

Early Childhood Programs

Ventures

Recreation

Enrichment

Mentoring

Driver Education

Project ABLE

Aquatics

Adult Basic Education

English Learner Services

Community Resources

District Facilities

Registration



Like us on Facebook



Community Services serves up great winter classes.

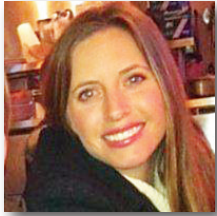
Pickleball, page 28.

Learning and Recreation For Life

REGISTER ONLINE www.nfld.k12.mn.us

Keep a "To-Learn" list

We all have to-do lists. These are the tasks we need to accomplish. But we should also try to have a "to-learn" list. On it you can write ideas for new areas of interest. Maybe you would like to take up a new language, learn a skill or read the Harry Potter collection. Whatever motivates you, write it down and look in this brochure for ways to accomplish your "to-learn" list. If you don't see a class you are looking for, please contact us. We are always interested in offering new classes!



Erin Bailey

Erin Bailey,
Community Services Director

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

Heart to Heart: Prevention of Heart Disease NEW

Community Services is teaming up with Allina Medical Clinic and Minneapolis Heart Institute® to offer a program called Heart to Heart: Prevention of Heart Disease. This free event will feature two speakers, who are medical doctors within the field.

Free, but registration requested
6 - 7:45 p.m. T, March 17
Northfield YMCA
Class #: HEART-W15A



MINNEAPOLIS
HEART
INSTITUTE

Alina Health
ABBOTT
NORTHWESTERN
HOSPITAL

Advisory Council

Northfield Public Schools has several positions available on the Community Services Advisory Council. The council meets 10 times a year - on the fourth Tuesday of the month, from 4:30 - 6 p.m. Each appointment is a three-year term. Comprised of voting members, representing a wide range of community interests, the council advises staff in programming, budgeting and departmental development. Adults and older youth are encouraged to apply. Student terms are one year.

Forms are available at the Community Services office, at 1651 Jefferson Parkway, or online (www.nfld.k12.mn.us).
Call 507.664.3657 for more information.

Current members:

Kelly Bergman	Grace Clark, Park Board Liaison	Jennifer Cox Johnson
Anita Fisher Egge	Adrienne Falcon	Karen Jensen
Melissa Larsen	Kari Nelson, School Board Liaison	Andria Sommers, Vice Chairperson
Katrina Warner		



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



Northfield Public Schools Community Services Division

Northfield Community Resource Center (NCRC), 1651 Jefferson Parkway, Northfield, MN 55057
 507.664.3649 phone 507.664.3651 fax 507.664.3659 information line (cancellation & schedule changes)
 8 a.m. to 4:30 p.m. Monday through Friday
www.nfld.k12.mn.us

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Join a magical adventure with a Full Moon Snowshoe Hike this winter.



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Truck and Tractor Night is an annual family special event on May 11. This year we're celebrating the 40th birthday of ECFE!



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Administrative Staff

- Director **Erin Bailey** . . . 507.664.3652. . . Erin.Bailey@nfld.k12.mn.us
- Administrative Assistant **Sara Boran** . . . 507.664.3657. . . Sara.Boran@nfld.k12.mn.us
- Administrative Assistant & Facilities Scheduler **Judy Becker** . . . 507.664.3649. . . Judy.Becker@nfld.k12.mn.us
- Adult Basic Education Coordinator **Claudia Kinville** . . . 507.664.3764. . . Claudia.Kinville@nfld.k12.mn.us
- Youth Development Coordinator **Linda Oto** . . . 507.664.3655. . . Linda.Oto@nfld.k12.mn.us
- Early Childhood Coordinator **Sara Line** . . . 507.664.3754. . . Sara.Line@nfld.k12.mn.us
- Early Childhood Administrative Assistant **Mary Hansen** . . . 507.664.3750. . . Mary.Hansen@nfld.k12.mn.us
- Enrichment & Project ABLE Coordinator **Niki Kolb** . . . 507.664.3648. . . Niki.Kolb@nfld.k12.mn.us
- Recreation Coordinator **Melissa Bernhard** . . . 507.664.3502. . . Melissa.Bernhard@nfld.k12.mn.us
- Secretary (Longfellow School Building) **Martha Donahoe** . . . 507.645.1200. . . Martha.Donahoe@nfld.k12.mn.us
- Ventures Coordinator **Breezy Barrett** . . . 507.664.3653. . . Brianne.Barrett@nfld.k12.mn.us

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

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Winter/spring classes begin on Tuesday, January 20.

Early Childhood Family Education (ECFE)

The mission of ECFE is to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children. Parents are supported through resources and guidance in the development of their child and family, and children birth through kindergarten entrance are exposed to new experiences through purposeful interactions and process-oriented learning.

Most classes begin with parent-child interaction time and hands-on art, science, literacy or music activities. With classes for older age groups, children get a chance to practice their independence and peer interaction skills, while parents move to another room for discussion led by a parent educator.



Sibling care 😊

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

Northfield Early Childhood Coalition (ECIC) 🧒🧒🧒

The mission of the Northfield ECIC is to educate, activate and mobilize the entire community on the issues affecting young children from birth to age 5. We look forward to welcoming you to our group. The ECIC meets at 4 p.m. on the second Monday of every month, except July, at the Northfield Community Resource Center. Call Mary Hansen at 507.664.3750 for more information.

Early Childhood Advisory Council

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

The roles of the advisory council are to:

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

The council meets monthly. Contact Sara Line at Sara.Line@nfld.k12.mn.us or 507.645.1232 for more information.

ECFE consultation or home visit

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

Early Childhood Programs

Babies and Blankets Home Visit

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

Lunch and Learning Classes

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

Teen Parent Program

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

Family School for English Language Learners

Family School is a free program for families whose first language is not English. Class meets at the Northfield Community Resource Center and Greenvale Park Elementary School. See page 6 for details.



ECFE Sliding Fee Scale

Income Level	Fee A		Fee B		Fee C		Sibling Care	
	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One Child In Sibling Care	2 or More Children in Sibling Care
\$0 - \$24,000	\$54	\$89	\$27	\$34	\$19	\$30	\$34	\$47
\$25,000 - \$49,000	\$77	\$127	\$40	\$50	\$26	\$45	\$50	\$70
\$50,000 - \$74,000	\$105	\$177	\$51	\$71	\$34	\$57	\$71	\$97
\$75,000 - and up	\$131	\$217	\$65	\$85	\$45	\$70	\$85	\$117

ECFE registration instructions:

- Registration for sibling care is one of the steps of class registration and is not listed as a separate class.
- Children are not eligible to participate in ECFE classes after they have begun kindergarten.
- If you live outside of the district, call to request availability.

See pages 46 & 47 for registration.

Special Events

New Family Welcome Tour all ages

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

No Fee By Appointment
T, Jan. 20 - May 18
(no appts. Feb. 16, March 23 & 30)
NCRC Community Services Office

Funtastic Friday Movie & Literacy Night!

EVENING CLASS
all ages
Join us for a fun-filled family night watching a classic on the big screen and creating fun artwork. Every family gets a book to take home! Don't forget a blanket, pillow, or sleeping bag to sit on while enjoying the movie and snacks. PJs welcome!
\$5/Family 6:30 - 8 p.m.
F, Jan. 30
Longfellow Gymnasium
Class #: 508-W15

Ooey Goopy Night is Back!

EVENING CLASS
ages birth - 5 years
Come explore some squishy, squashy, gooey, hands-on materials. Enjoy play dough, glurch and slime as you mess around during this parent/child activity night. Come prepared to roll up your sleeves and have a good time. Activities are available for all ages.
\$8/family 6:15 - 7:30 p.m.
T, April 21
NCRC Preschool Room
Class #: 517-W15

Cooking with your Kids!

EVENING CLASS
ages 2 - 5 years
Come spend an evening cooking with your child! There will be an opportunity to measure, mix, stir and decorate your way through the night, while learning and having fun! Each family will have treats to take home at the end of the class.
\$5/First Child \$3/Add'tl Child
6:30 - 7:30 p.m.
T, May 5
Longfellow Preschool Room
Class #: 510-W14

Learning with Eric Carle

NEW Saturday Class

ages 2 - 5 years

Calling all parents, grandparents and special caregivers! Come spend time with the special child in your life, exploring, creating and learning through Eric Carle books. Each family will get a book to take home at the end of the event.

\$8 per family 9 - 11 a.m.

Sa, May 2

NCRC Preschool Room

Class #: 500-W15

Marvelous Movement Time in the Gym!

EVENING CLASS

ages 2 - 5 years

It's time to meet new friends while experiencing fun movement activities and games in the gym. Register for one or both nights! \$5/Family/Night Suggested Donation 6 - 7 p.m.

M, Feb. 9 & Th, Feb. 26

Longfellow Gymnasium

Class #: 404-W15

Truck and Tractor Night

EVENING EVENT

ages birth - adult

Everyone in your family is invited to our annual event. Adults and children alike will enjoy exploring different vehicles and heavy equipment like fire trucks, police cars, tractors, a race car and more. Drivers will be on hand to answer questions. Rescheduled to Thursday, May 14 in case of inclement weather. No registration required.

No Fee 6:15 - 7:30 p.m.

M, May 11

NCRC Parking Lot

Class #: 501-W15

Family School

Family School

ages birth - 5 years

This class is for families whose first language is not English. Parents and children enjoy reading, art and sensory activities together, followed by a lively group time. Children experience activities that enhance literacy development, language acquisition and social skills while parents attend a parenting group or receive English instruction. All children who are not yet enrolled in kindergarten are welcome to attend. Call Gabriela Nieves, at 507.301.2144 or 507.664.3754, for more information.

No Fee times may vary

ECFE Baby Shower!

ages birth - 6 months

If you have had a baby in the last 6 months, come to our community baby shower! Spend time learning with other families, and see what resources our community has to offer!

No Fee 10 - 11:30 a.m.

Th, Jan. 8

NCRC Infant/Toddler Room

Class #: 514-W15



Monday Classes

Newborn Baby Talk with Sibling Care



ages birth - 3 months

Join other parents with newborns from birth to 12 weeks for support, information and resources related to the exciting job of parenting. Learn about the various aspects of your baby's life such as feeding, sleeping, attachment and when to call a medical caregiver. This program is co-sponsored by the Northfield Public Schools ECFE program, Rice County Public Health Nursing Service and the Northfield Hospital. Classes are held every Monday from 10:30 a.m. - noon except on public holidays and non-school days. No pre-registration is required although please call ahead if you require sibling care. This is a non-separating class with parent discussion time. Please call 507.664.3754 for details.

No Fee 10:30 a.m. - noon

M, Jan. 26 - May 18

(no class Feb. 16, March 23 & 30)

NCRC Parent Ed. Room

All Ages, All Stages

EVENING CLASS

ages birth - 5 years

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

Fee B 6 - 7:30 p.m.

M, Feb. 2 - March 16

(no class Feb. 16)

NCRC Preschool Room

Class #: 272-W15

*It's ECFE's 40th birthday this year!
Join us for a celebration at Truck and Tractor Night on May 11.*



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

Wonderful Ones Class with Sibling Care

ages 12 - 23 months

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

Fee A 10:15 - 11:30 a.m.
M, Jan. 26 - May 18
(no class Feb. 16, March. 23 & 30)
NCRC Infant/Toddler Room
Class #: 170-W15



Tuesday Classes

Baby and Me with Sibling Care

ages 3 - 12 months

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

Fee A 9 - 10 a.m.
T, Jan.20 - May 12
(no class March 24)
NCRC Infant/Toddler Room
Class #: 212-W15



Wednesday Classes

Lunch and Learning at Greenvale Place

ages birth - 5 years

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

No Fee 11:30 a.m. - 1:30 p.m.
W, Jan. 21 - May 13
(no class March. 25)
Greenvale Place Community Center
Class #: 284-W15

Magnificent Multi-age with Sibling Care

ages 2 - 5 years

Explore new learning activities with your children while enjoying the company of other young families. You are welcome to join this class whether you have multiple children or just one child. General parent topics deal with family and community relationships. This is a separating class with parent discussion time.

Fee A 9:30 - 11 a.m.
W, Jan. 21 - May 13
(no class March. 25)
NCRC Preschool Room
Class #: 171-W15



Terrific Twos with Sibling Care

ages 24 - 36 months

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

Fee A 8:30 - 10 a.m.
M, Jan. 26 - May 18
(no class Feb. 16, March. 23 & 30)
NCRC Preschool Room
Class #: 131-W15



Older Twos and Threes with Sibling Care


ages 30 - 48 months

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

Fee A 10:30 a.m. - noon
T, Jan. 20 - May 12
(no class March. 24)
NCRC Preschool Room
Class #: 132-W15



**Registration begins immediately.
The registration deadline for classes
is two business days
prior to the start date unless noted
in the description.
See pages 46 & 47 for registration.**

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

Thursday Classes

Busy Bodies with Sibling Care ages 8 - 18 months



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

Fee A 8:45 - 10 a.m.
Th, Jan. 22 - May 14
(no class March. 26)
NCRC Infant/Toddler Room
Class #: 121-W15

Threes, Fours and Fives with Sibling Care



ages 36 - 60 months
Come join the fun! The preschool years are a great time for active learning. Children will learn through fun, developmentally appropriate activities and play groups. Parent and child themes cover much of the social, emotional, cognitive and physical growth through the preschool years. This is a separating class with parent discussion time.

Fee A 10:30 a.m. - noon
Th, Jan. 22 - May 14
(no class March 26)
NCRC Preschool Room
Class #: 173-W15

Don't forget to wear a helmet!

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



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

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



Mini Music Class EVENING CLASS

NEW

ages 2 - 5 years

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

Fee C 4 - 5 p.m.
Th, March 5 - 19
Longfellow Preschool Room
Class #: 290-W15

ECFE Playtime ages birth - Pre-k

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

\$4/per child \$5 max/per family
9:15 - 11 a.m.
F, Jan. 23 - May 15
(no class March. 27)
NCRC Infant/Toddler Room
Class #: 124-W15

Friday Classes

Multi-age On My Own ages 3 - 5 years

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

Fee A 9:15 - 11 a.m.
F, Jan. 23 - May 15
(no class March. 27)
NCRC Preschool Room
Class #: 242-W15



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

I have never doubted that my son was bright, but to have his kindergarten teacher tell me this is a wonderful compliment - one that I take little credit for! I truly feel that if it was not for the EarlyVentures and Hand-in-Hand staff, my son would not be the child he is! And I wanted to say thank you all for helping me get him off to such a great start! I cannot express how grateful I am for all of you and your help in raising my son!

~ Current kindergarten parent

School Readiness

Hand in Hand Preschool

We ensure that children possess the skills for continued learning.

- For children ages 3 to kindergarten entrance
- Promotes school readiness
- Taught by licensed teachers

Classes are located at Longfellow School.



On Wednesdays, classes will run 9:45 a.m. to noon and 1:15 to 3:45 p.m., because of PLC meetings. To register, visit the Early Childhood Programs of the Community Services Division, at www.nfld.k12.mn.us, or call 507.664.3750.

Early Childhood Screening

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

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

When: As soon as your child turns 3, but we welcome 4 - and 5-year-olds who have not been screened.

