



DISTRICT 728
**Community
Education**

**JANUARY-APRIL
WINTER 2014
CLASS SCHEDULE**

Lifelong Learning...unlock your potential



ADULTS

trips, online learning, health,
arts, fitness

YOUTH

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

EARLY CHILDHOOD

ECFE, preschool, screening

WWW.728COMMUNITYED.COM

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**GET THE LATEST ON
CLASSES, CONTESTS & MORE!**

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EVERYONE WELCOME

You do not have to live in the district to register!

Facebook Contest

WIN a \$20 Gift Certificate for
any Community Education Class

Here's How:

1. Like our Facebook page at www.facebook.com/728CEAdult
2. Find the Fitness Dog photo
3. Comment on your favorite fitness class
4. Your name will be entered into the drawing



Contest ends January 31, 2014

FEATURED INSTRUCTOR BILL NEISS



Weather Cancellations

Check our Twitter feed @CE728ALERT, our website, or our Weather Hotline (612-253-5109) for possible weather cancellation of activities 1 hour before start time.

Community Education Office

763-241-3520
communityed@elkriver.k12.mn.us

ECFE & Discovery Learning

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

Early Childhood Screening

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

Club Summer and EdVenture Club

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

ISD 728 Facility Scheduling

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

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

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



Bill Neiss teaches First Aid, CPR and Personal Protection/Self Defense for ISD 728 Community Education.

Describe your background and experience:

EMT since 1982.
CPR Instructor since 1986.
High School EMS Teacher since 1988.

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

Mixture of direct instruction and hands-on learning. Students will get out of their seat!

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

By giving students the opportunity to apply their newfound knowledge in interesting ways that increase retention.

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

Empowered with the skills to potentially save a life. Certificates from the American Heart Association and Red Cross that are recognized by educators and employers.

What advice do you have for a child/adult considering taking your class?

Wear comfortable clothes and be ready to enjoy your class.

**See page 10 for current
First Aid and CPR classes**



OUR MISSION

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

ADULT HEALTH & FITNESS



We offer over 27 different fitness classes! Check out the variety of days and times to fit your schedule.

CONQUER

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

Thursdays Jan 16-Feb 20 | 6:05-7:00pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor | #5106-2W

Thursdays Feb 27-Apr 3 | 6:05-7:00pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor | #5106-3W

Tuesdays Mar 4-Apr 15 | 7:10-8:05pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor
Not meeting Mar 11 | #5106-1W

NEW! Meditation

Give your brain a break and learn the process of meditation. During each session we will explore several types of meditation to help ease our bodies and minds into a place of mindful awareness. Learn tips for meditating and the benefits of a regular meditation practice. Time will be spent each session in meditation.

Thursdays Jan 16-Feb 27 | 7:10-8:10pm | 6 sessions | \$29
Westwood Elem Music Rm Door 1 | Lillquist | Not meeting Feb 13
#5144-1W

Thursdays Mar 6-Apr 10 | 7:10-8:10pm | 6 sessions | \$29
Westwood Elem Music Rm Door 1 | Lillquist | #5144-2W



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 can be adjusted for late registrants by contacting Community Education at 763-241-3520. Not meeting Mar 10, 13.

Mon/Tue/Thu Jan 2-Mar 31 | 3:00-7:30pm | 36 sessions
\$39 Individual/\$75 Pair
Zimmerman MS/HS Hallways Door A | #5140-1W

Mon/Tue/Thu Jan 2-Mar 31 | 3:00-7:30pm | 36 sessions
\$39 Individual/\$75 Pair
VandenBerge MS Hallways Door A | #5140-2W

Mon/Tue/Thu Jan 2-Mar 31 | 3:00-7:30pm | 36 sessions
\$39 Individual/\$75 Pair
Rogers MS Hallways Door A | #5140-3W

Group Strength

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

Tuesdays Jan 14-Feb 25 | 8:10-9:05pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor | Not meeting Feb 4
#5104-1W

Thursdays Jan 16-Feb 20 | 7:10-8:05pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor | #5104-3W

Saturdays Jan 25-Mar 1 | 10:10-11:10am | 6 sessions | \$29
Handke Center Stage Door 4 | Forde | #5104-5W

Thursdays Feb 27-Apr 3 | 7:10-8:05pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor | #5104-4W

Tuesdays Mar 4-Apr 15 | 8:10-9:05pm | 6 sessions | \$29
Twin Lakes Elem Gym Door 3 | inFIT Instructor
Not meeting Mar 11 | #5104-2W

Spin

Challenge your mind and body in this group stationary cycling cardio class for beginning to advanced students!

Sundays Jan 12-Feb 16 | 5:30-6:25pm | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5155-1W

Sundays Feb 23-Mar 30 | 5:30-6:25pm | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5155-2W

ADULT HEALTH & FITNESS

Turbokick

A combination of intense kickboxing moves and dance moves, all perfectly choreographed to high-energy and motivating music.

Thursdays Jan 16-Feb 20 | 6:30-7:25pm | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5147-1W

Thursdays Feb 27-Apr 3 | 6:30-7:25pm | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5147-2W

Guts and 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. We will work on shaping and toning your abs, butt, hips and thighs.

Thursdays Jan 16-Feb 20 | 7:30-8:30pm | 6 sessions | \$29
VandenBerge MS Media Door L | Waite | #5143-1W

Thursdays Feb 27-Apr 3 | 7:15-8:15pm | 6 sessions | \$29
Handke Center Stage Door 4 | Waite | #5143-2W

Group Blast® Kick Off

Bring your friends and try this 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 and have a chance to win one of the door prizes. *Formerly Group Step.*

Thursday Jan 9 | 6:00-7:00pm | 1 session | Free
Handke Center Gym Door 4 | K.Waite/Olorundami/L.Waite

Group Blast®

Discover New Heights with Group Blast®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast This Way with Group Blast! *Formerly Group Step.*

Tue/Thu/Sat Jan 14-Feb 13 | T/Th 6:00-7:00pm; Sat 8:15-9:15am
12 sessions | \$59 Individual/\$115 Pair | Handke Center Gym Door 4
K.Waite/Olorundami/L.Waite | Not meeting Jan 18, Feb 4
#5142-1W

Tue/Thu/Sat Feb 15-Mar 13 | T/Th 6:00-7:00pm; Sat 8:15-9:15am
12 sessions | \$59 Individual/\$115 Pair | Handke Center Gym Door 4
K.Waite/Olorundami/L.Waite | #5142-2W



Basketball Fitness includes drills and scrimmages to develop aerobic stamina and strengthen and stretch muscles.
Photo courtesy of Elk River Star News.

Basketball as Fitness

Looking for a different way to get fit? Try our newest class 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 2.

Sundays Jan 12-Feb 23 | 5:30-6:30pm | 6 sessions
\$29 Individual/\$55 Pair
VandenBerge MS Gym Door N | Mayo | #5143-3W

Aikido

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

Thursdays Jan 9-Feb 13 | 8:05-9:35pm | 6 sessions | \$49
Salk MS Balcony Gym Door U | Larson | #5130-1W

Thursdays Feb 20-Mar 27 | 8:05-9:35pm | 6 sessions | \$49
Salk MS Balcony Gym Door U | Larson | #5130-2W

LOCATION

Three Rivers Fitness
9201 Quaday Avenue NE, Otsego

ADULT HEALTH & FITNESS



Pickleball--a paddle sport on a badminton court that uses a whiffle ball...try it today!

Pickle Ball | age 18+

Try something new! We're sure you'll love it! 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. Court availability is first-come, first-served with rotation.

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

Mondays Jan 6-Apr 28 | 5:30-7:30pm
Handke Center Gym Door 4

Tuesdays Jan 7-Apr 29 | 7:30-9:15am
Handke Center Gym Door 4 | Not meeting Mar 4

Wednesdays Jan 8-Apr 30 | 5:00-6:30pm
Handke Center Gym Door 4

Fridays Jan 10-May 2 | 7:45-9:45am
Handke Center Gym Door 4 | Not meeting Feb 28, Mar 7, Apr 18

Fridays Jan 3-May 2 | 6:30-8:30pm
Rogers MS Gym Door A

Sundays Jan 5-May 4 | 4:00-6:00pm
Rogers MS Gym Door A | Not meeting Mar 23, Apr 20

NEW! Pickle Ball Tournament | age 18+

Join us for our first-ever Pickle Ball Tournament. You'll enjoy the challenge, the fun and the friends you will make. Prizes will be awarded for 1st, 2nd and 3rd places. Please register per team. Fee includes a tournament t-shirt.

age 18-40

Saturday Mar 29 | 10:00am-3:00pm | 1 session | \$25/team of two
Rogers MS Gym Door A | #4141-2W

age 41+

Saturday Mar 29 | 10:00am-3:00pm | 1 session | \$25/team of two
Rogers MS Gym Door A | #4141-1W

Men's Basketball League | age 18+

Community Ed and the City of Rogers Recreation are offering an Adult Winter Basketball League. This 10-week league is great for those who love the game and have a group ready to play. Each team will have 9-10 games per season (dependent upon number of teams registered). Referees will officiate the games in accordance with the Minnesota Sports Federation rules. Schedules will be available Jan 12 or earlier.

Wednesdays Jan 15-Mar 19 | 7:00-9:30pm | 10 sessions
\$525/team
Rogers HS Gym Door I | #4140-1W

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 at the door:
\$3/individual, \$20/individual pass, \$8/family, \$40/family pass

all ages

Sundays Jan 5-May 4 | 6:00-8:00pm
Zimmerman HS Gym Door K | Not meeting Mar 23, Apr 20

Sundays Jan 19-May 4 | 6:00-8:00pm
Rogers MS Gym Door A | Not meeting Feb 23, Mar 23

families-all ages/individuals grades 4-8

Wednesdays Jan 8-May 7 | 7:00-8:30pm
Zimmerman HS Gym Door K

Wednesdays Jan 8-May 7 | 7:00-8:30pm
Rogers HS Gym Door I

students | age 10-14

Sundays Jan 5-May 4 | 6:00-8:00pm
Rogers MS Gym B Door A

grades 9-12 and adults

Wednesdays Jan 8-May 7 | 8:30-10:00pm
Zimmerman HS Gym Door K

Wednesdays Jan 8-May 7 | 8:30-10:00pm
Rogers HS Gym Door I

age 15+

Sundays Jan 5-May 4 | 6:00-8:00pm
Rogers MS Gym A Door A

ADULT HEALTH & FITNESS



Yoga

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

Morning Classes

Tuesdays Jan 14-Feb 18 | 9:15-10:15am | 6 sessions | \$29
Handke Center Stage Door 4 | Curran | #5100-5W

Tuesdays Jan 14-Feb 18 | 11:00-11:55am | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5100-17W

Wednesdays Jan 15-Feb 19 | 7:15-8:00am | 6 sessions | \$29
Handke Center Stage Door 4 | Waite | #5100-11W

Saturdays Jan 25-Mar 1 | 9:00-10:00am | 6 sessions | \$29
Handke Center Stage Door 4 | Forde | #5100-7W

Tuesdays Feb 25-Apr 1 | 9:15-10:15am | 6 sessions | \$29
Handke Center Stage Door 4 | Curran | #5100-6W

Tuesdays Feb 25-Apr 1 | 11:00-11:55am | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5100-18W

Wednesdays Feb 26-Apr 9 | 7:15-8:00am | 6 sessions | \$29
Handke Center Stage Door 4 | Waite | Not meeting Mar 5
#5100-12W

Saturdays Mar 8-Apr 12 | 9:00-10:00am | 6 sessions | \$29
Handke Center Stage Door 4 | Forde | #5100-8W

Late Afternoon Classes

Thursdays Jan 16-Feb 20 | 5:00-5:45pm | 6 sessions | \$29
VandenBerge MS Cafeteria Door N | Waite | #5100-9W

Thursdays Feb 27-Apr 3 | 5:00-5:45pm | 6 sessions | \$29
VandenBerge MS Small Gym Door N | Waite | #5100-10W

Evening Classes

Sundays Jan 12-Feb 16 | 6:30-7:25pm | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor
#5100-19W

Mondays Jan 13-Feb 17 | 6:30-7:30pm | 6 sessions | \$29
Rogers MS House A Door A | Three Rivers Fitness Instructor
#5100-15W

Mondays Jan 13-Feb 17 | 7:05-8:05pm | 6 sessions | \$29
Otsego Elem Music Rm Door 4 | Curran | #5100-1W

Sundays Feb 23-Mar 30 | 6:30-7:25pm | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor
#5100-20W

Mondays Feb 24-Apr 7 | 6:30-7:30pm | 6 sessions | \$29
Rogers MS House A Door A | Three Rivers Fitness Instructor
Not meeting Mar 10 | #5100-16W

Mondays Feb 24-Apr 7 | 7:05-8:05pm | 6 sessions | \$29
Otsego Elem Music Rm Door 4 | Curran | #5100-2W

NEW! Intermediate Yoga

Sweat, breathe, go with the flow! This fun, flowing yoga class combines postures and sequences from various styles of yoga. With a dynamic sequence of yoga postures linking breath with movement, you'll cultivate inner awareness while building strength and flexibility to help the mind and nervous system achieve balance.

Thursdays Jan 16-Feb 27 | 6:00-7:00pm | 6 sessions | \$29
Westwood Elem Music Rm Door 1 | Lillquist | Not meeting Feb 13
#5100-13W

Thursdays Mar 6-Apr 10 | 6:00-7:00pm | 6 sessions | \$29
Westwood Elem Music Rm Door 1 | Lillquist | #5100-14W

Fitness Yoga

This class is for intermediate to advanced yoga students that want to challenge their strength, stamina and balance with more advanced yoga poses.

Tuesdays Jan 14-Feb 18 | 10:20-11:20am | 6 sessions | \$29
Handke Center Stage Door 4 | Curran | #5100-3W

Tuesdays Feb 25-Apr 1 | 10:20-11:20am | 6 sessions | \$29
Handke Center Stage Door 4 | Curran | #5100-4W

ADULT HEALTH & FITNESS



***Zumba is a great workout for any age or ability.
Join one of our Zumba classes today!***

Zumba, Beginner

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout! This Zumba class is for the true beginner. You will learn at a beginner's pace with other beginners so you won't feel left behind.

Tuesdays Jan 14-Mar 4 | 6:00-7:00pm | 6 sessions | \$29
Zimmerman MS/HS Choir Rm Door A | Soul
Not meeting Jan 21, Feb 4 | #5112-1W

Tuesdays Mar 11-Apr 15 | 6:00-7:00pm | 6 sessions | \$29
Zimmerman MS/HS Choir Rm Door A | Soul | #5112-2W

Zumba, Fitness

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout. Add some Latin flavor and international zest into the mix and you've got Zumba!

Mondays Jan 13-Feb 17 | 7:30-8:30pm | 6 sessions | \$29
Rogers MS Cafeteria Door A | Three Rivers Fitness Instructor
#5112-5W

Mondays Feb 24-Apr 7 | 7:30-8:30pm | 6 sessions | \$29
Rogers MS Cafeteria Door A | Three Rivers Fitness Instructor
Not meeting Mar 10 | #5112-6W

Zumba, Toning

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

Thursdays Jan 16-Feb 20 | 7:15-8:15pm | 6 sessions | \$29
Handke Center Gym, Door 4 | Three Rivers Fitness | #5112-3W

Thursdays Feb 27-Apr 3 | 7:15-8:15pm | 6 sessions | \$29
Handke Center Gym, Door 4 | Three Rivers Fitness Instructor
#5112-4W

Yogilates

Yogilates integrates Yoga and Pilates for complete fitness, strength and flexibility. Please bring a water bottle and a mat.

