



# DISTRICT 728 Community Education

JANUARY - MARCH  
**WINTER 2015**  
CLASS SCHEDULE

Lifelong Learning...unlock your potential

## **ADULTS**

trips, online learning, health,  
arts, fitness

## **YOUTH**

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

## **EARLY CHILDHOOD**

ECFE, preschool, screening

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

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Adult, Youth & Early Childhood Programs

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

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

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## EVERYONE IS WELCOME

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

FOLLOW us on



LIKE us on







## FEATURED INSTRUCTOR

### Arlette Gerber

#### Weather Cancellations

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

#### Community Education Office

(763-241-3520)  
[communityed@isd728.org](mailto:communityed@isd728.org)

#### ECFE & Discovery Learning

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#### Early Childhood Screening

Laura Orwoll (763-241-3525)  
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#### ISD 728 Facility Scheduling

Colleen Sweet (763-241-3400 x5539)  
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#### A.B.E. & G.E.D.

Pam Moriarity (763-241-3400 x5525)  
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**Arlette Gerber** was born and raised in France and has lived in Minnesota for 37 years. She has taught French and started designing and guiding European walking tours 15 years ago.

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

Participants will receive pertinent information about group travel, including photos of past tours and travels. During our tours we will walk the soles off of our shoes together in quaint European destinations.

#### What level of experience is needed for your class(es)?

Must be able to walk 5+ miles a day, have a willingness to learn new things and a desire to meet like-minded people and savor every moment of the day.

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

As a former educator, teaching is a second nature. I won't overload information, but give you a broad overview of our tours during the previews. While on tours, each morning before our adventures begin I give an oral quiz on what was learned the day before. Rewards are usually local pastries or chocolate - yum! No grades, just tons of fun.

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

Attendees will catch the travel bug - the only antidote is taking a trip with us!

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

All age groups are welcome! On our last Prague trip, out of 18 passengers, 15 were return travelers. Won't you join us?

Register for the **FREE** Adventures to Europe  
Travel Info Night to learn more! [See page 14](#)



## OUR MISSION

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

# ADULT ACTIVE MINDS

## WELCOME to ACTIVE *Minds*

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

### Active Minds Annual Membership

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

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

### The Dark Seduction: Adolf Hitler and the Rise of Nazi Germany

Since Adolf Hitler's death and the conclusion of WWII, people have asked: how did he persuade a modern nation to invade Europe and instigate a reign of terror epitomized by death camps? This two-session class will explore how the son of a customs official, who wanted to be a painter, became the leader of a new political party and dictator of Germany.

Wednesdays Jan 7 & 21 | 6:00-8:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 111 Door 5 | Aamodt | #8110-1W

### Frank Lloyd Wright and the Prairie School

In the early 20th century, American architecture was transformed by the Prairie School architects. Led by Frank Lloyd Wright, the group rejected classical architecture and the cheaply manufactured goods of the industrial revolution. In illustrated lectures by historian Richard L. Kronick, participants will learn about these pioneering architects and the philosophical principles that inspired their designs.

Tuesdays Jan 20 & Feb 3 | 6:30-8:30pm | 2 sessions  
\$39 Individual/\$75 Pair  
Rogers MS Media Door A | Kronick | #8110-2W

### Moving On from Grief

Grieving is an inevitable companion for anyone over 50. We all have, or will have to deal with various types of losses in our lives: deaths of loved ones, decline in health, change of job, etc. This evening will help raise awareness for surviving and moving on from any loss. It will also provide ideas for healthy and vibrant living.

Thursday Jan 22 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair  
Handke Center Rm 111 Door 5 | Anderson | #8110-3W

### GarageBand on the iPad

No matter what your musical background or experience, you can compose unique musical compositions with the touch of a few buttons using GarageBand on the iPad. This course will allow you to explore a variety of techniques for creating a piece of music either completely from scratch or through the use of pre-programmed sounds. I pads will be provided for use during the class. If you have an iPad with the GarageBand app, feel free to bring it.

Thursday Jan 29 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair  
Salk MS Rm 254 Door S | Potvin | #8110-4W

### Spires and Silos - Skyscrapers of the Country

Drive the back roads of the Midwest and you can't help noticing "country skyscrapers"--church spires and barn silos. They are the tallest landmarks, with the exception of grain elevators, with incredible history. Enjoy an evening of photography and storytelling with photographer Doug Ohman, who has made a career of documenting many barns and churches.

Mondays Feb 2 & 23 | 6:00-8:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 111 Door 5 | Ohman | #8110-5W



ACTIVE *Minds*

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

DISTRICT 728  
Community Education  
Uplifting Learning...unlock your potential

The complex block features the 'ACTIVE Minds' logo at the top. Below it are three images: a modern building, a portrait of a man, and a rural landscape with a church spire. At the bottom, there is a promotional message and the District 728 Community Education logo with the tagline 'Uplifting Learning...unlock your potential'.



# ADULT ACTIVE MINDS



***Staying active and keeping your brain constantly engaged may help stave off mental and physical ailments and diseases.***

## Living Well with Chronic Pain

According to the American Pain Foundation, more than 50 million Americans struggle with chronic pain. Are you one of them? This class will provide an introduction to help you understand your pain, learn about new treatment approaches for managing pain and practice simple strategies to help you cope.

Thursdays Feb 5 & 19 | 10:00am-12:00pm | 2 sessions  
\$19 Individual/\$35 Pair  
Handke Center Room 110 Door 5 | Jabbar | #8110-6W

## The Lincoln Assassination: A Fragile Time

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. But killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government.

Tuesday Feb 10 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair  
Rogers MS Rm 110 Door A | Jones | #8110-7W

## Fossils and Bone Wars

Fossils tell a unique and interesting story of science, history and challenge. Join a former park ranger to learn about the rich history of fossil formation and fossil discovery in Minnesota and Dinosaur National Monument, Colorado. Hear stories about the great bone wars and discuss the merits of fossil finding and the fossil trade.

Mondays Feb 23 & Mar 9 | 6:00-8:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 212 Door 5 | Heitkamp | #8110-8W

## The Best of Minnesota: Architectural Masterpieces

Travel with professional photographer Doug Ohman as he takes you to some of Minnesota's best-loved architectural landmarks. Doug has not only photographed much of Minnesota, but he has captured the stories behind many of our historic landmarks. You will leave this class excited to explore the back roads, small towns and neighborhoods of Minnesota.

Mondays Mar 2 & 23 | 6:00-8:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 111 Door 5 | Ohman | #8110-9W

## Mount Rushmore: The Carving of an Icon

More than 2 million people annually visit Mount Rushmore in the Black Hills of South Dakota. It took fourteen years, 400 workers, 450,000 tons of rock and nearly \$1 million to carve Mount Rushmore. The story is even more interesting.

Tuesday Mar 10 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair  
Rogers MS Rm 110 Door A | Jones | #8110-10W

## Exploring Mindfulness

Mindful meditation and similar activities have been practiced across cultures for thousands of years as a way to reduce suffering and cultivate inner peace. Research has shown that being mindful has numerous benefits for stress relief, emotional well-being, immune function, sleep and pain. Understand what mindfulness is and how to incorporate it into your life.

Thursdays Mar 12 & 26 | 10:00am-12:00pm | 2 sessions  
\$39 Individual/\$75 Pair  
Handke Center Rm 110 Door 5 | Jabbar | #8110-11W

We **guarantee your satisfaction** with our courses and activities. If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.



# ADULT FITNESS



***Regular exercise has many health benefits; it reduces the risk of some cancers, increases longevity, helps achieve/maintain weight loss, enhances mood and lowers blood pressure.***

## Guts & Butts

This challenging class is specifically designed to target your core and lower body with a combination of exercises using equipment and your own body weight. This class will work on shaping and toning your abs, butt, hips and thighs.

Sun/Tue Jan 4-20 | 7:00-7:55pm | 6 sessions | \$29  
Handke Center Stage Door 5 | L. Waite | #5143-1W

Mon/Tue Jan 5-20 | 4:05-4:55pm | 6 sessions | \$29  
Handke Center Stage Door 5 | L. Waite | #5143-2W

## Indoor Walking

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

Mon/Tue/Thu Jan 5-Apr 9 | 5:00-7:30pm | \$49 Individual/\$89 Pair  
Zimmerman MS/HS Hallways Door A | #5140-1F

Mon/Tue/Thu Jan 5-Apr 9 | 3:00-7:30pm | \$49 Individual/\$89 Pair  
VandenBerge MS Hallways Door N | #5140-2F

Mon/Tue/Thu Jan 5-Apr 9 | 3:00-7:30pm | \$49 Individual/\$89 Pair  
Rogers MS Hallways Door A | #5140-3F

Mon/Tue/Thu Jan 5-Apr 9 | 3:45-5:30pm | \$49 Individual/\$89 Pair  
Zimmerman Elem Hallways Door 5C | #5140-4F

## NEW! Pilates, Beginner

This class is designed to help you build familiarity with Pilates mat exercises. These exercises develop the core strength, stability and flexibility that Pilates is famous for. Please bring an exercise mat. Not meeting Feb 16.

Mondays Jan 12-Feb 23 | 9:30-10:30am | 6 sessions | \$29  
Handke Center Rm 112 Door 5 | Thein | #5111-1W

## NEW! Pilates, Intermediate

This Pilates Mat class is for people who are familiar with the Pilates exercises. Faster paced than the beginners class while incorporating more of the challenging Pilates exercises. Please bring exercise mat. Not meeting Feb 16.

Mondays Jan 12-Feb 23 | 10:40-11:40am | 6 sessions | \$29  
Handke Center Rm 112 Door 5 | Thein | #5111-2W

## NEW! Wise Women's Belly Dance Class

With age comes ...extra pounds? Women over 40 can stay in shape while having fun in this Belly Dance class that is low impact and does not require a thin figure or youth to enjoy and perform. Learn basic belly dance moves while improving your flexibility, strengthen your core, back, abs and bones. While all ages are welcome to attend this class, the focus of this class will be on health and beauty benefits for women age 40+.

Wednesdays Jan 14-Feb 18 | 6:30-7:45pm | 6 sessions | \$39  
Handke Center Stage/Cafeteria/Rm 111 Door 5 | Isenor | #5172-1W

## Personal Training

You will receive one-on-one personalized guidance and an individualized workout routine specific to your health, physical history and your current weight loss, health and fitness goals. Work with a certified personal trainer for approximately one hour weekly for six weeks. Schedule determined upon registration.

\$425 | #5146-1W

### REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS  
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



### REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS  
YOU ARE HOPING TO TAKE.



## **NEW! Basic Barre**

Basic Barre is a unique class that blends ballet, strength and Pilates without the actual use of a ballet barre. It will provide a fun, energizing and effective fitness class for participants of all levels with an interest in either dance or fitness. Each participant will be challenged at their own level while focusing on the safety of the participants' joints and skeletal system.

Tuesdays Jan 13-Feb 17 | 7:35-8:35pm | 6 sessions | \$29  
Handke Center Rm 212 Door 5 | Three Rivers Fitness | #5113-1W

## **NEW! Candlelight Yoga Stretch**

Yoga Stretch breaks down the fundamental postures, focusing on alignment and breathing while stretching. This class will mainly focus on stretching the body, lengthening the muscles and listening to your breath to de-stress as you increase body flexibility. Not meeting Feb 16.

Mondays Jan 12-Feb 23 | 7:30-8:30pm | 6 sessions | \$29  
Westwood Elem Media Door 1 | Scattarelli | #5100-12W

## **NEW! Power Yoga**

Power Yoga is a unique yoga practice set to fun music. It is vinyasa yoga based on breath to movement, designed to strengthen, balance and detoxify. Regardless of age, strength or flexibility, options will always be given, making this class accessible for everyone.

Mondays Jan 12-Feb 23 | 6:00-7:00pm | 6 sessions | \$29  
Otsego Elem Music Rm Door 4 | Olson | Not meeting Feb 16  
#5100-10W

Fridays Jan 16-Feb 27 | 12:00-1:00pm | 6 sessions | \$29  
Handke Center Stage Door 5 | Olson | Not meeting Jan 30  
#5100-11W

## **NEW! Vinyasa Flow Yoga, Beginner**

Vinyasa Flow is a traditional yoga class for beginners. The instructor will demonstrate the postures and focus on breathing in a non-heated studio. This class works on breath-to-movement, alignment on postures and learning how to flow with the rhythm of your body. Students are encouraged to ask questions during class. Vinyasa Flow is designed to help you de-stress your mind, strengthen your body, listen to your breath and leave class feeling rejuvenated.

Saturdays Jan 17-Feb 21 | 12:00-1:00pm | 6 sessions | \$29  
Handke Center Stage Door 5 | Scattarelli | #5100-8W

Saturdays Jan 17-Feb 21 | 1:15-2:15pm | 6 sessions | \$29  
Handke Center Stage Door 5 | Scattarelli | #5100-9W



Basic Barre is a unique class that blends ballet, strength and Pilates without the actual use of a ballet barre.

## **Group Blast® Kick-Off**

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

Wednesday Jan 7 | 6:00-7:00pm | 1 session | Free  
Handke Center Gym Door 5 | K. Waite/Hill

## **Group Blast®**

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

Mondays Jan 12-Mar 9 | 6:15-7:15pm | 6 sessions | \$29  
Handke Center Cafeteria Door 5 | K. Waite  
Not meeting Feb 9, 16, 23 | #5142-1W

Tuesdays Jan 13-Feb 17 | 11:30am-12:15pm | 6 sessions | \$29  
Handke Center Stage Door 5 | Hill | #5142-2W

Wednesdays Jan 14-Feb 18 | 6:15-7:15pm | 6 sessions | \$29  
Handke Center Gym Door 5 | K. Waite | #5142-3W

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# ADULT FITNESS



*Are you an adult that enjoys basketball?  
We have a Men's Basketball League and a Women's Basketball as Fitness class available this winter.*

## Men's Basketball League | adults

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

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

## Basketball as Fitness

Looking for a different way to do fitness and have a lot of fun at the same time? This class is for women age 40 and better. We'll get in shape by doing drills and scrimmages that develop your aerobic stamina as well as strengthen and stretch your muscles. Not meeting Feb 15.

Sundays Jan 11-Feb 22 | 5:30-7:00pm | 6 sessions | \$29  
VandenBerge MS Small Gym Door N | Mayo | #5147-1W

## Aikido

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

Thursdays Jan 8-Mar 12 | 8:15-9:45pm | 10 sessions | \$85  
Salk MS Balcony Gym Door U | Larson | #5130-1W

## Open Gym | all ages

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

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

## grades 9-12 and adults

Wednesdays Jan 7-May 13 | 7:00-9:30pm  
Rogers HS Gym Door I

## Youth & Families | 7:00-8:30pm

**High School & Adults | 8:30-10:00pm**  
Wednesdays Jan 7-May 13  
Zimmerman MS/HS Gym Door K

## all ages

Sundays Dec 28-May 17 | 5:00-7:00pm  
Zimmerman MS/HS Gyms Door K  
Not meeting Mar 22, Apr 5, 26

Sundays Dec 28-May 17 | 6:15-8:15pm  
Rogers MS Gym Door A | Not meeting Mar 22, Apr 5

## Pickle Ball | adult

Try something new! Pickle Ball is a cross between ping pong and tennis. It's a fast-growing sport for adults and seniors. If you don't know how to play, we'll teach you. We're sure you'll love it! This is a drop-in activity, so you can pay as you go or purchase a discounted pass. Court availability is first-come, first-served with rotation.



Pay at the door: \$3 at door or \$25/10-day pass, \$35/15-day pass

Sundays Dec 28-May 17 | 4:30-6:00pm  
Rogers MS Gym Door A | Not meeting Mar 22, Apr 5

Monday Dec 29-May 11 | 6:00-8:00pm  
Handke Center Gym Door 5

Wednesdays Jan 7-May 13 | 4:30-6:00pm  
Handke Center Gym Door 5



## NEW! 3-2-1

Total body conditioning consisting of 3 minutes of cardio endurance exercises followed by 2 minutes of resistance training and finishing with 1 minute of core control. In 55 minutes our 3-2-1 Fit class will help you reach your fitness goals.

Tuesdays Jan 13-Feb 17 | 9:30-10:30am | 6 sessions | \$29  
Three Rivers Fitness Otsego | #5114-1W

## NEW! Pilates Mat

Pilates is a system of exercise that targets the deep muscles of the abdomen and spine to strengthen your body from the inside out.

Mondays Jan 12-Feb 23 | 10:00-11:00am | 6 sessions | \$29  
Three Rivers Fitness Otsego | Not meeting Feb 16 | #5111-3W

Fridays Jan 16-Feb 20 | 12:00-12:45pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | #5111-4W

## NEW! CrossFit, Beginner

Join the fastest-growing fitness community in the world today! Learn the basics of CrossFit and get in shape with fun, safe and effective sessions in a non-intimidating, small group training with experienced coaches! The beginner class is for everyone, no matter what your fitness level; all movements can be modified so anyone can do them! Fitness evaluations, nutrition coaching, accountability and ongoing support are included in this life-changing program!

Mon/Wed/Fri Jan 12-Feb 13 | 7:30-8:30pm | 15 sessions | \$139  
CrossFit Elk River | #5118-1W

Tue/Thu Jan 13-Mar 12 | 4:30-5:30pm | 18 sessions | \$165  
CrossFit Elk River | #5118-2W

Mon/Wed/Fri Feb 18-Mar 23 | 7:30-8:30pm | 15 sessions | \$139  
CrossFit Elk River | #5118-3W

# LOCATIONS

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

**CrossFit Elk River**  
16802 US Hwy 10, Elk River

## Yoga Basics

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

Sun/Tue Jan 4-20 | 6:00-6:55pm | 6 sessions | \$29  
Handke Center Stage Door 5 | L. Waite | #5100-1W

Tue/Thu Jan 6-22 | 9:15-10:15am | 6 sessions | \$29  
Handke Center Stage Door 5 | L. Waite | #5100-2W

Mondays Jan 12-Feb 23 | 6:30-7:30pm | 6 sessions | \$29  
Rogers MS House A Hallway Door A | Three Rivers Fitness  
Not meeting Feb 16 | #5100-3W

Tuesdays Jan 13-Feb 17 | 9:00-10:00am | 6 sessions | \$29  
Handke Center Rm 112 Door 5 | Scattarelli | #5100-4W

Wednesdays Jan 14-Feb 18 | 10:00-11:00am | 6 sessions | \$29  
Handke Center Stage Door 5 | Scattarelli | #5100-5W

Thursdays Jan 15-Feb 19 | 7:35-8:35pm | 6 sessions | \$29  
Hassan Elem Cafeteria Door 1 | Three Rivers Fitness | #5100-6W

Fridays Jan 16-Feb 20 | 6:30-7:30pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | #5100-7W

## Zumba Fitness

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

Mondays Jan 5-Feb 9 | 7:35-8:35pm | 6 sessions | \$29  
Rogers MS Cafeteria Door A | Three Rivers Fitness | #5112-6W

Fridays Jan 16-Feb 20 | 5:30-6:30pm | 6 sessions | \$29  
Three Rivers Fitness Otsego | #5112-7W

## Zumba, Toning

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

Tuesdays Jan 13-Feb 17 | 6:30-7:30pm | 6 sessions | \$29  
Handke Center Cafeteria Door 5 | Three Rivers Fitness | #5112-4W

Tuesdays Mar 3-Apr 14 | 6:30-7:30pm | 6 sessions | \$29  
Handke Center Cafeteria Door 5 | Three Rivers Fitness  
Not meeting Mar 24 | #5112-5W

# ADULT FITNESS



*"Zumba is not for fitness people, Zumba is for ALL people."  
~ Zumba Fitness Instructor*

## Zumba, Beginner

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

Wednesdays Jan 14-Feb 25 | 6:00-7:00pm | 6 sessions | \$29  
Zimmerman Elem Cafeteria Door 1 | Jeffers | Not meeting Feb 18  
#5112-2W

Thursdays Jan 15-Feb 19 | 6:30-7:30pm | 6 sessions | \$29  
Hassan Elem Cafeteria Door 1 | Three Rivers Fitness | #5112-1W

Wednesdays Mar 4-Apr 8 | 6:00-7:00pm | 6 sessions | \$29  
Zimmerman Elem Cafeteria Door 1 | Jeffers | #5112-3W

## NEW! Hip Hop, Beginner

Cardio fitness meets hip hop dance for a super fun workout! You'll be having such a great time you won't even realize you're getting in shape. Grab some friends and dance your way to fitness!

Wednesdays Mar 4-25 | 6:15-7:00pm | 4 sessions | \$19  
Handke Center Gym Door 5 | K. Waite | #5142-4W

## NEW! Safe and Fun Winter Hiking

Are you a fair weather hiker? With a little more knowledge and the right equipment, you can enjoy hiking even in cold weather. We will look at proper preparation, the "10 essentials" and other equipment, first aid (including hypothermia), clothing and energy snacks. Dick McCormick has camped and hiked the Gun Flint Trail at 20 degrees below zero; climbed the Cascades east of Seattle, Mt. Rainier and Mt. Whitney; and snowshoed and cross-country skied around Minnesota.

Thursday Feb 19 | 6:30-8:30pm | 1 session | \$5  
Handke Center Rm 212 Door 5 | McCormick | #5108-1W

## NEW! Roll Into Fitness: Log Rolling

Log rolling...it's not just for lumberjacks anymore! We're putting a modern spin on this historic activity. Key Log Rolling gives you an opportunity to get fit in a different way by working on core, balance, coordination, footwork and more. Class will be guided by trained staff and includes specially designed trainers and accessories that make it much easier for all ages to learn to log roll. No experience necessary! Come see why Outside Magazine named Key Log Rolling #4 on their list of 50 favorite things.

Sundays Jan 11-Feb 8 | 1:00-3:00pm | 5 sessions  
\$5/session; \$20/5-session pass  
VandenBerge MS Pool Door M | #5144-1W

## Aqua Fitness

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

Sundays Jan 11-Feb 8 | 7:30-8:15pm | 5 sessions  
\$45 Individual/\$85 Pair  
VandenBerge MS Pool Door M | K. Waite | #5120-1W

Sundays Feb 22-Mar 29 | 7:30-8:15pm | 5 sessions  
\$45 Individual/\$85 Pair  
VandenBerge MS Pool Door M | K. Waite | Not meeting Mar 8  
#5120-2W

## 24Fit Boot Camp Kick-Off

Come in and see what this fitness craze is all about!

Monday Feb 9 | 6:00-8:00pm | 1 session | Free  
Handke Center Rm 111 Door 5 | Will/Glenn | #5145-4W

## 24Fit Boot Camp

Do you need to increase metabolism and burn fat more efficiently? This class features Xtreme fitness challenges, fitness evaluation and coaching. The goal: complete body transformation. This class is for all fitness levels. Please arrive 15 minutes early the first night.

Mon/Wed/Thu Jan 12-Feb 5 | 6:00-7:00pm | 12 sessions | Free  
Salk MS Gym Door U | Will/Glenn | #5145-1W

Mon/Wed/Thu Feb 18-Mar 16 | 6:00-7:00pm | 12 sessions | Free  
Salk MS Gym Door U | Will/Glenn | #5145-6W



# ADULT HEALTH, SAFETY & WELLNESS

## **NEW!** Tips and Strategies for First Time Marathoners

Signed up for your first marathon or considering an upcoming race? Learn about nutrition, clothes and race strategies to cross the finish line for the first time. Also get tips and tricks for training and race day, along with the answers to any of your questions.