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

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

EarlyVentures Learning Center

EarlyVentures Learning Center is a child care center for infants, toddlers and preschoolers licensed by the Department of Human Services. We offer a variety of schedule options and are located, along with Hand in Hand Preschool, at Longfellow School. Visit www.nfld.k12.mn.us or call 507.664.3750 for registration information. Summer options are available.

Our programs provide wrap around child care for your preschooler. A great place for siblings too!

Parent Aware awarded Hand in Hand Preschool and EarlyVentures Learning Center a four-star rating — the highest possible award. Led by the Minnesota Department of Human Services and the Minnesota Office of Early Learning, the initiative helps Minnesota parents find childcare and early learning providers that use best practices to prepare children for kindergarten.

Parent Aware
Rated Program
★★★★★
Highest Possible Rating



Census Makes a Difference

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

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

Have a new baby?

Check into our free baby shower on page 6.

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Youth Recreation

Basketball

Basketball Mini-Clinics

Community Services Staff
grades K - 5

The Saturday swoosh! The mini clinics will focus on attaining coordination, ball handling skills, and will provide game experience and practice for the perfect swoosh. Enthusiastic and knowledgeable coaches will emphasize the fun of the fundamentals.

\$30 Sa, Jan. 3 - 24
Sibley Gymnasium

grades K - 2

10:15 - 11 a.m.

Class #: 4111-W15AK-2

grades 3 - 5

9 - 10 a.m.

Class #: 4111-W15B3-5

Volleyball

Volleyball Spring Team Camp

Community Services Staff

grades 3 - 5

Start playing on a team with minimal cost and no traveling. You'll develop new skills, make friends and play real matches. Players will be divided into teams of eight to 12 to practice and play games. This camp includes quality coaching from high school coaching staff and players, eight practices, and a uniform T-shirt. Program times are subject to change if an alteration in Varsity athletic practices occur.

\$54 3:45 - 5:15 p.m.

T & Th, April 21 - May 14

Middle School Gymnasium

Class #: 1206-W15A

Boys & Girls Basketball

Community Services Staff

grades K - 5

Dribble for miles, happy child! Join the youth basketball program and help ensure that your child has put in the right amount of miles required to gain a better understanding of the game and to maximize their potential. With our quality staff your child is sure to not only enjoy this program, but also learn fundamentals of the game through scrimmages, games and drills. Learn rules and strategies while enjoying the sport.

\$39 Sa, Feb. 7 - March 14

Boys - Sibley Gymnasium

grade K

8:15 - 9 a.m.

Class #: 1052-W15BK

grade 1

9 - 10 a.m.

Class #: 1052-W15B1

grade 2

10 - 11 a.m.

Class #: 1052-W15B2

grade 3

11 a.m. - noon

Class #: 1052-W15B3

grades 4 & 5

12:45 - 2 p.m.

Class #: 1052-W15B4-5

Girls - Bridgewater Gymnasium

grades K & 1

8:30 - 9:30 a.m.

Class #: 1053-W15GK-1

grades 2 & 3

9:30 - 10:30 a.m.

Class #: 1053-W15G2-3

grades 4 & 5

10:30 - 11:30 a.m.

Class #: 1053-W15G4-5

General Recreation

Youth Floor Hockey

Community Services Staff
grades K - 5

Hit the floor before hitting the ice! Learn the fundamentals of hockey, sharpen your skill, enhance your ability and participate in games. This program will get you ready for the winter season on the ice or may simply generate future interest in the sport of hockey. The program is open to boys and girls.

\$20 Sa, April 4 - 25
Middle School Gymnasium

grades K - 2

9 - 9:45 a.m.

Class #: 1054-W15AK-2

grades 3 - 5

10 - 10:45 a.m.

Class #: 1054-W15B3-5

Looking for a summer job?

Community Services is looking for summer staff who are outgoing and responsible and who work well with youth. Applicants must possess knowledge and aptitude of their desired position. Instructor opportunities exist in a variety of sports, playground programs, outdoor adventure, and in aquatics as lifeguards and water safety instructors. Contact Recreation Coordinator Melissa Bernhard at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us. Positions and applications will be posted at www.nfld.k12.mn.us.

Northfield Skating School

Community Services Staff

all ages

The Northfield Skating School (NSS) encourages participation, enjoyment and achievement in skating by fostering a positive, challenging and inclusive learning environment. NSS is a U.S. Figure Skating model program where you'll build skills and confidence for skating and for life. Skaters receive a weekly 30 minute lesson and an open skate punch card for practice. NSS reserves the right to cancel or combine classes based on registration. Registrations after Dec. 30 will incur a \$15 late fee. Class assignments will be emailed prior to the first lesson. **Things to note:** Refunds for medical reasons only with a doctor's note; rental skates are available for \$3; and no double-bladed skates or helmets with pointed backs are permitted. Helmets are recommended for skaters age 6 and under. **Registration cannot be processed online without skater level indicated in notes section.** List new skater, current NSS skating level, or skills mastered if you have skated but not with NSS.

Visit northfieldskating.com for more details.

Call Melissa at 507.664.3502 if interested in private lessons.

NSS parent meeting will be 7:15 - 8:15 p.m. Jan. 7 at the NCRC.

Su, Jan. 11 - March 8 (no class Feb. 8 & Mar. 1)

Northfield Ice Arena

Snowplow Sam/Basic 1-2/Adult/Hockey 1-2

\$99 noon - 12:30 p.m.

Class #: 1312-W15GLA

Basic 3 - 8/Freestyle

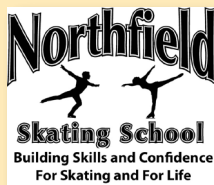
\$99 12:30 - 1 p.m.

Class #: 1312-W15GLB

Power Edge/Basic 5+

\$72 1 - 1:15 p.m.

Class #: 1312-W15PE



Northfield Ski & Snowboard Club - Afton Alps

Community Services Staff

grades 9-12

Join the Northfield Ski & Snowboard Club on an outing to Afton Alps in Hastings, MN! Nestled in the scenic St. Croix River Valley, Afton boasts of newly renovated base area facilities, a powerful state-of-the-art snowmaking system and a new cutting edge terrain park. With nearly 300 skiable acres, 50 trails, 18 lifts and four terrain parks, there is enough area to challenge experts to beginners, day or night. Three opportunities are available. Register for one or for all three. Buses will depart as soon as possible after school from the Northfield High School. Students will ski and board until 8 p.m. and will return by 9:15 p.m. Fee includes transportation and lift ticket. Tickets will be given to participants upon arrival at Afton. Additional information is available in the high school and the Community Services offices. A single bus buy-on and lift ticket can be purchased for \$55 at the bus.

3 - 9:15 p.m.

Afton Alps

Jan. 8 only

\$44 Th, Jan. 8

Class #: 1317-F14A

Jan. 15 only

\$44 Th, Jan. 15

Class #: 1317-F14B

Feb. 26 only

\$44 Th, Feb. 26

Class #: 1317-F14C

all three class dates

\$132 Th, Jan. 8, 15 & Feb. 26

Class #: 1317-F14D

bus buy-on

\$55

Class #: 1317-F14EBB

Northfield Ice Arena

The Northfield Arena is located at 1280 Bollenbacher Drive, just off of Highway 3, and is managed by the City of Northfield. The arena offers a full-service pro shop for all of your skating needs. Open public skate is normally from 11 a.m. to 12:30 p.m. on Mondays and from 10 to 11:30 a.m. on Thursdays. Please check the calendar on the arena page on the city website for Sunday public skate times. Admission is \$3/person. Rental skates are available for \$3.25. On all non-school days and over winter break the arena will offer open skating and open youth hockey. Dates and times are subject to change. Call 507.645.6556 or visit www.ci.northfield.mn.us/parksandrec/arena.



Horseback Riding

Vickie Tyler
ages 8 and older

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

\$134 4 - 5 p.m.
W, April 15 - May 20
Winterhaven Stables
Class #: 1276-W15A



Lightsaber Dueling

Brent Kivell & Karen Madsen
ages 8 and older

If you're thrilled by Star Wars lightsaber battles, you don't want to miss this one-night class packed with demonstrations and lessons on how to put together your own battle. After a safety discussion, you'll learn the ten attack moves and how to block those attacks. In pairs, you'll learn a duel script and create a seamless battle. Sabers will be available for use.
\$14 Longfellow Gymnasium

6:30 - 8 p.m.
F, March 6
Class #: 1281-W15A

6:30 - 8 p.m.
Sa, March 7
Class #: 1281-W15B

Soccer Skills Now

Community Services Staff
grades 1 - 5

Experienced players and newcomers to the sport are welcome to refresh their skills and learn new ones. The focus is on dribbling, passing, shooting, heading and other skills needed for the game. Fun, age appropriate games and activities are used to reinforce learning. Meet in the gym for the start of each class. Program times are subject to change if an alteration in Varsity athletic practices occur.

\$26 3:20 - 4:20 p.m.

M - F, April 27 - May 1
Greenvale Park Soccer Fields
Class #: 1250-W15G

M - F, May 4 - 8
Sibley Soccer Fields
Class #: 1250-W15S

M - F, May 11 - 15
Bridgewater Athletic Field
Class #: 1250-W15B

After-school Boys & Girls Bowling for grades K - 12

Please refer to page 42 for more information or call Jesse James Lanes at 507.645.8322.

Introduction to Ice Fishing

Cannon River Sportsmen's Club
ages 6 - 14

Want to introduce your child to the great winter activity of ice fishing? Learn about fishing on the frozen ice, drilling holes, ice fishing equipment and catching fish through the ice. All equipment is provided. A parent or guardian is required for each participant, however fishing licenses are not required for anyone. A picnic lunch is provided. Call Melissa Bernhard at 507.664.3502 or Blair Fowler at 612.245.7835 with questions.

\$3 1 - 4 p.m.
Su, Feb. 15
Location To Be Announced
Class #: 4806-W15A



Connected Kids Program

Be Someone Who Matters to Someone Who Matters



COMMUNITY SERVICES DIVISION

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



Let a child know they matter!

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

For more information contact Linda Oto at 507.664.3655 or Linda.Oto@nfl.k12.mn.us



The hour I spend mentoring is the hour I most look forward to all week.
A Connected Kids community mentor

Martial Arts

Tae Kwon Do for Kids

Daniel Elo
grades 2 - 12

Whether you are looking to improve your physical fitness, confidence, or learn a new set of skills, Tae Kwon Do has something to offer you! As a student, you will learn beginning hand and foot fighting/defensive techniques in an instructor controlled contact environment. Learn to control your body and focus power in to every punch and kick.
\$74 Sibley Cafeteria

Beginner 6 - 7 p.m.

T & Th, Jan. 13 - Feb. 26
(no class Feb. 3 & 5)
Class #: 4165-W15A

T & Th, April 7 - May 19
(no class Apr. 9)
Class #: 4165-W15C

Advanced 7 - 8 p.m.

T & Th, Jan. 13 - Feb. 26
(no class Feb. 3 & 5)
Class #: 4165-W15B

T & Th, April 7 - May 19
(no class Apr. 9)
Class #: 4165-W15D

Open Gyms

Open Gym Basketball

Community Services Staff
grades K - 8

Practice your basketball skills or just shoot around for fun. Parents, come and play with your kids. Open basketball is available for children of all abilities. Cost is \$2, payable at the door; no large bills.

Su, Jan. 4 - March 15
Bridgewater Gymnasium

grades K - 4

12:30 - 2 p.m.

grades 5 - 8

2:30 - 4:30 p.m.

KidVentures Program

KidVentures is a school-age care program that incorporates a fun atmosphere with a safe setting where children can explore new interests and make new friends. Children engage in a variety of hands-on activities that stimulate their social, emotional, academic and physical development.

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

KidVentures offers a variety of enrollment options including:

- **Set weekly schedule**
- **Monthly calendar schedule**
- **Drop-in care**
- **School release days**
- **Late Start Wednesdays**

Enrollment information for the 2014-15 school year is available at the Community Services office at 1651 Jefferson Parkway or by calling 507.664.3750.

Northfield
PUBLIC SCHOOLS
COMMUNITY SERVICES DIVISION



Fastpitch Softball/Wiffle Ball Open Gym

Northfield Fastpitch Association Staff
grades K - 12

Do you still have the drive to play fastpitch softball even after the snow flies? Are you looking for a fun and really inexpensive Friday evening activity for lady athletes? The Northfield Fastpitch Softball Association has the answer for you! Through drills and games, participants will work on throwing, catching, hitting and base running. We'll wrap it all up each night with a game of fastpitch wiffle ball! All ages and skill levels are welcome. Drop in to learn and have some fun with NFSA coaches and players! No previous experience needed. It is recommended that girls bring appropriate gym shoes and a ball glove for some of the drills and games. Cost is \$1 at the door, no large bills please.

7 - 9 p.m.

F, Jan. 9 - March 20

Bridgewater Gymnasium

Martial arts lovers can also find Shorin-Ryu Karate and Gumdo on page 30.

Tennis

Elementary Tennis Program

Community Services Staff
grades 2 - 5

The elementary tennis program is back in swing. You will use transition nets, balls and racquets all designed for indoor use. All equipment is provided. Staff will teach a progression of tennis skills and techniques and will serve up a program sure to increase knowledge and skill of the sport.

\$25 3:20 - 4:20 p.m.

T, Jan. 13 - Feb. 10
Greenvale Park Gymnasium
Class #: 1204-W15GA

T, Feb. 17 - March 17
Greenvale Park Gymnasium
Class #: 1204-W15GB

T, April 7 - May 5
Sibley Gymnasium
Class #: 1204-W15SA

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Youth Enrichment

Arts, Music & Theater

Watch Me Draw: Winter Fest Art Sampler!

Watch Me Draw
grades K - 5

Take home a frame-worthy masterpiece each week! Use unique rubbing techniques to design a dancing penguin and his reflection, create an otter in oil pastels, draw a sled dog ready to run and use clay and paint to design your own claydazzled art and more! Build solid drawing skills and artistic confidence. All supplies are included. \$79

3:25 - 4:25 p.m.

M, Jan. 26 - March 9

(No class Feb. 16)

Bridgewater Media Center
Classroom 311

Class #: 4383-W15BA

3:20 - 4:20 p.m.

T, Jan. 27 - March 3

Sibley Art Room 133

Class #: 4383-W15SA

3:20 - 4:20 p.m.

W, Jan. 28 - March 4

Greenvale Park Art Room 171

Class #: 4383-W15GA



Watch Me Draw: Spring Art Studio!

Watch Me Draw
grades K - 5

Work with oil pastels, texturing plates, clay, paint, glitter and jewels to create two and three-dimensional spring projects. Your creations will include a baby elephant, an island pirate and his treasure, a birthday dog, a 'claydazzle' project and more! Create a different work of art from start to finish each week, explore different techniques and mediums and have a blast making the coolest art around. All materials and supplies are included. \$79

3:25 - 4:25 p.m.

M, April 13 - May 18

Bridgewater Media Center
Classroom 311

Class #: 4387-W15BA

3:20 - 4:20 p.m.