Mondays Jan 13-Feb 17 | 6:00-7:00pm | 6 sessions | \$29
Otsego Elem Music Rm Door 4 | Curran | #5105-1W

Wednesdays Jan 15-Feb 19 | 8:30-9:25am | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5105-2W

Mondays Feb 24-Apr 7 | 6:00-7:00pm | 6 sessions | \$29
Otsego Elem Music Rm Door 4 | Curran | Not meeting Mar 10
#5105-3W

Wednesdays Feb 26-Apr 2 | 8:30-9:25am | 6 sessions | \$29
Three Rivers Fitness | Three Rivers Fitness Instructor | #5105-4W

Personal Training

Finally...a 6-week program personal training program close to home and affordable. Meet weekly for approximately 1 hour with ACE and NASM-certified personal trainer Alex Johnson, and receive one-on-one or small group personalized guidance with an individualized workout routine specific to your health, physical history and personal goals. Dates/time will be arranged on your availability.

6 sessions | \$425
Handke Center | Johnson | #5146-1W

Facebook

Contest

**WIN a \$20 Gift Certificate for
any Community Education Class**

Here's How:

1. Like our Facebook page at www.facebook/728CEAdult
2. Find the Fitness Dog photo
3. Comment on your favorite fitness class
4. Your name will be entered into the drawing



Contest ends January 31, 2014

ADULT FITNESS | DANCE



Water exercising is fun and effective. It also increases circulation and reduces chance of injury.

Lap Swim | grades 9+ and adults

Get a great workout at the pool without having to pay membership fees. Our lap swim schedule offers a variety of workout opportunities.

\$5/day or \$45/10-day pass

Sundays Jan 12-May 18 | 6:30-8:00pm
VandenBerge MS Pool Door M | Not meeting Apr 20

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

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 during these sessions. Bring a water bottle, towel and suit (aqua shoes are optional). Not meeting Feb 2.

Sundays Jan 12-Feb 23 | 8:00-9:00pm | 6 sessions
\$49 Individual/\$95 Pair
VandenBerge MS Pool Door M | Holien | #5120-1W

Vcare MHP

Members may take **\$15 off**
most classes offered.

Variety Dance

Join our instructor Hannah as we dance our way through a variety of beginner level, partner-based dances including the Salsa, Tango, Rumba, Nightclub 2-Step and more! No partner? No problem! Partners will rotate throughout each class. No experience? Two left feet? No problem! These classes will allow dancers to move gradually through each step with help from the instructor. Happy dancing! Not meeting Feb 4.

Tue/Thu Jan 21-Feb 11 | 7:00-8:00pm | 6 sessions | \$55 Pair
Handke Center Stage Door 4 | Baker | #8150-1W

Western and Social Dance: Beginner

Whether you are headed to a wedding, a party, or a country-western club, Social and Western is the way to go. West Coast Swing, the staple dance of western clubs, is versatile enough to be danced to music not only by artists like Luke Bryan and Dierks Bentley, but also Charlie Wilson, Maroon 5, and even Taio Cruz. Not meeting Feb 4.



Tue/Thu Jan 21-Feb 11 | 8:10-9:10pm | 6 sessions | \$55 Pair
Handke Center Stage Door 4 | Baker | #5175-1W

NEW! Absolutely Abdominals: MidSection MakeOver

We all have four layers of abdominal muscle that shape our mid-section and support the lower back. In this workshop, we will strengthen ab muscles, re-shape waistlines and learn anywhere/anytime exercises that fit into even the busiest of schedules. We will also discuss nutritional concerns. Don't waste time with traditional crunches; learn how to strengthen/flatten your abdominals quickly and effectively.

Saturday Feb 1 | 9:30-11:00am | 1 session | \$35
Handke Center Rm 210 Door 4 | Novak | #5022-1W

**GET THE LATEST ON
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ADULT HEALTH & SAFETY



About 75-80 percent of all out-of-hospital cardiac arrests happen at home. Be prepared--anyone can learn CPR!

American Heart Association CPR/AED

Did you know the national resuscitation rate is only 5%, but the save rate in the northern suburbs of the Twin Cities is approaching 27%? The difference is that more lay persons are trained in CPR and Automated External Defibrillators. Learn how to do CPR and use AED's and barrier devices on adults, children and infants.

Monday Feb 10 | 6:00-10:00pm | 1 session | \$69
Handke Center Rm 210 Door 4 | Neiss | #5005-1W

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 Mar 3 | 6:00-10:00pm | 1 session | \$59
Handke Center Rm 210 Door 4 | Neiss | #5002-1W

Bill Neiss is our Featured Instructor for this brochure. Bill teaches with a mixture of direct instruction and hands-on learning. Learn more about Bill on page 3.



AARP Smart Driver Course | 8-Hour

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

Friday Feb 21 | 5:00-9:00pm | 1 session
\$16 AARP Member/\$18 Non-Member
Handke Center Rm 111 Door 4 | Boelter | #5006-1W

AARP Smart Driver Course | 4-Hour

Refresher course for ages 50+ who have completed an insurance-approved 8-hour certified driver course. Class 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.

Friday Jan 24 | 5:00-9:00pm | 1 session
\$16 AARP Member/\$18 Non-Member
Handke Center Rm 111 Door 4 | Boelter | #5007-1W

Friday Mar 21 | 5:00-9:00pm | 1 session
\$16 AARP Member/\$18 Non-Member
Handke Center Rm 111 Door 4 | Boelter | #5007-2W

NEW! MHSRC Driver Improvement Program

This 4-hour driver-improvement program is sponsored by the Minnesota Highway Safety Research Center and AAA. Topics include visual techniques, habits, perception, attitude, communication, distracted drivers, new laws and more. You must have completed the 8-hour program to take this class. Check with your insurance provider regarding qualifications for discounts. AAA discount available.

Friday Jan 17 | 9:00am-1:00pm | 1 session
\$18 AAA Member/\$20 Non-Member
Handke Center Rm 111 Door 4 | MHSRC Instructor | #5007-3W

Monday Feb 17 | 5:00-9:00pm | 1 session
\$18 AAA Member/\$20 Non-Member
Handke Center Rm 111 Door 4 | MHSRC Instructor | #5007-4W

ADULT HEALTH & WELLNESS



When you smile, you create a positive chemical reaction through your facial muscles which releases mood boosting chemicals in your brain.

NEW! Choosing Happiness

Despite unprecedented material wealth, the proliferation of antidepressants, and countless self-help books, Americans are more stressed and less satisfied than ever. Yet happiness may be simpler than you think. In this interactive, experiential, introductory evening, psychologist Tom Glaser shares what he's learned from decades of working with clients and studying happiness. Topics covered include what happiness is...and isn't.

Monday Jan 27 | 7:00-8:30pm | 1 session | \$15
Handke Center Rm 210 Door 4 | Glaser | #5038-1W

NEW! Acupressure Face Lift & Skin Savvy

Here's a facelift you can do at home. Stimulating facial acupressure points can erase years from your face naturally and bring a healthy glow to your skin. Other benefits include increased muscle tone, decreased puffiness and eye bags, reduced lines and prevention of new lines, decreased headaches, relief from eye strain and increased relaxation. Learn how to make your skin healthier.

Wednesday Mar 26 | 6:00-7:30pm | 1 session | \$35
Handke Center Rm 212 Door 4 | Novak | #5022-3W

Younger Tomorrow

Most people falsely believe that the older they get, the worse they feel. Not true! In this engaging class, you'll learn which foods and habits contribute to feeling older and discover simple steps you can take immediately to reverse the clock, gain more energy and ditch the aches and pains. Start looking and feeling years younger!

Tuesdays Jan 14 & 28 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Rogers MS Media Center Door A | Erhardt | #8110-3W

Negative Self Talk

Healthy thinking leads to healthy emotions, healthy behavior and a better life. If you want to change your life, you have to begin by changing your thoughts and understanding that negative thinking is a bad habit. Learning to think in positive, productive ways is a skill that takes instruction, guidance and practice. Start your journey here.

Tuesdays Jan 14 & 21 | 7:45-8:45pm | 2 sessions | \$15
Handke Center Rm 212 Door 4 | Lovelette | #5037-3W

NEW! Women, Weight, & Hormones

Are you finding that fat is collecting around your mid-section and no matter how well you watch what you eat, or how much you exercise, that weight is not budging? In this workshop you will learn seven key strategies for fighting fat and losing weight, including real solutions for controlling appetite, appropriate food choices and the best ways to burn fat.

Saturday Feb 1 | 11:15am-12:45pm | 1 session | \$35
Handke Center Rm 210 Door 4 | Novak | #5022-2W

Attacking Stress & Anxiety Focus Group

Anxiety is very frightening and can be debilitating. You feel scared and alone. Let our instructor assure you that you are NOT alone! She will share her journey with you and show that YOU can conquer your anxiety and live the life you were made to live. Not meeting Feb 4, Mar 11.

Tuesdays Jan 7-Apr 22 | 10:00-11:00am | 14 sessions | \$85
Handke Center Rm 210 Door 4 | Lovelette | #5037-1W

Tuesdays Jan 7-Apr 22 | 6:30-7:30pm | 14 sessions | \$85
Handke Center Rm 210 Door 4 | Lovelette | #5037-2W

Taking the Next Step: Stress & Anxiety

This class is for those who have gone through our 15-week program and are working on maintaining the skills learned in class. Are you ready to take the next steps? Instructor Cindy Lovelette will guide you through them to help you live life to its fullest. Must have taken the 15-week course.

Tuesdays Jan 7, Feb 11, Mar 4 | 7:45-8:45pm | 3 sessions | \$19
Handke Center Rm 210 Door 4 | Lovelette | #5037-4W

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. We hope you enjoy this fall's selection!

Perceptions, Patterns, and Processes: Ghanaian Musical Arts

Let's discuss the relationships between African arts expressions, and explore issues related to developing an integrated arts project. Learn how people incorporate music into their daily lives, rituals and ceremonies. Listen and analyze examples of African performing arts and texts; discuss the impact of selection, practice on the retention of texts in African music and explore the challenges with pronunciation of folksong text.

Saturdays Jan 11 & Feb 1 | 11:00am-1:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 4 | Addo | #8110-1W

The History and Practice of Archaeology

Discover the origins of archaeology and some of the discipline's historical figures with U of M Doctoral student Katie Erdman. A survey of some of the techniques archaeologists use to understand the past will be provided.

Mondays Jan 13 & 20 | 10:00am-12:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 4 | Erdman | #8110-2W

Web Browsing 101

Are you interested in learning about the Internet? Don't fear it, embrace it! Our expert instructor will be your guide for this amazing class on how to access the Internet and browse through it's many resources. It will open a whole new world for you.

Thursdays Jan 16 & 30 | 6:00-8:00pm | 2 sessions
\$39 Individual/\$75 Pair
Elk River HS Media Center Door A | Feld | #8110-4W

Younger Tomorrow

Most people falsely believe that the older they get, the worse they feel. Not true! In this engaging class, you'll learn which foods and habits contribute to feeling older and discover simple steps you can take immediately to reverse the clock, gain more energy and ditch the aches and pains. Start looking and feeling years younger!

Tuesdays Jan 14 & 28 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Rogers MS Media Center Door A | Erhardt | #8110-3W

Minnesota's Missionaries to Kenya: The Mystery of Fr. John Kaiser

Explore American and European missionary work in Africa, and learn about the work of Father John Kaiser, Minnesota missionary to Kenya. We will trace Kaiser's life from St. John's to his battles with the Kenyan government over corruption and persecution. Dean Urdahl's research included meeting Kaiser's friends, family and co-workers and spending two weeks in Kenya with those who knew Kaiser.

Thursdays Feb 6 & 20 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 4 | Urdahl | #8110-5W

Cemeteries & Civil War Markers

Learn where the only Revolutionary War soldier to die in Minnesota is buried. Doug Ohman has photographed and researched graves from the historic Lakewood Cemetery to the forgotten back-road graveyards to ensure we never forget these brave Americans from the Civil War. He will also share photographs of Civil War monuments found in Minnesota.

Tuesdays Feb 11 & 25 | 6:00-8:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 4 | Ohman | #8110-6W



Soldiers Memorial in Lakewood Cemetery
Photo by Jay Grammond

ADULT ACTIVE MINDS

To Conserve Fighting Strength: A History of Military Medicine

The kinetic battle is often covered and widely reported in history, but what happens to those injured in battle? This course will touch on the conditions troops endure and the efforts, techniques and innovations utilized to reduce casualties. Along the way, we will review the leadership and individual contributions of people who symbolized the Army Medical Corps' motto, "To Conserve Fighting Strength."

Thursdays Feb 13 & 27 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 210 Door 4 | Allert | #8110-7W

Alaska: Where the Sea Breaks Upon the Land

A course designed for novices interested in Native North American culture, art, archaeology and anthropology as a multi-media introduction to the little-known Alutiiq of Alaska. We will examine aspects of traditional life that are essential to the Alutiiq worldview. Meetings will be enhanced with Sugpiat language audio and films produced in conjunction with community members from Kodiak Island; film and photos taken by the instructor.

Mondays Mar 3 & 17 | 10:00am-12:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 4 | Chisholm | #8110-8W

3D Printing: A Look Into the Future

This is your opportunity to learn a cutting-edge technology that's increasingly in the news! The technology is referred to as an additive, or 3D process, where a three-dimensional solid object of virtually any shape is made from a digital model. This technology produces "on-demand" parts, components and prototypes for many different industries.

Thursday Mar 13 | 6:30-8:30pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 4 | Remick | #8110-9W

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



Ron Hustvedt and Matti Martin honoring the fallen heroes.
Photo courtesy of Elk River Star News.

D-Day 70th Anniversary: Exploring Normandy and Honoring Fallen Heroes

Last summer, this Elk River teacher and student were part of a journey with National History Day to explore Normandy. They will share pre-trip research of WWII and D-Day, their journey to battlefields, Normandy's countryside and their memorial to a fallen MN soldier. Join them in their effort to honor fallen heroes while studying this legendary day.

Wednesdays Mar 19 & Apr 2 | 6:00-8:00pm | 2 sessions
\$39 Individual/\$75 Pair
Salk MS Media Center Door S | Martin/Hustvedt | #8110-10W

Publishwise: Do-It-Yourself Publishing

Self-publishing is easier, faster and offers more possibilities than ever before. Since the number one mistake authors make is being unprepared, this class covers the bases by providing the checklists, tools and real strategies to get started. We'll provide publishing planning templates and discuss printing and distribution options like Amazon's Createspace. You need more than advice...you need real solutions.

Thursdays Mar 20 & 27 | 4:00-6:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 210 Door 4 | Beevas/Quale | #8110-11W

Active Minds Annual Membership

Welcome to Active Minds, a program for adults looking for intriguing subjects and in-depth conversations. Academic leaders and experts lead classes. Register for an annual membership and enjoy up to 40 classes per year for only \$169 per individual or just \$330 per couple. Memberships allow you to take any classes Active Minds offers. Classes are also available to non-members on a class-by-class basis.

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

ADULT GENERAL INTEREST

WWII HISTORY SERIES

Remembering WWII 70 years later. Hear the memories, see the photos, read the stories and visit the sites.



U.S. Army troops arriving on Omaha Beach on the morning of June 6, 1944.

D-Day 70th Anniversary: Exploring Normandy and Honoring Fallen Heroes

Last summer, this Elk River teacher and student were part of a journey with National History Day to explore Normandy. They will share pre-trip research of WWII and D-Day, their journey to battlefields, Normandy's countryside and their memorial to a fallen MN soldier. Join them in their effort to honor fallen heroes while studying this legendary day.

