



Winter/Spring 2012

Litchfield

*Community Education
& Recreation*



Litchfield Community Education
114 Holcombe Ave. N., Suite 110
Litchfield, MN 55355
(320) 693-2354

Monday-Friday 8:00 AM-4:30 PM
www.litchfieldcommunityed.com

A cooperative program of the City of Litchfield
and Independent School District 465

INTRODUCTION

Bob Lawrence

Community
Education and
Recreation Director



Welcome

Thanks for taking the time to check out our program guide with many offerings over the next few months. Our goal is to understand the needs within the community and then develop classes, programs, and partnerships to appropriately meet those needs.

We are always looking for input from our community while planning these activities and events. This can be done informally by simply stopping into our office or with a phone call to let us know what it is you would like to see in our guide. If you are interested in having more input, we are always looking for candidates to serve on our Community Education Advisory Council.

As always, feel free to stop into my office or give me a call with any thoughts on how Community Education can better serve you.



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LCT 36th SEASON

YOUTH
THEATRE



Litchfield Community Youth Theatre presents: **THE MUSICAL ADVENTURES OF FLAT STANLEY JR.**

April 19, 20 & 21 7:00 PM

April 22 2:00 PM

High School Little Theatre

Auditions: January 30 & 31, 6:00-8:00 PM
HS Little Theatre.

Contact Community Education for audition packet,
time or more information .

For children in third grade and up.

Fee: \$25 (includes script and a T-shirt)

Book by Timothy Allen McDonald

Lyrics by Timothy Allen McDonald, Jonathan K. Waller
Music by David Weinstein, Jonathan K. Waller, Timothy
Allen McDonald and Stephen Gabriel

Based on the book FLAT STANLEY by Jeff Brown
THE MUSICAL ADVENTURES OF FLAT STANLEY was ori-
ginally produced by WorkLight Productions under license a
greement granted by The Trust U/W O

Jeff Brown, Marc Ginsberg, Trustee. Flat Stanley books are
published by HarperCollins Children's Books The Musical
Adventures of Flat Stanley JR. is presented through special
arrangement with Music Theatre International (MTI). All
authorized performance materials are also supplied by
MTI, 421 West 54th Street, New York, NY 10019 Phone:
212-541-4684 Fax: 212-397-4684 www.MTIShows.com

Litchfield Community Theatre, Inc.

GALAnnual Meeting

Thursday, May 10th • 6:00—8:00 PM

All theatre patrons are invited and encouraged to
join us for a fun evening of
refreshments and entertainment.

The LCT, Inc. board will hold a short meeting
including elections of new board members.

More information and tickets will be available at the
Community Education office in April.

SAVE THE DATE

Litchfield Community Theatre presents **THE ODD COUPLE**

By Neil Simon

Directed by Jim Vrchota

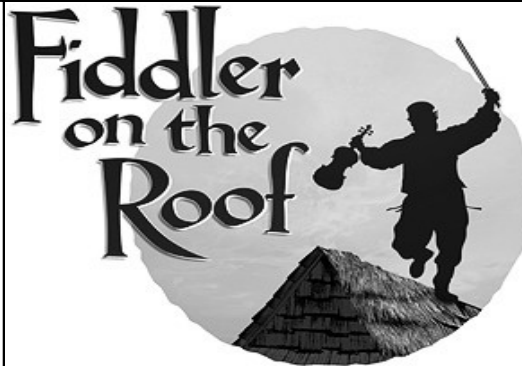
Feb. 24 & 25 7:00 PM

March 1 & 2 7:00 PM

March 3 2:00 PM

The Odd Couple is presented through special
arrangements with Samuel French, Inc., 45 West 25th St.
New York, NY 10010

WINTER
SHOW



SUMMER SHOW

Litchfield Community Theatre presents **FIDDLER ON THE ROOF**

Based on Sholem Aleichem stories by special permission of Arnold Perl

Book by JOSEPH STEIN Music by JERRY BOCK

Lyrics by SHELDON HARNICK

Produced on the New York Stage by Harold Prince

Original New York Stage Production Directed and Choreographed
by JEROME ROBBINS

Mr. Robbins' Original Direction reproduced by Jim Vrchota

July 19, 20 & 21 7:00 PM

July 22 2:00 PM

July 26, 27 & 28 7:00 PM

Bernie Aaker Auditorium

Auditions: May 7 & 8 beginning at 6:00 PM in Bernie Aaker
Auditorium. Come prepared to sing a song of your choice, read
an excerpt from the script, and learn a short dance routine. Call
Community Education with questions.

Fiddler On The Roof is presented through special arrangement with
Music Theatre International (MTI). All authorized performance materials
are also supplied by MTI, 421 West 54th Street, New York, NY 10019
Phone: 212-541-4684 Fax: 212-397-4684 www.MTIShows.com

Support your Community Theatre

Be a Theatre Trooper

There are many ways to support theatre in our community in-
cluding financial donations to support production costs and
volunteer opportunities throughout the year. Call 693-2354 or
visit www.litchfieldcommunitytheatre.com to learn more.

ADULT BASIC EDUCATION

Adult Basic Education

These classes are FREE! Students can start at anytime!
To enroll, simply come to class.
Questions? Call Community Education at (320) 693-2354

You can work at your own pace!
Classes held all year!
English as a Second Language
High School Equivalency Program
Life Skills
Citizenship
Driver's License
Work Readiness
Keyboarding Skills
Computer Classes Coming In April

These classes are free!



Basic Computer Skills

Topics will include:
Typing, email, web browsing
and much more!

Tuesdays *8 sessions*

April 3 - May 22

5:00-7:00 PM

ABE Classroom

Call Community Education
to register: (320) 693-2354.

Pre-registration required

Free



When:

Night Classes:

Mondays and Wednesdays from
5:00-8:00 PM

Day Classes:

Mondays and Tuesdays from
9:00 AM-2:00 PM

Who:

Adult Learners must be 16 years old to
start; 19 years old to test. May be able to
test before 19 with a waiver.

Where:

Classes meet in the
Meeker County Family Services
Center, 114 Holcombe Avenue N. Use
the north door off of Arm-
strong Avenue and look for

Clases de Adultos

Ingles es el Segundo Lenguaje Claese

Claese de noche

son Lunes, Miercoles de 5:00 a 8:00 PM

Clases de dia

Lunes & Martes de 9:00 AM a 2:00 PM

Gratis...Gratis...Gratis...Gratis...Gratis



GED Testing is done in:

Hutchinson (320) 234-8507

St. Cloud (320) 529-6500

Willmar (800) 722-1151

Testing is done monthly – Call for an appointment

Adult Basic Education Instructors



Cheryl Molenaar



Linda Smolniski



Marilyn Meline



Jennifer Carl

SENIOR OPPORTUNITIES

AARP Safe Driver

Courses

Bob Condon & Dan Washick

Get a discount on your auto insurance by participating in this driving course. First time participants must complete the basic 8-hour course. The 4-hour refresher course is for those renewing their certificates. Topics covered include the common effects of aging and medications on driving - as well as basic driving rules, the license renewal process, traffic hazards, adverse road conditions, energy savings, and accident prevention. The class format includes a video, lectures, and discussion. There is no driving or written test. **Bring a pen and your driver's license with you to class.**

All classes held in the MCFS, Suite 200.

Pre-registration is required.

Checks payable to

Community Education. All

cancellations or class transfers MUST be made at least 48 hours prior to class date. No refunds will be given after this deadline. All cancellations are subject to a \$5 administrative fee.

Fees:

AARP members \$16 (\$12 to AARP/ \$4 to Community Education)

Non-members \$18 (\$14 to AARP / \$4 to Community Education)

Litchfield

Senior Dining

Gayle Peterson,

Site Manager

Senior Dining staff serves noon meals, Monday through Friday, at the Litchfield Civic Arena. Adults 60 and over are invited to join the group by making a reservation one day in advance. Come early and enjoy the meal, games, entertainment and educational opportunities. Rides to the Civic Arena may be arranged if needed. Call 320-693-6318 for more information or to make your reservation. Each week you can find the menu in the Litchfield Independent Review and hear it announced on KLFJ 1410 AM Radio.

8 Hour Initial Course

Wed. & Thur. March 14 & 15

5:30 PM-9:30 PM

#1060

4 Hour Refresher Courses

Wednesday #1050

1/18

1:00 PM-5:00 PM

Tuesday #1051

1/24

5:30 PM-9:30 PM

Thursday #1052

2/16

5:30 PM-9:30 PM

Tuesday #1053

2/28

1:00 PM-5:00 PM

Monday #1054

3/5

5:30 PM-9:30 PM

Wednesday #1055

3/21

1:00 PM-5:00 PM



Tuesday #1056

4/10

5:30 PM-9:30 PM

Thursday #1057

4/26

1:00 PM-5:00 PM

Monday #1058

5/7

5:30 PM-9:30 PM

Tuesday #1059

5/22

1:00 PM-5:00 PM



Volunteer Driver Program

Transportation for those 60 or older-primarily for medical appointments. Drivers are available to go anywhere in Meeker County, Hutchinson, Willmar, St. Cloud and the Metro area. Call 320-693-2718 Monday through Friday between 8:00 AM and 5:00 PM to arrange for a ride.

Chore Corps

Sponsored by Meeker Council on Aging

Looking for reliable help to do housekeeping, home health care, Window washing, lawn care or other chores? Call 320-693-2718 for more information.

Meeker Council on Aging

Mission: "Through membership, partnership and education, the Meeker Council on Aging serves as a vital link between citizens of Meeker County and issues, programs and activities related to aging." To find out how you can become involved, call the Council Coordinator at 320-693-2718.

Become familiar with this one-stop clearing house for virtually anything related to aging county-wide. Some of the benefits include: legislative access, member advocacy and educational opportunities.

ADULT ENRICHMENT

Cabin Fever Garage Sale

Saturday, March 17 • 8-11 AM

National Guard Armory-Litchfield

Is it time to de-clutter your house and clean out the closets, attic and basement? Participants can set up tables on Friday, March 16 from 4:00- 8:00 PM.

Doors will open for the sale at 8:00 AM sharp with vendors in place and anxious shoppers ready to find good bargains! Get your boxes ready and register soon, as space is limited. Limit of 2 tables (8' long) per person.

Fee: \$15 per table #1420



Meeker Memorial Community Programs & Events

Focus on Healthy Living Programs

Meeker Memorial Hospital offers a number of classes and programs focused on your health and well-being. Whether it is childbirth classes, support programs, screenings or a community co-sponsored class in CPR or First Aid or health education, Meeker Memorial is continuing to offer classes designed to support your health.