T, April 14 - May 19

Sibley Art Room 133

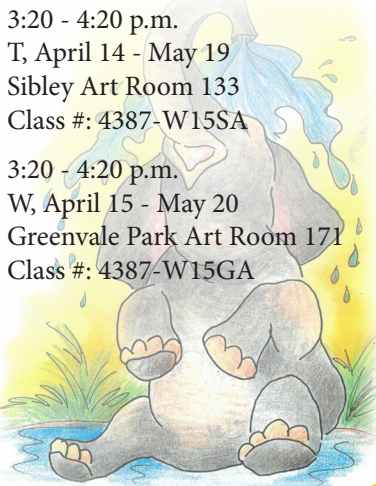
Class #: 4387-W15SA

3:20 - 4:20 p.m.

W, April 15 - May 20

Greenvale Park Art Room 171

Class #: 4387-W15GA



Watch Me Draw: In the Rainforest Art Workshop!

Watch Me Draw
grades 1 - 5

NEW

Create a rainforest masterpiece in the style of Henri Rousseau. Use oil pastels and watercolors together to paint a beautiful rainforest Toucan. Also get to learn about Henri Rousseau and his paintings of jungle scenes and animals. Personalize your masterpiece with added elements inspired by his specific style and your imagination. Dress to get messy and plan for lots of fun. All supplies are provided. \$24

3:20 - 4:35 p.m.

T, May 26

Sibley Art Room 133

Class #: 4410-W15SA

3:20 - 4:35 p.m.

W, May 27

Greenvale Park Art Room 171

Class #: 4410-W15GA

3:25 - 4:40 p.m.

Th, May 28

Bridgewater Art Room 212

Class #: 4410-W15BA



**My 'BEST SELFIE' Photo Art:
My LeaderSHIP Voyage Map**
Naomi Jirele

NEW

girls grades 6 - 8

My 'BEST SELFIE' projects are designed to assist girls in building confidence and promoting honor and respect for inner beauty, in a positive and meaningful way. Each student's journey will be determined by first discussing their possible career plans. They will then each decide where they will take their passengers and will map out the adventures they are going to have and sights they will see. Each girl's 'Captain selfie' pic will be positioned at the helm of the ship with their name being the name of their ship. Creating this make-believe land will symbolize some aspect of each girl's career path that becomes the destination of her ship. The people they will influence will be their passengers, and their thoughts about education and experiences they will need can be the points of interest visited by the ship along the way. This will be a map every parent will want to frame!

\$24 3:15 - 4:45 p.m.

T, Feb. 3 & 10

Middle School Art Room 250

Class #: 4449-W15A



If you are interested in teaching an enrichment class, please contact Niki Kolb, at 507.664.3648 or Niki.Kolb@nfld.k12.mn.us.

Middle School Youth Center

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

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

Northfield
PUBLIC SCHOOLS
COMMUNITY SERVICES DIVISION



*Middle School Youth Center
grades 6 - 8
3 - 5 p.m. M - Th
Middle School Room 153*

Contact Linda Oto at Linda.Oto@nfld.k12.mn.us or 507.664.3655 for additional information or a registration packet.

**My 'BEST SELFIE' Photo Art:
HERO of Mine Thank You Card**

Naomi Jirele

NEW

girls grades 6 - 8

My 'BEST SELFIE' projects are designed to assist girls in building confidence and promoting honor and respect for inner beauty, in a positive and meaningful way. In this class the students will create a very special greeting card with a 'thankful selfie' and art that expresses their thoughts about a woman in their life who has greatly impacted them! The class will begin with questions and discussion to spark each girl's thoughts toward a female role model they really connect with and look up to. A mixed media card will be created from 8.5" x 11" cardstock, designed as a folded card and penned with a special message. All supplies will be provided.

\$24 3:15 - 4:45 p.m.

T, Feb. 17 & 24

Middle School Art Room 250

Class #: 4450-W15A

Naomi Jirele is a trained Family Coach, who also works as an instructor for the Youth Enrichment League and is an avid photographer and crafter.

Mom and Me Upcycle a T!

Naomi Jirele

NEW

ages 10 and older

Moms and daughters - bring your old T-shirts to this workshop where you will both learn to create some fun, new items from all your old tees...and get to do it together! Create a scarf, bag and pillow (if time allows), and get instructions to make your own T-shirt rug! Even turn a T-shirt with a special message that you want to save, into canvas art. All instructions and basic sewing supplies will be provided. Please bring as many T-shirts as you desire, a sewing machine, a spool of thread and a bobbin to class.

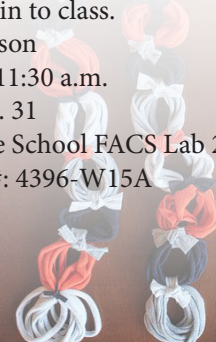
\$9/person

9:30 - 11:30 a.m.

Sa, Jan. 31

Middle School FACS Lab 220

Class #: 4396-W15A



**Prairie Fire Children's Theatre
- Snow White**

**Prairie Fire Children's Theatre
grades 2 - 8**
Catch the fire! Enrollment is open to all district students. Spend a week memorizing lines, learning dances, wearing costumes and performing an original play. Please provide your own snack/dinner as needed. You must provide your own transportation. Performances are at 7 p.m. on Friday and 1 p.m. on Saturday. Tickets to the performance are \$5 for adults and \$3 for students. Class meets at 4 p.m. every day. A detailed schedule will be handed out at class.

\$65 4 - 8:15 p.m.
M - Sa, April 13 - 18
Middle School Auditorium
Class #: 4171-W15A



Private Guitar Lessons

**Dave Gilmore
ages 8 and older**
Get 12 weeks of individualized guitar lessons. Whether you're a beginner or have been playing for a while here's a chance to bring your guitar playing up to the next level. Lessons will be tailored to match your current skill level and can be customized to help you learn particular songs or styles of music you would like to be able to play. The instructor will provide all lesson materials and guitars will be available for rent if needed.

\$209 By Appointment
Th, Feb. 5 - April 30
(no class March 26)
NCRC 223
Class #: 4423-W15A

ACT Prep



Zapping the ACT Test!

**Doorway To College
High School Juniors**
ZAPS test-preparation seminars are carefully designed to help each student do his or her personal best on the ACT. Students who complete the ZAPS seminar and practice these tips and strategies at home-typically raise their ACT scores by 2 to 4 points. In the five-hour ZAPS seminar, students will learn strategies for improving in all four subtests, take shortened practice tests that mirror the actual testing experience, and get suggestions for individualized study in the days leading up to the new mandatory ACT test for all juniors in Minnesota on April 28, 2015. Students should bring a calculator and two pencils to the seminar.

To register:
visit www.doorwaytocollege.com or
call 877.927.8378 (toll-free)
\$90 6:30 - 9 p.m.
W & Th, April 15 & 16
High School H124

Safety Certification

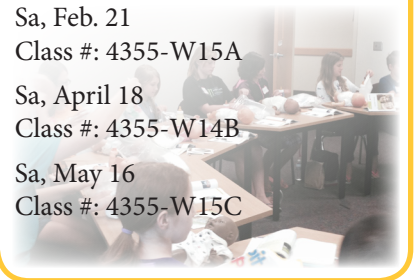
**American Red Cross
Babysitter's Certification
Course**

**American Red Cross
ages 11 - 17**
This course is fun and fast-paced, includes lots of hands-on learning, videos and activities for the care of children and infants, making good decisions, solving problems, staying safe and handling emergencies appropriately. Students will receive American Red Cross Babysitter's Certification card after successful completion of the one-day course. Please bring a snack and/or lunch, markers and a pencil.

\$89 8 a.m. - 3 p.m.
Middle School FACS Lab 221
Sa, Feb. 21
Class #: 4355-W15A

Sa, April 18
Class #: 4355-W14B

Sa, May 16
Class #: 4355-W15C



Sponsor a Kid

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

Any amount is welcome!



Send a check to:

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

General Interest

Home Alone

**Cathy White
ages 8 - 10**
Learn about staying safe while home alone for a short period of time or for a couple of hours. This class will teach you more about escape routes, first aid, kitchen safety and much more. You will also get to do fingerprinting, make your own first aid kits and enjoy other engaging activities. Please bring a snack and/or lunch, markers and a pencil.

\$34 9 a.m. - 1 p.m.
Sa, March 14
Middle School FACS Lab 221
Class #: 4354-W15A

Essential Oil Gifts to Make or Take

NEW

Cathy White

ages 10 & older

Mother's Day and the end of school is just around the corner. This class is geared towards children and making gifts for family members, friends or teachers. During class you will be making bath items to give as gifts such as bubble bath, scrubs, body mists and hand or foot scrubs. A requirement for class is that the student is able to use a stove top. All supplies are included.

\$25 6 - 8 p.m.

M, May 4

Middle School FACS Food Lab 221

Class #: 4350-W15A



4-H Grubby DayCamp!

Minnesota 4-H

grades K - 5

Grubby DayCamp is a fun-filled day where you can get a chance to dig in and get messy

with experiments, games, relays and group activities. Campers should please wear comfortable, old clothes that can get dirty. Please bring a snack, lunch and a water bottle.

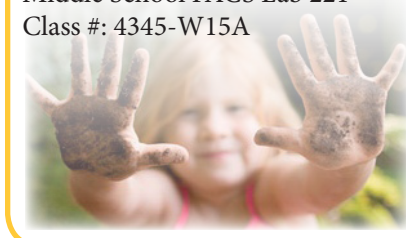
\$45 9 a.m. - 2:30 p.m.

Sa, April 4

Middle School FACS Lab 221

Class #: 4345-W15A

NEW



Grandmasters of Chess:

Winter Season (8 wks)

Youth Enrichment League (YEL) grades K - 5

NEW Curriculum

New and returning students are invited to get prepped and primed for Chess Tournament Season. YEL Chess has proven excellence in dozens of schools. Lessons are crafted by the best chess minds in Minnesota and progress from rudimentary concepts through higher-level theories. Activity books are formatted to be accessible to beginners, yet challenge intermediate and advanced students to apply deeper understanding of chess concepts. For more information visit www.youthenrichmentleague.com.

\$84

3:20 - 4:20 p.m.

T, Jan. 20 - March 10

Greenvale Park Media Center

Class #: 4341-W15GA

3:20 - 4:20 p.m.

W, Jan. 21 - March 11

Sibley Art Room 133

Class #: 4341-W15SA

3:25 - 4:25 p.m.

Th, Jan. 22 - March 12

Bridgewater Media Center

Classroom 311

Class #: 4341-W15BA

Grandmasters of Chess:

Spring Season (6wks)

Youth Enrichment League (YEL) grades K - 5

NEW Curriculum

Get ready for your school's year-end, in-school tournament. Bring your Cadet, Lieutenant or Captain booklets and your chess dollars. Our lessons are crafted by the best minds in Minnesota. The lessons progress from rudimentary concepts through higher-level theories. Our activity books are formatted to be accessible to beginners, yet challenge intermediate and advanced students to apply deeper understanding of chess concepts. For more information please visit www.youthenrichmentleague.com.

\$65

3:20 - 4:20 p.m.

T, April 7 - May 12

Greenvale Park Media Center

Class #: 4342-W15GA

3:20 - 4:20 p.m.

W, April 8 - May 13

Sibley Art Room 133

Class #: 4342-W15SA

3:25 - 4:25 p.m.

Th, April 9 - May 14

Bridgewater Media Center

Classroom 311

Class #: 4342-W15BA

Greenvale Park Community School

The Greenvale Park Community School intends to bring together community resources and partnerships to increase academic performance and a sense of community connectedness. We offer academic support and enrichment activities before and after school, as well as a variety of programming on Tuesday and Thursday evenings for Greenvale Park students, adults and families.



Get updates on activities and events... "Like" the Greenvale Park Community School/Escuela Comunitaria Facebook page.

Volunteer... Help with childcare, recreation, tutoring or mentoring. Or lead a club for kids, adults or families.

Science & Mathematics

4-H Uncovers the Science of Candy!

NEW

Minnesota 4-H
grades 3 - 6

What is your favorite candy? Jelly beans, gummies, Skittles or Warheads are just some of the candies we will be using as we experiment with the Science of Candy. You will get to practice scientific methods, learn some basic chemistry and have tons of fun as you carry out experiments that pop, crackle, fizz, ooze and float!

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

Sa, Feb. 21

Middle School 162
Class #: 4344-W15A



Middle School Science Olympiad Team

Eric McDonald

grades 6 - 8

Interested in a hands-on, team-based activity where you get to explore science and technology and make new friends? Then the Middle School Science Olympiad team may be for you! Try your hand at building a vehicle powered by a mousetrap, use forensic evidence to identify a criminal, and learn more about the stars, the environment, and your own DNA! The team will be participating in Saturday Science Olympiad competitions at the regional and potentially state level. (Schedule subject to change as regional dates need to be confirmed.) Students ability to compete will not be impacted if they need to miss a practice.

\$89 3 - 4:30 p.m.

Official Practices:

T & Th, Jan. 13 - March 12

(no class Jan. 20, 27 & Feb. 5, 17 & 24)

Middle School 261

Class #: 4431-F14A

Computer Programming Basics for Kids

NEW

Mark Ross

grades 4 - 6

Learn about programming and interactive media using *Scratch* programming from the Massachusetts Institute of Technology (MIT). This class will help beginner programmers to think creatively and use systematic reasoning to create animations. Students will have the opportunity to create a character and learn the basic structure of programming using a simple language and building block concept.

\$79 3:30 - 4:30 p.m.

T, Jan. 20 - Feb. 17

Sibley Computer Lab 136

Class #: 4365-W15SA

T, Feb. 24 - April 7

(no class March 17 & 24)

Bridgewater Computer Lab 200

Class #: 4365-W15BA

T, April 14 - May 12

Greenville Park Computer Lab 147

Class #: 4365-W15GA

Help Northfield's students become learning superheroes!

We need **YOU** to join

ACCELERATE NORTHFIELD,

a volunteer program in Northfield elementary schools aiming to close the achievement gap. Help all of our students launch for a life as learning superheroes!

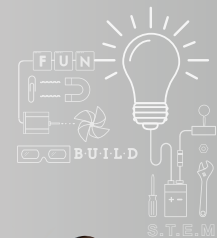


INFORMATION: AccelerateNorthfield.org

Where big ideas become the next big thing.

ONLY AT CAMP INVENTION.

Camp Invention inspires confidence in curious children like yours. Not just for a day or a week, but for a lifetime.



Register at campinvention.org today!

Brought to your community by local educators.

June 22 - 26, 2015

Northfield Public Schools, location TBA



In partnership with United States Patent and Trademark Office, an Agency of the Department of Commerce

Extreme LEGO®: Wheels and Axles

Youth Enrichment League (YEL)
grades K - 3

Learn to build the fastest racer on your block! During each class build different Wheel & Axle mechanisms and investigate how to make them drive faster. Students will study elements of wheels and axles including: separate axles, single axles, large wheel base, more tread versus less and much more. Fun races with classmates are incorporated into class to keep every student engaged. For details, visit www.youthenrichmentleague.com.
\$75

3:25 - 4:25 p.m.

T, Jan. 20 - Feb. 24

Bridgewater Media Center
Classroom 311

Class #: 4443-W15BA

3:20 - 4:20 p.m.

W, Jan. 21 - Feb. 25

Greenvale Park Media Center
Class #: 4443-W15GA

3:20 - 4:20 p.m.