Wednesdays Mar 19 & Apr 2 | 6:00-8:00pm | 2 sessions
\$39 Individual/\$75 Pair
Salk MS Media Center Door S | Martin/Hustvedt | #8110-10W

Memorials of War - Normandy & Paris 2014

Highlights of this 10-day trip include Paris, Vel d'Hiv Memorial, an Eiffel Tower dinner, Normandy, Memorial Peace Museum, D-Day landing beaches, St. Mere Eglise, Bayeux Tapestry, Le Mont St. Michel, and the Chartres Cathedral. This action-packed trip was specially planned to recognize the 70th Anniversary of D-Day. For more information, contact Community Education.

Jun 12-21, 2014 | \$4549/adult
per person based on double occupancy | #6107-1F

Bernie Petterson: Medic, Served in Pacific and European Theaters

Bernie was a teacher when he first enlisted on November 7, 1941 and ended up in the Army as a medic. He was involved in the first invasion against the Japanese, battled malaria, eventually joined the Air Force and was sent to Europe where he worked in a hospital. Listen to Bernie's story, including his stint as a guard for German POWs.

Monday Jan 27 | 6:30-8:00pm | 1 session | \$9 Adult/\$2 Student
Handke Center Rm 111 Door 4 | Petterson | #8126-1W

Helen Miller: 8th Fighter Command in London

Helen was stationed in England during D-Day as a part of the 8th Fighter Command and her primary duty was to plot targets for the day. This essential work was done by the United States Women's Army Corps. View Helen's pictures and writings of her experiences in WWII.

Sunday Mar 16 | 2:00-3:30pm | 1 session | \$9 Adult/\$2 Student
Handke Center Rm 111 Door 4 | Miller | #8126-2W



Normandy American Cemetery:
The first American cemetery on European soil in WWII and the final resting place for 9,387 American soldiers.

ADULT GENERAL INTEREST

Cemeteries & Civil War Markers

Learn where the only Revolutionary War soldier to die in Minnesota is buried. Doug Ohman has photographed and researched graves from the historic Lakewood Cemetery to the forgotten back-road graveyards to ensure we never forget these brave Americans from the Civil War. He will also share photographs of Civil War monuments found in Minnesota.

Tuesdays Feb 11 & 25 | 6:00-8:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 4 | Ohman | #8110-6W

To Conserve Fighting Strength: A History of Military Medicine

The kinetic battle is often covered and widely reported in history, but what happens to those injured in battle? This course will touch on the conditions troops endure and the efforts, techniques and innovations utilized to reduce casualties. Along the way, we will review the leadership and individual contributions of people who symbolized the Army Medical Corps' motto, "To Conserve Fighting Strength."

Thursdays Feb 13 & 27 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 210 Door 4 | Allert | #8110-7W

NEW! The Battle of Antietam: America's Bloodiest Day

Former Gettysburg licensed battlefield guide and author John D. Cox will describe in vivid detail the Battle of Antietam on September 17, 1862, which had more than 23,000 American casualties in approximately twelve hours. Learn about the fighting in Miller's Cornfield, the role of the 1st Minnesota, the bloody Sunken Lane and Burnside's bridge.

Tuesday Mar 25 | 6:30-8:30pm | 1 session | \$9 Adult/\$2 Student
Handke Center Rm 111 Door 4 | Cox | #8126-3W



John D. Cox, Licensed Battlefield Guide

John D. Cox is a writer, speaker, book collector, history-lover, and an artist. Born in New Haven, CT, veteran of the U.S. Air Force and one-time Licensed Battlefield Guide at Gettysburg National Military Park, from 2000 to 2009.



Does your dog need training?

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. Puppies must be at least three months old and have begun their shot series. Bring a leash and dog treats.

Fridays Jan 24-Mar 7 | 7:00-8:00pm | 5 sessions | \$69
Handke Center Cafeteria Door 4 | Mahr | Not meeting Feb 7, 14
#8100-1W

Fridays Mar 14-Apr 11 | 7:00-8:00pm | 5 sessions | \$69
Handke Center Cafeteria Door 4 | Mahr | #8100-3W

Dog Obedience, Intermediate

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

Fridays Jan 24-Mar 7 | 8:00-9:00pm | 5 sessions | \$69
Handke Center Cafeteria Door 4 | Mahr | Not meeting Feb 7, 14
#8100-2W

Fridays Mar 14-Apr 11 | 8:00-9:00pm | 5 sessions | \$69
Handke Center Cafeteria Door 4 | Mahr | #8100-4W

ADULT TRIPS



BENEFITS OF GROUP TRAVEL...

- Cost Effective
- Discounts
- Safety
- Socialization
- Travel Support
- Knowledgeable Tour Staff

Adventures to Europe: Travel Info Night

Join us for this special presentation as professional tour guide Arlette Gerber shows you the highlights of several trip options including Paris, Loire Valley, Brittany, Normandy beaches and Giverny; Paris and the French Riviera; and The Best of Prague, Salzburg and Munich. Everyone welcome!

Thursday Jan 16 | 6:30-8:00pm | 1 session | Free
Handke Center Rm 212 Door 4 | Gerber | #6105-3W

Adventures to Europe: Paris and Beyond 2014

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...a carefully crafted adventure at an amazing price!

Jun 10-18, 2014 | \$1199 land package/adult
per person based on double occupancy | #6105-2F

Adventures to Europe: Prague, Salzburg, Munich 2014

Beginning and 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 Dachau concentration camp, then go to the Austrian Alps to see if the "hills are alive" in Salzburg. This is an unforgettable get-away.

Oct 8-16, 2014 | \$1999 land package/adult
per person based on double occupancy | #6105-2W

Adventures to Europe: Tuscany & Beyond 2014

From Renaissance Florence to medieval Siena and San Gimignano, to the coziness of a Chianti vinyard, the eternal charm of Venice and the fishing villages of Cinque Terre to the Holy City of Rome; you will experience the best Italy has to offer on this 8-day trip.

Sep 30-Oct 8, 2014 | \$1,999 land package/adult
per person based on double occupancy | #6105-1W

Memorials of War - Normandy & Paris 2014

Highlights of this 10-day trip include Paris, Vel d'Hiv Memorial, an Eiffel Tower dinner, Normandy, Memorial Peace Museum, D-Day landing beaches, St. Mere Eglise, Bayeux Tapestry, Le Mont St. Michel, and the Chartres Cathedral. This action-packed trip was specially planned to recognize the 70th Anniversary of D-Day. For more information, contact Community Education.

Jun 12-21, 2014 | \$4549/adult
per person based on double occupancy | #6107-1F



"Wonder of the West," Mont Saint-Michel stands at the heart of an immense bay invaded by the highest tides in Europe.

ADULT TRIPS



Travel to Italy with the La Famiglia (family)

Collette Vacations: Travel Info Night

Join our host Jim Edwards and get your questions answered as he presents information and pictures on three exciting travel opportunities: Rediscover Cuba; Memorials of War: Normandy and Paris; and Italian Family Discovery. Everyone welcome, even if you are not planning to travel at this time.

Thursday Jan 30 | 6:30-8:00pm | 1 session | Free
Handke Center Rm 212 Door 4 | #6107-1W

Collette Vacations: Italian Family Discovery 2014

Join Collette Vacations for 9 days on an unforgettable family adventure through Italy's most magical cities--Venice, Florence and Rome. Explore Italy by foot, train and boat, making your way through ancient and scenic landscapes. You'll explore Murano Island, Florence, Tuscany, Rome, and the Vatican City and still have time to explore and enjoy free time.

Aug 2-10, 2014 | \$4549/adult; \$3699/child (age 4-14)
per person based on double occupancy | #6107-2F

Collette Vacations: Rediscover Cuba 2014

ISD 728 Community Education is happy to refer you to Collette Vacations Rediscover Cuba - A Cultural Exploration. This 9-day trip includes 19 meals. You'll see Trinidad, a pottery demonstration, Cienfuegos, Havana, Cuban Fine Arts Museum, and Casa Fuster. Contact Community Education for information at 763-241-3520.

Mar 11-19, 2014 | \$4569/adult
per person based on double occupancy

Premier World Discovery: Albuquerque Balloon Fiesta 2014

Experience one of the most photographed events in the world, the Albuquerque International Balloon Festival, where there will be over 100 hot-air balloons. Visit the Bandelier National Monument and the Los Alamos Bradbury Science Museum, then explore Sante Fe and its Plaza, Loretto Chapel, and Palace of the Governors. Finish up with a trip to Taos and its attractions.

Oct 2014 | \$1950/adult
per person based on double occupancy | #6106-2F

Premier World Discovery: California Rail Discovery 2014

Discover California by rail and cruise. You'll visit San Francisco, Lake Tahoe, Napa Valley, and Sacramento. Cross the Golden Gate Bridge to Sausalito and ride the Napa Valley Wine Train for a wine-tasting and lunch. Finish up with a visit to historic Virginia City and then enjoy a Lake Tahoe Paddlewheeler Cruise.

Apr 2014 | \$2175/adult
per person based on double occupancy | #6106-1F

Premier World Discovery: England & Scotland 2014

Few places have as much to offer the visitor as England and Scotland -- history, natural beauty, art, architecture and hospitality all await you in the United Kingdom. You'll see Stratford-upon-Avon, the Salisbury Cathedral, Stonehenge, Bristol, Bath and the Roman Baths Museum.

May 2014 | \$3345/adult
per person based on double occupancy | #6106-3F

Premier World Discovery: Travel Info Night

Join us for this special presentation on these travel destinations: California Rail Discovery; Albuquerque Balloon Fiesta; and England & Scotland. Armchair travelers welcome!

Thursday Jan 23 | 6:30-8:00pm | 1 session | Free
Handke Center Rm 212 Door 4 | Van Ordstrand | #6106-1W

ADULT ARTS



The Crescendo Music Program

This 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. For more information visit our website or call 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.
- Designed to provide performance opportunities to celebrate students 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.

Just Once Guitar

Want to start playing the guitar but can't find the time? In a few hours you can learn enough guitar skills to give you years of musical enjoyment. Learn basic chords and start playing along with your favorite songs. Includes book and DVD. Bring your acoustic guitar.

Monday Jan 20 | 6:30-9:00pm | 1 session | \$59
Handke Center Art Rm Door 4 | Spicer | #8362-2W

NEW! Fiber Arts Go Contemporary

Tucked away in drawers and attics, you may have Grandma's tattered quilt, an old sweater, woven fabrics, crocheted pieces and laces. Explore weaving and other fiber arts and add contemporary materials such as glue, plastics and wire to bring new life to scraps of cloth or clothing. You will leave with an assemblage, collage, or collection that tells a story about yourself or your heritage. Not meeting Mar 11.

Tuesdays Feb 18-Apr 1 | 7:00-8:30pm | 6 sessions | \$75
Handke Center Art Rm Door 4 | Benfer | #8320-1W

Clay: Wheel-Throwing and Hand-building

Experience the art of working with clay. You'll start with a hand-building project to learn some of the basics, then quickly move to throwing on our new wheels. You'll learn to center projects, then make cylinder vases and bowls as time permits. Designed for participants with little or no clay experience. Wear old clothing to class. Projects will be fired and available for pick-up one week after last class.

Thursdays Mar 13-Apr 10 | 6:30-8:30pm | 5 sessions | \$55
Handke Center Art Rm Door 4 | Galinski | #8316-1W

Cord Rug Crocheting

Learn how to make a beautiful rug using macrame cord and simple crochet stitches. Even if you have never crocheted, you can learn how by making this simple rug that is machine washable and will last for years. It also makes a great gift!

Thursday Feb 6 | 6:00-9:00pm | 1 session | \$35
Handke Center Rm 212 Door 4 | Decker | #8324-2W

Soap Making 101

Discover the delight of homemade soap for yourself, or share as gifts! Using the cold process method, you will learn how to make soap through demonstration and participation. You'll personalize by selecting color and scent for the raw soap you take home. Complete handouts and recipes provided.

Tuesday Mar 18 | 6:30-9:00pm | 1 session | \$39
Elk River HS Rm 352 Door H | Thomas | #8330-2W

Mosaic Butterfly or Dragonfly

Create a beautiful mosaic butterfly or dragonfly for your garden using stained glass that is already cut for use. Display your creation either indoors or outdoors. Bring a pair of rubber gloves and an old towel that you can throw away. Specify butterfly or dragonfly when registering.

Tuesday Mar 11 | 6:00-9:00pm | 1 session | \$45
Handke Center Art Rm Door 4 | Decker | #8325-1W



Think Spring!
*Create a beautiful mosaic butterfly or dragonfly
for your home or garden.*

ADULT TECHNOLOGY



You'll be surprised how many great uses there are for your iPhone and iPad.

iPad Basics

Do you have an iPad but don't really use it that much? Maybe it's because you are unsure of what to do with it, or you don't realize what a great and useful tool it can be. Our instructor is an Apple product expert and has worked at the Apple Store's Genius Bar. He will teach you the basics of this amazing product.

Tuesday Feb 11 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8002-1W

Tuesday Mar 4 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8002-2W

iPhone Basics

They are cool and everyone seems to have one - including you. Learn the basics and all the things you can do with your iPhone. Knowing your gear is important to getting great results.

Tue/Wed Jan 21 & 22 | 7:10-8:40pm | 2 sessions | \$29
Handke Center Rm 210 Door 4 | Feld | #8003-1W

Wed/Thu Feb 5 & 6 | 7:10-8:40pm | 2 sessions | \$29
Handke Center Rm 210 Door 4 | Feld | #8003-2W

iTunes Basics

If you enjoy listening to music, you've probably heard of iTunes. Join us to learn how to use iTunes and get the most from it.

Thursday Feb 27 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8007-1W

Apple App Store Basics

"There's an app for that" was a popular catchphrase when apps first hit the market. Today, this is more true than ever. Learn about what apps are out there for fun, productivity, entertainment, education, and just about anything you can think of.

Tuesdays Feb 25 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8008-1W

iCloud Basics

"It's in the Cloud." Have you heard this before and wondered what it meant? The Cloud is a great tool that you can easily learn to use for data storage. It doesn't take up space on your computer and allows you to access documents from any location as long as you have Internet access.

Thursday Feb 20 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8009-1W

Thursday Mar 13 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8009-2W

ONLINE! Introduction to SQL

Learn the key concepts of Structured Query Language (SQL) and gain a solid working knowledge of this powerful and universal database programming language. You'll learn the basic structure of relational databases, how to read and write simple and complex SQL statements, and advanced data manipulation techniques.

Register at www.ed2go.com/728comm-ed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

Importing and Organizing in iPhoto

So you've taken a bunch of photos, now what? Walk through the process of importing and organizing your photos in iPhoto.

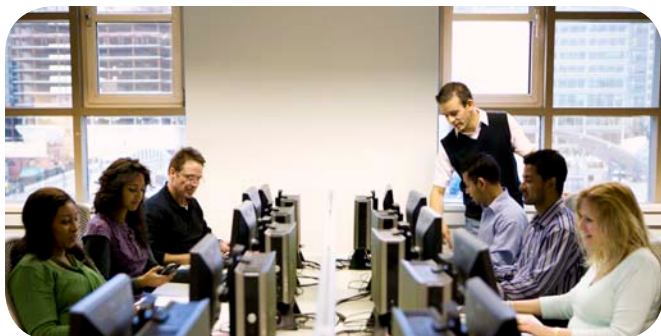
Tuesday Mar 25 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8005-1W

Editing and Sharing in iPhoto

You finally figured out how to get your pictures from the camera to the computer. Now it is time to edit and share them. Learn about these important steps through using iPhoto.