Register online for many of the classes and programs happening at the hospital or in area communities.

Go to: meekermemorial.org



Meeker Memorial Hospital Childbirth & Breastfeeding Education Classes

Our classes are designed to provide childbirth education for expectant women and their support person during pregnancy in preparation for the birthing experience. Two options are available for childbirth classes, either on the weekend or through a four-class series. A breastfeeding class will be offered following each Childbirth Education Class – both taught by Melissa Sackett, Internationally Board Certified Lactation Consultant (IBCLC) and ICEA Certified Childbirth Educator (ICCE)". To register for a Childbirth Education or Breastfeeding Education Class call Scheduling at (320) 693-4519 or register online at www.meekermemorial.org

Childbirth Education Weekender Classes:

2012: Jan. 13 & 14, March 16 & 17, May 18 & 19, Sept. 7 & 8
Cost: \$67 per couple

Childbirth Education 4 Night Class Series:

2012: July 2-23, Nov. 5-26
Mondays
Cost:\$67 per couple

Breastfeeding Education Classes:

Mondays from 6:30 to 9:30 PM
2012: Jan. 16, March 19, May 21,
Cost:\$23 per couple

Lactation Consultation Services:

- In-hospital Breastfeeding Consultation (after baby is born)
- Outpatient Breastfeeding Consultation (after you get home if problems occur)

You can schedule a Lactation Consultation visit by obtaining a doctors referral for:

- Nipple or breast pain
- Plugged ducts or mastitis
- Flat or inverted nipples
- Breastfeeding multiples
- Lower or over supply of milk

- Latch-on difficulties
- Pumping or storing breast milk
- Returning to work or school
- Breastfeeding a pre-term baby
- Weaning baby from breastfeeding
- Reassurance that breastfeeding is going well !



MEEKER MEMORIAL HOSPITAL

ADULT ENRICHMENT

3rd annual Gardener's Gala

Tuesday, March 20, 2012

5:30 to 9:00 pm

Litchfield High School



Sponsored by:

Meeker County Master Gardeners
Meeker County Horticultural Society
Litchfield Community Education

Fee: \$7 in advance

\$10 at the door

Pre-registration and tickets available
until March 13th at the
Meeker County Extension Office

Keynote Speaker: Jeff Gillman
"The Truth About Garden Remedies"

- Breakout sessions will include topics on plant propagation, using herbs in your kitchen, butterfly gardening, pruning trees and shrubs, and community supported agriculture.

- There will be vendor's displays, handouts, snacks and doorprizes as well.

COME FOR AN EVENING OF
EDUCATION, IDEAS and FUN.



Deadlines for all classes are one week before the class or activity, unless specified.



Tax Aide - A service for elderly, handicapped, non-English speaking and low-income people.

Completing tax forms can seem like an overwhelming challenge. Tax aide volunteers will be available on Tuesday and Thursday afternoons from 12:30 to 4:30 PM, March 13 to April 12 at the Meeker County Family Services Center Adult Basic Education classroom (located in the southeast corner of the Meeker County Family Services Center). Enter the north door off of Armstrong Avenue and follow the signs. Special thanks to Boyd Anderson, Donn Hoffman and Howard Pennertz who have volunteered for the past several years with this program. Additional volunteers are needed for this service and training is available in January. NO APPOINTMENT NECESSARY; FIRST COME FIRST SERVED. A waiting area is provided.

The Lion King

Broadway's Award Winning Best Musical

Sunday, January 22

3:00 PM—10:30 PM

Balcony Row K thru O \$74

Balcony Row R thru T \$59



Experience the phenomenon. Visually stunning, technically astounding and with a musical score like none other you've ever heard. Giraffes strut, birds swoop, gazelles leap. The entire savannah comes to life and as the music soars, Pride Rock slowly emerges from the mist.

See the Tony Award®-winning Broadway sensation that Newsweek calls "a landmark event in entertainment." The New York Times says, "There is simply nothing else like it." Marvel at the breathtaking spectacle of animals brought to life by a cast of more than 40 actors. Wonder at the inspiration of award-winning director Julie Taymor, who created visual images for this show that you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice's Oscar®-winning song "Can You Feel The Love Tonight" and "Circle of Life."

The bus will arrive downtown approximately two hours prior to the show to allow time for dinner on your own, a list of nearby restaurants will be provided.

St. Paul Gangster Tour

Sunday, March 18th

12:30 PM—7:00 PM

Fee: \$27



Explore with us the sites of nightclubs, kidnappings, and gun battles associated with the 1930's gangsters like John Dillinger, Ma Barker and Babyface Nelson. See the sights where the gangsters lived it up as they planned and executed some of the most notorious crimes ever perpetrated in the upper Midwest. Our gangster guide takes us past the most infamous gangster hideouts and the famous nightclubs where many gangsters spent time socializing with the public.

After the tour we will head to West Seventh Street where you will be able to choose from a number of great restaurants including: The Liffey, Cosetta's Italian Market & Pizzeria, and Patrick McGovern's Pub. A description of restaurants will be provided, dining is on your own.

Fee includes Transportation & Tour, Dinner is on your own.

ADULT ENRICHMENT

Creative Card Making Workshops

Margi Gilbertson

Make cards that can be used for thank-you, birthday, Mother's Day, Father's Day, wedding, graduation, sympathy, all occasion and thinking of you. Participants will make 2 each of 6 different designs per night. This class is for all levels of card makers, whether you have never tried it or are an experienced card maker. Most of the preparation will be done for you. If you have a favorite pair of scissors and/or adhesive that you like to use, please bring them with you to class, otherwise these will be provided for you. Several techniques will be taught; stamping with clear stamps, paper and ink distressing, fancy folds, stitching on cards, embossing, diecut use, embellishing with ribbon, buttons, sparkles and more! All materials and tools will be provided. All you have to do is sign up and have fun! Each participant will also take home a goody bag of materials from the instructor. Additional supplies will be available for purchase from the instructor.



Creative Card Making Workshop I

Tuesday
3/20
6:00 PM-9:00 PM
HS E-111
Fee: \$27 #1622

Creative Card Making Workshop II

Tuesday
4/17
6:00 PM-9:00 PM
HS E-111
Fee: 27 #1622

Deadlines for all classes are one week before the class or activity, unless specified.

CPR

Wendy Foley

This course is designed for individuals needing Cardio-Pulmonary Resuscitation (CPR) and foreign body airway obstruction (choking) certification for victims of all ages, including adult, child and infant. The use of an Automated External Defibrillator (AED/"shocker") is included. This AHA certification is valid for two years and is available for healthcare provider certification. Minimum age for certification is 11 years old. **Participants will need to pick up class materials at Community Education and read them prior to class.**

Saturday
2/25
8:30 AM-11:00 AM
#1600A



Tuesday
4/10/2012-4/10/2012
6:00 PM-8:30 PM
MMH Conference Room
#1600B

Pediatric CPR & First Aid

Wendy Foley

This course is designed to teach child and infant CPR, choking, and AED ("shocker") techniques; as well as preventing and responding to first aid emergencies for child and infant victims. This AHA certification is valid for two years, and includes medical, injury, and environmental emergencies. Minimum age for certification is 11 years old. **Participants will need to pick up class materials at Community Education and read them prior to class.**

Wednesday
3/14
5:30 PM-9:30 PM
#1600P



Make It and Take It- Bulletin Boards and Name Tag Projects

Angela Smith



Attention daycare providers and preschool teachers: bring your scissors, glue, markers, and creativity. You will use the die-cut machine and overhead projector to save you time in making bulletin boards, letters, name tags, items for circle time, and other creative ideas. Participants will share ideas and best practices with one another. Paper supplies will be provided and a copy machine will be available on a limited basis. A laminating machine will be available and participants may pay \$2 per foot the night of class.

Thursday
2/23
6:00 PM-8:00 PM
MCFS ABE Classroom
Fee: \$27 #1429



First Aid

Wendy Foley

This course is designed to teach lay rescuers how to prevent and respond to emergencies for victims of all ages. Participants will learn general principles of first aid including: medical, injury, and environmental emergencies. This AHA certification is valid for two years and is available for healthcare provider certification. Minimum age for certification is 11 years old. **Participants will need to pick up class materials at Community Education and read them prior to class.**

Saturday
2/25
11:30 AM-2:00 PM
#1601



CPR & First Aid Fees: *Under 55 years old-\$50 per class
*Over 55 years old-\$45 per class
*8 or more from the same business or organization, in the same class-\$40
All classes are held in the MMH Conference Room

ADULT ENRICHMENT

Scintillating Cinema

Tim Bergstrom

Would you like to add a whole new dimension to the way you watch films?

Alfred Hitchcock, the master director of suspense films, has been stereo-typed as a "horror" film director, but was a genius in cinematography, lighting and special effects in an era before computers. Four films will be viewed, "Psycho," "The Birds," "Rear Window," and "Vertigo" - followed by discussion. Tim Bergstrom will lead the class. Tim took a similar class at St. Cloud State and has had a greater appreciation for films ever since.



Thursday 4 Sessions
 March 8, 22; April 12, 26
 6:30 PM-9:00 PM
 HS E-105
 Fee: \$14 #1450



Open Woodshop

Darin Pankratz,
 MS Industrial Arts Instructor

This is not a teaching class, but an opportunity for woodworkers to create a project in the Middle School's well-equipped woodshop. The shop supervisor will help you find the tools you need. Bring your own project and materials.

Session I

Wednesday 6 Sessions
 1/18-2/22
 6:00 PM-9:00 PM
 MS M-206 Wood Shop
 Fee: \$59 #1437



Session II

Wednesday 6 Sessions
 2/29-4/4
 6:00 PM-9:00 PM
 MS M-206 Wood Shop
 Fee: \$59 #1437



Swedish Weave

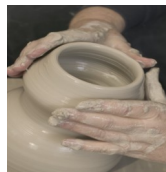
Jan Schlack

In this class students will learn the art of Swedish Weave-an eloquent craft that makes rich afghans, table runners, pillow covers and more. Simpler than cross stitch, Swedish Weave, also known as Huck Embroidery, creates intricate patterns to produce beautiful heirlooms out of yarn and monks cloth. Participants will complete a table runner at class. All materials and instruction provided.

