



# DISTRICT 728 Community Education

SEPTEMBER-DECEMBER  
**FALL 2014**  
CLASS SCHEDULE

Lifelong Learning...unlock your potential

## **ADULTS**

trips, online learning, health,  
arts, fitness

## **YOUTH**

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

## **EARLY CHILDHOOD**

ECFE, preschool, screening

[WWW.728COMMUNITYED.COM](http://WWW.728COMMUNITYED.COM)

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## EVERYONE IS WELCOME

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

## WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

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

FOLLOW us on



LIKE us on





## FEATURED INSTRUCTOR

### Dr. Stephen Schroeder-Davis

#### Weather Cancellations

Follow our Twitter feed @CE728ALERT or check our webpage at [www.728communityed.com](http://www.728communityed.com) for possible weather cancellation of activities one hour before start time.

#### Community Education Office

(763-241-3520)  
[communityed@elkriver.k12.mn.us](mailto:communityed@elkriver.k12.mn.us)

#### ECFE & Discovery Learning

[ecfe@elkriver.k12.mn.us](mailto:ecfe@elkriver.k12.mn.us)  
Kathy Simonson (763-241-3400 x5580)  
[kathryn.simonson@elkriver.k12.mn.us](mailto:kathryn.simonson@elkriver.k12.mn.us)  
Lynne Kopitzke (763-241-3524)  
[lynne.kopitzke@elkriver.k12.mn.us](mailto:lynne.kopitzke@elkriver.k12.mn.us)

#### Early Childhood Screening

Laura Orwoll (763-241-3400 x5577)  
[laura.orwoll@elkriver.k12.mn.us](mailto:laura.orwoll@elkriver.k12.mn.us)

#### EdVenture Club

Pauline Nelson / Billing and Registration  
(763-241-3544)  
[edventureclub@elkriver.k12.mn.us](mailto:edventureclub@elkriver.k12.mn.us)

#### ISD 728 Facility Scheduling

Colleen Sweet (763-241-3400 x5539)  
[facilities@elkriver.k12.mn.us](mailto:facilities@elkriver.k12.mn.us)

#### A.B.E. & G.E.D.

Pam Moriarity (763-241-3400 x5525)  
[pamela.moriarity@elkriver.k12.mn.us](mailto:pamela.moriarity@elkriver.k12.mn.us)



**Dr. Stephen Schroeder-Davis** has taught advanced classes and coordinated K - 12 gifted services for 41 years. He teaches gifted education courses for several universities, is a columnist for *Understanding Our Gifted* and speaks and consults on gifted education throughout the country. He and his wife have three gifted children.

#### Describe your background and experience:

I have a Master's in Gifted Education and a Doctorate in Educational Leadership with an emphasis in Gifted Studies. I coordinate Gifted Services for ISD 728 and created and teach all 5

courses in the Gifted Certificate Program for Saint Mary's University.

#### What can a participant expect when attending your class(es)?

Participants can expect a highly interactive and engaging online experience. The course focuses on how to guide your gifted child through K-12 education, but other topics (perfectionism, peer and family relations, maintaining a growth mindset) are covered as well.

#### How do you educate, inspire or empower your class participants?

I educate participants by sharing a wealth of knowledge, and encourage them to educate one another and me throughout the course.

#### What are the benefits of enrolling in one of your classes?

Previous students have said coursework is highly engaging as well as very useful in both their personal and professional lives.

#### What advice do you have for someone considering taking your class?

Keep current with assignments, ask questions, share your insights and experience, and have fun!

Register for Dr. Schroeder-Davis' online class  
"Parenting Gifted Children" at [www.ugotclass.net](http://www.ugotclass.net)

## OUR MISSION

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

# ADULT ACTIVE MINDS

## WELCOME to ACTIVE *Minds*

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

### Active Minds Annual Membership

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

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

### Lakewood Cemetery: A Memorial Landscape

Nestled between Lakes Calhoun and Harriet, Lakewood Cemetery has preserved the memory of early Minneapolis residents in carved-stone monuments. Sweeping landscape transformations feature a lake and a reflecting pool. Visits to two outstanding buildings will be included: the 1910 Byzantine Revival Chapel and 2012 Garden Mausoleum. Please wear shoes suitable for walking in grass. Meet at the Historic Chapel. Lakewood Cemetery is located at 3600 Hennepin Ave S, Minneapolis.

Tuesday Sep 9 | 2:00-4:00pm | 1 session | \$19 Individual/\$35 Pair  
Lakewood Cemetery Minneapolis | Sussman | #8110-1F

### The History of the American People through Song

We'll go on a musical journey back in time to eavesdrop on the lives of cowboys, convicts, frontiersmen, Civil War soldiers, lovers, leaders, murderers and campfire friends. Our guides on this tour of American history will be Carl Sandburg and John and Alan Lomax, who in the 1920s and '30s traveled the country collecting these songs and stories before they were lost.

Wednesdays Sep 10 & 24 | 6:00-8:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 111 Door 5 | Aamodt | #8110-2F

### Minnesota Opera Experience: La fanciulla del West

From the Italian master who wrote Madame Butterfly comes a romantic portrait of America's iconic Golden West. Puccini's gorgeous melodies and blazing orchestral colors are set against the backdrop of a gold-mining frontier town, where a poker-playing, pistol-wielding saloon owner finds herself in a love triangle with an outlaw and the sheriff who is in hot pursuit of him. First session will discuss the opera and the background of the production. Second session meets at MN Opera for the performance; production is sung in Italian with English translations projected above the stage. The *Minnesota Opera Performance home is the Ordway Center of the Performing Arts located at 345 Washington Street, St. Paul.*

Monday Sep 15 | 1:00-3:00pm | Handke Center Rm 112 Door 5  
Sunday Sep 28 | 2:00-6:00pm | Ordway Center of Performing Arts  
2 sessions | \$39 Individual/\$75 Pair | #8110-3F

### 100K Foodborne Pathogen Genome Project

An ambitious effort to sequence the genomes of 100,000 infectious microorganisms and speed diagnosis of foodborne illnesses has been launched by the University of California-Davis, Agilent Technologies and the U.S. Food and Drug Administration. This five-year microbial pathogen project focuses on making the food supply safer for consumers while building a free public database that contains the genomes of important foodborne pathogens including the most common foodborne and waterborne viruses that sicken people and animals. Instructor is visiting from the University of California – Berkley.

Wednesday Sep 24 | 5:30-7:00pm | 1 session  
\$19 Individual/\$35 Pair  
Handke Center Rm 210 Door 5 | Weimer | #8110-4F

## ACTIVE *Minds*



Courses geared for ADULTS looking for intriguing topics, in-depth dialog & new topics to EXPLORE.



# ADULT ACTIVE MINDS



**Improve your memory with brain exercising activities... virtually anything qualifies as long as it is new, challenging and fun! Active Minds qualifies.**

## Write for Your Life: The Art of Memoir

This is a roll-up-your-sleeves, generative class for writers seeking to complete and polish an excerpt of their memoir. We'll write and revise with a focus on the deeper themes of a life story. The goal? To find the universal music in the story and to strike a resonant chord that pushes past the "me" to the "we." This workshop emphasizes the art and craft of the memoir genre. All levels welcome.

Wednesdays Oct 1 & 15 | 7:00-9:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 111 Door 5 | Ouellette | #8110-5F

## The Celts of Iron Age Europe

The Celts of Iron Age Europe are often depicted in literature and film as warrior barbarians standing in the way of Julius Caesar and Roman civilization. Discover the complexity of this society and its role in shaping the history of Europe. This course presents the archaeological remains associated with these prehistoric peoples including their settlements, art, ritual practices and burials.

Tuesdays Oct 7 & 21 | 3:00-5:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 210 Door 5 | Erdman | #8110-6F

## Is There Life After Retirement? Options for Encore Careers and More

The percentage of people continuing to work past age 65 is growing dramatically. Making the transition to a new career or a volunteer position is not always easy. We will discuss a number of options for encore careers, paid/nonpaid positions, strategies for determining the best fit for you, and the types of resources available to help you through this transition.

Thursdays Oct 23 & Nov 6 | 6:30-8:30pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 212 Door 5 | Knatterud | #8110-7F

## Intro to Playing the Hammered Dulcimer and Other Folk String Instruments

Even if you have never played an instrument in your life, you will learn the layout, how to play scales and simple melodies on the hammered dulcimer. Participants will become acquainted with playing the mountain dulcimer and autoharp.

Tuesday Oct 28 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair  
Handke Center Rm 210 Door 5 | Imholte | #8110-8F

## Are Your Ancestors in the Cloud?

The Internet has made genealogical research easier, faster, and more widely available. Through lecture, discussion and demonstration, you will learn how to effectively search the Internet for people and records, key genealogical websites and how to use them, how to use the Internet as a learning tool and how to find others with common interests. Participants recommended to visit [www.FamilySearch.org](http://www.FamilySearch.org) and [www.ancestry.com](http://www.ancestry.com) prior to class.

Thursdays Nov 6 & 13 | 6:30-8:30pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 111 Door 5 | Rice | #8110-9F

## Troubled Geniuses and Joyful Spirits: Music and Mental Health

Brilliant musicians battling mental illness have been all too common across musical genres and across the centuries. But at the same time, we know that music can make us happier and healthier! Join us in examining the lives of some great classical, jazz, and rock musicians, as we delve into the latest research on music and emotional healing. No musical background required.

Mondays Nov 10 & 24 | 6:00-8:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Rogers MS Media Door A | Silverman | #8110-10F

## Take a Look at Elk River's History

How much do you know about Elk River's history? Join Steve Rohlf as he leads you through many of the very interesting points about the rich history of this area and add your voice to the conversation!

Thursday Dec 4 | 6:00-8:00pm | 1 session | \$19 Individual/\$35 Pair  
Handke Center Rm 210 Door 5 | Rohlf | #8110-11F

**JOIN our ACTIVE *Minds* mailing list to receive additional class information by calling 763.241.3520.**

# ADULT FITNESS



*Aikido does not focus on punching or kicking opponents, but on using their own energy to gain control of them or to throw them away from you.*

## 24Fit Boot Camp

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

Mon/Wed/Thu Sep 15-Oct 9 | 6:00-7:00pm | 12 sessions | Free  
Salk MS Balcony Gym Door U | Will/Glenn | #5145-1F

Mon/Wed/Thu Oct 20-Nov 13 | 6:00-7:00pm | 12 sessions | Free  
Salk MS Gym Door U | Will/Glenn | #5145-3F

Mon/Wed/Thu Nov 24-Dec 22 | 6:00-7:00pm | 12 sessions | Free  
Salk MS Gym Door U | Will/Glenn | Not meeting Nov 27 | #5145-5F

## 24Fit Warriors

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

Tue/Thu Sep 16-Oct 23 | 7:30p-8:30pm | 12 sessions | Free  
Handke Center Cafeteria/Gym Door 5 | Will/Glenn | #5145-2F

Tue/Thu Oct 28-Dec 11 | 7:30-8:30pm | 12 sessions | Free  
Handke Center Cafeteria/Gym Door 5 | Will/Glenn  
Not meeting Nov 4, 27 | #5145-4F

Tue/Thu Dec 16-30 | 7:30-8:30pm | 4 sessions | Free  
Handke Center Gym Door 5 | Will/Glenn | Not meeting Dec 25  
#5145-6F

## Aikido

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

Thursdays Sep 11-Oct 23 | 7:30-9:00pm | 7 sessions | \$59  
Salk MS Balcony Gym Door U | Larson | #5130-1F

Thursdays Oct 30-Dec 18 | 8:05-9:35pm | 7 sessions | \$59  
Salk MS Balcony Gym Door U | Larson | Not meeting Nov 27  
#5130-2F

## Aqua Fitness

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

Sundays Sep 14-Nov 16 | 7:30-8:15pm | 9 sessions  
\$75 Individual/\$139 Pair  
VandenBerge MS Pool Door M | Waite | Not meeting Oct 19  
#5120-1F

## NEW! Cardio Mix

Come ready to blast away calories in a fun, upbeat cardio class! The cardio focus will change week to week for variety.

Fridays Sep 12-Oct 17 | 9:30-10:25am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
#5103-1F

Fridays Oct 24-Dec 5 | 9:30-10:25am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
Not meeting Nov 28 | #5103-2F

# LOCATIONS

### Three Rivers Fitness

9201 Quaday Avenue NE, Otsego

### Vertical Endeavors

2540 Nicollet Avenue South, Minneapolis

## NEW! Circuit Training

Circuit training is an excellent way to simultaneously improve mobility, strength and stamina. The class rotates between cardio exercises and toning exercises to tone the entire body. Challenging for all fitness levels!

Fridays Sep 12-Oct 17 | 8:15-9:10am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
#5102-1F

Fridays Oct 24-Dec 5 | 8:15-9:10am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
Not meeting Nov 28 | #5102-2F

## CONQUER

Conquer your own body weight with high-intensity interval training that will work every muscle while giving you the cardiovascular training of your life! The moves and style of this class are different and guaranteed to first make you sore, then stronger and more fit!

Tuesdays Sep 9-Oct 28 | 7:00-8:00pm | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski  
Not meeting Sep 30, Oct 7 | #5106-1F

Tuesdays Nov 11-Dec 23 | 7:00-8:00pm | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski  
Not meeting Nov 25 | #5106-2F

## Group Blast® Kick-Off

Bring your friends! Community Education has an exciting fitness opportunity called Group Blast® that strengthens and shapes the lower body one step at a time. Come see what all the excitement is about; there will be door prizes!

Wednesday Sep 3 | 6:15-7:15pm | 1 session | Free  
Handke Center Gym Door 5 | Waite/Hill



**Group Blast utilizes the step as an effective training tool and encourages self-regulated progression by changing step heights.**

## TRY THIS...

### Cross Training

Cross training is a way to vary your fitness program by combining different types of exercise activities. Rather than jogging 3 days a week for aerobic exercise, you alternate jogging with Group Blast, Zumba and Conquer. Rather than doing the same weight machines every time you go to the gym, you mix it up with Group Strength.

Cross training is an ideal way to develop a “balanced” fitness program. Varying your workout routines engages different muscle groups. This not only improves your overall fitness, it helps to prevent overuse injuries that are more common in single-sport activities.

### Group Blast®

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

Mondays Sep 8-Oct 13 | 8:00-9:00am | 6 sessions | \$29  
Handke Center Gym Door 5 | Hill | #5142-1F

Wednesdays Sep 10-Oct 22 | 6:15-7:15pm | 6 sessions | \$29  
Handke Center Gym Door 5 | Waite | Not meeting Oct 8 | #5142-2F

Wednesdays Oct 29-Dec 17 | 6:15-7:15pm | 6 sessions | \$29  
Handke Center Gym Door 5 | Waite | Not meeting Nov 19, 26  
#5142-3F

Mondays Nov 3-Dec 8 | 8:00-9:00am | 6 sessions | \$29  
Handke Center Gym Door 5 | Hill | #5142-4F

### Intro to Rock Climbing | age 18+

This beginning-level class is designed to introduce the basics of indoor rock climbing and expose students to a new form of physical activity that offers a full-body workout. We'll start by learning essential rock climbing skills such as knot tying, belaying, bouldering, climbing commands, gear management, risk management and then move on to advanced techniques in balance, body position, and footwork. At the end of the class students will have the necessary skills to climb safely on their own at the facility.

Wednesdays Sep 10-24 | 7:00-9:00pm | 3 sessions | \$59  
Vertical Endeavors Minneapolis | #6350-2F

Saturday Nov 15 | 1:00-5:00pm | 1 session | \$39  
Vertical Endeavors Minneapolis #6350-4F

# ADULT FITNESS



Photo courtesy of Key Log Rolling.

## TRY THIS...

### **NEW!** Roll Into Fitness: Log Rolling

Back in the late 1800s, log rolling was necessary to prevent log jams. Well, it's not just for lumberjacks anymore! Key log rolling gives you an opportunity to get fit in a different way by working on core, balance, coordination, footwork and more. This class will be guided by trained staff and includes specially-designed training equipment/accessories that make it easier for all ages. No experience necessary! Come see why Outside Magazine named Key Log Rolling #4 on its list of 50 Favorite Things. Not meeting Oct 19.

Sundays Sep 14-Nov 16 | 11:00am-12:30pm | 9 sessions  
\$29-3 Sessions; \$79-9 Sessions  
VandenBerge MS Pool Door M | #5143-1F

### **NEW!** Prenatal Exercise

Expecting and still want to work out? This class is a pleasant mix of cardio, strength, and stretching for pregnant women.

Saturdays Sep 13-Nov 1 | 9:00-10:00am | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski  
Not meeting Oct 4, 11 | #5101-1F

Saturdays Nov 8-Dec 20 | 9:00-10:00am | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski | Not meeting Nov 29  
#5101-2F

### **Group Strength**

Learn how to effectively strengthen your entire body with minimal equipment. This strength training class in a small group setting will sculpt and tone all of the muscles in your body.

Tuesdays Sep 9-Oct 28 | 8:00-9:00pm | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski  
Not meeting Sep 30, Oct 7 | #5104-1F

Saturdays Sep 13-Nov 1 | 8:00-9:00am | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski  
Not meeting Oct 4, 11 | #5104-2F

Tuesdays Nov 11-Dec 23 | 8:00-9:00pm | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski  
Not meeting Nov 25 | #5104-3F

Saturdays Nov 8-Dec 20 | 8:00-9:00am | 6 sessions | \$29  
Twin Lakes Elem Gym Door 3 | Zackzkowski | Not meeting Nov 29  
#5104-4F

### **Indoor Walking**

Here's your opportunity to get moving with a healthy activity where you set the pace. Participants are welcome at any time during walking hours. We provide a safe, supervised route and time or mileage tracking. Register for your preferred location, but walk at other sites! Fee can be adjusted for late registrants by contacting Community Education at 763-241-3520. Not meeting Dec 25, Jan 1, Mar 2.

Mon/Tue/Thu Dec 1-Apr 9 | 3:00-7:30pm | 54 sessions  
\$59 Individual/\$99 Pair  
Rogers MS Hallways Door A | #5140-3F  
VandenBerge MS Hallways Door N | #5140-2F  
Zimmerman MS/HS Hallways Door A | #5140-1F

### **Personal Training**

Personal training with a certified personal trainer. This 6-week program will meet for approximately 1 hour weekly. You will receive one-on-one personalized guidance and an individualized workout routine specific to your health and physical history and your current weight loss, health and fitness goals. Call to set up schedule.

\$425 | Handke Center Stage Door 5 | #5146-1F

### **WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.**

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



## **NEW! Step**

A beginner to advanced level class that incorporates fun choreography on the step for a full-body cardio workout.

Fridays Sep 12-Oct 17 | 4:30-5:25pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
#5107-1F

Fridays Oct 24-Dec 5 | 4:30-5:25pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
Not meeting Nov 28 | #5107-2F

## **Yoga Basics**

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

Mondays Sep 8-Oct 13 | 6:30-7:30pm | 6 sessions | \$29  
Rogers MS House A Hallways Door A  
Three Rivers Fitness Instructor | #5100-1F

Tuesdays Sep 9-Oct 14 | 11:00-11:55am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
#5100-2F

Tuesdays Oct 21-Dec 2 | 11:00-11:55am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
Not meeting Nov 4 | #5100-3F

Mondays Oct 27-Dec 1 | 6:30-7:30pm | 6 sessions | \$29  
Rogers MS House A Hallways Door A  
Three Rivers Fitness Instructor | #5100-4F

## **NEW! Safe and Fun Winter Hiking**

If you are a fair weather hiker, with a little more knowledge and the right equipment you can enjoy hiking in cold weather conditions. We will look at the proper preparation, the "10 essentials," equipment, first aid (including hypothermia), clothing and energy snacks. Dick McCormick has camped and hiked the Gunflint Trail at 20 degrees below zero, winter-hiked and camped in the Cascades, climbed Mt. Whitney twice, snowshoed and cross-country skied in Minnesota.

Thursday Oct 9 | 6:30-8:30pm | 1 session | \$5  
Handke Center Rm 111 Door 5 | McCormick | #5108-1F

## **NEW! TnT 24Fit!**

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

Tue/Thu Sep 16-Oct 23 | 7:00-8:00pm | 12 sessions | Free  
Westwood Elem Gym Door 1 | Will/Glenn | #5145-7F

Tue/Thu Oct 28-Dec 11 | 7:00-8:00pm | 12 sessions | Free  
Westwood Elem Gym Door 1 | Will/Glenn | Not meeting Nov 4, 27  
#5145-8F

## **Yogilates**

This class is a blend of yoga and Pilates.

Fridays Sep 12-Oct 17 | 12:00-12:55pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
#5105-1F

Fridays Oct 24-Dec 5 | 12:00-12:55pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
Not meeting Nov 28 | #5105-2F

# LOCATION

**Three Rivers Fitness**  
9201 Quaday Avenue NE, Otsego



*Many state parks and recreation areas plow and pack miles of trails for winter hikers.*

# ADULT FITNESS



***One hour in a room with people who are dancing to high-energy Latin music in a non-intimidating atmosphere. So simple, yet so much fun...that's Zumba!***

## Zumba, Beginner

This Zumba class is for the true beginner. Learn at a beginner's pace with other beginners so you don't feel left behind.

Tuesdays Sep 9-Oct 14 | 6:30-7:30pm | 6 sessions | \$29  
Rogers MS Cafeteria Door A | Three Rivers Fitness Instructor  
#5112-1F

Wednesdays Sep 10-Oct 15 | 6:00-7:00pm | 6 sessions | \$29  
Zimmerman Elem Cafeteria Door 1 | Jeffers | #5112-3F

Tuesdays Oct 28-Dec 9 | 6:30-7:30pm | 6 sessions | \$29  
Rogers MS Cafeteria Door A | Three Rivers Fitness Instructor  
Not meeting Nov 4 | #5112-8F

Wednesdays Oct 29-Dec 10 | 6:00-7:00pm | 6 sessions | \$29  
Zimmerman Elem Cafeteria Door 1 | Jeffers | Not meeting Nov 26  
#5112-10F

## Zumba, Toning

Still Zumba cardio, but adding light weights to increase the intensity and the calorie burn.

Thursdays Sep 11-Oct 16 | 6:30-7:30pm | 6 sessions | \$29  
Handke Center Gym Door 5 | Three Rivers Fitness Instructor  
#5112-5F

Thursdays Oct 30-Dec 11 | 6:30-7:30pm | 6 sessions | \$29  
Handke Center Gym Door 5 | Three Rivers Fitness Instructor  
Not meeting Nov 27 | #5112-12F

## Zumba, Fitness

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

Tuesdays Sep 9-Oct 14 | 7:30-8:25pm | 6 sessions | \$29  
Rogers MS Cafeteria Door A | Three Rivers Fitness Instructor  
#5112-2F

Wednesdays Sep 10-Oct 15 | 6:00-7:00pm | 6 sessions | \$29  
Hassan Elem Cafeteria Door 1 | Jone | #5112-4F

Fridays Sep 12-Oct 17 | 5:30-6:25pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
#5112-6F

Fridays Oct 24-Dec 5 | 5:30-6:25pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | Three Rivers Fitness Instructor  
Not meeting Nov 28 | #5112-7F

Tuesdays Oct 28-Dec 9 | 7:30-8:25pm | 6 sessions | \$29  
Rogers MS Cafeteria Door A | Three Rivers Fitness Instructor  
Not meeting Nov 4 | #5112-9F

Wednesdays Oct 29-Dec 10 | 6:00-7:00pm | 6 sessions | \$29  
Hassan Elem Cafeteria Door 1 | Jone | Not meeting Nov 26  
#5112-11F

## NEW! SNAG Golf

SNAG - Starting New at Golf - introduces new players of all ages to the great game of golf in a fun, safe, and simple environment. SNAG teaches the fundamentals of the game: from how to hold the club, stand, and position your body to executing the various swings - putting, chipping, pitching, and "launching."

Tue/Thu Sep 16-Sep 25 | 9:15-10:15am | 4 sessions | \$49  
Handke Center Stadium | #2891-1F

### WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

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

## Men's Basketball League | adults

Community Ed, in cooperation with Rogers Recreation, is offering an Adult Men's Winter Basketball League. This 10-week league is great for those who love the game and have a group ready to play. Referees will officiate the games in accordance with the Minnesota Sports Federation rules. Each team will have 9-10 games per season (depending upon the number of teams registered).

Wednesdays Jan 14-Mar 18 | 7:00-10:00pm | 10 sessions  
\$525/team  
Rogers HS Gym Door I | #4140-1W

## Open Gym

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Check in and pay upon arrival with the Open Gym clerk. Please note that changes may be made to this schedule; always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed.

Pay at door:  
\$3/individual; \$25/10-day pass  
\$8/family; \$50/10 day family pass (max of 6 w/1 participating adult)

### grades 9-12 and adults

Wednesdays Oct 1-May 13 | 7:00-9:30pm  
Rogers HS Gym Door I | Not meeting Nov 26, Dec 25 & 31

### all ages

Wednesdays Oct 1-May 13 | Not meeting Nov 26, Dec 24, 31  
7:00-8:30pm Youth & Families  
8:30-10:00pm High School & Adults  
Zimmerman MS/HS Gyms Door K

Sundays Oct 5-May 17 | 5:00-7:00pm  
Not meeting Nov 23, Dec 14, Mar 22, Apr 5, 26  
Zimmerman MS/HS Gyms Door K

Sundays Oct 5-May 17 | 6:15-8:15pm  
Rogers MS Gym Door A | Not meeting Mar 22 & Apr 5

## Lap Swim | grade 9-adult

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

Pay at door: \$5/day; 10-day pass for \$45  
Sundays Sep 7- Dec 21 | 6:45-8:00pm  
VandenBerge MS Pool Door M

Tue/Thu Sep 9-Dec 18 | 5:45-7:00am  
VandenBerge MS Pool Door M | Not meeting Oct 7, 16, Nov 20, 27

## Pickle Ball

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



Pay at door:  
Fee: \$3/day; \$25/10-day pass; \$35/15-day pass

Thursdays Oct 2-Dec 18 | 8:00-9:30am  
Handke Center Gym Door 5 | Not meeting Nov 27

Sundays Oct 5-May 17 | 4:30-6:00pm  
Rogers MS Gym Door A | Not meeting Mar 22 & Apr 5

Mondays Oct 13-May 11 | 6:00pm-8:00pm  
Handke Center Gym Door 5 | Not meeting Dec 8, 15

Wednesdays Oct 15-May 13 | 4:30-6:00pm  
Handke Center Gym Door 5 | Not meeting Nov 26, Dec 24, 31

## Did you know...

*The game of Pickle Ball was named after a cocker spaniel named Pickles who would interrupt the game by fetching the ball and hiding in the bushes?*

# ADULT HEALTH & SAFETY | WELLNESS



**By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely.**

## AARP Smart Driver Course | 4-Hour



Refresher course for ages 50+ who have completed an insurance-approved 8-hour certified driver course and includes new approaches and concepts. Completion required to maintain auto insurance discount. Check with your insurance company as not all companies give discount starting at age 50. Bring driver's license and AARP number (if member), to class.