Monday Mar 9 | 6:30-8:30pm | 1 session | \$19  
Rogers MS Media Center Door A | Miller | #5039-1W

## **Attacking Stress, Anxiety and Depression**

Do you tell yourself, no one has it as bad as I do? Or, this is just the way I will always be. Have you tried everything? Meet weekly with others who are going through the same challenges with stress, anxiety and depression as you are. Learn the skills to control your stress, anxiety and depression. Learn how to live the life you were meant to live.

Thursdays Jan 8-Mar 26 | 5:30-6:30pm | 12 sessions | \$79  
Handke Center Rm 110 Door 5 | Lovelette | #5037-1W

## **Attacking Stress, Anxiety and Depression Refresher**

Meet weekly with others who are going through the same challenges with stress, anxiety and depression as you are. Do you tell yourself, no one has it as bad as I do? Or, this is just the way I will always be. Have you tried everything? Learn the skills to control your stress, anxiety and depression. Learn how to live the life you were meant to live. Registrants must have previously completed the 12-week Attacking Stress, Anxiety and Depression class.

Thursdays Jan 15, Feb 12, Mar 12 | 6:45-7:45pm  
3 sessions | \$19  
Handke Center Rm 110 Door 5 | Lovelette | #5037-2W



*Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat.*

## **NEW!** Nutrition and Weekly Meal Prep

Nutritious and well-balanced meals can be easy and delicious with a little bit of prep work. Come learn the basics of nutrition and how what you eat can impact your daily performance. After learning about daily nutrition, we'll go over easy ways to prep for the week and take the guessing game out of each meal.

Wednesday Feb 18 | 6:30-8:30pm | 1 session | \$19  
Rogers MS Media Center Door A | Miller | #8154-1W

## **NEW!** Police Activity League - Judo Club

This club hopes to provide a safe, positive and energetic environment for young adults to enjoy the art of Judo. Join with law enforcement officers and get to know them for a fun night of learning "The Gentle Way." This partnership will have a profound effect on public perceptions of law enforcement and on the participant's daily life. Age 25+ is free with a participant age 14-24.

Tue/Thu Jan 13-Mar 3 | 7:00-9:00pm | 15 sessions  
\$49 age 14-24; age 25+ free when accompanied by a paid registrant  
Elk River American Legion Community Rm | Keckeisen  
#4150-1W



## **LOCATION**

American Legion Elk River  
525 Railroad Drive, Elk River

# ADULT HEALTH, SAFETY & WELLNESS



**Cardiac arrest can happen at any age, and each person, when trained in CPR, has the capability to save a life.**

## American Heart Association CPR/AED

Did you know the save rate in the northern suburbs of the Twin Cities is five times the national rate? Training in CPR and the use of an Automated External Defibrillator have more impact on resuscitation than any other factors. The new guidelines emphasize hard, fast compressions, early access and use of an AED. Learn how to use CPR, AEDs and barrier devices on adults, children and infants.

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

Monday Mar 23 | 6:00-10:00pm | 1 session | \$69  
Handke Center Rm 210 Door 5 | Neiss | #5005-2W

## American Red Cross Standard First Aid

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

Monday Feb 23 | 6:00-10:00pm | 1 session | \$59  
Handke Center Rm 210 Door 5 | Neiss | #5002-1W



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

## The LIME Life

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

\$25 per class; \$89 all 4 sessions

## The LIME Life: Love

Sometimes we get stuck in patterns that affect our self-worth or ability to love ourselves and others unconditionally. It all begins with self-awareness and working through the blocks that prevent us from fully experiencing the love within us. You have infinite love and potential within you; let's tap into it.

Tuesday Jan 20 | 6:30-8:00pm | 1 session  
Handke Center Rm 107 Door 5 | Smiles | #5038-1W

## The LIME Life: Inspiration

Inspiration--it's not necessarily all about inspiring others, but more about seeking Divine influence and acting on it in your daily life. Finding the inspiration that keeps you going after your dreams, working through the challenges in life and just being grateful for each moment.

Tuesday Feb 17 | 6:30-8:00pm | 1 session  
Handke Center Rm 107 Door 5 | Smiles | #5038-2W

## The LIME Life: Mindfulness

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

Tuesday Mar 3 | 6:30-8:00pm | 1 session  
Handke Center Rm 107 Door 5 | Smiles | #5038-3W

## The LIME Life: Empower

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

Tuesday Mar 24 | 6:30-8:00pm | 1 session  
Handke Center Rm 107 Door 5 | Smiles | #5038-4W

# ADULT HEALTH, SAFETY & WELLNESS

## AARP Smart Driver Course | 4-Hour

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

Thursday Jan 8 | 9:00am-1:00pm | 1 session  
\$19 Member/\$25 Non-Member  
Handke Center Rm 111 Door 5 | Scott | #5007-1W

Thursday Feb 26 | 4:30-8:30pm | 1 session  
\$19 Member/\$25 Non-Member  
Elk River HS Rm 105 Door A | Boelter | #5007-2W

Thursday Mar 26 | 4:30-8:30pm | 1 session  
\$19 Member/\$25 Non-Member  
Elk River HS Rm 105 Door A | Boelter | #5007-4W

## MHSRC Driver Improvement Program | 4-Hour

This driver improvement program is offered by the Minnesota Highway Safety Research Center and AAA. Topics include visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. Previous completion of the 8-hour course is required. Check with your insurance provider to make sure this course qualifies for the discount.

Monday Jan 26 | 12:30-4:30pm | 1 session  
\$18 AAA Member/\$20 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-7W

Thursday Mar 26 | 5:30-9:30pm | 1 session  
\$18 AAA Member/\$20 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-8W

## MHSRC Driver Improvement Program | 8-Hour

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

Wed/Thu Feb 25 & 26 | 5:30-9:30pm | 2 sessions  
\$18 AAA Member/\$20 Non-Member  
Handke Center Rm 111 Door 5 | Sundeen | #5007-9W



## AARP "Top 100 Award"

Jim Tacheny, right, a local regional representative for AARP, and Carole Boelter, left, an AARP Instructor, present Jay Grammond, center, of ISD 728 Community Education, with a national "Top 100 Award" from AARP for recognition as the number 46 host site, out of 18,000, in the nation for AARP's Smart Driver Course Program. The ranking is based on the number of classes offered and the number of participants served in 2013.

"Through our program coordinator, Jay Grammond, and our talented instructors' hard work, our AARP program has become a huge asset to our community," says Cory Franson, ISD 728 Community Education Program Manager. "It's a great honor to be recognized nationally for the success of this program's service to our community members."

## NEW! Adult Driving Lessons | age 18+

Whether you are learning to drive for the first time as an adult, need to re-take your driving test, or just want to feel more comfortable behind the wheel, our professional instructors can help you build the skills and confidence needed when driving. Immediate openings for daytime instruction. Call to register: 763-241-3520.

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

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



# ADULT TRIPS

## GROUP TRAVEL INFO NIGHTS

### Adventures to Europe Travel Info Night

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

Monday Feb 2 | 6:30-8:00pm | 1 session | Free  
Handke Center Rm 107 Door 5

### Collette: Travel Info Night

Join us for a night of fun as we learn about a fantastic trip to Italy. Ten days of awesomeness! You'll see Rome, Perugia, Siena, Florence, Venice, Lugano Switzerland, Lake Como and Milan!

Tuesday Feb 10 | 6:30-7:30pm | 1 session | Free  
Handke Center Rm 111 Door 5

### Premier World Discovery Travel Info Night

Join us for this special presentation on these travel destinations: Montana, Glacier National Park & the Canadian Rockies by Train; Costa Rica; Venice and the Italian Lakes; and the Best of China. Need not be planning travel to attend.

Thursday Feb 19 | 6:30-8:00pm | 1 session | Free  
Handke Center Rm 111 Door 5

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

Beginning or ending in Prague, you'll spend nine magical days in some of Europe's historic capitals with Baroque and Art Nouveau architecture, a tumultuous past, and earthy cuisine. We'll walk through bustling Munich in the Bavarian Alps, take a sobering trip to the Dachau concentration camp, then go to Austria to see if the "hills are alive" in quaint Salzburg in the Austrian Alps. This is an unforgettable get-away.

Oct 2015 | \$1,999 per person/double occupancy; land package only #6105-4F



*About 7 million people visit the Eiffel Tower each year.  
This could be your year!*

### Adventures to Europe: Paris and Beyond

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

Jun 2015 | \$1,199 per person/double occupancy; land package only #6105-2F

### Adventures to Europe: Tuscany and Beyond

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

Oct 2015 | \$1,999 per person/double occupancy; land package only #6105-3F

### NEW! Collette: Reflections of Italy

Our 10 days will start in Rome with a tour of the Piazza Venezia, the circus Maximus, Arch of Constantine, Piazza Navona and the Colosseum. Next, it's off to the medieval city of Perugia in Umbria, and on through Tuscany and the cities of Siena and Florence to see Michelangelo's "David" and more. Take a tour of a historic winery on your way to Venice. In Venice, you'll see St. Mark's Square and Basilica, the bridge of Sighs, the Doge's Palace and the Clock Tower. Finish the trip with time in Lugano, Switzerland and Lake Como; continuing on to Milan.

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

## **NEW! Premier World Discovery: Best of China**

Visit Beijing, with its treasure of beautifully preserved palaces, tombs, relics and Tiananmen Square. Take a full day to explore the Great Wall of China. Travel Beijing's ancient alleyways by rickshaw. Experience the Ancient City of Xian and its more than 8,000 Terracotta Warriors. Finish the 10-day trip in Shanghai with a tour of the city and the Bund, visit the Garden of the Mandarin Yu and a silk weaving workshop.

Nov 3-12, 2015 | \$3,495 per person/double occupancy  
#6106-4F

## **NEW! Premier World Discovery: Montana, Glacier National Park & the Canadian Rockies by Train.**

Board Amtrak's famous 'Empire Builder' train bound for Montana and Glacier National Park. Arrive in Whitefish and transfer to a 1930's Red Jammer Touring Car for a ride over the Going-to-the-Sun Highway. Head to Banff for a three-night stay in the heart of the Canadian Rockies where you will see Moraine Lake, Lake Louise and the Valley of the Ten Peaks. You'll explore the Icefields Parkway--one of the most scenic highways in the world. End the trip with a farewell dinner at an East Glacier Park lodge.

Jun 24, 2015 | \$2595 per person/double occupancy.  
#6106-2W

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

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

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

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

Spend seven-nights in a first-class hotel in the Lake Como area as you explore Venice and the Italian lakes. Visit the Duomo di Milano, enjoy a cruise of Lake Como to Bellagio and explore the Roman ruins in Verona. Spend a day in Venice, visit St. Mark's Square, the Basilica, the Doge's Palace, the Bridge of Sighs and enjoy the quintessential Venetian experience--a gondola ride. Finish with a trip to Lugano, Switzerland and its views of the Alps and Lake Lugano.

Oct 19-27, 2015 | \$3,295 per person/double occupancy  
#6106-2F

## **NEW! Minnesota Wild vs. New Jersey**

Go "Wild" with Community Education by joining us for a Minnesota Wild hockey game at the Xcel Energy Center. Please bring money for concessions or souvenirs if you wish. Hurry! Limited number of tickets available. Arrive 10 minutes prior to departure; bus cannot wait for late arrivals.

Tuesday Mar 10 | 1 session | \$49  
Zimmerman MS/HS | Bus Pick-Up Time 4:15pm | #6137-1W  
Lincoln Elem | Bus Pick-Up Time 4:45pm | #6137-2W  
Rogers MS | Bus Pick-Up Time 5:15pm | #6137-3W

## **NEW! Classic Soups and a Famous Stew**

Create some of the best hearty soups: New England clam chowder, wild rice, pumpkin, split pea with ham and corn bisque with rosemary. Follow them with the very famous French beef stew in red wine (boeuf bourguignon). What could be better for an easy meal during cold weather than a salad, some great bread and a steaming bowl of soup!

Wednesday Jan 14 | 6:00-9:00pm | 1 session  
\$39 Individual/\$75 Pair  
Elk River HS Rm 352 Door H | Severson | #8153-1W

## **NEW! Northern Italian Dinner Date Night**

Our feast will start with two classic appetizers: prosciutto and mozzarella cheese and prosciutto-wrapped melon. We'll create two creamy risottos using arborio rice--one featuring freshly-grated parmigiano cheese and the other with dried porcini mushrooms. A winter vegetable dish highlights grilled Belgian endives. Our main dish is chicken cacciatore. To wrap up the evening, we'll master the twice-baked almond cookie, biscotti.

Friday Mar 20 | 6:00-9:00pm | 1 session | \$39 Individual/\$75 Pair  
Elk River HS Rm 352 Door H | Severson | #8153-2W



**Back by popular demand...cooking classes!**

## HISTORY SERIES

### James C. Church World War II History Series: Winged Victory - The USAAF in WWII

Trace the growth and development of the Air Force during WWII, as well as the various campaigns that took place in other theaters. Learn what worked and what didn't. Was the dropping of the atomic bomb on Hiroshima and Nagasaki necessary and did it hasten peace? Additional suggested resources provided. Pre-registration required.

Sunday Jan 11 | 1:00-3:00pm | 1 session | \$9 Adult/\$2 Student  
Handke Center Rm 111 Door 5 | Allert | #8126-1W

### James C. Church World War II History Series: Red Storm in the East - The Russian Front 1941 to 1945.

Between June 1941 until his country's defeat in May 1945, Hitler devoted 70% of Germany's resources in a vain attempt to defeat the former Soviet Union. Discover how the once fragile alliance between these two dictatorships evolved into the greatest struggle in human history. Additional suggested resources provided. Pre-registration required.

Sunday Feb 22 | 1:00-3:00pm | 1 session | \$9 Adult/\$2 Student  
Handke Center Rm 111 Door 5 | Allert | #8126-2W

### James C. Church World War II History Series: Pacific Storm - From the Battle of the Coral Sea to Tawara

Review the actions in the Pacific Theater between 1942 and 1943 that mark the transition of America's defensive strategy to offensive strategy. The Japanese soon experienced America's resolve after Pearl Harbor; however, Americans also discovered that the road to Tokyo would be a difficult endeavor. Additional suggested resources provided. Pre-registration required.

Sundays Mar 8 & 22 | 1:00-3:00pm | 2 sessions  
\$9 Adult/\$2 Student  
Handke Center Rm 111 Door 5 | Allert | #8126-3W

### Puppy Kindergarten

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



Fridays Jan 9-Feb 13 | 6:00-7:00pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | Not Meeting Feb 6  
#8100-1W

Fridays Feb 20-Mar 20 | 6:00-7:00pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | #8100-4W

### Dog Obedience, Basic

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

Fridays Jan 9-Feb 13 | 7:05-8:05pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | Not Meeting Feb 6  
#8100-2W

Fridays Feb 20-Mar 20 | 7:05-8:05pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | #8100-5W

### Dog Obedience, Intermediate

This class continues where the Basic class left off. Our goal is off-leash work, introducing several new exercises: the drop on recall, the retrieve and basic jumping. We will begin with the review of the basic exercises. Puppies must be at least three months old and have begun their shot series. Bring a collar and six-foot leather leash. You will also need a retrieving dumbbell during this class.

Fridays Jan 9-Feb 13 | 8:10-9:10pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | Not Meeting Feb 6  
#8100-3W

Fridays Feb 20-Mar 20 | 8:10-9:10pm | 5 sessions | \$69  
Handke Center Cafeteria Door 5 | Mahr | #8100-6W



## NEW! Intro to Pottery

No experience required! Learn how to properly and effectively center clay, open, and “pull” clay up to create your masterpiece on a potter’s wheel. Participants will make functional pottery while experimenting with different surface texture techniques to make pots that are truly works of art.

Saturdays Jan 10-Mar 7 | 10am-12:00pm | 8 sessions | \$75  
Handke Center Art Rm Door 5 | Hellings | Not meeting Feb 21  
#8562-1W

Thursdays Feb 19-Apr 16 | 6:45-8:45pm | 8 sessions | \$75  
Handke Center Art Rm Door 5 | Hellings | Not meeting Mar 12  
#8561-1W

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## NEW! Picture to Painting

Make your favorite photo a work of art – no experience required! Our instructor will demonstrate the fundamentals of a good oil painting, while educating on basic composition, shapes and color. Please bring 4 of your favorite photos to choose from.

Monday Feb 23 | 6:00-9:00pm | 1 session | \$35  
Zimmerman HS Rm 562 Door A | Haglund | #8563-1W

Monday Mar 23 | 6:00-9:00pm | 1 session | \$35  
Rogers MS Rm 562 Door A | Haglund | #8564-2W

Monday Apr 20 | 6:00-9:00pm | 1 session | \$35  
Handke Center Art Rm Door 5 | Haglund | #8565-3W

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## NEW! Wool Mittens

Etsy-inspired recycled wool mitten-making! Dig an old sweater out of the closet to create something new. Sweaters must be 100% wool. Instructions will be sent via email for pre-shrinking your sweater, along with a list of additional project supplies for class. A personal sewing machine is required; bring to class. These mittens are sure to keep your fingers toasty warm this winter!

Thursday Feb 12 | 6:00-9:00pm | 1 session | \$15  
VandenBerge MS Rm 242 Door N | Decker | #8566-1W

### REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS  
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



### REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS  
YOU ARE HOPING TO TAKE.



*Learn how to make, color and scent your own raw soap.*

## Soap Making

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

Thursday Mar 19 | 6:00-9:00pm | 1 session | \$39  
Elk River HS Rm 352 Door H | Thomas | #8330-1W

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## NEW! Wine Journal and POUR Wine Tasting

Inspire your creativity with wine! Stamp with wine bottles, decorate with corks and add maps of your dream wine tasting destinations to create a personalized wine journal. Use your journal as we move into a wine tasting led by a wine expert at POUR. Class meets at POUR, 15704 90th Street NE, Otsego.

Tuesday Feb 3 | 6:00-9:00pm | 1 session | \$39  
POUR Restaurant Otsego | #8567-1W

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## NEW! Instant Piano

Learn secrets of the trade for years of musical enjoyment! Learn how chords work in a song, types of chords, keys and time signatures and how to simplify over 12,000 complex chords. Registration fee includes a workbook and practice CD.

Monday Jan 19 | 6:30-9:30pm | 1 session | \$59  
Rogers MS Choir Rm Door A | Anderson | #8568-1W

# ADULT ARTS | PARENTING



## Crescendo - Individual and Semi-Private Music Lessons

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

### Our Lessons are:

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

### Our Instructors:

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

## Parenting - The toughest job you'll ever do alone age birth-grade 5

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

Tuesdays Jan 13-May 26 | 6:00-8:00pm | Free  
Handke Center Rm 2 Door 5 | Not meeting Feb 17, Mar 10, 31, Apr 7  
#780

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

## Parenting Apart

For a variety of reasons, many children do not live in homes with both of their birth parents. In these situations, children often experience anger, sadness, guilt and grief. This class is in compliance with the standards established by the Supreme Court for parent education programs.

Saturday Jan 10 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA1

Saturday Feb 7 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA2

Saturday Mar 7 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA3

## Special Education Advisory Council: Parent Forum

Join the SEAC for a Parent Forum that will have information on the following topics:

### 5:30pm The Minnesota Olmstead Plan

Preparing our young adults for competitive employment: Information and Resources for Parents of students receiving special education or 504 services.

### 7:00pm Developing Social and Behavioral Competencies

Developing acceptable and appropriate social behaviors and how to respond to behaviors that are unexpected or unacceptable.

Thursday Feb 26 | 1 session | Free  
Elk River HS Auditorium Door A

## Children's Challenging Behavior - Maneuvering the Pitfalls, Experiencing the Joy

Children's behavior can be challenging. Are you feeling stuck reacting to children's behavior in the same way, without the results you'd like? Are there some techniques and better ways to try? Explore this important topic with Paula Donnelly and other parents. She'll share a model for thinking about behavior that's much like driving a car...only this is the behavior car. How you respond can help children learn cooperation and positive behavior. Join us for a fun evening of learning, laughing, gaining skills and insights on children's behavior.

Tuesday Apr 21 | 6:15-8:30pm | 1 session | \$5  
6:15-6:30pm Check-in and refreshments | 6:30-8:30pm Workshop  
Handke Center Community Room Door 5 | #747



Presented by Paula Donnelly. Paula holds a Masters degree and has worked in ECFE as a parent educator, home visitor and behavior specialist for 25+ years.



## Instructor Brandy Favilla

Brandy worked as a software trainer for New Horizons Computer Learning Center for many years. She has been an adjunct faculty member, teaching Microsoft Office classes as well. She now works as an IT assistant in the Elk River School District at the Handke Center. Brandy says, "My teaching

philosophy is to have a fun, interactive class with hands-on practical exercises and examples that students can relate to their own needs. I encourage students to ask questions, participate in classroom learning and engage with their class and myself. I believe in learning and growing through the shared experiences of others."

## NEW! Facebook 101

So you have a Facebook account set up... what's next? Let's set up your profile, explore Facebook settings, the newsfeed, join groups, "like" business pages, add friends, manage events and more.

Monday Feb 2 | 1:30-3:30pm | 1 session | \$19  
Rogers Community Rm | Favilla | #8009-10W

*This class is made possible through a partnership between the City of Rogers and ISD 728 Community Education. Laptop computers will be provided to use during class.*

Wednesday Feb 11 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-11W

## NEW! Twitter 101

Twitter is a social media technology used by individuals, professionals and businesses around the world to communicate. Like many tools, Twitter isn't for everyone. We will examine what Twitter is, its demographics and users, how to create your own Twitter strategy and how to use Twitter terminology and symbols to get the most from your account.

Wednesday Mar 4 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-17W

## NEW! Blogging 101

For personal or business use, we'll review how to create, launch and sustain a blog including writing tips and which platform is best. You'll leave the class with the necessary tools to start blogging.

Tuesday Jan 27 | 6:30-8:30pm | 1 session | \$19  
Handke Center Rm 111, Door 5 | Miller | #8009-18W

## NEW! LinkedIn 101

LinkedIn is a professional networking tool to collaborate and share best practices. It also promotes lifelong learning by networking and collaborating with professionals from around the world. In this session we will work on making connections and contacts, joining groups and searching for companies and jobs. By the end you will have the tools and knowledge to build a professional profile and increase your visibility!

Wednesday Feb 25 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-16W

## NEW! Microsoft Excel Basics 101

Are you a new Excel user? Tour the environment, understand Spreadsheet terminology, create a basic worksheet by using Microsoft Excel, perform calculations in an Excel worksheet, modify an Excel worksheet, modify the appearance of data within a worksheet, manage Excel workbooks, and print the content of an Excel worksheet.

Monday Jan 26 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-3W

## NEW! Microsoft Excel Intermediate 102

Take your Excel skills to the next level. Organize worksheet and table data using various techniques, create and modify charts, insert and modify graphic objects in a worksheet, customize and enhance workbooks and the Microsoft Office Excel environment, use Excel as a database program and use the Sort and Filter options.

