.
W, Sept. 23 - Oct. 28
IT! FACTORY Fitness and Wellness
Class #: 1126-F15A



Classical Yoga**Northfield Senior Center Staff**

Based off of Hatha Yoga. Each class includes a warm-up, breath-work, asanas (postures or held poses) and relaxation. Come relieve your stress and increase your stability, strength and flexibility.

\$55 6 - 7 p.m.

Northfield Senior Center

M, Sept. 7 - Oct. 12

Class #: 1121-F15A

M, Oct. 19 - Nov. 23

Class #: 1121-F15B

Core and More**Northfield Senior Center Staff**

Core based exercises that help increase abdominal strength, coordination, stability and postural correction. The class uses various pieces of fitness equipment.

\$55 8 - 8:45 a.m.

Northfield Senior Center

Fitness Studio

Sa, Sept. 5 - Oct. 10

Class #: 1108-F15A

Sa, Oct. 24 - Nov. 28

Class #: 1108-F15B

Indoor Fit Camp**Juliana Lima**

Improve your cardio-respiratory fitness, muscular endurance and strength, balance and flexibility! Whether your goal is to lose weight or to improve overall fitness, this is the workout you are looking for. Every week there will be a different routine and a new challenge that will help you build muscle and burn fat. It is recommended to bring a mat, a towel and water. No street shoes please. Bring your exercise shoes and change up when you arrive at the camp.

\$75 10 - 11 a.m.

Sa, Sept. 12 - Nov. 21

(no class Oct. 17)

Middle School Fitness Room

Class #: 1167-F15A

Introduction to Yoga**Workshop****Heartwork Yoga Studio**

This Introduction to Yoga class is designed for people who are totally new to yoga. This class will get you feeling comfortable with the studio, show you what to expect from a yoga class, and teach you basic yoga movements. If you feel intimidated about starting yoga because you just don't know what to expect, this is the workshop for you! The teacher will welcome you to the studio and walk you through everything you need to know about taking classes here. She will describe different styles of yoga so you know which classes are right for you and give you a plan that you can use to add yoga into your life. She can also help you learn how to modify every movement to make it right for your body. You do not need to be flexible to start yoga; yoga will help with your flexibility! You will be ready for Foundations of Yoga classes after taking this class.

\$9 11:45 a.m. - 1 p.m.

HeartWork Yoga Studio

Sa, Sept. 12

Class #: 1134-F15A

Sa, Oct. 3

Class #: 1134-F15B

Sa, Nov. 7

Class #: 1134-F15C

Sa, Dec. 5

Class #: 1134-F15D

Parent/Child Yoga**Heartwork Yoga Studio**

Parents grab your kiddos (ages 10 to 15) and come down to HeartWork for a fun yoga class together. Connect while practicing yoga, meditation and fun partner poses. Stay after class to enjoy refreshments in the lobby. What a great way to spend a Sunday afternoon!

\$15 2 - 3:45 p.m.

Su, Sept. 20

HeartWork Yoga Studio

Class #: 1138-F15A

Prenatal Yoga

NEW

Heartwork Yoga Studio

Pregnancy is an amazing time in a mother's life. Join other mothers in nurturing your baby and yourself during our Prenatal Yoga classes. This class is designed to increase the endurance, flexibility, and strength of your body and mind during your pregnancy and postpartum period. Your instructor will guide you through yogic postures, breathing techniques, and visualizations that promote a deep sense of connection and relaxation in body and mind. New students and experienced yoginis alike are welcome in this open, nurturing environment. Talk with your doctor before participating in prenatal yoga.

\$45 5:30 - 6:45 p.m.

M, Oct. 12 - Nov. 2

HeartWork Yoga Studio

Class #: 1137-F15A

Introduction to Qigong**Mary Zelmer**

Qigong is an ancient energy practice that activates the meridian channels in the body, also known as needleless acupuncture, and can improve your health, alleviate stress and much more. This class will offer you:

- Your own personal Qigong practice to meet your needs.
- An opportunity to feel Qi, both with your hands and as it moves in your body.
- An understanding of how the body heals.
- What it feels like and what to watch for.
- Three Qigong movements and a powerful meditation.

\$34 NCRC 222

9:30 a.m. - noon

W, Sept. 23

Class #: 3393-F15A

6:30 - 9 p.m.

W, Oct. 7

Class #: 3393-F15B

Barre Tone

Heartwork Yoga Studio

Tone muscle, burn fat and feel great! After a quick yoga warm-up, move into cardio training and toning exercises using the barre and other creative equipment. Bring a yoga mat. All levels welcome.

\$19 9:30 - 10:15 a.m.

Sa, Sept. 26 - Oct. 10

Heartwork Yoga Studio

Class #: 1139-F15A

Dance

Ballroom Dance - Latin Beginners

(couples only)

Victor Albrecht

This all time favorite class offers a perfect overview of popular Latin Dances. The Rumba will have side breaking steps and a slow quick-quick count. The Cha-Cha and Salsa will have cross-turns and the Sweetheart! The American Tango will get you dancing Promenades and the Medio Corte and more! All couples are welcome.

\$49/couple 7:30 - 9 p.m.

Th, Nov. 5 & 12

Longfellow Gymnasium

Class #: 3849-F15A

Ballroom Dance - Standard Beginners

(couples only)

Victor Albrecht

This dance class will offer you the perfect overview of popular social dances. Learn the conversation and corner step in the smooth fox trot. The basic box step and waltz steps will also be taught in the elegant ballroom waltz. Even basics and women's underarm and alternating turns will be taught in the East Coast Swing.

\$49/couple 7:30 - 9 p.m.

Th, Oct. 22 & 29

Longfellow Gymnasium

Class #: 3851-F15A

Night Club Slow Dance Workshop (singles & couples)

Victor Albrecht

This class will offer dance patterns and moves that will be usable in small spaces such as night clubs and parties. Learn various underarm turns and cross turns as well as proper lead and following techniques to encourage smooth execution of dances. Different old-time dances will also be taught. All are welcome.

\$19/person 6:30 - 7:30 p.m.

Th, Oct. 22 & 29

Longfellow Gymnasium

Class #: 3854-F15A

Variety of Dances Sampler (singles and couples)

Victor Albrecht

During these 2 one-hour variety workshops, Vic will teach a basic line dance incorporating disco and country. You will also learn the old time Polka (midwest style, of course!) plus various dances with or without a partner. The active triple count 16-step Polka will teach you how to travel in a large circle around the dance floor and the Waltz Line Dance teaches turns and is great fun. Learn some basic steps with the Cowboy Cha-Cha and don't forget about the TushPush.

\$19/person 6:30 - 7:30 p.m.

Th, Nov. 5 & 12

Longfellow Gymnasium

Class #: 3840-F15A

Victor Albrecht is a great teacher! He has a good, positive and encouraging attitude. He explained steps well for beginner dancers and made the whole process fun!

- A beginning ballroom dancer

Beginning Belly Dance

Kate Southwick

Dance, laugh, and de-stress with low impact exercise that tones your muscles, gets you moving and makes you feel good. Past students have said the class was the highlight of their week and that they didn't even realize how much fun it would be! Learn basic Middle Eastern traveling steps, isolations and a short choreography. No prior dance experience is necessary. Bring a yoga mat and water. Adults of all ages are welcome.

\$69 7:30 - 9 p.m.

M, Oct. 5 - Nov. 23

High School North Balcony Gym

Class #: 1116-F15A

Level 2/3 Advanced

Beginning Belly Dance

Kate Southwick

Level 2/3 is a mixed-level class for both Advanced Beginners and Intermediate Dancers. We will build on Beginning Belly Dance footwork and isolations, learn more challenging movements, longer combinations, shimmy layers, new zil rhythms and a fun choreography. Students must have completed at least one full session of beginning belly dance and be comfortable with basic Middle Eastern movements and isolations.

\$69 7 - 8:30 p.m.