Tuesday Sep 9 | 9:00am-1:00pm | 1 session  
\$19 Member/\$25 Non-Member  
Handke Center Rm 111 Door 5 | Scott | #5007-1F

Thursday Oct 23 | 4:30-8:30pm | 1 session  
\$19 Member/\$25 Non-Member  
Handke Center Rm 111 Door 5 | Boelter | #5007-2F

Thursday Nov 6 | 9:00am-1:00pm | 1 session  
\$19 Member/\$25 Non-Member  
Handke Center Rm 111 Door 5 | Scott | #5007-3F

Thursday Dec 4 | 4:30-8:30pm | 1 session  
\$19 Member/\$25 Non-Member  
Handke Center Rm 111 Door 5 | Boelter | #5007-4F



**REGISTRATION DEADLINE**  
is **3** BUSINESS DAYS  
**BEFORE** the **ACTIVITY/CLASS**

## AARP Smart Driver Course | 8-Hour

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

Tue/Wed Oct 28 & 29 | 5:00-9:00pm | 2 sessions  
\$19 Member/\$25 Non-Member  
Handke Center Rm 111 Door 5 | Scott | #5007-5F

## MHSRC Driver Improvement Program | 4-Hour

This driver improvement program is put on by the Minnesota Highway Safety Research Center and AAA. It includes topics such as visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. You must have completed the eight-hour program to take this class. Check with your insurance provider to make sure this course qualifies for the discount.



Monday Oct 13 | 5:00-9:00pm | 1 session  
\$18 AAA Member/\$20 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-7F

Tuesday Nov 18 | 5:00-9:00pm | 1 session  
\$18 AAA Member/\$20 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-8F

Monday Dec 8 | 9:00am-1:00pm | 1 session  
\$18 AAA Member/\$20 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-9F

## **NEW!** MHSRC Driver Improvement Program | 8-Hr

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

Mondays Sep 22 & 29 | 5:00-9:00pm | 2 sessions  
\$22 AAA Member/\$24 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-6F

## Acupressure Face Lift

Here's a face lift you can do at home. Stimulating facial acupressure points can erase years from your face naturally, bring a healthy glow to your skin, increase muscle tone, decrease puffiness and eye bags, reduce lines, prevent new lines and even decrease headaches, relieve eye strain, soothe nerves and increase relaxation.

Thursday Oct 9 | 6:00-7:30pm | 1 session | \$35  
Rogers MS Rm 110 Door A | Novak | #5022-3F

## Acupressure for Weight Loss

Acupressure is a Chinese healing technique that involves pressing or massaging key points on the body to stimulate energy flow. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight can seem impossible. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite and strengthen the entire digestive system.

Thursday Oct 2 | 6:00-7:30pm | 1 session | \$35  
Rogers MS Rm 110 Door A | Novak | #5022-2F

## AHA Healthcare Provider CPR

The BLS Healthcare Provider Course (American Heart Association) teaches CPR skills for helping victims of all ages and includes ventilation with a barrier device, a bag mask device, oxygen, use of automated external defibrillator (AED) and relief of foreign-body airway obstruction (FBAO). Class intended for certified or non-certified, licensed or non-licensed healthcare professionals.

Monday Dec 22 | 6:00-10:00pm | 1 session | \$75  
Handke Center Rm 210 Door 5 | Neiss | #5004-1F

## American Red Cross Standard First Aid

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

Monday Oct 6 | 6:00-10:00pm | 1 session | \$59  
Handke Center Rm 210 Door 5 | Neiss | #5002-1F



***Stress that continues without relief can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain and problems sleeping.***

## Attacking Stress, Anxiety and Depression

Meet with others who are experiencing the same challenges with stress, anxiety and depression as you are. Do you tell yourself, "No one has it as bad as I do?" Or, this is just the way I will always be? Learn skills to control your stress, anxiety and depression and discover how to live the life you were meant to live. Not meeting Nov 27.

Thursdays Sep 25-Dec 18 | 4:30-5:30pm | 12 sessions | \$79  
Handke Center Rm 112 Door 5 | Lovelette | #5037-1F

Thursdays Sep 25-Dec 18 | 5:45-6:45pm | 12 sessions | \$79  
Handke Center Rm 112 Door 5 | Lovelette | #5037-2F

## American Heart Association CPR/AED

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

Monday Sep 8 | 6:00-10:00pm | 1 session | \$69  
Handke Center Rm 210 Door 5 | Neiss | #5005-1F

Monday Nov 17 | 6:00-10:00pm | 1 session | \$69  
Handke Center Rm 210 Door 5 | Neiss | #5005-2F



[www.facebook.com/728CEAdult](https://www.facebook.com/728CEAdult)  
[twitter.com/Communityed728](https://twitter.com/Communityed728)

# ADULT HEALTH, SAFETY & WELLNESS

## **NEW! Delicious and Nutritious: Cooking for Blood Sugar Control**

Enjoy a delicious and nutritious 5-course meal made with whole grains, legumes, fruits and vegetables. Learn the many health benefits of fiber and low-glycemic foods and why they control blood sugar and weight. You'll receive resources for food and health, a free copy of Dick's cookbook and whole grains or legumes to cook two recipes.

Tuesday Sep 16 | 6:00-8:30pm | 1 session

\$35 Individual/\$65 Pair

Elk River HS Rm 352 Door H | Ogren | #5022-1F

## **Eat Well**

Lasting weight loss and better health are within reach! Let personal trainer and nutrition coach Christina introduce you to the basics of a healthy lifestyle based on good nutrition! This 6-week seminar is for anyone who wants to learn how real food can boost the quality of life.

Tuesdays Sep 9-Oct 28 | 6:00-6:55pm | 6 sessions | \$29

Twin Lakes Elem Lounge Door 3 | Zackzkowski

Not meeting Sep 30, Oct 7 | #5182-1F

Tuesdays Nov 11-Dec 23 | 6:00-6:55pm | 6 sessions | \$29

Twin Lakes Elem Lounge Door 3 | Zackzkowski

Not meeting Nov 25 | #5182-2F

## **Overcoming Carbohydrate Cravings**

Do you crave starches and sweets and find the more you eat, the more you want to eat? In this workshop, we will discuss a two-week plan that will stop your cravings, help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower, but a matter of biology. No hype – just the facts.

Thursday Oct 16 | 6:00-7:30pm | 1 session | \$35

Rogers MS Rm 110 Door A | Novak | #5022-4F

# LOCATION

American Legion Elk River  
525 Railroad Drive, Elk River

## **NEW! Essential Oils 101**

This is a beginner's guide to using therapeutic-grade essential oils to improve your overall well-being. Learn the history of essential oils, their origins, their uses and how they work to improve health and wellness. A zyto compass will be available for those who wish to discover what supplements their body may be lacking.

Monday Sep 22 | 6:30-8:30pm | 1 session | \$9

Handke Center Rm 212 Door 5 | Beckwell | #5043-1F

## **NEW! Essential Oils**

Looking for a more natural way to take care of your family? Using essential oils can be rewarding for anyone's health. Knowing where to start can be overwhelming, but this class will take a simple look at the everyday oils collection which includes nine of the most versatile oils for everyday health.

Saturday Oct 25 | 10:00am-12:00pm | 1 session | \$9

Handke Center Rm 212 Door 5 | Drewicke | #5043-2F

## **NEW! Guided Meditation**

Take time to pause from your busy routine. Learn tools to de-stress and relax. Come experience how breath, stillness, mind and body can connect through mindful meditation.

Tuesdays Oct 7-Nov 18 | 7:00-8:00pm | 6 sessions | \$29

Handke Center Rm 110 Door 5 | Carlson | Not meeting Nov 4

#5144-1F

## **Personal Protection Workshop**

Learn about violence in order to protect yourself against it. You don't need to be trained in martial arts or be a combat vet to protect yourself. This two-day workshop will enhance your knowledge of violence, introduce key ideas about personal protection and strategies that may make physical skills unnecessary.

Tuesday Sep 23 | 7:00-9:00pm | 1 session | \$19

American Legion Elk River | Keckeisen | #4150-1F

## **NEW! Unlock Your Body's True Potential**

Learn how to unlock your body's true potential and take back your body's power! Building healthy bodies is all about power. Our ability to act is what grants us this power and healthy choices are always a possibility. The only true choice is whether you will claim that responsibility and power or if you'll choose to give it away.

Wednesday Nov 19 | 6:30-8:00pm | 1 session | \$9

Rogers MS Rm 110 Door A | Peters | #5039-1F

# ADULT HEALTH, SAFETY & WELLNESS

## TRY THIS...

### NEW! The LIME Life

This program is a 4-part course designed to help you step out of complacency, identify your purpose, move forward from the past and truly live in the present moment. LIME stands for Love, Inspiration, Mindfulness, Empowerment. Through goal-setting, mindfulness exercises and group discussions, you'll be able to identify and break through blocks, while learning to love yourself for the awesome person you are. Register for individual sessions or take all four sessions and save!

\$25 per class; register for course #s listed below  
\$89 all four classes; register for course #5038-5F

### NEW! The LIME Life with Dajon Smiles: Love

Sometimes we get stuck in patterns that affect our self-worth or ability to love ourselves and others unconditionally. It all begins with self-awareness and working through the blocks that prevent us from fully experiencing the love within us. Get help tapping into the infinite love and potential within you.

Tuesday Sep 16 | 6:30-8:00pm | 1 session  
\$25/class; \$89 all four classes  
Handke Center Rm 212 Door 5 | Smiles | #5038-1F

### NEW! The LIME Life with Dajon Smiles: Inspire

In this class, when we speak about inspiration, it's not necessarily about inspiring others, but more about seeking divine influence and acting on it in your daily life. Finding the inspiration that keeps you going towards your dreams, working through the challenges and just being grateful for each moment.

Tuesday Oct 7 | 6:30-8:00pm | 1 session  
\$25/class; \$89 all four classes  
Handke Center Rm 112 Door 5 | Smiles | #5038-2F

### WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

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

### NEW! The LIME Life with Dajon Smiles: Mindfulness

Have you ever come to the end of the week and wondered where time went? This class will help you to clear your mind, allowing you to truly be present. You will also learn how to listen to your heart and not let your mind rule everything. It's about being mindful, instead of mindFULL.

Tuesday Nov 18 | 6:30-8:00pm | 1 session  
\$25/class; \$89 all four classes  
Handke Center Rm 212 Door 5 | Smiles | #5038-3F

### NEW! The LIME Life with Dajon Smiles: Empower

Speaking your truth can be a challenge at times. We live in a society where people are afraid to offend one another or just don't want to seem insensitive. However, when you learn to speak your truth, you empower others to do the same. Identify areas where you feel disempowered and find solutions to get back into your true authentic self.

Tuesday Dec 16 | 6:30-8:00pm | 1 session  
\$25/class; \$89 all four classes  
Handke Center Rm 212 Door 5 | Smiles | #5038-4F



**LOVE  
INSPIRATION  
MINDFULNESS  
EMPOWERMENT**

SEPT 16  
OCT 7  
NOV 18  
DEC 16  
6:30-8pm



PRESENTED BY DAJON SMILES

# ADULT TRIPS

## EXPLORE THE WORLD OF GROUP TRAVEL...

### Adventures to Europe Travel Info Night

Join us for this special presentation as professional tour guide Arlette Gerber shows you the highlights of three trip options including Prague, Salzburg and Munich, Tuscany and Beyond, and Paris and Beyond. You do not need to be planning a trip to attend, but if you are planning a trip, this will be a great help.

Monday Oct 27 | 6:30-8:00pm | 1 session | Free  
Handke Center Rm 111 Door 5 | Gerber | #6105-1F

### Premier World Discovery Travel Info Night

Join us for a special presentation on these travel destinations: Rose Parade/New Years, Panama Canal, Costa Rica, the Best of China and Venice and the Italian Lakes. You do not need to be planning to travel to attend; everyone welcome.

Tuesday Oct 14 | 6:30-8:00pm | 1 session | Free  
Handke Center Rm 210 Door 5 | #6106-1F

### Adventures to Europe: Paris and Beyond June 2015

Experience the very best of Paris, with an optional trip to the Loire Valley and its castles, and Monet's dreamy gardens in Giverny. This traditional tour will please all ages and offers a perfect blend of buzzing city life and peaceful countryside. Extension to the Riviera is also possible. This is a carefully-crafted adventure at an amazing price!

June 2015  
\$1,199/person based on double occupancy. Land package only  
#6105-2F

*"It's a great big world, but everywhere is just a flight or two away. So many places to go and to see."*

~David & Bev Guimont,  
England and Scotland tour participants

### Adventures to Europe: Prague, Salzburg, Munich October 2015

Spend nine magical days in some of Europe's historic capitals with Baroque and Art Nouveau architecture, a tumultuous past and earthy cuisine. We'll walk through bustling Munich, take a trip to the Dachau concentration camp, then go to the Austrian Alps to see if the "hills are alive" in Salzburg. Our trip will either begin or end in Prague.

October 2015  
\$1,999/person based on double occupancy. Land package only  
#6105-4F

### Adventures to Europe: Tuscany and Beyond October 2015

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

October 2015  
\$1,999/person based on double occupancy. Land package only  
#6105-3F

### Bluff Countries Byways Tour

Join photographer Doug Ohman and Community Educator Jay Grammond on a tour of Bluff Country in southeast Minnesota. We'll learn about the Sea Wing Disaster near Red Wing, visit the historic buildings of Old Frontenac, tour the National Eagle Center near Wabasha, St. Stanislaus Kostka Basilica and the Winona County History Center. We'll stay overnight in Rochester where you'll have an opportunity to attend an optional program by Doug Ohman. Sunday we will make our way to Wasioja to learn about the area's Civil War history, tour the old orphanage in Owatonna and finish in Waseca where we'll visit Woodville Cemetery and participate in a graveside presentation.

Sat/Sun Oct 11-12 | 8:00am-6:20pm | 1 session  
\$199/person double occupancy; \$235 single occupancy  
Ohman/Grammond | #6142-1P

### Sea Life MN Overnight | age 5-11 w/parent

Sleep under the sea at Sea Life MN and enjoy all the sea life. We'll go on a nighttime hike through the aquarium, get a behind-the-scenes tour, have a pizza party, enjoy great activities and get to sleep in the tunnel. In the morning you will be able to enjoy a donut and juice and get a souvenir t-shirt before heading out. Snorkeling option available for students and adults age 9+ on Saturday morning. Registration deadline Oct 17.

Fri/Sat Nov 15-16 | 7:00pm-9:00am | 1 session  
\$145 Parent/Child, \$185 Parent/Child plus 1 person snorkeling,  
\$225 Parent/Child plus 2 people snorkeling  
Sea Life MN Mall of America | #6305-1F





**Celebrate the New Year watching the most widely-viewed parade on earth.**

## **NEW! Collette: Reflections of Italy**

Our 10 days in Italy will start in Rome and then we are off to the medieval city of Perugia in Umbria. We'll journey through Tuscany and the cities of Siena and Florence. On our way to Venice, we will tour a historic winery in the Chianti region and finish the trip with time in Lugano, Switzerland, Lake Como and Milan.

Fall 2015 | \$2,499-\$2,999 per person/double occupancy  
#6107-1F

## **NEW! Premier World Discovery: Best of China 10 Days 2015**

This 10-day trip will take you to Beijing, with its beautifully-preserved palaces, tombs and relics. We'll explore the Great Wall of China, travel Beijing's ancient alleyways by rickshaw, experience the Ancient City of Xian and finish the trip in Shanghai with a tour of the city, the Bund, the Garden of the Mandarin Yu and a silk weaving workshop.

Nov 3-12 | \$3,495 per person/double occupancy  
#6106-4F

## **NEW! Premier World Discovery: Natural Wonders of Costa Rica 9 Days 2015**

This 9-day adventure exploring the natural wonders of Costa Rica features three multi-night stays and amazing visits to Paos Volcano National Park, Monteverde Cloud Forest, a jungle crocodile safari cruise, a coffee plantation, the Hummingbird Gallery, an orchid garden tour and more.

Feb 18-26, 2015 | \$2,895 per person/double occupancy  
#6106-3F

## **NEW! Premier World Discovery: Panama Canal Cruise 15 Days 2015**

15 days and 14 nights of cruising aboard the Norwegian Star will take you to amazing destinations such as Cabo San Lucas, Puerto Vallarta, Huatulco, Puerto Chiapas, Mexico, Puntarenas, Costa Rica, The Panama Canal and Cartagena, Columbia. This trip is loaded with adventure, beaches, eco-tourism, history, great food, shopping, and more!

Feb 2-16, 2015  
\$2,849 per person/double occupancy for ocean view stateroom;  
\$2,549 per person/double occupancy for inside stateroom;  
\$2,499 per person/double occupancy for ocean view with balcony  
#6106-5F

## **NEW! Premier World Discovery: Rose Parade New Year's 2015**

Spend six fantastic days in Southern California! Tour famous sites around Los Angeles and attend a New Year's Eve party with dining, dancing and casino games. New Year's Day brings reserved grandstand seats for the Tournament of Roses Parade and lunch at Lawry's Restaurant in Beverly Hills. The next day you can view the parade floats up close at the Ronald Reagan Presidential Library and Museum and end the trip with a day of leisure.

Dec 30-Jan 4, 2015  
\$2,250 per person/double occupancy; add \$550 single supplement  
#6106-6F

## **NEW! Premier World Discovery: Venice and the Italian Lakes 9 Days 2015**

Spend 7 nights in a first-class hotel in the Lake Como area as you explore Venice, the Italian lakes and Duomo di Milano. We'll enjoy a scenic cruise of Lake Como, explore the Roman ruins in Verona, spend a day in Venice and experience a gondola ride. Finish with a trip to Lugano, Switzerland and enjoy the views of the Alps and Lake Lugano.

Oct 19-Oct 27 | \$3,295 per person/double occupancy  
#6106-2F



# ADULT GENERAL INTEREST | HOBBY



*Training provides enrichment  
and stimulates your dog's brain!*

## Dog Obedience, Basic

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

Fridays Oct 3-Nov 14 | 7:05-8:05pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | Not meeting Oct 24, 31  
#8100-2F

Fridays Nov 21-Dec 19 | 7:05-8:05pm | 4 sessions | \$55  
Handke Center Cafeteria Door 5 | Mahr | Not meeting Nov 28  
#8100-5F

## Dog Obedience, Intermediate

This class continues where the Basic class left off. We'll begin with the review of the basic exercises and then expand to off-leash work. We'll introduce new exercises including the drop on recall, the retrieve and basic jumping. Puppies must be at least three months old and have begun their shot series. Bring a collar, a six-foot leather leash and a retrieving dumbbell.

Fridays Oct 3-Nov 14 | 8:10-9:10pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | Not meeting Oct 24, 31  
#8100-3F

Fridays Nov 21-Dec 19 | 8:10-9:10pm | 4 sessions | \$55  
Handke Center Cafeteria Door 5 | Mahr | Not meeting Nov 28  
#8100-6F

## Puppy Kindergarten

This is a socialization and early training class for puppies 3-5 months of age. Puppies should have immunizations started, but do not need Rabies vaccine. Puppies should wear a plain buckle collar or harness and leash. Owners should bring treats and a soft chew toy to the first night of class.

Fridays Oct 3-Nov 14 | 6:00-7:00pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | Not meeting Oct 24, 31  
#8100-1F

Fridays Nov 21-Dec 19 | 6:00-7:00pm | 4 sessions | \$55  
Handke Center Cafeteria Door 5 | Mahr | Not meeting Nov 28  
#8100-4F

## Follow the Bone Deer Cutting

Learn the basic skills to cut and cook deer including the proper care of the deer, field dressing, skinning and cleaning of the carcass. You will also learn how to cut the deer using a road kill deer for hands-on experience. Students will receive a picture book and DVD to take home for future quick reference.

Monday Oct 13 | 7:00-9:00pm | 1 session | \$49  
Elk River HS Rm 343 Door H | #8131-1F

## NEW! DIY Vehicle Maintenance

Interested in saving money by maintaining or repairing your vehicle? It's easy, and most of the troubleshooting tools are free or have very little cost. Vehicles last longer when maintained properly. Join us to learn the basics.

Monday Nov 10 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 343 Door H | Nabor | #5000-1F

## Bent Willow Chair

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

Sat/Sun Sep 27 & 28 | 9:00am-5:00pm | 2 sessions  
\$200 Individual/\$215 Pair (same project)  
Red Wing Barn | McNeely | #8463-2F

Sat/Sun Oct 18 & 19 | 9:00am-5:00pm | 2 sessions  
\$200 Individual/\$215 Pair (same project)  
Red Wing Barn | McNeely | #8463-4F

## Twigs and Lunch

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

Saturday Sep 20 | 9:00am-5:00pm | 1 session  
\$100 Individual/\$115 Pair (same project)  
Red Wing Barn | McNeely | #8463-1F

Saturday Oct 11 | 9:00am-5:00pm | 1 session  
\$100 Individual/\$115 Pair (same project)  
Red Wing Barn | McNeely | #8463-3F

## Fall Decorating and Entertaining

Welcome the arrival of Fall by joining us for an evening loaded with creative Fall decorating tips and scrumptious recipes to wow family and friends. You will make a centerpiece to take home while sampling some tasty treats.

Thursday Nov 6 | 7:00-9:30pm | 1 session | \$19  
Zimmerman Home & Garden | #8235-1F

## Holiday Decorating and Entertaining

Set a holiday mood in your home with these simple, yet inspiring, holiday ideas. Discover tips and tricks on how to add holiday touches to every room in your home whether you decorate elegantly or prefer an up-north feel. You will have an opportunity to make a holiday arrangement while enjoying delicious party food ideas.

Thursday Dec 4 | 7:00-9:30pm | 1 session | \$19  
Zimmerman Home & Garden | #8237-1F

## Holiday Spruce Tip Container

Design your own spruce tip container choosing from a variety of decorations to suit your own personal style. Then create your own container, and learn how to care for it. We'll finish by discussing other holiday decorating tips and ideas.

Saturday Nov 22 | 9:30am-12:00pm | 1 session | \$40  
Zimmerman Home & Garden | #8236-1F

## Soap Making 101

Discover the delight of homemade soap for yourself or for gifts! Using the cold process method, you will learn how to make soap through demonstration and participation. Color and scent your own raw soap to take home. Complete handouts and recipes provided.

Tuesday Oct 14 | 6:30-9:00pm | 1 session | \$39  
Elk River HS Rm 352 Door H | Thomas | #8330-1F

## NEW! Time To Downsize? Make a Daunting Task Doable

Are you facing the task of sorting through your life's accumulation of stuff? Learn how to manage this challenging process effectively. Hear strategies for decluttering and ideas/resources for distributing possessions to family, friends, reselling or more. Leave with everything you need to get started including a plan of action and the feeling that your next steps are doable!

Monday Oct 27 | 6:30-9:00pm | 1 session | \$29  
Handke Center Rm 212 Door 5 | Kurzeka | #8070-1F

## NEW! Scarecrows for the Young at Heart

Join us for a fun, educational and interactive scarecrow building workshop! Learn the history of the scarecrow while our staff guides you through all the steps to create a unique scarecrow for your yard. All supplies included.

Saturday Oct 4 | 10:00-11:00am | 1 session | \$19  
Zimmerman Home & Garden | #8238-1F

## Cord Rug Crocheting

Learn how to make a beautiful rug using macrame cord. This rug is crocheted using simple crochet stitches. Even if you have never crocheted, you can learn how with this easy project. The rugs are machine washable and last for years. They also make a great gift!

Thursday Oct 9 | 6:00-9:00pm | 1 session | \$35  
Handke Center Rm 209 Door 5 | Decker | #8324-1F



*It's a proven scientific fact, just like we know chocolate and red wine are good for us, crocheting is also therapeutic.*

# ADULT ARTS | PARENTING

## Fused Glass: Hip to Be Square



Back by popular demand! Layers of squares create this one-of-a-kind piece of art. Choose colors that fit your personality or house- hold decor. Cut, assemble and style into unique patterns. It's fun, easy, and you won't want to stop. Items will be ready in 3 weeks.

Monday Oct 13 | 6:30-8:30pm | 1 session  
\$39 8" square plate, \$45 10" square plate  
Handke Center Art Rm Door 5 | #8318-1F

## Beer Stein/Wine Goblet

Hand-design your own beer stein or wine goblet in this unique class. The first night will be a practice session of hand-building and wheel techniques. On the second night you will make and glaze your final masterpiece. After the projects have been fired the group will meet again (date TBD) to share their art and enjoy a beverage together. Further details on our website.

Thursdays Oct 23 & 30 | 6:30-8:30pm | 2 sessions | \$35  
Handke Center Art Rm Door 5 | Zahler | #8317-1F

## Fused Glass: Build a Snowman Plate

Build a snowman and design several on this black base filled with creative and colorful snow people. Watch for photos coming soon to our website. Items will be fired and ready in 2 weeks.