Monday Feb 2 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-4W

## NEW! Microsoft OneNote

OneNote has many features that can improve time management skills, including task lists and scheduling with Microsoft Outlook. It allows you to research on the web and maintain links so you know where you found the information. Explore the structure of OneNote notebook and more note-taking organization features in this class.

Wednesday Jan 28 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-5W

# LOCATION

**Rogers Community Room**  
21201 Memorial Drive, Rogers



# ADULT TECHNOLOGY

## **NEW! Microsoft PowerPoint 101**

Learn how to create a presentation using PowerPoint. Format text on slides to enhance clarity and visual appeal, add graphical objects to a presentation and modify them. Finally, add tables and charts to present data in a structured form.

Wednesday Feb 4 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-6W

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## **NEW! Microsoft Word 101**

Most people take word-processing for granted. While we may still write out our grocery lists, we expect to use a computer to create the majority of our documents. Microsoft Word is designed to help you move smoothly through the task of creating professional-looking documents. Its rich features and powerful tools can make your work easy, and even fun.

Monday Feb 9 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-7W

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## **NEW! Microsoft Word 102**

This course will show how you can work more efficiently by automating some tasks and providing methods to maintain consistency between documents. You will create more complex documents that include lists, tables, charts, graphics, and newsletter layouts. You will also merge data into documents to personalize correspondence and address envelopes and labels.

Wednesday Feb 18 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-8W

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## **NEW! Computer File Management Basics**

Need help knowing where to save that picture, document or file so you can easily find it? Uncertain how to create folders? Feel like your computer files are a mess or you never really understood how to keep things organized? Learn basic file management so you'll never have to wonder where your saved file, document or photo went.

Wednesday Jan 14 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-1W

Monday Feb 9 | 1:30-3:30pm | 1 session | \$19  
Rogers Community Rm | Favilla | #8009-2W  
*This class is made possible through a partnership between the City of Rogers and ISD 728 Community Education.  
Laptop computers will be provided to use during class.*

## **NEW! Computers Made Easy**

Are you new to computers? This course is for you! We will go over the basics including an overview of the computer, mouse, cursor, keyboard, desktop, icons, recycle bin, personalizing the desktop, desktop shortcuts, the taskbar and more. You will leave this class with the confidence and skills to be a computer pro!

Tuesday Jan 13 | 1:30-3:30pm | 1 session | \$19  
Rogers Community Rm | Favilla | #8009-14W

*This class is made possible through a partnership between the City of Rogers and ISD 728 Community Education. Laptop computers will be provided to use during class.*

Tuesday Jan 13 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-15W

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## **NEW! Email Essentials using Gmail**

Create a new Gmail account and learn to send, receive, store and manage your emails. Discuss cc and bcc and how/when to use them. Discuss reply, reply to all and forward, create folders for storing important messages and deleting messages you don't need. Learn to send, receive and download attachments with emails, create an email signature and explore other email settings.

Wednesday Jan 21 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8001-1W

Wednesday Feb 18 | 1:30-3:30pm | 1 session | \$19  
Rogers Community Center | Favilla | #8001-2W  
*This class is made possible through a partnership between the City of Rogers and ISD 728 Community Education. Laptop computers will be provided to use during class.*



**Google launched Gmail on April Fools' Day in 2004; features included speedy search, huge amounts of storage and threaded messages.**

# BUSINESS | ADULT FINANCE



**Putting your wishes in writing helps make sure they'll be known and followed by family, friends, health care providers and others.**

## **NEW! Working with Google Docs**

Discover how you can work more efficiently using Google Docs, Google Sheets and Google Presentations. Get an overview of these three tools, basics in each program and how to use Google Drive to store your files. Basic computer experience is necessary to be successful in this class.

Monday Feb 23 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-9W

## **NEW! Internet Basics 101**

Discover the world of the Internet including the basics of Web Browsers. We'll also change the browser Home Page in Internet Explorer, use the browser address bar, learn about hyperlinks and how to save favorites. Finally, using Google, we will get an understanding of search engines.

Wednesday Jan 21 | 1:30-3:30pm | 1 session | \$19  
Rogers Community Rm | Favilla | #8009-12W

*This class is made possible through a partnership between the City of Rogers and ISD 728 Community Education. Laptop computers will be provided to use during class.*

Wednesday Mar 11 | 6:30-8:30pm | 1 session | \$19  
Elk River HS Rm 103 Door A | Favilla | #8009-13W

## **NEW! Social Media Strategies for Small Business**

Discover what social media can do for you. Industry expert Katie Miller will cover Facebook, Twitter, Pinterest, LinkedIn, and Instagram, along with some basic strategies on blogging and Google+. This is your chance to hop on board!

Monday Jan 12 | 6:30-8:30pm | 1 session | \$19  
Handke Center Rm 111 Door 5 | Miller | #8005-1W

## **Estate Preservation**

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

Tuesday Mar 10 | 6:30-8:00pm | 1 session | \$9  
Handke Center Rm 210 Door 5 | Bigalke | #8064-1W

## **NEW! Four Steps to Financial Independence**

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

Tuesdays Jan 20, Feb 17, Mar 24, Apr 21 | 7:00-8:20pm  
4 sessions | \$15 Individual/ \$25 Pair  
Handke Center Rm 210 Door 5 | Schwantes | #8068-1W

## **Write Your Own Healthcare Directive**

If you become incapacitated, who will carry out your wishes regarding your health care and personal finances? By having a plan, you make your own choices. Participants will leave class with a valid Health Care Directive and Power of Attorney. Participants should be comfortable using a computer, as work will be completed in a computer lab. Some prep work is required; a packet or email will be sent one week prior to class.

Monday Mar 16 | 6:30-8:30pm | 1 session  
\$35 Individual/\$65 Couple  
Elk River HS Rm 103 Door A | Helseth | #8067-1W

## **Write Your Own Will**

Get questions answered and draft a basic will with guidance from a licensed attorney. Class is appropriate for individuals with assets less than one-million dollars including real estate, life insurance, and retirement assets. You will leave this class with a legal and effective will. Prior to class, Community Education will send participants a questionnaire that must be completed and brought to class. Basic computer skills are helpful; the will is completed on a computer.

Tuesday Feb 24 | 6:00-9:00pm | 1 session  
\$55 Individual/\$99 Couple  
Elk River HS Media/Computer Lab Door H | Helseth | #8066-1W

## CEU COURSES FOR TEACHERS

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

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

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

### Classroom Computing

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

### Languages

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

### Mathematics

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

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

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

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

### Science

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

### Reading and Writing

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

### Tools for Teachers

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





# ADULT ONLINE LEARNING



Millions of lifelong learners take online courses through ed2go and their network of 2100+ college and university partners.

## Accounting and Finance

Accounting | Capital Markets | Finance | Personal Finance and Investments

## Business

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

## Computer Applications

Adobe | Corel | IBM | Microsoft | Quickbooks

## Design and Composition

Graphic and Multimedia Design | Photography | Print Design  
Web Design

## Engineering

Building Design | Business Skills | Environmental | Health & Safety  
Materials | Structural

## Government

Law Enforcement

## Health Care and Medical

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

## Language and Arts

Arts | Languages | Photography | Writing

## Benefits of taking an Online Learning Class:

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

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

## Law and Legal

Business and Corporate | Criminal Law | LSAT Preparation  
Paralegal

## Personal Development

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

## Schools

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

## Service and Hospitality

Food and Beverage | Hospitality Training

## Technology

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

**COURSES AS  
LOW AS \$75!**

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

# ADULT BASIC EDUCATION

## ADULT BASIC EDUCATION MORE than a GED

Adult Basic Education offers  
FREE individualized instruction in:

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

### English as a Second Language (ESL)

Learn and improve your English skills:

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

We have classes for beginning, intermediate and transitional levels.

### Citizenship & ESL/Citizen Classes

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

Dates of class to be determined.

## GET STARTED TODAY!

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

### GED 2014

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

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**“It could be the best decision  
you ever make.”**

*A message from a current student*

The Metro North Adult Diploma Program offered through Elk River Adult Basic Education (ABE) has been very valuable to me. I've tried anything and everything as far as on-line K-12 schooling goes. I did on-line school freshman year through junior year and it just did not work at all. They just seemed like they didn't care that I wasn't progressing, and I felt I wouldn't fit in at the ALC.

Honestly, ABE was a last resort. My mom saw an article in the paper about ABE and I was willing to give it a try since I was a year behind my graduating class. I felt as if I was letting my parents down, so I decided to take a leap and look into this program. I didn't know what to expect and I'm shy. But I'm glad I took the leap because it ended up being the best decision of my life. I thank the teachers as well as the volunteers and anyone else that is a part of the ABE program for making that possible. They make this program amazing. They encourage us to get our work done. I've grown up so much in this program and I've become more driven to get things done.

So I encourage you to take the leap and give ABE a try. It could be the best decision you ever make.

# ADULT ENGLISH AS A SECOND LANGUAGE



*The English language is a challenge to learn, but these adults are dedicated students making HUGE progress!*

## Learning English

Immigrants face many challenges, like learning English. In Japanese and Spanish, all verbs have similar endings. Not so in English! For example, the past tense of need is needed, but the past tense of buy is bought. Why do noses run and feet smell? How can a wise man and a wise guy have very opposite meanings, but a slim chance and a fat chance mean the same thing? English is so confusing!

We offer small group instruction, one-to-one instruction and the ability to study at home. Teachers and volunteers will help ESL students become more proficient in English. Please see below for more information on how you can volunteer.

## Join our Team of ABE & ESL Volunteers

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



## Elk River Learning Lab ABE/ESL 2015 Winter Class Schedule

**Begins Mon Jan 5 - Ends Thu May 28**

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

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

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

\*Not meeting Jan 19, Feb 16, Apr 6

*Schedule subject to change based on attendance.*

**Classroom Location at Handke: Room 221**

## Contact Information

Elk River Learning Lab

Community Education at The Handke Center

1170 Main Street, Elk River, MN 55330

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

**Email:** [pamela.moriarity@isd728.org](mailto:pamela.moriarity@isd728.org)

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

**Coordinator:** Pam Moriarity

**Instructor:** Sherry Smith

**Instructor:** Rallou Rice

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

## FREE Childcare Available

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

*Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.*

~ Thomas Edison



# ADULT HELPING OTHER PEOPLE EXCEL



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

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

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

## OUTINGS

- Jan 13 Bowling Party
- Jan 16 Lunch at the Ranch
- Jan 30 High School Basketball Game
- Feb 1 Super Bowl Party
- Feb 7 Valentine's Day Dinner
- Feb 13 Sweetheart Dance
- Feb 16 Volunteers of H.O.P.E
- Feb 28 Prairie Fire's Pinocchio
- Mar 2 Dinner & a Movie
- Mar 10 MN Wild Game
- Mar 21 NCHC College Hockey Playoff Game



LIKE US ON FACEBOOK!  
[www.facebook.com/CommunityEd.HOPE](http://www.facebook.com/CommunityEd.HOPE)

## CLASSES

- Jan 4 Yoga Basics
- Jan 10 Pickle Ball
- Jan 12 Winter Craft - Snowflake Wreath
- Jan 19 Scrap It!
- Jan 22 Intro to Clay
- Jan 26 Game Night
- Feb 2 Be My Valentine Craft and Cards
- Feb 5 Winter Birthday Celebration
- Feb 9 Valentine's Bingo & Treat
- Feb 19 Let's Cook! Perfect Pasta & Fruity Salad
- Feb 23 Facebook 101
- Feb 23 Spring Season Kick off
- Feb 26 Uno Tournament
- Mar 7 Basketball Hoopla!
- Mar 9 Spring Craft
- Mar 16 St. Patrick's Day Celebration
- Mar 26 Let's Cook! Terrific Tacos & Sweet Parfaits

**Spring Season Kick-Off**  
Join us on Monday, February 23rd to get your Spring H.O.P.E. flier hot off the press!  
Please RSVP either by phone 763.241.3520 or sign up on facebook!

**Free Event!**  
Monday, February 23  
6:30-8:30pm  
Handke Center Cafeteria, Door 5

Are you a young adult with developmental disabilities looking to have fun with other friends? Plans are in the works to add some new activities just for your age group. Call us at 763-241-3520, or join our Facebook page (Helping Other People Excel) to get on our mailing list or to share ideas of what you'd like to see offered.

# EXTENDED DAY PROGRAMS

## EDVENTURE CLUB | GR K-5

### EdVenture Club Winter 2015 | Grades K-5

#### More than daycare

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

#### Morning Program

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

#### Afternoon Program

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



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

Before School 6:00am to school start time

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

After School 3:30 to 6:00pm

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

#### Zimmerman Area Elementary Schools

Before School 6:00am to school start time

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

After School 3:30 to 6:00pm

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

#### Sibling Discount

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

#### Locations

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

#### District Early Release Days

Plan to have your child join EdVenture Club students for an afternoon of fun. Students attend after school until 6:00pm.

Wednesday Mar 11 | 1 session | \$18

- Hassan Elem | #6022-6W
- Meadowvale Elem | #6022-8W
- Otsego Elem | #6022-14W
- Parker Elem | #6022-2W
- Rogers Elem | #6022-10W
- Twin Lakes Elem | #6022-12W
- Westwood Elem | 6022-16W
- Zimmerman Elem | 6022-4W

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

# EXTENDED DAY PROGRAMS

## NON-SCHOOL DAYS | GR K-5

### Non-School Days - Winter 2015 | Grades K-5

Fun enrichment activities and outings are offered on days that school is not in session. Students are divided by grade levels for the planned activities, including art or science topics, physical education and games, academic-related activities and more. All students should bring a bag lunch and beverage and wear appropriate clothing for the activity. These are full-day activities, held 9:00am-3:00pm, that are planned in a day camp format. Extended hours are available for your drop-off and pick-up convenience; the sites are open 6:00am-6:00pm. When registering, please include the course number, as well as the site/time preference listed below. For example: to register for "Winter Animals" at Parker for 9:00am-3:00pm, your course number would be #6012-1W.

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

#### Winter Animals

Penguins, polar bears and winter games will be the talk of the day as we warm up inside and learn about animals that spend their lives in the frozen parts of the world.

Monday Jan 19 | #6012

#### Grand Slam, Cinema Grill or Roller-skating

**Hassan and Zimmerman - Grand Slam.** Mini-golf, trampolines, bumper cars, arcade games. Bring extra money for concessions.

**Parker and Twin Lakes - Cinema Grill.** Enjoy a day at the New Hope Cinema Grill. It's like a movie at a restaurant!

**Rogers and Otsego - Roller-skating.** Lace up your skates for a day of fun!  
Monday Jan 26 | #6013

#### Presidents and Honesty

Which president was called the honest president and why? In this fun-filled day, find out about presidents while making a unique game about honesty.

Monday Feb 16 | #6014

#### Pineapple Party

Did you know you can grow a pineapple plant by twisting the crown off a store-bought pineapple, allowing it to dry for 2-3 days, and then planting it? Join us today to learn the history of the pineapple and cook up a tasty pineapple treat.

Monday Mar 2 | #6015

#### Grand Slam, Cinema Grill or Roller-skating

**Parker and Twin Lakes - Grand Slam.** Mini-golf, trampolines, bumper cars, arcade games. Bring extra money for concessions.

**Rogers and Otsego - Cinema Grill.** Enjoy a day at the New Hope Cinema Grill. It's like a movie at a restaurant!

**Hassan and Zimmerman - Roller-skating.** Lace up your skates for a day of fun!

Thursday Mar 12 | #6016

#### Let's 'March' On

Getting spring fever? Join us today and discover the different activities March brings.

Friday Mar 13 | #6017

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

-1W	Parker Elem, Door 3	9:00am-3:00pm
-2W	Parker Elem, Door 3	6:00am-6:00pm
	*Parker also serves Lincoln and Meadowvale	
-3W	Zimmerman Elem, Door 5C	9:00am-3:00pm
-4W	Zimmerman Elem, Door 5C	6:00am-6:00pm
	*Zimmerman also serves Westwood	
-5W	Hassan Elem, Door E	9:00am-3:00pm
-6W	Hassan Elem, Door E	6:00am-6:00pm
-7W	Otsego Elem, Door 4	9:00am-3:00pm
-8W	Otsego Elem, Door 4	6:00am-6:00pm
-9W	Rogers Elem, Door 3	9:00am-3:00pm
-10W	Rogers Elem, Door 3	6:00am-6:00pm
-11W	Twin Lakes Elem, Door 3	9:00am-3:00pm
-12W	Twin Lakes Elem, Door 3	6:00am-6:00pm

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

#### Wake Up, Wake Up

Who or what wakes up in the spring to start a new adventure in the warmer weather? Find out as we explore the plants and animals waking up for summer.

Monday Apr 6 | #6018

#### Marvelous May Day

Spring is here, and we'll be celebrating with flowers baskets, spring games and some creative things to do outside as the weather continues to warm up.

Friday May 1 | #6019

#### Grand Slam, Cinema Grill or Roller-skating

**Rogers and Otsego - Grand Slam.** Mini-golf, trampolines, bumper cars, arcade games. Bring extra money for concessions.

**Hassan and Zimmerman - Cinema Grill.** Enjoy a day at the New Hope Cinema Grill. It's like a movie at a restaurant!

**Parker and Twin Lakes - Roller-skating.** Lace up your skates for a day of fun!

Thursday Jun 4 | #6020

#### Summer Plans

What are your summer plans and ideas? Join us to do some fun summer planning and activities, and take home some great ideas to try out over the summer!

Friday Jun 5 | #6021



# EXTENDED DAY PROGRAMS

## EDVENTURE CLUB-SUMMER | GR K-5

EdVenture Club-Summer 2015 | Grades K-5

# EdVenture Club Summer

### What is EdVenture Club-Summer?

EdVenture Club-Summer is an exciting and engaging summer camp program for students who have completed Kindergarten through fifth grade by June 2015. EdVenture Club-Summer, in its 23rd year, provides weekly mini-camps five days a week throughout the summer months and is conveniently located at Hassan, Otsego, Parker, Rogers, Twin Lakes and Westwood Elementary Schools. EdVenture Club-Summer features both full-time and part-time options. Full-time allows your child to attend our program five days a week from 6:00am to 6:00pm. Part-time allows you to plan your child's care around your schedule. Youth will experience fun projects, hands-on learning, a weekly field trip and recreational activities while strengthening relationships in a structured, caring environment.

### Are field trips included with EdVenture Club-Summer?

EdVenture Club-Summer provides weekly field trips throughout the summer. All students are automatically enrolled in weekly field trips if they are scheduled to attend EdVenture Club-Summer on the day of the field trip. Families not wanting to participate in a field trip can register their student to attend another site not going on a field trip for that day. Targeted Services students will not attend field trips as trip times conflict with class times.

### What are some examples of field trips you take?

- Waterpark of America • Cinema Grill • Edina Waterpark
- Bunker Beach • Cheap Skate • Summerland



EdVenture Club-Summer starts on June 8, 2015!

### How much does EdVenture Club-Summer cost?

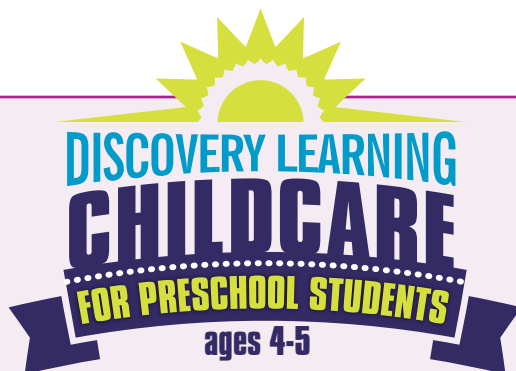
Full-time	Part-time	Part-time
Mon-Fri, 6am-6pm	Mon-Fri, < 6 hrs/day	Mon-Fri, > 6 hrs/day
Weekly Rate: \$140	Daily Rate: \$23	Daily Rate: \$34

### How do I register for EdVenture Club-Summer?

EdVenture Club-Summer registration is available on-line at <http://tinyurl.com/edvonline>. After receipt of your registration, additional materials will be mailed to you. You can also register at the Community Education office which is located at 1170 Main Street in Elk River.

The first week payment of EdVenture Club-Summer is due upon registration. Once enrolled, payments are due 6pm on Mondays prior to the week attending; some exceptions may apply. Register early. It is possible that a site may fill up. Registration deadline for the first week of summer is Monday, May 18.

**Questions?** Contact Community Education at 763-241-3544.



Community Education is offering child care services to extend your child's experience with their Discovery Learning classes. Child care is available for eligible classes in block times before and after your child's preschool class to help accommodate your needs. Please see page 38 for more information.

**Please note:** The extended day options apply only to the daytime Discovery Learning for 4's and 5's classes offered at the Handke Center.

# ECFE EARLY CHILDHOOD FAMILY EDUCATION

Come for your child...stay for yourself



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

ECFE is based on the idea that the family provides a

child's first and most significant learning environment and parents are a child's first and most important teachers. Parents shape a child's development and set the stage for future learning and growth. That's why ECFE offers a variety of classes that provide information, encouragement and support for parents and their children.

Discover hands-on learning opportunities for you to explore new experiences, meet other families, and grow and learn together with your child. ECFE serves all families in the Elk River Area School district with children ages birth to kindergarten. All ECFE classes are taught by licensed early childhood teachers and parent educators to provide the quality education parents are looking for.

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

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

## What are the rooms like?

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

## What are the activities?

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

## What happens during parent discussion time?

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

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

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



The ECFE Blog is written by Ms. Angy and on occasion, a guest blogger. Ms. Angy has been teaching in the field of Early Childhood Education for over 19 years and is in her 7th year teaching School Readiness. She has a Master's Degree in Education and is in the process of finishing her second graduate degree in Parent Education. She is also a very proud mother.

Find the ECFE blog at [www.isd728earlychildhoodfamilyeducation.com](http://www.isd728earlychildhoodfamilyeducation.com).

Featured blogs include:

- Positive Thinking
- Separation Anxiety
- Chores & Allowance
- Top Ten List of Children's Musical Artists
- and More!