Thursday 2 Sessions
 2/9-2/16
 7:00 PM-8:30 PM
 HS-E-105
 Fee: \$17 #1648

Open Clay Studio

Lori Kettner, Sara Lawrence



Here is your chance to get into the clay studio and learn the fundamental skills needed to create beautiful wheel thrown and hand built pieces in a fun and relaxing atmosphere. We will take you through each step of slab rolling, wheel throwing, and hand building techniques so you can make functional and decorative pieces. This is appropriate for all ability and skill levels with plenty of freedom to create as you wish and lots of one on one learning time. Each participant will receive 10 lbs. of clay which will make approximately 6-8 projects.

Tuesday 6 Sessions
 1/17-2/21
 7:00 PM-9:00 PM
 HS -E-111
 Fee: \$66 #1417

Knitting for Beginners

Kristin Carlson

Have you always wanted to learn how to knit? Come to this class to learn the basics of knitting. Feel free to bring those unfinished projects that you are stuck on and may need help with also. **Participants should bring a pair of size 8 knitting needles with them to class.** The instructor will provide practice yarn and discuss the appropriate yarn to purchase for future projects.

Monday 4 Sessions
 1/23-2/13
 6:30 PM-8:00 PM
 HS E-103
 Fee: \$30 #1630



Hats Off to You

Anne Ross

You can knit flat, now let's knit in the round. Come learn to knit in the round using "the Magic Loop" method. You will learn to knit a basic hat in the round, no purling required! Hat sizes range from babies to adult. In our last class we will explore Ravelry (Facebook for Knitters) and a few variations to the basic hat. **Supplies needed: 90 to 150 yards worsted weight yarn; 100% wool in a light color is recommended. Size 8 32" circular needle (a 40" size 8 circular needle would work)**

Monday 3 Sessions
 2/20-3/5
 6:30 PM-8:00 PM
 HS E-103
 Fee: \$20 #1631



LITCHFIELD LITE

100 DAY CHALLENGE

LITCHFIELD LITE 2012

\$1500
Total Prizes
 for
TEAM WEIGHT LOSS
INDIVIDUAL WEIGHT LOSS
ACTIVITY MINUTES

What is the Litchfield Lite 100 Day Challenge?

The Challenge is designed for individuals or teams and provides health and wellness focused activities that are fun, easy and affordable ways to engage community members in healthy behaviors. This program is designed to promote positive changes leading to a healthier lifestyle. The challenge is open to anyone 18 and older.

Do I have to register with a team?

We encourage participation with a team as a way to encourage each member to reach personal fitness goals but this is not required. Every registrant is eligible for individual prizes. However, you must be registered with a team to be eligible for the Team Weight Loss prize. A team consists of 2-6 people who are friends, family, co-workers and /or community members who track their physical activity and/or weight loss over the 100-day period.

How will the prize money be distributed?

- \$600 Greatest Team Weight Loss
- \$300 Greatest Individual Weight Loss—Female
- \$300 Greatest Individual Weight Loss—Male
- \$300 Activity Minutes




Weight Loss: Goal is to lose the highest percentage of initial body weight. Team weight loss will be determined by averaging percentage lost of all members. *To be eligible for prizes, each person must participate in the initial weigh in (on January 5-7) and the final weigh-out (April 12 & 13).*

Activity Minutes: Activity minutes will be reported on a weekly basis throughout the challenge. The purpose of the activity minutes is to encourage participants to be active and achieve personal goals. These minutes are to be outside your normal daily routine and part of a balanced exercise program. Activity minutes will be reported by individuals in 20 minute increments with a base goal of 120 minutes per week. For each week that you report activity of at least 120 minutes your name will be entered into a drawing for the prize at the end of the challenge. Additional entries will be made for each 20 minutes of activity you report beyond the base amount with a maximum of seven entries per week.

How do I register?

Each person must register with the Community Education office or online and get weighed in on January 5-7 to be eligible for weight loss prizes. Team rosters must be reported at LitchfieldLite.com by January 7 to be eligible for the team weight loss prize. You will be eligible for the activity minutes prize the first time you log minutes on the website.

Get more information at: litchfieldlite.com.

100 Day Activity Calendar & Journal
 Anytime Health Online Tracking
 Challenge T-Shirt
 Class/Activity Discounts 
Save \$3 when you see this icon
 January 7 Health Fair- MMH
 January 14 Fitness Sampler- HS
Lunch & Learns-
 ♦Know your Numbers-Jan 26
 ♦De-Junk Your Pantry-Feb 9
 ♦Design A Walking Program-Mar 15
 March 16 Activity Night-LHS
 April 7 Run-Walk-Hop-Lake Ripley
 Eligibility for Prizes

SPONSORS

- ACMC
- Anytime Fitness
- Custom Products
- Conway, Deuth and Schmeising
- Econofoods
- Home State Bank
- Independent Review
- IRD glass
- Kinsella Chiropractic Clinic
- Kiwanis Club
- Litchfield Chrysler Center
- McDonald's of Litchfield
- Medicine Shoppe
- Meeker Memorial Hospital
- MN Rubber
- Peter's Signs
- Rotary Club of Litchfield
- Sibley Dental Suite
- SNAP Fitness

100 Day Challenge Registration Information

Each participant must register with Community Education and pay the \$20 fee.

Where to register:

1. Online at www.litchfieldcommunityed.com - using VISA or MasterCard
2. At our office: Litchfield Community Education and Recreation
114 Holcombe Avenue North, Suite 110 Litchfield MN55355
3. By phone: (320) 693-2354 using VISA or MasterCard

Forming a team:

- If participating on a team report your team roster online at www.litchfieldlite.com or to the CE office by January 7.
- Note: All team members must register individually with Community Education as stated above.

Activity Minutes:

Report activity minutes on the website weekly to remain eligible for activity minute prize.

Litchfeld Lite Mission Statement:

The Litchfield Lite 100 Day Challenge promotes and encourages healthy lifestyles for healthier communities.

litchfieldlite.com



Rules for Prize Eligibility

Individual Weight Loss Prize

* Winner must participate in BOTH the weigh in and the weigh out during the designated dates/times - **Sorry, no special arrangements will be made.**

Team Weight Loss Prize

* ALL team participants must participate in BOTH the weigh in and weigh out during the designated dates/times only - **Sorry, no special arrangements will be made.**

Activity Minutes Prize

* Winner must record activity minutes EVERY week at www.litchfieldlite.com by Monday at noon with the exception of the last week when minutes will be reported on Friday, April 13 by 3:00 PM (**Reporting begins on Monday, January 16**)

Participants can start recording their minutes beginning on January 5 with the first reporting being more than 7 days, depending on when you start your 100 day challenge.

The rules outlined above only apply to prize eligibility. All participants are eligible and encouraged to reap the rewards of adopting a healthier lifestyle and to take part in the fun and camaraderie of all Litchfield Lite activities.

ADULT RECREATION

Zumba

Vickie Shoutz

Zumba® fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and strength training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Section I

Tuesday 6 Sessions
1/10-2/14
6:30 PM-7:30 PM
Wagner Elementary-Gym
Fee: \$37 #1706

Section II

Tuesday 6 Sessions
3/5-4/16
No class March 26
6:30 PM-7:30 PM
Wagner Elementary -Gym
Fee: \$37 #1706



Co-Ed Volleyball League

Litchfield Community Education

Get a team together and play volleyball this spring! Schedules will be available January 18. All registrations must be received by Friday, January 13.

Wednesdays

Starting 1/18
6:00 PM - 10:00 PM
MS-Gym
Fee: \$55.00
#1730

Fitness Bootcamp

Jessica Pautzke

Don't wait to feel good about yourself!! This group fitness class lead by staff from Anytime Fitness is designed to jump start your fitness routine and provide group accountability. It will help to improve your strength and stamina through a rugged workout of drills, weights, jumping rope, circuits and interval training. This class is for beginner to advanced participants.

Section I

Monday & Wednesday 6 Sessions
1/9 - 2/1
No class Jan 23, 25
6:00 PM - 7:00 PM
MS-Cafeteria/Gym
Fee: \$37.00 #3050



Section II

Monday & Wednesday 6 Sessions
2/6 - 3/5
No class Jan 20, 22, 27
6:00 PM - 7:00 PM
MS-Cafeteria/Gym
Fee: \$37.00 #3050

Section III

Monday & Wednesday 6 Sessions
3-12 - 4/4
No class March 26, 28
6:00 PM - 7:00 PM
MS-Cafeteria/Gym
Fee: \$37.00 #3050



Get on the Ball-Lunch

Time Stability Ball

Stretch

Angela Smith



A non-impact, core centered workout to increase balance and strength. Get out of your desk chair for a little stretching. Dust off that stability ball and come and find out how great it feels!

Participants need to bring a stability ball to class. Ball size is based on your height; if you're under 5'6" your stability ball should be approximately 55 cm; over 5'6", 65 cm.

Tuesday & Thursday 6 Sessions
2/14-3/1
11:35 AM-12:00 PM
MCFS-Bernie Aaker Auditorium
Fee: \$20 #1727



Co-Ed Recreational

Volleyball

Litchfield Community Education

This is a pick up volleyball program for those who love to play and want to improve their skills (players of any level can participate). This is not a league and no one will be turned away. This is a recreational activity where overhand serving and spiking is minimal. This activity is for older teens and adults. Please leave children at home as no supervision is provided. Registration is required.

Tuesdays
9/13 - 5/22
7:30 PM - 9:30 PM
Wagner Elementary Gym
Fee: \$35.00-Couple, \$22.00-Single,
\$3.00-Walk-in
#1735



ADULT RECREATION

Men's Yoga

Kateri Kormann



Guys need yoga, too! Yoga boosts energy and speeds up your body's recovery, it can even help with back pain. If you're an athlete you probably know that yoga can improve performance by enhancing your focus, breathing, and endurance. If hitting the mat still seems too much, consider the nearly 3.5 million men who are probably sleeping better because they've mastered their breathing or....all of the NFL and NBA players who swear by it. Yoga can help with weight lifting, weight loss, running and your overall health.

Sundays 4 Sessions
3/4-3/25
4:00 PM-5:00 PM
MS Cafeteria/Gym
Fee: \$25 #1740M
Min # of participants 4
Register Early!



Chair Yoga

Kateri Kormann



Chair Yoga is one of the gentlest forms of Yoga and uses a chair for additional support. Most of the exercises are done while sitting, leaning, or holding onto a chair. This makes it a great way to practice yoga for people of all ages and fitness levels. Chair yoga helps increase balance and flexibility.

Section I
Fridays 4 Sessions
1/6-1/27
9:30 AM-10:15 AM
Emmaus Place Lower Level
Activity room
Fee: \$20 #1740C

Section II
Fridays 4 Sessions
3/2-3/23
9:30 AM-10:15 AM
Emmaus Place Lower Level
Activity Room
Fee: \$20 #1740C
Min # of participants 4 Register Early!