Wednesday Nov 19 | 6:30-8:30pm | 1 session  
\$39 8" square plate, \$45 10" square plate  
Handke Center Art Rm Door 5 | #8318-2F

## Music Lessons for Adults - Special Rate

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

### piano and voice

Mondays Sep 29-Nov 10 | 1:00-3:00pm | 7 sessions | \$95  
Handke Center Music Rm 2 Door 5 | Aase | #8366-1F

### guitar

Mondays Sep 29-Nov 10 | 1:00-3:00pm | 7 sessions | \$95  
Handke Center Band Rm Door 5 | Dolan | #8366-2F



## Crescendo - Individual Music Lessons

The Crescendo Music Program features a wide variety of individual and group music opportunities in Elk River, Rogers and Zimmerman, both daytime and evenings. Private individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass. Inquire by calling Community Education at 763-241-3520.

### Our Lessons are:

- Tailored to meet the goals of the individual students.
- Conveniently scheduled in schools in supervised settings.
- Available throughout the school year with an optional summer session.
- Designed to provide performance opportunities to celebrate student's achievement.

### Our Instructors:

- Share a love of music and the desire to teach.
- Have a degree in music education and/or years of experience in teaching music.
- Are familiar with school curriculum and will tie in opportunities where possible.
- Are District 728 employees familiar with school curriculum and have passed background and reference checks.

## NEW! Are Your Kids Draining Your Energy?

Do you ever feel it's like pulling teeth to get your kids to do chores around the house? Do they drain your energy when they argue, talk back or have trouble listening the first time?! Love and Logic is a parenting program that is designed to give you practical skills for raising responsible kids who feel great about themselves.

Tuesdays Oct 7 & 14 | 7:00-9:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 212 Door 5 | Simonson | #5500-1F



**REGISTRATION DEADLINE**  
is **3** **BUSINESS DAYS**  
**BEFORE the ACTIVITY/CLASS**

# JAMES C. CHURCH

## WORLD WAR II HISTORY SERIES

### Ken Krueger “Fighting for Delphine”

Ken Krueger recalls his experiences as a soldier including Omaha Beach, Dachau concentration camp, Allied victory and meeting his first love in war-ravaged France. A second edition of his memoir will be published this fall and follows him back to France 67 years later as he retraces his steps and is reunited with the family of his long-lost fiancée.

Thursday Sep 18 | 6:30-8:00pm | 1 session | \$9 Adult/\$2 Student  
Handke Center Rm 210 Door 5 | Krueger | #8126-1F

### Doug Ward

Doug Ward was a belly gunner on a B-17 and is credited with 37 missions. He was in the 15th Air Force, 301st Bomb Group and the 8th Air Force, 305th Bomb Group. The book, “Turret Tales,” written by Judie Ohm, tells the story of his young life, his war years, and his later time at the Log Cabin Airport in Mondovi, Wisconsin.

Sunday Oct 26 | 1:00-2:30pm | 1 session | \$9 Adult/\$2 Student  
Handke Center Rm 111 Door 5 | Ward | #8126-2F

### 45 Stars - A Review of the 5-Star Generals and Admirals of the 2nd World War

Victory in WWII depended upon the leadership of individuals from varied backgrounds who rose slowly through the ranks while lobbying to modernize the military. Despite setbacks, each eventually commanded forces never-before witnessed in American history. This course reviews the lives and careers of the U.S. Army and Navy commanders who attained the rank of 5-Star General/Admiral.

Sunday Nov 9 | 1:00-3:00pm | 1 session | \$9 Adult/\$2 Student  
Handke Center Rm 111 Door 5 | Allert | #8126-3F

### D-Day: The American Perspective--Utah and Omaha Beaches and the Airborne Landings

This session will cover the build-up, the planning and the attack, from an American perspective, of the Allied opening of the second front against Nazi Germany. We will begin discussing the objectives of the Airborne landings and finish with the assaults on Utah and Omaha Beaches.

Tuesdays Dec 9 & 16 | 6:00-8:00pm | 2 sessions | \$9 Adult/\$2 Student  
Handke Center Rm 111 Door 5 | Cox | #8126-4F

### NEW! My Kids Are Driving Me Crazy!

Refresh your parenting skills, re-establish effective structure and routine in your home and see a decrease in misbehavior. This two-day workshop is led by Jan Hafner, a family-based therapist.

Saturdays Nov 8 & 15 | 9:00am-12:00pm | 2 sessions  
\$49 Individual/\$95 Pair  
Handke Center Rm 111 Door 5 | Hafner | #5502-1F

### NEW! Things You Need to Know about Your Aging Parents

Get an understanding about several topics including changes in the current health care system, how to prepare loved ones, upcoming changes with insurance/Medicare, fall prevention, dementia/Alzheimer's, power of attorney and advanced care directives.

Saturday Oct 25 | 8:00-10:00am | 1 session | \$25  
Handke Center Rm 111 Door 5 | Haug | #5501-1F

# ADULT FINANCE | TECHNOLOGY

## Estate Preservation

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

Tuesday Oct 21 | 7:00-8:30pm | 1 session | \$9  
Handke Center Rm 210 Door 5 | Bigalke | #8064-1F

## NEW! Four Steps to Financial Independence

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

Tuesdays Sep 23, Oct 21, Nov 18, Dec 16 | 7:00-8:20pm  
4 sessions | \$15  
Handke Center Rm 112 Door 5 | Schwantes | #8068-1F

## Write Your Own Will

If you were to pass away, would your wishes be known? This class is appropriate for individuals with less than one million dollars in assets (including real estate, life insurance, and retirement). You'll create a legal and effective basic will with the help of a licensed attorney. A questionnaire will be provided and must be completed and brought to class. Basic computer skills are helpful.

Wednesday Sep 24 | 6:00-9:00pm | 1 session  
\$55 Individual/\$99 Couple  
Elk River HS Media/Computer Lab Door A | Helseth | #8066-1F

Tuesday Nov 11 | 6:00-9:00pm | 1 session  
\$55 Individual/\$99 Couple  
Elk River HS Media/Computer Lab Door A | Helseth | #8066-2F



**According to an AARP survey, 2 out of 5 Americans over the age of 45 don't have a will.**

## Saving the Family Cabin

Help yourself and your family maintain the things you value as we discuss how to protect your estate and the assets that are most important to you through proper planning. We will also discuss ways to establish a family legacy, gifting rules and long-term care planning. Handouts will be provided.

Tuesday Sep 23 | 7:00-8:30pm | 1 session | \$9  
Handke Center Rm 111 Door 5 | Bigalke | #8065-1F

## NEW! Social Security: Strategize to Maximize

Wondering about Social Security details as they apply to withdrawal ages and survivor benefits? We will discuss strategies such as file and suspend or restricted application to make sure individuals are getting the maximum benefits from Social Security.

Thursdays Sep 11, Oct 2, Nov 13 | 6:30-7:30pm | 3 sessions | \$9  
Handke Center Rm 212 Door 5 | Lange | #8069-1F

## Write Your Own Healthcare Directive

If you become incapacitated, who will carry out your wishes regarding your healthcare and personal finances? Having a plan is important. Learn about, draft and leave class with a valid Healthcare Directive and Power of Attorney. Participants should be comfortable using a computer. Some prep work is required; a packet will be sent prior to class.

Wednesday Dec 10 | 6:30-8:30pm | 1 session  
\$35 Individual/\$65 Couple  
Elk River HS Rm 103 Door A | Helseth | #8067-1F

## NEW! Computer 101: Upgrade or Build a New Computer on a Budget

Building a powerful computer on a budget is easy. Learn about the components that make up a computer and what it takes to assemble them.

Monday Sep 22 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8009-1F

## NEW! Getting the Most From your Android Phone

This popular mobile OS (operating system) runs on many phones and tablets. Discover all the features available to you and see why it's so popular.

Monday Oct 13 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8003-1F

## Computer Basics for Beginners: PC Part 1

Are you apprehensive about using a computer? Not really sure what to do? Now's the time to get started! This course is designed to familiarize you with computers and how they work. Learn to perform tasks like starting programs, opening files, saving work and other basic tasks. Not meeting Nov 27.

Thursdays Nov 13-Dec 11 | 5:30-7:30pm | 4 sessions | \$39  
Elk River HS Rm 103 Door A | Bade | #8000-1F

## NEW! Social Media Strategies for Small Business

Discover what Social Media can do for your business. Our industry expert, Katie Miller, will cover Facebook, Twitter, Pinterest, LinkedIn and Instagram, along with some basic strategies on blogging and Google+. This is your chance to hop on board!

Monday Nov 3 | 6:30-8:30pm | 1 session | \$19  
Handke Center Rm 111 Door 5 | Miller | #8005-1F

## NEW! Maintaining Your Computer and Keeping it Virus-Free

Learn various techniques for keeping your computer virus-free including virus/spyware detection and removal, software dos and don'ts, system optimization, software updates, security hardware and software firewalls, upgrading your hardware and other tips and ideas.

Monday Sep 15 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8005-2F

## Introduction to Google Docs

Looking to update your basic workplace skills, or maybe you are new to computers and want to learn about Google Docs? This class is the perfect place for you as our instructor leads you through introductory lessons in using the program and the many options it has to offer.

Tuesdays Nov 11-Dec 2 | 5:30-7:30pm | 4 sessions | \$39  
Elk River HS Rm 103 Door A | Bade | #8010-1F

## Introduction to Microsoft Word

Looking to update your basic workplace skills, or maybe you are new to computers and want to learn about Microsoft Word? This class is the perfect place for you as our instructor will lead you through introductory lessons in using the program and the many options it has to offer.

Tuesdays Dec 9-30 | 5:30-7:30pm | 4 sessions | \$39  
Elk River HS Rm 103 Door A | Bade | #8001-1F



*iOS 8 release date is estimated to be September 2014.*

## NEW! iOS 7/8 Getting the Most from Apple Mobile

Explore this popular mobile OS (operating system) that runs on many phones and tablets. Take advantage of all the features available to you and see why it's so popular.

Monday Oct 20 | 6:30-8:30pm | 1 session | \$19  
Handke Center Rm 210 Door 5 | Nabor | #8002-1F

## NEW! VMware Basics: Utilizing VMware in Small Business

See why running a virtual environment is much more cost efficient and reliable than a pure computer hardware environment.

Monday Oct 27 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8004-1F

## NEW! VoIP in Business: Run a Free In-House Phone System for Your Business

Voice-over-Internet Protocol is the new standard. See how it can benefit your business and discover how some high-end features that businesses require can be free or obtained at little cost.

Monday Nov 3 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8006-1F

## NEW! Home Networking: Connecting Multiple Devices at Home

Learn to connect multiple devices at home and get all of your internet devices on-line and talking to each other. This class covers network printing, media streaming, file sharing and more.

Monday Sep 29 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8008-1F

## NEW! Internet Security: Staying Safe Online

Learn how to combat identity theft, maintain your computer's security, be safe on social networks like Facebook and Twitter, stay safe with online banking and other related services.

Monday Oct 6 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Nabor | #8007-1F

## CEU COURSES FOR TEACHERS

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

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

[www.ed2go.com/728commed-pro](http://www.ed2go.com/728commed-pro)

### Classroom Computing

- Microsoft Excel 2010 in the Classroom
- Microsoft PowerPoint 2010 in the Classroom
- Microsoft Word 2010 in the Classroom
- Using the Internet in the Classroom
- Blogging and Podcasting for Beginners
- Integrating Technology in the Classroom
- Creating a Classroom Web Site
- The Classroom Computer

### Languages

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

### Mathematics

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

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

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

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

### Science

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

### Reading and Writing

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

### Tools for Teachers

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





# ADULT ONLINE LEARNING



*Online learning is a cost effective way  
to get ahead without getting behind!*

## Accounting and Finance

Accounting | Capital Markets | Finance | Personal Finance and Investments

## Business

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

## Computer Applications

Adobe | Corel | IBM | Microsoft | Quickbooks | Crystal Reports

## Design and Composition

Graphic and Multimedia Design | Photography | Print Design  
Web Design

## Government

Law Enforcement

## Health Care and Medical

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

## Language and Arts

Arts | Languages | Photography | Writing

## Law and Legal

Business and Corporate | Criminal Law | LSAT Preparation  
Paralegal

## Benefits of taking an Online Learning Class:

- Save time and gas by not commuting
- Flexibility
- Work at your own speed
- Take classes around your work schedule
- Remain competitive in your current employment
- Instructor-facilitated

[www.ed2go.com/728commed-pro](http://www.ed2go.com/728commed-pro)

## Personal Development

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

## Personal Finance and Investments

Introduction to Stock Options | Money Management | Protect Your  
Money, Credit and Identity

## Schools

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

## Service and Hospitality

Food and Beverage | Hospitality Training

## Technology

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

**COURSES AS  
LOW AS \$99!**

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# ADULT BASIC EDUCATION

## ADULT BASIC EDUCATION MORE than a GED

Adult Basic Education offers  
FREE individualized instruction in:

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

### English as a Second Language (ESL)

Learn and improve your English skills:

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

We have classes for beginning, intermediate and transitional levels.

### Citizenship & ESL/Citizen Classes

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

Dates of class to be determined.

## GET STARTED TODAY!

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

### GED 2014

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



**Congratulations Dan!**

Elk River's first GED graduate since the GED 2014 went into effect on Jan 1. Dan was a Learning Lab student from May 5-Jul 31, 2014 and attended class approximately 40 hours. "All the testing that I did at the center helped me prepare for the GED because it identified what I needed to work on. Next week I start truck driving school and now with my GED I can apply for a better paying job."

# ADULT ENGLISH AS A SECOND LANGUAGE



Theresa was one of six commencement speakers at the annual Metro North ABE graduation ceremony.

## Three Words to Describe Theresa: **Resilient, Determined, and Perseverant!**

Theresa started her journey with the Elk River ABE program in 2012 initially to get her GED, but after a couple of months she switched to the Adult Diploma program to complete the credits she needed for her high school diploma. The road was not easy for her as she encountered many obstacles and challenges in her personal life. While some people with similar problems would have given up or found excuses to not attend class, Theresa was **resilient**. She reassessed her situation and prioritized her goals. She was **determined** to succeed. And despite all the things that made it difficult for her to focus on her goals, she **persevered**. After two years of continuous effort, Theresa has now achieved her diploma and was a commencement speaker at the Metro North annual ABE graduation ceremony. She now challenges others who need their GED or diploma to enroll in an ABE program and make the commitment to complete their education. "If I can do it, you can too." Congratulations, Theresa!

### Join our Team of ABE & ESL Volunteers

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

## Elk River Learning Lab ABE/ESL 2014 Fall Class Schedule

### Begins Mon Sep 8 - Ends Thu Dec 18\*

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

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

**Evening (4:00-8:00pm):** Tuesdays

\*Not meeting Oct 16, Nov 24-28

*Schedule subject to change based on attendance.  
Winter Schedule begins January 6, 2015.*

**Classroom Location at Handke: Room 221**

### Contact Information

Elk River Learning Lab

Community Education at The Handke Center

1170 Main Street, Elk River, MN 55330

**Phone:** 763-241-3400 x5525

**Email:** [pamela.moriarity@elkriver.k12.mn.us](mailto:pamela.moriarity@elkriver.k12.mn.us)

**Website:** [www.elkriver.k12.mn.us/webpages/pmoriarity](http://www.elkriver.k12.mn.us/webpages/pmoriarity)

**Coordinator:** Pam Moriarity

**Instructor:** Sherry Smith

**Instructor:** Rallou Rice

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

### FREE Childcare Available

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

*Live as if you were to die tomorrow;  
Learn as if you were to live forever.*

~ Mohandus (Mahatma) Gandhi

# ADULT HELPING OTHER PEOPLE EXCEL



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

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

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

## OUTINGS

- Sep 7 Twins Game
- Sep 19 Elk River Homecoming Parade & Game
- Sep 20 Fall Harvest Orchard & Hayride
- Sep 27 Healthy BBQ & Lawn Games
- Oct 9 Bowling Party
- Oct 18 101 Market & Corn Maze
- Oct 24 Trick or Treat Dance Party
- Oct 25 Prairie Fire Snow White
- Oct 25 Anoka Halloween Parade
- Oct 27 Zoo Mobile
- Nov 1 MOA Shopping Trip
- Nov 23 Vikings Game & Pizza
- Nov 24 Volunteers of H.O.P.E.
- Dec 7 A Christmas Carol
- Dec 13 Pool Party
- Dec 14 Disney on Ice
- Dec 20 Christmas Tour of Alexander Ramsey House

## CLASSES

- Sep 18 Exercise in Disguise Weekday Walkers
- Sep 22 Bingo & Treat
- Sep 29 Fall Craft
- Oct 6 Fall Birthday Celebration
- Oct 13 Game Night
- Oct 16 Exercise in Disguise Zumba
- Oct 20 Halloween Craft
- Oct 30 Halloween Bingo & Treat
- Nov 3 Thanksgiving Craft
- Nov 6 Exercise in Disguise
- Nov 10 Veteran's Day Activity & Craft
- Nov 17 Bingo & Treat
- Nov 20 Glass Fusing Ornament
- Dec 1 Holiday Craft
- Dec 4 Fleece Blankets
- Dec 8 Gift in a Jar
- Dec 18 Cookie Bake & Take



# HELPING OTHER PEOPLE EXCEL-JUNIOR



## H.O.P.E Junior | grades 3-10

Similar to our ever-popular and always-in-demand adult H.O.P.E. program, H.O.P.E. Junior is designed specifically for youth grades 3-10 with developmental disabilities. Each class will have a specific theme. During the beginning part of each session we will participate in active sports and games related to the theme, focusing on sportsmanship and basic motor skills. The second half of class we will wind down with activities that focus on arts, crafts and peer interactions.

Participants in these activities can attend alone or with a staff/assistant they bring along. Participants are asked to register with a staff or family member if personal care assistance is needed. If attending alone, the participant should be able to function independently in a group setting, follow simple directions and communicate their needs. All reasonable accommodations will be made to meet the needs of participants. Community Education welcomes students of all abilities to participate in any of the activities we offer. Contact us at least one week in advance if assistance is needed; this includes sign language interpretation.

Students will be divided into two groups: grades 3-6 and grades 7-10. Register for all six sessions (season pass) and save! Or, pick and choose what days you would like to attend.

### Season Pass

Tuesdays Sep 16-Dec 9 | 4:00-5:30pm | 6 sessions  
Handke Center Door 5  
Not meeting Sep 23, Oct 14 & 28, Nov 4, 11, 24, Dec 2

#### grades 3-6

Participant | \$49 | #9700-13F  
Assistant | \$10 | #9700-14F

#### grades 7-10

Participant | \$49 | #9701-13F  
Assistant | \$10 | #9701-14F

## NEW! Bingo & Treat

Tuesday Sep 16 | 4:00-5:30pm | 1 session  
Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$9 | #9700-1F  
Assistant | \$7 | #9700-2F

#### grades 7-10

Participant | \$9 | #9701-1F  
Assistant | \$7 | #9701-2F

## NEW! Pizza & Movie

Tuesday Sep 30 | 4:00-5:30pm | 1 session  
Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$10 | #9700-11F  
Assistant | \$8 | #9700-12F

#### grades 7-10

Participant | \$10 | #9701-11F  
Assistant | \$8 | #9701-12F

## NEW! Tie Dyed

Tuesday Oct 7 | 4:00-5:30pm | 1 session  
Handke Center Art Room Door 5

#### grades 3-6

Participant | \$12 | #9700-9F  
Assistant | \$0 | #9700-10F

#### grades 7-10

Participant | \$12 | #9701-9F  
Assistant | \$0 | #9701-10F

## NEW! Costume Party

Tuesday Oct 21 | 4:00-5:30pm | 1 session  
Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$10 | #9700-7F  
Assistant | \$5 | #9700-8F

#### grades 7-10

Participant | \$10 | #9701-7F  
Assistant | \$5 | #9701-8F

## NEW! Fall Birthday Celebration

Tuesday Nov 18 | 4:00-5:30pm | 1 session  
Handke Center Rm 210 Door 5

#### grades 3-6

Participant | \$10 | #9700-3F  
Assistant | \$6 | #9700-4F

#### grades 7-10

Participant | \$10 | #9701-3F  
Assistant | \$6 | #9701-4F

## NEW! Wii Games

Tuesday Dec 9 | 4:00-5:30pm | 1 session  
Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$10 | #9700-5F  
Assistant | \$6 | #9700-6F

#### grades 7-10

Participant | \$10 | #9701-5F  
Assistant | \$6 | #9701-6F

Follow our Twitter Feed @CE728ALERT or check online at [www.728communityed.com](http://www.728communityed.com) for possible inclement weather cancellations of activities or late return time from outings.



# ECFE

## EARLY CHILDHOOD FAMILY EDUCATION

Come for your **CHILD...**  
STAY FOR YOURSELF!

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

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

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

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

### What are the rooms like?

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

### What are the activities?

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



Ready for Fall Fun on the Nature Explore Center!

### What happens during parent discussion time?

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

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

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



Questions about kids, looking for ideas.....

Read **ECFE BLOG**  
[isd728earlychildhoodfamilyeducation.com](http://isd728earlychildhoodfamilyeducation.com)

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

Babies change your life - it's both rewarding and challenging. This is your time to play with your baby in a new setting, talk with a parent educator and other parents about development, reading a baby's cues, sleeping and feeding, your changing needs as an adult and as a parent and more. Discussion is in the room with the children.

Mondays Sep 29-Nov 17 | 5:00-6:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting Oct 13, 20 | #700-1

Mondays Jan 12-Mar 16 | 5:00-6:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting Jan 19, 26, Feb 16, Mar 2  
#700-2

Mondays Apr 13-May 18 | 5:00-6:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | #700-3

Wednesdays Oct 1-Nov 12 | 1:00-2:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting Oct 15 | #701-1

Wednesdays Jan 14-Feb 25 | 1:00-2:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting Feb 18 | #701-2

Wednesdays Apr 15-May 20 | 1:00-2:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | #701-3

Fridays Oct 3-Nov 14 | 11:00am-12:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting Oct 17 | #702-1

Fridays Jan 16-Feb 27 | 11:00am-12:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting Feb 20 | #702-2

Fridays Apr 17-May 29 | 11:00am-12:00pm | 6 sessions | Free  
Handke Center Rm 1 Door 5 | Not meeting May 1 | #702-3



*Exploring, playing, learning and growing!*

## Infant Massage | age 4 weeks-6 months

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

Thursdays Sep 11-25 | 1:00-2:00pm | 3 sessions | \$14/child  
Handke Center Community Rm Door 5 | #715-1

## Breastfeeding Basics, for Moms and Dads age 0-12 months

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

Monday Sep 8 | 6:00-8:00pm | 1 session | \$5/family  
Handke Center Community Rm Door 5 | #716-1



*Making new friends through play!*

*Join us for an ECFE Open House!  
See our newly remodeled  
classrooms!  
Thursday, Sep 18, 6-7:30pm*

# ECFE TODDLERS

## Toddlers - Moving and Exploring | age 12-24 months

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

Wednesdays Oct 1-Dec 10 | 10:45am-12:00pm | 9 sessions | \$53  
Handke Center Rm 1 Door 5 | Not meeting Oct 15, Nov 26 | #703-1

Wednesdays Jan 14-Mar 25 | 10:45am-12:00pm | 9 sessions | \$53  
Handke Center Rm 1 Door 5 | Not meeting Feb 18, Mar 11 | #703-2

Wednesdays Apr 15-May 27 | 10:45am-12:00pm | 7 sessions | \$42  
Handke Center Rm 1 Door 5 | #703-3

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Thursdays Oct 2-Dec 11 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 1 Door 5 | Not meeting Oct 16, Nov 27 | #704-1

Thursdays Jan 15-Mar 26 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 1 Door 5 | Not meeting Feb 19, Mar 12 | #704-2

Thursdays Apr 16-May 28 | 9:00-10:30am | 7 sessions | \$50  
Handke Center Rm 1 Door 5 | #704-3

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Thursdays Oct 2-Dec 11 | 10:45am-12:00pm | 9 sessions | \$53  
Handke Center Rm 1 Door 5 | Not meeting Oct 16, Nov 27 | #705-1

Thursdays Jan 15-Mar 26 | 10:45am-12:00pm | 9 sessions | \$53  
Handke Center Rm 1 Door 5 | Not meeting Feb 19, Mar 12 | #705-2

Thursdays Apr 16-May 28 | 10:45am-12:00pm | 7 sessions | \$42  
Handke Center Rm 1 Door 5 | #705-3

**Need a break? Fees waived on request!**



Find us on  
Facebook/ECFE  
and Twitter/ECFE

## NEW...

### Yoga, ECFE and You | age 2-5 years

What's yoga got to do with parenting? Come and find out at ECFE! You'll start the morning with yoga for you, while your child interacts with other children and our ECFE staff in an early childhood classroom. Then you'll meet with the Parent Educator and other parents to discuss relevant topics like stress, children's behavior, family time, etc. Wear comfortable clothes and bring a towel or yoga mat to practice on.

Mondays Oct 27-Dec 15 | 10:45am-12:15pm | 7 sessions | \$50  
Handke Center Rm 1 Door 5 | Not meeting Nov 24 | #714-1

## MUSIC...



### Munchkin Musik | age 6 months-3 years

Your child will wiggle and giggle during 45 minutes of educational musical fun! Sing, dance and explore instruments from around the world, all while helping your child develop their social, language and motor skills. What better way to spend your time than bonding with your little one through music? Sliding fee scale does not apply to this class. **Try a class for FREE!** Choose one of the following sessions:

Wednesday Oct 1 & 8 | 6:00-6:45pm | FREE  
Handke Center Community Rm Door 5 | No pre-registration

If you like it, join any of the following upcoming classes!