Th, Sept. 10 - Nov. 5

(no class Oct. 15)

High School North Balcony Gym

Class #: 1160-F15A





Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Adult Enrichment

Arts & Literature

Handmade Holiday Suzann Ellis, Dakota City Heritage Village

NEW

Members of Farmington's Dakota City Heritage Village staff would like to invite you to share the experience of making the holiday festive - 1900s style! Using natural materials, participants will learn how to make five different ornaments, typical of the turn-of-the-century, which they get to take home. Refreshments will be served and a presentation of antique ornaments will be shared along with their historic holiday traditions. All tools and supplies will be provided and each participant will also receive a free ticket to the "Christmas in the Village" event which runs the first two weekends in December.

\$30 1 - 3 p.m.

Sa, Nov. 14

Dakota City Heritage Village -
Ahlberg Hall

Class #: 3473-F15A



In With The Old

Tracy Giza

Do you have a piece of furniture that needs a "face-lift?" Then this relaxing and creative workshop is for you! Bring in a chair, small table or cabinet and get the tools, direction, tips and techniques to transform your piece into something to be proud of. Whether you would like to add color, texture, pattern or purpose, instructor Tracy Giza, will guide you through the steps to make your vision come to life. Send Tracy a picture of your piece prior to class at: tracygizapainting@gmail.com, and she will create a personalized plan of action. All supplies provided.

\$59 9 a.m. - noon

Sa, Oct. 17

NCRC Community Services
Lobby Area

Class #: 3475-F15A

Sa, Nov. 14

Middle School Wood Shop
Room 137

Class #: 3475-F15B

Sa, Dec. 12

Middle School Wood Shop
Room 137

Class #: 3475-F15C



Ladies Night Art Class

Tracy Giza

Grab some friends or just come solo and enjoy a great Ladies Night Art Class at the Archer House. Relax and discover your inner artist in a fun, casual environment. No experience is needed. Bring only your desire and enthusiasm to this fun-filled, artistic evening of learning to paint, with a step-by-step technique and bring home a beautiful piece of artwork of your very own. This is truly a fun way to learn the basics of painting with acrylics! All supplies are included and snacks and refreshments will be available for purchase from The Tavern.

\$35 6 - 8 p.m.

Archer House

September: Poppies on the Farm
Tu, Sept. 8

Class #: 3471-F15A

October: Birch Trees

Tu, Oct. 13

Class #: 3471-F15B

November: Scenic Bridge

Tu, Nov. 10

Class #: 3471-F15D

December: Starry Night

Tu, Dec. 8

Class #: 3471-F15E



Sharpie Art - Anthropologie Mug

NEW

Naomi Jirele

In this class participants will create their own "Anthropologie-styled" coffee mug. *Anthropologie* products are basically 'knock-offs' of high end items. The instructor will bring all the supplies (including mugs) and will take you through this DIY project so you can take home a fun, "I did it myself" conversation piece with a small price tag. This class is open to all ages, but elementary aged children should be accompanied by an adult.

\$15 6:30 - 8 p.m.

M, Sept. 28

Middle School Art Room 250

Class #: 3482-F15A

Sharpie Art - Glass Lanterns

NEW

Naomi Jirele

Bring along a couple of glass jars that you think will look good as indoor lanterns. The instructor will also have some glass jars on hand and all other supplies to create these adorable luminaries that would make great holiday decorations!

\$9 6:30 - 8 p.m.

M, Oct. 26

Middle School Art Room 250

Class #: 3484-F15A

Sharpie Art - Watercolor-effect Pillows

NEW

Naomi Jirele

Add a splash of color to your bed by creating a watercolor effect on a 20" x 20" throw pillow cover. Learn different techniques to accomplish this with Sharpies! The instructor will provide the pillow covers and all other supplies, along with examples that may inspire you. This class is for all ages and will make a great parent/child artistic experience.

\$19 6:30 - 8 p.m.

M, Oct. 12

Middle School Art Room 250

Class #: 3483-F15A

Writing and Illustrating Books

NEW

Joni Oeltjenbruns

Learn more about writing for different genres such as self-help, fiction (novels), memoirs and children's picture-books from established and award-winning author, Joni Oeltjenbruns, who has illustrated 19 books and authored five with much success. During the class you will also find out more about discovering your creative process, finding your niche, organizing and structuring your story/plot, implementing various editing techniques, working on illustration and design, the submission process and more resources for writers and illustrators. Each attendee will also be given an opportunity for one critique submitted to Joni, through email. Participants will leave with clear direction and confidence in the steps they need to take to create and produce a marketable commodity.

\$45 6 - 9 p.m.

Th, Oct. 22

NCRC 225

Class #: 3468-F15A

Wreaths Made Easy!

NEW

Renee Reinardy

Working with deco mesh ribbon is fun and easy to learn. Once you make one of these beautiful wreaths you will want to make one for every holiday and occasion. This class will focus on a fall or holiday inspired theme. Class includes a 16" work wreath and various colors and sizes of mesh ribbon. In addition, fabric and burlap ribbon, as well as faux flowers, birds and other ornaments will be available to adorn your wreath. Bow making instructions will also be a part of this class.

\$34 7 - 8 p.m.

Th, Oct. 1

NCRC 225

Class #: 3477-F15A

Fresh Holiday Centerpiece

NEW

Renee Reinardy

Wow your friends and family this holiday with a beautiful, live, traditional holiday centerpiece custom made by you! Fresh balsam, bright red carnations, pine-cones, faux berries and an assortment of colored ornaments will be available to adorn your live centerpiece. Bow making instructions will also be taught and several colors and types of ribbon will be available.

\$39 10 - 11 a.m.

Sa, Dec. 19

NCRC 225

Class #: 3476-F15A

General Interest

Pumpkin Porch

NEW

Renee Reinardy

Learn how to make a mesh ribbon pumpkin to adorn your porch, use as a colorful centerpiece or add to your autumn display. This pumpkin is approximately 15 inches high, 15 inches wide and only weighs about 1 pound. Once you learn this technique the options are endless for creating other fun items out of mesh ribbon.

\$34 7 - 8 p.m.

Th, Oct. 8

NCRC 225

Class #: 3478-F15A



Don't Knit? Try Fauxchet!

Cynthia Gilbertson

NEW

Learn how to use the *EasyLoop* tool to make a fabric very similar to crochet and perfect for cozy scarves and blankets. Many people find fauxchet easier to learn than knitting or crochet. Tools and materials will be provided for use during class. If you do decide you want an *EasyLoop* of your own, they will be available to purchase. No knitting or crocheting skills required.

\$34 7 - 8:30 p.m.

M, Oct. 5

Northfield Yarn

Class #: 3415-F15A



Live Performance and Songwriting

Paul Christian

NEW

Improve your performance and songwriting with Nashville singer/songwriter, Paul Christian. Gain invaluable knowledge on the habits of a professional songwriter that has made his entire living with all original music and has had his music sought after by country stars - Randy Travis, Clint Black and Alan Jackson. In a fun and relaxed environment we will discuss live performance and songwriting and then each student will have a chance to perform! Bring along your instruments and be ready to perform 1 - 3 songs. All levels of experience are welcome.

\$45 6 - 9 p.m.

Th, Nov. 12

High School Auditorium

Class #: 3350-F15A



The ABC's of the Music Business

Paul Christian

NEW

Get an inside look at the music business from a musician that has made his entire living from original music for close to 10 years. Hear how he got his start in the business and moved from making \$50 per show to \$900 as a solo act and where he continues to work on the national level. He will cover building a money-making resume, booking, getting press, social media, touring and much more. Also get crucial networking opportunities and a zip drive with over a hundred hours of resources; videos and tips on the music business. *A \$20 material fee will be payable directly to the instructor at the start of the class.*

\$75 6 - 9 p.m.