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FOLLOW US



Twitter/ECFE728

## ECFE CLASS SCHEDULE AT-A-GLANCE

### Mondays

9:00-10:30am | Multiples Birth-K | Handke  
 10:45am-12:15pm | 2-Year-Olds 24-36 Months | Handke  
 5:00-6:00pm | Infants 0-12 Months | Handke

### Tuesdays

9:00-10:30am | 2-Year-Olds 24-36 Months | Handke  
 10:45am-12:15pm | 36 Months-Kindergarten | Handke  
 6:00-8:00pm | Single Parents Birth-Grade 5 | Handke  
 6:15-7:30pm | Multi-Age Drop-In Playtime | Rogers

### Wednesdays

9:00-10:30am | 2-Year-Olds 24-36 Months | Rogers  
 9:30-11:00am | Drop-In Playtime Birth-K | Handke  
 10:45am-12:15pm | Toddlers 12-24 Months | Rogers  
 1:00-2:00pm | Infants 0-12 Months | Rogers  
 6:15-7:30pm | Drop-In Playtime Birth-K | Handke  
 6:00-6:45pm | Munchkin Musik 6 Months-3 Years | Handke

### Thursdays

9:00-10:30am | Toddlers 12-24 Months | Handke  
 9:30-11:00am | Drop-In Playtime Birth-K | Rogers  
 10:45am-12:00pm | Toddlers 12-24 Months | Handke  
 1:00-2:00pm | Infants 0-12 Months | Handke  
 4:30-5:30pm | Infants 0-12 Months | Rogers  
 6:00-7:30pm | Learning & Growing Together Birth-K | Handke  
 6:00-7:30pm | Move, Do, Learn 18-36 Months | Rogers

### Fridays

9:15-10:45am | Learning & Growing Together Birth-K | Handke  
 11:00am-12:00pm | Infants 0-12 Months | Handke

### Saturdays

Gym Times Birth-Kindergarten | Handke  
 One-Time Events 30 Months-Kindergarten | Handke & Rogers  
 Parenting Apart | Handke



*Early Childhood Family Education (ECFE) recognizes that parents are their child's first and most important teachers.*

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

Babies change your life - it's both rewarding and challenging. This is your time to play with your baby in a new setting, talk with a parent educator and other parents about development, reading a baby's cues, sleeping and feeding, your changing needs as an adult and as a parent, and more. All 0-12 month classes are **FREE!** Discussion is in the room with the children. Sibling care is available, but you must pre-register at 763.241.3400, ext 5528.

Mondays Jan 12-Mar 23 | 5:00-6:00pm | 7 sessions | Free  
 Handke Center Rm 1 Door 5  
 Not meeting Jan 19, 26, Feb 16, Mar 2 | #700-2

Wednesdays Jan 14-Mar 4 | 1:00-2:00pm | 7 sessions | Free  
 Rogers ECFE | Not meeting Feb 18 | #701-2

Thursdays Jan 15-Mar 5 | 1:00-2:00pm | 7 sessions | Free  
 Handke Center Rm 1 Door 5 | #717-2

Thursdays Jan 15-Mar 5 | 4:30-5:30pm | 7 sessions | Free  
 Rogers ECFE | Not meeting Feb 19 | #718-2

Fridays Jan 16-Mar 6 | 11:00am-12:00pm | 7 sessions | Free  
 Handke Center Rm 1 Door 5 | Not meeting Feb 20 | #702-2

Wednesdays Apr 15-May 20 | 1:00-2:00pm | 6 sessions | Free  
 Rogers ECFE | #701-3

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

Thursdays Apr 16-May 28 | 1:00-2:00pm | 7 sessions | Free  
 Handke Center Rm 1 Door 5 | #717-3

Thursdays Apr 16-May 28 | 4:30-5:30pm | 7 sessions | Free  
 Rogers ECFE | #718-3

Fridays Apr 17-May 29 | 11:00am-12:00pm | 6 sessions | Free  
 Handke Center Rm 1 Door 5 | #702-3

ECFE and Discovery Learning Preschool in Rogers has relocated.

Our new address is  
**14020 Northdale Boulevard**  
 just south of Hardee's.





# ECFE TODDLERS

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

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

Wednesdays Jan 14-Mar 25 | 10:45am-12:15pm | 9 sessions | \$64  
Rogers ECFE | #703-2

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

Thursdays Jan 15-Mar 26 | 10:45am-12:15pm | 9 sessions | \$64  
Handke Center Rm 1 Door 5 | Not meeting Feb 19, Mar 12 | #705-2

Wednesdays Apr 15-May 27 | 10:45am-12:15pm | 7 sessions | \$50  
Rogers ECFE | #703-3

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

Thursdays Apr 16-May 28 | 10:45am-12:15pm | 7 sessions | \$50  
Handke Center Rm 1 Door 5 | #705-3

## 18 to 36 Months - Move, Do, Learn age 18-36 months

Change, growth, learning, all while being so very busy - what's a parent to do? How is your 18 to 36 month old making sense of the world and how can you foster this amazing development? Join in learning and interactive activities with other children and their parents. You'll all start out in the classroom together. Then, while children engage in learning activities with the Early Childhood staff, parents meet with the parent educator in another room to learn more, discuss strategies and gain support.

Thursdays Jan 15-Mar 26 | 6:00-7:30pm | 9 sessions | \$50  
Rogers ECFE | Not meeting Feb 19, Mar 12 | #719-2

Thursdays Apr 16-May 28 | 6:00-7:30pm | 7 sessions | \$64  
Rogers ECFE | #719-3

### Feeling Pinched By Your Budget?

ECFE fees waived or reduced on request.

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

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

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

Tuesdays Jan 13-Mar 24 | 9:00-10:30am | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | Not meeting Feb 17, Mar 10 | #707-2

Wednesdays Jan 14-Mar 25 | 9:00-10:30am | 9 sessions | \$64  
Rogers ECFE | Not meeting Feb 18, Mar 11 | #708-2

Mondays Apr 13-May 18 | 10:45am-12:15pm | 6 sessions | \$43  
Handke Center Rm 2 Door 5 | #706-3

Tuesdays Apr 14-May 26 | 9:00-10:30am | 7 sessions | \$50  
Handke Center Rm 2 Door 5 | #707-3

Wednesdays Apr 15-May 27 | 9:00-10:30am | 7 sessions | \$50  
Rogers ECFE | #708-3



**The annual Valentine's carnival is back!** Join us for fun, food, games and prizes with activities for toddlers, preschoolers and Kindergartners to enjoy. Activities include games, cake walk, craft table, face painting, moon walk, cookie decorating and more!

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

The world of your 3-, 4-, 5-year-old is expanding! This is an exciting time of questions, imitations, imagination and increased physical abilities. Enjoy fun and learning with your child in a preschool classroom. Meet with other parents and a parent educator to discuss and learn about fostering your child's growth and development, parenting challenges, understanding your child's behavior (and options to try), preparing for school and more! Discussion is in separate room. Not meeting Feb 17, Mar 10.

Tuesdays Jan 13-Mar 24 | 10:45am-12:15pm | 9 sessions | \$64  
Handke Center Rm 2 Door 5 | #710-2

Tuesdays Apr 14-May 26 | 10:45am-12:15pm | 7 sessions | \$50  
Handke Center Rm 2 Door 5 | #710-3

## Multi-Age - Learning and Growing Together age birth-Kindergarten

If you're looking for a class to attend with your preschool child(ren), join us in learning and interaction activities with children birth to Kindergarten and their parents. You'll start out in the classroom together. Then, while children engage in learning activities with the Early Childhood staff, parents meet with the parent educator in another room to talk about development, problem solving, siblings and other topics related to families and children.

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

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

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

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

### Fees too expensive?

No one will be denied participation in ECFE programs because of inability to pay. Please call our office to ask questions, make payment plan arrangements, or to have fees reduced or waived.



*Social play has a critical role in helping children learn to interact with others.*

## Multiples - Multi-Age age birth-Kindergarten

Twins? Triplets? Here is your chance to learn about and discuss the unique joys and challenges you'll face as a parent of multiples. Start out in the classroom together learning with children birth to Kindergarten and their parents. Then, while children engage in learning activities with the Early Childhood staff, parents meet with the parent educator in another room to gain support and talk about development, problem solving, siblings and strategies. Not meeting Jan 19, 26, Feb 16, Mar 2.

Mondays Jan 12-Mar 30 | 9:00-10:30am | 8 sessions | \$57/child  
Handke Center Rm 2 Door 5 | #720-2



## Munchkin Musik age 6 months-3 years

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

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

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

# ECFE MULTI-AGE | DROP-IN | PARENTING

## **NEW! Music and Movement age 30 months-Kindergarten**

Moving and grooving with music--have fun in the ECFE classroom singing songs, playing instruments, moving to the beat and other musical activities. You'll be dancing and singing all day long after this fun morning.

Saturday Feb 28 | 9:30-11:00am | 1 session | \$5  
Handke Center Rm 2 Door 5 | #742

## **NEW! Ooey Gooyey | age 30 months-Kindergarten**

An all-time favorite! Mix and mash some crazy doughs; it's messy, colorful, and fun. You won't want to quit when it's time to go home.

Saturday Mar 7 | 9:30-11:00am | 1 session | \$5  
Rogers ECFE | #743

## **Drop-In Playtime | age birth-Kindergarten**

Looking for something to do with your child at the last minute? Drop in at ECFE and play in one of the classrooms, in the multi-purpose room (available on a limited basis) or outdoors. First-come, first-served; space is limited to 25 adults and children. Family childcare providers must meet child-to-adult ratios for the children they bring. For an added discount, purchase a Drop-In Play pass for \$10. Each time you attend, we will punch your card.

\$2/child each time with pass or \$2.50/child each time without pass

Tuesdays Jan 13-May 26 | 6:15-7:30pm  
Rogers ECFE | Not meeting Feb 17, Mar 10, 31, Apr 7

Wednesdays Jan 14-May 27 | 9:30-11:00am  
Handke Center Rm 2 Door 5 | Not meeting Feb 18, Mar 11, Apr 1, 8

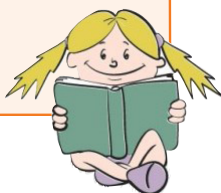
Wednesdays Jan 14-May 27 | 6:15-7:30pm  
Handke Center Rm 2 Door 5 | Not meeting Feb 18, Mar 11, Apr 1, 8

Thursdays Jan 15-May 28 | 9:30-11:00am  
Rogers ECFE | Not meeting Feb 19, Mar 12, Apr 2, 9

### **Don't Miss the SCHOLASTIC Book Fair!**

Open during regular ECFE and Discovery Learning class times and during the Family Valentine's Carnival on Friday, February 6.

Monday-Friday, February 2-6  
Handke Center Door 5



## **Saturday Morning Gym Times age birth-Kindergarten**

Have children who need to run off extra energy? Parents and children get active together - run, jump, play ball and lots more. Come join the fun! No pre-registration; pay at the door. Passes available for purchase in the ECFE office.

Saturday Jan 17-Mar 28 | 9:30-11:30am  
\$2/child each time with pass; \$2.50/child without pass  
Handke Center Gym Door 5 | Not meeting Feb 7, 28

## **Parenting Apart**

For a variety of reasons, many children do not live in homes with both of their birth parents. In these situations, children often experience anger, sadness, guilt and grief. This class is in compliance with the standards established by the Supreme Court for parent education programs.

Saturday Jan 10 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA1

Saturday Feb 7 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA2

Saturday Mar 7 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA3

Saturday Apr 11 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA4

Saturday May 2 | 8:00am-4:30pm | 1 session | \$65  
Handke Center Community Rm Door 5 | #PA5

## **Parenting - The toughest job you'll ever do alone age birth-grade 5**

Parenting is the toughest job you'll ever do by yourself. If you're parenting solo for whatever reason - military duty, work situations (distance, shifts), separation, divorce, loss of spouse or single parenting — you're welcome to attend! Bring your children and enjoy a meal together. Parents will meet together for parenting support and information while young children participate in early childhood activities and school age children meet in another classroom for activities and support. Join at any time. To register, or for more information, call the ECFE office at 763-241-3524. Not meeting Feb 17, Mar 10, 31, Apr 7.

Tuesdays Jan 13-May 26 | 6:00-8:00pm | 9 sessions | Free  
Handke Center Community Rm Door 5 | #780

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



## Visual Strategies for Preschoolers

Are you looking for strategies to help your preschooler follow directions and routines, or manage his/her emotions or difficult behaviors? Join us for a Make It and Take it session. You will go home with several visuals that are ready to use as well as other resources to help you in managing difficult behaviors. Led by Doreen Vollhaber and Melissa Trutna, ASD Specialists in the Elk River Early Childhood Special Education program. Please RSVP Doreen Vollhaber 763-241-3400 x5086.

Tuesday Mar 10 | 6:30-8:00pm | Free  
Handke Center Rm 111 Door 5



*Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive and emotional strength.*

## Children's Challenging Behavior - Maneuvering the Pitfalls, Experiencing the Joy

Children's behavior can be challenging. Are you feeling stuck reacting to children's behavior in the same way, without the results you'd like? Are there some techniques and better ways to try? Explore this important topic with Paula Donnelly and other parents. She'll share a model for thinking about behavior that's much like driving a car... only this is the behavior car. How you respond can help children learn cooperation and positive behavior. Join us for a fun evening of learning, laughing, gaining skills and insights on children's behavior. Paula holds a Masters degree and has worked in ECFE as a parent educator, home visitor and behavior specialist for 25+ years. Childcare provided for a fee; please pre-register.

Tuesday Apr 21 | 1 session | \$5  
6:15-6:30pm Check-in and refreshments | 6:30-8:30pm Workshop  
Handke Center Community Room Door 5 | Donnelly | #747

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

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

## "ECFE On Wheels" Home Visits

A program that comes to you and is designed "just for you." The program features visits to your home, or one-to-one visits at the ECFE center. Visits provide ideas for creative, fun, age appropriate activities, as well as time to discuss children, family, ideas on child development, parenting and community resources. Call the ECFE office at 763-241-3524. There is no fee for home visits.

## Meet Jaime Shaughnessy, ECFE Parent Educator



**What classes do you teach for ISD 728 Community Education/ECFE?** During this winter session, I am looking forward to teaching at the new ECFE site in Rogers including a 24-36 month class, a 0-12 month class and a multi-age ECFE class.

**Describe your background and experience.** I have 8 years of experience working as an elementary educator. After relocating to Minnesota, I learned more about ECFE and found that Minnesota was very unique in its level of support and presence of Early Childhood Programming - even offering Parent/Family education, which is quite unheard of in other states. I decided to go back to school and received M.Ed. in Family Education and became a licensed Parent Educator.

**How do you educate, inspire or empower your class participants?** I strive for each parent to understand the importance of the first four years of life, and what this means for the parenting journey. The early childhood years form the foundation for self-discovery future learning, and meaningful relationships as children grow. While it may not feel like it, you are raising your teenager today.

**What are the benefits of enrolling in one of your classes?** ECFE classes provide an opportunity to understand your child developmentally, provide a supportive atmosphere that aims to strengthen the parent-child relationship, and provide a great way to connect and learn with other parents and families in the community.

**What advice do you have for a child/adult/parent considering taking your class?** Try it! You will be surprised at how supportive other parents in the community can be, and taking the time to pause and reflect can really help one grow in the parenting role.

# ECFE DISCOVERY LEARNING PRESCHOOL

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



Choosing the right preschool program is essential for giving your child the tools needed to be successful in school and in life. Discovery Learning Preschool, offered through District 728 Early Childhood Family Education, is a highly recognized and sought-after program with a **4-star rating from Parent Aware**; an independent nonprofit organization of Minnesota business and community leaders using private sector strategies to improve school readiness. A 4-star rating is an indicator a program is using the practices that best prepare children for kindergarten. Discovery Learning Preschool offers professionally trained, caring teachers, customized preschool experiences for your child in a safe and fun environment and as part of the school district, the program has access to the district's resources. Conveniently offered in Elk River, Rogers and Zimmerman with a variety of daytime and evening programming, Discovery Learning Preschool is sure to fit your child's needs.



### Unparalleled Results

With unmatched programming in the state of Minnesota, ISD 728 Discovery Learning Preschool is seeing unprecedented results with their customized classroom experiences. During the spring of 2014, four year olds were tested and compared to their peers across the state. The results speak for themselves; our program is successful and prepares your child for a successful K-12 experience and provides the tools needed to become a fluent reader by grade three.

### Comprehensive Curriculums Embedded in Each Class

Discovery Learning Preschool has revolutionized their curriculum and embedded core fundamentals in each of their classrooms. Overall opportunities for learning are provided through individual and group times. Literacy, mathematics, science, social studies, the arts, technology and process skills are part of the program curriculum; all while having FUN!

**Creative Curriculum:** Focusing on the 50 key components of how children learn, Creative Curriculum uses the learning environment and the different areas of development including social-emotional, cognitive, math, literacy and language.

**Real Math Curriculum:** A research-based curriculum that includes a computer used in the classroom and at home.

**EZ Write Handwriting Curriculum:** This handwriting curriculum matches the ISD 728 K-5 program to ensuring continuity upon Kindergarten entry.

**High Five Social Emotional Curriculum:** High Five centers on supporting children and families by building social-emotional skills for life for all children. High Five provides support and development of new skills when there are behavior concerns.

**Minnesota Reading Corps Curriculum:** Minnesota Reading Corps staff work within the classroom where specific reading skills are assessed and taught throughout the year. One-on-one and small group activities are built into the student's day.

**LANA Nutrition Curriculum:** This curriculum concentrates on serving healthy snacks, introducing nutritional choices and recognizing children with allergies and diet alterations by adjusting snacks to meet their needs.

### Parent Education and Involvement

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

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

Your child will grow and achieve academically, emotionally, socially and physically toward kindergarten while attending Discovery Learning Preschool. For more information, log onto our website at [www.728communityed.com](http://www.728communityed.com) or call Early Childhood Family Education at 763-241-3524.



# DISCOVERY LEARNING PRESCHOOL 14/15

# ECFE

## Enroll at ANY time...apply today!

### Discovery Learning Preschool Coupon

Register now for 2014/15 Discovery Learning Preschool (Jan-May) and **SAVE 50%** off Registration fee for any Discovery Learning Preschool classes on this page. (original price \$49)

#### Already enrolled?

Refer a friend and you both will receive \$10 off Discovery Learning tuition!

- Classes may be joined at any time on a space available basis.
- A \$24.50 non-refundable deposit is collected at registration.
- We accept VISA, Mastercard and Discover cards.
- Sliding Fee Scale available; see page 41 for more information.

## ELK RIVER

### Discovery 3's & 4's

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

Wed/Fri + Monday Sep 24-May 22 | 9:15-11:15am | \$110/month  
Parent/child night Mondays from 6:00-7:30pm  
Handke Center | #751

Tue/Thu Sep 25-May 21 | 9:15-11:15am | \$90/month  
Handke Center | #750

### Discovery 4's & 5's

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

\*Mon/Wed/Fri Sep 22-May 22 | 8:50-11:20am | \$159/month  
Handke Center | #753

\*Mon/Tue/Thu Sep 22-May 21 | 8:50-11:20am | \$159/month  
Handke Center | #754

\*Mon-Fri Sep 22-May 22 | 9:00-11:30am | \$269/month  
Handke Center | #800

\*Tue-Thu Sep 23-May 21 | 1:00-3:30pm | \$159/month  
Handke Center | #755

Tue/Thu Sep 23-May 21 | 5:45-7:45pm | \$90/month  
Handke Center | #758

Classes at the Handke Center with the \* asterisk are eligible for wrap around child care; available 6:30am-6:00pm on school days and non-school days. See page 38 for options and pricing!

## ROGERS

### Discovery 3's & 4's

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

Tue/Thu Sep 25-May 21 | 9:30-11:30am | \$90/month  
Rogers ECFE Rm | #760

### Discovery 4's & 5's

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

Mon/Wed/Fri Sep 22-May 22 | 9:00-11:30am | \$159/month  
Rogers ECFE Rm | #761

Tue-Thu Sep 23-May 21 | 1:00-3:30pm | \$159/month  
Rogers ECFE Rm | #762

## ZIMMERMAN

### Discovery 3's & 4's

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

Tue/Thu Sep 23-May 21 | 9:30-11:30am | \$90/month  
Zimmerman Elem | #770

### Discovery 4's & 5's

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

Mon/Wed/Fri Sep 22-May 22 | 9:00-11:30am | \$159/month  
Zimmerman Elem | #771

Tue-Thu Sep 23-May 21 | 12:45-3:15pm | \$159/month  
Zimmerman Elem | #773

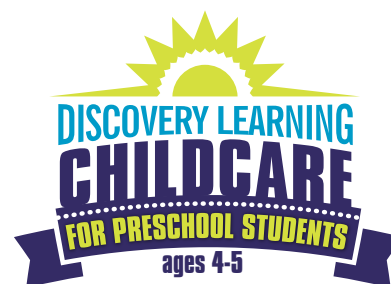


## Coming Soon... 2015-2016 Discovery Learning Registration

The 2015-2016 Discovery Learning brochure will be delivered to all district families with preschoolers in mid-January 2015. Registration will begin mid-January.



# ECFE DISCOVERY LEARNING EXTRA | EXTENDED DAY



Discovery Learning EXTRA Preschool is a program focused on getting children ready for kindergarten. The fee is based on a family's ability to pay, or there is no fee. Children will develop vocabulary and learn

letter names and sounds. They will also learn how to get along with other children and how to follow school rules.

This program helps children who may have one or more of the following circumstances:

- Comes from a low-income family
- Has English as their second language
- Has behavioral or developmental concerns
- Is a foster child
- Comes from a family with multiple challenges

Requirements:

- Family must live in ISD 728 (includes the cities of Elk River, Otsego, Rogers and/or Zimmerman)
- Must be 4 years old on or before Sep 1, 2014
- Does not qualify for Special Education Services
- Is not eligible for Head Start, or on a Head Start waiting list

Application for Discovery Learning Extra can be completed online <http://tiny.cc/38eubx> at Have questions? Need more information? Need assistance with completing the application? Call or email the ECCE Office 763-241-3524 or [ecfe@isd728.org](mailto:ecfe@isd728.org).

Mon-Fri Sep 22-May 22 | 8:50-11:20am  
Handke Center | Class is Full

Tue-Fri Sep 23-May 22 | 1:00-3:30pm  
Handke Center | #PM ER

Tue-Fri Sep 23-May 22 | 1:00-3:30pm  
Rogers ECCE | #PM Rogers

Tue-Fri Sep 23-May 22 | 1:00-3:30pm  
Zimmerman Elem | #PM Zimm

Community Education is offering child care services to extend your child's experience with their Discovery Learning classes. Childcare is available for eligible classes in block times before and after your child's preschool class to help accommodate your needs.

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

With over 23 years of successful extended day childcare experience, we provide a quality program that complements the Discovery Learning program curriculum. Each day participating students will be escorted between our child care program and the Discovery Learning classroom by our high quality staff. Snacks will be provided in the morning and afternoon. Students will need to bring a lunch each day they attend Block C.

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

**If you have additional questions about the Discovery Learning Extended Preschool Program, please contact Wendy at 763 241-3400 X5528. To register for these child care options, please use this link to set up an account that will allow you to register for block times: <http://tinyurl.com/m6z4hnh>**

## Block Times and Rates

### BLOCK TIMES

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

### BLOCK RATES (Use as many blocks per day as needed)

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



## What is Early Childhood Screening?

Early Childhood Screening is an opportunity for children and their parents to participate in a health and developmental screening after their third birthday. State law requires screening for all children entering public school Kindergarten, ideally at age 3.

## Who Needs to be Screened?

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

## Reasons to Screen at Age 3

- Screening assists your child to be ready for Kindergarten.
- Health and developmental problems or concerns can be identified earlier and help provided sooner; families may be referred to community health and educational services including School Readiness and ECFE.
- Screening is free, easy and good for your child.

## Early Childhood Screening Includes:

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

## What Happens During Screening?

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

## Is the Program Required?

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

## How do I Schedule an Appointment for my Child?

Invitations to Early Childhood Screening were mailed to families with children turning 4 years old prior to August 1, 2014. If you did not receive an invitation, scheduling an appointment is easy! Screenings are done throughout the school year at the Handke Center. Some evening and Saturdays appointments are available along with times during the week. Just contact the screening office at 763-241-3525 with questions or to schedule an appointment.