Wednesdays Oct 22-Dec 10 | 6:00-6:45pm | 7 sessions | \$87  
Handke Center Community Rm Door 5 | Not meeting Nov 26 | #715-1

Wednesdays Jan 14-Mar 4 | 6:00-6:45pm | 7 sessions | \$87  
Handke Center Community Rm Door 5 | Not meeting Feb 18, Mar 11  
#715-2

Wednesdays Apr 15-May 27 | 6:00-6:45pm | 7 sessions | \$87  
Handke Center Community Rm Door 5 | #715-3





# ECFE 2'S TO KINDERGARTEN

## 2-Year-Olds - On the Go! | age 24-36 months

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

Mondays Sep 29-Dec 15 | 9:15-10:45am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Oct 13, 20, Nov 24  
#706-1

Mondays Jan 12-Mar 30 | 9:15-10:45am | 8 sessions | \$57  
Handke Center Rm 2 Door 5  
Not meeting Jan 19, 26, Feb 16, Mar 2 | #706-2

Mondays Apr 13-May 18 | 9:15-10:45am | 6 sessions | \$43  
Handke Center Rm 2 Door 5 | #706-3

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Tuesdays Sep 30-Dec 9 | 10:45am-12:15pm | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Oct 14, Nov 25 | #707-1

Tuesdays Jan 13-Mar 24 | 10:45am-12:15pm | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Feb 17, Mar 10 | #707-2

Tuesdays Apr 14-May 26 | 10:45am-12:15pm | 7 sessions | \$50  
Handke Center Rm 2 Door 5 | #707-3

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Wednesdays Oct 1-Dec 10 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Oct 15, Nov 26 | #708-1

Wednesdays Jan 14-Mar 25 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Feb 18, Mar 11 | #708-2

Wednesdays Apr 15-May 27 | 9:00-10:30am | 7 sessions | \$50  
Handke Center Rm 2 Door 5 | #708-3



## Don't Miss the Scholastic Book Fair!

Mon-Sat Oct 6-11  
Open during regular ECFE and Discovery Learning class times  
Handke Center North Wing Door 5



*In the greenhouse!*

## Your 3, 4, 5-Year-Old | age 36 months-Kdgn

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

Tuesdays Sep 30-Dec 9 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Oct 14, Nov 25 | #710-1

Tuesdays Jan 13-Mar 24 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Feb 17, Mar 10 | #710-2

Tuesdays Apr 14-May 26 | 9:00-10:30am | 7 sessions | \$50  
Handke Center Rm 2 Door 5 | #710-3

## Advisory Council Information Night

Wondering if the Parent Advisory Council is for you? Not sure if you have the time? Wonder what the council really does? Want to find ways to help with the activities your child loves? Interested in connecting with other parents of young children? Come to ECFE and School Readiness Advisory Council Information Night to get all your questions answered!

- 6:00-6:30 Pizza
- 6:30-7:00 Question / answer session about the Council
- 7:00-8:00 Short Regular Advisory Council Meeting

Childcare will be provided but you must pre-register your child/ren for childcare by calling the ECFE office at 763-241-3524. Please email [kelly.rogers@elkriver.k12.mn.us](mailto:kelly.rogers@elkriver.k12.mn.us) with any questions! Hope to see you there!

Tuesday Oct 14 | 6:00-8:00pm | 1 session | Free  
Handke Center Community Rm Door 5

# ECFE MULTI-AGE AND DROP IN

## Family Fun Multi-Age | age birth-Kindergarten

Enjoy the fun and learning activities in the classroom with children birth to Kindergarten. Then, while children enjoy activities together with the early childhood staff, parents meet with the parent educator for parent discussion. Class begins with parent-child time. Discussion will be in a separate room.

Thursdays Oct 2-Dec 11 | 6:00-7:30pm | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Oct 16, Nov 27 | #711-1

Thursdays Jan 15-Mar 26 | 6:00-7:30pm | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Feb 19, Mar 12 | #711-2

Thursdays Apr 16-May 28 | 6:00-7:30pm | 7 sessions | \$50  
Handke Center Rm 2 Door 5 | #711-3

## T.G.I.F | age birth-Kindergarten

Enjoy the fun and learning activities in the classroom with children ages birth to Kindergarten. Then, while children enjoy activities together with the early childhood staff, parents meet with the parent educator for parent discussion. Class begins with parent-child time. Discussion will be in separate room.

Fridays Oct 3-Dec 12 | 9:15-10:45am | 8 sessions | \$57  
Handke Center Rm 2 Door 5 | Not meeting Oct 17, Nov 21, 28 | #712-1

Fridays Jan 16-Mar 27 | 9:15-10:45am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Feb 20, Mar 13 | #712-2

Fridays Apr 17-May 29 | 9:15-10:45am | 6 sessions | \$43  
Handke Center Rm 2 Door 5 | Not meeting May 1 | #712-3

## Get the Scoop About the Bond

What does the upcoming bond mean for my family? How will it impact my children? Charlie Blesener, Director of Community Engagement, will be on hand to provide information and to answer questions. ECFE is hosting this event so you can be informed. Light refreshments will be served. Child care is available for a small fee by calling 763 241-3400, X5528.

Thursday Oct 23 | 7:00-8:00pm | 1 session | NO COST  
Handke Center Community Rm Door 5



Find us on  
Facebook/ECFE  
and Twitter/ECFE

## Drop-In Playtime

Looking for something to do with your child at the last minute? Drop in at ECFE and play in one of the ECFE rooms or in the gym (gym available on a limited basis.) First-come, first-serve; space is limited. Family childcare providers must meet child-to-adult ratios for the children they bring. For an added discount, purchase a Drop-In Play pass for \$10. Each time you attend, we will punch your card.

Pay at Door: \$2/child each time with pass or \$2.50/child each time without pass

Wednesdays Oct 1-May 27 | 6:15-7:30pm | 26 sessions  
Handke Center Rm 2 Door 5 | Not meeting Oct 15, Nov 26, Dec 17, 24, 31, Jan 7, Feb 18, Mar 11, Apr 8

Thursdays Oct 2-May 28 | 9:30-11:30am | 26 sessions  
Handke Center Rm 2 Door 5 | Not meeting Oct 16, Nov 27, Dec 18, 25, Jan 1, 8, Feb 19, Mar 12, Apr 9

## Saturday Morning Gym Times | age birth-Kindergarten

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

Saturdays Nov 22 & Dec 20 | 9:30-11:30am | 2 sessions | \$2/child with pass; \$2.50/child without pass (per time)  
Handke Center Gym Door 5

**Too expensive? Fees waived on request!**



*Working it out on the NEC!*

# ECFE ONE TIME AND TRIPS



## Challenges With Your Child? ...Let's talk about problem solving with your child

We will explore some of the ways children have difficulties in behaving and spend time learning about problem solving skills with your child. Be the parent you want to be in the midst of challenges. Focus on children ages three through ten. Presented by Paula

Donnelly, who has worked in the Early Childhood Family Education field for over 25 years. She was a home visitor, parent/family educator and behavior specialist for the Early Childhood Family Education program in the Elk River School District. She holds a Master's degree in Education.

Refreshments will be served. Childcare will be provided for a fee.

6:15-6:30: Check-in and refreshments

6:30-8:30: Workshop

Please pre-register for this event.

Tuesday Nov 11 | 6:00-8:30pm | 1 session | \$5

Handke Center Gym/Community Room Door 5 | #746

## Not-So-Scary Fun at the Nature Explore Center

Take the scary out of bugs, bats and owls, and have some Halloween fun! A non-scary (no mask or costume) event with some treats, activities and family fun on the Nature Explore Center! Co-sponsored by ECFE and Friends of Sherburne Wildlife Refuge. We'll be indoors if it rains. Event is free, but you should pre-register.

Saturday Oct 25 | 11:00am-12:30pm | 1 session | Free

Handke Center Nature Explore Center Door 5 | #735

## Sherburne County Wildlife Festival

Visit our ECFE Nature Explore activities at the Festival! The annual celebration of wildlife, featuring author and wildlife photographer Stan Tekiela, live birds, horse-drawn wagon rides, nature crafts, bird education, and wildlife discovery. Small fee for 5K and food. All other activities FREE. Events held at Sherburne National Wildlife Refuge - south of the Old School House on Cty Rd 9 in Zimmerman. No pre-registration for this event.

Saturday Oct 4 | 10:00am-3:00pm | 1 session | Free

Sherburne National Wildlife Refuge Zimmerman

## A Day with Dad - Camping age 30 months-Kindergarten

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

Saturday Sep 27 | 9:30-11:00am | 1 session | \$5

Handke Center Nature Explore Center/Rm 2 Door 5 | #740

## A Day With Dad - Discovering Outerspace age 30 months-Kindergarten

Spend a Saturday morning discovering the night sky! Kids – come with your dad, your grandpa, an uncle, or another special male in your life to share some fun time together. The morning will start with fun space-related activities in the gymnasium, followed by creating and discovering in the classroom, hearing a story and having a snack.

Saturday Nov 1 | 9:30-11:00am | 1 session | \$5

Handke Center Rm 2/Gym Door 5 | #741



## Trip to the Children's Theater – “How the Grinch Stole Christmas” age 3 years-Kindergarten

What turns a sour Grinchy frown upside down? A story of transformation and love told three sizes bigger. This musical spectacular at the Children's Theatre Company is back for the holiday season, offering a new generation of Seuss-lovers the chance to experience a spirited take on the classic tale. The dazzling experience gets to the core of the heartfelt story, but that doesn't mean you shouldn't expect a little NOISE! Bring your lunch and we will eat at the theatre. Return time is approximate. The sliding fee scale does not apply to this trip. You may bring a stroller, but it must fit between the bus seats. There are no seat belts on the bus and car seats are not allowed. Please be on time for departure, we will not be able to wait past the scheduled departure time!

Tuesday Nov 25 | 9:00am-1:30pm | 1 session | \$14/Person

Handke Center Door 5 | #745

(Sorry, no waived fees for this event).

# ECFE DISCOVERY LEARNING PRESCHOOL 14/15

## ELK RIVER

### Discovery 3's & 4's

Classes for children who are "3" by Sep 1, 2014  
Parent/Child Day is Thursday

Tue/Thu | 9:15-11:15am | 2 classes  
\$90/month | Handke Center | #750

Wed/Fri + Mon | 9:15-11:15am | 1 class  
(Parent/child night Mondays from 6:00-7:30pm)  
\$110/month | Handke Center | #751

### Discovery 4's & 5's

Classes for children who are "4" by Sept 1, 2014

\*Mon/Wed/Fri | 8:50-11:20am | 2 classes  
\$159/month | Handke Center | #753

\*Mon/Tue/Thu | 8:50-11:20am | 1 class  
\$159/month | Handke Center | #754

\*Mon/Tues/Wed/Thur/Fri | 9:00-11:30 am | 1 class  
\$269/month | Handke Center | #800

\*Tue/Wed/Thu | 12:50-3:20pm | 2 classes  
\$159/month | Handke Center | #755

Tue/Thu | 5:45-7:45 pm | 1 class  
\$90/month | Handke Center | #758

**\*Preschool Programs with  
CHILDCARE offered!**

Any of the above classes offered at the Handke Center with the \* asterisk are eligible for wrap around child care options.

See page 38 for options and pricing!

## ROGERS

### Discovery 3's & 4's

Classes for children who are "3" by Sep 1, 2014  
Parent/Child Day is Thursday

Tue/Thu | 9:30-11:30am | 1 class  
\$90/month | Rogers | #760

### Discovery 4's & 5's

Classes for children who are "4" by Sept 1, 2014

Mon/Wed/Fri | 9:00-11:30am | 1 class **Full**  
\$159/month | Rogers | #761

Tue/Wed/Thu | 1:00-3:30pm | 1 class  
\$159/month | Rogers | #762

## ZIMMERMAN

### Discovery 3's & 4's

Classes for children who are "3" by Sep 1, 2014  
Parent/Child Day is Tuesday

Tue/Thu | 9:30-11:30am | 1 class  
\$90/month | Zimmerman | #770

### Discovery 4's & 5's

Classes for children who are "4" by Sept 1, 2014

Mon/Wed/Fri | 9:00-11:30am | 1 class **Full**  
\$159/month | Zimmerman | #771

Tue/Wed/Thu | 12:45-3:15 pm | 1 class  
\$159/month | Zimmerman | #773

- Classes begin mid-September and end mid-May.
- Classes may be joined at any time on a space available basis.
- A \$49 non-refundable deposit is collected at registration.
- Classes may be cancelled due to low enrollment and start/end times may vary slightly due to unforeseen circumstances.
- We accept Visa, Mastercard and Discover cards.
- Sliding Fee Scale available.

# ECFE DISCOVERY LEARNING PRESCHOOL 14/15



Registration began in mid-March for Fall 2014 Discovery Learning Preschool. There is still space available in most of our preschool classes. Please contact the ECFE office for questions regarding space availability. Waiting lists will be maintained for all full classes.

- The complete Discovery Learning brochure is located at [www.728communityed.com](http://www.728communityed.com) on the Discovery Learning page or in the downloads and quick links section of the main web page.
- Discovery Learning registration forms are online at: <http://tiny.cc/38eubx>. Paper forms are available in the ECFE office. All forms must be received for your registration to be considered complete.
- Fees are divided into 9 monthly payments. Payments begin in September and end in May. Fees are rounded up to the nearest dollar. A non-refundable registration fee of \$49 is due at registration. This fee does not apply to the total cost. Fees will be pro-rated for families joining during the year.
- Information regarding our sliding fee scale is included in the Discovery Learning brochure. A reduced tuition application is included in the registration forms. Please complete the application and provide income verification if you would like to apply for reduced tuition. If you have any questions, please call the ECFE office at 763-241-3524. No one will be turned away because of inability to pay. We accept Visa, Mastercard and Discover.
- Sibling care is available during parent/child classes for an additional fee.
- Already registered?  
Parent Orientation Nights will be:  
-Tuesday, Sept. 9 6:30-8:30pm (Handke and Zimmerman)  
-Thursday, Sept. 11 6:30-8:30pm (Handke and Rogers)  
-Open Houses will be the week of Sep 15, class begins week of Sep 22
- **Full details for registered families will be emailed.**



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

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

### Unparalleled Results and Comprehensive Curriculum.

With unmatched programming in the state of Minnesota, ISD 728 Discovery Learning Preschool is seeing unprecedented results with their customized classroom experiences. Discovery Learning Preschool has revolutionized their curriculum and embedded core fundamentals in each of their classrooms. We use Building Blocks Math Curriculum, EZ Write Handwriting Curriculum, Creative Curriculum (Teaching Strategies Gold), High Five Social Emotional Curriculum, Seeds of Literacy Curriculum with Minnesota Reading Corps Implementation and LANA Nutrition Curriculum. Opportunities for learning provided through individual and group times. Literacy (skills needed for reading), mathematics, science, social studies, the arts and technology are all part of the program curriculum.

### Parent Education and Involvement.

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

### Highly Trained Staff.

Of utmost importance to parents is the relationship their child has with their teacher. With Discovery Learning Preschool, not only do you receive highly trained staff members, you also receive warm, caring adults committed to your child's success.

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

For more information, log onto our website at [www.728communityed.com](http://www.728communityed.com) or call Early Childhood Family Education at 763-241-3524.



**NEW!**

# DISCOVERY LEARNING EXTENDED PRESCHOOL for ages 4-5

Preschool programs with  
**CHILDCARE OFFERED**  
before and/or after class

### Discovery Learning Preschool with morning and afternoon **EXTENDED** day options

With the **NEW** Discovery Learning Preschool classes at the Handke Center, ECFE is excited to be able to offer “wrap around” child care options! You may register for any Discovery Learning for ages 4-5 daytime class at the Handke Center, and if you need child care before or after class — or both — you can simply sign up for one of the exciting extended day options.

Community Education is offering you child care services to extend your child's experience with their Discovery Learning classes. Child care is available for eligible classes in block times to help accommodate your needs. Child care will begin the same week that your child's Discovery Learning preschool class begins.

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

With over 21 years of successful extended day child care experience, we provide a quality program that complements the Discovery Learning program curriculum. Each day participating students will be escorted between our child care program and the Discovery Learning classroom by our high quality staff. Snacks will be provided in the morning and afternoon. Students will need to bring a lunch or purchase a hot lunch each day they attend Block C.

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

If you are interested in using the child care options, please use this link to set up a child care account that will allow you to register for block times:

<http://tinyurl.com/m6z4hmh>

## BLOCK TIMES AND RATES

### BLOCK TIMES

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

### BLOCK RATES

(Use as many blocks per day as needed)

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

If you have additional questions,  
please contact Wendy at 763 241-3400 X5528.

# ECFE 5TH ANNUAL FUN RUN AND GRAND RE-OPENING

## 5th Annual Family Fun Walk/Run and Grand Re-Opening of Handke North Wing!

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

Saturday Oct 11 | 9:00am-12:30pm | \$15/individual; \$25/family  
Handke Center Door 5



## Come for the Run, Stay for the Fun! Join us for a great day of family fun!

- 9:00 Registration for Fun Run/Walk (see early registration information on this page)
- 10:00 Fun Run/Walk
- 11:00 Grand Re-Opening of the Remodeled Handke Center
- 10:30- 12:30 Fun, Food, Music, Tours, Activities in the new classrooms and on the Nature Explore Center



## Don't Miss the Scholastic Book Fair!

Mon-Sat Oct 6-11 | Open during regular ECCE and Discovery Learning class times  
Handke Center North Wing Door 5

**You're  
Invited!**

- 2K & 5K family walk/run
- FREE snacks & refreshments
- FUN outdoor & indoor activities
- Live music

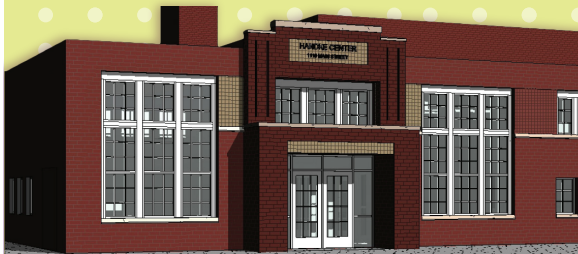
**Come join the FUN!**

1170 Main Street  
Elk River, MN 55330

763.241.3520  
[www.728communityed.com](http://www.728communityed.com)

9a.m. to 12:30p.m.

**GRAND**  
*Re-Opening*  
of  
**The HANDKE  
CENTER**



# ECFE EARLY CHILDHOOD SCREENING



## Calling all 3-Year-Olds! It's time for Screening!

Early Childhood Screening provides an opportunity for children and their parents to participate in a health and developmental screening after their third birthday. State law requires screening for all children entering public school kindergarten, ideally at 3 years old. Identifying potential health, developmental problems or concerns early allows time for intervention and remediation during the critical formative years. Families participating in Early Childhood Screening may be referred to community health and educational services including School Readiness and ECFE.

### Early Childhood Screening includes:

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

## What Happens During Screening?

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

## Who Needs to be Screened?

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

## Is the Program Required?

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

## ECFE CLASS SCHEDULE AT A GLANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	24-26 Months 9:00-10:30am  Yoga for Parents 10:45am-12:15pm	36 Months-Kdgn 9:00-10:30am  24-36 Months 10:45am-12:15pm	24-36 Months 9:00-10:30am  12-24 Months 10:45am-12:15pm	12-24 Months 9:00-10:30am  12-24 Months 10:45am-12:00pm  Multi-Age Drop In Play 9:30-11:30am	TGIF Multi-Age 9:15-10:45am  0-12 Months 11:00am-12:00pm
AFTERNOON			0-12 Months 1:00-2:00pm	Infant Massage (3 wk) 1:30-2:30pm	
EVENING	0-12 Months 5:00-6:00pm	Munchkin Musik 6:00-6:45pm  Single Parents 6:00-8:00pm	Multi-Age Drop In Play 6:15-7:30pm	Family Fun Multi-Age 6:00-7:30pm	<b>SATURDAYS</b>  • Gym Times • One Time Events



# ECFE MORE ECFE PROGRAMS

## Young Parent Program for Pregnant or Parenting Teens

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

## Parenting Apart

A program to help minimize the negative impact of parenting apart and/or divorce on children birth to age 18 at a time when parents are naturally preoccupied with their own adjustments. Jointly presented by a variety of Sherburne County agencies and professionals. Classes are held each month with scholarships available on request. For registration information, call 763-241-3524 or register online at [www.728communityed.com](http://www.728communityed.com). Check the course catalog for Parenting Apart.

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

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

*Invitations to Early Childhood Screening have been mailed to families with children turning 4 years old prior to April 1, 2015. Please call the Screening office at 763-241-3525 if you did not receive your invitation, or to schedule an appointment.*

## "ECFE On Wheels" Home Visits

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

## Single Parents—Short Term, Long Term - Whatever the Reason!

A group for families living in ISD 728 where parents are parenting alone. Military families, families parenting alone due to work situations, families experiencing separation, divorce, loss of spouse or single parenting—all are welcome to attend! Bring your children and enjoy a meal together. Parents will meet together for parenting support and information. Young children will participate in early childhood activities, school age children will meet in another classroom for activities and support. For more information, call the ECFE/SR office at 763-241-3524.

Tuesdays Sep 30-May 26 | 6:00-8:00pm | 25 sessions | Free  
Handke Center Rm 2 Door 5 | Not meeting Oct 14, Nov 4, 25, Dec 16, 23, 30 Jan 6, Feb 17, Mar 10, Apr 7 | #780

*Single Parents is funded in part by Sherburne County Area United Way and by the Three Rivers Community Foundation*



**We have many program options for young families!  
Join ECFE any time!**

**Read the ECFE BLOG**  
[isd728earlychildhoodfamilyeducation.com](http://isd728earlychildhoodfamilyeducation.com)

# ECFE REGISTRATION

## Registration for Early Childhood Family Education classes

Register for classes at the ECFE Office. We are located in the main office at the Handke Center, use Door 5 off of Proctor Avenue. You can also register by phone at 763.241.3524, by mail, or online at [www.728communityed.com](http://www.728communityed.com). See page 74 for a registration form. We continue to take registrations until classes fill and take names for a wait list after they fill.

### Fees—ECFE Classes

Fees are based on the number of times the class meets. The first payment is due when you register. The second payment is due when class begins. Full payment is due when you register online. We accept Discovery, VISA and MasterCard. A sliding fee scale is available, see page 43. No one will be turned away because of inability to pay. Please call our office to ask questions, make other arrangements, or to have fees waived or reduced.

### Cancellations

If you need to cancel from a class, we will refund the fee minus the number of classes that have been held prior to your request. There are no refunds for missed classes due to illness or due to inclement weather. Credits will be issued, if requested, for classes cancelled due to inclement weather.

### Immunizations Required

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

### Parent Participation

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

### Special Needs

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



*Ready to leap into a new year at ECFE!*

### Child Care during ECFE

Child care for siblings is provided during ECFE classes. We cannot accommodate other children in your care. Registration for child care should be completed at the same time as class registration. To request childcare on a one-time basis, you must call to check availability at least one day prior to the class. Children must be at least 6 weeks old to be eligible for childcare; prior to 6 weeks infants may accompany parents to class discussions. Children 6 weeks to 3 months may accompany parents to discussions, or they may attend childcare. At 3 months of age, children must attend childcare.

### Fees for childcare:

- Infants \$4 per hour
- Toddlers \$3.25 per hour
- Preschoolers \$3 per hour
- Additional Children \$2.50/hr

*Child Care on a one-time basis —\$5 per hour*

Child care fee may be divided into payments. The sliding fee scale and fee reductions, waivers and payment plans will apply for child care also. Call 763.241.3400 ext 5528 for more information.

## COUPON

**New to ECFE? Class is FREE!**  
**Clip this coupon for one FREE ECFE class  
registration of your choice!**

Discount does not apply to Discovery Learning, Munchkin Musik or trips. Classes subject to space availability. Limit one coupon per family.

Good for 2014-2015 ECFE classes #700-899 only.

## ECFE SCHOOL READINESS STAFF

**Manager**  
Kathy Simonson

**Assistant Manager**  
Tiffany Grams

**Senior Secretary**  
Lynne Kopitzke

**Secretary**  
Laura Orwoll

**ECFE Child Educators**  
Cindy Nyquist  
Ann Ostby (*and Internal MRC Coach*)

**Parent Facilitators**  
Beth Britt (*and Child Educator*)  
Mary Dwyer (*and Home Visitor*)  
Kathleen Holthaus (*and Home Visitor*)  
Jennifer Luing (*and Home Visitor*)  
Jaime Shaunessy (*and Home Visitor*)

**School Readiness Instructors**  
Rebecca Dey (*and Internal MRC Coach*)  
Sherrie Lorentz (*and MRC Educator Corp*)  
Nicole Martin  
Kris Radke  
Angela Talbot

**Classroom Assistants**  
Wanda Anderson  
Maureen Bolin  
Terry Briggs  
Lisa Davis  
Elizabeth Frink  
Linda Potter  
Teresa Sizen

**Minnesota Reading Corps**  
Tina Poseley  
Leita Strei  
Anne Teschendorf

### 2014/15 Parent Advisory Council

Chris Gelhaye	Rebekah Vevle
Dave Sobiech	Sarah Kaczor
Beth Bode	Monette Reynolds
Elizabeth Lies	Laura Rike
Crystal Nelson	

**Thank you** to the 2013-14 Advisory Council members who are no longer on Council: Jessica Andresen, Sara Burfeind, Rachel Crane, Jenny Dupre, Stephanie Faris and Jessica Rocque. We appreciated your hard work and dedication to make our programs successful. Best wishes in your new endeavors!



Early Childhood Family Education Office Hours: 8am-4:30pm, Monday - Friday  
ECFE phone 763.241.3524, SEE PAGE 74 FOR REGISTRATION FORMS

### District 728 ECFE Class & Discovery Learning Preschool Sliding Fee Scale

Number of persons in household	Full Fee	80% of Full Fee	65% of Full Fee	15% of Full Fee	Waived Fee
2	\$35,393 +	\$31,461 - 35,393	\$29,102 - 31,460	\$20,922 - 29,101	\$0 - 20,921
3	44,528 +	39,581 - 44,528	36,613 - 39,580	26,322 - 36,612	0 - 26,321
4	53,663 +	47,701 - 53,663	44,124 - 47,700	31,722 - 44,123	0 - 31,721
5	62,798 +	55,821 - 62,798	51,635 - 55,820	37,121 - 51,634	0 - 37,120
6	71,911 +	63,941 - 71,911	59,146 - 63,940	45,521 - 59,145	0 - 42,520
More than 6 persons, add this amount for each additional person	7,511	7,511	7,511	7,511	5,400



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

# EXTENDED DAY PROGRAMS

## EDVENTURE CLUB | GR K-5

### EdVenture Club Fall 2014 | Grades K-5

#### More than daycare

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

#### Morning Program

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

#### Afternoon Program

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



#### Elk River, Otsego & Rogers Area Elementary Schools

Before School 6:00am to school start time

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

After School 3:30 to 6:00pm

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

#### Zimmerman Area Elementary Schools

Before School 6:00am to school start time

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

After School 3:30 to 6:00pm

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

#### NEW! Sibling Discount

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

#### Locations

- Hassan Elementary, Rogers
- Lincoln Elementary, Elk River (students will be walked over to Parker Elementary)
- Meadowvale Elementary, Elk River
- Otsego Elementary, Otsego
- Parker Elementary, Elk River (serves Lincoln & St. Andrews)
- Rogers Elementary, Rogers (serves Mary Queen of Peace & Kaleidoscope)
- Twin Lakes Elementary, Elk River
- Zimmerman Elementary, Zimmerman
- Westwood Elementary, Zimmerman (a.m. only)

#### District Early Release Days

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

Thursday Nov 6 | 1 session | \$18 | #6020

Students enrolled in EdVenture Club should register for the 2-hour early release on the regular EdVenture Club Payment/Attendance calendar.