Th, Oct. 29

NCRC 225

Class #: 3349-F15A

Adventures to Europe - Summer and Fall 2016 Trips Preview

Arlette Gerber

Have you always wanted to tour Europe? Will your destination be France, Italy or the Czech Republic, Germany and Austria? To discover more about each featured trip location, spend an hour with us, enjoying some coffee and a French dessert while taking a "sneak peek" into the adventures, sights (and tastes) you may experience on each of these tours. Also meet Arlette, your tour director. She will share photos and answer any questions you may have. There is no fee for this presentation, but registration is requested. So bring along a friend and start planning that trip of a lifetime! For more information and detailed itineraries please visit: www.adventurestoeurope.com.

No Fee 6 - 8:30 p.m.

M, Nov. 2

NCRC 225

Class #: 3365-F15A

Climate Change - An Unprecedented Challenge!

Alan Anderson

NEW

Most people have some ideas about climate change, but very few have actually been to a presentation on the science of climate change and its impacts. Rather than get your information from TV sound bites, politicians or pundits, come and hear what actual climate scientists are saying based on their research. You should be well informed about this unprecedented challenge as you look to the future.

\$5 7 - 8:30 p.m.

Th, Oct. 8

NCRC YW 108

Class #: 3273-F15A

Cola Wars: Coke and Pepsi - History, Facts and Figures

Jim Mader

NEW

Join Jim Mader for this entertaining and interactive class as he covers many fascinating topics regarding the Coca-Cola and Pepsi companies. Start off with a "pop" quiz to introduce some of the numerous aspects and facts of these two soft drink business giants. Learn parts of the country where Coke, Pepsi and Dr. Pepper have their greatest strongholds, Coca Cola's relationship with its franchise bottlers, the history of both international companies as well as how they have helped shape some of Minnesota's history and have impacted the business world.

\$19 6:30 - 8 p.m.

Tu, Oct. 20

NCRC 225

Class #: 3690-F15A



Jim Mader has been an accounting instructor for 12 years (most recently at St. Olaf). He also worked for Coca-Cola in Atlanta, in various financial roles, for 25 years.

Chemistry of Body Care Products

NEW

Char Bezanson

Have you tried making your own lotions, salves or body butters to save money, but also to reduce your exposure to the toxic ingredients in commercial products? In this class, learn the differences between commercial products (which must allow for a long shelf-life) and home-made products. Discover the ingredients that are essential and what they do. Also learn basic chemistry to successfully make your own products, while also understanding their limitations. Demos and resources will be available during class.

\$19 9:30 a.m. - noon

Sa, Nov. 21

Middle School FACS Food Lab 221

Class #: 3006-F15A

Making Custom Herbal Salves

Char Bezanson

You've bought healing salves at the health food store, but making your own is fun and easy and you can customize them to your needs – relaxation, respiratory congestion, skin irritation, etc. You can make your own from a variety of fixed oils, herbal-infused, and essential oils. Learn about ingredients and methods and make three salves to take home or give as gifts. All supplies are included.

\$19 1 - 3 p.m.

Sa, Nov. 21

Middle School FACS Food Lab 221

Class #: 3003-F15A



The Scientific Proven Power of Thought Workshop

NEW

Joni Oeltjenbruns

Realize your own power to heal, to access your subconscious and how to tap into the power of the universal energy where all knowledge and wisdom is available. Also learn about the different chakras and healing modalities including Reiki therapy and the power of meditation. Leave with a sense of empowerment and joy knowing you are the creator of your own life and experiences.

\$64 9 a.m. - 3 p.m.

Sa, Nov. 7

NCRC YW 108

Class #: 3809-F15A

Computers & Technology

iPad - Top Ten Tips

NEW

Mike & Chris Pahl

Do you want to enhance the way you use your iPad? After teaching hundreds of iPad classes, we have hand-picked our favorites for this session. Join this class to learn how to define words quickly, make articles easier to read online, increase your typing speed and much more!

\$15 6 - 7 p.m.

NCRC YW108

Tu, Oct. 20

Class #: 3944-F15A

iPhone - Top Ten Tips

NEW

Mike & Chris Pahl

Do you want to enhance the way you use your iPhone? After teaching hundreds of people how to use their iPhone, we have hand-picked our favorites for this session. Join this class to learn how to block unwanted callers, share your current location with others, increase battery life and much more!

\$15 6 - 7 p.m.

Tu, Oct. 27

NCRC YW108

Class #: 3945-F15A

Mac - Top Ten Tips

NEW

Mike & Chris Pahl

Do you want to enhance the way you use your Mac? After a decade of using a Mac daily, we have hand-picked our favorites for this session. Join this class to learn how to backup your important files, dictate text via your voice, quickly attach files to emails and much more!

\$15 6 - 7 p.m.

W, Nov. 4

NCRC YW108

Class #: 3946-F15A

Mike and Chris Pahl are brothers that love technology! From 2006 to 2011, Mike worked at the Apple Store. As a licensed teacher, Mike started Nice Guy Technology in 2011. He and Chris have taught over 300 community education classes all over the Twin Cities, including Northfield, which was one of the first communities where Mike started teaching his iPad classes.

Intro to Computers/Mac

Northfield Senior Center Staff
This introductory course covers general computer concepts and the use of the mouse and keyboard.

It is intended for people with no experience and those who feel they need some preparation for other computer courses. The course will be taught on dual boot machines that behave like Macintosh OS X computers. The course will use a textbook and students are asked to pick up a free, loaner copy at the Senior Center Reception Desk prior to the start of the course. Please register by Wednesday, Sept. 23.

\$25 9:30 - 11:30 a.m.

M & W, Sept. 28 & 30

Northfield Senior Center

Computer Lab

Class #: 3956-F15A

Intro to Computers/Windows

Northfield Senior Center Staff

This introductory course covers general computer concepts, and the use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for other computer classes. This course will be taught on computers running the Windows 8.1 operating system. The course will use a textbook and students are asked to pick up a free, loaner copy at the Senior Center Reception Desk prior to the start of the course. Please register by Wednesday, Sept. 23.

\$25 9:30 - 11:30 a.m.

Tu & Th, Sept. 29 & Oct. 1

Northfield Senior Center

Computer Lab

Class #: 3949-F15A

Intro to the Internet and Email

Northfield Senior Center Staff

This course covers the following topics: searching the internet, sending and receiving mail, sending and opening email attachments, using Contacts (Address Book), and security. The course uses Mozilla Firefox (browser) and Google Gmail (email). This course will also be useful to Mac users. Registration deadline is Wednesday, Oct. 14.

\$25 9:30 - 11:30 a.m.

T & Th, Oct. 20 and 22

Northfield Senior Center

Computer Lab

Class #: 3953-F15A



Introduction to iPad/iPhone

Northfield Senior Center Staff

This introductory course is for absolute beginners of iPads and iPhones. In this class you will get to know your iPad and iPhone. You will learn the basic operations necessary to operate the iPad and iPhone and the onscreen keyboard. You will also learn to send emails as well as surf the internet with your devices. Please bring your iPad and iPhone to class. Registration deadline is Wednesday, Sept. 16.

\$25 9:30 - 11:30 a.m.

Tu & Th, Sept. 22 & 24

Northfield Senior Center

Computer Lab

Class #: 3955-F15A

Organize My Mac Computer

Northfield Senior Center Staff

The course covers the following topics: basic computer organization, how to view stored content, USB flash drives, creating folders, viewing menu options for content display, copying and moving folders and files, using the right mouse button, finding files and folders, using shortcuts, and backup strategies. You will use the most recent Mac OS X operating system and be taught on dual boot machines that behave like normal Macintosh computers. Please bring a USB flash drive (thumb drive) to class. Please register by Wednesday, Oct. 7.

\$25 9:30 - 11:30 a.m.

M & W, Oct. 12 & 14

Northfield Senior Center

Computer Lab

Class #: 3954-F15A

Organize My Windows Computer

Northfield Senior Center Staff

The course will cover the following Microsoft Windows topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the Windows 8.1 operating system, but much of the content will be useful for people using other Windows operating systems. Please bring a USB flash drive (thumb drive) to class. Please register by Wednesday, Oct. 7.