*{ The whole process of screening was fast and simple! Thank you! }*  
~Screening Parent

## Meet Jennifer Luing, E.C.F.E. Parent Educator



**What classes do you teach for ISD 728 Community Education/ECFE?** I teach the parent component for TGIF, Infants, Ones and some of the Discovery Learning classes. I also do home visits with families that have questions about how children grow, being a parent, community resources and solving problems.

**Describe your background and experience.** I started in ECFE as a parent and loved it so much that I decided to get my teaching license. I have been teaching in ECFE for 15 years.

**How do you educate, inspire or empower your class participants?** I strive to provide relevant information and support for parents as they learn more about their child's development, their own development as a parent and community involvement.

**What are the benefits of enrolling in one of your classes?** I teach with intention, and ultimately I want families to parent with intention. There is so much more to parenting than just dealing with the current stage and getting through the current challenge. There is a much bigger picture and ultimately parenting is all about raising capable, competent and contributing human beings. In my classes we will deal with stages and challenges, but more importantly we will consider the big picture and whether or not our current strategies are going to get us where we want to be.

**What advice do you have for a parent considering taking your class?** Give it a try! Every ECFE class is a bit different because each group of parents and staff has its own chemistry and rhythm. My classes provide an opportunity for you to gain information, ideas and skills to support your child's growth and development.

# ECFE REGISTRATION INFORMATION

## Advisory Council Recruitment Night

Wondering if the Parent Advisory Council is for you? Not sure if you have the time? Wonder what the council really does? Want to find ways to be involved in the activities your child loves? Interested in volunteering to enhance the ECFE experience? Come to the ECFE and School Readiness Advisory Council Recruitment Night to get all your questions answered!

- 6:00-6:30 Meet & greet over a light dinner
- 6:30-7:00 Question / answer session about the Council
- 7:00-8:00 Brief Advisory Council Meeting

Childcare will be provided but you must pre-register your child/ren for childcare by calling the ECFE office at 763-241-3524. Hope to see you there!

Tuesday Feb 17 | 6:00-8:00pm | 1 session | Free  
Handke Center Community Rm Door 5

## Registration for Early Childhood Family Education Classes

Register at the ECFE Office in the Handke Center, use Door 5 off Proctor Avenue. You can also register by phone at 763.241.3524, by mail, or online at [www.728communityed.com](http://www.728communityed.com). See page 66 for a registration form. We take registrations until classes fill and take names for a wait list when necessary.

## Fees

Fees are based on the number of times the class meets. The first payment is due when you register. The second payment is due when class begins. Full payment is due when you register online. We accept Discovery, VISA and MasterCard. A sliding fee scale is available, see page 41. No one will be turned away because of inability to pay. Please call our office to ask questions, make other arrangements, or to have fees waived or reduced.

## Cancellations

If you need to cancel from a class, we will pro-rate the fee and issue a refund. There are no refunds for missed classes due to illness or due to inclement weather. Credits will be issued, if requested, for classes cancelled due to inclement weather.

## Parent Participation

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

## Immunizations Required

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

## Special Needs

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

## Child Care during ECFE

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

## Fees for child care:

- Infants \$4 per hour
- Toddlers \$3.25 per hour
- Preschoolers \$3 per hour
- Additional children \$2.50 per hour
- Child Care on a one-time basis \$5 per hour

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





## ECFE/SCHOOL READINESS STAFF

**Manager** | Kathy Simonson

**Assistant Manager** | Tiffany Grams

**Senior Secretary** | Judy Larson

**Rogers Secretary** | Laura Orwoll

### Parent Facilitators

Beth Britt (and Child Educator)

Mary Dwyer (and Home Visitor)

Kathleen Holthaus (and Home Visitor)

Jennifer Luing (and Home Visitor)

Jaime Middaugh (and Home Visitor)

### Minnesota Reading Corps

Tina Poseley | Leita Strei | Anne Teschendorf

### School Readiness Instructors

Rebecca Dey | Sherrie Lorentz | Nicole Martin

Kris Radke | Angela Talbot | Kistin St. Vincent

Kelly K. Rogers | Lisa Miner

### Classroom Assistants

Wanda Anderson | Maureen Bolin

Terry Briggs | Lisa Davis | Elizabeth Frink

Linda Potter | Teresa Sizen | Erin Mathison

### ECFE Child Educators

Cindy Nyquist

### PARENT ADVISORY COUNCIL

Chris Gelhaye | Cheryl Gray | Rose Hernandez

Sarah Kaczor | Elizabeth Lies | Andrea McFarland

Crystal Nelson | Monette Reynolds | Laura Rike

Amy Shearer | Justene Small | Dave Sobiech

Laura Teale | Becky Vevle

# COUPON



**New to ECFE? Class is FREE!**

**Clip this coupon for one FREE ECFE class registration of your choice!**

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

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

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

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



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

# AQUATICS

## American Red Cross Swimming Lesson Curriculum

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

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

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

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

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

Sundays Jan 25-Mar 15 | 2:45-3:15pm | 8 sessions  
\$39 lessons only; \$44 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1014-1W

Sundays Jan 25-Mar 15 | 5:15-5:45pm | 8 sessions  
\$39 lessons only; \$44 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1014-2W

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

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

Sundays Jan 25-Mar 15 | 4:35-5:05pm | 8 sessions  
\$39 lessons only; \$44 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1015-1W

*If purchasing the 5-day individual Open Swim pass, please note the pass will expire March 29, 2015.*

## Preschool A | age 4-5

Preschool A orients participants to the aquatic environment and helps them gain rudimentary basic aquatic skills, develop positive attitudes and safe practices in and around water. No skill prerequisites required.

Sundays Jan 25-Mar 15 | 4:00-4:30pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1011-1W

## Preschool B | age 4-5

Preschool B builds and improves skills learned in Preschool A while increasing water knowledge and safety topics. Must successfully pass Preschool A to participate.

Sundays Jan 25-Mar 15 | 3:20-3:50pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1012-1W

Sundays Jan 25-Mar 15 | 5:15-5:45pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1012-2W

## Preschool C | age 4-5

Preschool C increases proficiency and builds on the basic aquatic skills learned in Preschool A and B while reinforcing previous learned water safety skills and introducing additional water safety topics. Must successfully pass Levels A and B to participate.

Sundays Jan 25-Mar 15 | 3:20-3:50pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1013-1W

Sundays Jan 25-Mar 15 | 4:35-5:05pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1013-2W



**All swimmers must shower before entering the pool**

# AQUATICS

## Level 1 | age 6+

Level 1 orients participants to the aquatic environment to help them gain basic aquatic skills, develop positive attitudes and safe practices in and around water. No skill prerequisites.

Sundays Jan 25-Mar 15 | 2:45-3:15pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1110-1W

Sundays Jan 25-Mar 15 | 4:00-4:30pm | 8 sessions  
\$45 lessons only; \$50 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1110-2W

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## Level 2 | age 6+

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

Sundays Jan 25-Mar 15 | 2:45-3:45pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1120-1W

Sundays Jan 25-Mar 15 | 6:30-7:30pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1120-2W

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## Level 3 | age 6+

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

Sundays Jan 25-Mar 15 | 2:45-3:45pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1130-1W

Sundays Jan 25-Mar 15 | 4:00-5:00pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1130-2W

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## Level 4 | age 6+

Level 4 improves participants' proficiency in performing swimming strokes that were introduced in Level 3. Must successfully pass Level 3 to participate.

Sundays Jan 25-Mar 15 | 5:15-6:15pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1140-1W



*Whether you're a beginner, a returner or a more advanced swimmer looking to improve, we offer all levels of lessons.*

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## Level 5 | age 6+

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

Sundays Jan 25-Mar 15 | 4:00-5:00pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1150-1W

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## Level 6 | age 6+

Level 6 refines strokes so participants swim them with greater efficiency and effectiveness over long distances while teaching them how to prevent aquatic emergencies, and introduces and practices self-rescue techniques. Must successfully pass Level 5 to participate.

Sundays Jan 25-Mar 15 | 5:15-6:15pm | 8 sessions  
\$59 lessons only; \$64 w/ 5-day individual open swim pass  
VandenBerge MS Pool Door M | #1160-1W

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## Private Swim Lessons | all ages

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

Sundays Jan 25-Mar 1 | 7:05-7:35pm | 6 sessions  
\$149 lessons only; \$154 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1302-1W

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## Semi-Private Swim Lesson | all ages

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

Sundays Jan 25-Mar 1 | 6:30-7:00pm | 6 sessions  
\$79 lessons only; \$84 w/5-day individual open swim pass  
VandenBerge MS Pool Door M | #1301-1W



# AQUATICS

## Open Swim | all ages

Grab your family and friends and head to the pool for some water fun. Play games, practice swim skills, whatever you do it'll be a great time. Lifeguard supervised.

Pay at the door. \$3/student; \$4/adult; \$10/family (max 6)

Sundays Jan 11-Mar 29 | 12:30-2:30pm  
VandenBerge MS Pool Door M

## Lap Swim | grade 9-adult

Get a great workout at the pool without having to pay membership fees. Check out the new lap swim schedule which offers 3 days of workout opportunities per week.

Pay at the door: \$5/day; \$45/10-day pass

Sundays Jan 11-Mar 29 | 7:00-8:30pm  
VandenBerge MS Pool Door M

Tuesdays Jan 20-Mar 31 | 5:45-7:00am  
VandenBerge MS Pool Door M

Thursdays Feb 19-Apr 2 | 5:45-7:00am  
VandenBerge MS Pool Door M | Not meeting Mar 12

## Intro to Swim Team | grades 6-8

Are you like a fish in water? Want to find out what it takes to be part of the high school swim team? Get great workouts in a program that will prepare you to become competitive. All middle school students welcome; you must provide your own transportation. Bring a towel and swimsuit.

Mon-Thu Mar 16-Apr 2 | 3:15-5:00pm | 12 sessions | \$49  
VandenBerge MS Pool Door M | #1900-3W

## NEW! Roll Into Fitness: Log Rolling

Log rolling...it's not just for lumberjacks anymore! We're putting a modern spin on this historic activity. Key Log Rolling gives you an opportunity to get fit in a different way by working on core, balance, coordination, footwork and more. Class will be guided by trained staff and includes specially designed trainers and accessories that make it much easier for all ages to learn to log roll. No experience necessary! Come see why Outside Magazine named Key Log Rolling #4 on their list of 50 favorite things.

Sundays Jan 11-Feb 8 | 1:00-3:00pm | 5 sessions  
\$5/session; \$20/5-session pass  
VandenBerge MS Pool Door M | #5144-1W

## Aqua Fitness

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

Sundays Jan 11-Feb 8 | 7:30-8:15pm | 5 sessions  
\$45 Individual/\$85 Pair  
VandenBerge MS Pool Door M | K. Waite | #5120-1W

Sundays Feb 22-Mar 29 | 7:30-8:15pm | 5 sessions  
\$45 Individual/\$85 Pair  
VandenBerge MS Pool Door M | K. Waite | Not meeting Mar 8  
#5120-2W

## Discover SCUBA Diving | age 10+

There is nothing like breathing underwater for the very first time. It takes a little getting used to, but after a few minutes of awestruck wonder, most people realize how easy scuba diving really is. The biggest challenge instructors have with the Discover SCUBA Diving program is not coaxing participants into the water, but coaxing them out when the program is over. The fun part? All of it! Waiver required at check-in.

### age 10-12

Thursday Mar 12 | 5:15-6:30pm | 1 session | \$29  
VandenBerge MS Pool Door M | #1900-1W

### age 13+

Thursday Mar 12 | 6:45-8:00pm | 1 session | \$29  
VandenBerge MS Pool Door M | #1900-2W

## Lessons & Pool Activities are held at VandenBerge MS | 948 Proctor Rd Elk River

- Only swim wear may be worn in the pool.
- Spectator seating is open during lessons and open swim times.
- Showers are required of all participants before entering the pool.
- Use of water wings, floating toys, rafts, inner tubes, life jackets, etc. is not allowed.
- Shoes MAY NOT be worn on pool deck by participants or spectators. No food or beverages are allowed.





## Chess Club | grades K-8

Chess is a popular game of strategy between two players. Increase your IQ and have fun playing chess while competing for various prizes. Learn from Twin Cities Chess Club instructors who have years of experience. Register for 2 sessions back-to-back for a \$5 discount.

### Winter Session | grades K-5

Saturdays Feb 7-Mar 14 | 10:00-11:00am | 6 sessions | \$65  
Handke Center Rm 210 Door 5 | #3400-5W

### Winter Session | grades 6-8

Saturdays Feb 7-Mar 14 | 10:00-11:00am | 6 sessions | \$65  
Handke Center Rm 210 Door 5 | #3400-6W

### Spring Session | grades K-5

Saturdays Apr 4-May 9 | 10:00-11:00am | 6 sessions | \$65  
Handke Center Rm 210 Door 5 | #3400-7P

### Spring Session | grades 6-8

Saturdays Apr 4-May 9 | 10:00-11:00am | 6 sessions | \$65  
Handke Center Rm 210 Door 5 | #3400-8P

“*Handke’s Chess Club is simply amazing. My child always looks forward to going there. He loves playing and also the incentives:) Every class, each child from all levels happily earns chess coins, which are exchanged for great prizes on the last day. Dedicated coach Igor Rybakov (named Best Chess Coach of Minnesota in 2010) has extensive experience both as player and teacher. He has plenty of patience and encouragement to go around several times over, and has led individuals and schools to win prestigious championships up to the national level. I look forward to seeing chess in ISD 728 gathering force!*”

~ Ruma Rajesh

## Introduction to Javascript | grades 3-6

Students will learn the basics of computer programming using the Java programming language. No previous programming experience is necessary. Topics include data structures, for/while loops, if-then statements and basic game development. At the end of the class students will have created a basic game using Java. The class is a great opportunity for students considering programming as a career. Bring a USB drive to class. Not meeting Mar 12.

Tue/Thu Jan 27-Mar 19 | 3:15-4:30pm | 15 sessions | \$9  
Rogers MS Computer Lab Door A | Wespetal | #2598-1W

## Spanish: ¡Vamos con los Animales! | grades K-5

Join us for ¡Vamos con los Animales! where you will “visit” a pet store, a family farm, the zoo, the ocean and even the rainforest! Learn brand new Spanish vocabulary and useful phrases each and every class. Students will check in with EdVenture Club in cafeteria and have a snack before class.

Mondays Feb 2-Apr 13 | 4:15-5:15pm | 8 sessions | \$110  
Twin Lakes Elem Rm B101 Door 3 | Futura Language Professionals  
Not meeting Feb 16, Mar 2, Apr 6 | #2204-1W

Tuesdays Feb 3-Mar 24 | 4:15-5:15pm | 8 sessions | \$110  
Meadowvale Elem Media Door 7 | Futura Language Professionals  
#2204-2W

Wednesdays Feb 4-Apr 1 | 4:15-5:15pm | 8 sessions | \$110  
Hassan Elem Media Door 1 | Futura Language Professionals  
Not meeting Mar 11 | #2204-3W

Wednesdays Feb 4-Apr 1 | 4:15-5:15pm | 8 sessions | \$110  
Rogers Elem Rm A106 Door 3 | Futura Language Professionals  
Not meeting Mar 11 | #2204-4W

## Tutoring | grades K-8

Gain the confidence needed to conquer your academic goals! Support and preparation provided by a licensed teacher will boost the skills needed for success. Focused on individualized needs and scheduled at schools throughout District 728. Contact Community Education at 763-241-3520 for additional information, or complete the tutoring request form on our website at [www.728communityed.com](http://www.728communityed.com) under “Waivers and Forms.” Individualized, one-hour instruction in eight weekly sessions is \$295.



# YOUTH FAMILY CLASSES

## **NEW! Blue Egg Tour | age 6+ w/parent**

Blue Eggs' Le Cordon Bleu-certified chefs will give you a behind-the-scenes look at where the magic happens! Get tips from the experts as you watch delicious donuts and sweets being made! The tour will conclude with a DIY cookie decorating activity.

Saturday Jan 17 | 11:00am-12:00pm | 1 session | \$19  
Blue Egg Bakery | #2900-1W

## **NEW! My Funny Little Valentine - Cookies! age 6+ w/parent**

Impress your Valentine with homemade treats! Blue Eggs' Le Cordon Bleu-certified chefs will lead you and your little one through the cookie-making process. Learn skills and techniques using frosting, icing and more to create your edible masterpieces!

Saturday Feb 7 | 11:00am-12:30pm | 1 session | \$79  
Blue Egg Sweets | #2900-2W

## **NEW! Artisan Bread-Baking - Baguette Basics age 6+ w/parent**

The baguette is the cornerstone of artisan baking. Blue Eggs' Le Cordon Bleu-certified chefs will guide you through the bread-baking process. Participants will develop a foundation for bread preparation using a variety of doughs and techniques. Make beautifully-prepared bread to share with friends and family, in addition to bringing home tools to re-create the experience in your kitchen!

Saturday Mar 7 | 9:00am-12:00pm | 1 session | \$119  
Blue Egg Sweets | #2900-9W

## **NEW! SCIENCE is FUN! Family Event | all ages**

Explore projects and experiments set up for the whole family to enjoy the wonderment of science. Experiments and projects will be explained, and there will be take-home activities.

Saturday Jan 24 | 10:00am-12:00pm | 1 session  
\$25/Family (max 5 per family)  
VandenBerge MS Cafeteria Door N | #4034-1W

## Locations

**Blue Egg Sweets & Blue Egg Bakery**  
Main Street, Elk River



*There will be a new Family Class each month;  
March is FITNESS is FUN! at Rogers MS.*

## **NEW! ART is FUN! Family Event | all ages**

Let the creativity flow in this class. Families will make a project together as well as try different forms of art. Musical murals, clay, painting and more art forms will be available to try.

Saturday Feb 21 | 10:00am-12:00pm | 1 session  
\$25/Family (max 5 per family)  
Handke Center Art Rm Door 5 | #4034-2W

## **NEW! FITNESS is FUN! Family Event | all ages**

Get fit! When you work out with a friend it's so much more fun. Today you can try different sports and gym games, as well as different methods of exercise such as step, hip-hop and yoga.

Saturday Mar 21 | 10:00am-12:00pm | 1 session  
\$25/Family (max 5 per family)  
Rogers MS Gym Door A | #4034-3W

## **NEW! TECHNOLOGY is FUN! Family Event | all ages**

Technology is amazing. Learn basics of coding, program a robot, make a short claymation video, and more.

Saturday Apr 18 | 10:00am-12:00pm | 1 session  
\$25/Family (max 5 per family)  
Handke Center Rm 111 Door 5 | #4034-4P

## **NEW! STORY TIME is FUN! Family Event | all ages**

There are so many things you can do when listening to or reflecting on a story. Make the stories come alive for you and your family and they will become great memories.

Saturday May 16 | 10:00am-12:00pm | 1 session  
\$25/Family (max 5 per family)  
Westwood Elem Cafeteria Door 1 | #4034-5P



## After School Special EdVentures | grades K-5

Stay after school and join us for an afternoon of fun activities. Please dress appropriately for art activities. Parent should send a note to school informing staff that the student is staying after school. Lincoln students will wait in front of the Lincoln office and will be walked to Parker by Community Education staff. Lincoln parents should pick up their student at Parker. All students should check in with EdVenture Club site leader after school. EdVenture Club families: Please check with your site leader to see when these Special EdVentures (included in your fee) will be held at your EdVenture Club site.

Fee: \$12 thru Jan 21; \$15 starting Jan 22

### Valentine Suncatchers!

Watch the sun dance through your beautifully-made suncatcher. Create a colorful Valentine's Day masterpiece everyone will love!

Monday Feb 2 | 3:00-5:00pm | 1 session  
Westwood Elem\* | #2999-4W  
*\*Westwood students will be bused to Zimmerman Elementary  
Zimmerman Elem Cafeteria Door 5C | #2996-4W*

Tuesday Feb 3 | 3:45-5:45pm | 1 session  
Hassan Elem Gym Door 1 | #2998-4W  
Parker Elem Gym Door 3 | #2995-4W

Wednesday Feb 4 | 3:45-5:45pm | 1 session  
Otsego Elem Gym Door 4 | #2993-4W  
Twin Lakes Elem Gym Door 3 | #2992-4W

Thursday Feb 5 | 3:45-5:45pm | 1 session  
Meadowvale Elem Cafeteria Door 7 | #2994-4W  
Rogers Elem Gym Door 3 | #2997-4W

### Little Love Monsters!

Bring a hand-made little love monster home with you. Use your imagination as you add crazy hair and googly eyes!

Monday Mar 23 | 3:00-5:00pm | 1 session  
Westwood Elem\* | #2999-5P  
*\*Westwood students will be bused to Zimmerman Elementary  
Zimmerman Elem Cafeteria Door 5C | #2996-5P*

Tuesday Mar 24 | 3:45-5:45pm | 1 session  
Hassan Elem Gym Door 1 | #2998-5P  
Parker Elem Gym Door 3 | #2995-5P

Wednesday Mar 25 | 3:45-5:45pm | 1 session  
Otsego Elem Gym Door 4 | #2993-5P  
Twin Lakes Elem Gym Door 3 | #2992-5P

Thursday Mar 26 | 3:45-5:45pm | 1 session  
Meadowvale Elem Cafeteria Door 7 | #2994-5P  
Rogers Elem Gym Door 3 | #2997-5P

### Informational Meeting

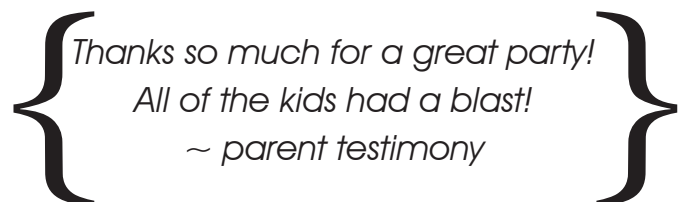
Recently, we have had requests for a program for youth and teens with developmental disabilities similar to our HOPE program. We'd like to hear from you! Join us to share your ideas. What would you like to see offered? What are the best days and times during the week? Community Education welcomes students of all abilities to participate in any of the activities we offer. Contact us at least one week in advance if assistance is needed. Please RSVP by calling Community Education at 763-241-3520 if you plan to attend.

Tuesday Jan 20 | 6:30-8:00pm | 1 session | Free  
Handke Center Rm 111 Door 5



### Rentals – Parties and Celebrations

Use space at our schools for the ultimate party experience! Choose from themes including Party in the Pool, Princess or Superhero, Artistic Masterpieces, Jumpin' Gym Time, or request your own idea. Cost is \$135, with Bounce House available for an additional fee. We provide the facility and staff and you bring the food, utensils and decorations. To sign up, complete the Party Request Form under "Waivers and Forms" on our website or call Community Education at 763-241-3520. All applications must be submitted at least three weeks prior to party date. Availability based on space and staff availability. All party packages are for 2 hours. No latex balloons allowed.