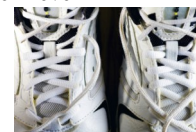
Walk the Walk

Harriet Moir

Walking is the single most effective form of physical activity. It helps to improve your circulation; reduce stress; improve muscle tone and lower cholesterol and blood pressure. Anyone can do it! Participants will follow the DVD, "Start Walking" with Leslie Sansone.

Section I #1704
Friday 4 Sessions
2/3-2/24
9:30 AM-10:15 AM
Emmaus Place Lower Level
Activity room
Fee: \$20

Section II #1704
Friday 4 Sessions
4/6-4/27
9:30 AM-10:15 AM
Emmaus Place Lower Level
Activity room
Fee: \$20



2011 Spring/Summer Men's Slow-pitch Softball League

Organizational meeting, Wednesday, April 11—7:00 PM
MCFS Suite 200
Representatives from teams must be present for this meeting. Games will start mid-May. All league fees need to be paid before schedules are made out. League fees will be \$390 (approximately 20 games with play going into August). Checks need to be made payable to Litchfield Community Education.



Men's Over 30

Basketball

Litchfield Community Education



Great exercise for the basketball enthusiast who needs an exercise outlet after a day at work. This activity is for men over 30 to play pick up games and enjoy the game that was more intense a few years back.

Pre-registration and pre-payment are required for this activity. Mondays and Thursdays
September 12– May 24
M 7-9 PM
Th 6-8 PM
MS Cafeteria Gym
Fee: \$25 (annual fee and registration)
#1725



Walking Club

Litchfield Community Education

There is no reason to take a chance walking on icy sidewalks when the hallways of Lake Ripley Elementary are available. Move your daily walking routine inside. Your \$5 pass lets you walk the entire school year. There is no walking when there are conferences, when school is not in session or when school is canceled due to inclement weather. Start anytime during the school year! Purchase your new GREEN (2011-12) pass at the Community Education Office.

Monday-Friday 6:15-7:30 AM
Monday-Thursday 4:00-7:30 PM
Friday 4:00-6:00 PM
9/2-5/31
Lake Ripley Elementary -Halls
Fee: \$5 #1705

ADULT RECREATION

Hatha Yoga I



Kateri Kormann

Whether you are new to the practice of yoga or just curious, this class will introduce the basic principles of yoga. Yoga can lead to increased strength and flexibility and can relieve stress and anxiety. A yoga mat, strap, and light blanket is recommended. Be prepared to practice barefoot.

Section I #1741
Mondays 5 Sessions
1/9-2/13
No class on January 23
6:15 PM-7:30 PM

Section II #1741
Mondays 5 Sessions
3/5-4/9
No class on March 26
6:15 PM-7:30 PM

Section III #1741
Mondays 5 Sessions
4/16-5/21
No class April 23
6:15 PM-7:30 PM



Hatha Yoga II



Kateri Kormann

This course is for beginning and advanced students and focuses on the basic principles of yoga in addition to teaching the poses in more detail. This class will also introduce Sun Salutation. Yoga can lead to increases strength and flexibility and can relieve stress and anxiety. A yoga mat, strap, and light blanket is recommended. Be prepared to practice barefoot.

Section I #1742
Tuesday 5 Sessions
1/10-2/14
No class January 24
6:15 PM-7:30 PM

Section II #1742
Tuesdays 5 Sessions
3/6-4/10
No class March 27
6:15 PM-7:30 PM
Fee: \$30

Section III #1742
Tuesdays 5 Sessions
4/17-5/22
No class April 24
6:15 PM-7:30 PM

Gentle Evening Yoga



Kateri Kormann

Wind down from the days events with gentle evening yoga. Practice gentle movement and stretching using traditional Hatha yoga to stretch, warm, and strengthen the body. Perfect for beginners and those looking for a gentle, rejuvenating class.

Section I #1743
Thursday 5 Sessions
1/12-2/16
No class January 26
7:30 PM-8:30 PM

Section II #1743
Thursday 5 Sessions
3/8-4/12
No Class March 29
7:30 PM-8:30 PM

Section III #1743
Thursdays 5 Sessions
4/19-5/24
No class April 26
7:30 PM-8:30 PM

All Yoga sections on Page 16
are held in the
Wagner Media Center
Fee: \$35 per section

Prenatal Yoga



Kateri Kormann

Yoga for the mommy to be. This class is tailored for pregnancy at any stage. You will build strength and endurance with the use of breath work in order to get ready for labor.

Section I #1744
Monday 5 Sessions
1/9-2/13
No class January 23
7:30 PM-8:45 PM

Section II #1744
Monday 5 Sessions
3/5-4/2
No class March 26
7:30 PM-8:45 PM

Section III #1744
Monday 5 Sessions
4/16-5/21
No class April 23
7:30 PM-8:45 PM



Deadlines for all classes are one week before the class or activity, unless specified.

YOUTH ENRICHMENT

Music Together

Carla Lindhorst

Have FUN and at the same time promote the musical development of your child by participating in Music Together® classes. Music Together is an internationally recognized early childhood music and movement program for children from birth to age 5 that provides rich musical experiences and promotes family bonding. Classes include songs, rhythmic rhymes, movement, and instrument play. The activities are presented as relaxed, playful, non-performance-oriented experiences. Spring classes will explore the BELLS Song Collection. All families will receive TWO CDs and an ILLUSTRATED SONGBOOK with the 10-week session. Class size is limited to 12 children and their participating adults.

For more information, contact Carla Lindhorst at (320) 593-8023 or visit online at www.joyfulsoundsfm.com

Music Together art & logo design copyright© 1992-2010 Music Together LLC. Music Together is a registered trademark. Joyful Sounds is licensed by Music Together LLC.

Monday 10 Sessions

1/30-4/16

No class Feb. 6, 20

6:15 PM-7:00 PM

#1291

All classes held at Augustana Memorial Chapel at 203 North Armstrong Avenue Litchfield.

•Fees: 1st child - \$75

Add'l siblings - \$15 per child

Babies under 8 months are FREE with

a registered child (please provide

baby's name and birthdate when

registering)

Friday 10 Sessions

Section I

2/3-4/20

No Class March 30; April 6

10:00-10:45 AM

#1292A

Friday 10 Sessions

Section II

2/3-4/20

No Class March 30; April 6

11:00 AM-11:45 AM

#1292B



Firearms Safety

Jim Curry, Steve Warner, Milan Godejahn, Mike Ross

In this course you will learn: safe gun handling, gun care & storage, hunter responsibility, gun safety in the home, marksmanship & more. Students are required to attend all classes. Parents and other adults are encouraged to stay for the class and listen to the material and guest speakers. **A parent permission slip must be signed when you register at the Community Education office.**

Tuesday & Thursday 8 Sessions

3/13-4/12

6:30 PM-8:30 PM

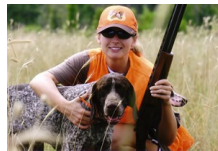
No class March 27 & 29

Darwin Rod & Gun Club

Fee: \$4.50 (A \$7.50 DNR fee will need to be paid

at the completion of class)

#1225



Red Cross Babysitting Clinic

Kristen Tritabaugh

For ages 11-15

Babysitting can be a great way to earn extra money,

but it is a huge responsibility. The

American Red Cross Babysitting Clinic

will train you in the basics required to

keep you and the children you are re-

sponsible for safe. Learn what parents

expect, basic information about the

development of children, accident pre-

vention strategies, how to handle some

emergency situations, and basic child

care skills. Students successfully com-

pleting the class will receive a certifi-

cate of completion and a resource

packet. Students must be 11 years old

by March 12, 2012 to register for the

class. **Students need to bring a doll**

with them to class.

Monday 2 Sessions

3/12 & 3/19

3:15 PM-6:15 PM

HS -E-105

Fee: \$42

#1206

Guitar for Beginners

Paul Jorgensen

This group lesson is designed for abso-

lute beginners and will address tuning

the guitar, learning to read notes, basic

chords, strums and

finger picking styles.

Thursdays 6 Sessions

Section I

January 19, 26,; Feb 2, 9, 16, 23

3:15 - 3:45 Grades 4-8 #1260A

3:45 - 4:15 Grades 9-12 #1260B

Section II

March 8, 15, 22; April 12, 19, 26

3:15 - 3:45 Grades 4-8 #1260C

3:45 - 4:15 Grades 9-12 #1260D

HS Band Room W-115

Fee: \$15

Includes workbook and

instruction



YOUTH ENRICHMENT



Kids in the Kitchen

Linda Heggedal-Hart

Grades 3-6

Do you love to hang out in the kitchen? Each day we will learn to prepare fun mouth-watering foods while practicing safety and measurement skills for culinary arts. We will even take home recipes and extra goodies to share with our families! Please note any food allergies when registering for this class.

Valentins'e Baking #1212A

Tuesday

2/7

3:15 PM-5:15 PM

HS FACS Room C-110

Fee: \$15

Friendship Baking #1212B

Tuesday

3/6

3:15 PM-5:15 PM

HS FACS C-110

Fee: \$15

Easter Baking #1212C

Tuesday

4/10

3:15 PM-5:15 PM

HS FACS Room C-110

Fee: \$15

Deadlines for all classes are one week before the class or activity, unless specified.

Get Creative with Clay

Charles Banks

Grades 1-6



Do you enjoy working with your hands? Experience working with clay in a studio setting. Participants will experience slab, coil and hand building techniques as they create with clay. As a special bonus this class will get to try throwing clay on a potter's wheel. Participants will leave this class with a variety of completed projects.

Monday

5 sessions

1/9-2/13

No class Jan 23

MS -202

3:15-4:15 PM

Project pick up date: Feb. 27 3:00 PM

Middle school art room 202

Fee: \$37

#1215



Come Read with Us!

Heather Silbernagel

Ages 3-5

This class will encourage your child's listening and reading skills with fun activities. The books of the day will be read and enhanced by games and craft activities. Come have fun with books.

Mondays

3 Sessions

3/5-3/19

6:30 PM-7:30 PM

Lake Ripley Elementary -Room 256

Fee: \$18

#1209



Drawing I

Dave Whitchurch

Grades 4-6

Are you motivated and excited to improve your drawing skills? Drawing drills, activities, and assignments will all be part of this course. Mr. Whitchurch has been a teacher in Litchfield School District for 25 years. He has an art concentration from Bemidji State University and has drawn as a hobby for a lifetime. A drawing pad will need to be purchased and brought to class.

Register early to get a seat!