M, Jan. 26 - March 9

(No class Feb. 16)

Sibley Art Room 133

Class #: 4443-W15SA

GPS Rentals

- \$3 per day per unit, Monday-Thursday. Equipment is rented on a daily basis. Example: Equipment rented Monday must be returned Tuesday by 4:30 p.m.
- \$6 per unit, Friday-Monday. Equipment rented on Friday must be returned Monday by 4:30 p.m.
- A \$25 deposit is required for each unit rented.

Contact Melissa, at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us for more information or to reserve GPS units.

Greenvale Park Community Garden

Greenvale Park Community Garden



10' x 10' and 10' x 20' plots will be available for the 2015 growing season. Space is limited! Applications will be accepted beginning Monday, February 16, 2015 until all plots are assigned.

Applications can be picked up at
Greenvale Park Elementary,

Northfield CAC, and Northfield Public Schools
Community Services Division, and are available
online at:

<http://nfld.k12.mn.us/greenvale/about/garden/>

*A project of Northfield Community Gardeners sponsored by
the Center of Sustainable Living, Community Services
Division and Greenvale Park Elementary.*



Extreme LEGO®: Clowns and Cranes

Youth Enrichment League (YEL)
grades K - 4

Build a clown face and use pulleys to rotate facial expressions from happy, to sad, to knocked out! Build a crane and use it to hoist other projects. Students build multiple LEGO projects and use those projects to investigate basic pulley concepts, including: direction of rotation, increased speed, a fixed pulley, a movable pulley system, and compound pulleys. For details, visit www.youthenrichmentleague.com
\$75

3:20 - 4:20 p.m.

M, April 6 - May 11

Sibley Art Room 133

Class #: 4442-W15SA

3:25 - 4:25 p.m.

T, April 7 - May 12

Bridgewater Media Center
Classroom 311

Class #: 4442-W15BA

3:20 - 4:20 p.m.

W, April 8 - May 13

Greenvale Park Media Center
Class #: 4442-W15GA

Birthday Party Packages

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

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

Party packages are flexible and vary in cost by the activity chosen and number of kids attending. Contact Melissa at Melissa.Bernhard@nfld.k12.mn.us or 507.664.3502 for more information and reservations.



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Driver Education

Driver Education Classroom

Doug Bengtson
ages 15 - 18

We offer a complete driver education program conducted by certified instructors. Intended primarily for Northfield School District residents, this class is for participants who are 15 years old by the end of the session. Students who are not residents of the Northfield Public School District will be permitted to take the class if it has not filled by the registration deadline. This class requires a special registration form available at the Northfield High School, Community Services and online at www.nfld.k12.mn.us. Students will receive a certificate of classroom completion card necessary to apply for an instruction permit. Cost for replacement of lost or damaged cards is \$10. Behind-the-Wheel instruction is available following completion of the classroom session; reference class 6920. Registration opens Dec. 12 and ends Jan. 16 (Jan. class) and Feb. 20 (March class) or until the class is full. \$152 3 - 6 p.m.
High School H124

M - F, Jan. 26 - Feb. 6
Class #: 6910-W15A

W, March 4 - T, March 17
(weekdays only)
Class #: 6910-W15B



Driver Education Behind-the-Wheel

Kevin Dahle & Robert Knutson
ages 15 - 18

The six-hour Behind-the-Wheel experience is available following completion of the classroom session. Students should have a valid MN permit to register. Registration forms are available at the Northfield High School, Community Services and online at www.nfld.k12.mn.us. Sessions are by appointment, scheduled by the driving instructor. After successful completion of the Behind-the-Wheel instruction, students will receive a certificate of completion card which is necessary to apply for a driver's license. Cost for replacement of lost or damaged cards is \$10.

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

AARP Smart Driver Courses

Northfield Senior Center Staff

This newly updated "Smart Driver Course" is designed for the driver over age 50. Learn research-based safety strategies; understand the links among the driver, vehicle, and road environment; and how awareness encourages safer driving. Learn the newest safety and advanced features in vehicles and tips for assessing when alternate transportation methods may be the safest option. Completion of this Smart Driver Course qualifies each student over age 55 (sometimes 50) for a certificate redeemable for a discount on auto insurance premium for three years. First timers must take the 8-hour course and then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. Please indicate your AARP Member number in the notes section when you register, to qualify for the AARP Member discount. Co-sponsored with the Northfield Senior Center. Deadline to register is one week prior to class. \$27/non-AARP member; \$22/AARP member
Northfield Senior Center

AARP Driver Safety Program 8-hour Full Course

8 a.m. - 4 p.m. Sa, Feb. 21	5:30 - 9:30 p.m. F, April 10 & 8 a.m. - noon; Sa, April 11
Class #: 6951-W15A	Class #: 6951-W15B

AARP Driver Safety Program 4-hour Refresher Course

9 a.m. - 1 p.m. Th, Jan. 8	1 - 5 p.m. Th, Jan. 29
Class #: 6950-W15A	Class #: 6950-W15B
5:30 - 9:30 p.m. W, Feb. 11	1 - 5 p.m. F, March 6
Class #: 6950-W14C	Class #: 6950-W15D
5:30 - 9:30 p.m. W, April 8	1 - 5 p.m. M, April 20
Class #: 6950-W14E	Class #: 6950-W15F
5:30 - 9:30 p.m. T, May 12	
Class #: 6950-W15G	

Project ABLE is a program within Northfield Public Schools Community Services that provides social, recreational and educational programming for adults with disabilities. We have great new classes and old favorites to offer this fall. Register with Project ABLE in Northfield, by calling 507.664.3649. Or visit us online, at www.nfld.k12.mn.us and click on Community Services. A registration form (on page 46) can also be mailed to Community Services along with payment.

Arts & Crafts

Crafty Club

Put on your creative hat and join us for some Crafty Club fun, in two different classes.

\$12 1 - 2:30 p.m.

Laura Baker Millis Dining Hall

February - Para-cord Bracelet

Learn how to weave a parachute cord bracelet that can hold up to 550 pounds!

Sa, Feb. 28

Class #: 7532-W15A



May - Flower Pot Painting & Planting

Just in time for Mother's Day!

Sa, May 9

Class #: 7532-W15B



NEW

Cooking

Top Chefs Cooking Club - January Chili Cook-Off!

Do you like to cook? If so, join us once a month in this cooking club as we create some classic dishes and fabulous treats. Learn about cooking a wonderful meal from start to finish and then give your tastebuds a treat as you get to enjoy your culinary creation.

\$12 High School Rock House

January - Chili Cook-off

6 - 7:30 p.m.

Th, Jan. 29

Class #: 7530-W15A

February - Divine Chocolate Treats

1 - 2:30 p.m.

Sa, Feb. 7

Class #: 7530-W15B

March - Italian Feast

6 - 7:30 p.m.

T, March 10

Class #: 7530-W15C

April - Taco Fiesta!

6 - 7:30 p.m.

Th, April 16

Class #: 7530-W15D



NEW

NEW

Social Activities

Bowling League

Work on motor skills and increase hand-eye coordination while learning socialization skills. Choose to join the winter league (mid-Jan. thru mid-March) and/or the spring league (late-March thru mid-May). Fee includes two games per night and shoes if needed.

\$70 6:30 - 8 p.m.

Jesse James Lanes

Winter League

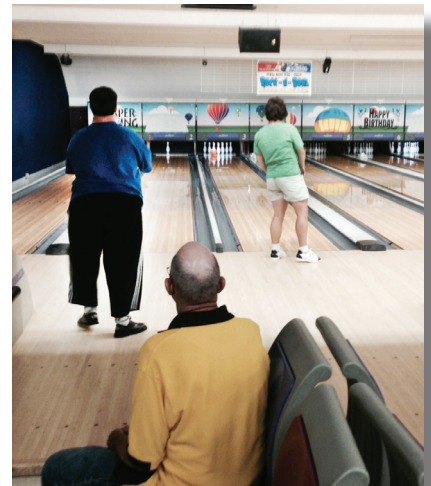
M, Jan 19 - March 16

Class #: 7566-W15A

Spring League

M, March 30 - May 18

Class #: 7566-W15B



REGISTER ONLINE
www.nfld.k12.mn.us
 or call 507.664.3649 to
 register by phone.

Pizza Bingo

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

\$10 6 - 7:30 p.m.
 Laura Baker Millis Dining Hall
 F, Jan. 30 Class #: 7500-W15A
 F, Feb. 20 Class #: 7500-W15B
 F, March 6 Class #: 7500-W15C
 F, April 17 Class #: 7500-W15D
 F, May 1 Class #: 7500-W15E

Jigsaw Puzzle Jamboree

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

\$5 6:30 - 8 p.m.
 Th, Jan. 22
 High School Rock House
 Class #: 7575-W15A



REGISTER ONLINE
www.nfld.k12.mn.us
 or call 507.664.3649 to register by phone.

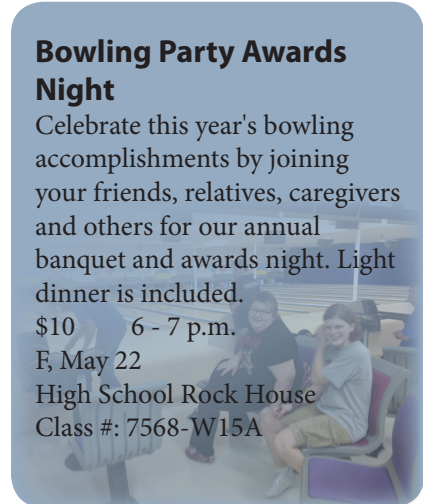
Special Events

Valentines Dance

Grab your dancing shoes and join us on the dance floor. Get to socialize and enjoy some appetizers, beverages and a DJ. No transportation will be provided. Staff also need to register.
 \$14 6 - 8 p.m.
 F, Feb. 6
 Faribault Middle School Cafeteria
 Class #: 7511-W15A

Bowling Party Awards Night

Celebrate this year's bowling accomplishments by joining your friends, relatives, caregivers and others for our annual banquet and awards night. Light dinner is included.
 \$10 6 - 7 p.m.
 F, May 22
 High School Rock House
 Class #: 7568-W15A



Bringing the Power of Possibility to People with Special Needs

Come join the choir!

The Laura Baker Choir is always welcoming new members who enjoy singing; any ability is welcome! This adult choir meets each Tuesday at Laura Baker Services from 3:45-4:30 p.m., with monthly performances scheduled throughout the year. The group is free, but the purchase of a choir shirt/uniform is required. Please contact Jennifer Pelletier at Jennifer@laurabaker.org for more information.

Drumming

Come join our monthly drumming groups at Laura Baker Services. We alternate between hand drumming and Taiko drumming throughout the year, and the groups are facilitated by a music therapist. No registration is required, though a \$5 fee is requested at the time of each group meeting. Please call 507-645-8866 or email Jennifer@laurabaker.org for more information.

September 23 - 7 p.m. (hand drumming)
 October 5 - 3 p.m. (Taiko)
 November 16 - 3 p.m. (hand drumming)
 January 20 - 7 p.m. (hand drumming)
 February 14 - 3 p.m. (Taiko)
 March 12 - 7 p.m. (hand drumming)
 April 12 - 1 p.m. (Taiko)
 May 14 - 7 p.m. (hand drumming)



Learn-to-Swim Level Descriptions

See next page for classes.



Together, we can save a life

Level 1 Introduction to Water Skills

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

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

Level 2 Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills

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

Level 3 Stroke Development

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

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

Level 4 Stroke Improvement

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

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

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

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

Level 6 Swimming and Skill Proficiency

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

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

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimmer

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Aquatics

American Red Cross

Learn-to-Swim Sessions

Community Services Staff



American Red Cross

Together, we can save a life

ages 6 and older

\$36

Middle School Pool

See previous page for descriptions.

Level 1

6 - 6:40 p.m.

M & Th, Feb. 9 - 26

Class #: 1033-W15A

6 - 6:40 p.m.

M & Th, May 4 - 21

Class #: 1033-W15B

Level 2

6 - 6:40 p.m.

M & Th, Feb. 9 - 26

Class #: 1034-W15A

6:45 - 7:25 p.m.

M & Th, Feb. 9 - 26

Class #: 1034-W15B

6 - 6:40 p.m.

M & Th, May 4 - 21

Class #: 1034-W15C

6:45 - 7:25 p.m.

M & Th, May 4 - 21

Class #: 1034-W15D

Level 3

6:45 - 7:25 p.m.

M & Th, Feb. 9 - 26

Class #: 1035-W15A

6:45 - 7:25 p.m.

M & Th, May 4 - 21

Class #: 1035-W15B

Level 4

7:30 - 8:10 p.m.

M & Th, Feb. 9 - 26

Class #: 1036-W15A

7:30 - 8:10 p.m.

M & Th, May 4 - 21

Class #: 1036-W15B

Level 5

7:30 - 8:10 p.m.

M & Th, Feb. 9 - 26

Class #: 1037-W15A

7:30 - 8:10 p.m.

M & Th, May 4 - 21

Class #: 1037-W15B

Level 6

7:30 - 8:10 p.m.

M & Th, Feb. 9 - 26

Class #: 1038-W15A

7:30 - 8:10 p.m.

M & Th, May 4 - 21

Class #: 1038-W15B

Open Swimming Punch Card

Community Services Staff

Even though it's freezing cold outside, you can still splash around this winter at the middle school pool.

Swim with your friends and enjoy the water. Children 6 and younger must be accompanied by an adult. Lifeguards are on duty during open swim hours. You must purchase and possess a winter/spring 2015 punch card from Northfield Public Schools Community Services Division to participate in open swim. Punch cards can be shared.

12:30 - 2 p.m. Sa, Jan. 17 - 31

Middle School Pool

\$15/6 visits punch card

Class #: 1046-W15A

\$25/10 visits punch card

Class #: 1046-W15B

\$45/20 visits punch card

Class #: 1046-W15C



Youth Aquatics

Water Babies

Community Services Staff

ages 6 - 18 months

The adult/parent is an integral part of the learning process and must accompany the child in the water. Skills are taught to help the child to enjoy and to stay safe in and around water. Skills learned include but are not limited to entering and exiting the water safely, submerging mouth, nose and eyes, exploring buoyancy with assistance, etc.

\$36 5:15 - 5:45 p.m.

M, March 2 - April 27

(no class March 23)

AmericInn Motel & Suites Pool

Class #: 1030-W15A

Water Babies/Aqua Tots

Community Services Staff

ages 6 months - 3 years

The adult/parent is an integral part of the learning process and must accompany the child in the water. Skills are taught to help the child to enjoy and to stay safe in and around water. Skills learned include but are not limited to entering and exiting the water safely, submerging mouth, nose and eyes, exploring buoyancy with assistance, etc. This class may include older children, up to age 3.

\$36 5:50 - 6:20 p.m.

M, March 2 - April 27

(no class March 23)

AmericInn Motel & Suites Pool

Class #: 1040-W15A



Starfish

Community Services Staff

ages 4 & 5 years

Children may participate without an adult/parent. Skills explored include but are not limited to a variety of entering and exiting maneuvers, blowing bubbles through the mouth and nose, bobbing, submerging under water and retrieving submerged objects with open eyes, holding breath, front and back glides, back float and glide, front float, treading water, simultaneous arm and leg actions, wearing a lifejacket, and safety protocol in and around water.