Thursday Mar 27 | 6:00-8:00pm | 1 session | \$19
Handke Center Rm 212 Door 4 | Feld | #8005-2W

ADULT TECHNOLOGY | WORKPLACE



*We offer technology training classes
onsite, at your site and online!*

Computer Basics for Beginners: PC Part 1

Are you apprehensive about using a computer? Not really sure what to do? Now's the time to get started! This course is designed to familiarize you with computers and how they work. Learn to perform tasks like starting programs, opening files, saving work and other basic tasks. Not meeting Feb 4.

Tuesdays Jan 14-Feb 11 | 5:30-7:30pm | 4 sessions | \$39
Elk River HS Rm 103 Door A | Bade | #8000-1W

Computer Basics for Beginners: PC Part 2

Are you ready to dive into more basic PC skills? Then let Bill Bade lead you further. Learn practical applications for the beginner who wants to be independent, and practice with web, hardware and software concepts building on what was covered in Part 1. Part 1 class is a pre-requisite.

Tuesdays Feb 18-Mar 11 | 5:30-7:30pm | 4 sessions | \$39
Elk River HS Rm 103 Door A | Bade | #8000-2W

Computer Basics for Beginners: Mac Part 1

Learn your way around a Mac (Apple) computer in this workshop. We will cover the basics and help you get familiarized with your Mac, so that you can use it professionally and personally.

Tue/Wed Jan 21 & 22 | 5:30-7:00pm | 2 sessions | \$29
Handke Center Rm 210 Door 4 | Feld | #8010-1W

Computer Basics for Beginners: Mac Part 2

Are you ready to dive into more basic Mac skills? Instructor Joel Feld will lead you deeper into the Mac computer world. Part 1 class is a pre-requisite.

Wed/Thu Feb 5 & 6 | 5:30-7:00pm | 2 sessions | \$29
Handke Center Rm 210 Door 4 | Feld | #8010-2W

ONLINE! Introduction to Microsoft Excel 2010

If you work with numbers, you need to master Microsoft Excel 2010. This online course offers dozens of shortcuts and tricks for setting up fully-formatted worksheets quickly and efficiently. You'll learn to write formulas, use functions, sort and analyze data, design charts, create three-dimensional workbooks, build links, work with templates and create macros and custom toolbar buttons.

Register at www.ed2go.com/728commmed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

Intro to Microsoft Word

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

Thursdays Jan 16-Feb 6 | 6:00-8:00pm | 4 sessions | \$39
Elk River HS Rm 103 Door A | Bade | #8001-1W

Web Browsing 101

Are you interested in learning about the Internet? Don't fear it, embrace it! Our expert instructor will be your guide for this amazing class on how to access the Internet and browse through it's many resources. It will open a whole new world for you.

Thursdays Jan 16 & 30 | 6:00-8:00pm | 2 sessions
\$39 Individual/\$75 Pair
Elk River HS Media Center Door A | Feld | #8110-4W

CE2U:Computers

Do you want to build new computer skills in a supportive, one-on-one setting? CE2U Computers offers individual computer instruction focused on the skills you desire at a time and day that works for you. Call Community Education at 763-241-3520 to receive information and a registration packet.

\$149 Individual/\$99 Second Person (similar skills)

ONLINE! Creating Web Pages

Create and post your own website using HTML in this extensive, hands-on, six-week workshop. You'll learn the fundamentals of web design, plan content, structure and layout, create pages, build links, add color, backgrounds, graphics and tables. Discover information on securing the best possible location in search engine listings and powerful no-cost or low-cost web marketing strategies.

Register at www.ed2go.com/728commmed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

ADULT TECHNOLOGY | FINANCE

3D Printing: A Look Into the Future

This is your opportunity to learn a cutting-edge technology that's increasingly in the news! The technology is referred to as an additive, or 3D process, where a three-dimensional solid object of virtually any shape is made from a digital model. This technology produces "on-demand" parts, components and prototypes for many different industries.

Thursday Mar 13 | 6:30-8:30pm | 1 session | \$19 Individual/\$35 Pair
Handke Center Rm 111 Door 4 | Remick | #8110-9W



*Learn more about 3D printing in our
3D Printing: A Look Into the Future class.*

ONLINE! Grammar Refresher

Gain confidence in your ability to produce grammatically correct writing. Whether you're a student, professional, or a published or beginning writer, this course will help you master the linguistic twists and turns inherent in English grammar. An instructor will support you throughout the course with plenty of interactive exercises to give you ample opportunity to put into practice everything you learn.

Register at www.ed2go.com/728commmed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

ONLINE! Medical Terminology: A Word Association Approach

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term with word associations provided as a learning tool. Your learning culminates in the interpretation of several paragraphs of medical notes.

Register at www.ed2go.com/728commmed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

NEW! Creating a Confident Retirement

It's natural to have questions about your retirement. Learning the confident retirement approach can help you find answers and take the first step toward creating a road map for your future. We'll go through the four basic principles of retirement planning with handouts provided to help you get started.

Thursday Jan 23 | 7:00-8:30pm | 1 session
\$9 Individual/\$15 Couple
Handke Center Rm 111 Door 4 | Bigalke | #8065-1W

ONLINE! Project Management Fundamentals

Projects to create new computer applications, erect bridges and buildings, develop new products and reorganize company operations are started everyday. If you're organized, perceptive, detail-oriented, and an excellent communicator, you just might have what it takes to succeed in the fast-growing field of project management. This course will also help prepare for the Project Management Professional (PMP®) and Certified Associate in Project Management (CAPM®) exams offered by the Project Management Institute, PMI®.

Register at www.ed2go.com/728commmed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

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 4 | 7:00-8:30pm | 1 session | \$9 Individual/\$15 Couple
Handke Center Rm 111 Door 4 | Bigalke | #8064-1W

ONLINE! Accounting Fundamentals

Demand for accounting professionals currently exceeds supply. With this course you'll learn the basics of double-entry bookkeeping, how to analyze and record financial transactions, prepare financial reports, accounts receivable and payable, payroll, sales taxes and various banking activities. We'll cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period. Online sessions are six weeks with two assignments weekly.

Register at www.ed2go.com/728commmed-pro
Start Dates: Jan 15, Feb 19, Mar 19 | ed2go | \$99

ADULT ONLINE LEARNING



*More than 300 online courses available
from the comfort of your home.*

Accounting and Finance

Accounting | Banking | 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 | Other Applications

Design and Composition

Graphic and Multimedia Design | Photography | Print Design | Web Design

Government

Law Enforcement | Public Sector

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

Industrial Skills

General Skills | Specific Skills—Other

Language and Arts

Arts | Languages | Photography | Writing

Online learning, anytime, anywhere...just a click away!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Anytime of the day or night.

www.ed2go.com/728commmed-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

Schools

Administration | Teaching and Education

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 | Oracle | Networking and Communications | Operating Systems | Security | System Architecture | Web Programming | Web Technology | Website Fundamentals

COURSES AS LOW AS \$99!

www.ed2go.com/728commmed-pro

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.

Please note that you can also access program information and register online at 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+).

EVENTS

Jan 9	Bowling League
Jan 18	Grand Slam
Jan 25	Pool Party
Feb 1	Ice Fishing
Feb 2	Super Bowl Party
Feb 3	Volunteers of H.O.P.E.
Feb 8	Valentine's Day Dinner
Mar 1	Chanhassen Dinner Theatre
Mar 3	Pizza & Movie
Mar 8	Twin Cities Auto Show
Mar 15	St. Patty's Day Party and Dance
Apr 26	The Wizard of Oz

Join us on Feb 24 to get your Spring H.O.P.E. flier hot off the press! Please RSVP 763-241-3520.

Monday Feb 24 | 6:30-8:30pm
Handke Center Cafeteria Door 4
Free Event



Chanhassen Dinner Theater: The Little Mermaid

Saturday, March 1
Activity Time 11:00am-4:30pm
\$49 Participant | \$46 Assistant

Valentine's Day Dinner

Celebrate Valentine's Day with your H.O.P.E. friends as you dine out at Rockwoods. This early-evening dinner will be paid for with the cost of your admission, and the H.O.P.E. program will put \$15 towards your meal. You will be responsible for any beverages, appetizers, tax and tips, or any meal exceeding the amount of \$15. Meet at Rockwoods Bar & Grill in Otsego.

Saturday Feb 8 | Activity Time 4:00-6:00pm
1 session | Rockwoods Bar & Grill Otsego

#9400-5W	Participant	\$16
#9400-6W	Assistant	\$12

CLASSES

Jan 13	Winter Craft
Jan 27	Valentine Card & Craft
Feb 6	Game Night
Feb 10	Uno Tournament
Feb 13	Valentine's Bingo & Treat
Feb 20	Exercise in Disguise
Feb 22	Sledding Party
Feb 24	Spring Season Kick Off
Mar 6	Wii Game Night
Mar 10	Spring Craft
Mar 13	Healthy Eating
Mar 17	St. Patrick's Day Celebration
Mar 20	Exercise in Disguise

ADULT BASIC EDUCATION

WELCOME TO ABE/ESL

Look Whats **NEW** for 2014

● NEW YEAR

New Year's Eve has always been a time for looking back to the past, but more importantly, looking forward to the coming year and your goals. It's a time to reflect on the changes we want, or need to make and resolve to follow through on those changes.

● NEW GED 2014

The GED has been revised. Anyone who had not passed all 5 of the GED exams will now be required to take the GED 2014 exam. Any previous scores will have been discarded on December 31, 2013.

● NEW ABE/ESL CLASSROOM LOCATION

The ABE/ESL main classroom at Handke Center has moved to room 221. Enter Door 4, turn right and go upstairs to the 2nd floor. We are located at the end of the Hallway on the left.

Open House Week: Jan 27-31, 2014
Come check out our new place!

● NEW YOU

What changes do you want to make? How can you choose among all the possibilities? Which ones matter most? Let ABE help you achieve those goals!



Adult Basic Education

Did you know that 4 out of 5 adults have problems with fractions?

Adult Basic Education is more than a GED! Of the 300 adults enrolled at the Elk River Learning Lab in 2012-13, approximately 1/3 came to get a GED, 1/3 enrolled to get a high school diploma, and 1/3 enrolled to work on goals of preparing for college, improving English communication, or re-entering the workforce. A small percentage of these students came in just to improve their skills in solving fraction problems!

Adult Diploma Program

Earn credits to complete your high school diploma! To be eligible, you must be age 18+ and your class has graduated. Upon completion of all graduation requirements, you will receive your high school diploma.

I-Pathways

Want to study for the GED test online? I-Pathways is an online program for GED instruction and preparation. Only a select number of eligible students will have an opportunity to take part in this program. Interested students must schedule an intake appointment with an instructor to see if they meet the eligibility requirements.

College Prep/Career Exploration

AccuPlacer, SAT, ACT got you all tangled up in knots? Unsure of your skills, interests or potential career path? Come to ABE to get untangled and prepare for your next step in education.

GED Preparation

Increase your potential to pass the GED exam. Take practice tests to determine what you need to review prior to taking the actual exam. The GED is a high school equivalency diploma. Prepare online, 1:1 help, or in a small group setting.

GED Test 2014

- The new tests will continue to provide the opportunity to earn a high school credential, but will also measure career and college-readiness skills that are the focus of today's curriculum and tomorrow's success.
- There are four content areas—reasoning through language arts, mathematical reasoning, science, and social studies.
- A GED® test graduate must remain competitive with students who complete their high school credentials in a traditional manner. Evidence suggests that test-takers who demonstrate fluency with the skills measured in the new assessment will be better prepared for the future.
- A graduate will no longer hold just a high school equivalency credential, but a road map for life's success. It's a stepping-stone to college, a better career and a family-sustaining wage.
- The new tests will be computer-based with written short answer responses embedded into the different content areas.
- Online registration and payment.
- The cost of the exam will be approximately \$120.

ADULT ENGLISH AS A SECOND LANGUAGE



English as a Second Language (ESL)

Learn and improve your English skills:

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

We have classes for beginning, intermediate and transitional levels.

Citizenship & ESL/Citizen Classes

In this 8-week class, you'll learn how to:

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

Dates of class to be determined. Contact 763-241-3400 x5525.

FREE Childcare Availability

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.

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.**

MAKE AN INVESTMENT

Adults who have their degree make more money, are prepared for college and set a good example to their children.

Elk River Learning Lab ABE/ESL Winter Class Schedule

January 6 - May 31, 2014

Mornings: Mondays-Thursdays

Afternoons: Mondays-Thursdays

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

NEW Classroom Location at Handke: Room 221

Not Meeting Dates:

Monday, January 20

Tuesday, February 4 (evening class)

Monday, February 17

Monday, April 20

Monday-Thursday, April 28 - May 2

Monday, May 26

Contact Information

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.*

Elk River Learning Lab
Community Education at The Handke Center
1170 Main Street
Elk River, MN 55330

Coordinator: Pam Moriarity

Instructor: Sherry Smith

Instructor: Rallou Rice

Contact Information:

763-241-3400 x5525

pamela.moriarity@elkriver.k12.mn.us

Website: www.elkriver.k12.mn.us/webpages/pmoriarity

ECFE

EARLY CHILDHOOD FAMILY EDUCATION

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

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

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

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

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

What are the rooms like?

The ECFE rooms are set up for young children with child-sized furniture, toys and materials that are appealing to kids! We have one room set up just for infants - 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 age of the children. For older children there will be stories, songs, fingerplays. In some classes parents will "step back" and watch the children's learning in action.



*We have classes for all ages--infants to kindergarten!
Join in the fun!*

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 lead 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!



ECFE INFANTS, TODDLERS & TWO'S

*Winter Semester is underway!
Some classes have openings;
check with the ECFE office for
space availability and cost!*

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 and talk with a parent educator and other parents about development, reading a baby's cues, sleeping and feeding, your changing needs as an adult and as a parent and more. Discussion is in the room with the children.

Mondays Feb 24-Apr 14 | 5:00-6:00pm | 6 sessions | Free
Handke Center Rm 9 Door 6 | Not meeting Mar 3, 10 | #700-3

Wednesdays Feb 26-Apr 9 | 1:00-2:00pm | 6 sessions | Free
Handke Center Rm 9 Door 6 | Not meeting Mar 12 | #701-3

Fridays Feb 28-Apr 11 | 11:00am-12:00pm | 6 sessions | Free
Handke Center Rm 9 Door 6 | Not meeting Mar 14 | #702-3

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 one of our friendly and knowledgeable parent educators to talk and learn together. Topics may include development, temperament, setting limits, communicating with your partner about parenting, observing and reflecting on development. Discussion will be in the room with the children.

Wednesdays Feb 26-Apr 30 | 10:45am-12:00pm | 8 sessions | \$46
Handke Center Rm 9 Door 6 | Not meeting Mar 12, Apr 16 | #703-3

Thursdays Feb 27-May 1 | 10:45am-12:00pm | 8 sessions | \$46
Handke Center Rm 9 Door 6 | Not meeting Mar 13, Apr 17 | #704-3

Read to **ECFE BLOG**
isd728earlychildhoodfamilyeducation.com

2-Year-Olds - On the Go! | age 24-48 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 child in the classroom with activities planned by the early childhood educator. Then spend time learning, sharing and even some laughing with other parents and a parent educator during discussion. Get new ideas and information, learn about brain development, behavior, dealing with "no" and more. Children must be the correct age within 2 weeks of the start of the class.