M-Th 4 Sessions

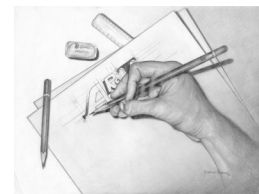
1/16-1/19

3:00 PM-4:15 PM

Wagner Elementary -Rm 11

Fee: \$25

#1232A



Drawing II

Dave Whitchurch

Grades 4-6

This class is for students who would like to continue learning more about drawing and drawing techniques. Students will take part in many drawing activities and assignments. Students must have already taken "Drawing I" to register for this class. A drawing pad will need to be purchased and brought to class.

M-Th 4 Sessions

1/30-2/2

3:00 PM-4:15 PM

Wagner Elementary -Rm 11

Fee: \$25

#1232B

REGISTRATION FORMS

Ways to Register:

- 1) **Online at:** www.litchfieldcommunityed.com
- 2) **At our office:** Litchfield Community Education and Recreation
114 Holcombe Avenue N., Suite 110
(Located in the Meeker County Family Services Center)
Office hours are 8:00 AM to 4:30 PM, Monday-Friday
- 3) **By phone:** (320) 693-2354 using VISA or MasterCard
- 4) **Mail in your registration using check or credit card to:**
Litchfield Community Education and Recreation
114 Holcombe Avenue North, Suite 110, Litchfield, MN 55355

**Please consider your payment as confirmation of your registration.
All classes are filled on a first paid-first served basis.**

Weather Policy

When schools close due to inclement weather, all Community Education activities also will be canceled or postponed.

Nothing kills an activity faster than residents who wait until the last minute to register! There is a point when a program must be cancelled or modified, if there is insufficient enrollment. All programs require a high level of coordination, often including facility scheduling, staffing, and purchasing of supplies.

PLEASE REGISTER EARLY!!!

Don't forget – Community Education gift certificates make wonderful gifts. Give the gift of learning a new hobby or building on a talent! Our classes and activities are the perfect opportunity to spend time with family and friends!

Give the gift of lifelong learning!



Photographs

By registering for any Community Education activities listed in this Program Guide, you acknowledge for yourself or those you are registering that photographs of participants may be taken and used in Community Education publications, flyers or other advertising. If you object to your photo being used, please call Community Education at 320-693-2354.



Deadlines for all classes are one week before the class or activity, unless otherwise specified.

REGISTRATION INFORMATION

Litchfield Community Education & Recreation Registration Form

Payer Name (print) _____ Home Phone _____

Mailing Address _____ City _____ State _____ Zip _____

Family e-mail address _____

Other phone numbers: Cell _____ Work _____

Activity #	Activity Name	Fee	Participant's Name	Grade (youth)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

____ Visa ____ MasterCard ____ Cash ____ Check # _____

Card # _____ Exp Date ____ / ____ 3-digit signature code _____

Cardholder's Signature _____

Make checks payable and mail to: Litchfield Community Education, 114 Holcombe Ave. N., Suite 110, Litchfield, MN 55355

Early Childhood Family Education Programs Registration Form

Child's Name	Date of birth	Class #/Name	Fee
_____	_____	_____	_____
_____	_____	_____	_____

May we assist you with any special needs? _____

Sibling Care	Child's Name	Date of birth	Class #/Name	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

***Form must be completed, and payment made at the time of registration. Questions? Call Wendy at (320) 593-0072.*

Parent/Guardian Name (print) _____ Home Phone _____

Mailing Address _____ City _____ State _____ Zip _____

E-mail address _____

Other phone numbers: Cell _____ Parent's work _____

____ Visa ____ MasterCard ____ Cash ____ Check # _____

Card # _____ Exp Date ____ / ____ 3-digit signature code _____

Cardholder's Signature _____

Make checks payable and mail to: Litchfield Community Education, 114 Holcombe Ave. N., Suite 110, Litchfield, MN 55355

YOUTH RECREATION

Tae Kwon Do

Scott Lund

Ages 5 and up

Tae Kwon Do is a form of self-defense. It is not only for kids, adults can also benefit from martial arts. Students will learn the techniques of Tae Kwon Do while gaining self-confidence and staying in shape. Students will learn forms (kata), self-defense techniques, board breaking and sparring. All rank advancement is through the North American Tae Kwon Do Federation (NATF) and nationally recognized. Participants should wear loose, comfortable clothing.



Section I

Monday 5 Sessions

1/9-2/13

No class January 23

5:30 PM-6:30 PM

Crow River Martial Arts,

18 E 2nd St, Litchfield

Fee: \$30 #1801

Section II

Mondays 5 Sessions

2/27-4/9

No class March 12 & 26

5:30 PM-6:30 PM

Crow River Martial Arts,

18 E 2nd St, Litchfield

Fee: \$30 #1802

Section III

Mondays 5 Sessions

4/23-5/21

5:30 PM-6:30 PM

Crow River Martial Arts,

18 E 2nd St, Litchfield

Fee: \$30 #1803

X-Treme Kids

Megan Tarning

Grades K-6

It's the kids' turn to run and play! This is more than just open gym, your kids will have the chance to play high energy games and other activities that promote an active and healthy lifestyle. Are you registered for one of our classes and your child needs their time to play? Are you trying to get to the gym but need a fun place for your child to hang out, be active, and have fun? X-Treme Kids is the place!!!



Section I

Tuesday 6 Sessions

1/10-2/14

5:30 PM-7:30 PM

Lake Ripley Elementary -Gym

Fee: \$24 #1875

Section II

Tuesday 6 Sessions

2/28/-4/10

No class March 27

5:30 PM-7:30 PM

Lake Ripley Elementary -Gym

Fee: \$24 #1875

Baseball Hitting Clinic

Jeff Wollin

Grades 7&8

Get a head start on the spring baseball season with some excellent instruction and practice. Participants will have the opportunity to develop their hitting skills through instruction, demonstration, and lots of hands-on drills and practice. **Bring your own bats, if possible, and dress in layers (the hangar is heated to about 50 - 60 degrees in early March).**

M, T, W 3 Sessions

3/5-3/7

4:00 PM-5:30 PM

Hangar Batting Cage Facility

Fee: \$20 #1364



Drop Shot Dragons Tennis

LHS Tennis Coaches & Players

Get a head start on summer tennis fun. Learn how to go from basic skills to game play. Fee includes a t-shirt and the use of a tennis racquet, if you need one. Specify t-shirt size when registering: (YM, YL, AS, AM, AL, AXL). In case of inclement weather Drop Shot Dragons will be held in the Middle School Gym.

Monday & Wednesday 4 Sessions

4/30-5/9

5:00 PM-6:00 PM

HS -Tennis complex

Fee: \$20 #1815



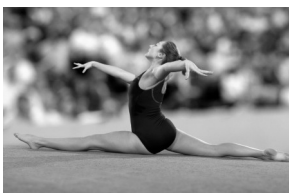
YOUTH RECREATION

Litchfield Dragon Gymnastics-Advanced/ Intermediate

Lori Kettner

This is a great way for gymnasts to get some gym time this winter! We will focus on flexibility and strength as well as all four apparatus. Gymnasts should have previous gym experience and be able to bend into a bridge without help. Prepare to learn some new skills and have a great time in the gym! **Sign up for Litchfield Dragon Gymnastics and Dance for Gymnastics and get \$5.00 off each class. Participants will need to call our office to get the discount.**

Mondays 6 Sessions
1/9-2/27
No Class Jan 23; Feb 20
6:30 PM-7:15 PM
National Guard Armory-Litchfield
Fee: \$50 #1315



Dance for Gymnastics

Stacey Olson

Gymnastics requires strength, flexibility and grace. Dance instructor Stacey Olson will introduce fundamental dance elements for building beautiful floor routines. Leaps, turns, jumps, kicks and more will be the focus. **Sign up for both the Intermediate/Advanced Litchfield Dragon Gymnastics and Dance for Gymnastics and get \$5.00 off each class.**

Mondays 6 Sessions
1/9-2/20
No class Jan 23; Feb 20
7:15 PM-8:00 PM
National Guard Armory-Litchfield
Fee: \$50 #1316



Stacey Olson performed in Super Bowl 26's halftime show as a pointe dancer with guest star Gloria Estefan. A former professional ballerina, she has more than 15 years of teaching expertise. Recently she choreographed two local musicals: Oklahoma and Beauty and the Beast.



Preschool Tumblers

Lori Kettner

Ages 3-5

Students will be introduced to the basics of gymnastics while having tons of fun! Lori will also incorporate gross motor activities to enhance coordination.

Section I

Monday 6 Sessions
1/9-2/27
No Class Jan 23; Feb 20
1:30 PM-2:00 PM
National Guard Armory-Litchfield
Fee: \$30 #1311A

Section II

Monday 6 Sessions
1/9-2/27
No Class Jan 23; Feb 20
2:00 PM-2:30 PM
National Guard Armory-Litchfield
Fee: \$30 #1311B

Tumblin' Tots

Lori Kettner

Ages 2-5, accompanied by an adult

Come to this interactive parent/child gymnastics opportunity. Come to play and tumble with your little one! Jump, dance, stretch and learn together. This is a great class for children that aren't ready for group class time but still want to play and learn at the gym! Moms and dads-wear your comfy clothes, this is going to be fun!

Section I

Monday 6 Sessions
1/9-2/27
No Class Jan 23; Feb 20
10:00 AM-10:30 AM
National Guard Armory-Litchfield
Fee: \$30 #1310A

Section II

Monday 6 Sessions
1/9-2/27
No Class Jan 23; Feb 20
10:30 AM-11:00 AM
National Guard Armory-Litchfield
Fee: \$30 #1310B

Youth Wrestling HS Wrestling Room

Alternate sign up will be December 19th
5:30-6:00 in the wrestling room.

Practices

K-2nd Monday nights only 6 – 7 PM
Practice starting Dec. 12th
3rd – 6th Monday nights 7:15 - 8:30 PM,
Thursdays 6 – 7:30 PM Practice starting Dec 8th

Registration fee is \$10.00, participants will receive a t-shirt.
Shoes and singlets available at sign up.



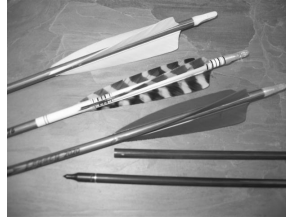
YOUTH RECREATION

Youth Archery

Rick Loge

Grades 3-12

For the very beginner or the highly skilled archer, this activity is for youth who want to learn or improve in the sport of archery. Learning or building on already known skills will be the focus of this activity. Participants will be able to work toward competitions held in March. Archery can improve muscular strength and endurance, hand-eye coordination, balance and flexibility. Students will learn the proper way to use a bow and the appropriate safety procedures to follow when practicing or competing.