\$36 AmericInn Motel & Suites Pool

T, Jan. 20 - Feb. 24

5:15 - 5:45 p.m.

Class #: 1032-W15A

5:50 - 6:20 p.m.

Class #: 1032-W15B

6:25 - 6:55 p.m.

Class #: 1032-W15C

T, March 31 - May 5

4:30 - 5 p.m.

Class #: 1032-W15D

5:05 - 5:35 p.m.

Class #: 1032-W15E

5:40 - 6:10 p.m.

Class #: 1032-W15F

My son and grandsons have been involved in the summer swimming lessons the last 3 years. I have been very impressed and pleased with the instructors. I have been especially impressed with the Starfish instructors. My youngest grandson is quite shy and didn't want to participate but the instructors were very encouraging to him and allowed me to be close by so he felt more secure. Thank you for the great program.

- Grandparent of a Starfish student in the aquatics program

Aqua Tots

Community Services Staff

ages 18 months - 3 years

The adult/parent is an integral part of the learning process and must accompany the child in the water. Skills are taught to help the child to enjoy water and to stay safe in and around water. Skills learned include but are not limited to a variety of entering and exiting maneuvers, submerging in a rhythmic pattern completely, wearing a lifejacket, and front and back glides with assistance.

\$36 AmericInn Motel & Suites Pool

6:25 - 6:55 p.m.

M, March 2 - April 27

(no class March 23)

Class #: 1031-W15A

7 - 7:30 p.m.

M, March 2 - April 27

(no class March 23)

Class #: 1031-W15B

Adult Aquatics

SCUBA Open Water Certification Class

John Campion

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

\$335 5:30 - 9 p.m.

T, March 31 - May 5

Middle School 171 & Pool

Class #: 1001-W15A

Adult Swimming Lessons

Community Services Staff

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

\$47 5:45 - 6:45 p.m.

M & W, March 2 - 18

Northfield Senior Center Pool

Class #: 1039-W15A

Fitness Swimming - Group Coaching

Bettina Waldman & Northfield Senior Center Staff

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

\$64 6 - 7 a.m.

F, Jan. 9 - Feb. 20

Northfield Senior Center Pool

Class #: 1048-W15A

Check out the American Red Cross certification courses: lifeguarding, on page 26, and babysitter's training, on page 16.

Adult Lap Swimming - 10 Punch Card

Community Services Staff

Lap swimming is available during all American Red Cross Learn-To-Swim sessions. You must purchase and possess a winter/spring 2015 punch card from Northfield Public Schools Community Services Division to swim.

\$25 6 - 8:15 p.m.
Middle School Pool

M & Th, Feb. 9 - 26
Class #: 1115-W15A

M & Th, May 4 - 21
Class #: 1115-W15B

Aqua Fitness Fusion

Northfield Senior Center Staff

High energy water aerobics at its best! Energetic exercise using the dynamics of water resistance. Sometimes tools (water barbells, noodles, and water dynamics) are used for resistance. Expect moderate to vigorous aerobic training. No swimming skills required but you must be comfortable in water that is waist to chest deep.

\$67 Northfield Senior Center Pool
10 - 10:45 a.m.

Sa, Jan. 10 - March 14
Class #: 1144-W15A

5:30 - 6:30 p.m.
T & Th, Jan. 13 - Feb. 12
Class #: 1144-W15B

5:30 - 6:30 p.m.
T & Th, March 31 - April 30
Class #: 1144-W15C

Lifeguard Certification

Bettina Waldman

NEW

Obtain your lifeguard certification in one week! Participate in both classroom and water training. The class will contain both a water and written test on the last day of class.

\$175 8 a.m. - 4 p.m.
M - Th, March 23 - 26
Middle School 154
Class #: 1041-W15A

Registration begins immediately.

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

See pages 46 & 47 for registration.

Adult Recreation

Dance

Beginning Belly Dance

Kate Southwick

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

\$69 7:30 - 9 p.m.
Th, March 5 - April 30
(No class March 26)
Longfellow Gymnasium
Class #: 1116-W15A

Belly Dance Level 3 - Intermediate

Kate Southwick

NEW

Level 3 is for dancers who have taken at least one session of Belly Dance Level 2 - Advanced Beginning Belly dance and have mastered basic traveling steps and isolations. Learn more advanced movements while working on dance technique, challenging combinations, zill patterns, and layering shimmies. A full choreography will be taught. Open to adults of all ages with prior belly dance experience.

\$85 7:30 - 9 p.m.
M, Jan. 5 - March 2
(No class Feb. 16)
High School North Balcony
Gymnasium
Class #: 1158-W15A

Mom's Night Out - Disco Dance Workout

NEW

Victor Albrecht

Calling Northfield ladies of all ages! Do you remember Disco and the Hustle? What about the Bee-Gees and their ever-popular *Staying Alive*? Register on your own or with a group of girlfriends for this great workout, as you learn various moves and dance steps from the '70s. Get a great cardio boost, work muscle groups, build stamina and improve your balance, coordination and flexibility - all while having a fun time!
\$19/participant
6 - 7 p.m.
High School Auditorium

M, March 2 & 9
Class #: 3850-W15A

W, April 22 & 29
Class #: 3850-W15B



Walking in the high school

Stay out of the snow and get your exercise by walking the hallways of the Northfield High School. There is no fee and no registration required. Enter through the district doors on the northeast side of the building. Walking is available from 6:15 to 7:45 a.m. and 3:15 to 5 p.m. Monday through Friday. The high school is closed during breaks and non-school days.

Night Club Slow Dance Workshop

(singles & couples)

Victor Albrecht

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

\$19/participant

6 - 7 p.m.

M, March 16 & 23

High School Auditorium & NCRC 225 (March 23 only)

Class #: 3854-W15A

W, May 6 & 13

High School Auditorium

Class #: 3854-W15B

Ballroom, Swing & Latin Dance For Beginners

(couples only)

Victor Albrecht

This all-time favorite dance class offers a perfect overview of all popular social dances. Learn basic steps in smooth dances, the Fox Trot, Waltz and Tango. Instructor, Victor Albrecht, will also teach active dances such as the Swing, Cha-Cha and the Salsa. You'll be ready to dance at any venue - weddings, cruises, parties and clubs after this class. All couples are welcome.

\$65/couple 7 - 8 p.m.

M, March 2 - 23

High School Auditorium & NCRC 225 (March 23 only)

Class #: 3849-W15A

W, April 22 - May 13

High School Auditorium

Class #: 3849-W15B

Ballroom, Swing & Latin Dance for Intermediates

(couples only)

Victor Albrecht

Does "Dancing with the Stars," have you wishing you could move like a pro at any type of social function? Dancers who already know the basics are ready to move forward with new dance steps. Learn more intermediate steps in the Fox Trot, Waltz, Tango, Swing, Salsa and Cha-Cha. Couples will enjoy learning even more traditional steps in these popular dances, during this intermediate level class.

\$65/couple 8 - 9 p.m.

M, March 2 - 23

High School Auditorium & NCRC 225 (March 23 only)

Class #: 3851-W15A

W, April 22 - May 13

High School Auditorium

Class #: 3851-W15B

Open Gyms

Adult Open Gym Volleyball

Community Services Staff

Start your week off right. Drop in on open gym volleyball for exercise and fun. Play a game or partner up for some pepper. Cost is \$2, payable at the door; no large bills please.

Pre-registration not required.

7:30 - 10 p.m.

M, Jan. 5 - April 27

Bridgewater Gymnasium



Adult Open Gym Basketball

Community Services Staff

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

7 - 9:30 p.m.

W, Jan. 7 - April 29

Middle School Main &

Auxiliary Gymnasiums

Open Gym Dodgeball

Community Services Staff

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

7 - 9:30 p.m.

T, Jan. 6 - April 28

Longfellow Gymnasium

The Men's and Women's Northfield Recreational Softball League information meeting will be held at 7 p.m. on Thursday, March 12 at the NCRC Room 225. To ensure participation in the league, each team must send a representative to the meeting. New and returning teams will learn about rules, fees, team sanctioning, facilities and year-end tournaments. Questions? Contact Melissa at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us.

General Recreation

Pickleball

Community Services Staff

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

\$37 7 - 9 p.m.

W, Jan. 14 - March 11

Bridgewater Gymnasium

Class #: 1195-W15A

Classical Yoga

Northfield Senior Center Staff

Enjoy relaxation and invigoration.

Yoga is well known for stress relief, flexibility, strength, balance, improved body alignment and circulation. This class integrates breath-work and mind/body concept, while developing strength and flexibility. Learn postures, cantering, warm-ups and relaxation.

\$55

Northfield Senior Center

Fitness Studio

6 - 7 p.m.

M & Th, Jan. 5 - 22

Class #: 1121-W15A

6 - 7 p.m.

M, Jan. 5 - Feb. 9

Class #: 1121-W15B

6 - 7 p.m.

M, March 2 - April 6

Class #: 1121-W15D

6 - 7 p.m.

M & Th, March 2 - 19

Class #: 1121-W15C

Introduction to Yoga Workshop

Heartwork Yoga Studio Staff

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

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

HeartWork Yoga Studio

Sa, Jan. 10

Class #: 1134-W15A

Sa, Feb. 7

Class #: 1134-W15B

Sa, March 7

Class #: 1134-W15C

Sa, April 4

Class #: 1134-W15D

Chair Yoga Workshop

Heartwork Yoga Studio Staff

The gentle yoga poses in this class are done seated in a chair or standing with a chair or wall for support. The class is ideal for people recovering from injury or surgery, people with limited mobility and people who want to practice yoga but cannot easily come to the floor.

\$20 10:30 - 11:20 a.m.

F, Feb. 6 - 27

HeartWork Yoga Studio

Class #: 1136-W15A

Pilates

Cathy Flicek & Diane Keefer

Discover the workout designed to deliver optimal strength, flexibility and endurance without adding bulk. Pilates mat classes are a total mind/body conditioning method. Pilates will help you increase abdominal, hip and back strength, improve posture, and reduce daily stress and tension. Bring a lightweight exercise mat/blanket. Co-sponsored with the Northfield Senior Center.

\$71 9:30 - 10:15 a.m.

W, Jan. 28 - March 18

Northfield Senior Center

Fitness Studio

Class #: 1012-W15A

Core Fusion

Northfield Senior Center Staff

Enjoy the difference a strong core can make! This is much more than a bunch of ab crunches. Cutting edge techniques and equipment are used to get you where you want to go. Core strength, posture and alignment are addressed. Classes use stability balls, bender balls, pilates weighted balls, weights and your own body weight. Look and feel better. Firm midsection, i.e. abs, back, sides. Realize the difference nationally certified and highly qualified instructors can make. Held on sprung wood floor.

\$63 8 - 8:45 a.m.

Northfield Senior Center

Fitness Studio

Sa, Jan. 10 - Feb. 21

Class #: 1108-W15A

Sa, March 14 - April 25

Class #: 1108-W15B

Keep Your Heart Healthy!

See page 2 for a free presentation

sponsored by Allina Medical Clinic, Minneapolis Heart Institute®, Northfield YMCA and Community Services.

Kettlebell Strength Fusion

Northfield Senior Center Staff

Discover the secret of these special techniques and why they are so effective at burning calories and toning the entire body. This mixed format class, designed for beginners, combines kettle bell training and the latest in free weights, body mechanics and functional fitness. Shape your legs, arms and midsection as you incorporate body weight exercises and medicine ball training for a unique workout. Tone muscles and increase your metabolism, strength and stamina. All equipment is provided, just register and get ready for fun. Held on sprung wood floor.

\$55 5 - 5:45 p.m.

Northfield Senior Center
Fitness Studio

M, Jan. 19 - Feb. 23

Class #: 1117-W15A

M, March 9 - April 13

Class #: 1117-W15b

Body Sculpting

Northfield Senior Center Staff

Using bands, balls, walls, steps, mats and a dozen other fitness tools, we will help you become a more toned, strong, fit and functional you!

Great and fun way to burn calories, build muscle, endurance, agility, coordination and preserve bone integrity. Class is timed to music. All abilities welcome and encouraged. Held on sprung wood floor.

\$55 5 - 6 p.m.

Northfield Senior Center
Fitness Studio

W, Jan. 21 - Feb. 25

Class #: 1118-W15A

W, March 11 - April 15

Class #: 1118-W15B

Coming this summer: Community Services will offer a co-rec kittenball league on Thursday evenings. For more information or to register, contact Melissa at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us.

Zumba Fitness

Northfield Senior Center Staff

Ditch the workout - join the party! Zumba Fitness Program = popular, fun and party-like atmosphere designed for the true beginner. Dances highlighted include the Merengue, Salsa, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, and Tango. Anyone can Zumba! Held on sprung wood dance floor.

\$55

Northfield Senior Center
Fitness Studio

6 - 6:45 p.m.

W, Jan. 14 - Feb. 18

Class #: 1159-W15A

6 - 6:45 p.m.

W, March 11 - April 15

Class #: 1159-W15B

9 - 9:45 a.m.

M, Jan. 12 - Feb. 16

Class #: 1159-W15C

9 - 9:45 a.m.

M, March 9 - April 13

Class #: 1159-W15D

Table Tennis Fitness

Northfield Senior Center Staff

Come play with others in one of the most exhilarating sports - table tennis. Group play is designed to pair up individuals of similar abilities in order to hone and improve skills. No experience necessary. Great fun!

\$44 7:30 - 9:30 p.m.

Northfield Senior Center
Activity Room

M, Jan. 5 - Feb. 23

Class #: 1326-W15A

M, April 6 - May 25

Class #: 1326-W15B

Indoor Fit Camp

NEW

Juliana Lima

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

\$75 10 - 11 a.m.

Sa, Jan. 10 - March 14

Middle School Fitness
Room 26

Class #: 1167-W15A



Introduction to Qigong

Mary Zelmer

NEW

Qigong is an ancient energy practice that activates the meridian channels in the body; also known as needle-less acupuncture. To give you a feel for Qigong and to build a strong foundation, three Qigong movements and a meditation will be covered. Decide to invest in yourself and your well-being for as little as 15 minutes a day, Qigong can improve your health, alleviate stress and much more.

\$35 NCRC YW 108

6:30 - 8:30 p.m.

W, Jan. 14

Class #: 3393-W15A

9:30 - 11:30 a.m.