\$25 9:30 - 11:30 a.m.

Tu & Th, Oct. 13 & 15

Northfield Senior Center

Computer Lab

Class #: 3951-F15A

Word Processing Basics/Mac

Northfield Senior Center Staff

This course reviews and applies the concepts introduced in "Intro to Computers." Students use TextEdit to learn to create, edit, save and open files. Other topics introduced include menus, fonts, as well as copy/cut and paste text. Some file organization is presented. These basic processes are functional regardless of which computer or word processing program you use. Pre-requisite: Intro to Computers or equivalent. Please register by Wednesday, Sept. 30.

\$25 9:30 - 11:30 a.m.

W & F, Oct. 7 & 9

Northfield Senior Center

Computer Lab

Class #: 3952-F15A



The Northfield Senior Center also provides AARP Safe Driving Classes on page 23 and fitness and aquatics classes on pages 29, 32 & 33.

Word Processing Basics/ Windows

Northfield Senior Center Staff

This course reviews and applies the concepts introduced in Intro to Computers. Students use Wordpad to learn to create, edit, save and open files.

Learn formatting features including alignment, font types and font styles (bold, italic, underline and color) to improve the appearance of a document.

Other topics introduced include use of the Ribbon and Copy/Cut and Paste text. Pre-requisite: Intro to Computers or equivalent. Please register by

Wednesday, Sept. 30

\$25 9:30 - 11:30 a.m.

Tu & Th, Oct. 6 & 8

Northfield Senior Center

Computer Lab

Class #: 3950-F15A

Dog Training

Puppy Kindergarten

NEW

Margit Lovoll

Puppy Kindergarten is a class for puppies ages 8 weeks to 4 months old. The class will focus on socialization, playtime, specific puppy behaviors as well as an introduction to basic obedience.

Puppies are taught using lots of treats, praise and positive reinforcement. Enjoy learning with your puppy. Children under 16 must be accompanied by an adult.

Please add dog's name to notes section when registering online and please ensure that all necessary dog vaccinations are current.

\$79 6:15 - 7:15 p.m.

In the Dog House
(Downtown Northfield)

M, Sept. 14 - Oct. 19

Class #: 3330-F15A

M, Oct. 26 - Nov. 30

Class #: 3330-F15B



Play2Train Dog Obedience

Mary Malone

Join this class for a fun, new way to teach commands such as sit, down, stay, go, come, off, watch me and many more. Get to use more hand signals and body language instead of words. There will also be games, puzzles, obstacles and tricks that both you and your dog will enjoy doing together. Please bring along a regular leash, plenty of soft treats and your dog's favorite toy (no extending leashes, choke chains or pinch collars). Please indicate your dog's name and breed in the notes section when registering.

\$69 7 - 8 p.m.

M, Oct. 5 - Nov. 2

NCRC Community Services

Lobby Area

Class #: 3340-F15A

Parenting

Communicate Well with Preteens and Teens

NEW

Mary Upham

The emotional roller coaster is here! Local parenting coach, Mary Upham, will walk you through:

- What is normal in adolescent communication
- How to create a strong parent-teen relationship
- How to keep communication open, interactive and enjoyable

Each family will receive an hour of coaching to help with implementation. Please bring your calendar to class.

\$19 7 - 8:30 p.m.

W, Oct. 21

NCRC YW 108

Class #: 3218-F15A

GPS Rentals

Community Services has GPS units available for rent. Call Melissa Bernhard at 507.664.3502 for more information.

Positive Parenting

NEW

Mary Upham

Would you like to guide your child with compassion and not lose your cool? Mary Upham, local parenting coach, will give you tools to:

- Manage your own triggers
- Help children learn emotional intelligence and self-regulation
- Make each day's interactions easier right now and also help with later life success
- Help you find more ways to enjoy time with your children

Each registered family receives an hour of coaching to help with implementation. Please bring your calendar to class.

\$69 9:30 - 11 a.m.

Th, Oct. 1 - 29

(no class Oct. 15)

NCRC 222

Class #: 3220-F15A

Supporting Sibling Success

NEW

Mary Upham

Is sibling rivalry shaking up your family? Local parenting coach, Mary Upham will share insights on:

- How we can help kids build better bonds and decrease fighting
- What to say to mend hurt feelings
- Why sibling rivalry is so hard on parents

Each registered family receives an hour of coaching to help with implementation. Please bring your calendar to class.

\$19 7 - 8:30 p.m.

Tu, Oct. 6

NCRC YW 108

Class #: 3219-F15A



Strengthening Families Program

An opportunity for families with youth entering 6th grade in September 2015

The Strengthening Families Program for parents and youth is a nationally recognized program designed to develop skills in parents and their children, leading to more positive relationships in the family.

- Parents will receive support in efforts to show love and set limits.
- Youth will develop skills to handle peer pressure and build a positive future.

Parents and youth meet separately for the first hour and together for the second hour. The fee for the entire series is \$25 per family and includes refreshments and materials. *Childcare will be provided for families with younger children if needed and indicated in the notes section during registration.* This program is sponsored by Community Services and the Northfield Healthy Community Initiative.

\$25 6:30 - 8:30 p.m.

Tu, Aug. 18 - Sept. 29

(7 two-hour sessions)

Northfield Middle School

Class #: 3211-S15A

Personal Finance

Paying for College Without Going Broke

NEW

Jay Benanav

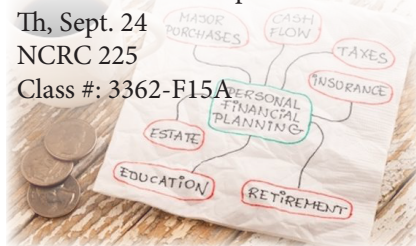
College is one of the largest investments your family will make and the average family debt is approaching \$50,000. Planning ahead and developing a strategy for the college process is crucial to avoiding unmanageable debt. By understanding the mistakes that result in poor academic and financial decisions that cost thousands of dollars, parents of college bound students will be able to make sound financial decisions regarding college funding. This class will cover common mistakes families can make when selecting a college, how to prevent them, myths about financial aid, how FAFSA works and also how to significantly reduce your costs.

\$5 6:30 - 8:30 p.m.

Th, Sept. 24

NCRC 225

Class #: 3362-F15A



How to Serve as a Trustee or Executor

Jacqui Dorsey

Are you named the executor of a Will, trustee of a Trust, or agent in a Power of Attorney? Learn about your responsibilities including the nitty gritty of identifying assets and debts, distributing property, filing tax returns and managing family members. You will receive forms, helpful tips and guidelines for carrying out your duties.

\$7 6 - 8 p.m.

Tu, Sept. 29

NCRC 225

Class #: 3327-F15A

Investment Basics: A Guide to Your Investment Options

Andrew Gray

NEW

In this seminar on Investment Planning, you'll learn:

- Investment fundamentals, including the effects of inflation and compounding
- How to identify financial goals and time horizons
- How to measure your risk tolerance and the relationship between risk and return
- The difference between cash equivalents, bonds, stocks and mutual funds and the importance of asset allocation

You will also receive a free workbook created just for this presentation. The workbook contains key information, worksheets and questions to help you remember important points from the seminar.

\$5 7 - 8 p.m.

Th, Sept. 17

NCRC 225

Class #: 3320-F15A

Letter from Santa

Santa would like to wish all children a very happy holiday from the North Pole. This letter is a thrilling surprise for any child. It will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters will be mailed around Dec. 11.

\$3

Register before or by Friday, Dec. 4

Northpole Headquarters

(Community Services/NCRC)

Class #: 4010-F15A

Check out page 20 for our fun holiday-themed Jingle Jam event for young children (ages birth through 3rd grade).

Preparing for Long Term Care: A Gift Your Family Deserves

Andrew Gray

Long Term Care is a family affair that may come as response to an event or condition. This workshop will address:

- How to start the conversation of Long Term Care with loved ones
- How the cost of care is continuing to rise and how you might pay for care if you were to need it
- How Long Term Care insurance may be beneficial for you and your family

\$5 6 - 7 p.m.