Section I

Monday 6 Sessions

1/9-2/27

No Class Jan 23; Feb 20

6:15 PM-7:45 PM

Fees: New Equipment \$57

Used Equipment \$ 37

Section II

Monday 6 Sessions

3/5-4/16

No Class March 26

6:15 PM-7:45 PM

#1859

Dance Creations

Carrie Block

Learn about dance in a fun environment. The focus will be primarily on precision and jazz techniques. Fundamentals will include jazz steps, precision kicks, teamwork, rhythm, coordination, building self-esteem and a variety of other skills, depending on age level. Each class will put the skills and techniques learned into a routine for the recital performance to be held on Friday, April 20.



Thursday 10 Sessions

Feb 16; Mar 1, 8, 15, (Tues 20); (Tues Apr 3), 12,

(Tues 17), 19

Recital at Bernie Aaker Auditorim

Friday, April 20 at 7:00 PM

#1850	3:30-4:00 PM	Age 3
#1851	4:00-4:30 PM	Age 4
#1852	4:30-5:00 PM	Age 5
#1853	5:00-5:45 PM	Grades K-1
#1854	5:45-6:30 PM	Grades 2-3
#1855	6:30-7:15 PM	Grades 4-6

All Classes held in the Lake Ripley Elementary Gym
 Fee: \$80.00 (Includes a \$40 Costume fee, tights fee and \$40 instruction fee.)

If you danced in the Fall session your fee will be \$40. You will need to call our office to register.

Deadlines for all classes are one week before the class or activity, unless specified.

Drippin' Dragons

Mike Warpula

Grades 4-6

Participants will work on the skills required to be competitive swimmers. Skills taught include: freestyle, backstroke, breaststroke and butterfly. No previous competitive swimming experience is needed. Each swimmer will receive a pair of goggles and should bring a towel, swim suit, tennis shoes, and a gym bag. Valuables should not be left in the locker room. If you bring a padlock you can secure your belongings in a locker. Locker rooms are not locked.

M-F Mar 5-9 9 Sessions

M-W Mar 12-14

3:15 PM-5:00 PM

Th 3/15 Swim Meet 6:00 PM

HS-Pool

Fee: \$25

#1510



Come Play with Us!

Heather Silbernagel

Ages 3-5



Structured gym fun, exercise, obstacle courses, kids games and more! Gym time is fun time!

Mondays 3 Sessions

4/2-4/16

6:30 PM-7:30 PM

Lake Ripley Elementary -Gym

Fee: \$18

#1209B



YOUTH TRIPS

When school is **OUT** ~ Community Ed **Fun** is IN!

Powder Ridge Snow Tubing

Monday, January 23

9:00 AM – 1:30 PM

Grades 2+

Fee: \$19

Snowtubing requires no special skill or equipment, only warm clothes and a desire to have fun. They supply the tubes and you supply the laughs, screams and smiles. The Powder Ridge tuber mover is a conveyor system that you just stand on with your tube and enjoy a leisurely ride to the top of the hill.



If you would like, you may bring money for food at the concession stand. No outside food allowed.

Tropics Indoor Pool & Slides

Monday, March 26

10:30 AM – 5:00 PM

Grades 2+

Fee: \$24

Located in the Shoreview Community Center, Tropics includes: a 3-story waterslide, water walk, drop slide, water basketball and volleyball, and a zero-depth pool. Cost includes transportation & admission to the water park. **Children are allowed to bring a bag lunch or money for The Wave Café.**



Please bring back-pack, swimsuit, towel, and plastic bag to bring wet suit and towel home.

Adventure Peak & Chuck E. Cheese's

Wednesday, March 28

9:00 AM – 4:00 PM

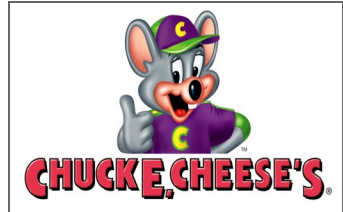
Grades 2+

Fee: \$24

The Edinborough Park Playpark is almost one acre of indoor fun, highlighted by Adventure Peak, one of the largest indoor play structures in the country. The "Peak" is a 44-by-44-by-37 foot high climbing, low crawling, slip sliding Northwoods adventure. Climb into the 30-foot tall oak tree, slide down one of the four giant tube slides or wash down the triple wave slide. Climb across a canyon, scale the climbing wall and venture to the 30 foot

lookout to spy around the park. From the lookout, slide down the very popular and very fast new super slide. The Playpark also contains the Great Hall, a 60-by-90 foot multipurpose space for kids to play with balls and other park-provided gym activities. Next, we will head to Chuck E. Cheese's where a kid can be a kid.

Pizza, pop and 16 tokens will be provided.



Nickelodeon Universe/Mall of America

Friday, March 30

8:00 AM – 3:30 PM

Grades 3+

Fee: \$24

Join us for a day of unlimited rides at this newly renovated indoor amusement park including SpongeBob SquarePants Rock Bottom Plunge, the Splat-O-Sphere, Avatar Airbender and more.

Bring a lunch or money for the food court.



All trips will be chaperoned by District #465 Community Education Staff. Pick up and drop off for these trips will be at Wagner Elementary School. Bus will load 15 minutes prior to departure time. Return times are approximate and estimated to the best of our knowledge trying to account for traffic.

Open Swim

Litchfield Community Education

Jump in for some fun during open swim time! This time is an unstructured, casual swim time with no organized activities. Participants must have passed Level 2 swim lessons or be accompanied by an adult. Lifeguards will be on duty.

Tuesday through Friday

Dec 27-30

Jan 23; Feb 20;

Mar 26-30; Apr 6

2:00 – 4:00 PM

HS - Pool



Fees: \$3.00 per person pay at the pool or purchase an Open Swim pass at Community Education, \$25 for a 10-punch card.

#1510



Drippin' Dragons

Mike Warpula

Grades 4-6

Participants will work on the skills required to be competitive swimmers. Skills taught include: freestyle, backstroke, breaststroke and butterfly. No previous competitive swimming experience is needed. Each swimmer will receive a pair of goggles and should bring a towel, swim suit, tennis shoes, and a gym bag. Valuables should not be left in the locker room. If you bring a padlock you can secure your belongings in a locker. Locker rooms are not locked.

M-F Mar 5-9 9 Sessions

M-W Mar 12-14

3:15 PM-5:00 PM

Th 3/15 Swim Meet 6:00 PM

HS-Pool

Fee: \$25

#1510

Aqua Zumba - The Zumba Pool Party



Lili Howe

Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Wednesdays 5 Sessions

3/7-4/11

No class March 28

7:15 PM-8:00 PM

HS-Pool

Fee: \$37

#1578



Lap Swim

Add a little variety into your exercise routine and stay in shape by swimming laps in the high school pool. This "on your own" program will allow you to set your own pace and will be a great cardiovascular workout.

Tues and Thurs 6:30-7:30 A.M.

January 3-May 31

No AM Lap Swim March 27 & 29

Fees: \$3.00 per person pay at the pool or purchase an Open Swim pass at Community Education, \$25 for a 10-punch card.

#1505



Aqua Aerobics

Kjerstin Meyer &

Betsy Ludvigson

Aqua-Aerobics is a great, low-impact water workout program. The water provides the resistance and you control the intensity of your activity. This is not a swim class. No previous swim knowledge is necessary. A 10-time punch card can be purchased at Community Education. A one-time registration is necessary for record keeping purposes. **(If Aqua Aerobics has to be canceled, a notice will be posted in the locker rooms and in the pool area)**

Mon 7-8 PM Wed 6-7 PM

Jan 2—May 30

Fee: \$25 for a 10-time punch card.

Punch card may be purchased at the Community Education office.

#1515



Sunday Night Open/ Lap Swim

Litchfield Community Education

Enjoy time with your friends, playing games and practicing your strokes. A lane will be set aside, in the pool, for lap swimmers. \$3 per person if you pay at the pool.

Sunday

10/2-4/8

6:30 PM-7:30 PM

HS -Pool

Fees: \$3.00 per person pay at the pool or purchase an Open Swim pass at Community Education, \$25 for a 10-punch card.

#1510

AQUATICS

Red Cross Swim Lesson Descriptions

The Red Cross Program is a recognized swim program instructed by certified staff. It is typical for each child to repeat levels several times before mastering all the skills. The aquatic staff will test skills at the first class and recommend another level if one appears more appropriate for your child's ability. Make-up lessons are not available for students who miss a regularly scheduled class.

Preschool Level A

Recommended Ages 4-5

This is your child's first lessons without mom or dad. In this level your child is introduced to basic skills that will lay the foundation for future skill development of swimming strokes.

Participants learn to:

- Enter water on own and swim at least 5 yards
- Submerge mouth and blow bubbles for 3 seconds
- Exit the water safely
- Glide on front for at least 2 body lengths
- Roll to back and float for 3 seconds

Preschool Level B

Recommended Age 4-5

This class builds on skills taught in Pre-Level A. This course is for those students who are not afraid in the water and have had swim lessons on their own before.

Participants learn to:

- Step from the side into chest-deep water
- Move into a front float for 5 seconds, rolling to back
- Push off & swim using combined arm & leg actions on front for 5 body lengths
- Roll to back, float for 15 seconds, roll to front then continue to swim for 5 body lengths.

Level 1: Introduction to Water skills

Recommended 6 years old to start class

Classes are 45-50 minutes

Participants learn to:

- Enter and exit water safely
- Open eyes underwater, pick up submerged item
- Submerge mouth, nose and eyes
- Float on front and back
- Follow basic water safety rules
- Exhale underwater through mouth and nose
- Explore arm and hand movements
- Use a life jacket

Level 2: Fundamental

Aquatic Skills

Participants learn to:

- Enter by stepping or jumping from the side
- Open eyes under water
- Swim on front and back using combined strokes
- Move in the water while wearing a life jacket
- Exit water safely using ladder or side
- Float on front and back
- Swim on side
- Tread water using arm and leg motions
- Perform front and back glide
- Roll over from front to back, back to front
- Pick up a submerged object

Level 3: Stroke Development

Participants learn to:

- Jump into deep water from the side
- Bob with the head fully submerged
- Perform survival float
- Perform the HELP and Huddle position
- Dive from kneeling or standing position
- Use rotary breathing in horizontal position
- Perform front & back crawl and front & back glide
- Perform a reaching assist
- Submerge and retrieve an object
- Butterfly – kick and body motion
- Use Check-Call-Care in an emergency
- Change from horizontal to vertical position on front & back



Level 4: Stroke Improvement

Participants learn to:

- Do shallow dive or dive from stride position
- Tread water using sculling arm motions and kick
- Perform front and back crawl
- Perform open turns on front and back
- Swim underwater
- Perform breaststroke and butterfly
- Perform elementary backstroke
- Care for conscious choking victim
- Swim on side using scissors-like kick
- Perform a throwing assist
- Use safe diving rules
- Perform feet-first surface dive
- Perform compact jump into water from a height while wearing a life jacket

Level 5: Stroke Refinement

Participants learn to:

- Tread water with two different kicks
- Perform standing dive
- Perform tuck and pike surface dives
- Perform rescue breathing
- Perform front and backstroke flip turns
- Swim butterfly, breaststroke, side-stroke
- Learn survival swimming
- Perform front & back crawl & elementary backstroke
- Perform shallow dive, glide two body lengths and begin any front stroke

Level 6: Swimming and Skill Proficiency

Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses such as Water Safety Instructor and Lifeguard Training courses. These options include: Personal Water Safety, Fundamentals of Diving and Fitness Swimmer.