# YOUTH ENRICHMENT | ARTS



***Did you know...Horses can lock the muscles in their legs so they can go to sleep standing up and not fall over?***

## **NEW! My Little Horse Camp | age 2-5 w/parent**

This parent/child camp will feature horse safety, learning and fun! Spend the morning learning different horse breeds, colors, and sizes. Participants will help feed, care for and groom the horses of Boulder Pointe. Bring your camera to snap photos during pony rides to conclude the session. Further information and waiver available on our website. A completed waiver is required for participation. Camps are held rain or shine as there are outdoor and indoor arenas. Boulder Pointe is located at 6612 189th Lane NW, Nowthen.

Saturday Apr 11 | 9:00am-12:00pm | 1 session | \$45  
Boulder Pointe Equestrian and Event Center | Keacher | #2439-6W

## **5th & 6th Grade Party**

Grab your friends and dance the night away, play basketball or other games. Bring spending money for concessions. Parents: Please do not drop your child off before 6:45pm, and be at the school by 9:00pm for pick-up. Early release is allowed if your child knows to be at the table and a parent checks them out. Only parent volunteers are allowed into the gyms.

Friday Jan 16 | 7:00-9:00pm | 1 session | \$5  
Salk MS Gym Door U | #6355-1W

## **Please note!**

The date for the 5th & 6th Grade Party has changed from what was listed in the district calendar.

## **NEW! 5th & 6th Grade Party Volunteers**

Volunteer at the 5th & 6th grade party and your child gets to attend the party for free. Register here and we will contact you. We appreciate volunteers, please only volunteer if you are able to make the commitment.

Friday Jan 16 | 6:45-9:15pm | 1 session | Free  
Salk MS Gym Door U | #6355-1Wa

## **Horseback Riding Camp | grades K-8**

Spend the day learning how to ride a horse including balance and control in the saddle, leading and in-hand work. After riding, braid a horse's mane, groom, play horse tag and help to feed, water and care for horses. Further information and waiver available on our website. A completed waiver is required for participation. Camps are held rain or shine as there are outdoor and indoor arenas. Boulder Pointe is located at 6612 189th Lane NW, Nowthen.

Monday Mar 2 | 9:00am-3:00pm | 1 session | \$99  
Boulder Pointe Equestrian and Event Center | Keacher | #2439-4W

Saturday Apr 25 | 9:00am-3:00pm | 1 session | \$99  
Boulder Pointe Equestrian and Event Center | Keacher | #2439-5W

## **NEW! Adventures of an Elementary Kid - Travel Journal | grades K-2**

Get ready to travel! Vacations are an opportunity to make memories, so create a place to keep them safe! You'll paint, stamp, sponge and sketch to create a travel journal that will inspire new adventures!

Tue/Thu Feb 17-19 | 4:00-6:00pm | 2 sessions | \$19  
Hassan Elem Art Room Door 1 | Hendrickson | #2100-1W

## **NEW! Stamp, SPLAT, Paint! | age 2-3 w/parent**

Create a masterpiece with your little one as you explore art using LEGOs and other objects to see what shapes you can come up with!

Thursday Jan 22 | 6:00-7:00pm | 1 session | \$9  
Hassan Elem Art Rm Door 1 | Hendrickson | #2101-1W

## **NEW! Spring Floral Arrangements | grades 3-6**

Create a centerpiece for a spring celebration! Learn techniques for floral arranging and bring home an arrangement that will impress your guests! Class meets at Zimmerman Floral, 25930 2nd St. E.

Thursday Apr 2 | 6:00-7:00pm | 1 session | \$9  
Zimmerman Floral | Carpenter | #2856-1W

## **NEW! Intro to Pottery | grades 6-12**

Learn how to use a potter's wheel - NO experience required. Discover how to properly and effectively center clay, open and "pull" clay up to create your masterpiece. Participants will make functional pottery while learning different surface texture techniques to make pots that are truly works of art.

Wednesdays Jan 7-Feb 25 | 6:45-8:45pm | 8 sessions | \$75  
Handke Center Art Rm Door 5 | Helligs | #2043-1W

## NEW! Create in Clay | grades K-2

Get creative making pinch pots, tiles, animals and more! Celebrate your individuality while you sculpt, squish, paint and glaze.

Wednesdays Jan 7-Feb 11 | 5:30-6:30pm | 6 sessions | \$59  
Handke Center Art Rm Door 5 | Hellings | #2042-1W

## NEW! Create in Clay II | grades 3-6

Experiment with a variety of methods for constructing a ceramic piece including hand building, coil, slab and wheel throwing - techniques that guarantee success with your first efforts. Complete your design with a variety of glazing techniques for the finishing touch. Projects can be functional, sculptural or decorative. Not meeting Mar 12.

Thursdays Feb 19-Apr 2 | 5:30-6:30pm | 6 sessions | \$69  
Handke Center Art Rm Door 5 | Hellings | #2042-2W

## NEW! Homeschool - Intro to Clay | age 6-12

Be introduced to clay and learn the direction and reason for each technique. Celebrate your individuality while using your favorite technique to build a masterpiece!

Thursdays Jan 8-Feb 12 | 9:30-10:25am | 6 sessions | \$59  
Handke Center Art Rm Door 5 | Hellings | #2042-3W

## “Pinocchio” – Prairie Fire | age 7-16

From the Enchanted Forest of The Blue Fairy to the Isle of Fun, follow Pinocchio's adventures as he learns what it means to be a real boy - despite many distractions! Students are chosen based on a variety of factors including enthusiasm, age and ability to follow directions. You must be able to attend the full audition, all evening rehearsals and performances. Pre-registration required for auditions. \$35 refunded if not selected. No refund will be given to any participant who auditions, receives a part and then withdraws from the production. Performance tickets will be available beginning Feb 23 for \$5.

Mon-Sat Feb 23-28 | 6 sessions | \$45 | #2080-1W

### Auditions

Monday Feb 23 | 4:30-6:30pm (check in 4:15-4:30pm)  
Lincoln Elem Gym Door 2

Some cast members may stay longer on audition night for rehearsal

### Rehearsals

Tue-Fri Feb 24-26 | 4:30-8:45pm  
Elk River HS Little Theater Door H

### Performances

Friday Feb 27 | 7:30pm  
Saturday Feb 28 | 11:00am and 1:30pm  
Elk River HS Little Theater Door H



## Crescendo - Individual and Semi-Private Music Lessons

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

### Our Lessons are:

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

### Our Instructors:

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

## NEW! Intro: Group Guitar | grades K-2

While picking and strumming along to classic melodies, learn the basic chords and techniques of playing the guitar.

Tuesdays Jan 13-Feb 17 | 6:00-6:45pm | 6 sessions | \$49  
Rogers Elem Music Rm Door 1 | Russell | #2090-1W

Thursdays Feb 26-Apr 9 | 6:00-6:45pm | 6 sessions | \$49  
Zimmerman Elem Rm 138 Door 1 | Russell | Not meeting Mar 12  
#2090-2W

## Homeschool - Choir | age 6-12

Learn about pitch, melody and vocal techniques to improve your skills! On the last day of class parents are invited to watch a final classroom performance. Not meeting Feb 5.

Thursdays Jan 8-Feb 19 | 10:30-11:25am | 6 sessions | \$35  
Handke Center Art Rm Door 5 | Hathaway | #2140-1W



# YOUTH ARTS



*Join your child in their dance class for fun and fitness!*

## **NEW! Mickey Mouse Club House** **age 18 months-2 years**

Bond with your little one while helping build motor skills and inspire their creativity using music from everyone's favorite character, Mickey Mouse! We will focus on dance, movement, balance, and games in this parent/child workshop. Our instructor will keep the music and curriculum moving along, while parents take an active role in encouraging, supporting and guiding their little one. Not meeting Mar 12.

Thursdays Feb 12-Apr 23 | 6:00-6:40pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Opdahl | #2041-1W

## **Dance: Me & My Shadow | age 2-3 w/adult**

Designed for children who enjoy dance but are not ready to take a class on their own. Parent/guardian joins the fun as basic dance fundamentals are introduced through the use of themes, props and familiar songs. Not Meeting Jan 19, 26, Feb 16, Mar 2, Apr 6.

Mondays Jan 12-Apr 20 | 10:15-10:55am | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2021-1W

Mondays Jan 12-Apr 20 | 6:00-6:40pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2021-2W

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

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

## **Dance: Creative Movement | age 3-5**

Creative Movement is a great introduction to fundamental movement skills in an atmosphere of discovery and fun. Boys and girls welcome! Wear comfortable clothing and soft-soled shoes. Not Meeting Jan 19, 26, Feb 16, Mar 2, Apr 6.

Mondays Jan 12-Apr 20 | 11:00-11:40am | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2031-1W

Mondays Jan 12-Apr 20 | 5:15-5:55pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2031-2W

## **Dance: Pre-Ballet & Tap | age 4-5**

Develop rhythm, coordination, musicality and early classroom etiquette through simple imaginative exercises, skipping, creative dance and early ballet and tap steps. Wear comfortable clothing, ballet or soft-soled shoes and hard-soled or tap shoes. Not Meeting Jan 19, 26, Feb 16, Mar 2, Apr 6.

Mondays Jan 12-Apr 20 | 9:30-10:10am | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2011-1W

Mondays Jan 12-Apr 20 | 6:45-7:25pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2011-2W

## **NEW! Dance: Hip Hop | grades K-2**

Have fun while learning the fundamentals of hip hop – poppin', locking, tutting, breakin', social hop, body isolations, bounce and rhythm--to the latest sounds in rap, R & B and pop. Classes are taught with age-appropriate music and choreography. Not meeting Mar 12.

Thursdays Feb 12-Apr 23 | 7:00-7:40pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Opdahl | #2040-1W

## **Dance: Ballet & Tap | age 6-10**

You can turn your dreams of dancing into reality as you learn dance terminology and practice basic dance steps. Improve coordination, grace, posture and self-esteem. Wear comfortable clothing, ballet or soft-soled shoes and hard-soled or tap shoes. Not Meeting Jan 19, 26, Feb 16, Mar 2, Apr 6.

Mondays Jan 12-Apr 20 | 7:30-8:10pm | 10 sessions | \$49  
Handke Center Stage Door 5 | Miller | #2001-1W

# HEALTH & SAFETY | HIGH SCHOOL

## Babysitting Training | age 11+

New to babysitting or looking for ways to polish your skills? Gain the knowledge every prepared babysitter should have. Develop safe, fun and educational activities, focus on preventing accidents, and learn to care for the needs of various ages of children. Receive a handbook, resources from various agencies and a certificate of completion. Bring a lunch.

Monday Jan 19 | 9:00am-4:00pm | 1 session | \$49  
Hassan Elem Lounge Door 1 | Peterson | #2600-2W

Saturday Mar 7 | 9:00am-4:00pm | 1 session | \$49  
Handke Center Lounge Door 5 | Peterson | #2600-3W

Monday Apr 6 | 9:00am-4:00pm | 1 session | \$49  
Twin Lakes Elem Lounge Door 3 | Peterson | #2600-1W

## Home Alone | grades 3-6

Will you be home alone after school or for short periods of time while your parents run errands? Learn what to do in emergency situations such as severe weather, injuries and strangers at the door. Plus, have fun coming up with ideas for activities to avoid boredom when staying home alone.

Monday Jan 26 | 8:00am-12:00pm | 1 session | \$35  
Zimmerman Elem Lounge Door 5C | Peterson | #2604-2W

Saturday Feb 7 | 8:00am-12:00pm | 1 session | \$35  
Handke Center Lounge Door 5 | Peterson | #2604-1W

## High School Ski & Snowboard Club | grades 9-12

Spend Friday nights with your friends and enjoy a winter playground at Wild Mountain with its mix of terrain for all levels, novice to expert. Choose the package that suits your needs. Bring a bag dinner or money for concessions. No re-entry into the school upon return. Participants must be on the bus by 8:45pm as the bus is unable to wait.

\$175 lift only; \$195 lift & helmet rental; \$275 lift & ski rental;  
\$279 lift & board rental; \$295 lift, ski rental & helmet rental;  
\$299 lift, board & helmet rental

Fridays Jan 23-Feb 20 | 2:30-10:45pm | 5 sessions  
Rogers HS Gym Parking Lot | #3251-1W

Fridays Jan 23-Feb 20 | 3:00-10:15pm | 5 sessions  
Elk River HS Bus Parking Lot | #3251-2W

Fridays Jan 23-Feb 20 | 3:30-9:45pm | 5 sessions  
Zimmerman HS Bus Parking Lot | #3251-3W

## High School Ski & Snowboard Trip | grades 9-12

One night only! Come along with us to Wild Mountain. Choose the package that suits your needs. Bring a bag dinner or money for concessions. No re-entry into the school upon return. Participants must be on the bus by 8:45pm as the bus is unable to wait for late arrivals.

\$49 lift only; \$55 lift & helmet rental; \$69 lift & ski rental;  
\$73 lift, ski & helmet rental; \$75 lift & board rental;  
\$79 lift, board & helmet rental

Friday Feb 6 | 2:30-10:45pm | 1 session  
Rogers HS Gym Parking Lot | #3251-1Wa

Friday Feb 6 | 3:00-10:15pm | 1 session  
Elk River HS Bus Parking Lot | #3251-2Wa

Friday Feb 6 | 3:30-9:45pm | 1 session  
Zimmerman HS Bus Parking Lot | #3251-3Wa

**CAREER** →

**EXPLORATION FAIR**

**SATURDAY, FEBRUARY 28**

**10 a.m - 2 p.m.** ←

**Handke Center – 1170 Main St., Elk River, MN**

**FREE admission food prizes**

**Pre-register and attend for a chance to win a great prize. Course # 6356-1W**

**EXPLORE CAREER OPTIONS!**

Take part in break-out sessions & find information on job shadowing opportunities. Talk 1 on 1 with representatives from many career areas including: Schools, Community Education, Science & Engineering, Parks & Recreation, Public Services, Health Care, Large Businesses, Small Businesses, Military, Technology, Marketing & Communications, Finance, Law, Transportation & more!

# YOUTH HIGH SCHOOL

## Driver Education | age 15+

Do you want to obtain your driver's permit and learn to drive? You'll be on your way when you complete the 30 hours of classroom instruction required to operate a vehicle in Minnesota in our interactive, engaging classroom. Once you have your permit, schedule Behind-the-Wheel training from our experienced, state-certified instructors. Flexible registration and pricing allows you to pick the package that is right for you; select the complete training package, classroom instruction only, and/or Behind-the-Wheel training only. State law requires students to be registered for Behind-the-Wheel training before they can take the permit test. In order to be fully registered for Behind-the-Wheel, payment must be received in full by the last classroom day. Parents, watch for important information sent home with students at the first class. Remember, students must be 15 years old by the last day of class.

Complete Training Package: \$339

Payment plan available: \$139 due at registration, \$200 by last class

Classroom instruction only: \$100; register online

Behind-the-Wheel only: \$280; Call 763-241-3520 to register

Tue/Thu Jan 20-Feb 19 | 6:00-9:00pm | 10 sessions

Rogers HS Rm B103 Door I | Hudson | #3895-6W

Parent meeting will be held Feb 19 from 7:30-9:00pm

Mon-Thu Feb 9-Feb 25 | 3:00-6:00pm | 10 sessions

Zimmerman HS Rm 933 Door A | Not meeting Feb 16 | Johnson | #3895-5F

Parent meeting will be held Feb 25 from 4:30-6:00pm

Mon-Thu Mar 9-Mar 25 | 3:00-6:00pm | 10 sessions

Elk River HS Rm 105 Door A | Not meeting Mar 11 | Hudson | #3895-7W

Parent meeting will be held Mar 25 from 4:30-6:00pm

Mon-Thu Mar 23-Apr 8 | 3:00-6:00pm | 10 sessions

Rogers HS Rm B103 Door I | Not meeting Apr 6 | Waggoner | #3895-8W

Parent meeting will be held Apr 8 from 4:30-6:00pm

Tue/Thu Apr 7-May 7 | 6:00-9:00pm | 10 sessions

Elk River HS Rm 105 Door A | #3895-9S

Parent meeting will be held May 7 from 7:30-9:00pm

Mon-Thu Apr 27-May 12 | 3:00-6:00pm | 10 sessions

Elk River HS Rm 105 Door A | Waggoner | #3895-10S

Parent meeting will be held May 12 from 4:30-6:00pm

**Effective January 1, 2015, drivers under the age of 18 who complete Behind-the-Wheel instruction and are testing for a provisional driver's license must submit a driving log. Parents/guardians have two options regarding the supervised driving log:**

- Complete a supplemental parent class provided by a driver education program approved in Minnesota, and submit a supervised driving log showing their teen has completed at least 40 hours of supervised driving, 15 of which are nighttime hours; OR
- If the parent/guardian chooses not to complete the supplemental parent class, the driving log must show that their teen has completed at least 50 hours of supervised driving, 15 of which are nighttime hours.

## NEW! Police Activity League - Judo Club | age 14+

This club hopes to provide a safe, positive and energetic environment for young adults to enjoy the art of Judo. Join with law enforcement officers and get to know them for a fun night of learning "The Gentle Way." This partnership will have a profound effect on public perceptions of law enforcement and on the participant's daily life. Age 25+ is free with a participant age 14-24.

Tue/Thu Jan 13-Mar 3 | 7:00-9:00pm | 15 sessions

\$49 age 14-24; age 25+ free when accompanied by a paid registrant  
Elk River American Legion Community Rm | Keckeisen | #4150-1W

## ZAP the ACT | grades 11-12

Students will learn strategies for improving scores in all four sub tests by getting suggestions for individualized study and taking shortened practice tests that mirror the actual testing experience. Seminars are carefully designed to help students do their personal best on the ACT. From past experience, students who take this workshop score higher on the ACT. This year the ACT test will be administered to all juniors during school on Apr 28. Students should bring a calculator and two pencils to class. A study guide and practice test workouts are included with fee.

Wed/Thu Apr 8 & 9 | 3:00-5:30pm | 2 sessions | \$89

Rogers HS Media Door I | ZAPS Instructors | #3590-1P

Wed/Thu Apr 8 & 9 | 6:30-9:00pm | 2 sessions | \$89

Zimmerman HS Media Door A | ZAPS Instructors | #3590-2P

Mon/Tue Apr 13 & 14 | 6:30-9:00pm | 2 sessions | \$89

Elk River HS Rm 168 Door A | ZAPS Instructors | #3590-3P

*It (ZAP the ACT) was educational and fun at the same time. The instructor was amazing.*  
~Theodore L.



# YOUTH RECREATION

## Fencing | age 6-17

Fencing is a fun hobby and challenging sport. This program, offered by MN Sword Play, will introduce you to the fundamentals of fencing with an emphasis on skills such as building concentration and self-discipline through activities that are developmentally appropriate. Equipment provided.

### age 6-10

Thursdays Jan 8-Feb 12 | 6:15-7:15pm | 6 sessions | \$99  
Salk MS Commons Door S | #3267-1W

Thursdays Feb 19-Mar 26 | 6:15-7:15pm | 6 sessions | \$99  
Salk MS Commons Door S | Mar 5 meeting at Lincoln | #3267-3W

### age 11-17

Thursdays Jan 8-Feb 12 | 6:15-7:15pm | 6 sessions | \$99  
Salk MS Commons Door S | #3267-2W

Thursdays Feb 19-Mar 26 | 6:15-7:15pm | 6 sessions | \$99  
Salk MS Commons Door S | Mar 5 meeting at Lincoln | #3267-4W

## Karate | age 4-12

Karate is a great way for students to increase their sense of responsibility, decrease willingness to take foolish risks and build higher self-esteem. Choose martial arts to supplement your child's education and see how your kids will benefit.

### age 4-6

Tue/Thu Jan 27-Feb 12 | 5:55-6:25pm | 6 sessions | \$39  
Handke Center Rm 210 Door 5 | #2662-1W

Mon/Wed Feb 16-Mar 9 | 6:10-6:40pm | 6 sessions | \$39  
Zimmerman MS House A Door A | Not meeting Mar 2 | #2662-3W

### age 7-12

Tue/Thu Jan 27-Feb 12 | 6:30-7:15pm | 6 sessions | \$49  
Handke Center Rm 210 Door 5 | #2662-2W

Mon/Wed Feb 16-Mar 9 | 6:45-7:30pm | 6 sessions | \$49  
Zimmerman MS House A Door A | Not meeting Mar 2 | #2662-4W

### REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS MADE 3-5 DAYS BEFORE THE CLASS START DATE.



### REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS YOU ARE HOPING TO TAKE.

## Ski & Snowboard Club grades 6-9

Join your friends on the slopes of Powder Ridge. This club offers three days of skiing/snowboarding and allows one make-up day. If you attend all three days the make-up day becomes a bonus (four days for the price of three). Bring bag dinner from home or money for concessions. No re-entry into the school upon return. Not meeting Feb 16 and Mar 2.



\$149 lift only; \$189 lift & ski rental; \$199 lift & snowboard rental; \$9 helmet rentals; \$6 for two 1-hour lessons (first two nights)

Mondays Feb 2-Mar 9 | 2:30-9:15pm | 4 sessions  
Zimmerman MS Check-in Cafetorium Door A | #3250-4W

Mondays Feb 2-Mar 9 | 3:00-8:45pm | 4 sessions  
Rogers MS Check-in Cafetorium Door A | #3250-1W

Mondays Feb 2-Mar 9 | 2:45-9:00pm | 4 sessions  
VandenBerge MS Check-in Cafeteria Door N | #3250-2W

Mondays Feb 2-Mar 9 | 2:45-9:00pm | 4 sessions  
Salk MS Check-in Cafeteria Door S | #3250-3W  
*Salk students will return to VandenBerge MS*

## Ski & Snowboard Trip | grades 6-9

Haven't had time to get out on the hills? This is your chance! Join your friends or make new ones while hitting the slopes of Powder Ridge. Bring a lunch or money for food.

\$39 lift only; \$55 lift & ski rental; \$55 lift & snowboard rental; \$6 helmet rental

Monday Jan 26 | 9:00am-5:00pm | 1 session  
Zimmerman MS Check-in Cafetorium Door A | #6339-3W

Monday Jan 26 | 9:30am-4:30pm | 1 session  
VandenBerge MS Check-in Cafeteria Door N | #6339-2W

Monday Jan 26 | 10:00am-4:15pm | 1 session  
Rogers MS Check-in Cafetorium Door A | #6339-1W

# YOUTH RECREATION



**Track and field is one of the oldest sporting competitions and was the only event in the 776 BC Ancient Olympic Games.**

## Open Gym | all ages

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

Pay at door:

\$3/individual; \$25/10-day pass

\$8/family; \$50/10-day family pass (max of 6 w/1 participating adult)

### grades 9-12 and adults

Wednesdays Jan 7-May 13 | 7:00-9:30pm

Rogers HS Gym Door I

**Youth & Families** | 7:00-8:30pm

**High School & Adults** | 8:30-10:00pm

Wednesdays Jan 7-May 13

Zimmerman MS/HS Gym Door K

### all ages

Sundays Dec 28-May 17 | 5:00-7:00pm

Not meeting Mar 22, Apr 5, 26

Zimmerman MS/HS Gyms Door X

Sundays Dec 28-May 17 | 6:15-8:15pm

Rogers MS Gym Door A | Not meeting Mar 22, Apr 5

## MS Track | grades 6-8

This sport offers something for everyone. You can race, hurdle, jump or throw for the team. Check out this competitive program and find the perfect event for you. Schedule includes up to 3 meets per season; transportation to away meets provided. Meets will be held weather permitting; make-up meets may/may not be scheduled. Wear comfortable and weather-appropriate clothing and running shoes. Bring a snack and bottle of water.