Th, Oct. 1

NCRC 225

Class #: 3321-F15A

Retirement and Estate Strategies Workshop

Andrew Gray

Prepare for a more prosperous and comfortable retirement as you learn about strategies for:

- Accumulating and distributing money for retirement
- Passing money onto heirs or charities in a tax-wise manner
- Increasing the probability of investment success
- Multi-generational IRA planning and more!

\$5 7:30 - 8:30 p.m.

Tu, Sept. 15

NCRC 225

Class #: 3325-F15A



Your Journey: Retirement, Taxes and Generosity

Andrew Gray

During this presentation local financial expert, Andrew Gray, will walk you through:

- Preparing for your transition into and arriving at retirement
- Developing a strategy to help make the right decisions to achieve your goals and control taxes
- Living your goals and financially supporting the people, ideals and organizations that are important to you.

\$5 7:30 - 8:30 p.m.

Th, Oct. 1

NCRC 222

Class #: 3323-F15A

Women and Money

Andrew Gray

Today, more women than ever are responsible for their financial well-being and that of their families. In this class you will learn:

- The reasons why women's economic clout is growing
- The unique financial challenges women face, such as longer life expectancies, and more career breaks for caregiving, and how that can impact long-term financial security.
- Six steps women can take to help them achieve financial security, including taking control of their money, becoming more knowledgeable investors, advocating for themselves in the workplace, planning for retirement, protecting their income and assets, and creating an estate plan.

You will also receive a free workbook created specifically for this class.

\$5 7 - 8 p.m.

Tu, Sept. 29

NCRC 223

Class #: 3361-F15A

Savvy Social Security for Baby Boomers

Andrew Gray

You've paid into the Social Security system for years. Soon it will be your turn to collect. Find out why advance planning is essential and how some little-known rules can help you make the most of this very valuable benefit. You will also learn about important rules and strategies for collecting your retirement benefits and coordinating Social Security with other sources of income. This workshop covers questions such as:

- Will Social Security be there for me?
- How much can I expect to receive?
- When should I apply for Social Security?
- How can I maximize my benefits?
- Will Social Security be enough to live on in retirement?
- When will my benefits begin?
- How will my benefits be affected by when I apply?
- How do my cost-of-living adjustments (COLAS) affect my benefits?
- How does spousal benefits work?
- How do survivor benefits work?
- How do benefits affect taxes?
- What do I do if I have other income from pensions or IRAs?

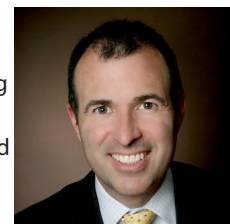
\$5 6 - 7 p.m.

Tu, Sept. 15

NCRC 225

Class #: 3329-F15A

Andrew Gray is a financial consultant with over 13 years of experience in helping Northfield residents build financial strength, prepare for their retirement, save and invest for financial goals and develop estate planning and tax-advantaged investment strategies.



Health & Safety

Hypnosis Weight Release, Healthy Eating, Motivation to Exercise/Stop Smoking, Chewing Tobacco

Dr. Mary Fischer

Hypnosis is relaxing and you will be fully aware and conscious at all times. Bring a pillow, blanket, sleeping bag or bean bag. Wear layered comfortable clothing. Fee includes session, reinforcement CD and a card of completion. If you register for a reinforcement session, bring your card of completion from a previous session. You may email the instructor with questions at www.hypnosisclinic.net.

Group Hypnosis for Weight

Loss: Hypnosis can help you control your eating habits, stop the constant thinking about food and encourage your motivation for exercise. **Group Hypnosis to Stop Smoking and Stop Chewing:**

If you are ready to quit smoking or chewing, hypnosis can help you stop immediately, without withdrawal, cravings or gaining weight.

6 - 8:45 p.m.

W, Nov. 18

Middle School Media Center

Weight Release/Stop Tobacco

\$94 Class #: 3815-F15WS

Stop Tobacco

\$51 Class #: 3815-F15S

Stop Tobacco Refresher

No Fee Class #: 3815-F15SR

Weight Release

\$51 Class #: 3815-F15W

Weight Release Refresher

No Fee Class #: 3815-F15WR

Mastering Your Metabolism

Heartwork Yoga Studio Staff

NEW

Have you ever:

- Been burned by the low-fat lie of the 80s and 90s?
- Struggled with weight gain and/or are stuck at a plateau?
- Felt uncomfortable in your clothes?
- Tried diet after diet only to end up where you started?
- Gotten frustrated counting calories or "points?"

Then you should register for this workshop that will help clarify your questions with great discussion, detailed handouts, food samples and a plan to use right away!

\$59 7:15 - 9 p.m.

Th, Oct. 22

HeartWork Yoga Studio

Class #: 3810-F15A

CPR & First Aid

American Heart Association Basic First Aid

Josh Hall

This class provides lay-responders with the knowledge and skills necessary in an emergency to sustain life, minimize pain and consequences of injury or sudden illness, until medical help arrives.

This class is not for healthcare providers. Fee includes either a workbook, or CPR mouth barrier with gloves and pouch.

\$45 7 - 9 p.m.

Th, Nov. 19

NCRC YW 108

Class #: 1179-F15A

The American Red Cross Babysitter's Certification Course

for ages 11 through 17 will be offered multiple times this fall. Please refer to page 21 for more information.

American Heart Association First Aid, CPR, AED

Josh Hall

This class helps lay-responders overcome reluctance to act when needing to administer first aid or when caring for life-threatening respiratory or cardiac emergencies in adults, children and infants.

Learn how to safely use an automated external defibrillator (AED). This class is not for healthcare providers. Fee includes either a workbook or CPR mouth barrier with gloves and pouch.

\$55 5 - 9 p.m.

Th, Sept. 17

NCRC YW 108

Class #: 1171-F15A

American Heart Association Healthcare Provider

Josh Hall

This class is for healthcare professionals who need to know how to perform CPR as well as other lifesaving skills in a wide variety of in-hospital and out-of-hospital settings. This is both a first time and renewal course for providers (medical, dental, public service, etc.) only. Fee includes either a workbook or CPR mouth barrier with gloves and pouch.

\$49 6 - 9 p.m.

Th, Dec. 10

NCRC YW 108

Class #: 1173-F15A





Adult Basic Education (ABE) offers free classes for adults who need to brush up on their basic skills, complete their GED, prepare for college, or improve their English skills. ABE classes are for adults 17 and older who are not currently enrolled in high school. All ABE classes are free. Students register during the first 2 weeks of the session.

Fall Session I – September 8 to November 6 Fall Session II – November 9 to December 18

Earn your GED

Reach your goal of obtaining a GED by attending our small, informal classes. Let us help you pick up where you left off. Earn your GED to start on the road to a better job or further your education.

4 p.m. – 6 p.m. M, NCRC

9 a.m. – 11:45 a.m. Tu, NCRC

Adult Basic Education for Work or School

Improve your basic math to pre-algebra skills, reading and writing, computer and study skills to help prepare you to pass the ACCUPLACER college entrance exam or for employment.

4 p.m. – 6 p.m. M, NCRC

9 a.m. – 11:45 a.m. Tu, NCRC

Official GED Testing

All GED testing is scheduled through the GED Testing Service website: <https://ged.com>. GED testing is no longer available in Northfield. Ask your teacher for details.

Registration and Orientation

Please register during the first two weeks of the session. You will complete registration paperwork and complete a short assessment during the registration and orientation. This will take approximately 90 minutes.

Contact Us

For more information call 507.664.3764. Dakota Prairie Adult Basic Education (Educación Básica para Adultos Dakota Prairie) sirve las comunidades de Northfield, Farmington y Randolph. Marque 507.664.3764 para mayor información.