Mondays Feb 24-May 5 | 9:00-10:30am | 8 sessions | \$54
Handke Center Rm 5 Door 6 | Not meeting Mar 3, 10, Apr 21
#706-3

Mondays Feb 24-May 5 | 10:45am-12:15pm | 8 sessions | \$54
Handke Center Rm 5 Door 6 | Not meeting Mar 3, 10, Apr 21
#707-3

Tuesdays Feb 25-Apr 29 | 10:45am-12:15pm | 8 sessions | \$54
Handke Center Rm 5 Door 6 | Not meeting Mar 11, Apr 15 | #708-3

Breastfeeding Basics for Moms & Dads age 0-12 months

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

Monday Apr 28 | 6:00-8:00pm | 1 session | Free
Handke Center Rm 6 Door 6 | #714-2

MUSIC...



Munchkin Musik | age 6 months-3 years

With instructor Dayna Koehn, your child will wiggle and giggle during 45 minutes of educational musical fun! Come 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? Be sure to join us for the fun! (Sliding fee scale does not apply to this class.)

Tuesdays Jan 7-Feb 18 | 6:00-6:45pm | 7 sessions | \$90
Handke Center Rm 6 Door 6 | #710

Tuesdays Feb 25-Apr 29 | 6:00-6:45pm | 7 sessions | \$90
Handke Center Rm 6 Door 6 | #711

ECFE THREE'S, MULTI-AGE, DROP-IN & 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! Class size is limited. Discussion is in separate room.

Tuesdays Feb 25-Apr 29 | 9:00-10:30am | 8 sessions | \$54
Handke Center Rm 5 Door 6 | Not meeting Mar 11, Apr 15 | #710-3

Multi-Age Classes | age birth-Kindergarten

If you're looking for a class to attend with one or more of your preschool children, try this! Start out by enjoying fun learning activities in the classroom with children ages birth to Kindergarten. Then, while children enjoy activities with the early childhood staff, parents meet in a separate room with the parent educator for parent discussion.

Thursdays Feb 27-May 1 | 6:00-7:30pm | 8 sessions | \$54
Handke Center Rm 5 Door 6 | Not meeting Mar 13, Apr 17 | #711-3

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

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

Fridays Feb 28-May 2 | 9:15-10:45am | 8 sessions | \$54
Handke Center Rm 5 Door 6 | Not meeting Mar 14, Apr 18 | #712-3



The Mitten - Theater Trip

A ballet-inspired wonderland! One of Stages Theatre Company's proudest accomplishments was the creation of the ballet-inspired stage version of "The Mitten" by Jan Brett. For their 30th season, they are bringing back this audience favorite. Watch the book come to life in this exciting production as various woodland creatures seek a warm place in the snow-filled forest: a single lost mitten. Bus pick-up 8:45am at Handke Door 6. Registration deadline is Jan 8.

Wednesday Jan 22 | 8:45am-1:30pm | 1 session | \$14/person
Handke Center Door 6 | #730

Drop-In Playtime

Looking for something to do with your child at the last minute? Drop in at ECCE and play in one of the ECCE rooms or in the gym (gym available on a limited basis). First-come, first-served; space is limited. Family childcare providers need to meet child to adult ratios for the children they bring. No pre-registration required; pay at the door. For an added discount, purchase a Drop In Play pass for \$10; each time you attend, we will punch your card.

Wednesdays Sep 25-Apr 30 | 6:15-7:30pm | 14 sessions
\$2/child w/pass, \$2.50/child w/o pass (per session)
Not meeting Jan 1, Feb 12, 19, Mar 12, Apr 16
Handke Center Rm 5 Door 6

Thursdays Sep 26-May 1 | 9:30-11:30am | 24 sessions
\$2/child w/pass, \$2.50/child w/o pass (per session)
Not meeting Jan 2, Feb 13, 20, Mar 13, Apr 17
Handke Center Rm 5 Door 6

Saturday Morning Gym Times | age birth-Kindergarten

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

Saturdays Jan 18, 25, Feb 15, 22, Mar 8, 15, 22, 29
9:30-11:30am | 8 sessions
\$2/child w/pass, \$2.50/child w/o pass (per session)
Handke Center Gym Door 4

We're feathering our nest at the Nature Explore Center!

With help from the Friends of the Sherburne Wildlife Refuge and the Three Rivers Area Community Foundation we're constructing a life-size eagle's nest at the NEC. The base has been built. Next, sticks of all sizes will be woven and fashioned into a realistic eagle's nest, much like a real eagle's nest in the wild. We'll enlist the help of our students and their families to complete this fun and fascinating project, and learn a few things in the process! What's your wingspan? Check out the nest and find out!!

Watch for special activities to help construct the nest and for a special "nest" event in May!



Marie and Franklin are having fun, exploring the eagle's nest at the Sherburne County Wildlife Refuge!

Thank You from the PAC! (Parent Advisory Council)

For printing poinsettia flyers:

Karen Gangelhoff and The Bureau of Engraving - Art Instruction School

For the Fun Run Sponsors/Contributors:

- Health Partners - RiverWay Clinics
- Elk Plaza Dental
- New Horizon Academy
- Culligan
- Roque Screen Printing
- YMCA
- Panera Bread
- Elk River Area Childhood Coalition
- A Breath of Life (Chris Gelhaye)
- Coborn's
- ECFE / Community Ed.



The nest base at the NEC is complete! Next, we'll begin building with branches - lots and lots of branches!



*An eagle's wingspan is about 5 preschoolers wide!
Taken at the Sherburne County Wildlife Refuge!*

CARNIVAL!

**Don't Miss the Annual
Family Valentine's Carnival!**

**Friday, February 7th
Handke Center, 5:00-8:00pm**

The annual Valentine's Carnival is back! Join us for fun, food, games and prizes - this year we'll have a special area geared just for toddlers, and more for preschoolers and kindergartners! Activities include games, cake walk, craft table, face painting, moonwalk, cookie decorating and more! Punch cards are available for purchase at the carnival for \$5/child/max of \$15 per family (food sold separately). Bring a non-perishable item for CAER and be entered into a prize drawing! Also, don't miss the Basket Raffle and Scholastic Book Fair!



ECFE DISCOVERY LEARNING PRESCHOOL 13/14

ELK RIVER

Discovery 3's & 4's

Classes for children who are "3" by Sep 1, 2013
Parent/Child Day is Thursday

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

Full

Discovery 4's & 5's

Classes for children who are "4" by Sept 1, 2013

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

Full

Tues/Wed/Thur | 8:50-11:20 am | 1 class
\$159/month | Handke Center | #754

Full

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

Full

Tues/Wed/Thur | 3:45-5:45 pm | 1 class
\$129/month | Handke Center | #757

Full

Tues/Thur | 5:45-8:00 pm | 1 class
\$95/month | Handke Center | #758

Full

ZIMMERMAN

Discovery 3's & 4's

Classes for children who are "3" by Sep 1, 2013
Parent/Child Day is Tuesday

Tues/Thurs | 9:15-11:15 am | 1 class
\$90/month | Zimmerman Elem | #770

Full

Discovery 4's & 5's

Classes for children who are "4" by Sep 1, 2013

Mon/Wed/Fri | 9:15-11:30 am | 1 class
\$159/month | Zimmerman Elem | #771

Full

Tues/Wed/Thur/Fri | 12:45-3:15 pm | 1 class
\$212/month | Zimmerman Elem | #773

Full

Tues/Wed/Thur | 12:45-3:15 pm | 1 class
\$159/month | Zimmerman Elem | #774

Full

ROGERS

Discovery 3's & 4's

Classes for children who are "3" by Sep 1, 2013
Parent/Child Day is Thursday

Tues/Thurs | 9:30-11:30 am | 1 class
\$90/month | Rogers Elem | #760

Discovery 4's & 5's

Classes for children who are "4" by Sep 1, 2013

Mon/Wed/Fri | 9:15-11:45 am | 1 class
\$159/month | Rogers Elem | #761

Full

Tues/Wed/Thur | 1:00-3:30 pm | 1 class
\$159/month | Rogers Elem | #762

SITE LOCATIONS

ELK RIVER: Handke Center, 1170 Main St.

ROGERS: Rogers Elementary, 12521 Main St.

ZIMMERMAN: Zimmerman Elementary, 25959 West 4th St.

Classes begin in mid-September and end mid-May.
Classes may be joined at any time on a space available basis. A \$49 non-refundable deposit is collected at registration. Payments are monthly, September - May.
We accept Visa, Mastercard and Discover.



Learning is fun in our Discovery Preschool classrooms!

ECFE DISCOVERY LEARNING PRESCHOOL 13/14

DISCOVERY LEARNING PRESCHOOL - FALL 2014

Watch for the Discovery Learning Preschool Guide, mailed to homes in February with registration information for 2014/15 Discovery Learning Programs!



How to Register for 2013/14 DISCOVERY LEARNING CLASSES

We have limited openings in some Discovery Learning classes. Classes may be joined at any time. Waiting lists are maintained for all full classes

Registration information and forms were mailed to homes mid-February. If you did not receive, you may download forms at 728communityed.com, or contact ECFE for a copy of the guide. Please note: Classes may be cancelled or times and locations may change due to unforeseen circumstances.

Please contact the ECFE office for questions regarding space availability. Waiting lists will be maintained for all full classes.

- You must complete the registration forms packet at the time of registration. All forms must be received for your registration to be considered complete.
- Fees are divided into 9 monthly payments. Payments begin in September and end in May. Fees are rounded up to the nearest dollar. A registration fee of \$49 is non-refundable and due when you register. This fee does not apply to the total cost. Fees will be pro-rated for families joining during the year.
- Information regarding our sliding fee scale is included with the Registration Guide. If you have any questions, please call the ECFE office at 241-3524. No one will be turned away because of inability to pay. We accept Visa, Mastercard and Discover.
- Sibling care is available during Parent/Child classes for an additional fee.



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

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

Unparalleled Results and Comprehensive Curriculum.

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

Parent Education and Involvement.

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

Highly-Trained Staff.

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

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

For more information, log onto our website at www.728communityed.com or call Early Childhood Family Education at 763-241-3524.



ECFE ONE TIME & EVENTS

Power Tools to Build Teamwork A Workshop for Child Care Providers

By participating in this workshop, childcare professionals will make and take tools to use in supporting the children in their care. These tools will help to facilitate children as they learn to get along with and respect others and help them develop problem solving skills. Each week new tools and strategies will be explored.

Tuesdays Jan 28, Feb 11, 25, Mar 11 | 6:30-8:30pm | 4 sessions
\$40/Handke Center Rm 6 Door 6 | #791

Outdoor and Indoor Fun!

Don't let winter keep you inside. Dress for the weather and get good feelings going by spending time at the Nature Explore Center. Join fun activities based on the day's weather -- fun in the snow, be nature detectives, build with branches, make a bird feeder or play outdoor games. Then come inside for a story and snack. Come try it out! Sign up for one or all three!

Saturday Jan 11 | 10:30am-12:00pm | 1 session | \$5/family
Handke Center Door 6 & NEC | #792

Saturday Feb 1 | 10:30am-12:00pm | 1 session | \$5/family
Handke Center Door 6 & NEC | #793

Saturday Mar 1 | 10:30am-12:00pm | 1 session | \$5/family
Handke Center Door 6 & NEC | #794



Scenes from the NEC Grand Opening.

DON'T MISS...

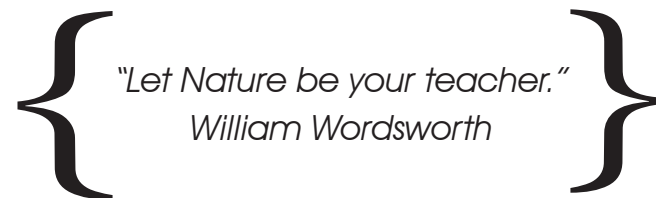
ECFE SPRING YOUTH SALE!

Saturday, April 5, 9:00am-1:00pm
Elk River High School

Vendor tags will go on sale in March!

More details to come!

Don't miss this annual sale!



Great outdoor project spaces for fun and learning.

Supporting Student Transitions

A Presentation by Lisa King

A parent, staff and community forum on student transitions. Transitions are an ongoing process involving planning early on in a student's educational career and include the years leading up to "transition to life" beyond high school. Sponsored by the Special Ed Parent Advisory Council (SEAC). For more information, contact Lora Arnott at 763-241-3557.

Thursday Feb 27 | 6:30-8:00pm | 1 session | Free
Elk River High School Zabee Theater

Meet our School Readiness Instructors!

Rebecca Dey

Even though I have been teaching for several years, the kids always surprise me. I am so amazed by their ability to learn so much at such a young age. I am amazed how quickly they learn letters, sounds, and numbers, but I am also so impressed by how they learn to solve social problems, gain self-confidence, and create lasting friendships.

Sherrie Lorentz

I love to be a part of the future. I truly love working with children and watching them grow, looking into their eyes and seeing the bright smile when they accomplish a new task. I love to show them that school and learning is fun and enjoyable.

I try to make sure to greet each one of my parents daily. I make sure to meet my children at the door with a smile, high five or a hug. I also try to bring back into the conversation something that he/she had told me in the past conversation. This lets my children know I listen to what they have to have and that it is important.

Nicole Martin

It is amazing how different each year is as a preschool teacher. We use the same curriculum, same teaching tools, same developmental areas for the children to explore, but every year the school year is different. The difference is the class roster. We still have 3 and 4 year olds, but the children and parents are different. Every year I learn something new from the families that I work with.

I learn that each family brings different experiences to the classroom and they share those experiences without even trying. Just by getting comfortable and opening up in class they are the ones that make-up the classroom dynamic. When I get to know the families/children more and more it inspires me to work as hard as I can as a teacher. The children I have in class all learn differently and they take me on some difficult twists and turns as we go through the year. At the end of the ride each year, all the experiences and difficult bumps turn into the best accomplishments that we reached together.

Kristen Pollworth

Growing up, I have always known I needed to work with children because they have always been my passion. My family often called me the "Kid-Magnet" because where ever I went children gathered around me and I would make a connection. Getting to work closely with families is an added bonus because I am able to get a better insight as to how the child behaves at home and I am better able to figure out ways to help the children learn and grow to their fullest potential.



Front row: Angy, Nicole, Kris
Back row: Rebecca, Sherrie, Kristen

Kris Radke

This is my first year with Elk River's Early Childhood Family Education Program, but I have been a preschool teacher for many years. I have always loved the excitement that young children have about learning and I find it very rewarding to see them grow and develop. I also enjoy the partnership of working with parents and families of young children. One thing that I am very excited about is the Minnesota Reading Corp program -- it is amazing to see the how much the children are learning and developing in the literacy area while having FUN too!

Angela Talbot

I feel very fortunate to have the opportunity to watch young children learn and grow. In the Discovery Learning environment, children learn many skills to prepare them for Kindergarten! I see the greatest growth of development from children in the area of social/emotional. Children acquire and practice thinking skills, learn how to follow classroom routines and rules, and learn how to be a good friend. They become more independent and begin to figure things out on their own. What I love most about teaching school readiness are the smiles, hugs, and conversations I have with these kiddos. I get to be part of their very first experiences in school. I want these experiences to be positive, enjoyable, and memorable. I hope they never forget preschool . . . I will always remember each and every one of them!



ECFE EARLY CHILDHOOD SCREENING



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

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

Early Childhood Screening includes:

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

What Happens During Screening?

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

Who Needs to be Screened?

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

Is the Program Required?

Yes. Minnesota state law requires that your child must be screened for enrollment in a public school. Children are not permitted to enter public school without having Early Childhood Screening and up-to-date immunizations.

If you are planning to send your child to private or home school the screening is not required by law, however, we still encourage you to participate. This is a wonderful opportunity for you to find out how your child is developing.