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

# EXTENDED DAY PROGRAMS

## NON-SCHOOL DAYS | GR K-5

### Non-School Days-Fall 2014 | Grades K-5

Fun enrichment activities and outings are offered on days that school is not in session. Students are divided by grade levels for the planned activities, including art or science topics, physical education and games, academic-related activities and more. All students should bring a bag lunch and beverage and wear appropriate clothing for the activity. These are full-day activities, held 9:00am-3:00pm, that are planned in a day camp format. Extended hours are available for your drop-off and pick-up convenience; the sites are open 6:00am-6:00pm. When registering, please include the course number, as well as the site/time preference listed below. For example: to register for "Pinehaven Farm Field Trip" at Parker for 9:00am-3:00pm, your course number would be #6010-1F.

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

#### Pinehaven Farm Field Trip

At the Pinehaven Farm in Wyoming, MN, we'll take a trolley wagon ride through the farm and interact with the cows, chickens, goats and horses. We'll try out their new Jumping Pillow and watch the pumpkin cannon launch pumpkins into the cornfield! Dress for the weather and bring along a lunch, and spending money if interested.  
Thursday Oct 16 | #6010

#### Fall Harvest Party

Learn how crops are harvested, how apples got their start and taste a pumpkin dip you'll make yourself. We'll learn about Johnny Appleseed and make an apple craft, learn how to harvest, and how to grow the perfect pumpkin.  
Friday Oct 17 | #6011

#### Cats, Pumpkins and Witches

Join us for a perfect fall day as we make a wooden cat, paper bag pumpkin and a witch's broom snack. We will learn about black cats, Halloween safety and friendly witches.  
Monday Oct 20 | #6012

#### You're a Character

Muppets, Peanuts, Mickey Mouse...Oh my! Learn a little history while creating a special project. We will be making a Mickey snack box, a Kermit garland and learn how to draw a Peanuts character.  
Friday Nov 21 | #6013

#### Give Thanks

Remember to give thanks while cooking up some turkey leftovers. Then we'll make a decorative centerpiece to share with family and friends.  
Monday Nov 24 | #6014

#### Water Park Day

Today is a special day for indoor water parks! Each site will be heading to its own waterpark. Check with your EdVenture Club site for the locations. Remember to bring your swimming suit and towel!  
Tuesday Nov 25 | #6015

#### Non-School Day Site/Time Preferences:

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

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

#### Change of the Seasons

We will be making a snowman snow-measuring stick, have a lesson with the book, "The Mitten," and a class with marshmallows.  
Wednesday Nov 26 | #6016

#### Cho-Co-Late

Come see when, where, and how chocolate was developed. This fun-filled delicious day will have "chocolate" crafts along with chocolate snacks (with special accommodations for allergies).  
Monday Dec 29 | #6017

#### Soup 'N' Slide

When you return from sliding, the soup you created in the morning will be hot and ready to eat.  
Tuesday Dec 30 | #6018

#### Let's Celebrate

We are getting together to celebrate 2014 and the coming of the New Year. Excitement enriches us as we will show our creativity to bring in 2015.  
Wednesday Dec 31 | #6019

# EXTENDED DAY PROGRAMS

## INCLEMENT WEATHER CARE | GR K-5

### Inclement Weather Care | Grades K-5



#### Inclement Weather Care/School Cancelled

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

The fee for Inclement Weather Care/School Cancelled is:

- \$35/day for the first child
- \$31/day for each additional child in family

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

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

Parker Elem | #6100-2Y | \$105 1st child; \$93 additional child  
Hassan Elem | #6100-6Y | \$105 1st child; \$93 additional child  
Zimmerman Elem | #6100-4Y | \$105 1st child; \$93 additional child

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

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

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

- \$9/morning for the first child
- \$8/morning for each additional child in family
- No charge if child is already registered and paid for AM care the morning of the 2-hour late start.

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

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

Fee: \$27 1st child; \$24 additional child

Hassan Elem | #6101-6Y  
Meadowvale Elem | #6101-8Y  
Otsego Elem | #6101-14Y  
Parker Elem | #6101-2Y

Rogers Elem | #6101-10Y  
Twin Lakes Elem | #6101-12Y  
Westwood Elem | #6101-16Y  
Zimmerman Elem | #6101-4Y

#### Registration Information and Policies

Must pre-register and pre-pay for 3 days; registration deadline is November 1, 2014.

- If you have pre-registered but decide not to use Inclement Weather Care on a snow or late start day, you will NOT be refunded your pre-payment.
- If less than 3 snow days or late start days during the school year, your account will be refunded May 1 for the days not used.
- Bring a lunch and beverage on days school cancelled; a morning and afternoon snack and beverage will be provided.
- If school is cancelled by the Governor, or the Superintendent of ISD 728 Schools decides to cancel EdVenture Club-Inclement Weather Care/School Cancelled, we will close for the safety of children and staff. If the Governor or Superintendent closures apply, the day will not count as one of the billed Inclement Weather days.
- Cancellation deadline: if you register for EdVenture Club Inclement Weather Care and decide to cancel, the cancellation deadline is November 1, 2013 to receive a full refund.

#### Notifications

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

**Twitter:** @CE728ALERT

**Facebook:** [facebook.com/728EdventureClub](https://www.facebook.com/728EdventureClub)

**Community Education:** [www.728communityed.com](http://www.728communityed.com)

#### Early Dismissal of School Due to Inclement Weather

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

## American Red Cross Swimming Lesson Curriculum

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

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

For more information about stroke requirements for each level go to [www.728communityed.com](http://www.728communityed.com)

## Parent/Child 1 | age 6 months-3 years

Parent/Child Level 1 familiarizes children with the water and teaches swimming readiness skills while providing safety information and teaching techniques parents can use to orient their children to the water. No skills prerequisite. Child must be 6 months old and parents must accompany child in water.

Sundays Sep 7-Oct 26 | 3:15-3:45pm | 8 sessions | \$39  
VandenBerge MS Pool Door M | #1014-1F

Sundays Nov 2-Dec 21 | 4:30-5:00pm | 8 sessions | \$39  
VandenBerge MS Pool Door M | #1014-5F

## Parent/Child 2 | age 6 months-3 years

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

Sundays Sep 7-Oct 26 | 6:20-6:50pm | 8 sessions | \$39  
VandenBerge MS Pool Door M | #1015-1F

Tuesdays Oct 21-Dec 16 | 6:05-6:35pm | 8 sessions | \$39  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1015-3F

Sundays Nov 2-Dec 21 | 5:45-6:15pm | 8 sessions | \$39  
VandenBerge MS Pool Door M | #1015-5F

## Preschool A | age 4-5

Preschool A orients participants to the aquatic environment to help them gain rudimentary basic aquatic skills, develop positive attitudes and safe practices in and around water. No skills prerequisite. May participate at age 3 with permission from aquatics staff.

Sundays Sep 7-Oct 26 | 3:50-4:20pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1011-2F

Sundays Sep 7-Oct 26 | 5:05-5:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1011-1F

Tuesdays Oct 21-Dec 16 | 6:05-6:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1011-3F

Sundays Nov 2-Dec 21 | 5:05-5:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1011-5F

Sundays Nov 2-Dec 21 | 5:45-6:15pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1011-6F

## Preschool B | age 4-5

Preschool B builds and improves skills learned in Preschool A while increasing water knowledge and safety topics. Must have successfully passed Preschool A to participate. May participate at age 3 with permission from aquatics staff.

Sundays Sep 7-Oct 26 | 4:30-5:00pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1012-1F

Sundays Sep 7-Oct 26 | 5:45-6:15pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1012-2F

Tuesdays Oct 21-Dec 16 | 6:05-6:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1012-3F

Sundays Nov 2-Dec 21 | 6:20-6:50pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1012-5F

*Great teachers! I really felt like my kids received individual attention.*  
~participant survey

# AQUATICS

## Preschool C | age 4-5

Preschool C increases proficiency and builds on the basic aquatic skills learned in Preschool A and B while reinforcing water safety skills and introducing additional water safety topics. Must have successfully passed Level A and B to participate. May participate at age 3 with permission from aquatics staff.

Sundays Sep 7-Oct 26 | 3:15-3:45pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1013-1F

Tuesdays Oct 21- Dec 16 | 6:05-6:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1013-3F

Sundays Nov 2- Dec 21 | 4:30-5:00pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1013-5F

Sundays Nov 2- Dec 21 | 6:20-6:50pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1013-6F

## Level 1 | age 6+

Level 1 orients participants to the aquatic environment and helps them gain basic aquatic skills, develop positive attitudes and safe practices in and around water. No skills prerequisite. Child(ren) usually start Level 1 around age 6.

Sundays Sep 7-Oct 26 | 3:50-4:20pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1110-1F

Tuesdays Oct 21-Dec 16 | 6:05-6:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1110-3F

Sundays Nov 2-Dec 21 | 5:05-5:35pm | 8 sessions | \$45  
VandenBerge MS Pool Door M | #1110-5F



All swimmers must shower  
before entering the pool

## Level 2 | age 6+

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

Sundays Sep 7-Oct 26 | 3:15-4:15pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1120-1F

Sundays Sep 7-Oct 26 | 5:45-6:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1120-2F

Tuesdays Oct 21- Dec 16 | 6:45-7:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1120-3F

Sundays Nov 2-Dec 21 | 3:15-4:15pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1120-5F

Sundays Nov 2-Dec 21 | 5:45-6:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1120-6F

## Level 3 | age 6+

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

Sundays Sep 7-Oct 26 | 4:30-5:30pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1130-1F

Sundays Sep 7-Oct 26 | 5:45-6:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1130-2F

Tuesdays Oct 21- Dec 16 | 6:45-7:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1130-3F

Sundays Nov 2-Dec 21 | 3:15-4:15pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1130-5F

Sundays Nov 2-Dec 21 | 4:30-5:30pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1130-6F

*"I am very happy with the program  
and plan on having him complete  
all levels in the coming years.  
He loves the classes."  
~swim parent*



## Level 4 | age 6+

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

Sundays Sep 7-Oct 26 | 3:15-4:15pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1140-1F

Sundays Sep 7-Oct 26 | 4:30-5:30pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1140-2F

Tuesdays Oct 21- Dec 16 | 6:45-7:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1140-3F

Sundays Nov 2-Dec 21 | 3:15-4:15pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1140-5F

Sundays Nov 2-Dec 21 | 5:45-6:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1140-6F

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## Level 5 | age 6+

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

Sundays Sep 7-Oct 26 | 5:45-6:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1150-1F

Tuesdays Oct 21-Dec 16 | 6:45-7:45pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1150-3F

Sundays Nov 2-Dec 21 | 3:15-4:15pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1150-5F

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## Level 6 | age 6+

Level 6 refines strokes so participants can swim them with greater efficiency and effectiveness over long distances. Level also covers how to prevent aquatic emergencies and introduces and practices self-rescue techniques. Must have successfully passed Level 5 to participate.

Sundays Sep 7-Oct 26 | 4:30-5:30pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1160-1F

Sundays Nov 2-Dec 21 | 4:30-5:30pm | 8 sessions | \$59  
VandenBerge MS Pool Door M | #1160-5F

## Try This...

### NEW! Swim Skills Camp | age 6+

Want a little extra help mastering certain techniques of a particular level? Our Intensive Skills Camp will provide the perfect amount of lesson time to focus your current skills and techniques while adding new skills you'll need when you start the next level. Each swimmer and their parent will have a conference with an instructor at the end of the session. Register for level student has already participated in at least once; must bring participation card to first session. Make sure to note on registration form what skills need attention.

#### Level 2

Sundays Dec 28-Jan 11 | 3:15-4:30pm | 3 sessions | \$89  
VandenBerge MS Pool Door M | #1300-2F

#### Level 3

Sundays Dec 28-Jan 11 | 4:45-6:00pm | 3 sessions | \$89  
VandenBerge MS Pool Door M | #1300-3F

#### Level 4

Sundays Dec 28- Jan 11 | 6:15-7:30pm | 3 sessions | \$89  
VandenBerge MS Pool Door M | #1300-4F



*Each level of our Learn-to-Swim classes includes training in basic water safety and helping others in an emergency, in addition to stroke development.*

# AQUATICS

## Private Swim Lessons | all ages

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

Sundays Sep 7-Oct 12 | 7:00-7:30pm | 6 sessions | \$149  
VandenBerge MS Pool Door M | #1302-1F

Tuesdays Oct 21-Dec 2 | 7:55-8:25pm | 6 sessions | \$149  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1302-3F

Sundays Nov 2-Dec 7 | 7:00-7:30pm | 6 sessions | \$149  
VandenBerge MS Pool Door M | #1302-5F

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## Semi-Private Swim Lesson | all ages

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

Sundays Sep 7- Oct 12 | 7:00-7:30pm | 6 sessions | \$79  
VandenBerge MS Pool Door M | #1301-1F

Sundays Nov 2-Dec 7 | 7:00-7:30pm | 6 sessions | \$79  
VandenBerge MS Pool Door M | #1301-5F

Tuesdays Oct 21-Dec 2 | 7:55-8:25pm | 6 sessions | \$79  
VandenBerge MS Pool Door M | Not meeting Nov 4 | #1301-3F

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## NEW! Family Fun Swim & Gym | all ages

Family date night! Quality time spent together doing something everybody enjoys is important! Each registration includes Open Swim, Open Gym, one large one-topping pizza, dessert and a choice of juice boxes, water or soda. Make dinner choice on registration form. Additional pizzas are \$8 each; indicate on registration form if you would like to order an additional pizza.

Friday Oct 24 | 6:30pm-8:30pm | 1 session  
\$25/family (max 5); \$8/additional pizza  
VandenBerge MS Pool, Gyms, Cafeteria Door M | #1300-1F

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

- Only swim wear may be worn in the pool.
- Spectator seating is open during lessons and open swim times.
- Showers are required of all participants before entering the pool.
- Use of water wings, floating toys, rafts, inner tubes, life jackets, etc. is not allowed.
- Shoes MAY NOT be worn on pool deck by participants or spectators. No food or beverages are allowed.

## Open Swim | all ages

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

Pay at door: \$3/student, \$4/adult, \$10/family (max 6); age 3 and under free

Sundays Sep 7- May 17 | 1:00-3:00pm  
VandenBerge MS Pool Door M

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## Lap Swim | grade 9-adult

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

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

Sundays Sep 7- Dec 21 | 6:45-8:00pm  
VandenBerge MS Pool Door M

Tue/Thu Sep 9-Dec 18 | 5:45-7:00am  
VandenBerge MS Pool Door M | Not meeting Oct 7, 16, Nov 20, 27

### WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

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

# AQUATICS



**A new sport has come to the pool.**

*Photo courtesy of Key Log Rolling*

## Aqua Fitness

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

Sundays Sep 14-Nov 16 | 7:30-8:15pm | 9 sessions  
\$75 Individual/\$139 Pair  
VandenBerge MS Pool Door M | Waite | Not meeting Oct 19  
#5120-1F

## **NEW!** Roll Into Fitness: Log Rolling

Back in the late 1800s, log rolling was necessary to prevent log jams. Well, it's not just for lumberjacks anymore! Key log rolling gives you an opportunity to get fit in a different way by working on core, balance, coordination, footwork and more. This class will be guided by trained staff and includes specially-designed trainers and accessories that make it easier for all ages. No experience necessary! Come see why Outside Magazine named Key Log Rolling #4 on their list of 50 Favorite Things. Not meeting Oct 19.

Sundays Sep 14-Nov 16 | 11:00am-12:30pm | 9 sessions  
\$29/Three Sessions; \$79 Nine Sessions  
VandenBerge MS Pool Door M | #5143-1F

## **NEW!** Log Rolling 101 | age 5+

Learning to log roll is now as easy as falling off a log. Using tried and true methodology, you will be up and rolling in no time. Like any sport, a little instruction goes a long way. If you're just starting out, our trained instructors will have the tips and techniques you need to get started. Participants must be at least 48" tall if attending as an individual; family members must be at least 5 years old with one parent participating.

### age 15+

Saturdays Sep 20-Oct 11 | 9:30-10:20am | 4 sessions | \$45  
VandenBerge MS Pool Door M | #1900-1F

Saturdays Nov 1-22 | 9:30-10:20am | 4 sessions | \$45  
VandenBerge MS Pool Door M | #1900-6F

### age 11-14

Saturdays Sep 20-Oct 11 | 10:30-11:20am | 4 sessions | \$45  
VandenBerge MS Pool Door M | #1900-2F

Saturdays Nov 1-22 | 10:30-11:20am | 4 sessions | \$45  
VandenBerge MS Pool Door M | #1900-7F

### age 7-10

Saturdays Sep 20-Oct 11 | 11:30am-12:20pm | 4 sessions | \$45  
VandenBerge MS Pool Door M | #1900-3F

Saturdays Nov 1-Nov 22 | 11:30am-12:20pm | 4 sessions | \$45  
VandenBerge MS Pool Door M | #1900-8F

### families (max 4 family members) | age 5+

Saturdays Sep 20-Oct 11 | 12:30-1:30pm | 4 sessions | \$79  
VandenBerge MS Pool Door M | #1900-4F

Saturdays Sep 20-Oct 11 | 1:45-2:45pm | 4 sessions | \$79  
VandenBerge MS Pool Door M | #1900-5F

Saturdays Nov 1-22 | 12:30-1:30pm | 4 sessions | \$79  
VandenBerge MS Pool Door M | #1900-9F

Saturdays Nov 1-22 | 1:45-2:45pm | 4 sessions | \$79  
VandenBerge MS Pool Door M | #1900-10F



**REGISTRATION DEADLINE**  
is **3** **BUSINESS DAYS**  
**BEFORE** the **ACTIVITY/CLASS**

## Tutoring | grades K-8

Start the year on a positive note and gain the confidence needed to conquer your academic goals! Support and preparation provided by a licensed teacher will boost the skills needed for success. Focused on individualized needs and scheduled at schools throughout District 728. Contact Community Education at 763-241-3520 for additional information, or complete the tutoring request form on our website at [www.728communityed.com](http://www.728communityed.com) under forms/waivers. Individualized, one-hour instruction in eight weekly sessions is \$295.

## New! Extreme LEGO: 'Copters & Spy Planes grades K-3

NEVER-SEEN-BEFORE PROJECTS! Build a helicopter, egg beater, paddle boat and SPY PLANE. Use your projects to investigate basic engineering concepts including gearing up, gearing down, gear ratio and more. Get in gear, sign up today! Students should check in with EdVenture Club staff in the cafeteria after school for a snack.

Mondays Oct 13-Nov 10 | 4:15-5:15pm | 4 sessions | \$49  
Hassan Elem Music Rm A110 Door 1 | Youth Enrichment League  
Not meeting Oct 20 | #2573-1F

Tuesdays Oct 14-Nov 4 | 4:15-5:15pm | 4 sessions | \$49  
Twin Lakes Elem Music Rm E106 Door 3  
Youth Enrichment League | #2573-2F

Wednesdays Oct 15-Nov 5 | 4:15-5:15pm | 4 sessions | \$49  
Parker Elem Rm 161 Door 3 | Youth Enrichment League | #2573-3F

Fridays Nov 7-Dec 12 | 3:45-4:45pm | 4 sessions | \$49  
Zimmerman Elem Rm 138 Door 5C | Youth Enrichment League  
Not meeting Nov 21, 28 | #2573-5F

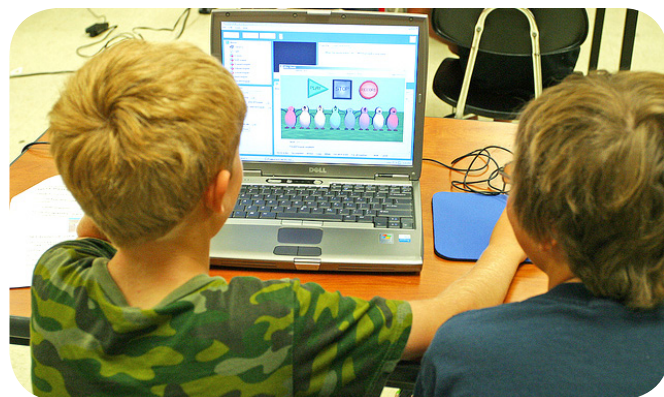
Wednesdays Nov 12-Dec 10 | 4:15-5:15pm | 4 sessions | \$49  
Meadowvale Elem Band Rm 215 Door 7  
Youth Enrichment League | Not meeting Nov 26 | #2573-4F

Mondays Dec 1-22 | 4:15-5:15pm | 4 sessions | \$49  
Rogers Elem Music Rm A104 Door 1 | Youth Enrichment League  
2573-6F

## New! Ultimate LEGO® Movie | grades K-4

Do still-motion filming like you have never done it before! In this unique class your team will use professional grade stop-motion software on kid-friendly Macs to create super fun movies. At your disposal will be tons of LEGO bricks and figures for your team to create the Ultimate LEGO Movie!

Mon-Wed Dec 29-31 | 9:00am-12:00pm | 3 sessions | \$99  
Handke Center Rm 210 Door 5 | TechTacToe | #2572-1F



*Video game design requires creativity while acquiring skills in computer graphics, animation and software design.*

## Ultimate Video Game Design | grades 2-5

All-new using Scratch 2.0 and a New Game Tutorial! Work in pairs to create an interactive 2D video game using your favorite characters. Choose game sprites and characters from Angry Birds, Star Wars, Minecraft, Plants vs. Zombies and Temple Run, or even classic characters like Sonic and Mario! You will learn to use Scratch and choose your character in a working arcade-style game. Bring a USB drive to save your games on the last day, or they can be emailed to parents.

Saturdays Oct 4 & 11 | 9:00am-12:00pm | 2 sessions | \$75  
Handke Center Rm 212 Door 5 | Computer Explorers | #2596-1F

## New! Science Explorers Sloppy, Goopy, Slimes! grades K-3

It's time to get mixed-up in some ooey, goopy, slimy science! Join Science Explorers for experiments that are icky, sticky and sloppy. Explore the properties of a polymer by making and experimenting with different slimes, including one that will glow in the dark. This class is more than hands-on; it's hands-in! Prepare to have fun and get messy.

Monday Oct 20 | 9:30am-12:00pm | 1 session | \$29  
Handke Center Art Rm Door 5 | Science Explorers | #3555-1F

## New! Javascript Game Coding | grades 3-6

What's better than playing games? Creating your own! You'll learn programming using nothing more than a browser, and see cool 3D results as you type. You'll learn real programming skills in a real programming language; Javascript, the language of the web. You'll start by building simple animated shapes, then make your own players. Make your own games, start to finish. Bring a USB drive.

Saturdays Dec 6 & 13 | 9:00am-12:00pm | 2 sessions | \$75  
Handke Center Rm 212 Door 5 | Computer Explorers | #2598-1F

## New! Engineering: Crazy Gears and Wheels grades K-2

If you love LEGOs, making things move, building and experimenting - this class is for you. Learn about engineering and the physical science principles behind different action machines. Working in teams to build crazy wheeled and geared contraptions that spring into action. Make tops, spinners, zip lines, rubber band-powered cars and other crazy contraptions.

Saturdays Nov 1 & 8 | 9:00am-12:00pm | 2 sessions | \$75  
Handke Center Rm 212 Door 5 | Computer Explorers | #2597-1F

## New! LEGO® Avengers® Super Hero Technic grades K-3

Are you a LEGO and Marvel/DC Comics Super Hero fan? In this camp Super Hero Powers meet LEGOs®! You'll create secret weapons, fast vehicles and nifty LEGO Technic devices while learning about mechanics, gears and more! It's up to your imagination to cleverly combine unique mechanical devices with Super Hero gear! Students should check in with EdVenture Club staff in the cafeteria after school for a snack.

Mondays Nov 3-Dec 8 | 4:15-5:15pm | 5 sessions | \$69  
Otsego Elem Rm C104 Door 4 | TechTacToe | Not meeting Nov 24  
#2574-1F

Wednesdays Nov 12-Dec 17 | 4:15-5:15pm | 5 sessions | \$69  
Hassan Elem Rm A110 Door 1 | TechTacToe | Not meeting Nov 26  
#2574-2F

## New! Techno-Tinkering | grades 3-6

Do you find yourself tinkering with batteries, motors and spinning objects? Put your building skills to the test as a techno engineer. Learn about electrical circuits, on/off switches and more. Use your own kit, which includes a motor, batteries, wires and other simple supplies to design and construct a moving techno-creature to take home.

Monday Oct 20 | 9:30am-12:00pm | 1 session | \$29  
Handke Center Rm 112 Door 5 | Science Explorers | #3554-1F



*Engineering classes for kids are fun, challenging and educational.*

## New! Spanish: ¡Vamos a Comer! y ¡Vamos con los Animales! | grades K-5

Join us for ¡Vamos a Comer! where you will learn how to order at a restaurant and set the table--all in Spanish! After a winter break, there are eight more jam-packed sessions with ¡Vamos con los Animales! where you will "visit" a pet store, a family farm, the zoo, the ocean, and even the rainforest! Learn Spanish vocabulary and useful phrases in each and every class. Payment option of \$149 due by Sep 19 and balance due on Jan 5 with completed form and credit card information provided. Studies show that children learn another language easiest when it is practical in their everyday lives or is a topic they find fun and interesting.