Learn English

This class is for all levels of English language learners. We will help you improve your basic vocabulary, reading, writing and conversation in English. Our classes are free.

9:15 a.m. – 11 a.m. M & W, Greenvale Park Elementary School

6 p.m. - 8:30 p.m. M & W, NCRC

9 a.m. – 11:30 a.m. T & Th, NCRC

Ask about the Thursday evening Conversation Class

Inglés como segundo idioma

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

9:15 a.m. – 11 a.m. M & W, Greenvale Park Elementary School

6 p.m. - 8:30 p.m. M & W, NCRC

9 a.m. – 11:30 a.m. T & Th, NCRC

Escuela Familiar

Escuela Familiar es un programa especial para quienes inglés no es su lengua materna y que tengan hijos de recién nacidos a 5 años de edad. Mejore sus habilidades del inglés y técnicas de alfabetización temprana para su hijo en esta clase, que concentra en aumentar las habilidades en la crianza de los hijos, la vida cotidiana y en el empleo. Lleve a sus hijos de 5 años y menores a la clase y aprendan juntos. Puede proveerse transporte. No se requiere inscripción previa.

12:30 - 2:30 p.m. Ma, Mi & Ju

Emaús Iglesia Bautista

PREPARE FOR THE FUTURE
\$6,000,000
IN
SCHOLARSHIPS

Provided by the Bowling Industry Every Year



250
 Colleges offer Bowling

47
 States have
 High School Bowling

54,000
 Kids Bowl in High School
 Varsity Competition



*Get Your Kids in
 Youth Bowling
 Today!*



After school Youth Bowling - Thursdays at 4:00pm
Students of All Ages are Welcome – Join Anytime!
No Experience Necessary – Coaching Provided



*Meet People | Make Friends
 Have Fun!*

For More Details, Contact

JESSE JAMES LANES

507-645-8322

Email: TMH@JesseJamesLanes.net



Online Directories of Rice County Resources for:

- Mental Health Services
- Drug and Alcohol Prevention, Intervention, Treatment and After Care
- Parenting Education and Support

Visit www.northfieldhci.org
 (Click on "Resources") 507.664.3524



Ignite the Fun... **ROCKET INTO SCOUTING**

At your local elementary school
Sept 17th 7-8^{PM}

www.RocketIntoScouting.org

Mission Control to all boys Kindergarten–5th Grade. If you want to have a blast this school year, join Cub Scouts this fall! Just go to your local elementary school on September 17 and get signed-up for only \$32.

Can't make it on September 17?

Sign-up at www.RocketIntoScouting.org!



FREE
model rockets
for new
members!



**BE
YOUR
SELF.**
Be a Girl Scout.

In Girl Scouting, every girl is welcomed with her unique interests, skills, and quirks. Troops are forming now in Northfield. Find out more and sign your girl up today!

BeYourself.GirlScoutsRV.org | 800-845-0787



FALL PROGRAMS AND EVENTS

Be Your Best You at the Y
NORTHFIELD AREA FAMILY YMCA

CHILD WATCH
is our supervised,
drop-off child care.
Kids learn and play together
while parents work out:
story time, arts & crafts,
and active games.

PRESCHOOL AND SCHOOL-AGE PROGRAMS

SESSION 1 (September 14–October 10, 2015)

PRESCHOOL

- **Wiggles & Giggles** (ages 0–6) Mon., Wed., Fri., Sat.
- **Pee Wee Gaga Ball** (ages 3–5) Mondays
- **Pee Wee Flag Football** (ages 3–5) Tuesdays & Thursdays
- **Eric Carle Story Time & Art** (ages 3–6) Mondays
- **NEW! All About Bears** (ages 3–6) Wednesdays
- **NEW! Trail Walks** (ages 3–6) Thursdays
- **My Grown Up & Me: Jump, Jiggle and Jive!** (ages 2–6) Thursdays
- **Floating Pumpkin Patch** (ages 2–10) Sept. 13 (Grandparents Day)

ELEMENTARY SCHOOL

- **Kids Night Out** (ages 3–10) Fridays
- **After School Open Gym** (ages 5–11) Mondays–Thursdays
- **Gaga Ball** (ages 6–10) Mondays
- **Flag Football** (ages 6–10) Tuesdays & Thursdays

SESSION 2 (October 11–November 21, 2015)

PRESCHOOL

- **Wiggles & Giggles** (ages 0–6) Mon., Wed., Fri., Sat.
- **Pee Wee Dance Team** (ages 4–6) Mondays
- **Pee Wee Basketball** (ages 3–5) Tuesdays
- **NEW! Lego Time** (ages 3–6) Mondays
- **ABC Art** (ages 3–6) Wednesdays
- **Superheroes!** (ages 3–6) Thursdays
- **My Grown Up & Me: Obstacle Course** (ages 2–6) Thursdays

ELEMENTARY SCHOOL

- **School's Out Days** Oct. 15 & 16, Nov. 9
A full day of fun activities when school is out!
- **NEW! Dance Team** (ages 7–10) Mondays
- **Basketball** (ages 6–11) Tuesdays
- **Girls Volleyball** (grades 2 & 3, 4 & 5) Thursdays

Y MEMBERS GET FREE AND REDUCED PROGRAMS AND SERVICES. DETAILS AT WWW.NORTHFIELDYMCA.ORG.

TEEN & ADULT PROGRAMS

TEENS & ADULTS

- **Saturday Night Live** (grades 6–8) Saturdays
- **NEW! High School Intramural Volleyball** (grades 9–12) Mondays
- **NEW! Drop-in Gaga Ball** (all ages) Sundays
- **Adult Co-ed Drop-in Volleyball** (adults) Wednesdays
- **Men's Drop-in Basketball** (adults) Wednesdays & Saturdays
- **NEW! Introduction to Female Strength Training** (ages 15+)
- **Self-Guided Triathlon**
- **12-Week Fitness Program** (only \$10 for Y Members)
- **TRX Suspension Training** (ages 18+)
- **"Tri" to Get Fit** (triathlon training)
- **Warrior Camp** (obstacle course training)

ENTIRE SECOND FLOOR OF FITNESS: HEALTH & WELLNESS

- **State-of-the-Art Treadmills, Elliptical Machines, Bikes**
- **Weight Machines and Free Weights**
- **Indoor Walking/Running Track** (rain or shine)
- **Personal Training** (let us help you set and achieve your goals)
- **Group Exercise Classes** (ages 13+)

BIRTHDAY PARTIES
Celebrate your birthday at the YMCA. You choose between a pool or gym party, and we will coordinate the fun!

For more information
and to register
for any program, visit
www.northfieldymca.org

1501 Honeylocust Drive, Northfield, MN 55057 • www.northfieldymca.org • 507-645-0088

YMCA SWIMMING LESSONS

For complete class descriptions, dates and prices, visit the YMCA website at www.northfieldymca.org/healthy/swimming.

BEGINNER SWIMMING CLASSES

Y Members: \$25 / **Community Members:** \$39

- **Pike** (ages 3–5 years)
- **Eel** (ages 3–5 years)
- **Ray** (ages 3–5 years)
- **Polliwog** (ages 6–12 years)
- **Guppy** (ages 6–12 years)

INTERMEDIATE/ADVANCED SWIMMING CLASSES

Y Members: \$25 / **Community Members:** \$39

- **Minnow** (ages 6–12 years)
- **Fish** (ages 6–12 years)
- **Flying Fish** (ages 6–12 years)

OTHER CLASSES AND PRIVATE LESSONS

- **Parent/Child Swimming Lessons** (ages 6 months–3 years)
Y Members: Free / **Community Members:** \$17
- **Private Youth, Adult or Lap Swimming Lessons**
Y Members: \$40 / **Community Members:** \$55 (6 sessions)

SWIMMING LESSONS – SESSION DATES

- **Session 1** — September 14–October 1
- **Session 2** — October 5–22
- **Session 3** — November 2–19
- **Session 4** — October 3–November 7 (Saturdays)

NORTHFIELD AREA FAMILY YMCA: Building strong kids, strong families and a strong community.