Mon-Thu Apr 20-May 21 | 3:15-5:00pm | 20 sessions | \$99

Salk MS Gym Door U | #3008-3P

Mon-Thu Apr 20-May 21 | 3:15-5:00pm | 20 sessions | \$99

Rogers MS Gym Door A | #3008-1P

Mon-Thu Apr 20-May 21 | 3:15-5:00pm | 20 sessions | \$99

VandenBerge MS Gym Door N | #3008-2P

## NEW! Dance Clinic | grades 5-8

So you think you can dance? This clinic will introduce you to a team dance program that includes jazz and kick routines for beginning to advanced dancers. There will also be opportunities to offer input on choreography. This is a wonderful option for those who have some dance background, although beginners are always welcome. Fee includes team t-shirt. Snack included. Wear comfortable clothes and bring a bottle of water.

Mon-Fri Jan 12-16 | 3:15-5:15pm | 5 sessions | \$35

Salk MS Commons Door S | #3270-1W

## MS Danceline | grades 6-8

Are you passionate about dance? With the middle school danceline, you'll be introduced to a team dance program that includes jazz and kick routines for beginning to advanced dancers. There will be opportunities to offer input on choreography. This is a wonderful option for those who have some dance background, although beginners are always welcome. Fee includes team t-shirt. Snack included. Wear comfortable clothes and bring a bottle of water.

Mon/Wed Mar 23-Apr 22 | 3:15-5:15pm | 9 sessions | \$55

Rogers MS Gym Door A | Not meeting Apr 6 | #3270-1P

Tue/Thu Mar 24-Apr 23 | 3:15-5:15pm | 10 sessions | \$55

VandenBerge MS Gym Door N | #3270-2P



## Zimmerman 7th & 8th Grade Athletes

Information on spring sports through the Granite Ridge conference will be available and advertised in our Spring Brochure, available March 7. You can also find information on the Granite Ridge website [www.graniteridgeconference.org](http://www.graniteridgeconference.org). Select Zimmerman, find your sport and the appropriate level to see the game/meet schedule.

## Floor Hockey | grades K-5

Minnesota's favorite winter sport - indoors! Play with us, learn the basics of the game, and have a blast with your friends.

### grades K-2

Wednesdays Jan 14-Feb 11 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym Door 1 | #2672-1W

### grades 3-5

Thursdays Jan 15-Feb 12 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym Door 1 | #2672-2W

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## Floor Hockey | age 5-10

Hockey is a Minnesota favorite. This is your chance to learn basic skills without the challenge of ice underfoot. You will learn stick-handling, passing and shooting. Mini-games will be used to enhance skill-building and make the program a fun learning experience. For safety reasons, spectators will only be allowed in the gym during the scrimmage portion of the class.

### age 5-6

Mondays Jan 19-Feb 16 | 6:25-7:10pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4355-2W

### age 7-10

Mondays Jan 19-Feb 16 | 7:15-8:00pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4355-3W

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## Pillo Polo Hockey | age 3-4 w/parent

Even the little ones want to play! This class will get them moving in the gym using child-size equipment to imitate hockey skills and games.

Mondays Jan 19-Feb 16 | 5:35-6:20pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4355-1W

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## Gymnastics & Movement | age 6-9

Your child will love this program whether they want to learn basic gymnastics skills or are ready to enhance the skills they already have. Students will work on basic tumbling and flexibility in a safe manner with the added benefits of improved listening skills, coordination and cooperation with peers.

Tuesdays Jan 20-Feb 17 | 7:30-8:15pm | 5 sessions | \$35  
Rogers Elem Gym Door 1 | #4200-4W



*National guidelines suggest children age 0-5 should engage in two hours of physical activity per day.*

## NEW! Mini Movers | age 18-30 months w/parent

These kids can really move! This fun and introductory program will allow you and your toddler to interact in an active environment. Activities are based on a variety of basic tumbling, yoga and sports movements and will change quickly to accommodate short attention spans. The last 10-15 minutes of class will be time to do the activities that were introduced in stations.

Tuesdays Jan 20-Feb 17 | 5:30-6:00pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4200-1W

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## Tumbling & Movement | age 2-5 w/parent

This fun and instructional program allows you and your child to interact in an active environment. With the assistance of the instructor and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced.

### age 2-3 w/parent

Tuesdays Jan 20-Feb 17 | 6:05-6:35pm | 5 sessions | \$29  
Rogers Elem Gym Door 1 | #4200-2W

### age 4-5 w/ parent

Tuesdays Jan 20-Feb 17 | 6:40-7:25pm | 5 sessions | \$35  
Rogers Elem Gym Door 1 | #4200-3W

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## NEW! Marvelous Movement | age 2-8

From sports to dance, this class will introduce many different ways for moving your body from here to there.

### age 2-4 w/parent

Thursdays Jan 22-Feb 19 | 5:35-6:05 | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4033-1W

### age 5-8

Thursdays Jan 22-Feb 19 | 6:45-7:15pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4033-2W



# ROGERS RECREATION YOUTH



*Childhood friendships begin by playing together and enjoying the same games and activities.*

## **NEW! Moving to the Beat | age 4-10**

Instructors will use a variety of popular songs to make this gym time activity an energizing fitness class that is sure to be a hit!

### **age 4-6**

Saturdays Feb 7-Feb 28 | 9:30-10:15am | 4 sessions | \$25  
Rogers Elem Gym Door 1 | #4055-1W

### **age 7-10**

Saturdays Feb 7-Feb 28 | 10:20-11:05am | 4 sessions | \$29  
Rogers Elem Gym Door 1 | #4055-2W

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## **NEW! Yoga for Youngsters | age 2-10**

Yoga is a fun and easy way to move your body, get fit and stay healthy. Learn yoga together and practice at home.

### **age 2-3 w/parent**

Thursdays Jan 22-Feb 19 | 5:00-5:30pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4032-1W

### **age 4-5 w/parent**

Thursdays Jan 22-Feb 19 | 6:10-6:40pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4032-2W

### **age 6-10**

Thursdays Jan 22-Feb 19 | 7:15-7:45pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4032-3W

## **NEW! The Wiggle Bunch | age 18-months-7 years**

Join this class to just get moving! You will play games, participate in challenges and have a blast learning interesting and fun ways to move your body, all while getting exercise. Not meeting Mar 12.

### **age 18-36 months w/parent**

Thursdays Mar 5-Apr 9 | 5:30-6:00pm | 5 sessions | \$29  
Hassan Elem Gym Door 1 | #4035-1W

### **age 3-5 w/parent**

Thursdays Mar 5-Apr 9 | 6:05-6:50pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4035-2W

### **age 5-7**

Thursdays Mar 5-Apr 9 | 7:00-7:45pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4035-3W

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## **Mini Sportsters | age 2-3 w/parent**

Designed to energize and encourage children to participate in sports and games while basic skills and good sportsmanship are emphasized. Students will follow the lead of the instructor and participate in group activity, then have Free Time to play with equipment that is available. Winter sports: Kickball, Basketball, Floor Hockey.

Mondays Feb 2-Mar 9 | 5:40-6:10pm | 6 sessions | \$35  
Rogers Elem Gym Door 1 | #4251-2W

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## **Little Sportsters | age 4-5 w/parent**

Designed to energize and encourage children to participate in sports and games while basic skills and good sportsmanship are emphasized. Students will learn the rules and basic skills of Kickball, Basketball and Floor Hockey.

Wednesdays Jan 28-Mar 4 | 5:35-6:20pm | 6 sessions | \$45  
Hassan Elem Gym Door 1 | #4251-1W

Mondays Feb 2-Mar 9 | 6:15-7:00pm | 6 sessions | \$35  
Rogers Elem Gym Door 1 | #4251-3W

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## **Sportsters | age 5-7**

Designed to energize and encourage children to participate in sports and games with emphasis on basic skills and good sportsmanship. Students will learn the rules and basic skills of Kickball, Basketball and Floor Hockey.

Mondays Feb 2-Mar 9 | 7:05-7:50pm | 6 sessions | \$45  
Rogers Elem Gym Door 1 | #4251-4W

# ROGERS RECREATION YOUTH

## **NEW! Sky Zone | grades K-5 w/parent**

Calling all thrill seekers! Join us for an afternoon at Sky Zone, the world's first indoor trampoline park with trampolines as far as the eye can see. Experience WOW; the weightlessness of bouncing, flipping and landing in a pit filled with 10,000 foam cubes. Grab your friends for an afternoon of fun. Waiver required for participants.

Tuesday Feb 3 | 4:15-7:15pm | 1 session  
\$25 child; \$39 parent/child; \$69 parent/2 children  
Hassan Elem Bus Lot | #4035-5Wa

## **Tikes on Bikes | age 3-6**

Ride on! Bring your bike, trike or other ride-on toy, along with your helmet, for a chance to get a little riding in this winter. Doesn't matter what the weather is, it's always nice indoors! Riders will provide their own riding toy and helmet. Parent must be present.

Saturdays Feb 7-Feb 28 | 9:30-10:30am | 4 sessions | \$35  
Rogers Elem Cafeteria Door 1 | #4253-1W

## **SNAG Golf Intro Session | grades 6-8**

Come and see what it's all about - free! Take a sneak peek into the program with a short introduction of what you will learn and how the program works. Pre-registration requested but not required.

Monday Feb 23 | 3:15-4:00pm | 1 session | Free  
Rogers MS Gym Door A | Dahl | #4040-1Wa

## **Open Basketball | grades 5-8**

This supervised open gym option is just for middle school-aged players--no adults or young children. Basketball will be the focus of the gym time and all levels are welcome.

Mondays Mar 2-30 | 7:30-8:30pm | 5 sessions  
\$3 at the door; \$10/5-session pass  
Hassan Elem Gym Door 1 | #4252-1W

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



*Sky Zone Indoor Trampoline Park features wall-to-wall trampolines along with foam pits.*

## **Indoor Tennis | grades 2-5**

It might be cold outside, but we'll have the nets up inside so you can hone your tennis skills in this engaging physical activity for novice to intermediate players.

### **grades 2-3**

Mondays Mar 2-Mar 30 | 5:45-6:30pm | 5 sessions | \$39  
Hassan Elem Gym Door 1 | #4030-1W

### **grades 3-5**

Mondays Mar 2-Mar 30 | 6:35-7:20pm | 5 sessions | \$39  
Hassan Elem Gym Door 1 | #4030-2W

## **Introduction to Cross-Country Skiing | age 8+**

Learn to propel yourself across snow-covered terrain using skis and poles. Cross-country skiing is a great workout and a wonderful way to spend time outdoors during the cold winter months. Ski rentals available at Elm Creek Chalet; when registering, please let us know if you will need rentals and what size (in adult or children's) so equipment will be set aside for you.

### **age 8+ w/parent**

Friday Jan 30 | 6:30-8:00pm | 1 sessions | \$25 parent/child  
Elm Creek Park Reserve Chalet | Three Rivers Park Staff  
#4185-2W

### **grades 6-8**

Friday Jan 30 | 6:30-8:00pm | 1 session  
\$15/person; \$25 parent/child  
Elm Creek Park Reserve Chalet | Three Rivers Park Staff  
#4185-3W

# ROGERS RECREATION YOUTH



**Volleyball teaches teamwork and communication and is a great physical and social activity.**

## Introduction to Volleyball Basics | grades K-1

Volleyball has been around for more than 100 years. Learning the basics will give you a chance to enjoy all the game's aspects. We will use mini-games to introduce skills like bumping, setting and underhand serving.

Tuesdays Mar 3-31 | 5:45-6:30pm | 5 sessions | \$39  
Rogers Elem Gym Door 1 | #4050-1W

## Volleyball Skills | grades K-5

Volleyball is a fun, year-round sport for boys and girls. Students will work on volleyball fundamentals while playing mini-games and participating in fun drills and scrimmage. Wear comfortable clothing and gym shoes.

**grades K-2**  
Tuesdays Feb 17-Mar 17 | 4:15-5:30pm | 5 sessions | \$19  
Rogers Elem Gym Door 3 | #2673-1W

**grades 3-5**  
Wednesdays Feb 18-Mar 25 | 4:15-5:30pm | 5 sessions | \$19  
Rogers Elem Gym Door 3 | Not meeting Mar 11 | #2673-2W

## Volleyball Skills II | grades 2-3

You've got the basics down, but now it's time to refine your skills. Spend time practicing, improving and learning new techniques to make your game better than ever. You'll have fun in a program that is both healthy and developmental.

Tuesdays Mar 3-31 | 6:35-7:20pm | 5 sessions | \$39  
Rogers Elem Gym Door 1 | #4050-2W

## More Volleyball Skills | grades 3-5

Hit the court and learn how to be in the right place at the right time to help your team get those points! Improvement drills will also help you refine the skills you already have.

Tuesdays Mar 3-31 | 7:25-8:10pm | 5 sessions | \$39  
Rogers Elem Gym Door 1 | #4050-3W

## Jump Rope and Jam | grades 1-5

The American Heart Association encourages jumping rope as a heart-healthy activity for kids. This program will introduce the skills needed for jumping rope, while the simplicity of jumping rope makes it an easy favorite. Learn to jump and move to music. There will be a performance on the last day. Due to the nature of the activity and for the safety of all, spectators are not allowed in the gym during practice.

**grades 1-2**  
Wednesdays Mar 18-Apr 15 | 5:30-6:15pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4031-1W

**grades 3-5**  
Wednesdays Mar 18-Apr 15 | 6:35-7:20pm | 5 sessions | \$35  
Hassan Elem Gym Door 1 | #4031-2W

## SNAG Golf | gr 6-8

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

Mon-Fri Mar 16-20 | 3:15-4:30pm | 5 sessions | \$55  
Rogers MS Gym Door A | Dahl | #4040-1W

**For the safety of participants, we reserve the right to ask parents/spectators to wait in the hallway during class. This may be due to the nature of the activity or due to the space for the number of participants. If the class is listed as a Parent/Child class, parents are required to participate.**





# ROGERS RECREATION YOUTH

## Baseball/Softball Basics | grades K-5

Everyone will have a great time learning and improving basic baseball/softball skills. Using drills, skill challenges and mini-games, your young athlete will enjoy working hard.

### grades 3-5

Tuesdays Mar 24-Apr 21 | 4:15-5:30pm | 5 sessions | \$19  
Rogers Elem Gym/Field Door 3 | #2674-1P

### grades K-2

Mondays Apr 13-May 11 | 4:15-5:30pm | 5 sessions | \$19  
Rogers Elem Gym/Field Door 3 | #2674-2P

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## Track | grades K-5

With all the different activities in Track and Field there is sure to be something you'll enjoy doing. Everyone will run, jump, throw and leap. The week will end with a mini track meet to show off your skills.

### grades K-2

Wednesdays Apr 1-29 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym/Field Door 1 | #2670-1P

### grades 3-5

Tuesdays Apr 28-May 26 | 4:15-5:30pm | 5 sessions | \$19  
Hassan Elem Gym/Field Door 1 | #2670-2P

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## Open Gym | all ages

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Check in and pay upon arrival with the Open Gym clerk. Please note that changes may be made to this schedule; always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed. Students age 10 and younger must be with a responsible individual age 16+.

### grades 9-12 and adults

Wednesdays Jan 7-May 13 | 7:00-9:30pm  
\$3/individual at the door; \$25/10-day pass  
Rogers HS Gym Door I

### all ages

Sundays Dec 28-May 17 | 6:15-8:15pm  
\$3/individual or \$8/family (max of 6 w/1 participating adult)  
\$25/10-day pass, \$50/10-day family pass  
Rogers MS Gym Door A | Not meeting Mar 22, Apr 5



*Open gym times available for everyone; just have fun, or practice to make your skills better or learn new ones.*

## NEW! Spring Fling - Blast From The Past! | all ages

Grab your friends, grab your family and join us for our first-ever community Spring Fling! The theme - Blast From the Past! Get dressed in your favorite 50s, 60s, 70s or 80s attire. Besides music, food, family and friends, we'll award prizes to the winners of our various contests which include Hula Hoop, Limbo, and costume (all divided by age brackets).

Saturday Apr 11 | 5:00-7:00pm | 1 session | \$5/person; \$9/couple  
Rogers MS Cafeteria Door A | #4906-1P

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## \*Kid's Arts & Craft Day | age 5-10

If your child enjoys making crafts, this is the event for them. Your child will be able to do up to three projects in one day, all worthy to take home and treasure. We will have multiple stations to choose from including painting mini-birdhouses, creating tribal masks, making yarn cowboys, superhero capes, flower pinwheels and more. Registration closes Feb 2 and can be found at [www.parkandrec.cityofrogers.org](http://www.parkandrec.cityofrogers.org).

Saturday Feb 7 | 1:00-3:00pm | 1 session | \$10  
Rogers Activity Center/Ice Arena

\*These programs are brought to you directly by Rogers Parks and Recreation. Call 763-428-0975 for additional program information or online at [parkandrec.cityofrogers.org](http://parkandrec.cityofrogers.org)

# ROGERS RECREATION MIDDLE SCHOOL

## Rogers MS Stuff 2 Do | grades 6-8

The club continues into the New Year! Stick around after school on Tuesdays for some impressive activities with old friends and maybe some new ones. Register for the full program and get a discount; see each individual day for the planned activity. For those who have participated before, you'll have a great time with new activities as well as some of your favorites. For those who are just joining us for the first time, you'll have fun making new friends and trying new games and activities. Check it out!

### Club Membership

Tuesdays Jan 13-Apr 28 | 3:15-5:15pm | 16 sessions  
\$95 Full Club; \$75 Club w/out Sky Zone Trip  
Rogers MS | #4036-1W

## Priceless Painting

With so many styles of painting in the world, you're sure to create a masterpiece. Who knows? You might create a new style of painting for the world to enjoy.

Tuesday Jan 13 | 3:15-5:15pm | 1 session | \$9  
Rogers MS Cafeteria/Art Room/Gym Door A | #4035-2W

## Sculpey Creations

Get creative with Sculpey clay. We'll have samples and directions for a variety of different projects along with instructions on how to bake the project to finish it up at home.

Tuesday Jan 20 | 3:15-5:15pm | 1 session | \$9  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-3W

## Animation Creation

Animation is awesome! Create some basic animation on paper, then use miscellaneous items to try photo animation. You may learn something new that you can try at home.

Tuesday Jan 27 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-4W

## Sky Zone

Calling all thrill-seekers! Join us for an afternoon at Sky Zone, the world's first indoor trampoline park with trampolines as far as the eye can see. Experience WOW--the weightlessness of bouncing, flipping and landing in a pit filled with 10,000 foam cubes. Grab your friends for an afternoon of fun. Snack, homework time and gym activity prior to bus departure at 4:00pm. Waiver required for all participants.

Tuesday Feb 3 | 3:15-7:00pm | 1 session | \$19  
Rogers MS Cafeteria Door A | #4036-5W

## Valentine's Day Craft

If you have a special friend or family member that you would like to make a Valentine's Day gift for, this is a great chance to get it done. If you don't have someone special in mind, you can make it and keep it for yourself--you're special, too!

Tuesday Feb 10 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-6W

## Minute to Win It Challenges

An exciting afternoon of "Minute to Win It" challenges that everyone is sure to love. Surprise yourself and see what you can do. Small prizes and awards for certain challenges.

Tuesday Feb 17 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Gym Door A | #4036-7W

## Dynamic Drawing

Discover different ways to draw. One of the methods demonstrated just may be what you needed to reveal your art in the way you meant for it to be shared with others.

Tuesday Feb 24 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-8W

## Movie Time

A relaxing after-school favorite of popcorn and a movie (TBD, rated PG). Gym is available for those who want more action.

Tuesday Mar 3 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Gym Door A | #4036-9W

## Teen Deco Craft

With several options to choose from, you will be able to create a piece of art decor to adorn your bedroom or locker.

Tuesday Mar 10 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-10W

## It's a Terrarium!

No, a terrarium is not a dinosaur or a bug. Come hang out after school and you will find out what it is and make one of your very own to bring home.

Tuesday Mar 17 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-11W



@ROGERSMSSTUFF2DO

# ROGERS RECREATION

## LEARN-TO-SKATE

### Karate/Self Defense

Take this afternoon to learn some basic karate moves that are beneficial to self-defense.

Tuesday Mar 24 | 3:15-5:15pm | 1 session | \$9  
Rogers MS Cafeteria/Gym Door A | #4036-1P

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### Spring and Easter Craft

Springtime and Easter go hand-in-hand, so celebrate by making some cute Easter items and a beautiful Spring decoration.

Tuesday Mar 31 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-2P

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### Spectacular Science

Science is a part of your life every day. So let's look at some simple science that's absolutely marvelous you'll want to share it with your family and friends.

Tuesday Apr 7 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-3P

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### Chalk and Pastel Art

Using chalks and pastels to create breathtaking art is messy fun. C'mon! Get your hands dirty!

Tuesday Apr 14 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-4P

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### Beads, Beads, Beads

Many things can be created with beads: a bracelet, necklace, key chain or other craft. Red and blue, big and small, so many beads... we've got them all!

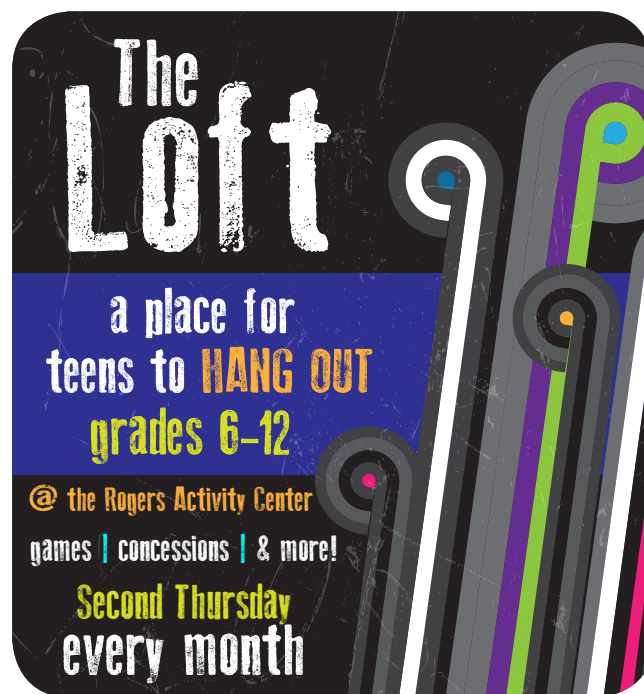
Tuesday Apr 21 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-5P

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### Party On!

It's the last after-school event of the year! Sample what we've done this year: crafts, games, challenges, sports and more! It's your day, so pick your favorite thing to do.