Sa, Feb. 28

Class #: 3393-W15B

Spring Forest Qigong NEW
Qi-ssage - Accupressure for Head and Shoulders

Mary Zelmer
 This is a fun class with hands-on learning experience, so bring a friend! Eastern medicine supports the concept of a healthy mind equals a healthy body. You will learn main acupressure points and how to activate them to help open meridian channels in the head and the shoulders. When these points are open they help detoxify, increase energy, relax and reduce stress, improve clarity of the mind and relieve headaches.
 \$44 6:15 - 9 p.m.
 W, April 8
 NCRC YW 108
 Class #: 1149-W15A

Begin IT! NEW
IT! FACTORY

At IT! FACTORY Fitness and Wellness, LLC., we want to change the way you think about fitness. The Begin IT! class is for all athletic abilities and will be constantly changing and challenging your body. Begin IT! will combine cardio and strength to help improve your fitness. Please bring water, yoga mats and/or towel or blanket, clean tennis shoes, a heart rate monitor and boxing gloves or wraps.
 \$54
 IT! FACTORY Fitness and Wellness

12:15 - 1 p.m.
 W, Jan. 7 - 28
 Class #: 1130-W15A

4:15 - 5 p.m.
 W, Jan. 7 - 28
 Class #: 1130-W15B

12:15 - 1 p.m.
 W, Feb. 4 - 25
 Class #: 1130-W15C

4:15 - 5 p.m.
 W, Feb. 4 - 25
 Class #: 1130-W15D

LIVE IT! Infinite Possibilities™ NEW
Workshop

IT! FACTORY
 Have you ever felt like you've tried everything to make changes in your life? Come to a 4-week workshop and learn about the power of "Thoughts Becoming Things"™ and how alignment is the key to creating the life you desire. The workshop includes an Infinite Possibilities workbook created by Mike Dooley, a world renowned life coach, recently featured in the movie, *The Secret*. Join Cindy Boyum in letting go of limiting beliefs. Learn new skills to help shift your thoughts and begin taking action to create what you desire. Cindy is a Certified Mayo Clinic Wellness Coach, Infinite Possibilities Coach, and a Certified fitness coach who will help you connect mind, body and spirit to assist in creating the life you desire.
 \$109 6 - 7:30 p.m.
 Su, Jan. 25 - Feb. 15
 IT! FACTORY Fitness and Wellness
 Class #: 1129-W15A

Looking for a summer job?
 Community Services is looking for summer staff who are outgoing and responsible and who work well with youth. Applicants must possess knowledge and aptitude of their desired position. Instructor opportunities exist in a variety of sports, playground programs, outdoor adventure, and in aquatics as lifeguards and water safety instructors. Contact Recreation Coordinator Melissa at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us. Positions and applications will be posted at www.nfld.k12.mn.us.



Martial Arts

Shorin-Ryu Karate
Steve Hatle

Karate develops self-confidence, focus, strength and flexibility. Karate is a rewarding physical activity for adults and children, and a great family activity as well. You will train in Shorin-Ryu karate, a traditional Okinawan style, just as it has been practiced for centuries. Emphasis is on kata (forms) and self-defense application, not free-style sparring or competition. Our school is part of Ueshiro Shorin-Ryu Karate USA, founded 51 years ago, with clubs and dojo around the country. Call Steve Hatle at 507.645.2270 or visit www.northfieldkarate.wordpress.com for more information. Students will purchase a gi (white karate uniform) near the start of class. Testing fees are additional. It is recommended that for children under 10 at least one other family member attends classes. Students can attend as many or as few sessions as they want. There is no better time than now to get started!
 \$49/person; \$79/family
 6:45 - 8 p.m.
 M & W, Jan. 5 - April 29 (no class Mar. 23 & 25)
 Longfellow Gymnasium
 Class #: 4166-W15A



Tae Kwon Do for Adults

Daniel Elo

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

\$74 Sibley Cafeteria
7 - 8 p.m.

T & Th, Jan. 13 - Feb. 26
(no class Feb. 3 & 5)
Class #: 1151-W15A

T & Th, April 7 - May 19
(no class Apr. 9)
Class #: 1151-W15B

Gumdo

Daniel Elo

Haidong Gumdo is a non-contact Korean martial art that focuses on the manipulation of a sword through a variety of forms and drills designed to increase focus and proficiency with drawing and sheathing the sword. It is a fast-paced art for a good workout, but low impact, so is suitable for many age groups. Beginners are welcome. There is a \$15 fee for the sword, payable to the instructor on the first day of class.

\$49 8 - 9 p.m.
Sibley Cafeteria

T & Th, Jan. 13 - Feb. 26
(no class Feb. 3 & 5)
Class #: 4108-W15A

T & Th, April 7 - May 19
(no class Apr. 9)
Class #: 4108-W15B

Kyudo - Japanese Longbow Archery

Carly & John Born

Kyudo, Japanese longbow archery, has a long tradition in Japanese history in both militaristic and ceremonial venues. Today's kyudo is a non-competitive, introspective process to shooting that helps to focus one's mind and body on the simple act of shooting a bow. Parent participation is required for those under fifteen years old. Visit www.mnkyudo.org for more details about kyudo and the instructors. There is a \$30 membership fee into the Minnesota Kyudo Renmei the first year, and \$50 every year after. Practice bows (\$25) are also for sale - they are optional, but recommended. Loaner equipment is provided for most adults.

\$29 7 - 8 p.m.

W, Jan. 14 - April 29
(no class Mar. 25)
High School Gymnasium
Class #: 4107-W15A

Snowshoe Rentals

Northfield Community Services has snowshoes available for rent. A \$25 deposit is required for each pair rented. Contact Melissa, at Melissa.Bernhard@nfld.k12.mn.us or 507.664.3502 for more information and to reserve snowshoes.

- \$3 per day per pair, Monday-Thursday. Equipment must be returned next day by 4:30 p.m.
- \$6 per pair, Friday-Monday. Equipment must be returned Monday by 4:30 p.m.

Wanted: An outgoing, enthusiastic, knowledgeable college/adult coach to mentor summer staff coaches in various programs. Contact Recreation Coordinator Melissa Bernhard at Melissa.Bernhard@nfld.k12.mn.us or 507.664.3502.

Adventure

Cross Country Skiing Community Services Staff

Learn about our native sport in Minnesota - Cross Country Skiing! Get a quick history breakdown, find out where technology has taken us, and how to appropriately size and select gear for you as well as how it needs to be maintained. Local winter adventurers will also talk about how to layer clothing and stay hydrated while being aerobic in winter. When talking shop is done, we'll head out to the Carleton College Arboretum for a real adventure! Our class will focus on technique, learning how to use your poles, perfecting your glide, hill climbing and trail etiquette. Rentals are available and include skis, poles, boots and bindings. Must be age 12 to participate.

\$27/adult with rentals, \$35/youth (under 100 lbs) with rentals, \$21/person without rentals
9 a.m. - noon Gear ReSource

Sa, Jan. 3
Class #: 1309-W15A

Sa, Feb. 7 -
Class #: 1309-W15B

Full Moon Snowshoeing Hikes Gear ReSource

A winter's eve was never so spectacular and magical! Bring your family and join local winter enthusiasts on a night hike with a full moon blazing the trail and soft candle luminaries guiding your snowy path. End the guided adventure with a campfire, hot chocolate, s'mores and laughter all around. Bring your own or rent snowshoes at The Gear ReSource.

\$24 w/o rentals & \$34 with rentals
6 - 10 p.m. Gear ReSource

F, Jan 16
Class #: 1308-W15A

F, March 13
Class #: 1308-W15B

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Adult Enrichment

Arts & Literature

In With The Old

NEW

Tracy Giza

Renovate, reuse and rejuvenate a piece of wood furniture in this creative class! Learn about priming and painting techniques to transform objects into a work of art! Turn any garage-sale find into a one-of-a-kind gem using texture, pattern and decorative painting treatments. Also learn about style techniques that you can use for any project in your home, such as shabby-chic, rustic, modern, faux brick/stone, and rose-mauling. Learn about prepping wood, types of paint, sealers and stain. Bring a project that you can carry into class yourself. All supplies provided.

\$59 9 a.m. - noon

Middle School Wood Shop
Room 137

Sa, Jan. 24

Class #: 3475-W15A

Sa, Feb. 21

Class #: 3475-W15B

Sa, April 4

Class #: 3475-W15C



TAG Acrylic Painting

NEW

Tracy Giza

Have you always believed that painting is a talent you are born with? Well it's not true! Bring your desire and enthusiasm and take home a beautiful piece of art created with acrylic paint. Learn different techniques and specific brush strokes that will bring your canvas to life. Each step of the process will "TAG" the next step, creating all of the parts of your painting from underpainting, shapes, color and detail in this relaxing and creative class. All supplies are included.

\$35 6 - 8 p.m.

Middle School Art Room 250

January TAG Acrylic Painting - Winter Night Scene

M, Jan. 26

Class #: 3469-W15A

February TAG Acrylic Painting - Winter Sunrise Scene

M, Feb. 16

Class #: 3469-W15B

March TAG Acrylic Painting - Spring Cabin Scene

M, March 16

Class #: 3469-W15C

Fused Glass Pendants

NEW

Dale Brown

Learn about glass fusing and have fun creating six unique art pieces that can be used as pendants, magnets or key chains. You will get to use fusible glass, confetti, hand-pulled stringers and dichroic glass. All supplies are included.

\$45 10 a.m. - 12:30 p.m.

Sa, March 7

Dale's Funky Glass Studio

Class #: 3480-W15A

Fused Glass Gifts for Mother's Day

NEW

Dale Brown

Join this class to make some beautiful gifts for a special Mom or woman in your life. Learn about glass fusing and create six unique pieces that can be used as pendants, magnets or key chains. Students will get to use fusible glass, confetti, hand-pulled stringers and dichroic glass. This class is open to students as young as nine through adult (parent or guardian required for ages 9 - 17). All supplies are included.

\$45 2 - 4:30 p.m.

Sa, April 25

Dale's Funky Glass Studio

Class #: 3481-W15A



Cooking

Fondant Cake Decorating

Beki Cook

NEW

You too can make awe-inspiring cakes! In this three-hour class, learn how to use rolled fondant to cover cakes and decorate with simply beautiful designs. Students will bring two round cake layers (removed from pans), 2 cups vanilla icing, a rolling pin, and cake carrier to take home your masterpiece. A \$12 supply fee will be directly payable to the instructor at the start of class.

\$29 9:30 a.m. - 12:30 p.m.

Sa, Jan. 31

Middle School FACS Food Lab 221

Class #: 3022-W15A

Creative Cookies

Beki Cook

Decorated sugar cookies are a staple on any holiday tray, but they are also becoming more popular for baby showers, bridal showers, birthdays and even weddings. Learn how to make the hard-drying icing that allows you to decorate cookies like a pro! Students should bring one-dozen round sugar cookies (homemade or store-bought are fine) and a big, rimmed baking sheet to take home your delightfully decorated cookies. A \$10 supply fee is payable to the instructor at the start of the class.

\$29 6 - 9 p.m.

M, April 20

Middle School FACS Food Lab 221

Class #: 3021-W15A

NEW

Computers & Technology

Intro to Computers/Windows

Northfield Senior Center Staff

This introductory course covers general computer concepts, and use of the mouse and keyboard and simple word processing. It is intended for people with no experience and those who feel they need some preparation for other Computer Center courses. The course will be taught on computers running the Windows 8.1 operating system. The course will also use a text book and students are asked to pick up a free, loaner copy at the Senior Center reception desk prior to the start of the course. Please register by Wednesday, Jan. 7.

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

T & Th, Jan. 13 & 15

Northfield Senior Center

Computer Lab

Class #: 3949-W15A

Word Processing Basics/ Windows

Northfield Senior Center Staff

This course reviews and applies the concepts introduced in Intro to Computers. Students use Wordpad to learn to create, edit, save and open files. Learn formatting features including alignment, font types and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the ribbon menu and the copy/cut and paste text tools.

Pre-requisite: Intro to Computers or equivalent. Please register by Jan. 14.

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

T & Th, Jan. 20 & 22

Northfield Senior Center

Computer Lab

Class #: 3950-W15A

Intro to iPad/iPhone

Northfield Senior Center Staff

Learn the basic operations necessary to operate the iPad and iPhone and the onscreen keyboard. You will also learn to send emails as well as surf the internet with your devices. Please bring your iPad and/or iPhone to class. Registration deadline is Jan. 14.

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

M & W, Jan. 19 & 21

Northfield Senior Center

Computer Lab

Class #: 3955-W15A



iPad - Back To Basics

Mike & Chris Pahl

Join this class to get the hang of the basics and walk away with a better understanding of the hardware, accessories, Lock Screen, and Home Screen. You will learn keyboard skills (copy/paste, spell check and dictation) and how to backup your iPad to iCloud. Bring your iPad or iPad Mini to class.

\$25 6:15 - 8:45 p.m.

Th, Feb. 12

Middle School 171

Class #: 3935-W15A

iPad - Keeping in Touch

Mike & Chris Pahl

It's easy to keep in touch with others on your iPad! Learn how to communicate with Contacts, Mail, FaceTime and Messages. Stay organized with the Calendar and Reminders App and find out how iCloud keeps it all synced together. Bring your iPad or iPad Mini to class.

\$25 6:15 - 8:45 p.m.

Th, Feb. 19

Middle School 171

Class #: 3936-W15A

Fun With Frosting

Beki Cook

Cake, cupcakes, cookies...all fantastic desserts. But what really matters is the frosting! In this three-hour class, students will learn four fabulous frosting recipes and learn how to decorate with each. Students will bring one dozen cupcakes or muffins to practice decorating techniques and a carrier to get cupcakes home. A \$10 supply fee is payable directly to the instructor at the start of the class.

\$29 6 - 9 p.m.

T, March 3

Middle School FACS Food Lab 221

Class #: 3020-W15A

NEW



iPad - Search, Share, Discover

Mike & Chris Pahl

People are constantly discovering new things on their iPads! Learn how to get the most out of the App Store, Safari, Siri, Maps, Spotlight, Control Center and Notification Center.

iCloud makes it easy to share photos with others. Bring your iPad or iPad Mini to class.

\$25 6:15 - 8:45 p.m.

Th, Feb. 26

Middle School 171

Class #: 3937-W15A

iPhone - Back to Basics

Mike & Chris Pahl

NEW Daytime Class

Get the hang of the basics and walk away with a better grasp of the hardware, Lock Screen, Home Screen, Phone and Messages App. You will also learn how to backup and locate your iPhone via iCloud. Bring Apple iPhone to class

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

T, March 10

NCRC 223

Class #: 3941-W15A

iPhone - Search, Share, Discover

Mike & Chris Pahl

NEW Daytime Class

People are constantly searching, sharing and discovering new things on their iPhones! Learn how to get the most out of the App Store, Safari, Siri, Maps, Spotlight, Control Center and Notification Center. Bring Apple iPhone to class.

\$25 9 - 11 a.m.

T, March 17

NCRC 223

Class #: 3942-W15A

Mike and Chris Pahl are brothers that love technology and have taught more than 300 classes. Mike worked at the Apple Store from 2006 to 2011 before starting Nice Guy Technology in 2011.

iPhone - Day to Day

Mike & Chris Pahl

NEW Daytime Class

You use your iPhone every day. Learn to use neat features like AirPlay, Apple Pay, Copy & Paste. Do Not Disturb, Health and Passbook. Tips will be given out on how to extend battery life and how to get the most out of Reminders and Mail Apps.

Bring Apple iPhone to class

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

T, March 31

NCRC 223

Class #: 3943-W15A

iPad/iPhone - The App Class

Mike & Chris Pahl

NEW

With over a million Apps in the App Store, where do you even begin? Join this class to get expert recommendations on the best Apps for Business, Education, Entertainment, Finance, Food and Drink, Games, Health and Fitness, Medical, Music, News, Photo and Video, Productivity, Travel and Weather. You will be amazed at what some of these Apps can do! Bring your iPad or iPhone to class.

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

Th, May 21

Middle School 171

Class #: 3939-W15A

iPad - The Photo Class

Mike & Chris Pahl

NEW

Do you know how to transfer photos from your camera to your iPad? How about printing them at your local store? What about sharing all your recent vacation photos with friends and family with a couple taps? We will show you how to do that and much more! Join this class to learn how to organize, enhance and share your photos on the iPad.