Mondays Oct 6-Apr 13 | 4:15-5:15pm | 16 sessions | \$249  
Twin Lakes Elem Rm B101 Door 3 | Futura Language Professionals  
Not meeting Oct 20, Nov 24, Dec 15-Jan 26, Feb 16, Mar 2, Apr 6  
#2204-1F

Tuesdays Oct 7-Mar 24 | 4:15-5:15pm | 16 sessions | \$249  
Meadowvale Elem Media Door 7 | Futura Language Professionals  
Not meeting Nov 25, Dec 9-Jan 27 | #2204-2F

Wednesdays Oct 8-April 1 | 4:15-5:15pm | 16 sessions | \$249  
Hassan Elem Media Door 1 | Futura Language Professionals  
Not meeting Nov 26, Dec 9-Jan 28, Mar 11 | #2204-3F

Wednesdays Oct 8-April 1 | 4:15-5:15pm | 16 sessions | \$249  
Rogers Elem Rm A106 Door 3 | Futura Language Professionals  
Not meeting Nov 26, Dec 9-Jan 28, Mar 11 | #2204-4F

*Studies show that children learn another language easiest when it is practical in their everyday lives or is a topic they find fun and interesting.*

## After School Special EdVentures

Stay after school and join us for an afternoon of fun activities. Please dress appropriately for art activities. Parent should send a note to school informing staff that the student is staying after school. Lincoln students will wait in front of the Lincoln office and will be walked to Parker by Community Education staff. Lincoln parents should pick up their student at Parker. All students should check in with EdVenture Club site leader after school. EdVenture Club families: Please check with your site leader to see when these Special EdVentures (included in your fee) will be held at your EdVenture Club site.



### Great Pumpkin Party | grades K-5

This year we've invited this adorable ghost to our annual Great Pumpkin Party. You'll also make a snack plus play Halloween bingo for prizes.

Fee: \$12 thru Oct 5; \$15 starting Oct 6

Wednesday Oct 22 | 3:45-5:45pm | 1 session  
Otsego Elem Cafeteria Door 4 | #2993-1F  
Twin Lakes Elem Cafeteria Door 3 | #2992-1F

Thursday Oct 23 | 3:45-5:45pm | 1 session  
Meadowvale Elem Cafeteria Door 7 | #2994-1F  
Rogers Elem Cafeteria Door 3 | #2997-1F

Monday Oct 27 | 3:15-5:15pm | 1 session  
Westwood Elem Atrium Door 1 | #2999-1F  
Zimmerman Elem Cafeteria Door 5C | #2996-1F

Tuesday Oct 28 | 3:45-5:45pm | 1 session  
Hassan Elem Cafeteria Door 1 | #2998-1F  
Parker Elem Cafeteria Door 3 | #2995-1F

### Holiday House | grades K-5

Let your imagination race as you create the sensational Holiday House. Made with graham crackers, special frosting, loads of candy and a swish of sugar, you'll create a marvelous masterpiece.

Fee: \$12 thru Nov 9; \$15 starting Nov 10

Monday Dec 1 | 3:15-5:15pm | 1 session  
Westwood Elem Atrium Door 1 | #2999-2F  
Zimmerman Elem Cafeteria Door 5C | #2996-2F

Tuesday Dec 2 | 3:45-5:45pm | 1 session  
Hassan Elem Cafeteria Door 1 | #2998-2F  
Parker Elem Cafeteria Door 3 | #2995-2F

Wednesday Dec 3 | 3:45-5:45pm | 1 session  
Otsego Elem Cafeteria Door 4 | #2993-2F  
Twin Lakes Elem Cafeteria Door 3 | #2992-2F

Thursday Dec 4 | 3:45-5:45pm | 1 session  
Meadowvale Elem Cafeteria Door 7 | #2994-2F  
Rogers Elem Cafeteria Door 3 | #2997-2F

### Let's Build a Snowman | grades K-5

This cute little guy is sure to warm your heart, and best of all...he will never melt! Our snow theme continues with a yummy snack built by you!

Fee: \$12 thru Nov 9; \$15 starting Nov 10

Monday Dec 8 | 3:15-5:15pm | 1 session  
Westwood Elem Atrium Door 1 | #2999-3F  
Zimmerman Elem Cafeteria Door 5C | #2996-3F

Tuesday Dec 9 | 3:45-5:45pm | 1 session  
Hassan Elem Cafeteria Door 1 | #2998-3F  
Parker Elem Cafeteria Door 3 | #2995-3F

Wednesday Dec 10 | 3:45-5:45pm | 1 session  
Otsego Elem Cafeteria Door 4 | #2993-3F  
Twin Lakes Elem Cafeteria Door 3 | #2992-3F

Thursday Dec 11 | 3:45-5:45pm | 1 session  
Meadowvale Elem Cafeteria Door 7 | #2994-3F  
Rogers Elem Cafeteria Door 3 | #2997-3F



## Holiday Cookies & Candies | grades 6-8

Let's get into the holiday spirit; whichever holiday you may celebrate. We will bake cookies, bars and/or candies to take home and share. Be prepared to measure, mix and bake. It's all hands-on.

Monday Dec 15 | 3:00-5:30pm | 1 session | \$19  
Vanderberge MS Rm 244 Door N | #3475-1F

Thursday Dec 18 | 3:00-5:30pm | 1 session | \$19  
Salk MS Rm 213 Door S | #3475-2F



*The benefits of horse riding are immense enjoyment, physical and mental fitness and a chance to enjoy the outdoors.*

## Horseback Riding Camp | grades K-8

Enjoy the excitement of horseback riding camp! Learn how to work with horses including balance and control in the saddle, leading, and in-hand work, then participate in fun crafts and activities, giving baths, horse tag, and helping to feed, water, and care for horses. Further information and waiver form on our website. Boulder Pointe is located at 6612 189th Ln NW, Nowthen.

Saturday Sep 27 | 9:00am-3:00pm | 1 session | \$99  
Boulder Pointe Equestrian & Event Center Nowthen | Keacher | #2439-4F

Thursday Oct 16 | 9:00am-3:00pm | 1 session | \$99  
Boulder Pointe Equestrian & Event Center Nowthen | Keacher | #2439-5F

## LEGO League | grades 4-9

FIRST LEGO League is an amazing program for youth interested in many aspects of designing and engineering using LEGO Mindstorms kits to compete in a regional competition. If you have participated previously, or are interested in this program, please register early. For those who are unsure what the excitement is all about, come to the informational meeting on Sep 9. If there isn't enough interest at a specific location to form a team, registered participants will be asked to change to another location or receive a full refund. 8 per team.

### Information session

Tuesday Sep 9 | 6:30-8:30pm | Free  
Handke Center Rm 210 Door 5

Early bird fee: \$125 thru Sep 13; \$135 starting Sep 14

### grades 4-6

Elk River Area team | #2575-3F  
Otsego Area team | #2575-2F  
Rogers Area team | #2575-1F  
Zimmerman Area team | #2575-4F

### grades 6-9

Elk River Area team | #2576-3F  
Rogers Area team | #2576-1F  
Zimmerman Area team | #2576-4F

## Chess Club | grades K-8

Want to amaze your friends and impress your opponents? Chess is a popular game of strategy between two players. Increase your IQ and have fun playing chess while competing for various prizes. Learn from Twin Cities Chess Club instructors who have years of experience.

### grades K-5

Wednesday Oct 1-Nov 19 | 4:15-5:15pm | 6 sessions | \$59  
Rogers Elem Media Center Door 3 | Not meeting Oct 15, 29 | #3400-1F

Saturdays Oct 4-Nov 8 | 10:00-11:00am | 6 sessions | \$59  
Handke Center Rm 210 Door 5 | #3400-5F

Wednesday Dec 3-Jan 21 | 4:15-5:15pm | 6 sessions | \$59  
Rogers Elem Media Center Door 3 | Not meeting Dec 24, 31 | #3400-2F

Saturdays Dec 6-Jan 24 | 10:00-11:00am | 6 sessions | \$59  
Handke Center Rm 210 Door 5 | Not meeting Dec 27, Jan 3 | #3400-3F

### grades 6-8

Saturdays Oct 4-Nov 8 | 10:00-11:00am | 6 sessions | \$59  
Handke Center Rm 210 Door 5 | #3400-6F

Saturdays Dec 6-Jan 24 | 10:00-11:00am | 6 sessions | \$59  
Handke Center Rm 210 Door 5 | Not meeting Dec 27, Jan 3 | #3400-4F



**REGISTRATION DEADLINE**  
is **3** BUSINESS DAYS  
BEFORE the ACTIVITY/CLASS

# YOUTH ARTS



*Working with clay improves dexterity and uses both small and large muscles.*

## Clay: Throw, Carve and Create | grades 4-8

Experiment with a variety of methods for constructing a ceramic piece including hand-building, coil, slab and wheel throwing; techniques that guarantee success with your first efforts. Complete your design with a variety of glazing techniques for the finishing touch. Projects can be functional, sculptural or decorative! Not meeting Nov 4.

Tuesdays Oct 21-Nov 25 | 6:40-8:30pm | 5 sessions | \$65  
Handke Center Art Rm Door 5 | Zahler | #3360-1F

## Kids 'N' Clay | grades 1-3

Dig in and have fun making pinch pots, tiles, animals and more! Celebrate your individuality while you sculpt, squish, paint and glaze. Create memories that will last forever. Not meeting Nov 4.

Tuesdays Oct 21-Nov 25 | 5:30-6:30pm | 5 sessions | \$39  
Handke Center Art Rm Door 5 | Zahler | #2300-1F

## Art Studio | grades K-3

Join us as we have fun drawing, painting, sculpting clay and more! In this artists' series you'll learn specific techniques as you explore famous artists and masterpieces using mediums such as canvas and real artist watercolor paper. Students will check in with EdVenture Club site leader and have a snack before class.

Tuesdays Sep 30-Oct 21 | 4:15-5:15pm | 4 sessions | \$59  
Rogers Elem Rm A103 Door 3 | Abrakadoodle | #2388-1F

Wednesdays Oct 29-Nov 19 | 4:15-5:15pm | 4 sessions | \$59  
Twin Lakes Elem Rm A108 Door 3 | Abrakadoodle | #2388-2F

## New! Drawn2Art | grades 1-4

Take your passion for art to the next level by learning to draw and paint in a step-by-step guided lesson! You'll be amazed at what you can accomplish! Try your skills with several different materials for drawing, painting, and maybe a little clay sculpting, too. Students will check in with EdVenture Club site leader and have a snack before class.

Wednesdays Oct 1-22 | 3:45-5:15pm | 4 sessions | \$29  
Zimmerman Elem Rm 146 Door 5 | Lamphere | #2387-1F

Thursdays Nov 6-Dec 4 | 4:15-5:45pm | 4 sessions | \$29  
Hassan Elem Rm 112 Door 1 | Lamphere | Not meeting Nov 27  
#2387-2F

## Funky Foto Frame grades K-5 w/adult or grade 6+ alone

Capture and show off your favorite moments or use for the perfect holiday gift. Choose from a variety of colors and patterns to create a beautiful or outrageous fused-glass picture frame using a special kind of safety glass. Items will be fired and ready to be picked up by Dec 19.

Saturday Dec 6 | 9:30-11:30am | 1 session  
\$29 one picture frame, \$49 2 picture frames  
Handke Center Art Rm Door 5 | #2361-1F

## New! Minion Party | grades K-5

"Bee Do Bee Do," we are calling you! Prepare a despicable (but yummy) snack, create several minion-themed art projects and play games for prizes. You'll even create your own unique minion to take home. Invite your friends to this one-in-a-minion party!

Saturday Oct 25 | 9:00-11:00am | 1 session | \$19  
Handke Center Art Rm Door 5 | Lamphere | #2385-1F

# PARTY!

## 5th & 6th Grade Party | grades 5-6

Grab your friends and dance the night away, play basketball or other games. Concessions are available, so bring spending money. Parents: Please do not drop your child off before 6:45pm and be at the school by 9:00pm for pick up. Early release is allowed if child knows to be at the table and a parent checks them out. **Pre-register and receive a one-day pass to your choice of Open Swim or Open Gym.** Adult volunteers needed; contact the Community Education office at 763-241-3520.

Friday Nov 7 | 7:00-9:00pm | 1 session | \$5  
Salk MS Gym Door U | #6355-1F



## New! Still Frozen? | grades 1-4

If you're still crazy about everything "Frozen," you'll have an awesome time in this creative class. Make a frozen fused-glass snowflake, learn to draw your favorite characters, create a glittery snow painting, sculpt Olaf out of clay all while listening and singing along with your favorite songs.

Wednesdays Oct 1-22 | 6:00-7:30pm | 4 sessions | \$35  
Handke Center Art Rm Door 5 | Lamphere | #2386-1F

Thursdays Nov 6-Dec 4 | 6:00-7:30pm | 4 sessions | \$35  
Hassan Elem Rm A112 Door 1 | Lamphere | Not meeting Nov 27  
#2386-2F

## New! Broadway Brilliance | age 9-12

What do the young actors of "Mary Poppins" and "The Sound of Music" have in common? They love to be on the stage acting, singing and dancing! Create a story using the music and dancing of these Broadway shows plus others. We'll focus on voice training, making your character believable and fun choreography. Friends and family are invited to a short performance on the final day.

Thursdays Oct 2-30 | 10:30-11:25am | 5 sessions | \$29  
Handke Center Rm 111 Door 5 | Aase | #2081-2F

## New! Magic Kingdom Actors | age 6-8

Come run with Pocahontas and fly with Peter Pan as we explore some of your favorite Disney characters. We'll play tons of theatre games to work on clear speech, facial expressions, dance techniques and singing! Young actors will gain confidence with a performance on the final day for family and friends.

Thursdays Oct 2-30 | 9:30-10:25am | 5 sessions | \$29  
Handke Center Rm 111 Door 5 | Aase | #2081-1F

## Birthday Party Rentals

Use space at our schools for an ultimate party experience! Choose from themes including Party in the Pool, Princess or Superhero, Artistic Masterpieces, Jumpin' Gym Time or request your own idea. Cost is \$135 with Bounce House available for additional fee. We provide the facility and staff and you bring the food, utensils and decorations. To sign up, complete the Party Request Form under "Waivers and Forms" on our website or call Community Education at 763-241-3520. All applications must be submitted at least three weeks prior to party date. Availability based on space and staff availability. All party packages are for 2 hours. No latex balloons allowed.

## "Snow White" - Prairie Fire | age 7-16

Snow White is saved by the Prince, but not with a kiss! Be a part of the cast of Prairie Fire's tradition of re-telling the classics with humor and a twist. Students are chosen based on a variety of factors including enthusiasm, age and ability to follow directions. You must be able to attend the full audition, all evening rehearsals and performances. Pre-registration required for auditions. \$35 refunded if not selected. No refund will be given to any participant who auditions, receives a part and then withdraws from the production. Performance tickets available beginning Oct 20 for \$5.

Oct 20-25 | 6 sessions | \$45 | #2080-1F

### Auditions

Monday Oct 20 | 4:30-6:30pm (check in 4:15-4:30pm)  
Lincoln Elem Gym Door 2

Some cast members may stay longer on audition night for rehearsal

### Rehearsals

Tue-Fri Oct 21-24 | 4:30-8:45pm  
Elk River HS Little Theater Door H

### Performances

Friday Oct 24 | 7:30pm  
Saturday Oct 25 | 11:00am and 1:30pm  
Elk River HS Little Theater Door H



**REGISTRATION DEADLINE**  
is **3** **BUSINESS DAYS**  
**BEFORE** the **ACTIVITY/CLASS**

# YOUTH ARTS



Watch our website for Hip Hop classes coming this Fall.

## Dance: Ballet & Tap | age 6-10

You can turn your dreams of dancing into reality as you learn dance terminology and practice basic dance steps. Improve coordination, grace, posture and self-esteem. Wear comfortable clothing, ballet or soft-soled shoes and hard-soled or tap shoes. Not meeting Nov 24.

Mondays Sep 29-Dec 8 | 7:30-8:15pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2001-1F

## Dance: Creative Movement | age 3-5

Creative Movement is a great introduction to fundamental movement skills in an atmosphere of discovery and fun. Boys and girls welcome! Wear comfortable clothing and soft-soled shoes. Not meeting Nov 24.

Mondays Sep 29-Dec 8 | 11:00-11:40am | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2031-1F

Mondays Sep 29-Dec 8 | 5:15-5:55pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2031-2F

## Dance: Me & My Shadow | age 2-3 with adult

Designed for children who enjoy dance but are not ready to take a class on their own. Parent/guardian joins the fun as basic dance fundamentals are introduced through the use of themes, props and familiar songs. Not meeting Nov 24.

Mondays Sep 29-Dec 8 | 10:15-10:55am | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2021-1F

Mondays Sep 29-Dec 8 | 6:00-6:40pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2021-2F

## Dance: Pre-Ballet and Tap | age 4-5

Develop rhythm, coordination, musicality, and early classroom etiquette through simple imaginative exercises, skipping, creative dance and early ballet and tap steps. Wear comfortable clothing, ballet or soft-soled shoes and hard-soled or tap shoes. Not meeting Nov 24.

Mondays Sep 29-Dec 8 | 9:30-10:10am | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2011-1F

Mondays Sep 29-Dec 8 | 6:45-7:25pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2011-2F

## Hip Hop | grades K-2

Have fun while learning the fundamentals of hip hop - poppin', locking, tutting, breakin', waving, body isolations, rhythm and style - to the latest sounds in rap, R&B and pop. Classes are taught with age-appropriate music and choreography. Watch our website at [www.728communityed.com](http://www.728communityed.com) for specific dates and times.

## New! Homeschool Holiday Choir | age 6-12

Come sing your favorite holiday songs with a group of friends. We'll work on vocal skills and techniques such as note reading and singing in harmony. On the final day, we'll go caroling and end with a short performance for family and friends. Not meeting Nov 27.

### age 6-8

Thursdays Nov 6-Dec 11 | 9:30-10:25am | 5 sessions | \$29  
Handke Center Rm 2 Door 5 | Aase | #2140-1F

### age 9-12

Thursdays Nov 6-Dec 11 | 10:30-11:25am | 5 sessions | \$29  
Handke Center Rm 2 Door 5 | Aase | #2140-2F

All dance classes will share what they have learned in our

**Fall Dance Recital**  
December 8, 2014 at 7:00pm

Handke Center • 1170 Main Street • Elk River

Family and friends are invited to attend.  
Further information will be provided during class.  
There will be no individual classes on recital day.

## Piano Lessons; Group | grades 1-5

Start your musical journey in this small group setting where everyone has fun and is successful. Begin to learn note reading, fingering and counting rhythms. Play a piano during class; practice will not be required between sessions. All music and materials included. Take the first step! Not meeting Oct 18.

### grades 1-2

Saturdays Oct 4-Nov 15 | 9:00-9:55am | 6 sessions | \$55  
Handke Center Band Rm Door 5 | Aase | #2132-1F

### grades 3-5

Saturdays Oct 4-Nov 15 | 10:00-10:55am | 6 sessions | \$55  
Handke Center Band Rm Door 5 | Aase | #2132-2F



**Babysitter training class offers hands-on skills practice and additional training in first aid.**



## Crescendo - Individual Music Lessons

The Crescendo Music Program features a wide variety of individual and group music opportunities in Elk River, Rogers and Zimmerman, both daytime and evenings. Private individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass. Inquire by calling Community Education at 763-241-3520.

### Our Lessons are:

- Tailored to meet the goals of the individual students.
- Conveniently scheduled in schools in supervised settings.
- Available throughout the school year with an optional summer session.
- Designed to provide performance opportunities to celebrate student's achievement.

### Our Instructors:

- Share a love of music and the desire to teach.
- Have a degree in music education and/or years of experience in teaching music.
- Are familiar with school curriculum and will tie in opportunities where possible.
- Are District 728 employees familiar with school curriculum and have passed background and reference checks.

Follow us on Facebook!  
[www.facebook.com/728CEyouth](http://www.facebook.com/728CEyouth)



## Babysitting Training | age 11+

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

Saturday Oct 11 | 9:00am-4:00pm | 1 session | \$49  
Handke Center Lounge, Door 5 | #2600-1F

Friday Oct 17 | 9:00am-4:00pm | 1 session | \$49  
Hassan Elem Lounge Door 1 | #2600-2F

Saturday Nov 8 | 9:00am-4:00pm | 1 session | \$49  
Handke Center Lounge, Door 5 | #2600-3F

Saturday Dec 6 | 9:00am-4:00pm | 1 session | \$49  
Handke Center Lounge Door 5 | #2600-4F

Tuesday Dec 30 | 9:00am-4:00pm | 1 session | \$49  
Zimmerman Elem Lounge Door 5C | #2600-5F

## Home Alone | grades 3-6

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

Saturday Oct 4 | 8:00am-12:00pm | 1 session | \$35  
Handke Center Lounge Door 5 | #2604-1F

Saturday Nov 1 | 8:00am-12:00pm | 1 session | \$35  
Rogers MS Lounge Door A | #2604-2F

# YOUTH H.O.P.E. JUNIOR



## H.O.P.E Junior | grades 3-10

Similar to our ever-popular and always-in-demand adult H.O.P.E. program, H.O.P.E. Junior is designed specifically for youth grades 3-10 with developmental disabilities. Each class will have a specific theme. During the beginning part of each session we will participate in active sports and games related to the theme, focusing on sportsmanship and basic motor skills. The second half of class we will wind down with activities that focus on arts, crafts and peer interactions.

Participants in these activities can attend alone or with a staff/assistant they bring along. Participants are asked to register with a staff or family member if personal care assistance is needed. If attending alone, the participant should be able to function independently in a group setting, follow simple directions and communicate their needs. All reasonable accommodations will be made to meet the needs of participants. Community Education welcomes students of all abilities to participate in any of the activities we offer. Contact us at least one week in advance if assistance is needed; this includes sign language interpretation.

Students will be divided into two groups: grades 3-6 and grades 7-10. Register for all six sessions (season pass) and save! Or, pick and choose what days you would like to attend.

### Season Pass

Tuesdays Sep 16-Dec 9 | 4:00-5:30pm | 6 sessions

Handke Center Door 5

Not meeting Sep 23, Oct 14 & 28, Nov 4, 11, 24, Dec 2

#### grades 3-6

Participant | \$49 | #9700-13F

Assistant | \$10 | #9700-14F

#### grades 7-10

Participant | \$49 | #9701-13F

Assistant | \$10 | #9701-14F

## New! Bingo & Treat

Tuesday Sep 16 | 4:00-5:30pm | 1 session

Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$9 | #9700-1F

Assistant | \$7 | #9700-2F

#### grades 7-10

Participant | \$9 | #9701-1F

Assistant | \$7 | #9701-2F

## New! Pizza & Movie

Tuesday Sep 30 | 4:00-5:30pm | 1 session

Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$10 | #9700-11F

Assistant | \$8 | #9700-12F

#### grades 7-10

Participant | \$10 | #9701-11F

Assistant | \$8 | #9701-12F

## New! Tie Dyed

Tuesday Oct 7 | 4:00-5:30pm | 1 session

Handke Center Art Room Door 5

#### grades 3-6

Participant | \$12 | #9700-9F

Assistant | \$0 | #9700-10F

#### grades 7-10

Participant | \$12 | #9701-9F

Assistant | \$0 | #9701-10F

## New! Costume Party

Tuesday Oct 21 | 4:00-5:30pm | 1 session

Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$10 | #9700-7F

Assistant | \$5 | #9700-8F

#### grades 7-10

Participant | \$10 | #9701-7F

Assistant | \$5 | #9701-8F

## New! Fall Birthday Celebration

Tuesday Nov 18 | 4:00-5:30pm | 1 session

Handke Center Rm 210 Door 5

#### grades 3-6

Participant | \$10 | #9700-3F

Assistant | \$6 | #9700-4F

#### grades 7-10

Participant | \$10 | #9701-3F

Assistant | \$6 | #9701-4F

## New! Wii Games

Tuesday Dec 9 | 4:00-5:30pm | 1 session

Handke Center Rm 111 Door 5

#### grades 3-6

Participant | \$10 | #9700-5F

Assistant | \$6 | #9700-6F

#### grades 7-10

Participant | \$10 | #9701-5F

Assistant | \$6 | #9701-6F

### WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

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

## Driver Education age 15+

Do you want to gain your driver's permit and learn to drive? You'll be on your way when you complete the 30 hours of classroom instruction required to operate a vehicle in Minnesota in our interactive, engaging classroom. Once you have your permit, schedule Behind the Wheel training from our experienced, state-certified instructors. Flexible registration and pricing allows you to pick the package that is right for you; select the complete training package, classroom instruction only, and/or Behind the Wheel training only. State law requires students to be registered for Behind the Wheel training before they can take the permit test. In order to be fully registered for behind the wheel, payment must be received in full by the last classroom day. Parents, watch for important information sent home with students at the first class. Remember, students must be 15 years old by the last day of class.

**Complete Training Package:** \$339 Payment plan available: \$139 due at registration, \$200 by last class

**Classroom instruction only:** \$100

**Behind-the-Wheel Training only:** \$280 (Call 763-241-3520 to register.)

Tue/Thu Sep 16-Oct 21 | 6:00-9:00pm | 10 sessions  
Elk River HS Rm 225 Door H | Not meeting Oct 16 | #3895-1F

Mon-Thu Sept 22-Oct 8 | 3:00-6:00pm | 10 sessions  
Rogers HS Rm B103 Door I | Hudson | Not meeting Oct 2 | #3895-2F

Mon-Fri Oct 21-Nov 3 | 2:30-5:30pm | 10 sessions  
Elk River HS Rm 105 Door H | Hudson | #3895-3F

Tue/Thu Nov 11-Dec 18 | 6:00-9:00pm | 10 sessions  
Rogers HS Rm B103 Door I | Not meeting Nov 25, 27 | #3895-4F

Mon-Thu Feb 9-Feb 25 | 3:00-6:00pm | 10 sessions  
Zimmerman MS/HS Rm 933 Door A | Not meeting Feb 16 | #3895-5F

## ZAP the ACT

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

Wed/Thu Oct 8 & 9 | 6:30-9:00pm | 2 sessions | \$90  
Elk River HS Rm 168 Door A | ZAPS instructor | #3590-1F

## NEW GRADUATED DRIVER LICENSE LAW TAKES EFFECT JANUARY 2015.

### INCLUDES:

- Supplemental parental course for the primary driving supervisor of a teen driver.
- Requires teens to present a driving log to the exam staff at time of road test.
- Increases the number of Behind-the-Wheel training hours required.