American Red Cross Swim Lessons

April 17-April 27
Tuesday-Friday
 8 Sessions

May 1-May 11
Tuesday-Friday
 8 Sessions

May 15-May 25
Tuesday-Friday
 8 Sessions

7:00-7:55 Level 1 #1561	7:00-7:55 Level 2 #1562	7:00-7:55 Level 4 #1564	7:00-7:55 Level 6 #1566
7:00-7:25 Pre A #1570A	7:30-7:55 Pre B #1571A	7:00-7:55 Level 1 #1561A	7:00-7:55 Level 3 #1563
7:00-7:25 Pre A #1570B	7:30-7:55 Pre B #1571B	7:00-7:55 Level 2 #1562A	7:00-7:55 Level 5 #1665

Swim Lessons Fees: \$37 for 8 sessions

Highway 12 Waves

Amy Lundberg, Head Coach;

*Jill Ludvigson, Janae Piehl, and
 Betsy Ludvigson*

*Must have passed a Level 2 Red Cross
 Learn-To-Swim class*

Dive into the competitive world of a USA swim club or join for the lifelong benefits swimming can provide. Coaches will provide training, technique, strength and condition. Participation in USA swim meets is optional.

January-March

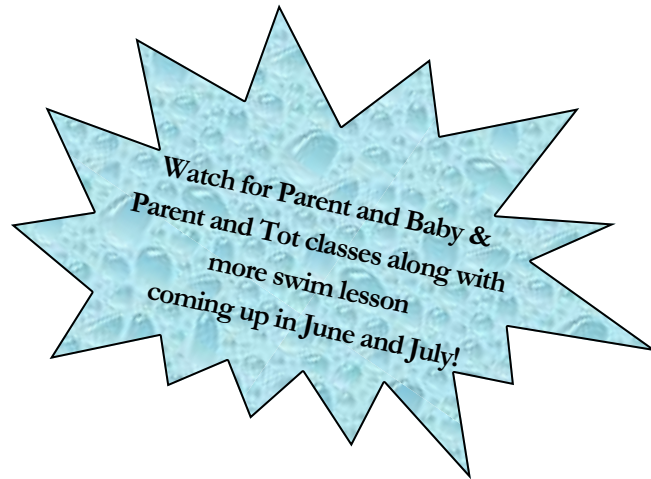
Monday 5:00-6:00 PM

Tuesdays 6:00-7:00 PM

Thursdays 6:00-7:30 PM

LHS Pool

Fee: \$ 100 #1575



Questions about our aquatic activities? Something new you would like to see offered? Email our pool manager, Jill Ludvigson at: jill_ludvigson@litchfield.k12.mn.us



Jill Ludvigson
 Pool Manager

EARLY CHILDHOOD

Winter/Spring 2012 Early Childhood Family Education Programs

What is the scoop on Early Childhood Family Education?

- ECFE in Litchfield employs 4 certified teachers and 3 support staff.
- The Early Childhood Center is located in the Meeker County Family Services Center, 111 N. Armstrong Ave., Litchfield.
- Programs are offered to families with children ages birth to five.
- All programs include a rich variety of experiences to promote the growth and development of young children.
- All programs involve parents AND children. Research and experience shows that children whose parents are involved early on in their education do better in school.
- Parent discussion time allows parents to connect, develop relationships, gain support, and learn new parenting skills.
- **We want to partner with parents to provide the very best family education experience available. Please join us!**



ECFE Winter / Spring 2012 Schedule Classes at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Family Affair</u> 9:00-10:30 AM	<u>Hand-in-Hand</u> <u>Preschool</u> 8:30-11:00 AM	<u>Family Affair</u> 9:00-10:30 AM	<u>Hand-in-Hand</u> <u>Preschool</u> 8:30-11:00 AM	
<u>Baby and Me</u> 11:00 AM-12:00 PM		<u>Lunch Bunch</u> 11:00-1:00 PM		
<u>Hand-in-Hand</u> <u>Preschool</u> 12:15-2:45 PM	<u>Hand-in-Hand</u> <u>Preschool</u> 12:15-2:45 PM		<u>Hand-in-Hand</u> <u>Preschool</u> 12:15-2:45 PM	
	<u>Baby and Me</u> 1:00-2:00 PM			
	<u>Family Affair</u> 6:00-7:30 PM		<u>Family Affair</u> 6:00-7:30 PM	

Questions? Need more information on any of our programs?
Call Wendy Walz at 320-593-0072 ext. 8114
or e-mail wendy_walz@litchfield.k12.mn.us

Wendy Walz
Early Childhood
Programs Coordinator



About ECFE Fees

Don't let the class fee stop you from spending special time with your child at ECFE!

Sliding Fee Categories

Winter/Spring Quarter 2012

Legislative action requires a sliding fee schedule for ECFE class fees. Fees are based on your family's gross annual income. Please use the descriptions below to determine your eligibility.

13 week class tuitions and/or 6 week sessions:

Income	1 ½ hour class(13 wks)	1 hr class (6 wks)
\$70,000 +	\$134	\$55
\$60-69,999	\$114	\$46
\$50-59,999	\$80	\$35
\$40-49,999	\$60	\$25
\$30-39,999	\$40	\$15
\$20-29,999	\$20	\$7
10-19,999	\$8	\$3
\$9,999 & under	\$0	\$0

No family will be denied participation due to an inability to pay.

Need childcare or sibling care?

ECFE offers child care for some classes. Fees are kept at a minimal expense to families. You **must** register siblings who will need child care when you register for ECFE classes. Sibling Care has room for only 8 children in each section and is granted on a first come-first served basis. Register early! Daycare students are accepted after all families in a given class have registered their family child care needs.

All sibling care is at a fixed rate per child per ECFE session. Due to limited budgets and in order to keep this part of the program in operation, it must be cost effective. There must be a minimum of two families registered for each section of sibling care to avoid cancellation. See Wendy Walz if you have concerns regarding payment.

Family Affair

For Birth -Pre K

Have fun playing with your child, introducing them to a variety of learning experiences, and making new friends! Families have the opportunity to explore art, music and movement, math, literacy, and science activities that have been prepared by our early childhood teacher. Families also enjoy participating in circle time activities together. During the last portion of class, parents and children separate to allow parents the opportunity to discuss pertinent topics with a parent educator. Come and enjoy this time for you and your child!

Monday Mornings 9:00-10:30 AM

January 30 – May 7

No class: February 20 & March 26

13 weeks; 1 ½ hour classes

Class Code: 9100A

Tuesday Evenings 6:00-7:30 PM

January 31 – May 8

No class: March 27 and April 24

13 weeks; 1 ½ hour classes

#9100B

Wednesday Mornings 9:00-10:30 AM

February 1 – May 2

No class: March 28

13 weeks; 1 ½ hour classes

#9100C

Thursday Evenings 6:00-7:30 PM

February 2 – May 3

No class: March 29

13 weeks; 1 ½ hour classes

#9100D

Fees for Sibling Care

6 week classes

1 hour class - \$30/family



EARLY CHILDHOOD

Baby and Me

Birth to pre-walking

Babies grow and change so quickly! Meet other parents and babies and enjoy fun activities with your baby. We will explore infant development as well as the importance of the first year. We will share ideas and activities to provide the beginning of a solid foundation for your baby. These are non-separating classes for infants, from birth to 12 months, and their parents. Parents and children stay together for an enjoyable time of play and parent discussion.

#9010A

Monday- Jan. 30-March 5
11:00 AM-12:00 PM
6 sessions

#9010B

Tuesdays- Jan. 31-March 6
1:00-2:00 PM
6 sessions

#9010C

Mondays - April 2-May 7
11:00 AM-12:00 PM
6 sessions

#9010D

Tuesday - April 3-May 8
1:00-2:00 PM
6 sessions



Lunch Bunch

For children ages birth to Pre-K

This is a busy stage of parenting. Do you wonder if you will ever get a chance to talk to other adults again and complete a full conversation? This two hour class will provide time for parent-child time as well as a time for parents to talk together. **Participants (parent & child) will bring their own bag lunch to class.** Come for your child...stay for yourself.

Wednesday

11:00 AM to 1:00 PM
February 1 – May 2
No class: March 28
13 weeks; 2 hour classes
Class Code: 9030W



Hand-in-Hand PRESCHOOL REGISTRATION



Join the Hand-in-Hand Preschool Staff at Ripley Elementary School for an **OPEN House Preview on Monday, February 6 from 5:30-6:30 PM.** You will get to see the classroom plus meet preschool staff for 2012-13. Pick-up a registration form at this event that will allow you to register at Community Education on Monday, February 13.

Registration will also be open to the community on February 13 and preschool spaces will be filled on a first come, first served basis. Registration forms must be accompanied by a \$50.00 payment to Community Education to hold spaces for the 2012-13 school year. Please join the staff as they introduce you to a community option for preschool at the Open House, February 6 from 5:30-6:30 PM.

All children registering for Hand-in-Hand Preschool must be at least 3 years old on or before August 31, 2012. All children **MUST** be fully potty-trained and not wearing pull-ups to participate in preschool.

Classes for preschoolers:

Children 3 and 4 years of age
(2 years before kindergarten will go Tuesday and Thursday mornings; 8:30 – 11:00 AM)

Children ages 4 and 5
(one year before kindergarten will go Monday, Tuesday and Thursday afternoons; 12:15 – 2:45 PM)

ECFE and School Readiness Programs
Celebrate the
National Week of the Young Child
April 22- 29. ★

To Celebrate in Litchfield: We will hold
our 2nd Annual
Movin' and Groovin' Event

Tuesday, April 24 5:30-7:00 PM 🎵
at the Lake Ripley Cafeteria and Art Room.