Tuesday Apr 28 | 3:15-5:15pm | 1 session | \$5  
Rogers MS Cafeteria/Art Room/Gym Door A | #4036-6P



### Learn-to-Skate | age 3-adult

We offer a wide variety of skating levels for all ages, including beginner and novice skating, USA Hockey skills and our newest offering--Intro to Figure Skating. Each program is designed and structured using USFSA and USA Hockey basic skill techniques. This program prepares you to move onto other levels of skating including prep hockey, figure skating, or just recreational fun. Register using MasterCard/Visa/Discover through ISD 728 Community Education website at [www.728communityed.com](http://www.728communityed.com), or by phone at 763-241-3520. Registration deadline for all classes is one week prior to start of class. Unfortunately, no pro-rating of fee for missed classes and no refunds once session starts, except for extenuating circumstances.

All classes are taught by sanctioned instructors over the course of six weeks and are held at the Rogers Activity Center. Rental skates are available for \$2/pair weekly, and helmets are available for \$1. Helmets are required for ages 3-6, hockey classes and are recommended for all new skaters. No double-blade skates allowed, nor are parents allowed on ice during lesson times. Exceptions must be approved by skate director.

It is common for children to repeat a level before advancing to the next level. Attendance is important to learn new skills that build on previous classes. Please arrive 20 minutes early the first day of class to pick up name badge and general information. Visit [www.parkandrec.cityofrogers.org](http://www.parkandrec.cityofrogers.org) or call 763-428-0975 for complete details or questions. Please check skates to ensure sharp edges as this will make it easier to skate; skate sharpening available at the arena.



# ROGERS RECREATION

## LEARN-TO-SKATE



*Gloves, jacket and helmet are required for beginner classes and recommended for everyone.*

### Beginner Snowplow Sam Program | age 3-5

This level is for new skaters who have rarely or never been on skates. It is designed to help the pre-school skater develop preliminary coordination and strength necessary to move on ice. Gloves/jacket/warm pants and a bike or hockey helmet are required.

- **Snowplow Sam 1:** Designed for skaters with no experience; introduces how to stand, sit, fall and get up on and off the ice, marching, dipping and beginning glides.
- **Snowplow Sam 2:** For skaters able to move along ice, dipping and gliding. Builds on backward wiggles and forward two-foot swizzles.
- **Snowplow Sam 3:** Skater should be able to move freely on skates with steadiness. Program focuses on pushing and balance while moving forward and backward in swizzles, glides, snowplow stops with skid action.

### Basic Skills Program | age 6+

This program is divided into carefully planned levels to progress the skater from basic to advanced ice skating skills. Levels 1-3 are great for all beginning/novice skaters. Beyond Level 3, focus is on figure skating techniques and use of toe pick. Gloves/jacket and a helmet are required for beginner classes and recommended for everyone.

- **Basic 1:** Designed for new skaters with little or no skating experience; covers basic balance and movement through marching, swizzles, wiggles, glides, and snowplow stops.
- **Basic 2:** For beginner skaters with some skating experience; focuses on glides, backward skating, two-foot turns from front to back and moving stops.
- **Basic 3:** Designed for skaters who have basic experience being on skates. Students will learn basic fundamental moves through a series of progression--forward/backward skating, stops, edges, crossovers and more.

### NEW! Intro Figure Skating | age 6+

- **Basic 4+:** Designed for experienced skaters who wish to continue in figure skating techniques. Skill sets include forward/backward glides, stroking, two-foot turns and spins, edges, crossovers and more. Must have passed Basic 3.

These upper class levels have limited availability. Please inquire for alternate options if unavailable or cancelled.

### Hockey Prep Basics | age 4+

This program uses guidelines of USFSA and USA Hockey learn-to-skate techniques. The Hockey Prep classes are for the beginner to the slightly advanced skater and teach the basic skating skills needed to play hockey. They focus on skating and introduce sticks and pucks; sticks will be introduced by the third week, pending abilities. Helmets, shin guards, hockey gloves and stick are required; other protective gear is recommended. Instructors will group the skaters based on ability at the first class. This program allows for flexibility to deviate from skill-sets to focus on skills needed by ability of skaters. Class is 60 minutes and uses stations or small groups based on the number of skaters and abilities, with some free time. All skaters will be assessed first week and put into the correct skill level.

### Hockey Prep Jr. | age 4-6

Designed for beginning skaters who want to play hockey but have little skating ability, yet are able to stand and march on skates. If child cannot balance and march on skates, it is recommended that they enroll in one of the Snowplow Sam classes prior to participating in Hockey Prep Jr. Skaters younger than 6 can participate in other prep levels providing they have the ability to keep up with the class.

### Hockey Prep Basic | age 7+

- **Beginner level:** Covers the basic beginning format of skating including stance, quick get up from falls, forward skating, dips, snowplow stop, scooter/T-pushes and proper stick holding.
- **Advanced beginner:** Focuses on glide turns, proper way to hold stick, backward skating, stopping and some stick/puck handling.
- **Advanced skaters:** For skaters ready for crossovers and other more challenging skills such as quick stop and starts, crossovers, c-cuts, one-foot pushes and glides on circles, mohawks, hockey stop, and stick/puck handling drills. Great class for those who have played before, but need to work on their skating skills.

Visit [www.parkandrec.cityofrogers.org](http://www.parkandrec.cityofrogers.org) or call 763-428-0795 for complete details or questions regarding our skating programs.

\*These programs are brought to you directly by Rogers Parks and Recreation. Call 763-428-0975 for additional program information or online at [parkandrec.cityofrogers.org](http://parkandrec.cityofrogers.org)

# ROGERS RECREATION SKATING

## Learn-to-Skate Winter Session I

Saturdays Jan 24-Feb 28 | 6 sessions

- #4980-1W | Snowplow Sam 1 | 8:45-9:15am | \$69
- #4981-1W | Snowplow Sam 2 | 8:45-9:15am | \$69
- #4982-1W | Snowplow Sam 3 | 9:15-9:45am | \$69
- #4983-1W | Basic 1 | 8:45-9:15am | \$69
- #4984-1W | Basic 2 | 9:15-9:45am | \$69
- #4985-1W | Basic 3 | 9:15-9:45am | \$69
- #4986-1W | Basic 4+ | 9:45-10:15am | \$69
- #4994-1W | Hockey Prep Jr. | 9:15-10:15am | \$89
- #4995-1W | Hockey Basics - Beginner | 9:15-10:15am | \$89
- #4996-1W | Hockey Basics – Advanced Beginner | 9:15-10:15am | \$89
- #4997-1W | Hockey Basics – Advanced | 9:15-10:15am | \$89

## Learn-to-Skate Winter Session II

Saturdays Mar 14-May 9 | Not meeting Apr 4 & 11, May 2 | 6 sessions

- #4980-2W | Snowplow Sam 1 | 8:45-9:15am | \$69
- #4981-2W | Snowplow Sam 2 | 8:45-9:15am | \$69
- #4982-2W | Snowplow Sam 3 | 9:15-9:45am | \$69
- #4983-2W | Basic 1 | 8:45-9:15am | \$69
- #4984-2W | Basic 2 | 9:15-9:45am | \$69
- #4985-2W | Basic 3 | 9:15-9:45am | \$69
- #4986-2W | Basic 4+ | 9:45-10:15am | \$69
- #4994-2W | Hockey Prep Jr. | 9:15-10:15am | \$89
- #4995-2W | Hockey Basics - Beginner | 9:15-10:15am | \$89
- #4996-2W | Hockey Basics – Advanced Beginner | 9:15-10:15am | \$89
- #4997-2W | Hockey Basics – Advanced | 9:15-10:15am | \$89

## Learn-to-Skate Open House

Want to truly find out what Learn-to-Skate classes are all about? Attend our Open House and talk to instructors, receive prizes and join us during our scheduled open skate where we will have some special visitors. Receive a free pass to skate by signing up for classes.

Sunday Jan 18 | Information 3:00-5:00pm; Open Skate 4:00-5:30pm  
Rogers Activity Center

## \*Special Event Indoor Open Skate Days

Learn-to-Skate Open House | Sunday Jan 18 | 4:00-5:30pm  
Sign up for LTS and skate FREE

Valentine Skate | Wednesday Feb 11 | 6:00-7:15pm  
Wear red and white and skate FREE

Leprechaun Skate | Sunday Mar 15 | 4:00-5:30pm  
Wear ALL green and skate FREE

## Adult & Pond Hockey

For times, visit [www.rac.cityofrogers.org](http://www.rac.cityofrogers.org); updated weekly

## Spring Break-Away Hockey

League runs approximately mid-March through mid-May. More information is available on-line at [www.rac.cityofrogers.org](http://www.rac.cityofrogers.org), or contact Mike Bauer at 763-428-0974. Practice and home games are played at the Rogers Activity Center.

- **Mini-Mite:** Suggested for age 4-6; must be able to skate.
- **Mighty Mite (lower):** Suggested for age 6-7; typically for players with 1-2 years hockey experience.
- **Super Mite (upper):** Suggested for age 7-8; typically for players moving into last year of Mites with at least 2-3 years of hockey experience. Team registration highly recommended.
- **Squirts:** Typically for players age 8-10; this is a no checking and no slap shot level. Team registration highly recommended.

Never played before? Players are generally more comfortable playing at their own age level; however, the upper levels will have more hockey experience, so make sure your player is familiar with game rules and can skate well.

## \*Winter Skating-Indoor Open Skate | all ages

Sundays Jan 4-May 17 | 4:00-5:30pm | not meeting Mar 8  
Wednesdays Jan 7-Mar 11 | 11:30am-1:00pm & 6:00-7:15pm  
Additional times will be added when school is out; check [www.rac.cityofrogers.org](http://www.rac.cityofrogers.org) for updates.

## \*Outdoor Ice

Neighborhood skating rinks will be open to the public mid-December (weather permitting). When the temperature drops to -20 degrees below zero with wind chill, the rink will be closed. For more information, contact Rogers Activity Center at 763-428-1033.

## Triangle Park (hockey and open skate rink)

21400 Rouillard Avenue Rogers  
Warming House Regular Hours  
Mon-Fri | 4:00pm-9:00pm  
Saturdays | 10:00am-10:00pm  
Sundays | 12:00pm-9:00pm

## Warming House School/Holiday Vacation Hours

Mon-Fri | 10:00am-10:00pm  
Saturdays | 10:00am-10:00pm  
Sundays | 12:00pm-9:00pm  
MLK Day | 10:00am-9:00pm  
President's Day | 10:00am-9:00pm

## Rogers Activity Center | 21080 141st Avenue Rogers

- Use far back hallway of arena for ice entrance, warm-up and skate changing area.
- Opens 30 minutes after the building opens and ends 30 minutes prior to the last indoor ice resurfacing.
- Not available during youth scheduled practice times.
- Outdoor ice may not be open on game nights.

# ROGERS RECREATION

## ADULT



*Minnesota has miles of cross-country ski trails in dozens of Minnesota state parks.*

### Volleyball | adult

Get a group of friends together to form your own co-rec team for fun and competition. This program is only supervised, there are no line judges and you will score your own games. Each week teams will have between 1-1.5 hours each night. Game schedules will be created after teams have registered. Minimum of 4 teams required.

Wednesdays Jan 28-Mar 4 | 6:30-10:00pm | 6 sessions | \$149/team  
Hassan Elem Gym Door 1 | #4050-4W

### Open Gym | all ages

Open gym is a supervised recreation time for individuals to work on their skills in various sports, get a great workout and socialize with others who share an interest in athletics. Check in and pay upon arrival with the Open Gym clerk. Please note that changes may be made to this schedule; always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed. Students age 10 and younger must be with a responsible individual age 16+.

#### grades 9-12 and adults

Wednesdays Jan 7-May 13 | 7:00-9:30pm  
\$3/individual at the door; \$25/10-day pass  
Rogers HS Gym Door I

#### all ages

Sundays Dec 28-May 17 | 6:15-8:15pm  
\$3/individual or \$8/family (max of 6 w/1 participating adult)  
\$25/10-day pass, \$50/10-day family pass  
Rogers MS Gym Door A | Not meeting Mar 22, Apr 5

### Introduction to Cross-Country Skiing | adult

Learn to propel yourself across snow-covered terrain using skis and poles. Cross-country skiing is a great workout and a wonderful way to spend time outdoors during the cold winter months. Ski rentals available at Elm Creek Chalet; when registering, please let us know if you will need rentals and what size (in adult or children's) so equipment will be set aside for you.

Friday Jan 30 | 6:30-8:00pm | 1 session | \$15/person; \$25/couple  
Elm Creek Park Reserve Chalet | Three Rivers Park Staff  
#4185-1W

### Men's Basketball League | adult

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

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

### Pickle Ball | adult

Try something new! Pickle Ball is a cross between ping pong and tennis. It's a fast-growing sport for adults and seniors. If you don't know how to play, we'll teach you. We're sure you'll love it! This is a drop-in activity, so you can pay as you go or purchase a discounted pass. Court availability is first-come, first-served with rotation.



Sundays Dec 28-May 17 | 4:30-6:00pm  
\$3 at door or \$25/10-day pass, \$35/15-day pass  
Rogers MS Gym Door A | Not meeting Mar 22, Apr 5

### REMINDER...

THE DECISION ON WHETHER A CLASS WILL RUN IS  
MADE 3-5 DAYS BEFORE THE CLASS START DATE.



### REGISTER EARLY

TO INSURE WE DON'T CANCEL A CLASS  
YOU ARE HOPING TO TAKE.



# ADVERTISEMENTS



## Visual Strategies for Preschoolers

Are you looking for strategies to help your preschooler follow directions and routines or manage his/her emotions or difficult behaviors? Join us for a **Make It and Take it session**. You will go home with several visuals that are ready to use as well as other resources to help you in managing difficult behaviors. Led by Doreen Vollhaber and Melissa Trutna, ASD Specialists in the Elk River Early Childhood Special Education program.

**Date:** March 10, 2015  
**Time:** 6:30 – 8:00 pm  
**Location:** Handke Center - Rm 111

Please RSVP...  
**Doreen Vollhaber 241-3400 x5086**  
**Limited spots available!**



## Valentine's CARNIVAL 2015

Don't miss the Annual Family Valentine's Carnival!

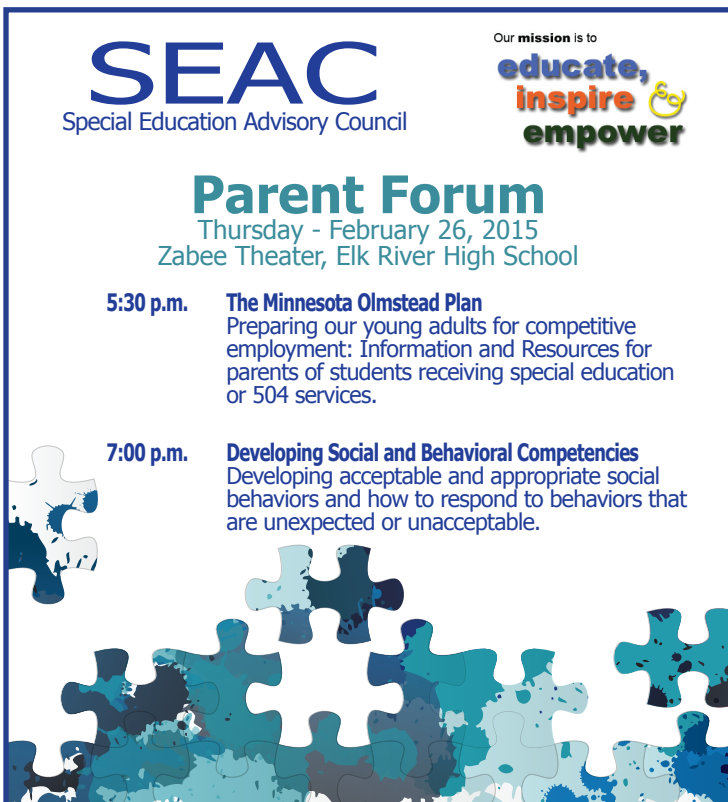
**Friday, February 6th**  
**5:00-8:00pm**  
**Handke Center**

The annual Valentine's carnival is back! Join us for fun, food, games and prizes with activities for toddlers, preschoolers and Kindergartners to enjoy. Activities include games, cake walk, craft table, face painting, moon walk, cookie decorating and more!

Punch cards are available for purchase at the carnival for \$5/child and a max of \$15 per family. (Food sold separately, while supplies last).

Bring a non-perishable food item for CAER and be entered into a prize drawing.

Don't miss the Basket Raffle And Scholastic Book Fair!



**SEAC**  
 Special Education Advisory Council

Our mission is to **educate, inspire, empower**

## Parent Forum

Thursday - February 26, 2015  
 Zabee Theater, Elk River High School

**5:30 p.m. The Minnesota Olmstead Plan**  
 Preparing our young adults for competitive employment: Information and Resources for parents of students receiving special education or 504 services.

**7:00 p.m. Developing Social and Behavioral Competencies**  
 Developing acceptable and appropriate social behaviors and how to respond to behaviors that are unexpected or unacceptable.



## ECFE Youth Sale and Small Business Expo

Saturday, April 18 | 9am-1pm  
 Elk River High School

**Here's how it works:**  
 Purchase vendor tags at the ECFE office, on sale through April 10. Your first 100 tags are \$35, each additional pack of 50 tags is \$10. Tag your items and bring them to the sale the night before, then pick up any unsold items immediately following the sale on Saturday. You do not need to be present at the sale. Keep all your profits with none of the work and hassle of having a sale at home! Vendor spaces are limited, so purchase soon!

**Do you have a small business you would like to promote?**  
 Set up a table at our event to allow hundreds of people to see your products. Reserve your spot for \$25 at the ECFE office.

## Garage Sale Just for Kids Stuff

The Youth sale is sponsored by the ECFE Parent Advisory Council

Community Education reserves the right to refuse requests for advertisements.

# REGISTRATION

## ONLINE

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

Secure registration 24 hrs/day using Visa, MasterCard, Discover.

## IN PERSON, MAIL, DROP BOX

Handke Center  
1170 Main St.  
Elk River 55330

There is a 24-hour drop box.

## PHONE:

763.241.3520

## FAX:

763.241.3521

## WEATHER HOTLINE

Check our Twitter feed @CE728ALERT or our website at [www.728communityed.com](http://www.728communityed.com)

## COMMUNITY EDUCATION

- **Community Education Office Hours:**  
8:00am-4:30pm, Summer Hours  
8:30am-5:00pm, Labor Day-Memorial Day
- **E-mail address:**  
[communityed@isd728.org](mailto:communityed@isd728.org)
- **Make checks payable to:**  
ISD 728 Community Education
- Participants must be the correct age and/or grade by the last day of class, unless otherwise noted.
- Cancellations must be made at least 3 business days prior to activities. Refunds or credits cannot be given for forgotten classes.
- Some activities, supplies or tickets are not refundable.



- Adults are given priority for adult classes, unless specified. Ages 15-17 may be able to register if space permits.
- We take photographs which may be used in our marketing materials. Please notify us in writing if you do not wish to have photos in our publications.
- Fee assistance is available for most youth programs (except child care, outings, some private lessons, and Behind the Wheel Training).

## ECFE

- **Early Childhood Family Education**  
**Office Hours:** 8am-4:30pm
- **ECFE phone:** 763.241.3524
- See special information on deposits and/or payment plans available for some ECFE activities in the ECFE section.



Home Phone w/area code \_\_\_\_\_ E-mail address \_\_\_\_\_

Participant's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*  
 Child's Birth Date & Age \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (14-15)

Participant's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 CLASS # \_\_\_\_\_ CLASS TITLE \_\_\_\_\_ FEE \_\_\_\_\_  Child care needed\*  
 Child's Birth Date & Age \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (14-15)

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 If participant is a child, Parent Names \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Health concerns: \_\_\_\_\_ Emergency phone # & contact \_\_\_\_\_

\*Sibling/child care needed with class (when available, as noted): Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Child Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Check  Cash  MasterCard/VISA/Discover# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_  
 Signature \_\_\_\_\_

We **guarantee your satisfaction** with our courses and activities. If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.



# FACILITY LOCATIONS



- 1 Community Education & ECCE**  
The Handke Family Center  
1170 Main St., Elk River
- 2 ECCE Rogers**  
14020 Northdale Blvd, Rogers
- 3 Educational Technology Center**  
1230 School Street, Elk River
- 4 Elk River Senior High School**  
900 School St., Elk River
- 5 Hassan Elementary School**  
14055 Orchid Ave., Hassan
- 6 ISD 728 District Office**  
815 Highway 10, Elk River
- 7 Ivan Sand Community High School**  
1232 NW School St., Elk River
- 8 Lincoln Elementary School**  
600 School St., Elk River
- 9 Meadowvale Elementary School**  
12701 Elk Lake Road, Elk River
- 10 North Community Park**  
13750 Bittersweet Lane, Rogers
- 11 Otsego Elementary School**  
8125 River Road NE, Otsego
- 12 Parker Elementary School**  
500 School St., Elk River
- 13 Rogers Activity Center**  
21080 141st Ave., Rogers
- 14 Rogers Elementary School**  
12521 Main St., Rogers
- 15 Rogers Fire Hall/Community Room**  
21201 Memorial Drive, Rogers
- 16 Rogers High School**  
21000 141st Ave., Rogers
- 17 Rogers Middle School**  
20855 141st Ave., Rogers
- 18 Salk Middle School**  
11970 Highland Road, Elk River
- 19 Triangle Park**  
21400 Rouillard Blvd., Rogers
- 20 Twin Lakes Elementary School**  
10051 191st Avenue NW, Elk River
- 21 VandenBerge Middle School**  
948 Proctor Road, Elk River
- 21 VandenBerge Pool**  
948 Proctor Road, Elk River
- 22 Westwood Elementary**  
13651 Fourth Ave. S., Zimmerman
- 23 Zimmerman Elementary School**  
25959 4th St.W., Zimmerman
- 24 Zimmerman Middle/High School**  
25900 4th St.W., Zimmerman





ISD 728 Community Education  
1170 Main Street  
Elk River, MN 55330

PRSRT STD  
Nonprofit Organization  
U.S. Postage  
PAID  
  
Elk River, MN  
Permit No. 25

**REGISTER ONLINE AT:**  
[www.728communityed.com](http://www.728communityed.com)

**LIKE US ON FACEBOOK:**  
[facebook.com/728CEadult](https://facebook.com/728CEadult)  
[facebook.com/728CEyouth](https://facebook.com/728CEyouth)  
[facebook.com/728ECFE](https://facebook.com/728ECFE)  
[facebook.com/CommunityEd.HOPE](https://facebook.com/CommunityEd.HOPE)

**JOIN OUR MAILING LIST:**  
[www.728communityed.com](http://www.728communityed.com)

**TWEET ON TWITTER:**  
ECFE728 & Communityed728

**Coming Soon!**

**2015-2016  
Discovery Learning Preschool  
Registration**



The 2015-2016 Discovery Learning brochure will be delivered to all district families with preschoolers in mid-January 2015.

**Registration begins mid-January!**

**ROGERS  
ECFE & Discovery  
Learning Preschool  
HAS MOVED!**

We are NO longer at Rogers Elementary School, due to limited space, & moved into a new facility!

**Our NEW address is 14020 Northdale Boulevard,  
just south of Hardee's.**

Stop by & register, or just come to check out our new location! Hope to see you there!

Register for any current Discovery Learning Preschool 2014/2015 class and the registration fee is **half off (a \$24.50 value)**.  
Already enrolled? Refer a friend and you both will receive **\$10 off Discovery Learning tuition.**

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