ECFE CLASS SCHEDULE AT A GLANCE

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

ECFE

MORE ECFE PROGRAMS

Young Parent Program for Pregnant or Parenting Teens

Provides pregnant or parenting teens with information about pregnancy, birth, parenting and community resources. Open to District 728 students and area residents who may not be in school. For more information or to register contact ECFE at 763-241-3524 or contact the school counselor, school nurse or Ivan Sand Community School. Home visits are also available. Co-sponsored by District 728 Ivan Sand Community School and ECFE. Classes are held at Handke Center in the ECFE Rooms. Use Door 6. Classes are on going during the school year. No fee. Call the ECFE/SR office at 763-241-3524 for information on days and times. Special events funding provided by Three Rivers Community Foundation.

Parenting Apart

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

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

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

Invitations to Early Childhood Screening have been mailed to families with children turning 4 years old prior to August 1, 2014. Please call the Screening office at 763-241-3525 if you did not receive your invitation, or to schedule an appointment.

"ECFE On Wheels" Home Visits

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

Single Parents—Short Term, Long Term - Whatever the reason!

A group for families living in ISD 728 where parents are parenting alone. Military families, families parenting alone due to work situations, families experiencing separation, divorce, loss of spouse or single parenting—all are welcome to attend! Bring your children and enjoy a meal together. Parents will meet together for parenting support and information. Young children will participate in early childhood activities, school age children will meet in another classroom together for activities and support. For more information, call the ECFE/SR office at 763-241-3524. Class runs throughout the school year, and will resume in September 2013.

Tuesdays Jan 7-Apr 29 | 6:00-8:00pm | 13 sessions | Free
Handke Center Rm 5 Door 6

Not meeting Dec 24 & 31, Feb 11-18, Mar 11, Apr 15 | #780

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



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

ECFE REGISTRATION

Registration for Early Childhood Family Education classes

Register for classes at the ECFE Office in Room 10 at Handke Center 1170 Main St., Elk River; use door 6 (off 4th Street), by phone at 763.241.3524, by mail, or online at www.728communityed.com. See page 66 for a registration form. We continue to take registrations until classes fill and take names for a wait list after they fill.

Fees—ECFE Classes

Fees are based on the number of times the class meets. The first payment is due when you register. The second payment is due when class begins. Full payment is due when you register online. We accept Discovery, VISA and MasterCard. A sliding fee scale is available, see page 37. No one will be turned away because of inability to pay. Please call our office to ask questions, make other arrangements, or to have fees waived or reduced.

Cancellations

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

Immunizations Required

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

Parent Participation

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

Special Needs

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



The Family Fun Run in October, sponsored by our Parent Advisory Council has become an annual event!

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 1 day prior to the class. Children must be at least 6 weeks old to be eligible for childcare; prior to 6 weeks infants may accompany parents to class discussions. Children 6 weeks to 3 months may accompany parents to discussions, or they may attend childcare. At 3 months of age, children must attend childcare.

Fees for childcare:

Infants \$4.00 per hour
Toddlers \$3.25 per hour
Preschoolers \$3.00 per hour
Additional Children \$2.50/hr

Child Care on a one-time basis —\$5.00 per hour

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

COUPON

\$10 off the price of an ECFE class!

**Clip this coupon for \$10 off
the ECFE class of your choice!**

**Discount does not apply to Discovery Learning,
Munchkin Musik or trips.**

Classes subject to space availability.

Good for 2013/14 ECFE classes #700-799 only.

ECFE SCHOOL READINESS STAFF

Manager
Kathy Simonson

Sr. Secretary
Lynne Kopitzke

Secretary
Laura Orwoll

**Parent Facilitators
& Home Visitors**
Mary Dwyer

**Parent Facilitator &
Young Parent Instructor**
Kathleen Holthaus

Parent Facilitator
Nicole Martin

**Parent Facilitator &
Child Educator**
Beth Britt

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

**SR Coordinator & TACSEI
& CLASS Coach**
Tiffany Grams

Discovery Learning Instructors

Rebecca Dey
(and MRC Educator Corp)
Kris Radke
Sherrie Lorentz
Nicole Martin
Kristen Pollworth
Angela Talbot

Classroom Assistants

Wanda Anderson
Elizabeth Frink
(and MRC Educator Corp))
Maureen Bolin
Terry Briggs
Lisa Davis
Linda Potter
Virginia Larsen
Teresa Sizen

Minnesota Reading Corps Tutor
Tina Poseley

**New Minnesota Reading
Corps Tutors**
Alyssa Castonguay
Anne Techendorf

2013/14 Parent Advisory Council

Kelly Rogers	Dave Sobiech
Jenny Dupre	Pam Carlson
Chris Gelhaye	Elizabeth Lies
Jessica Andreasen	Chris Dziuk
Beth Bode	Sara Burfeind
Crystal Nelson	Rebekah Vevle

Early Childhood Family Education Office Hours: 8am-4:30pm, Monday - Friday

ECFE phone 763.241.3524, SEE PAGE 66 FOR REGISTRATION FORMS

District 728 ECFE Class & Discovery Learning Preschool Sliding Fee Scale

Number of persons in household	Full Fee	80% of Full Fee	65% of Full Fee	15% of Full Fee	Waived Fee
2	\$34,044 +	\$30,261 - 34,043	\$27,992 - 30,260	\$19,670 - 27,991	\$0 - 19,669
3	42,954 +	38,181 - 42,953	35,318 - 38,180	24,818 - 35,317	0 - 24,817
4	51,864 +	46,101 - 51,863	42,644 - 46,100	29,966 - 42,643	0 - 29,965
5	60,774 +	54,021 - 60,773	49,970 - 54,020	35,114 - 49,969	0 - 35,113
6	69,684 +	61,941 - 69,683	57,296 - 61,940	40,262 - 57,295	0 - 40,261
More than 6 persons, add this amount for each additional person	7,326	7,326	7,326	7,326	5,148



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 2-1/4 hour	\$95/month	\$76/month	\$62/month	\$15/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
4 day 2-1/2 hour	\$212/month	\$170/month	\$138/month	\$32/month	\$0/month
ECFE \$27/class	\$27/class	\$22/class	\$17/class	\$4/class	\$0/class
ECFE \$46/class	\$46/class	\$37/class	\$30/class	\$7/class	\$0/class
ECFE \$54/class	\$54/class	\$43/class	\$35/class	\$8/class	\$0/class
ECFE \$162/class	\$162/class	\$130/class	\$105/class	\$24/class	\$0/class

EXTENDED DAY PROGRAMS

EDVENTURE CLUB | GR K-5

EdVenture Club (Grades K-5)

More than daycare

Welcome to EdVenture Club, 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! Kindergarten students can attend from 6:00am to the start of school and following K-Club through 6:00pm.

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 following K-Club 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

Full-time (4-5 days)	\$40/week
Part-time (2-3 days)	\$28/week
A.M. One-Day rate	\$15/day

After School / K-Club* 3:30 to 6:00pm

*K-Club (2:30-3:30pm)	Please see rates on following page
Full-time (4-5 days)	\$48/week
Part-time (2-3 days)	\$35/week
P.M. One-Day rate	\$18/day

Zimmerman Area Elementary Schools

Before School 6:00am to school start time

Full-Time (4-5 days)	\$37/week
Part-Time (2-3 days)	\$25/week
A.M. One-day rate	\$13/day

After School / K-Club* 3:30 to 6:00pm

*K-Club (2:30 - 3:30pm.)	Please see rates on next page
Full-Time (4-5 days)	\$48/week
Part-Time (2-3 days)	\$35/week
P.M. One-day rate	\$18/day

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
(Also serves Lincoln & St. Andrews)
- Rogers Elementary, Rogers
(Also serves Mary Queen of Peace & Kaleidoscope)
- Twin Lakes Elementary, Elk River
- Zimmerman Elementary, Zimmerman
- Westwood Elementary, Zimmerman (a.m. only/ No K-Club)

EdVenture Club features
PART-TIME & FULL-TIME
options available throughout the
school year and **NO** long term
contracts are required.

Secure your child's spot TODAY! Register online at www.728communityed.com

(click on Extended Day/EdV Club tab)

EXTENDED DAY PROGRAMS

K-CLUB/FEATURED SITE LEADER | GR K

K-Club (Kindergarten-Only Program)

Welcome to K-Club! A one-hour after school kindergarten program featuring focused curriculum in arts, fitness, science and enrichment for this grade level. Students can attend one to five days per week for a small fee. After K-Club, students have the option to ride the bus home with students in grades 1-5 or extend their stay after school by signing up for **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
- Rogers Elementary, Rogers
- Twin Lakes Elementary, Elk River
- Zimmerman Elementary, Zimmerman

Schedule/Rates

1 day rate= \$4.00/student
2-3 days a week= \$7.00/student
4-5 days a week= \$11.00 /student

Secure your child's spot TODAY!

Fill out the Family/Child Information Form & Parent Compliance Agreement and the September 2013 Attendance/Payment Calendar online at:

www.728communityed.com.

(Click on the Extended Day tab)



NEW! Featured Site Leader

EdVenture Club site leaders are an important part in the success of our Extended Day Programs. They have specific leadership qualities and a clear vision of the goals and mission of our programs and are committed and dedicated to your children. They love working with children and are available to answer your questions. All site leaders have training specific to the childcare environment with skills and knowledge of children's health, development and psychology. The average length of employment of our site leaders in our programs is ten years, with several of them having worked for the program since it began in 1997.

Introducing....Bev Moberg, Twin Lakes Elementary Site Leader

How long have you worked for Community Education? Fourteen years

How long have you been a site leader? Nine years

Describe your background and experience: I've been working with children for 23 years in daycare centers, home daycare and teaching Sunday School. I am a licensed soccer coach and have coached boys and girls of all ages up to middle school. I am a single parent of 4 children.

What is your favorite part of your job? Knowing the kids are excited to see me with smiles and hugs and tell me funny stories that make me laugh everyday; I cherish those the most!

How do you educate, inspire or empower your students? Teaching the kids to help each other in positive ways by doing even small things for each other to give themselves a sense of pride. Also, learning how to encourage one another with compliments and uplifting words.

Additional Comments: We also like to lead by example and show the kids that going out to the community and doing Random Acts of Kindness helps to inspire others to do it as well.



**“ We like to lead by example
...doing random acts of
kindness helps to inspire
them to do it as well ”**

EXTENDED DAY PROGRAMS

NON-SCHOOL DAYS | GR K-5

Non-School Days | 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 "I Have a Dream!" at Parker for 9:00am-3:00pm, your course number would be #6012-1W.

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
*Hassan also serves Otsego		
-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.

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

I have a Dream!

Be a dream maker and a dream catcher. Exploring Martin Luther King, Jr.'s dream while making our own.

Monday Jan 20 | 1 session | #6012

Grand Slam Field Trip

What a day of fun! Each student can play mini-golf and crazy cars, gets 4 game tokens, a coin for the batting cage, a slice of pizza and a pop. Bring money for extra food or tokens.

Monday Jan 27 | 1 session | #6013

Winter Science

Frozen, fried, vaporized, solid, liquid, gas--there's more to explore within our frozen wonderland.

Monday Feb 17 | 1 session | #6014

A Day at the Movies

Journey through the movies as we research different genres of motion pictures, and even spend some time making our own animations!

Monday Mar 10 | 1 session | #6015

Science Museum Field Trip

Explore the fascinating exhibits and try your own experiments at the Science Museum. You won't want to miss this exciting and educational trip!

Tuesday Mar 11 | 1 session | #6016

Luck of the Irish!

The luck of the Irish to you! We'll be learning the history of St. Patrick's Day and creating some special decorations for home.

Wednesday Mar 12 | 1 session | #6017

Spring into Action

Spring is in the air! Today will be filled with Spring crafts and learning what causes the Spring season.

Monday Apr 21 | 1 session | #6018

aMay-zing May

Did you know that Minnesota was admitted to the Union in May? Join us as we explore the amazing things that happen in the month of May.

Friday May 23 | 1 session | #6019

District Early Release Day | grades K-5

Plan to have your child join EdVenture Club students for an afternoon of fun. When registering for the early release day, please include the course number, as well as the site preference listed under the non-school days for the 6am-6pm option. For example, to register for Parker, your course number would be 6642-2W.

Monday Mar 3 | 1 session | \$18 | #6642

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

**Win a \$20 Gift Certificate
to ANY Community Education Class
including EdVenture Club!**

Here's How:
1. Like our Facebook page at www.facebook/728EdventureClub
2. Find this graphic
3. Comment on which site your child attends

Contest ends on January 31, 2014

YOUTH ENRICHMENT | GR K-5

After School Special EdVentures Youth | grades K-5

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



Valentine Gumball Machine

No pennies required to enjoy the treats in this gumball machine. After you paint and decorate it, you'll have the perfect way to share your valentine treats with friends and family. The afternoon begins with making a yummy snack.

\$12 thru Jan 22/\$15 starting Jan 23

Monday Feb 3 | 3:00-5:00pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2996-4W
Westwood Elem Gym Door 1 | #2999-4W

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

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

Thursday Feb 6 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2994-4W
Rogers Elem Gym Door 3 | #2997-4W



Fuzzy-Wuzzy Bunny

Fuzzy-Wuzzy was a bunny...was he? Spring is here and you'll love the adorable, fuzzy bunnies you'll create and use to decorate for the holiday. The afternoon begins with some bunny treats just for you!

\$12 thru Mar 23/\$15 starting Mar 24

Monday Apr 7 | 3:00-5:00pm | 1 session
Zimmerman Elem Cafeteria Door 5C | #2996-5P
Westwood Elem Gym Door 1 | #2999-5P

Tuesday Apr 8 | 3:45-5:45pm | 1 session
Parker Elem Gym Door 3 | #2995-5P
Hassan Elem Gym Door 1 | #2998-5P

Wednesday Apr 9 | 3:45-5:45pm | 1 session
Twin Lakes Elem Gym Door 3 | #2992-5P
Otsego Elem Gym Door 4 | #2993-5P

Thursday Apr 10 | 3:45-5:45pm | 1 session
Meadowvale Elem Cafeteria Door 7 | #2994-5P
Rogers Elem Gym Door 3 | #2997-5P

YOUTH ENRICHMENT | ACADEMICS



*Learn the skills to be a safe,
prepared and successful babysitter.*

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 20 | 9:00am-4:00pm | 1 session | \$49
Handke Center Lounge Door 4 | #2600-6W

Saturday Feb 22 | 9:00am-4:00pm | 1 session | \$49
Rogers MS Rm 561 Door A | #2600-7W

Saturday Mar 1 | 9:00am-4:00pm | 1 session | \$49
Handke Center Lounge Door 4 | #2600-8W

Monday Apr 21 | 9:00am-4:00pm | 1 session | \$49
Zimmerman Elem Rm 118 Door 5C | #2600-9P

Saturday May 3 | 9:00am-4:00pm | 1 session | \$49
Handke Center Lounge Door 4 | #2600-10P

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.

Saturday Feb 8 | 8:00am-12:00pm | 1 session | \$35
Rogers MS Rm 561 Door A | #2604-3W

Saturday Apr 5 | 8:00am-12:00pm | 1 session | \$35
Handke Center Lounge Door 4 | #2604-4P

Horseback Riding Camp | grades K-8

Enjoy the excitement of horseback riding camp! Learn how to work with horses including balance and control in the saddle, leading and in-hand work. Then participate in fun crafts and activities, giving baths, horse tag, and helping to feed, water and care for horses. Additional information directions to camp and waiver form on our website at www.728communityed.com.