Watch our website at  
[www.728communityed.com](http://www.728communityed.com)  
for additional information

## Intro to Rock Climbing | ages 14-17

This beginning-level class is designed to introduce the basics of indoor rock climbing and expose students to a new form of physical activity that offers a full-body workout. We'll start by learning essential rock climbing skills such as knot tying, belaying, bouldering, climbing commands, gear management, risk management and then move on to advanced techniques in balance, body position, and footwork. At the end of the class students will have the necessary skills to climb safely on their own at the facility. Transportation not included. Vertical Endeavors is located at 2540 Nicollet Ave S, Minneapolis.

Wednesdays Sep 10-24 | 7:00-9:00pm | 3 sessions | \$59  
Vertical Endeavors Minneapolis | #6350-1F

Saturday Nov 15 | 1:00-5:00pm | 1 session | \$39  
Vertical Endeavors Minneapolis #6350-3F

## High School Ski & Snowboard Club | grades 9-12

Watch the Winter 2015 brochure for information on the High School Ski Club. The club will meet on Friday afternoons beginning in January (location TBD).



**REGISTRATION DEADLINE**  
is **3** BUSINESS DAYS  
**BEFORE** the ACTIVITY/CLASS

# YOUTH TRIPS | ZMS ATHLETICS | RECREATION

## Middle School Ski & Snowboard Club | grades 6-9

Join your friends on the slopes of Powder Ridge. This club is great for skiing or snowboarding enthusiasts and offers three days of skiing/snowboarding and allows one make-up day. If you attend all three days, the makeup day is a bonus (four days for the price of three). Bring bag dinner from home or money for concessions. No re-entry into the school upon return. Not meeting Feb 16, Mar 2.

Fee: \$149 Lift ticket only; \$199 Lift ticket & ski or snowboard rental. \$9 Helmet rental. \$6 two 1-hour lessons (first two nights)

Mondays Feb 2-Mar 9 | 2:30-9:15pm | 4 sessions  
Zimmerman MS/HS Gym Door A | #3250-4W

Mondays Feb 2-Mar 9 | 3:00-8:45pm | 4 sessions  
Rogers MS Cafetorium Door A | #3250-1W

Mondays Feb 2-Mar 9 | 3:00-9:00pm | 4 sessions  
Salk MS Cafeteria Door S  
Salk students will return to VandenBerge MS | #3250-3W

Mondays Feb 2-Mar 9 | 3:00-9:00pm | 4 sessions  
VandenBerge Cafeteria Door N | #3250-2W

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## Ski & Snowboard Trip | grades 6-9

Haven't had time to get out on the hills? This is your chance! Join your friends or make new ones while hitting the slopes of Powder Ridge. Bring a lunch or money for food.

Fee: \$39 Lift ticket only; \$55 Lift ticket & ski or snowboard rental

Monday Jan 26 | 10:00am-4:15pm | 1 session  
Rogers MS Cafetorium Door A | #6339-1W

Monday Jan 26 | 9:00am-5:00pm | 1 session  
Zimmerman MS/HS Cafetorium Door A | #6339-3W

Monday Jan 26 | 9:30am-4:30pm | 1 session  
VandenBerge Cafeteria Door N | #6339-2W



15 runs, 290' vertical drop, longest run 2650'; beginner, intermediate and advance trails; Powder Ridge has something for everyone.

## Zimmerman Middle School Athletics

Zimmerman Middle School students who are in 7th or 8th grade can join several great sports programs through Community Education that participate in competitions through the Granite Ridge Conference.

### Soccer - Girls | grades 7-8

Mon-Thu Sep 3-Oct 14 | 2:30-4:30pm | 25 sessions | \$225  
Zimmerman Elem Field | #3002-1F

### Volleyball - Girls | grades 7-8

Mon-Thu Sep 3-Oct 14 | 2:30-4:30pm | 24 sessions | \$225  
Zimmerman MS/HS Gym Door A | #3012-1F

### Basketball-Boys | grade 7

Mon-Thu Jan 5-Feb 26 | 3:15-5:00pm | 29 sessions | \$225  
Westwood Elem Gym Door 1 | Not meeting Jan 19, 26, Feb 16  
#3003-1W

### Basketball - Boys | grade 8

Mon-Thu Jan 5-Feb 26 | 3:15-5:00pm | 29 sessions | \$225  
Westwood Elem Gym Door 1 | Not meeting Jan 19, 26, Feb 16  
#3003-2W

### Basketball - Girls | grade 7

Mon-Thu Oct 27-Dec 18 | 3:15-5:00pm | 28 sessions | \$225  
Westwood Elem Gym Door 1 | Not meeting Nov 24, 25, 26, 27  
#3004-1F

### Basketball - Girls | grade 8

Mon-Thu Oct 27-Dec 18 | 3:15-5:00pm | 28 sessions | \$225  
Westwood Elem Gym Door 1 | Not meeting Nov 24, 25, 26, 27  
#3004-2F

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## Sea Life MN Overnight | grades 6-8

Sleep under the sea at Sea Life MN and enjoy all the sea life. We'll go on a nighttime hike through the aquarium, get a behind-the-scenes tour, have a pizza party, enjoy great activities and get to sleep in the tunnel. In the morning you will be able to enjoy a donut and juice and get a souvenir t-shirt before heading out. Snorkeling option available for Saturday morning. Registration deadline Oct 17. Transportation not included.

Fri/Sat Nov 15-16 | 7:00pm-9:00am | 1 session  
\$75 Overnight; \$115/Overnight plus snorkeling  
Sea Life MN Mall of America | #6305-2F

## Fencing | age 6+

Fencing is a fun hobby and challenging sport. This program from MN Sword Play will introduce you to the fundamentals of fencing with an emphasis on skills such as building concentration and self-discipline through activities that are developmentally appropriate. Equipment provided. Not meeting Nov 26.

### age 6-10

Wednesdays Oct 29-Dec 10 | 6:00-7:00pm | 6 sessions | \$99  
Rogers MS Cafetorium Door A | #3267-1F

### age 11+

Wednesdays Oct 29-Dec 10 | 6:00-7:00pm | 6 sessions | \$99  
Rogers MS Cafetorium Door A | #3267-2F

## Indoor Golf | grades 1-5

Learn a game that you can play forever. Lessons led by professionals from the 1st Swing Golf School with individual attention on grip, stance and swing fundamentals, pointers on the long and short game and etiquette, rules and an explanation of the game. Equipment provided.

Wednesdays Oct 15-Nov 5 | 4:15-5:15pm | 4 sessions | \$65  
Twin Lakes Elem Gym Door 3 | First Swing Golf School | #2679-1F

## Karate | age 4-12

Karate is a great way for students to increase their sense of responsibility, decrease in willingness to take foolish risks and build higher self-esteem. Choose martial arts to supplement your child's education and see how your kids will benefit.

### age 4-6

Tue/Thu Sep 16-Oct 2 | 6:25-6:55pm | 6 sessions | \$39  
Handke Center Stage Door 5 | #2662-1F

Tue/Thu Oct 21-Nov 11 | 6:25-6:55pm | 6 sessions | \$39  
Handke Center Stage/Cafeteria Door 5 | Not meeting Nov 4 | #2662-3F

Mon/Wed Oct 27-Nov 19 | 6:10-6:40pm | 6 sessions | \$39  
Zimmerman MS/HS Cafetorium Door A | Not meeting Nov 3, 17  
#2662-5F

### age 7-12

Tue/Thu Sep 16-Oct 2 | 7:00-7:45pm | 6 sessions | \$49  
Handke Center Stage/Cafeteria Door 5 | #2662-2F

Tue/Thu Oct 21-Nov 11 | 7:00-7:45pm | 6 sessions | \$49  
Handke Center Stage/Cafeteria Door 5 | Not meeting Nov 4 | #2662-4F

Mon/Wed Oct 27-Nov 19 | 6:45-7:30pm | 6 sessions | \$49  
Zimmerman MS/HS Cafetorium Door A | Not meeting Nov 3, 17  
#2662-6F



*Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive.*

## NEW! Phy Ed - Fitness | age 6-12

This general fitness class will be a favorite for anyone who enjoys group games that get you up and moving. Team and individual games and challenges will make each day different, fun and exciting.

### age 9-12

Thursdays Oct 2-30 | 9:30-10:25am | 5 sessions | \$29  
Handke Center Stage Door 5 | #2891-4F

### age 6-8

Thursdays Oct 2-30 | 10:30-11:25am | 5 sessions | \$29  
Handke Center Stage Door 5 | #2891-5F

## NEW! Phy Ed - Yoga | age 6-12

Exercise your mind and body. Learn a variety of different poses and then incorporate them into your daily schedule to get a wonderful mind and body workout. Suitable for beginners. Not meeting Nov 27.

### age 9-12

Thursdays Nov 6-Dec 11 | 9:30-10:25am | 5 sessions | \$29  
Handke Center Stage Door 5 | #2891-6F

### age 6-8

Thursdays Nov 6-Dec 11 | 10:30-11:25am | 5 sessions | \$29  
Handke Center Stage Door 5 | #2891-7F

## NEW! Phy Ed - SNAG Golf | age 6-12

SNAG - Starting New at Golf - introduces new players of all ages to the great game of golf in a fun, safe, and simple environment. SNAG teaches the fundamentals of the game; from how to hold the club, stand, position to executing the various swings.

### age 6-8

Tue/Thu Sep 16-25 | 10:20-11:35am | 4 sessions | \$49  
Handke Center Stadium | 2891-2F

### age 9-12

Tue/Thu Sep 16-25 | 11:45am-1:00pm | 4 sessions | \$49  
Handke Center Stadium | 2891-3F

# YOUTH RECREATION

## **NEW! SALK VS VANDENBERGE** **Friendly Kickball | grades 6-8**

A friendly game between the Elk River middle schools during Homecoming week! Register to play, or just come out to watch the game and cheer on your team! Includes team shirt; perfect to wear for Elk River Homecoming! A snack and bottle of water provided.

Wednesday Sep 17 | 3:00-5:00pm | 1 session | \$15  
Salk MS Check-in Cafeteria | #2890-2F

Wednesday Sep 17 | 3:00-5:00pm | 1 session | \$15  
VandenBerge MS Check-in cafeteria | #2890-1F

## **Basketball | grades K-5**

Basketball is a popular team sport. We'll use creative drills and fun mini-games to work on the skills necessary to become a better individual and team player. Wear comfortable clothing and gym shoes.

### **grades 3-5**

Tuesdays Nov 4-Dec 9 | 4:15-5:30pm | 5 sessions | \$19  
Rogers Elem Gym Door 3 | Not meeting Nov 25 | #2671-1F

### **grades K-2**

Mondays Nov 10-Dec 15 | 4:15-5:30pm | 5 sessions | \$19  
Rogers Elem Gym Door 3 | Not meeting Nov 25 | #2671-2F

## **Floor Hockey | grades K-5**

Minnesota's favorite winter sport - indoors! Come play with us, you'll learn the basics of the game and have a blast with your friends.

### **grades K-2**

Wednesdays Jan 14-Feb 11 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym Door 1 | #2672-1W

### **grades 3-5**

Thursdays Jan 15- Feb 12 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym Door 1 | #2672-2W

## **Soccer | grades K-5**

For kids who love the game or those who want to learn it. Practice drills and mini-games to work on skills necessary to become a better soccer player. We'll have scrimmages or challenges at the end of most meeting days to see how your skills are improving.

### **grades 3-5**

Mondays Sep 29-Nov 3 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym Door 1 | Not meeting Oct 20 | #2670-1F

### **grades K-2**

Wednesdays Oct 1-29 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym Door 1 | #2670-2F



## **Open Gym | all ages**

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Check in and pay upon arrival with the Open Gym clerk. Please note that changes may be made to this schedule; always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed.

Pay at door:

\$3/individual; \$25/10-day pass

\$8/family; \$50/10 day family pass (max of 6 w/1 participating adult)

### **grades 9-12 and adults**

Wednesdays Oct 1-May 13 | 7:00-9:30pm  
Rogers HS Gym Door I | Not meeting Nov 26, Dec 24 & 31

Wednesdays Oct 1-May 13 | Not meeting Nov 26, Dec 24, 31

7:00-8:30pm Youth & Families

8:30-10:00pm High School & Adults

Zimmerman MS/HS Gym Door K

### **all ages**

Sundays Oct 5-May 17 | 5:00-7:00pm

Not meeting Nov 23, Dec 14, Mar 22, Apr 5, 26

Zimmerman MS/HS Gyms Door K

Sundays Oct 5-May 17 | 6:15-8:15pm

Rogers MS Gym Door A | Not meeting Mar 22 & Apr 5

## **Sneak Peek! SNAG Golf | age 3+**

Want to see what SNAG Golf is all about? Take a sneak peek into the program with a short introduction of what you will learn and how the program works.

Wednesday Sep 17 | 4:15-5:00pm | 1 session | Free  
Rogers MS Field

Tuesday Sep 9 | 10:00-10:45am | 1 session | Free  
Handke Center Stadium



# ROGERS RECREATION YOUTH

## Indoor Golf | age 5-10

Learn a game that you can play forever. Lessons led by professionals from the First Swing Golf School. Individual attention with focus on grip, stance and swing fundamentals, pointers on the long and short game and etiquette, rules and an explanation of the game are covered. Equipment provided.

### age 5-7

Thursdays Nov 6-Dec 4 | 6:00-7:00pm | 4 sessions | \$65  
Hassan Elem Gym Door 1 | First Swing Golf School  
Not meeting Nov 27 | #4040-1F

### age 8-10

Thursdays Nov 6-Dec 4 | 7:00-8:00pm | 4 sessions | \$65  
Hassan Elem Gym Door 1 | First Swing Golf School  
Not meeting Nov 27 | #4040-2F

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## Indoor Soccer | age 3-grade 4

Learn to dribble, pass and shoot in this fun and interactive indoor activity. Play games, do drills and practice your skills. Not meeting Nov 26.

### age 3-5 w/parent

Wednesdays Nov 5-Dec 10 | 5:35-6:20pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4015-1F

### grades K-2

Wednesdays Nov 5-Dec 10 | 6:25-7:10pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4015-2F

### grades 3-4

Wednesdays Nov 5-Dec 10 | 7:15-8:00pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4015-3F

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## Indoor Tennis | age 6+

It might be cold outside but we'll have the nets up inside so you can hone your tennis skills. This will be an engaging physical activity for beginners. Not meeting Nov 24.

### age 6-7

Mondays Nov 10-Dec 15 | 5:40-6:20pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4030-5F

### age 8-9

Mondays Nov 10-Dec 15 | 6:25-7:05pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4030-6F

### age 10+

Mondays Nov 10-Dec 15 | 7:10-7:50pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4030-7F



*97 youth worked on their tennis skills during the summer 2014 with Community Education.*

## Tennis | age 6+

Work on tennis basics such as forehand, backhand and serves. Court strategy will be covered. In addition to hitting balls, each session will include group games emphasizing fun while developing skills.

### age 6-7

Saturdays Sep 13-Oct 4 | 10:00-10:45am | 4 sessions | \$25  
Rogers MS Tennis Courts | #4030-1F

### age 8-9

Saturdays Sep 13-Oct 4 | 10:55-11:40am | 4 sessions | \$25  
Rogers MS Tennis Courts | #4030-2F

### age 10+

Saturdays Sep 13-Oct 4 | 11:50am-12:35pm | 4 sessions | \$25  
Rogers MS Tennis Courts | #4030-3F

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## SNAG Golf | age 5-grade 8

SNAG - Starting New At Golf - introduces new players of all ages to the great game of golf in a fun, safe, and simple environment. SNAG teaches the fundamentals of the game including how to hold the club, stand, and position your body to execute the various swings - putting, chipping, pitching and "launching."

### age 5-7

Wednesdays Oct 1-22 | 5:00-6:00pm | 4 sessions | \$49  
Rogers MS Gym Door A | Doug Dahl | #4040-6F

### age 8-11

Wednesdays Oct 1-22 | 6:15-7:45pm | 4 sessions | \$49  
Rogers MS Gym Door A | Doug Dahl | #4040-7F

### grades 6-8

Wednesdays Oct 1-22 | 3:15-4:45pm | 4 sessions | \$49  
Rogers MS Gym Door A | Doug Dahl | #4040-5F

# ROGERS RECREATION YOUTH



*Childhood friendships begin by playing together and enjoying the same games and activities.*

## Football Basic Skills | age 4-10

An introduction for young athletes to basic skills including, catching, passing and blocking. Offensive and defensive strategies will be taught through interactive games and drills.

### age 4-6 w/parent

Saturdays Sep 13-Oct 11 | 10:00-10:50am | 5 sessions | \$29  
Hassan Elem Field | #4075-1F

### age 7-10

Saturdays Sep 13-Oct 11 | 11:00-11:50am | 5 sessions | \$29  
Hassan Elem Field | #4075-2F

## Basketball Skills | grades K-4

Improve your game by working on the basics of dribbling, passing, shooting, offense and defense. Mini games for skill-building will make this a fun learning experience.

### grades K-1

Mondays Sep 29-Oct 27 | 5:15-6:00pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4031-1F

### grade 2

Mondays Sep 29-Oct 27 | 6:10-6:55pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4031-2F

### grades 3-4

Mondays Sep 29-Oct 27 | 7:05-7:50pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4031-3F

## Fall Ball | age 3-9

Let's play ball! You'll have the chance to play T-Ball and Kickball in this highly active gym class.

### age 3-4 w/parent

Wednesdays Oct 1-29 | 5:40-6:25pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4001-1F

### age 5-6

Wednesdays Oct 1-29 | 6:30-7:15pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4001-2F

### age 7-9

Wednesdays Oct 1-29 | 7:20-8:05pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4001-3F

## Gym Jammers | age 3-grade 2

Kids like to play hard and this class will give them a chance to do just that. Using a variety of challenges and games, participants will enjoy the fun of friendly competition.

### age 3-5 w/parent

Thursdays Oct 2-30 | 6:30-7:25pm | 4 sessions | \$25  
Hassan Elem Gym Door 1 | Not meeting Oct 16 | #4253-2F

### grades K-2

Thursdays Oct 2-30 | 5:30-6:25pm | 4 sessions | \$25  
Hassan Elem Gym Door 1 | Not meeting Oct 16 | #4253-1F

### age 6-8

Tuesdays Nov 11-Dec 16 | 7:30-8:15pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | Not meeting Nov 25 | #4253-7F

## Haunted Dash | age 2-10

A great family event! Kids will have the opportunity to race in their Halloween costumes and celebrate Halloween early by trick-or-treating around the race course after the race.

Saturday Oct 25 | 10:00am-12:00pm | 1 session | \$9  
Hassan Elem Soccer Field | #4025-1F

**For the safety of participants, we reserve the right to ask parents/spectators to wait in the hallway during class. This may be due to the nature of the activity or due to the space for the number of participants. If the class is listed as a Parent/Child class, parents are required to participate.**

## Little Sportsters | age 4-5 w/parent

Designed to energize and encourage children to participate in sports and games. Basic skills and good sportsmanship are emphasized.

Mondays Sep 29-Nov 3 | 6:20-7:05pm | 6 sessions | \$35  
Hassan Elem Gym Door 1 | #4251-2F

Mondays Nov 3-Dec 15 | 6:20-7:05pm | 6 sessions | \$35  
Rogers Elem Gym Door 1 | Not meeting Nov 24 | #4251-5F

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## Mini Sportsters | age 2-3 w/parent

Designed to energize and encourage children to participate in sports and games. Basic skills and good sportsmanship are emphasized. Children will follow the rules to games and learn to play on their own.

Mondays Sep 29-Nov 3 | 5:40-6:10pm | 6 sessions | \$25  
Hassan Elem Gym Door 1 | #4251-1F

Mondays Nov 3-Dec 15 | 5:40-6:10pm | 6 sessions | \$25  
Rogers Elem Gym Door 1 | Not meeting Nov 24 | #4251-4F

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## Sportsters | age 5-7

Designed to energize and encourage children to participate in sports and games. Basic skills and good sportsmanship are emphasized. Children will follow the rules to games and then learn to play on their own.

Mondays Sep 29-Nov 3 | 7:10-7:55pm | 6 sessions | \$35  
Hassan Elem Gym Door 1 | #4251-3F

Mondays Nov 3-Dec 15 | 7:10-7:55pm | 6 sessions | \$35  
Rogers Elem Gym Door 1 | Not meeting Nov 24 | #4251-6F

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## Gymnastics & Movement | age 6-9

Your child will love this program whether they want to learn basic gymnastics skills or are ready to enhance the skills they already have. Students will work on basic tumbling and flexibility in a safe manner. Added benefits are improved listening skills, coordination and cooperation with peers.

Tuesdays Sep 30-Oct 28 | 6:45-7:30pm | 5 sessions | \$35  
Rogers Elem Gym Door 1 | #4200-3F

## Tumbling & Movement | age 18 mo - 5 years w/parent

This fun and instructional program allows you and your toddler to interact in an active environment. With the assistance of the instructor and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced.

### age 18 mo - 2 years w/parent

Tuesdays Sep 30-Oct 28 | 5:30-6:00pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4200-1F

### age 3-5 w/parent

Tuesdays Sep 30-Oct 28 | 6:10-6:40pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4200-2F

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## Munchkins on the Move! | age 2-5 w/parent

This semi-structured gym activity will introduce team play and activities for one-half of the class time, and will also offer the chance for children to explore their own interests. Not meeting Nov 25.

### age 2-3 w/parent

Tuesdays Nov 11-Dec 16 | 5:45-6:30pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4253-5F

### age 4-5 w/parent

Tuesdays Nov 11-Dec 16 | 6:35-7:20pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4253-6F

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## Tikes on Bikes! | age 3-8

Ride on! Bring your bike, trike or other ride-on toy along with your helmet for a chance to get a little riding in this fall. Doesn't matter what the weather is, it's always nice indoors! Riders to provide their own riding toy and must wear a helmet.

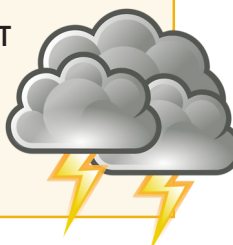
### age 3-5

Saturdays Oct 25-Nov 22 | 10:20-11:20am | 5 sessions | \$35  
Rogers Elem Cafeteria Door 1 | #4253-4F

### age 5-8

Saturdays Oct 25-Nov 22 | 9:15-10:15am | 5 sessions | \$35  
Rogers Elem Cafeteria Door 1 | #4253-3F

Check our Twitter Feed @CE728ALERT  
or our weather hotline number  
612-253-5109 for possible inclement  
weather cancellations of activities  
or late return time from outings.



# ROGERS RECREATION MIDDLE SCHOOL

## Rogers MS Stuff 2 Do CLUB | grades 6-8

Stick around after school on Tuesdays for some impressive activities with old friends and maybe some new ones. Register for the full program and get a discount; see each individual day for the planned activity. Join the CLUB for less than \$5 per day, which includes all supplies, a snack each day and two trips for the session, or you may join each individual activity for the noted daily rate. (Note: trips require a minimum number of registrations.) Not meeting Sep 30, Nov 25.

### Club Membership

Tuesdays Sep 9-Dec 16 | 3:15-5:15pm | 13 sessions | \$65  
Rogers MS Gym Door A | #4035-1F



@ROGERSMSSTUFF2DO

## Homecoming T-Shirts

This popular activity is back! Everyone who participated last year had a great time and had a great shirt to wear on homecoming Friday to support the home team!

Tuesday Sep 9 | 3:15-5:15pm | 1 session | \$9  
Rogers MS Gym Door A | #4035-2F

## Kickball

Kickball for all! Come join the excitement on the diamond ... the kickball diamond!

Tuesday Sep 16 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym Door A | #4035-3F

## Bowling

Get ready to hit the lanes for a fun afternoon of bowling! Extra money needed for snacks.

Tuesday Sep 23 | 3:00-6:00pm | 1 session | \$19  
Rogers MS Check-in Cafeteria Door A | #4035-4F

## Volleyball

Bump, set and spike the afternoon away playing a favorite life-long sport.

Tuesday Oct 7 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym Door A | #4035-5F

## Movie Time

Grab a soda and some popcorn, get comfy and enjoy the show (TBD).

Tuesday Oct 14 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafetorium Door A | #4035-6F

## Open Gym

An afternoon to just hang in the gym with friends playing whatever game you choose.

Tuesday Oct 21 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym Door A | #4035-7F

## Halloween Tricks & Treats

Make some treats everyone will enjoy and learn some tricks sure to astonish all!

Tuesday Oct 28 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym & Art Rm Door A | #4035-8F

## Dodge Ball

Twist, turn, jump and run so you don't get hit!

Tuesday Nov 4 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym Door A | #4035-9F

## Pickle Ball

Pickle ball is for everyone. Take the afternoon to learn the basics and you'll see just how much fun it can be.

Tuesday Nov 11 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym Door A | #4035-10F

## Thanksgiving Gift

Make a gift for your Thanksgiving host ... or keep it for yourself!

Tuesday Nov 18 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym & Art Rm Door A | #4035-11F

## Art Studio

We'll bring the supplies and suggestions, you bring the creativity and we'll see what happens.

Tuesday Dec 2 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym & Art Rm Door A | #4035-14F

## Holiday Decor

Deck the halls--or something - with these jolly seasonal crafts.