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

Th, May 28

Middle School 171

Class #: 3940-W15A

Language

Beginner American Sign Language

Michael Detjen

This beginner American Sign Language class is suitable for all ages. Practice using a vocabulary base of up to 500 signs, and discover the importance of facial/body language and finger-spelling. Learn to sign numbers through 1000, colors, foods, verbs, adjectives and family; and also develop basic conversational skills through role playing. It can be fun to communicate without a voice. A workbook is included in the cost of the class.

\$64 6:30 - 8 p.m.

T & Th, Feb. 3 - March 10

(no class March 5)

High School H108

Class #: 3923-W15A

Dog Training

Canine Good Citizen Training

Mary Malone

Classes will focus on learning the beginning steps for each of the ten American Kennel Club exercises needed in order to pass the AKC Canine Good Citizenship Test. Exercises such as sitting politely for petting, staying in place when asked, walking on a loose leash and through a crowd, "sit" and "down" on command, coming when called, and others. Some prior training is highly recommended, but not required. These are great skills for any family dog, or good preparation for future therapy dogs. Please indicate dog's name and breed in notes when registering.

\$69 7 - 8 p.m.

NCRC Community Services Lobby

W, Feb. 4

Class #: 3345-W15A

W, April 1

Class #: 3345-W15B

General Interest

Making Custom Herbal Salves

NEW

Char Bezanson

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

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

Sa, Feb. 7

High School FACS Food Lab S104

Class #: 3003-W15A

Essential Oils For Babies and Children

NEW

Cathy White

Babies and children can benefit from essential oils as they are all natural products, especially during cold and flu season. Learn how to make some essential oil recipes that can help with common colds, crying, diaper rash, tummy aches - to name a few. All supplies are included.

\$25 6 - 8 p.m.

M, Feb. 16

Middle School FACS Food Lab 221

Class #: 3005-W15A



Essential Oils For Cleaning

Cathy White

NEW

Are you gearing up for spring cleaning season? There are many different essential oils that can help clean and disinfect your home. Learn about the inexpensive ways to make your own cleaning solutions from essential oils and make a few during class to take home with you. All supplies are included.

\$19 6 - 8 p.m.

M, April 6

Middle School FACS Food Lab 221

Class #: 3004-W15A

Adventures to Europe Trip Preview 2015

France, Italy, Czech Republic, Germany & Austria

Arlette Gerber

Are you interested in joining a tour to Europe? Will your destination be France, Italy, or the Czech Republic, Germany and Austria? Discover more about each featured location, during a "sneak peek" at what you would experience, should you choose one of the featured tours. Also meet Arlette, your tour director for the trip. She will share photos and answer your questions - whether curiosity drives you or a desire to travel, you are welcome to join us and bring a friend. This event is free but registration is requested.

For more information and detailed itineraries please visit:

www.adventurestoeurope.com

Free 6:30 - 8 p.m.

Th, Feb. 19

NCRC Parent Ed Room YW 108

Class #: 3365-W15A

Gift certificate

Purchase the unique present of a Community Service gift certificate, available at our office or online. If ordered online, bring the confirmation to our office to receive a gift certificate suitable for a special presentation.

Class #: GC-2015

Birdwatching For Beginners

Dave Keyes

NEW

Birds are all around us - in our parks, backyards and natural areas in Northfield. This class is designed to introduce you to birdwatching - the fastest growing hobby in the USA! Great as an activity for the whole family, we will discuss basic bird identification, how to attract birds to your yard and also visit several local birdwatching "hot-spots."

\$29

7 - 9 p.m. Th, March 12 - April 16
(no class March 26 & April 9); NCRC 225 & 7 - 10 a.m. Sat, April 4 & 11

Carleton College Arboretum

Class #: 3241-W15A



Rain Garden Workshop

NEW

Beth Kallestad

Join the Cannon River Watershed Partnership to learn about the benefits of rain gardens for water quality and gardening in this two part series workshop. The first workshop (March 10) is a presentation about the effects of runoff on water quality, the benefits of rain gardens and important steps you need to know in rain garden design. During the second workshop (March 17), learn more in depth rain garden design and get a to talk and ask questions with local landscape designers. You will also learn about the City of Northfield's cost-share program for installing a rain garden.

\$10

7 - 8 p.m. T, March 10 & 6:30 - 8:30 p.m. T, March 17
NCRC 225

Class #: 3274-W15A

Rain Barrel Workshop

Beth Kallestad

Join Cannon River Watershed Partnership to learn about the benefits of rain barrels for water quality and gardening. The first half of the workshop is a presentation about the effects of runoff on water quality, the benefits of rain barrels, and how to install and maintain your rain barrel. During the second half of the workshop, you will assemble your own 55-gallon rain barrel that you get to take home. Cost of the class covers one barrel, so only one person needs to register if you're planning to work with someone.

\$55 7 - 8 p.m.
NCRC 225

Th, April 9
Class #: 3275-W15A

T, April 28
Class #: 3275-W15B



Exploring Life Transitions

John Owens

Marriage, birth of a child, divorce, new job, retirement of a loved one, death or major illness - what do all of these have in common? They are all life transitions - a movement from one way of being, through a period of confusion and 'not knowing' to a new engagement. Life Balance Coach John Owens will facilitate and lead you in a group of people who explore and share their transition experiences. Participants will enjoy a confidential, small community to share, witness and learn in depth about life transitions in this 5-week series.

\$79 7 - 9 p.m.

Th, Feb. 12 - April 9

(no class Feb. 19, March 5, March 19 & April 2)

NCRC Parent Ed Room YW 108
Class #: 2959-W15A

Parenting

Emotional Support For Your Pre-Teen Daughter NEW

Mary Upham

The emotional roller-coaster is getting started, so get ready to support your daughter in a positive way! Learn what is normal, how to create your ideal parent-child relationship, how to encourage healthy emotional development and how to capitalize on the good behaviors. This in turn will also help to support positive interactions with siblings, friends, classmates and other adults during this trying time of change and growth.

7 - 8:30 p.m. Th, Feb. 19
Middle School Media Center
Class #: 3216-W15A

9:30 - 11 a.m. M, Feb. 23
NCRC 225
Class #: 3216-W15B

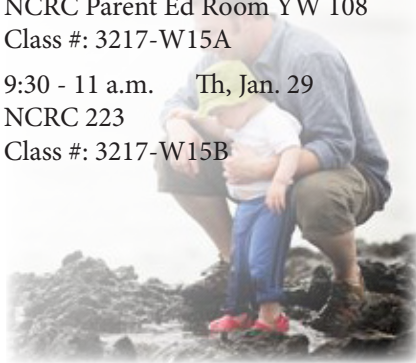
Weaving Stronger Bonds With Your Child NEW

Mary Upham

Learn practical strategies to connect more fully with a child of any age. When a child feels a strong bond with a parent s/he is more likely to cooperate, feel confident and can tackle challenges more easily. Use words, body language and your focus to connect in emotionally healthy ways when your child is upset.

\$19
7 - 8:30 p.m. Th, Jan. 22
NCRC Parent Ed Room YW 108
Class #: 3217-W15A

9:30 - 11 a.m. Th, Jan. 29
NCRC 223
Class #: 3217-W15B



Parenting Adolescents - A Free Workshop

5:30 - 7 p.m. January 23
Greenvale Park Elementary

Spanish-speaking and bilingual parents of children in grades 4 through 8 are invited to learn more about handling the challenges and thrills of parenting adolescents, in an evening presentation by Clarita Kell and Emily Carroll.

The emphasis of the discussion will be puberty and beginning to talk about sexuality with children.

Childcare will be provided for children aged 2 years and older.

En Español, page 38.

Business

Employers and Employees: Know Your Rights Under the Law!

Mary Hahn

This seminar is designed for both employers and employees. Know the law and best practices when it comes to your rights as an employee or employer! Employers - what questions can you ask during a first job interview? How do you define employee misconduct? Employees - when can you apply for unemployment benefits? When are you excluded? What does termination "for cause" mean anyway? Bring all of your employment law related questions and join local Northfield attorney, Mary Hahn, for a round table discussion of general employment law principles in Minnesota.

\$7 6 - 8 p.m.
Th, March 5
NCRC 225
Class #: 3315-W15A

A Tiny Taste of Accounting

Jim Mader

NEW

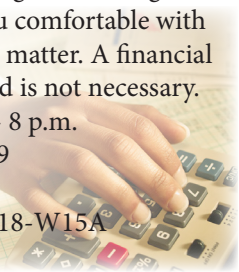
What's the difference between an income statement and a balance sheet? If you didn't have time to take an accounting class in college why not join this fun and interactive introduction to the world of finance and accounting! It's not too late to learn this basic life skill and accounting has never been this easy! Receive an overview of basic accounting principles and then explore two key financial documents - the income statement and balance sheet - using companies you can relate to as examples. There will be a variety of learning approaches including individual and group work, pop quizzes and crossword puzzles to keep things interesting and to keep you comfortable with the subject matter. A financial background is not necessary.

\$19 6 - 8 p.m.

M, March 9

NCRC 225

Class #: 3318-W15A



Personal Finance

How To Be An Executor (or Trustee)

Jacqui Dorsey

This discussion will aid you in taking on the responsibilities (and powers) of an executor or trustee. Examine the assets and debts that fall under your control and learn how to distribute them according to the Will, Trust or by law. The goal is to provide you with a good understanding of the basics along with a handful of helpful forms and charts.

\$7 6 - 8 p.m.

Th, Feb. 19

NCRC 225

Class #: 3327-W15A

Retirement and Estate Strategies Workshop

Andrew Gray

Prepare for a more prosperous and comfortable retirement as you learn about strategies for accumulating and distributing money for retirement, passing money onto heirs or charities in a tax-wise manner, increasing the probability of investment success, multi-generational IRA planning, and more!

\$5 NCRC 225

8 - 9 p.m.

T, Jan. 20

Class #: 3325-W15A

6:30 - 7:30 p.m.

Th, Jan. 22

Class #: 3325-W15B

Real Estate Law 101: Buying and Selling Your Home

Mary Hahn

Buying or selling your home can be stressful! Take away some of that stress by knowing the law and your obligations as either a buyer or seller. Join Northfield attorney, Mary Hahn, as we discuss best practices, as well as pitfalls and risks involved when you buy or sell your home:

- Do you know the laws of disclosure in Minnesota?
- Do you understand the benefits of the owner's title insurance?
- Who is representing you at the closing, if anyone?
- Is the contract for deed a viable alternative?

Avoid mistakes that can result in costly litigation. This class is for anyone thinking about buying or selling a home, as well as realtors, inspectors and everyone associated with the sale of residential real estate.

\$7 6 - 8 p.m.

Th, Feb. 26

NCRC 225

Class #: 3360-W15A

Savvy Social Security for Baby Boomers

Andrew Gray

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

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

\$5 NCRC 225

6:30 - 7:30 p.m.

T, Jan. 20

Class #: 3329-W15A

8 - 9 p.m.

Th, Jan. 22

Class #: 3329-W15B





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

Winter Session: January 12 to March 19
Spring Session: March 31 to May 28

Free English Language Classes

Clases gratuita de inglés para adultos

Lớp Học Tiếng Anh Miễn Phí Dành Cho Người Lớn

- ✓ Reading
- ✓ Writing
- ✓ Speaking
- ✓ Listening

- 9:15 a.m. – 11 a.m. M & W, Greenvale Park Elementary School
- 6 p.m. to 8:30 p.m. M & W, Northfield Community Resource Center
- 9:15 a.m. – 11:45 a.m. T & Th, Northfield Community Resource Center
- 6:30 p.m. to 8 p.m. Th, Greenvale Park Elementary School

Skills classes to get you ready for the GED, work, or college

- 4 p.m. – 6 p.m. M, Northfield Community Resource Center
- 9:15 a.m. to 11:45 a.m. T, Northfield Community Resource Center

Taller: Padres de Adolescentes

23 de enero 2014, 5:30 a 7 p.m.

Escuela Greenvale Park Elementary

Se invita a los padres de habla hispana y bilingüe de los niños en los grados 4-8 para obtener más información acerca de cómo manejar los adolescentes. El énfasis de la discusión de esta noche será la pubertad y empezando a hablar de la sexualidad. Presentadores: Clarita Kell y Emily Carroll. Habrá cuidado de niños de 2 años en adelante. Costo: Gratuito.

Escuela Familiar

Escuela para las familias que quieran aprender inglés **clase comienza: 2 de Febrero, 2015**

Escuela para la Familia de Northfield es un programa para padres y madres que:

- Necesitan clases de Inglés
- Quieren mejorar su vida, su paternidad/maternidad y sus capacidades laborales
- Tienen niños de 0 a 5 años de edad y quieren aprender actividades divertidas y educacionales para hacer con sus hijos

Para más información llamen a Gabriela Nieves al 507.301.2144.

Registration

New students register at the class time during the first week of the session. You will complete registration paperwork and a short assessment during the registration. This will take approximately 90 minutes.

Contact Us

For more information call 507.664.3764, email Claudia.Kinville@nfld.k12.mn.us or visit www.dakotaprairieabe.com.

Educación Básica para Adultos Dakota Prairie sirve las comunidades de Northfield, Farmington y Randolph. Marque 507.664.3764 para mayor información.

Call for information about the Northstar Digital Literacy Basic Computer Skills Certificate.



NORTHFIELD YOUTH CHOIRS ABCs (& T) of SINGING

Allegro **Abbandonatamente** :
free, relaxed

Brillante **Brillante** :
brilliantly, with sparkle

Con brio **Con brio** :
with spirit, with vigour

Tutti **Tutti** :
all, everyone

(not just for youth, all communities welcome)

Anton Armstrong, Christopher Aspaas,
Ann Kay, Elizabeth Shepley, Conductors.
register online : www.northfieldyouthchoirs.org
507-664-9335



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

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



How Do I Make an Appointment?
Call in advance:

Como hago una cita?
Llame con anticipación:

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

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

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

Faribault Office/Clinic

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

Northfield Office

Weekdays / entre semana
10:00 am – 4:00 pm

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

223 Central Avenue, Faribault

Dundas Clinic

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

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



Dental Clinic
Now Open in Faribault! Tuesday
5:00-8:00PM



Servicios dentales ahora disponibles en Faribault!

Northfield Gymnastics Club

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

The Northfield Gymnastics Club is a non-profit organization.

Mission Statement

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

Purpose

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



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

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

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

Head Coach: John Tobler

Boys Head Coach: Zach Wareham

Office Manager: Melanie Armstrong

Birthday Parties

Saturday and Sunday

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

Sessions

Winter: December 29 - February 21

Spring 1: February 23 - April 18

Spring 2: April 20 - June 13

Open Gym Times

Monday and Friday **morning** – 11:30am

Wednesday 7pm – 8pm Regular session

8pm – 9:00pm **18 and over**

Friday 8:00pm – 9:00pm Regular session

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

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

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



NORTHFIELD AREA FAMILY YMCA UPCOMING PROGRAMS AND EVENTS

New
at the Y:
SWIM LESSONS
Download a
brochure today!