Monday Mar 10 | 9:00am-3:00pm | 1 session | \$99
Boulder Point Equestrian and Event Center Nowthen | Keacher
#2439-7W

Saturday Apr 26 | 9:00am-3:00pm | 1 session | \$99
Boulder Point Equestrian and Event Center Nowthen | Keacher
#2439-8P

GRASP | grades K-8

Maintain your child's reading and/or math skills during the summer. Lessons are mailed beginning in early June 2014 and take approximately one hour per week to complete. Submit lessons weekly and qualify for end-of-the-summer prizes. Lessons are individualized by grade level; please order your student's 2013-14 grade. If you are ordering a different grade, please include information in 'notes' section of registration form. We cannot exchange or return incorrect materials. Save by registering before Mar 9. Final deadline for registration is May 9. Fee is per subject, per student.

\$35 per subject through Mar 7/\$39 per subject starting Mar 8

Math | #2500-2S
Reading | #2500-1S

Tutoring | grades K-8

Is your child struggling with a specific subject or school in general? We can help. 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. Individualized, one-hour instruction in eight weekly sessions is \$295.



**Scan this QR code for more
information on Tutoring.**

Star Wars Video Game Design | grades 3-5

Don't just PLAY games! CREATE and learn to modify Star Wars-themed games using interactive art, stories, simulations and 2D arcade-style games. Work in pairs and follow step-by-step tutorials using MIT Scratch software to create 2-4 working games and animations with popular Star Wars sprites. Bring a USB drive on the last day, or games can be emailed to parents.

Saturdays May 3 & 10 | 9:00am-12:00pm | 2 sessions | \$75
Handke Center Rm 212 Door 4 | Computer Explorers | #2595-1P

Video Game Design Jr. | grades 1-3

Love video games? Then create your own. Choose your storyline with dragons, princesses, or challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Use your math, logic, and programming skills and put your video game talents to work! Game will be in an animated flash format, viewable in most internet browsers. Bring a USB drive on the last day, or games can be emailed to parents.

Saturdays Apr 5 & 12 | 9:00am-12:00pm | 2 sessions | \$75
Handke Center Rm 212 Door 4 | Computer Explorers | #2596-1P

NEW! Introduction to Computer Programming grades 8-12

Learn the basics of Java computer programming; no experience required. Topics include data structures, for/while loops, if-then statements, reading/writing to files and basic GUI development. Game development is the focus, but you will explore the basic skills that allow for future development. A great opportunity if you are considering a programming career or future college studies. Mr. Wespetal teaches at Rogers Middle School. He has a degree in computer science and experience working as a computer programmer.

Tue/Thu Jan 28-Mar 11 | 3:15-4:30pm | 13 sessions | \$19
Rogers MS Rm 446 Door A | Wespetal | #3595-1W



Minecraft was selected as one of 80 games to be displayed at the Smithsonian American Art Museum!

NEW! Minecrafting In Real Life | grades 2-5

Create your own Minecraft microfig, LEGO Minecraft-inspired animals and your own movie using official Minecraft soundtracks and sound effects. Experience Minecraft in real life, building landscapes, mountains and terrains out of LEGOS. Re-create the Nether, biomes, forest creepers, endermans, village people, sheep, ocelots, and mummies to create a mini stop-motion movie to immortalize your Lego creations on digital film. Students will not be playing the actual Minecraft game during this class. Bring a USB drive on the last day, or movies can be emailed to parents.

Saturdays Feb 1 & 8 | 9:00am-12:00pm | 2 sessions | \$75
Handke Center Rm 212 Door 4 | Computer Explorers | #2594-1W

NEW! Minecraft | grades 3-8

Minecraft is the sandbox building game that's dominating the world of video gaming. Explore, problem-solve and create amazing and unique worlds using Minecraft for the PC. Beginner and intermediate Minecrafters will be playing in a custom-created world, on a special Minecraft EDU-modded server. Work collaborative to develop the island, survive, solve the mystery and conquer the tyrant in charge. Individual computers provided.

grades 3-5

Saturdays Mar 1 & 8 | 9:00am-12:00pm | 2 sessions | \$89
Rogers HS Rm A108 Door I | Computer Explorers | #2593-1W

grades 6-8

Saturdays Mar 1 & 8 | 1:00-4:00pm | 2 sessions | \$89
Rogers HS Rm A108 Door I | Computer Explorers | #3593-1P

YOUTH ACADEMICS



Build your favorite LEGO projects, connect them to a motor and make them go! - Youth Enrichment League

NEW! LEGO X: ENGINETICS Challenge **grades 1-5**

Build a unique racer, a winch and ramp system and balance beam. Then use what you've learned to design and build your own catapult, merry-go-round and more. Build multiple projects, connect them to an engine and use them to investigate basic engineering concepts. All-new curriculum. Students should check in with EdVenture Club after school and receive a snack before class.

Tuesdays Jan 21-Feb 11 | 4:15-5:15pm | 4 sessions | \$49
Twin Lakes Elem Rm E108 Door 3 | Youth Enrichment League
#2573-1W

Wednesdays Jan 22-Feb 12 | 4:15-5:15pm | 4 sessions | \$49
Parker Elem Lounge Door 3 | Youth Enrichment League | #2573-2W

Mondays Feb 3-24 | 4:15-5:15pm | 3 sessions | \$36
Hassan Elem Rm A110 Door 1 | Youth Enrichment League
Not meeting Feb 17 | #2573-3W

Fridays Feb 7-28 | 3:30-4:30pm | 4 sessions | \$49
Zimmerman Elem Rm 138 Door 5C | Youth Enrichment League
#2573-4W

Wednesdays Feb 19-Mar 19 | 4:15-5:15pm | 4 sessions | \$49
Meadowvale Elem Rm 215 Door 7 | Youth Enrichment League
Not meeting Mar 12 | #2573-5W

Mondays Mar 17-Apr 7 | 4:15-5:15pm | 4 sessions | \$49
Rogers Elem Rm A104 Door 3 | Youth Enrichment League
#2573-6W

NEW! LEGO X: BATS and TOWERS | grades 1-5

Investigate structural engineering concepts while building a watch tower and suspension bridge. Move on to a motorized bat and a motorized winch system. Wrap up the session with LEGO Building Challenges that will utilize your LEGO building knowledge and skill. All-new curriculum will challenge both beginners and experienced LEGO builders. Students should check in with EdVenture Club after school and will receive a snack before class starts.

Fridays Mar 14-Apr 4 | 3:30-4:30pm | 4 sessions | \$49
Zimmerman Elem Rm 138 Door 5C | Youth Enrichment League
#2574-1P

Tuesdays Apr 1-22 | 4:15-5:15pm | 4 sessions | \$49
Twin Lakes Elem Rm E108 Door 3 | Youth Enrichment League
#2574-2P

Wednesdays Apr 2-23 | 4:15-5:15pm | 4 sessions | \$49
Parker Elem Lounge Door 3 | Youth Enrichment League | #2574-3P

Mondays Apr 14-May 12 | 4:15-5:15pm | 4 sessions | \$49
Hassan Elem Rm A110 Door 1 | Youth Enrichment League
Not meeting Apr 21 | #2574-4P

Fridays May 2-30 | 4:15-5:15pm | 4 sessions | \$49
Rogers Elem Rm A104 Door 3 | Youth Enrichment League
Not meeting May 23 | #2574-5P

Wednesdays May 7-28 | 4:15-5:15pm | 4 sessions | \$49
Meadowvale Elem Rm 215 Door 7 | Youth Enrichment League
#2574-6P

NEW! Battling Robo Botz | grades 2-6

Have you ever wanted to build a robot? Then join us as we build simple motorized robots that will battle for the title "Best Bot." After each round, your team will reconfigure your robot to build it bigger... better ... and stronger using your new knowledge of mechanical movement. Imagine, build and battle your way through this competition of amazing Robo-Bots.

Monday Jan 27 | 9:00am-12:00pm | 1 session | \$29
Handke Center Rm 210 Door 4 | Science Explorers | #2571-1W



YOUTH ACADEMICS | ARTS

Spanish: ¡Vamos por la ciudad! (Let's go to the city!) | grades K-5

Experience an all-new adventure-based theme that encourages social conversation skills with ¡Vamos por la ciudad! (Let's go to the city!). Learn useful vocabulary about sports, health, and pastimes--all in Spanish! Classroom journeys include playing soccer, eating Spanish tapas, participating in sports at the school, and joining activities in the park.

Mondays Feb 3-Apr 14 | 3:50-4:50pm | 8 sessions | \$129
Twin Lakes Elem Rm B101 Door 3 | Futura Language Professionals
Not meeting Feb 17, Mar 3, 10 | #2204-1W

Tuesdays Feb 4-Apr 1 | 3:50-4:50pm | 8 sessions | \$129
Meadowvale Elem Media Door 7 | Futura Language Professionals
Not meeting Mar 11 | #2204-2W

Wednesdays Feb 5-Apr 2 | 3:50-4:50pm | 8 sessions | \$129
Hassan Elem Media Door 1 | Futura Language Professionals
Not meeting Mar 12 | #2204-3W

Chess Club | grades K-8

Want to amaze your friends and impress your opponents? Increase your IQ and have fun playing chess while competing for various prizes. Learn from Twin Cities Chess Club instructors who have years of experience.

grades K-5

Saturdays Jan 25-Mar 1 | 10:00-11:00am | 6 sessions | \$59
Handke Center Rm 209 Door 4 | Twin Cities Chess Club
#3400-1W

Wednesdays Feb 12-Mar 19 | 4:00-5:00pm | 6 sessions | \$59
Rogers Elem Media Door 3 | Twin Cities Chess Club
#3400-3W

grades 6-8

Saturdays Jan 25-Mar 1 | 10:00-11:00am | 6 sessions | \$59
Handke Center Rm 209 Door 4 | Twin Cities Chess Club
#3400-2W

Just for HER... Beyond the Glitter

Watch for information in the spring 2014 brochure for this amazing program designed to empower girls to be strong inside and out. "I am strong, I am smart, I am bold."



Gain invaluable benefits of working with clay including sensory development, motor skills, self-esteem and self-expression.

Clay: Throw, Carve and Create | grades 4-7

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.

Thursdays Feb 6-Mar 6 | 6:30-8:30pm | 5 sessions | \$65
Handke Center Lower Art Rm Door 4 | Zahler | #3360-1W

Kids 'n Clay | grades 1-3

Dig in and have fun making pinch pots, tiles, animals and more! Celebrate your individuality while you sculpt, squish, paint and glaze. Create memories that will last forever.

grades 1-3

Thursdays Feb 6-Mar 6 | 5:30-6:30pm | 5 sessions | \$39
Handke Center Lower Art Rm Door 4 | Zahler | #2300-1W

grades 2-5

Tuesdays Mar 18-Apr 15 | 4:00-5:30 | 4 sessions | \$39
Hassan Elem Art Rm Door 1 | Galinski
Not meeting Apr 8 | #2300-2P

Students in Hassan class will also make a project for the Empty Bowls foodshelf fundraiser. They should check in with EdVenture Club after school and will receive a snack before class starts.

YOUTH ARTS | DANCE



Learn techniques that real artists use in their studios to create astonishing effects.

NEW! Artist Lab | grades K-4

Want to learn tricks that make art magic? Learn techniques that real artists use in their studios to create astonishing effects. You'll not only paint on canvas and use real artist's watercolor paper, but will draw, sculpt, collage and more using professional artist's materials. Make room in your house to display these amazing masterpieces! Students should check in with EdVenture Club after school and will receive a snack before class starts.

Wednesdays Jan 22-Feb 12 | 4:00-5:00pm | 4 sessions | \$55
Meadowvale Elem Art Room Door 7 | Abrakadoodle | #2388-1W

Tuesdays Feb 11-Mar 4 | 4:00-5:00pm | 4 sessions | \$55
Hassan Elem Art Room Door 1 | Abrakadoodle | #2388-2W

Wednesdays Feb 19-Mar 19 | 4:00-5:00pm | 4 sessions | \$55
Twin Lakes Elem Art Room Door 3 | Abrakadoodle
Not meeting Mar 12 | #2388-3W

NEW! Le....GO! | grades K-4

Build a racecar out of Legos, race against classmates then create Lego cities. You'll learn how to draw Lego mini figures, Ninjagos and more as you sculpt and paint mini-figures and bricks to take home. (Students will take their Lego sculpted figures and art pieces home, not the actual Legos.) Students should check in with EdVenture Club after school and will receive a snack before class starts.

Tuesday Mar 25 | 4:00-5:30pm | 1 session | \$25
Parker Elem Art Room Door 3 | Abrakadoodle | #2387-1P

Tuesday Apr 15 | 4:00-5:30pm | 1 session | \$25
Rogers Elem Art Room Door 3 | Abrakadoodle | #2387-2P

Cartooning | grades 1-4

Cartoons can be funny, cute, even comic book spectacular! Explore it all in this specially-gear class for beginners. Learn the fun, step-by-step basics of cartooning. Students should check in with EdVenture Club after school and will receive a snack before class starts.

Tuesday Apr 8 | 4:00-5:30pm | 1 session | \$25
Meadowvale Elem Art Room Door 7 | Abrakadoodle | #2389-1P

Wednesday Apr 23 | 4:00-5:30pm | 1 session | \$25
Twin Lakes Elem Art Room Door 3 | Abrakadoodle | #2389-2P

NEW! All Dolled Up Art Class | grades K-3

You and your American Girl® Doll (or another favorite doll) will love this class! Make all the accessories your doll needs, including pets, doll-sized treats, jewelry, and even a mini birthday cake! By the end of this class, your special friend will be all "dolled" up. Bring your doll to class each day so they can join in the fun!

Saturdays Jan 25-Feb 15 | 9:00-10:00am | 4 sessions | \$59
Handke Center Art Room Door 4 | Kidcreate | #2385-1W

NEW! Splat-tacular Art | grades K-3

Every kid LOVES to splatter paint, so come get messy with us! You'll throw, splat and splatter paint on a real canvas board to create a one-of-a-kind masterpiece.

Saturday Feb 22 | 9:30-11:30am | 1 sessions | \$29
Rogers MS Art Room Door A | Kidcreate | #2386-1W

Saturday Apr 5 | 9:30-11:30am | 1 session | \$29
Handke Center Art Room Door 4 | Kidcreate | #2386-2P

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.

Mondays Feb 3-Apr 7 | 10:15-10:55am | 10 sessions | \$39
Handke Center Stage Door 4 | Miller | #2021-3W

Mondays Feb 3-Apr 7 | 6:00-6:40pm | 10 sessions | \$49
Handke Center Stage Door 4 | Miller | #2021-4W

Mondays Apr 14-May 19 | 10:15-10:55am | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2021-5P

Mondays Apr 14-May 19 | 6:00-6:40pm | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2021-6P

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.

Mondays Feb 3-Apr 7 | 11:00-11:40am | 10 sessions | \$39
Handke Center Stage Door 4 | Miller | #2031-3W

Mondays Feb 3-Apr 7 | 5:15-5:55pm | 10 sessions | \$49
Handke Center Stage Door 4 | Miller | #2031-4W

Mondays Apr 14-May 19 | 11:00-11:40am | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2031-5P

Mondays Apr 14-May 19 | 5:15-5:55pm | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2031-6P

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.

Mondays Feb 3-Apr 7 | 9:30-10:10am | 10 sessions | \$39
Handke Center Stage Door 4 | Miller | #2011-3W

Mondays Feb 3-Apr 7 | 6:45-7:25pm | 10 sessions | \$49
Handke Center Stage Door 4 | Miller | #2011-4W

Mondays Apr 14-May 19 | 9:30-10:10am | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2011-5P

Mondays Apr 14-May 19 | 6:45-7:25pm | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2011-2P

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.