HEALTHFINDERSMN.ORG



Misión: To provide quality health care, advocacy and wellness education to people in our community who have limited healthcare alternatives.

Misión: Proporcionar cuidado de la salud de calidad, asistencia, y la promoción y educación para el bienestar de la gente en nuestra comunidad con alternativas limitadas de atención médica.



How Do I Make an Appointment?
(Health or Dental) Call in advance:

Northfield: 507-646-8964
Faribault: 507-323-8100

Como hago una cita?
Llame con anticipación:

Interested in volunteering for HealthFinders? Contact Katy at hargis.katy@healthfindersmn.org

Where are we located? / ¿Donde están nuestras oficinas?

Faribault Office/Clinic

Monday / Lunes: 10am – 8pm
Tuesday / Martes: 10am – 3pm
Wednesday/Miercoles: 10am – 8pm
Thursday / Jueves: 10am – 4pm
Closed Friday / Cerrado Viernes

223 Central Avenue, Faribault

Dundas Clinic

Tuesday and Thursday / Martes y Jueves
5:30-8:30pm

Little Prairie United Methodist Church
2980 130th Street East, Dundas

Northfield Office

M-TH
10:00 am – 4:00 pm

Behind Sterling Drug
Detrás de Sterling Drug
710 Division Street, Northfield



Servicios dentales ahora disponibles en Faribault!

Learn it. Know it. Show it.
NORTHSTAR
BASIC COMPUTER SKILLS CERTIFICATE

The Northstar Basic Computer Skills Certificate Program is available at no charge in NORTHFIELD through the Northfield Digital Literacy Consortium.

This project is funded with a grant from the Minnesota Department of Education using federal funding CFDA 45.310, Library Services and Technology Act.

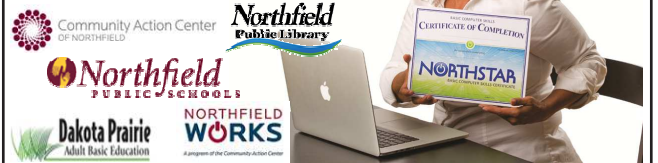
To enroll or for further information about the Northstar Digital Literacy program please contact any of the following agencies:

Dakota Prairie Adult Basic Education Northfield Office:
507-664-3764

The Northfield Public Library Adult Services:
507-645-1802

Northfield Community Action Center/Northfield Works:
507-664-3550

Basic computer skills are critical for today's employees.



2015 NYWA TEAM STATE CHAMPIONS



James Gang Youth Wrestling 2015-2016 Registration

James Gang Wrestling is for all youth (Pre-School through 6th Grade) who are interested in the great sport of WRESTLING.

Beginner Program: This program is designed for beginner wrestlers ages Pre-K -2nd Grade. It runs 7 weeks and practices focus on fundamentals and fun!

Cost: \$55 (Pizza Party and T-Shirt Included)

Location: Nfld High School wrestling room

Time: 6:00pm-7:00pm

Practices: Tuesday & Thursdays from 11/3/15 - 12/17/15 (except holidays)

Competitive Program: This program, for wrestlers ages 3rd - 6th grade or who have previous wrestling experience, is designed to further develop wrestling skills and advance to the next level. This program runs 12-16 weeks, dependent upon participation in the State Tournament.

Cost: \$95 (Pizza Party and T-Shirt Included)

Location: Nfld High School wrestling room

Time: 7:00pm-8:00pm

Practices: First practice 11/3/15 every Tuesday and Thursday (except holidays)

To register or if you have questions, please visit our website northfieldwrestling.com or call Dana Kuyper at 612-308-9455. We will host a parent orientation the first night of practice.

Cooperatively Owned by our Members. Open to EVERYONE!
Member or not, you are always welcome at Just Food Co-op.

Salad Bar ♦ Grab N Go Case ♦ Organic Meat ♦ Local Produce
We are your community owned grocery store!



natural foods market & deli

516 Water Street South
Northfield, MN 55057

www.justfood.coop
507-650-0106

Open 7 days per week from 8:00 a.m. to 9:00 p.m.



Autumn Fun For Kids with Special Needs

Family Support Services offers structured activity time for kids and a break for parents and caregivers. Includes 3 hours of respite care, snack and activities.
Ages 5-21. Pre-registration required.

Upcoming Respite Events:

Saturday, Sept. 12 ~ 2-5 pm

Saturday, Oct. 10 ~ 2-5 pm

Saturday, Nov. 14 ~ 2-5 pm

Saturday, Dec. 12 ~ 2-5 pm

\$10/Child*



We offer a variety of **Music Therapy** options for adults and children with diverse needs (such as ASD, dementia/Alzheimer's, TBI, stroke, cognitive physical/mental disabilities).

Contact us about group or individual music therapy, adaptive music lessons, monthly drumming groups, or the Laura Baker Choir.

*Scholarships available to those who qualify

To Register or for more information visit www.laurabaker.org
or contact Paula Teiken at paula@laurabaker.org or 507-301-1841

Laura Baker Services Association • 211 Oak Street • Northfield

We are the proud home to the Northfield Boys and Girls Competitive Teams, Northfield Raiders and Northfield Area Special Olympics

The Northfield Gymnastics Club is a non-profit organization.

Mission Statement

The Northfield Gymnastics Club promotes fitness, self-confidence, poise, and athletic skill among area youth through training in gymnastics.

Purpose

To effectively utilize our gymnastics facility, the strengths of our staff, and our inspiring approach to teaching gymnastics, to enhance our entire program and the lives of those involved.



601 Professional Dr. Northfield, MN 55057 Phone/Fax: 507-663-7772

Web. www.northfieldgymnastics.com E-mail: info@northfieldgymnastics.com

Developmental, Instructional, and Competitive Program For Boys & Girls ages 12 months to 18 years and older

Head Coach: John Tobler

Boys Head Coach: Zach Wareham

Office Manager: Melanie Armstrong

Birthday Parties

Saturday and Sunday

2:00 to 3:30pm and 4:00 to 5:30pm

8 Week Sessions

Fall 1: August 31 - October 24

Fall 2: October 26 - December 19

Closed: Sept. 7 and Nov. 26 - 28

Open Gym Times

Friday **morning**—11:30am

Wednesday 7pm—8pm Regular session

8pm—9:00pm **18 and over**

Friday 8:00pm—9:00pm Regular session

Saturday 12:00pm—1:00pm Regular Session

Register Online Web. www.northfieldgymnastics.com **For Birthday Parties and Classes**

Open Gyms • Birthday Parties • Summer Camps • Home School • Group Programs & Events • Special Needs • Special Olympics



Northfield Arts Guild **Fall 2015 Classes**

Dance

- Creative Ballet 1 (ages 3-5) Monday afternoon
- Creative Ballet 2 (ages 5-7) Monday afternoon
- Ballet 1 (ages 7-9) Monday afternoon
- Ballet 2 (ages 9-11) Tuesday afternoon
- Ballet 3 (ages 11-13) Tuesday afternoon
- Tap 1 & 2 (ages 7-12) Tuesday afternoon
- Adult Social Ballroom & Latin Saturday afternoon

Folklorico Ages 4+ Beginners through advanced. Saturday Mornings.

Music Together® Ages 3-5. Monday evenings. Wednesday & Thursday mornings.

Other Classes including:

Visual Arts, Clay, Homeschool and Adult

*Membership is not required for participation in Arts Guild classes. Members receive tuition discounts.





To advertise in this brochure please contact Niki Kolb, at NKolb@northfieldschools.org or 507.664.3648, for pricing and information.

INTERESTED IN PLAYING

HOCKEY?