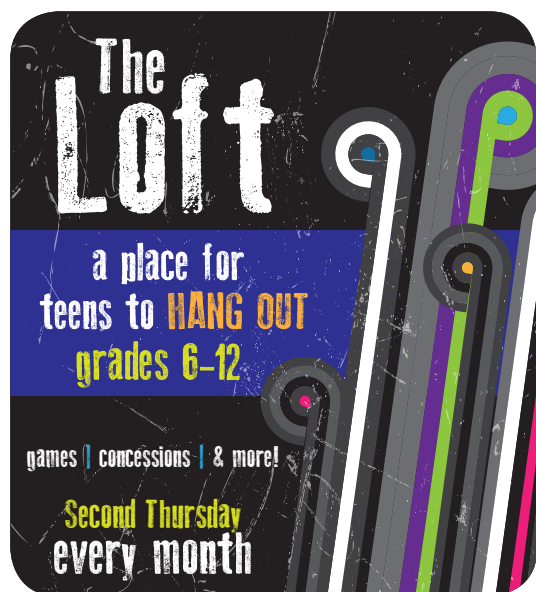
Tuesday Dec 9 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Gym & Art Rm Door A | #4035-12F

## Grand Slam

The afternoon you've been waiting for! Head to Grand Slam for an exciting afternoon of games and challenges.

Tuesday Dec 16 | 3:00-6:30pm | 1 session | \$19  
Rogers MS Check-in Cafeteria Door A | #4035-13F

# ROGERS RECREATION FALL



## \*The Loft | grades 6-12

A fun place to hang out with your friends the 2nd Thursday of every month. It's free, but bring change for the coin-operated video games and vending machines. WiFi is available along with volunteer led games and other activities.

Thursdays Sep 11, Oct 9, Nov 13, Dec 11, Jan 8, Feb 12, Mar 12, Apr 9, May 14 | 3:00-5:00pm | Free  
Rogers Activity Center

## \*The Loft Special Events | grades 6-12

All Loft Special Events will be held at the Rogers Activity Center. Don't forget to bring extra money for concessions. Pay at the door.

5th quarter after the Rogers football game--Glow 'N Skate; includes glow necklace  
Friday Sep 12 | 9:30-11:00pm | \$5

Comedy Night; comedian takes the stage at 9:00pm  
Friday Nov 14 | 8:00-10:00pm | \$5

4th period after the Rogers hockey game--Glow 'N Skate; includes glow necklace  
Saturday Jan 24 | 9:30-11:00pm | \$5

A Mentalist  
Friday Mar 20 | 8:00-10:00pm | \$5

End of the Year Party; includes mystery surprise inflatable and ice-skating  
Week of Jun 1 | Times TBD | \$5

## \*Drop-'n'-Play | age 5-10

Check it out! If you enjoyed our Summer Playground, you will love our Drop-n-Play. Parents get an evening out for relaxation, while your child(ren) is having FUN in our themed-evening events. Your child will be involved in games, crafts and other supervised activities. Snack included. Call 763-428-0975 or mail in registration form found at [www.parkandrec.cityofrogers.org](http://www.parkandrec.cityofrogers.org).

Friday, Sep 19 | 6:00-9:00pm | Out of this World  
Friday, Oct 24 | 6:00-9:00pm | Monster Mash  
Friday, Nov 21 | 6:00-9:00pm | Under the Sea  
Sunday, Dec 21 | 3:30-6:30pm | Polar Explorer (includes skating)

\$20; \$10 each additional family member per session  
Rogers Activity Center, 21080 141st Avenue, Rogers

## \*Movie at Twilight

Don't miss out on our last outdoor movie of the season, "Frozen." Bring a blanket and lawn chair and enjoy the night!

Saturday Sep 13 | 7:45pm/dusk  
Triangle Park 21400 Roulliard Ave Rogers

## \*Rogers Farmers' Market

The Farmers Market is still up and running. Don't miss the great fall vegetables—squash, pumpkins and gourds.

Wednesdays through Oct 8 | 3:00-6:30pm  
Located near the Veterans' Memorial and Triangle Park Community Gardens 12724 Main Street Rogers

## Men's Basketball League | adults

Community Ed, in cooperation with Rogers Recreation, is offering an Adult Men's Winter Basketball League. This 10-week league is great for those who love the game and have a group ready to play. Referees will officiate the games in accordance with the Minnesota Sports Federation rules. Each team will have 9-10 games per season (depending upon the number of teams registered).

Wednesdays Jan 14-Mar 18 | 7:00-10:00pm | 10 sessions | \$525/team  
Rogers HS Gym Door I | #4140-1W

\*These programs are brought to you directly by Rogers Parks and Recreation. Call 763-428-0975 for additional program information or online at [parkandrec.cityofrogers.org](http://parkandrec.cityofrogers.org)

# ROGERS RECREATION

## LEARN TO SKATE



**Gloves, jacket and helmet are required for beginner classes and recommended for everyone.**

### Learn to Skate | age 3-adult

We offer a wide variety of levels for all ages, including beginner and novice basic skating and our newly-designed *How to Skate Hockey*. Each program is designed and structured using USFSA and USA Hockey basic skills techniques. Program gears you to move on to other levels of skating including prep hockey, figure skating, or just recreational fun. Register using MasterCard/Visa/Discover through ISD 728 Community Education website at [www.728communityed.com](http://www.728communityed.com) or by phone at 763-241-3520. Registration deadline for all classes is one week prior to the start of the class. No pro-rating of fee for missed classes. Refund Policy: No refunds once session starts except for extenuating circumstances.

### Parent/Tot | age 3-5

Parent will wear skates and be on the ice with their child. Class is designed to teach parents how to coach and encourage their child to skate, following the same guidelines as Snowplow Sam classes.

### Snowplow Sam Program, Beginners | ages 3-5

This level is for new skaters who have little experience. It is designed to help the pre-school skater develop preliminary coordination and strength necessary to move on ice. Gloves/jacket/warm pants and a bike or hockey helmet are required!

### Basic Skills Program

This program is designed to progress the skater from basic to advanced skills. Levels 1-3 are great for all beginning/novice skaters; beyond level 3, focus is on figure skating techniques and use of toe pick. Gloves/jacket and a helmet are required for beginner classes and recommended for everyone.

### Basic 1 | age 6+

Designed for new skaters with little or no skating experience, this level covers basic balance and movement through marching, swizzles, wiggles, glides, and snowplow stops.

### Basic 2 | age 6+

For beginner skaters with some skating experience, Basic 2 focuses on glides, backward skating, two-foot turns from front to back, and moving stops.

### Basic 3-4 | age 6+

Designed for skaters who have basic experience on skates and are interested in pursuing figure skating techniques. Students will learn basic fundamental moves through a series of progression: forward/backward skating, stops, edges, crossovers, and more. Must have completed Basic 2 or higher.

### How to Skate Hockey

This program is structured using the guidelines of USFSA and USA Hockey learn-to-skate techniques. The Hockey Prep classes focus on teaching the basic skating skills needed to play hockey. Classes are for the beginner to the slightly-advanced skater. Sticks will be introduced by the third week, pending abilities. Helmets, shin guards, hockey gloves and stick are required, other protective gear is recommended. Instructors will group the skaters according to ability during the first class. This program allows for flexibility to deviate from skill-sets to focus on skills needed by ability of skaters. Class is 60 minutes and is broken down into stations or small groups based on the number of skaters and abilities, with some free time.

### Hockey Prep Jr. | age 4-6

Designed for beginner skaters who want to play hockey but have little skating ability, yet are able to stand and march on skates. If child cannot balance and march on skates, it is recommended that they go through one of our Sam classes prior to doing Hockey Prep Jr. Skaters younger than 6 can participate in other prep levels providing they have the ability to keep up with the class.

### Hockey Prep Basic | age 7+

- Beginner-level skaters cover the basic beginning format of skating including stance, quick get-up from falls, forward skating, dips, snowplow stop, scooter/T-pushes and proper way to hold stick.
- Advanced beginner - focus on glide turns, proper way to hold stick, backward skating, stopping and some stick-puck handling.
- Advanced skaters who are ready for crossovers and other more challenging skills such as quick stop and starts, crossovers, c-cuts, one-foot pushes and glides on circles, mohawks, hockey stop, and stick-puck handling drills. This is a great class for those who have played before, but need to work on their skating skills.



All Learn-To-Skate classes are held at the Rogers Activity Center. Rental skates are available for \$2/pair weekly, and helmets are also available for \$1. Helmets are required for ages 3-6 and hockey classes. No double-blade skates allowed, nor are parents allowed on ice during lesson times except for Parent/Tot classes. It is common for children to repeat a level before advancing to the next level. Attendance is important to learn new skills that build on the previous class each week. Please come 20 minutes early the first day of class to pick up name badge and general information. Visit [www.parksandrec.cityofrogers.org](http://www.parksandrec.cityofrogers.org) or call 763-428-0975 for complete details or questions. Winter classes will start Jan 2015.

## Fall Session 1

Saturdays Sep 6-Oct 11 | 6 sessions  
 4980-1F | Snowplow Sam 1 | 8:45-9:15am | \$69  
 4981-1F | Snowplow Sam 2 | 8:45-9:15am | \$69  
 4982-1F | Snowplow Sam 3 | 8:45-9:15am | \$69  
 4983-1F | Basic 1 | 8:45-9:15am | \$69  
 4984-1F | Basic 2 | 8:45-9:15am | \$69  
 4985-1F | Basic 3-4 | 9:15-9:45am | \$69  
 4994-1F | Hockey Prep Jr. | 9:15-10:15am | \$89  
 4995-1F | Hockey Prep Basic | 9:15-10:15am | \$89

## Fall Session 2

Saturdays Oct 18-Nov 22 | 6 sessions  
 4980-2F | Snowplow Sam 1 | 8:45-9:15am | \$69  
 4981-2F | Snowplow Sam 2 | 8:45-9:15am | \$69  
 4982-2F | Snowplow Sam 3 | 8:45-9:15am | \$69  
 4983-2F | Basic 1 | 8:45-9:15am | \$69  
 4984-2F | Basic 2 | 8:45-9:15am | \$69  
 4985-2F | Basic 3-4 | 9:15-9:45am | \$69  
 4994-2F | Hockey Prep Jr. | 12:15-1:15pm | \$89  
 4995-2F | Hockey Prep Basic | 12:15-1:15pm | \$89

## Open Skate Schedule

Sundays Sep 7-Dec 28 | 4:00-5:30pm  
 Wednesdays Sep 3-Dec 31 | 11:30am-1:00pm  
 Wednesdays Oct 1-Dec 31 | 6:00-7:15pm  
 \$4/skater, age 5 & under Free

## \*Adult & Pond Open Hockey

See [www.RAC.cityofrogers.org](http://www.RAC.cityofrogers.org) for schedules; updated weekly.  
 \$7/skater, goalies free for Adult Hockey / 2 goalies free for Pond Hockey.

## \*Outdoor Open Skate

Neighborhood skating rinks will be open to the public mid-December (weather permitting). When the temperature drops to -20 degrees with wind chill, the warming houses will be closed. For more information, call Rogers Activity Center at 763-428-1033

## \*Special Event Open Skates

Sunday Sep 7 | 4:00-5:30pm | Back to School  
 Free admission if you wear Rogers apparel

Wednesday Oct 29 | 6:00-7:15pm | Haunted Skate  
 Free admission if you come in costume

Sunday Nov 23 | 4:00-5:30pm | Gobbler Skate  
 Free admission if you bring a non-perishable food item for local Food Shelf

Sunday Dec 21 | 4:00-5:30pm | Holiday Skate  
 Free hot chocolate with paid admission

## Open Gym | all ages

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Check in and pay upon arrival with the Open Gym clerk. Please note that changes may be made to this schedule; always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed.

### grades 9-12 and adults

Wednesdays Oct 1-May 13 | 7:00-9:30pm  
 \$3/individual at the door; \$25/10-day pass  
 Rogers HS Gym Door I | Not meeting Nov 26, Dec 24 & 31

### all ages

Sundays Oct 5-May 17 | 6:15-8:15pm  
 \$3/individual or \$8/family (max of 6 w/1 participating adult)  
 \$25/10 day-pass, \$50/10-day family pass  
 Rogers MS Gym Door A | Not meeting Mar 22 & Apr 5

## Pickle Ball | adults

Try something new! Pickle Ball is a cross between ping pong and tennis. It's a fast-growing sport for adults and seniors. If you don't know how to play, we'll teach you. We're sure you'll love it! This is a drop-in activity, so you can pay as you go or purchase a discounted pass. Court availability is first-come, first-served with rotation.



Sundays Oct 5-May 17 | 4:30-6:00pm  
 \$3 at door or \$25/10-day pass, \$35/15-day pass  
 Rogers MS Gym Door A | Not meeting Mar 22 & Apr 5

# ADVERTISEMENTS

## 2014 VOLUNTEER OPPORTUNITY EXPO



*Find a position that fits your passion, skills, and schedule.*

**Tuesday, Sept 30, 2014**  
4:00 to 6:00 pm

Sherburne County Government Center  
13880 Business Center Dr., Elk River, MN

Volunteers are vital to meeting many community needs. Please join us to learn how you can serve your community as a volunteer now or in the future.

For more information: 763-635-4505  
charlotte.strei@ci.stcloud.mn.us



*This is a free community event hosted by The Volunteer Bridge and supported by Sherburne County Health and Human Services.*

## 20<sup>TH</sup> ANNIVERSARY ARTS IN HARMONY INTERNATIONAL JURIED ART SHOW

### OPENING RECEPTION

Sunday, February 8, 2015  
1:00 pm to 3:30pm

### EXHIBIT DATES

February 2, 2015 to  
March 26, 2015

**NOW ACCEPTING ENTRIES AT**  
[WWW.CALLFORENTRY.ORG](http://WWW.CALLFORENTRY.ORG)

arts alliance

### ENTRY DEADLINE

October 31, 2014

FOR MORE INFORMATION VISIT

[www.elkriverart.org](http://www.elkriverart.org)  
or call 763-441-4725

# Ignite the Fun... ROCKET INTO SCOUTING

**THURSDAY, SEPT. 18, STARTING AT 7:00 PM**

Sign up for Scouting and get a FREE ROCKET!

#### Scout Night Location:

Twin Lakes Elementary  
St. John's Elementary  
Meadowvale Elementary  
Lincoln Elementary  
Parker Elementary  
Zimmerman Elementary  
Otsego Elementary

#### Contact Info:

Jerusha Davis pack95elkrivernm@gmail.com  
Jerusha Davis pack95elkrivernm@gmail.com  
Steve Nelson o41set@charter.net  
Dennis Alexander dennis.alexander@gmail.com  
Jamie Stout jdstout4@charter.net  
Mike Wold mikewold.2@gmail.com  
Brad LeBlanc bradley.j.leblanc@gmail.com

Central Minnesota Council, BSA • Sartell, MN • 320-251-3930 • [www.bsacmc.org](http://www.bsacmc.org).



*Community Education reserves the right to refuse requests for advertisements.*



# ADVERTISEMENTS

## JOIN Zimmerman YOUTH WRESTLING



Where  
Champions  
are Made!

- Fun and physical activity for Kindergarten to Sixth Grade.
- Certified adult coaches assisted by Zimmerman High School Wrestlers.
- Tuesdays and Thursdays starts November 6, 2014.
- Registration Commitment the week of November 18.

Home of:

Zac Nielson, Minnesota Storm Wrestler  
and Two Time State Champion

Austin May, 2014 Minnesota Returning  
State Champion



[www.zimmermanyouthwrestling.com](http://www.zimmermanyouthwrestling.com)

## 2014 EVENT SCHEDULE SHERBURNE NATIONAL Wildlife Refuge

### SEPTEMBER

Saturday, Sept. 6, 8am - 11am

**Bird Tour** - Meet your guide at Refuge HQ.

Saturday, Sept. 13, 10am - 12pm

**Wildflower Tour** - Meet your guide at Refuge HQ for the car caravan tour.

### SEPTEMBER -OCTOBER

Late September - October

**Sandhill Crane Viewing**

View thousands of cranes in late September and October. Stop at Refuge HQ for maps and information, or download information from our website.

### OCTOBER

Saturday, Oct. 4, 10am - 3pm

**Fall Wildlife Festival** - Our annual celebration of wildlife, beginning with a 5K run/walk through the refuge. Featuring author and wildlife photographer, Stan Tekiela, live birds, horsedrawn wagon rides, nature crafts, bird education, wildlife discovery, Eagle's Nest Nature Store, silent auction and food. Small fee for 5K and food. All other activities free. Classroom site on Old Schoolhouse Road south side of CR 9.

### DECEMBER

Saturday, Dec. 20, 8am - 5pm

**Christmas Bird Count** - Join Friends of Sherburne Refuge to count birds on the refuge and in the local area. Meet at Refuge HQ.

*Refuge HQ is located on Sherburne CR 9, five miles west of Hwy. 169. Directions from area communities are on our website. Posters with detailed information on each activity will be available on our website several weeks prior to the event.*

Most of our tours and activities  
are family-oriented & FREE!  
Pre-registration is requested.  
Contact the refuge for details.



<http://www.fws.gov/refuge/sherburne/sherburne@fws.gov> 763/ 389-3323  
Friends of Sherburne NWR  
[www.exploresherburne.org](http://www.exploresherburne.org)  
[www.facebook.com/SherburneRefugeFans](https://www.facebook.com/SherburneRefugeFans)

Refuge HQ & Eagle's Nest Nature Store Hours:  
8am to 4pm  
Monday - Friday ~  
Closed federal holidays

Sherburne National Wildlife Refuge & Friends of Sherburne  
17076 293rd Ave, Zimmerman, MN 55398

# REGISTRATION

## ONLINE

[www.728communityed.com](http://www.728communityed.com)

Secure registration 24 hrs/day using Visa, MasterCard, Discover.

## IN PERSON, MAIL, DROP BOX

Handke Center  
1170 Main St.  
Elk River 55330

There is a 24-hour drop box.

## PHONE:

763.241.3520

## FAX:

763.241.3521

## WEATHER HOTLINE

Check our Twitter feed @CE728ALERT or our website at [www.728communityed.com](http://www.728communityed.com)

## COMMUNITY EDUCATION

- **Community Education Office Hours:**  
8:00am-4:30pm, Summer Hours  
8:30am-5:00pm, Labor Day-Memorial Day
- **E-mail address:**  
communityed@elkriver.k12.mn.us
- **Make checks payable to:**  
ISD 728 Community Education
- Participants must be the correct age and/or grade by the last day of class, unless otherwise noted.
- Cancellations must be made at least 3 business days prior to activities. Refunds or credits cannot be given for forgotten classes.
- Some activities, supplies or tickets are not refundable.



- Adults are given priority for adult classes, unless specified. Ages 15-17 may be able to register if space permits.
- We take photographs which may be used in our marketing materials. Please notify us in writing if you do not wish to have photos in our publications.
- Fee assistance is available for most youth programs (except child care, outings, some private lessons, and Behind the Wheel Training).

## ECFE

- **Early Childhood Family Education**  
**Office Hours:** 8am-4:30pm
- **ECFE phone:** 763.241.3524
- See special information on deposits and/or payment plans available for some ECFE activities in the ECFE section.



Home Phone w/area code \_\_\_\_\_ E-mail address \_\_\_\_\_

Participant's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*  
 Child's Birth Date & Age \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (14-15)

Participant's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*  
 Child's Birth Date & Age \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (14-15)

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 If participant is a child, Parent Names \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Health concerns: \_\_\_\_\_ Emergency phone # & contact \_\_\_\_\_

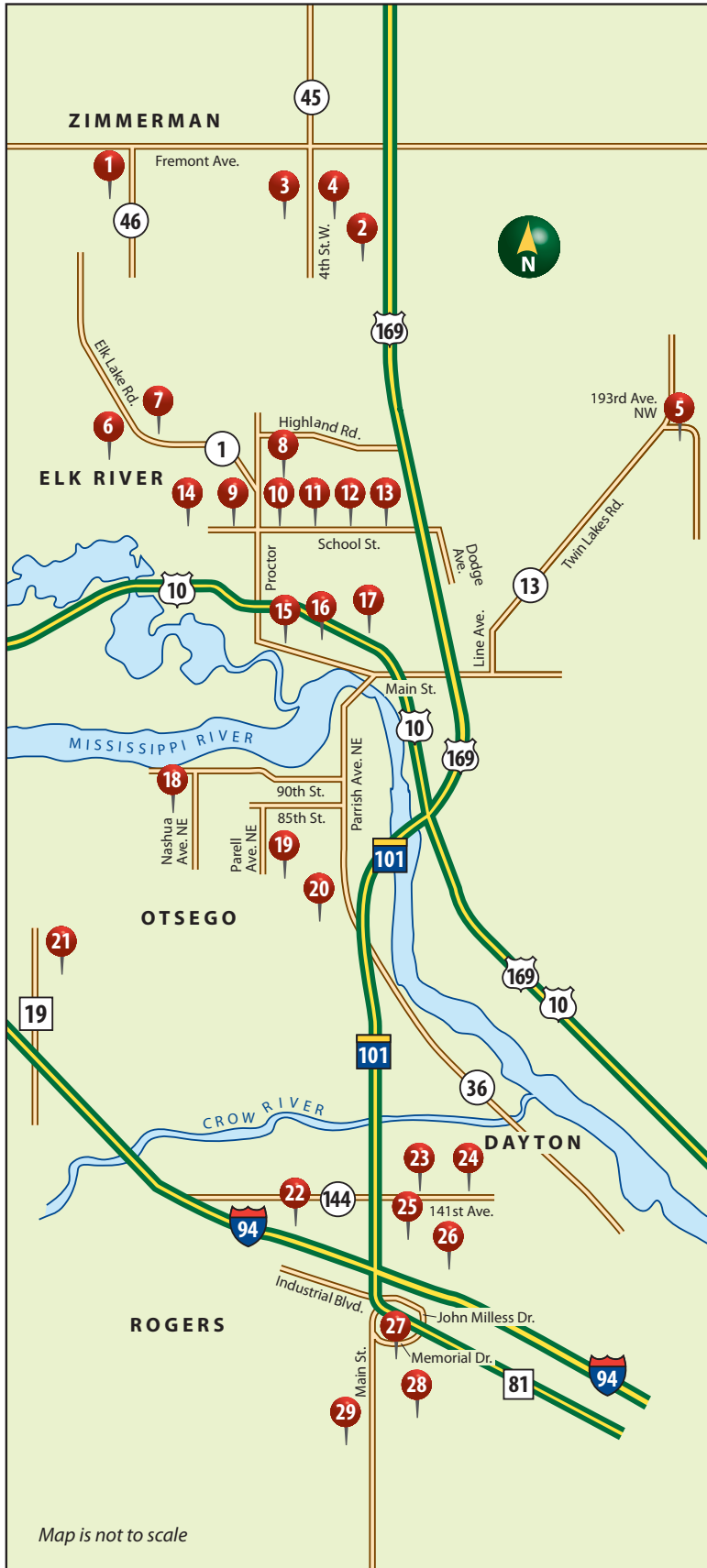
\*Sibling/child care needed with class (when available, as noted): Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Check  Cash  MasterCard/VISA/Discover# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_  
 Signature \_\_\_\_\_

We **guarantee your satisfaction** with our courses and activities. If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.



# FACILITY LOCATIONS



## ISD 728 Facilities & Community Education Activity Locations

<b>Beaudry Meadow Park</b> 11313 77th St. NE, Otsego	21
<b>Community Education and ECFE</b> The Handke Family Center 1170 Main St., Elk River	15
<b>District Service Center</b> 19072 Triangle Road, Elk River	6
<b>Educational Technology Center</b> 1230 School Street, Elk River	9
<b>Elk River Senior High</b> 900 School St., Elk River	11
<b>Elk River Senior Center</b> 350 Evans, Elk River	17
<b>Hassan Elementary</b> 14055 Orchid Ave., Hassan	22
<b>ISD 728 District Office</b> 815 Highway 10, Elk River	16
<b>Ivan Sand Community School</b> 1232 NW School St., Elk River	14
<b>Lincoln Elementary</b> 600 School St., Elk River	12
<b>Meadowvale Elementary</b> 12701 Elk Lake Road, Elk River	7
<b>North Community Park</b> 13750 Bittersweet Lane, Rogers	26
<b>Otsego City Hall/Prairie Park</b> 8899 Nashua Ave. NE, Otsego	18
<b>Otsego Elementary</b> 8125 River Road NE, Otsego.	20
<b>Parker Elementary</b> 500 School St., Elk River	13
<b>Randy Hanson Park</b> 2nd St. E., Zimmerman	2
<b>Rogers Activity Center</b> 21080 141st Ave., Rogers	23
<b>Rogers Elementary</b> 12521 Main St., Rogers	29
<b>Rogers Fire Hall</b> 21201 Memorial Drive, Rogers	27
<b>Rogers High School</b> 21000 141st Ave., Rogers	24
<b>Rogers Middle School</b> 20855 141st Ave., Rogers	25
<b>Salk Middle School</b> 11970 Highland Road, Elk River	8
<b>School Knoll Park</b> 11501 83rd St. NE, Otsego	19
<b>Triangle Park</b> 21400 Rouillard Blvd., Rogers	28
<b>Twin Lakes Elementary</b> 10051 191st Avenue NW, Elk River	5
<b>VandenBerge Middle School</b> 948 Proctor Road, Elk River	10
<b>VandenBerge Pool</b> 948 Proctor Road, Elk River	10
<b>Westwood Elementary</b> 13651 Fourth Ave. S., Zimmerman	1
<b>Zimmerman Elementary</b> 25959 4th St.W., Zimmerman	4
<b>Zimmerman Middle/High School</b> 25900 4th St.W., Zimmerman	3



Lifelong Learning...unlock your potential

ISD 728 Community Education  
1170 Main Street  
Elk River, MN 55330

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[facebook.com/728CEyouth](https://facebook.com/728CEyouth)  
[facebook.com/728ECFE](https://facebook.com/728ECFE)

**JOIN OUR MAILING LIST:**  
[www.728communityed.com](http://www.728communityed.com)

**TWEET ON TWITTER:**  
ECFE728 & Communityed728



October 11, 2014

**You're Invited!**

9a.m. to 12:30p.m.

**GRAND**  
*Re-Opening*  
of  
**The HANDKE CENTER**

- 2K & 5K family walk/run
- FREE snacks & refreshments
- FUN outdoor & indoor activities
- Live music

**Come join the FUN!**

1170 Main Street  
Elk River, MN 55330  
  
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[www.728communityed.com](http://www.728communityed.com)



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