WINTER SESSION (January–March, 2015)

- **Basketball** (ages 3–11), Tuesday evenings
- **High School Basketball League**, Monday evenings
- **Broomball** (ages 3–11), Thursday evenings
- **Indoor Soccer** (ages 3–11), Tuesday evenings
- **Indoor Tennis** (ages 3–11), Thursday evenings
- **After School Open Gym** (ages 5–11), Mondays & Thursdays
- **Family Open Gym** (all ages), one Sunday a month
- **Kids' Night Out** (ages 3–10), one Friday a month
- **Family Night at the Y** (all ages), one Friday a month

SPRING SESSION (March–May, 2015)

- **Indoor Wiffleball/Baseball** (ages 3–11), Monday evenings
- **Nutz for Kickball** (ages 3–11), Tuesday evenings
- **Girls Volleyball** (grades 2–5), Thursday evenings
- **Outdoor Soccer** (ages 3–11), Tuesday evenings
- **After School Open Gym** (ages 5–11), Mondays & Thursdays
- **Family Open Gym** (all ages), one Sunday a month
- **Kids' Night Out** (ages 3–10), one Friday a month
- **Family Night at the Y** (all ages), one Friday a month

Y members get free benefits and discounts! Learn more at www.northfieldymca.org/membership

Daddy Daughter Dance

Saturday, February 7, 2015
6:00–8:30 p.m.

School's Out Days (ages 5–11)

Swim, Gym, Crafts, Trips & More

Healthy Kids Day

Saturday, April 25, 2015
Bridgewater Elementary

Birthday Parties

Have your birthday party at the Y

Ask about a Youth Orientation
(ages 10–17)
for our
Fitness Center



SWIM LESSONS (see swim brochure)

- **Parent/Child Swim Classes** (ages 6 months–3 years), Mondays/Wednesdays & Saturdays
- **Beginning Swim** (ages 3–5: Pike, Eel, Ray), all week a.m. & p.m.
- **Beginning Swim** (ages 6–12: Polliwog, Guppy), all week
- **Intermediate/Advanced Swim** (ages 6–12: Minnow, Fish, Flying Fish)
- **Private Youth Swim Lessons**

ALSO FOR AGES 2–6

- Open Gym (Wiggles & Giggles)
- My Grown Up and Me programs
- Wonderful Winter and Artsy Animals
- Music & Movement and Bidy Sports
- Little Scientists and Messy Art/Gym Time

ALSO FOR AGES 11+

- After School Open Swim and After School Open Gym
- Teen Group Exercise

Membership is not required for participation in Y programs and services. Ask us for details.

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



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

Northfield Swim Club

BULL SHARKS

BECOME A NORTHFIELD BULL SHARK!

The Northfield Swim Club is a year-round competitive swim club for kids 6-18 years old that emphasizes teamwork, hard work, and FUN!

Spring session runs April 6 - June 5

Registration begins March 23

NEW TO CLUB SWIMMING?

Come to the two-week **Introductory Clinic, April 6-17** from **6-6:45pm, M-F** at the Northfield Middle School pool.

Cost is \$50 The registration form can be found on our website.

(Check is returned if swimmer joins the club and registers for the Spring session online.)

**To join the club or participate in the clinic, swimmers should be able to complete 25 yards of freestyle and backstroke without stopping. Swimmers should also have a working knowledge of rhythmic freestyle breathing and the breaststroke pull/breath/kick pattern.*



**Winter
mid-session
runs Jan 26-
March 20**

Try out for the club by contacting Head Coach Gunnar Teigen at nsheadcoach@gmail.com or by phone at 262-719-8779.

For more details, please visit northfieldswimclub.org



REGISTRATION BEGINS IN FEBRUARY!

- Providing quality preschool education since 1942
- Teaching staff with over 80 years combined experience in early childhood education
- Exciting and engaging range of activities for children ages 3/4/5 based on socialization, literacy, and pre-academic development
- Community emersion with meaningful connections to our community and our world

Located at the Northfield United Methodist Church
1401 Maple Street South
Northfield, MN 55057
(507) 645-4607

www.northfieldnurseryschool.com
www.facebook.com/NorthfieldNurserySchool



Help your child get ready for kindergarten!

Flexible half and full day options including
2, 3 or 5 day class schedules

Now accepting enrollment • Scholarships available
Parent Aware Star Rated Program

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



COME PLAY LEARN GROW COME PLAY LEARN GROW



An Environment for
Discovery and Learning
PreK/K for children ages 2 ½ - 6

2400 Division Street South
507-645-2445

www.mchnorthfield.com

St. Dominic Preschool
is a faith-based preschool welcoming families of all faiths.
5 day, 3 day, 2 day, ½ day



Art * Music * Physical Education
Buddy Reading * Spanish

Before and after school care
Limited scholarships available
Creative and engaging curriculum

216 North Spring Street 507-645-8136 School.churchofstdominic.org

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

Boys and Girls Bowling

Gary Greenlund; Grades K – 12; Thursdays 4 PM to 5:30 PM; JESSE JAMES LANES
 \$85 per 9 week session – Children can bowl any one, two or all three sessions. They can also join at anytime and fee will be prorated.

Session 1 – September 11 to November 13

Session 2 – November 20 to February 5

Session 3 – February 12 to April 16

*A one time annual \$20 United States Bowling Congress Sanction Fee is additional and includes a sport shirt.

The Northfield USBC Bowling Association is a non - profit organization designed to introduce children of all ages to the lifetime sport of bowling through skills development and team competition. Students of all ages are welcome. Coaching and equipment are provided. Great opportunity to prepare your children for the Raider High School Bowling Team and a lifetime of enjoyment.

PREPARE FOR THE FUTURE
\$6,000,000
IN
SCHOLARSHIPS
 Provided by the Bowling Industry Every Year



250
 Colleges offer Bowling

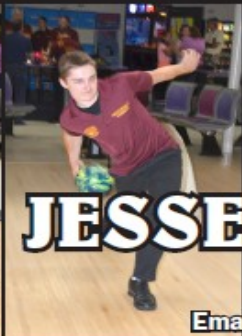
47
 States have
 High School Bowling

54,000
 Kids Bowl in High School
 Varsity Competition



Get Your Kids in
 Youth Bowling
 Today!

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



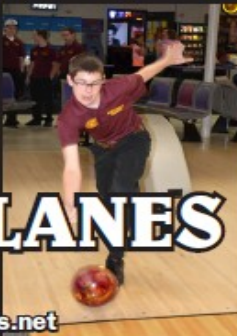
Meet People | Make Friends
 Have Fun!

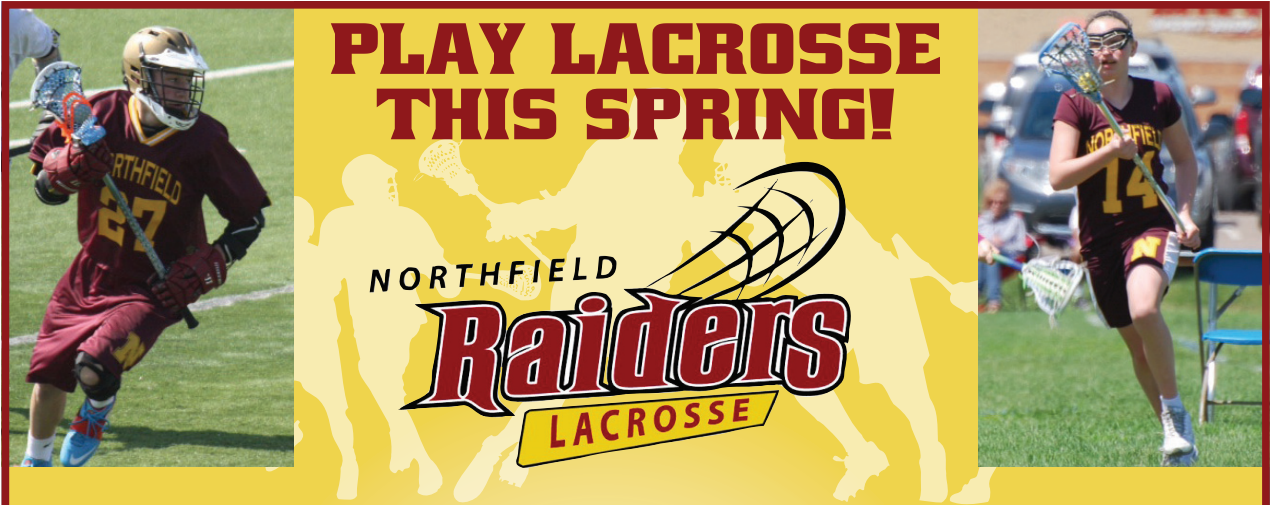
For More Details, Contact

JESSE JAMES LANES

507-645-8322

Email: TMH@JesseJamesLanes.net






PLAY LACROSSE THIS SPRING!

NORTHFIELD
Raiders
LACROSSE



Lacrosse - the fastest growing sport in the nation – is now a high school sport for boys and girls in Northfield. Players interested in trying out for the high school teams should watch for announcements from the school. The Northfield Lacrosse Association plans to organize competitive teams for boys ages 9 through grade 9 and girls in grades 5-8. No lacrosse experience necessary – join the fun and help grow the game!

To learn more, visit www.northfieldlacrosse.com.

Scholarships available 

Making Waves

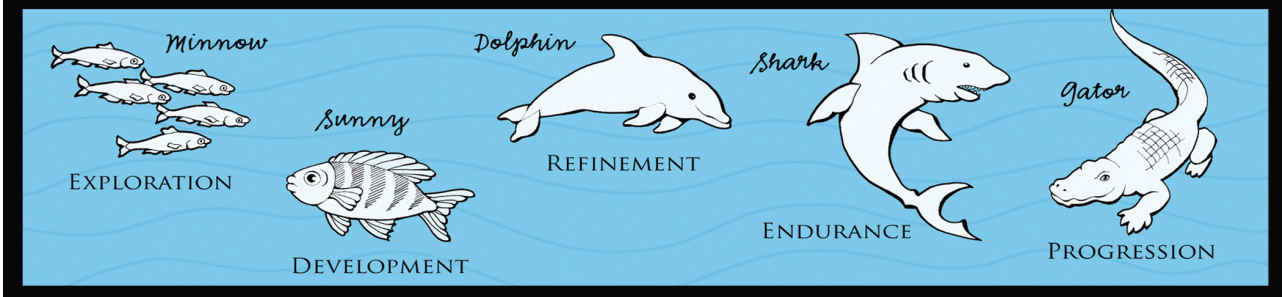
swim school








Directors: Cindy Varley & Bob Hauck

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

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



<i>Minnow</i> 	<i>Dolphin</i> 	<i>Shark</i> 	<i>Gator</i> 
EXPLORATION	DEVELOPMENT	REFINEMENT	ENDURANCE
			PROGRESSION

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

Proudly celebrating 10 years of
service to our Community!



natural foods market & deli

516 Water Street South
Northfield, MN 55057

www.justfood.coop
507-650-0106

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



LAURA BAKER

SERVICES ASSOCIATION

Bringing the Power of Possibility to People with Special Needs

A new season of excitement

Family Support Services offers structured activity time for kids and a break for

parents and caregivers. Includes 3 hours of respite care, snack and activities.

Ages 5-21. Pre-registration required.

Upcoming Respite Events:

Saturday, Jan. 10 ~ 2-5 pm

Saturday, Feb. 14 ~ 2-5 pm

Saturday, March 14 ~ 2-5 pm

Saturday, April. 11 ~ 2-5 pm

Saturday, May 9 ~ 2-5 pm

\$10/Child*



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

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

March 12, 7pm (hand drumming)

April 12, 1pm (taiko)

May 14, 7pm (hand drumming)



*Scholarships available to those who qualify

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

Laura Baker Services Association • 211 Oak Street • Northfield

Community Services Division Registration Form

Parent/Guardian Name _____ Primary Email Address _____

Home Phone _____ Day Phone _____ Other Phone _____

Address _____ City _____ State _____ Zip _____

Signature _____

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

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

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

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

Name as it appears on card _____ Cardholder Signature _____

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

We want everyone to be able to participate in our programs. Help make it possible by donating to the Northfield Public Schools Community Services Scholarship Fund.

I'd like to contribute \$ _____ to the scholarship fund.

Complete for Youth and Adult Registrations – Registration begins immediately

Class #	Class Title	Name of Participant	Birth Date	Grade in School	Fee

Complete for Early Childhood Family Education Registration – Registration begins immediately

Class #	Class Title	Child/ren Attending	Parent/s Attending	Birth Date	Fee

Are you interested in receiving more information regarding a seat on the Community Services Advisory Council. Please check the box to your left and we will mail you an information packet.

Please mail or return this form to:

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

Five ways to register

Go to www.nfld.k12.mn.us, click on Community Services and then click on online registration. To set up an account, enter parent/guardian prior to dependent information.

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

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

Fax completed form to 507.664.3651.

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

Registration Confirmation

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

Fee Reductions

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

Refund Policy

If there is insufficient enrollment for a program, you will be notified and will receive a full refund within 45 days. If you cancel or change your registration, there will be a \$5 processing fee. Unless otherwise indicated in the program description, no refunds will be made after the registration deadline.

Satisfaction Guarantee

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

Cancellation Information

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

Emergencies or Weather Conditions

Cancellations due to emergency or inclement weather will be announced on KYMN radio (1080 AM).

School Closings, Late Start or Early Dismissal

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

Program Qualifications

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

Use of Northfield Public Schools Facilities

We encourage groups and organizations to utilize school district facilities. All usage of rooms or spaces in school buildings on weekends or after 4 p.m. weekdays is reserved through the Community Services Division. A completed form and \$30 application fee are required. Nominal rental fees are charged. Service fees such as custodial, food services and building supervision may also be charged depending on specific permit requests. For complete facility usage policy and procedures, visit www.nfld.k12.mn.us. Please allow at least two weeks notice to process your request. Please do not advertise an event without a valid permit. Call 507.664.3649 to make your reservation.

Other Program Locations

Afton Alps 6600 Peller Ave S., Hastings	AmericInn Motel & Suites 1320 Bollenbacher Drive	Dale's Funky Glass Studio, 1535 Eisenhower Court
Gear Resource 201 Railway St. N., Dundas	Greenvale Place Community Center, 211 Greenvale Ave.	Heartwork Yoga Studio 101 5th Street W.
Jefferson Square 1356 Jefferson Road	Jesse James Lanes 1700 Bollenbacher Drive	Laura Baker Services Association 211 Oak St.
Northfield Ice Arena 1280 Bollenbacher Drive	IT! Factory Fitness & Wellness 115 W. Fifth St.	Northfield Senior Center 1651 Jefferson Parkway



Postal Patron ECRWSS



Find out more about what's happening with Community Services by liking us on Facebook.

Create a special gift for Mom with our *Fused Glass Gifts for Mother's Day* class. Page 32



Just in time for spring-cleaning season - *Essential Oils for Cleaning*. Page 35



Become a certified American Red Cross lifeguard in time for swimming season this summer. Register for our *Lifeguard Certification* class. Page 26



April is time for *Volleyball Spring Team Camp*. Join us as you get to develop new skills and make new friends. Page 10

Check out our rain barrel and rain garden workshops with the Cannon River Watershed Partnership. Pages 35 & 36



Leap into fun activities (March - May)