- Join us for Music, Dancing, Games, Crafts, an Obstacle Course, Face Painting, Snack and much, much more!
- Admission: \$1.00 per person plus a donation for the Meeker County Food Shelf. ★
- Join the fun and celebrate the Week of the Young Child right here in Litchfield. ★

EARLY CHILDHOOD

ECFE - Run & Romp

ECFE Staff

Come to this family favorite gym night and enjoy slides, balls, scooter boards, and wide-open spaces. Snacks are provided along with a few quieter activities such as drawing and play dough. Parents, please remember you need to supervise your little ones at ALL times! For safety reasons, no equipment from home can be brought to Run & Romp. Although this is a special event for babies, toddlers and preschoolers, older children (up to age 8) in the family are welcome but they must be supervised at all times and reminded to share equipment.

Friday, January 27

6:00 PM-7:30 PM

Lake Ripley Elementary Gym

Fee: \$6/Family #9200



Volunteer to help and your family will receive a pass to attend a Run & Romp for FREE. Call Wendy Walz if you are interested in volunteering; 320-593-0072, ext. 8114.

Early Childhood Screening

Early Childhood Screening is required for ALL children prior to entering kindergarten in the state of Minnesota. ECFE staff will be conducting the screenings in the Early Childhood Center (located in the Meeker County Family Services Center) 111 Armstrong Avenue North in Litchfield. If your child is on the school district census, she/he will be notified about Early Childhood Screening close to age 3 years and 6 months. **You may call the ECFE Center to receive a preferred appointment (320-593-0072).** The screening consists of height and weight, vision and hearing plus developmental screening for each child. In Litchfield, there is also an opportunity to share parent information and resources. Please register on the school district census by calling the Early Childhood Center at 320-593-0072 ext 8115. Your family will receive a chance to pick an appointment for Early Childhood Screening and be notified of Kindergarten Round-Up once registration is completed on the school district census.

Pre-scheduled dates for screening:

January 25 April 20

Call 320-593-0072 to schedule an appointment.



Litchfield MOPS (Mother of Preschoolers)

Meets at Cornerstone Church
1st and 3rd Tuesdays 9:30-11:30
September through May
For more info, contact
Kristi 593-0208



Litchfield Public Library Programs January - May 2012 320-693-2438

For Toddlers (birth-2)
Toddler Time
Wednesdays
10:15 –10:45 a.m.
Children must be
accompanied by a caregiver.

For Families with
children of all ages:
Bedtime Story Time:
Thursdays, 7:00-7:45 p.m.

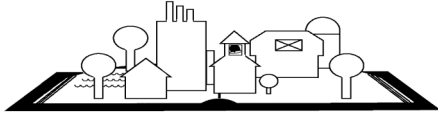
For children
age 6 and younger
Preschool Story Hour:
Fridays 10:00-11:00 a.m.
Children under the age of 3
must be accompanied by a
caregiver.

For grades 3-5
After School Book Club
3:15-4:30 p.m.
2nd Thursdays of each
month

For grades 6-8
Middle School Book Club
3:15-4:30 p.m.
3rd Thursdays of each
month

For grades K-5
Fun with 4-H @ the
Library
4th Thursdays of each
month

INFORMATION & POLICIES



Mission Statement

Litchfield Community Education and Recreation involves citizens of all ages in inclusive, affordable and accessible opportunities for learning, leadership and community involvement.

Community Education and Recreation

Advisory Council Members

- Mary Alice Holm – Chair – All-Area Representative
- Alison DeWolf – Vice Chair – All-Area Representative
- Larry Dahl – All-Area Representative
- Mike Zylstra – Litchfield Area Ministerial Representative
- Lynn Wood – All-Area Representative
- Stacey Helstrom – Litchfield School Board Representative
- Darcy Cole – Minnesota Extension Representative
- Ron Dingmann – Litchfield City Council Representative
- Judy Barka – All-Area Representative
- Diane Onell – All-Area Representative
- Judy Hulterstrum – All-Area Representative
- Dr. William Wold – Litchfield Public Schools Superintendent
- Bruce Miller – Litchfield City Administrator

Representative of the citizens of the school district, the Advisory Council meets regularly to help identify the educational, social and cultural needs for district residents of all ages. They welcome your suggestions, ideas, questions and concerns. All meetings are open to the public. If you have ideas you would like to share, contact an Advisory Council member or a Community Education staff member 320-693-2354.

Want to Know What is Happening in Community Education?

Listen to the Community Education Update weekly on KLFD Radio AM 1410 at 11:50 AM every Tuesday.

Read the weekly Community Education column in the Litchfield Independent Review in Section B.

Go to: www.litchfieldcommunityed.com

•Cancellation Policy

Community Education reserves the right to cancel any activity or class. If this happens, your money will be fully refunded. Please include a daytime phone number with your registration.

- Cancellations must be requested prior to the published deadline. All cancellations will be subject to a \$5 administrative fee. Individual classes may have a more specific registration, cancellation and refund policy.
- No refunds will be made after the class has met.
- You must call our office (320-693-2354) to request cancellation. Online cancellation is not available.

Use of School Facilities

Litchfield Public Schools encourages the use of school facilities. Find information on the district website at www.litchfield.k12.mn.us under the Community Education tab; Community Use of School Facilities.

- View or download the Facility Use Brochure
- Arrange for rental and use of all school facilities by:
- Filling out a Facility Use Application available at the Community Education Office or online
- E-mailing Kaloni Park (kaloni_park@litchfield.k12.mn.us)
- Calling 320-693-2354

Confirmation of the space requested is completed after the request is on the master schedule. There may be rental fees, custodial fees, equipment rental fees, kitchen staff fees, and school supervisory fees, along with a scheduling fee, depending on the time and type of request to use school facilities.



Kaloni Park

Community Education Secretary/ Receptionist and Facility Scheduler

Building Key

Lake Ripley Elementary School

100 Pleasure Drive W.

Wagner Elementary School

307 6th St. E.

(MS) Litchfield Middle School

340 10th St. E.

(HS) Litchfield High School

901 Gilman Ave. N.

(MCFS) Meeker County Family Services Center

114 Holcombe Ave. N

INFORMATION & POLICIES



Angela Smith
Community Education
and Recreation
Program Coordinator

Teaching a Community Education Class or Activity

Litchfield Community Education hires many individuals throughout the year to instruct classes or coordinate activities. If you have a talent or skills that you would like to share, please contact our Community Education Program Coordinator or Director. Instructors are needed for youth and adult classes. Call 320-693-2354 to set up a time to meet and discuss your class or activity ideas!

Inclement weather

If the weather seems questionable, listen to KLFD 1410 AM radio regarding changes, postponements or cancellations. Please do not call KLFD when looking for activity information, only call the Community Education Office. Activity cancellations or postponements can also be found on our website at: www.litchfieldcommunityed.com.

When schools close due to inclement weather, all Community Education activities will be canceled or postponed.

Check Return Policy

Checks returned for insufficient funds, stop payment or account closed will be subject to a \$30 service charge. Payee will be notified upon receipt of NSF notice to our office. If there has been no attempt to contact our office after two weeks, information will be turned over to a collection agency.

Parent Volunteer Discount

Do you have a passion for a particular sport or activity? Some of our programs are looking for parent volunteers and we need committed individuals to help out. When you commit, we ask that you are able to consistently provide assistance for all scheduled program dates. At the end of the session you will receive a gift certificate for up to 100% of the program fee. This certificate can be used to enroll your child in a future youth recreation program. Please contact Community Education for additional details and available volunteer positions.



Photographs

By registering for any Community Education activities listed in this Program Guide, you acknowledge for yourself or those you are registering that photographs of participants may be taken and used in Community Education publications, flyers or other advertising. If you object to your photo being used, please call Community Education at 320-693-2354.

Equal Opportunities and Accessibility

District #465 Community Education and Recreation complies with all state and federal equal opportunity requirements and follows employment practices and education programs that do not discriminate against individuals on the basis of race, color, sex, religion, marital status, handicap, national origin or the presence of a non-job or education related medical condition. We will strive to provide reasonable accommodations when needed. Advance notice of these needs helps considerably. When registering, please inform our staff by filling out an information sheet that describes the type of accommodations that Community Education and Recreation can provide for you. The Community Education and Recreation staff will not be responsible for passing or handling personal medications. This must be done by a parent, guardian or personal care attendant. Parents/guardians, staff or PCAs are welcome to accompany those with special needs to a class at no charge.

**Deadlines for all
classes are one week
before the class or
activity, unless
otherwise specified.**

What's NEW Inside:

Men's Yoga

Guys need yoga, too! Yoga boosts energy and speeds up your body's recovery, it can even help with back pain.

Yoga helps with weight lifting, weight loss, running and your overall health.

See Page 15 for Details



Dance for Gymnastics

Dance instructor Stacey Olson will introduce fundamental dance elements for building beautiful floor routines.

See Page 20 for Details



Hats Off to You

You can knit flat, now let's knit in the round. Come learn to knit in the round using "the Magic Loop" method.

See Page 13 for Details



Scintillating Cinema

Would you like to add a whole new dimension to the way you watch films? Come explore Alfred Hitchcock, one of the most genius directors of suspense films.

See Page 13 for Details



The Lion King

*Broadway's Award
Winning Best
Musical*

Sunday, January 22

3:00 PM—10:30 PM

Balcony Row K thru O \$74

Balcony Row R thru T \$59

Experience the phenomenon. The entire savannah comes to life and as the music soars, Pride Rock slowly emerges from the mist. See page 7 for details.



Get Creative with Clay

Grades 1-6

Experience working with clay in a studio setting. Participants will experience slab, coil and hand building techniques as they create with clay.

See Page 18 for Details



Winter/Spring 2012

Come Play with us!

Ages 3-5

Structured Gym Fun, Exercise and Games. Gym time is fun time!

See Page 21 for Details



Guitar for Beginners

This group lesson is designed for absolute beginners and will address tuning the guitar, learning to read notes, basic chords, strums and finger picking styles.

See Page 17 for Details



Get on the Ball-Lunch Time Stability Ball Stretch

A non-impact, core centered workout to increase balance and strength.

Add variety to your work out and get out of your desk chair for a little stretching.

See Page 14 for Details



Find us at our new website:

www.litchfieldcommunityed.com

Litchfield Community Education and Recreation

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