- Introduction to hockey, boys and girls, age 4+
- Non-traveling recreational hockey, boys and girls, 4-8 years old
- Traveling competitive teams, boys age 9-15 and girls age 9-12
- Registration opens in mid-August, practices begin in October

Northfield Hockey Association
www.NorthfieldHockey.net



Try Hockey Free Day - November 7

Making Waves swim school



Directors: Cindy Varley & Bob Hauck

Come join this exciting learn-to-swim program for children ages 3-10+. We offer small class sizes, warm water, and a creative approach to learning - a successful formula which ensures that everyone can learn to swim with ease and confidence!

For more information, please visit our website at: www.makingwavesswimschool.com



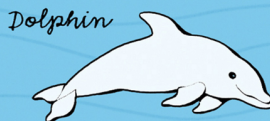
Minnow

EXPLORATION



Sunny

DEVELOPMENT



Dolphin

REFINEMENT



Shark

ENDURANCE



Gator

PROGRESSION

Little Lambs Preschool



Accepting enrollment throughout the school year

@ Trinity Lutheran Church, 803 Winona St., Northfield

- 1 through 5 day classes
- Multi-sensory curriculum
- Loving environment
- Emphasis on Bible Stories
- Ages 3 and older
- Handicap accessible
- State licensed
- Scholarships available.

Little Lambs Preschool is a ministry of Trinity Lutheran Church, LC-MS
www.trinitylittl lambspreschool.com 507-645-4439

Northfield Senior Center



Committed to
Mind, Body, Spirit



Northfield Senior Center
 Active, Connected, Engaged

1651 Jefferson Pkwy
www.northfieldseniorcenter.org

The place for your Preschooler to grow and shine!



OPEN DOOR PRESCHOOL

- Open Door curriculum encourages purposeful and productive play.
- Partnering with St. Olaf and Carleton colleges in unique, hands-on environmental and arts/movement programs.
- Flexible half and full day options including 2, 3 or 5 day class schedules.

Find out about our exciting and innovative Parent Aware rated preschool program at opendoorpreschoolnorthfield.org or call 507-645-8532



COME PLAY LEARN GROW COME PLAY LEARN GROW

Now Enrolling • Excellent Scholarships available

St. Dominic Preschool & K-8

a faith-based school welcoming families of all faiths
 5-day, 3-day, 2-day, ½ day Preschool
 Full Day Kindergarten

Enrolling K-8th Grades.
 \$1000 Discount for new students K-6th.



Licensed & Accredited



Art
 Music
 Physical Education
 Multi age activities
 Spanish
 Before & after school care
 K-8th Enrollment incentives
 \$1000 Kindergarten discount

216 North Spring Street 507-645-8136
 web: Schoolofstdominic.org
 Call for a private tour.

The community of St. Dominic Catholic School is committed to guiding students toward educational excellence, spiritual growth, and service to God and others.

Community Services Division Registration Form

Parent/Guardian Name _____ Primary Email Address _____

Home Phone _____ Day Phone _____ Other Phone _____

Address _____ City _____ State _____ Zip _____

Signature _____

(Adult participant or Parent/Guardian if under 18) Northfield Public Schools Community Services Division does NOT provide accident insurance for participants in any of its programs or activities. Participants assume all inherent risk of injury resulting from their involvement in programs or activities.

The Northfield Public Schools Community Services Division often takes photographs of classes or programs to use in brochures and on the web, including social media. If you do not want pictures of you or your child used, please call our office at 507.664.3649.

I am paying by cash _____ check # _____ (payable to Community Services) MasterCard _____ Visa _____ Discover _____

Credit Card # _____ - _____ - _____ Expiration Date _____/_____(MM/YY)

Name as it appears on card _____ Cardholder Signature _____

If you qualify for free or reduced meals provided by Northfield Public Schools, and are 0 – 18 years of age, you are eligible for a scholarship toward your Community Services classes. All participants will pay a percentage of the fee. Call 507.664.3649 or stop in our office to register.

****We want everyone to be able to participate in our programs – help make it possible by donating to the Northfield Public Schools Community Services Scholarship Fund. I'd like to contribute \$_____ to the scholarship fund.****

Complete for Youth and Adult Registrations – Registration begins immediately					
Class #	Class Title	Name of Participant	Birth Date	Grade in School	Fee

Complete for Early Childhood Family Education Registration – Registration begins immediately					
Class #	Class Title	Child/ren Attending	Parent/s Attending	Birth Date	Fee

Please mail or return this form to:

Northfield Public Schools Community Services Division
1651 Jefferson Parkway, Northfield, MN 55057

Five ways to register

Go to www.northfieldschools.org, click on Community Services and then click on online registration. To set up an account, enter parent/guardian prior to dependent information.

Call our office at 507.664.3649. We accept Visa, MasterCard and Discover.

Visit Community Services (NCRC first floor) between 8 a.m. and 4:30 p.m.

Fax completed form to 507.664.3651.

Mail completed form and payment to Community Services, attn: CS Class Registration, 1651 Jefferson Parkway, Northfield, MN 55057.

Registration Confirmation

When you register for one of our programs and include an e-mail address, a confirmation will be sent via email. If you don't have an email address, request that a confirmation be mailed to your home.

Fee Reductions

Fee reductions are based on whether a child and family qualify for free or reduced meals approved by Northfield Public Schools. If you are a Ucare member or qualify for free or reduced meals, call our office at 507.664.3649 to get your reduced rate.

Refund Policy

If there is insufficient enrollment for a program, you will be notified and will receive a full refund within 15 days. If you cancel or change your registration, there will be a \$5 processing fee. Unless otherwise indicated in the program description, no refunds will be made after the registration deadline.

Satisfaction Guarantee

We want your experience with Community Services to be a pleasant one. If you aren't satisfied with a class, call our office at 507.664.3649. We will gladly speak with you about your concerns.

Weather Cancellation Information

Cancellation line: 507.664.3659. Information includes cancellations, location changes, and date or time changes.

School Closings, Late Start or Early Dismissal

If school is closed, all Community Services programs are cancelled. If school begins two hours late, EarlyVentures will have a two-hour late start and all other morning Community Services programs are cancelled. If school is dismissed early, EarlyVentures will close four hours early, KidVentures will close one hour after school is dismissed, and all other after-school Community Services programs are canceled.

Program Qualifications

Program Qualifications for Community Services programs are available upon request. Please call 507.664.3649 for more information.

Non-Endorsement Disclaimer

The information provided by enrichment instructors are intended for educational purposes only and not as a substitute for professional advice. Written materials provided by the instructor simply provides a means for the community to learn about ideas and services and are not guaranteed for accuracy, timeliness or completeness by Community Services.

Photos in Classes

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

Other Program Locations

AmericInn Motel & Suites
1320 Bollenbacher Drive

Archer House
212 Division St. S.

Dakota City Heritage Village
4008 220th St. W, Farmington

Emmaus Baptist Church
712 Linden St. N

Faribault Middle School
704 17th St. SW, Faribault

Greenvale Place Community Center
211 Greenvale Ave.

Heartwork Yoga Studio
101 5th St. W.

In The Dog House
518 Division St. S

IT! Factory Fitness & Wellness
115 W. Fifth St.

Jesse James Lanes
1700 Bollenbacher Drive

Laura Baker Services Association
211 Oak St.

Morristown Gun Club
9525 W. 230th St., Morristown

Northfield Arts Guild
304 Division St. S

Northfield Ice Arena
1280 Bollenbacher Drive

Northfield Senior Center
1651 Jefferson Parkway

Northfield Yarn
314 Division St.

Welch Village Ski Area
26685 County Road 7 Blvd., Welch

Winterhaven Stables
29238 Holyoke Ave., Lakeville

Parks: <http://www.ci.northfield.mn.us/Index.aspx?NID=284>



Postal Patron ECRWSS

Find out what's happening
with Community Services -
like us on Facebook!



Swim like a fish with the
American Red Cross and other
aquatics classes. Page 27



Cool projects and new friends await
you at **ECFE classes**. Page 4



Grab some court time with the **Adult Basketball League**. Page 30



Explore science and math with
St. Olaf students at **Super Science
Saturday Club for Girls**. Page 21