Mondays Feb 3-Apr 7 | 7:30-8:15pm | 10 sessions | \$49
Handke Center Stage Door 4 | Miller | #2001-3W

Mondays Apr 14-May 19 | 7:30-8:15pm | 6 sessions | \$35
Handke Center Stage Door 4 | Miller | #2001-5P

Dance: Hip Hop | grades K-8

Have fun while learning the fundamentals of hip hop – poppin', locking, tutting, breakin', social hop, body isolations, bounce and rhythm as well as the hippest moves--to the latest sounds in rap, R & B and pop. Classes are taught with age-appropriate music and choreography.

grades K-2

Tuesdays Jan 28-Apr 1 | 5:15-6:05pm | 10 sessions | \$49
VandenBerge MS Cafeteria Door N | L.Waite
Not meeting Feb 4 | #2039-7W

Tuesdays Apr 15-May 20 | 5:15-6:05pm | 6 sessions | \$35
VandenBerge MS Cafeteria Door N | L.Waite | #2039-10P

grades 3-5

Tuesdays Jan 28-Apr 1 | 6:15-7:05pm | 10 sessions | \$49
VandenBerge MS Cafeteria Door N | L.Waite
Not meeting Feb 4 | #2039-8W

Tuesdays Apr 15-May 20 | 6:15-7:05pm | 6 sessions | \$35
VandenBerge MS Cafeteria Door N | L.Waite | #2039-11P

grades 6-8

Tuesdays Jan 28-Apr 1 | 7:15-8:05pm | 10 sessions | \$49
VandenBerge MS Cafeteria Door N | L.Waite
Not meeting Feb 4 | #2039-9W

Tuesdays Apr 15-May 20 | 7:15-8:05pm | 6 sessions | \$35
VandenBerge MS Cafeteria Door N | L.Waite | #2039-12P



DANCE RECITAL

All participants in the dance classes beginning in Jan/Feb will share what they have learned at our Spring Dance Recital. Family and friends are invited to attend. Further information will be provided during class.

*Monday April 7 | 7:00pm
Handke Center Gym Door 4*

YOUTH ARTS | MUSIC



The Crescendo Music Program | all ages

This 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. For more information visit our website or call 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 students 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! Puppetry and Performance grades 1-3 w/adult

Puppetry is a traditional art form of many cultures and can be used to tell stories which teach lessons, express emotions, or are purely for entertaining. Get creative making various original hand puppets. Discover how you can make them come alive through their costume and design. Then perform your character's story for family and friends.

Saturdays Feb 22-Mar 15 | 9:00-11:00am | 4 sessions | \$49
Handke Center Art Room Door 4 | Benfer | #2355-1W

Supporting Student Transitions: A Presentation by Lisa King

A parent, staff and community forum on student transitions. Transitions are an ongoing process involving planning early on in a student's educational career and include the years leading up to "transition to life" beyond high school. Sponsored by the Special Ed Parent Advisory Council (SEAC). For more information, contact Lora Arnott at 763-241-3557.

Thursday Feb 27 | 6:30-8:00pm | 1 session | Free
Elk River High School Zabee Theater

Piano Lessons; Group | grades 1-5

Start your musical journey in this small group setting where everyone has fun and is successful. Begin to learn note reading, fingering and counting rhythms. Play a piano during class; practice will not be required between sessions. All music and materials included. Take the first step! Please check our website at www.728communityed.com for dates and times.

grades 1-2

6 sessions | \$55

Handke Center Band Room Door 4 | #2132-1W

grades 3-5

6 sessions | \$55

Handke Center Band Room Door 4 | #2132-2W

Guitar Lessons; Group | grades 3-5

A fun, easy introduction to playing the guitar including all the fundamentals you need to know to succeed. Get started with positioning the guitar, basic left- and right-hand technique, tuning and music notation. You'll be jamming on simple, but cool, rhythm and lead patterns in no time. Bring your guitar. Please check our website at www.728communityed.com for dates and times.

6 sessions | \$55

Handke Center Band Room Door 4 | #2130-1W

Wizard of Oz - Prairie Fire | age 7-16

Follow the Yellow Brick Road as part of the cast in this original version including Dorothy, the Tinman, the Cowardly Lion, Flying Monkeys, Emerald City Traders and many more, led by professional actors/directors. 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. Tickets available beginning Apr 22 for \$5.

Auditions

Monday Apr 21 | Check-in 4:15; Auditions 4:30-6:30pm | \$45

Some cast members may need to stay after auditions until 8:30pm to start rehearsing.

Lincoln Elem Gym Door 2 | #2080-2P

Rehearsals

Tue-Fri Apr 22-25 | 4:30-8:45pm

Elk River HS Little Door H

Performances

Friday Apr 25 | 7:30pm

Saturday Apr 26 | 11:00am and 1:30pm

Elk River HS Little Theater Door H



5th & 6th Grade Party | grades 5-6

Grab your friends and dance the night away, or play basketball or other games. Concessions are available, so bring spending money. Parents: Please do not drop your child off before 6:45pm and be at the school by 9:00pm for pick-up. Early release is allowed if student knows to be at the table and a parent checks them out. Volunteers needed! Please contact Theresa Heinkel at 763-291-5676. Pre-registration encouraged to alleviate long lines at check-in; those who pre-register will get a one day Open Gym or Open Swim pass.

Friday Jan 10 | 7:00-9:00pm | 1 session | \$5/person
Salk MS Gym Door U | #6355-1W

Fencing | age 6-15

Fencing is a fun hobby and challenging sport. This program from MN Sword Play will introduce you to the fundamentals of fencing with an emphasis on skills such as building concentration and self-discipline through activities which are developmentally appropriate. Equipment provided.

age 6-10

Tuesdays Jan 7-Feb 18 | 6:00-7:00pm | 6 sessions | \$99
Rogers MS Hallway Door A | Not meeting Feb 4 | #3267-2W

Thursdays Mar 6-Apr 10 | 4:15-5:15pm | 6 sessions | \$99
Otsego Elem Gym Door 4 | #3267-4W

age 10-15

Tuesdays Jan 7-Feb 18 | 4:15-5:15pm | 6 sessions | \$99
Rogers MS Hallway Door A | Not meeting Feb 4 | #3267-1W

age 11+

Tuesdays Jan 7-Feb 18 | 6:00-7:00pm | 6 sessions | \$99
Rogers MS Hallway Door A | Not meeting Feb 4 | #3267-3W

Thursdays Mar 6-Apr 10 | 6:15-7:15pm | 6 sessions | \$99
Otsego Elem Gym Door 4 | #3267-5W

Jr Cheer Team Clinic | grades K-5

Here is your chance to cheer for the home team! Learn about cheerleading from THE JETS (ISD 728's Competition Cheer Team). You'll learn some cheers and perform at the conclusion of the program. Fee includes a t-shirt. Not meeting Feb 4.

Mon-Fri Feb 3-7 | 6:00-7:00pm | 4 sessions | \$29
Otsego Elem Gym/Cafeteria Door 4
JETS Competition Cheer Squad | #4006-1W



Indoor Golf | grades 1-5

Learn a game you can play forever. Individual attention will focus on grip, stance and swing fundamentals. There will also be pointers on long and short game etiquette, rules and strategy. Equipment provided.

Tue-Fri Jan 21-24 | 4:00-5:00pm | 4 sessions | \$59
Hassan Elem Gym Door 1 | First Swing Golf Schools | #4365-1W

Tue-Fri Feb 18-21 | 4:00-5:00pm | 4 sessions | \$59
Twin Lakes Elem Gym Door 3 | First Swing Golf Schools | #4365-2W

Mon-Thu Mar 17-20 | 4:00-5:00pm | 4 sessions | \$59
Otsego Elem Gym Door 4 | First Swing Golf Schools | #4365-3W

NEW! Jr Pickle Ball Tournament | age 12-17

Calling all Pickle Ball players between the ages of 12-17! Join our Pickle Ball Tournament! Registration fee is per team. A schedule will be sent to all teams Wednesday, Mar 21. Prizes awarded for 1st, 2nd and 3rd places with participation ribbons to all. Fee includes a tournament t-shirt.

Saturday Mar 29 | 10:00am-3:00pm | 1 session | \$25/team of two
Rogers MS Gym Door A | #4141-3W

Jump Rope & Jive | grades 1-5

Jump into fun! Learn beginning, intermediate and advanced rope-jumping skills for singles and partners, as well as long ropes and Double Dutch. Then show off your skills during the Feb 28 ERHS basketball game, 7:00pm.

Tuesdays Jan 28-Feb 25 and Thursday Feb 27 | 8:00-9:00am
6 sessions | \$39
Meadowvale Elem Gym Door 7 | Gilbertson | #2652-1W

Taekwondo | age 7-12

The World TaeKwonDo Academy has been helping families discover "the black belt within" since 1969. With 14 locations, this organization was voted the #1 club in America (2009 and 2010) by USA Taekwondo! Experience high-quality martial arts instruction in a safe and fun atmosphere while learning respect and discipline. World TaeKwonDo Academy is located at 21135 South Diamond Lake Road, Suite 105, Rogers.

Mondays Jan 20-Feb 24 | 6:30-7:15pm | 6 sessions | \$60
World TaeKwondo Academy Rogers | Lee | #2663-1W

YOUTH RECREATION | ATHLETICS

Karate | age 4-12

Karate is a great way for students to increase their sense of responsibility and improve their decision-making skills while building self-esteem. Choose martial arts to supplement your child's education and see how they enjoy the numerous benefits.

age 4-6

Tue/Thu Jan 14-30 | 6:25-6:55pm | 6 sessions | \$39
Handke Center Cafeteria Door 4 | Professional Karate Studios
#2662-1W

Mon/Wed Feb 3-19 | 6:00-6:30pm | 6 sessions | \$39
Zimmerman MS Cafeteria Door A | Professional Karate Studios
#2662-3W

Tue/Thu Apr 22-May 8 | 6:25-6:55pm | 6 sessions | \$39
Handke Center Cafeteria Door 4 | Professional Karate Studios
#2662-1P

age 7-12

Tue/Thu Jan 14-30 | 7:00-7:45pm | 6 sessions | \$49
Handke Center Cafeteria Door 4 | Professional Karate Studios
#2662-2W

Mon/Wed Feb 3-19 | 6:35-7:20pm | 6 sessions | \$49
Zimmerman MS Cafeteria Door A | Professional Karate Studios
#2662-4W

Tue/Thu Apr 22-May 8 | 7:00-7:45pm | 6 sessions | \$49
Handke Center Cafeteria Door 4 | Professional Karate Studios
#2662-2P

Track & Field | 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. Track for Salk, VandenBerge and Rogers MS will participate in 3 meets, and one district meet. Meets will be held weather permitting; makeup meets may or may not be scheduled.

grades 6-8

Mon-Thu Apr 14-May 22 | 3:15-5:00pm | \$99
Rogers MS Cafetorium Door A | #3008-1P

Mon-Thu Apr 14-May 22 | 3:15-5:00pm | \$99
VandenBerge MS Cafeteria Door N | #3008-2P

Mon-Thu Apr 14-May 22 | 3:15-5:00pm | \$99
Salk MS Commons Door S | #3008-3P



Leah Waite Danceline Instructor

Get ready to have fun and work hard! At the young age of 19 years old, Leah already has years of dancing experience and instructing. She brings a high energy to all the classes she teaches and especially loves working with middle school students with a passion for dance-- both newcomers and those with

some experience. Leah helps students progress both technically and artistically by giving students a chance to work with their own creativity. You will be amazed to discover what you are capable of under Leah's guidance.

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 beginners and 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.

Mon/Wed Mar 3-Apr 16 | 3:15-5:00pm | 12 sessions | \$55
Rogers MS Cafetorium Door A | Waite
Not meeting Mar 10, 31 | #3270-1W

Tue/Thu Mar 11-Apr 17 | 3:15-5:00pm | 12 sessions | \$55
VandenBerge MS Gym Door N | Waite | #3270-2W

Swim Team Intro | 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 be competitive. All middle school students welcome; you must provide your own transportation. Not meeting Mar 31. Bring a towel and swimsuit; all swimmers must shower before entering water.

Mon-Thu Mar 17-Apr 10 | 3:15-5:00pm | 15 sessions | \$49
VandenBerge MS Pool Door M | #1900-1W

NEW! Middle School Open Gym & Swim grades 6-8

It's the middle of winter--time to get out! Grab some friends and hang out in the gym and pool at VandenBerge MS. Bring a swimsuit and jump in the pool, or have a great time in the open gym.

Friday Feb 7 | 6:00-8:30pm | 1 session | \$5
VandenBerge MS Gym/Pool Door M | #1901-1W

YOUTH ATHLETICS | FITNESS

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 at the door:

\$3/individual, \$20/individual pass, \$8/family, \$40/family pass

all ages

Sundays Jan 5-May 4 | 6:00-8:00pm

Zimmerman HS Gym Door K | Not meeting Mar 23, Apr 20

Sundays Jan 19-May 4 | 6:00-8:00pm

Rogers MS Gym Door A | Not meeting Feb 23, Mar 23

families-all ages/individuals grades 4-8

Wednesdays Jan 8-May 7 | 7:00-8:30pm

Zimmerman HS Gym Door K

students | age 10-14

Sundays Jan 5-May 4 | 6:00-8:00pm

Rogers MS Gym B Door A

grades 9-12 and adults

Wednesdays Jan 8-May 7 | 8:30-10:00pm

Zimmerman HS Gym Door K

Wednesdays Jan 8-May 7 | 7:00-9:30pm

Rogers HS Gym Door I

age 15+

Sundays Jan 5-May 4 | 6:00-8:00pm

Rogers MS Gym A Door A



Regular physical activity improves strength and endurance, builds healthy bones and muscles, controls weight and increases self-esteem.

Zimmerman Middle Sports Participates in the Granite Ridge Conference

Baseball | grades 7-8

Enjoy playing America's favorite pastime! This program is for Zimmerman MS students only. Zimmerman baseball will have approximately 7-9 Granite Ridge Conference games. Players must provide their own hat, shoes, glove and pants; a team t-shirt will be provided. Students will be bussed to Westwood Elem. Practice location subject to change; you will be notified.

grade 7

Mon-Thu Apr 14-May 20 | 2:30-4:30pm | \$199

Westwood Elem | Check in ZMS Cafetorium Door A | #3015-1P

grade 8

Mon-Thu Apr 14-May 20 | 2:30-4:30pm | \$199

Westwood Elem | Check in ZMS Cafetorium Door A | #3015-2P

Track & Field | grades 7-8

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. 7th and 8th grade track at Zimmerman will participate in five Granite Ridge Conference meets and one district meet. Meets will be held weather permitting; makeup meets may or may not be scheduled.

Mon-Thu Apr 7-May 22 | 2:30-4:30pm | \$199

Zimmerman MS Cafetorium Door A | #3008-4P

Lap Swim | grades 9+ and adults

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

Tuesdays Jan 7-May 20 | 5:45-7:00am

Sundays Jan 12-May 18 | 6:30-8:00pm | Not meeting Apr 20

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

VandenBerge MS Pool Door M

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. Not meeting Apr 20.

Sundays Jan 5-May 18 | 1:00-3:00pm

Pay at door: \$3/student, \$4/adult, \$10/family (max 6)

VandenBerge MS Pool Door M

YOUTH TRIPS

NEW! Average Joes Archery | grades 6-9

Got a few extra hours this afternoon? Let's go to Average Joes Archery to try something new or practice the skills you've already learned. This is a great activity to enjoy with friends, so invite them to register too. After you've emptied your quiver, we'll stop for dinner on the way home. Bring money for dinner.

Thursday Feb 13 | 2:30-7:45pm | 1 session | \$19
Zimmerman MS Cafetorium Door A | #6301-1W

Thursday Feb 13 | 3:00-7:15pm | 1 session | \$19
Salk MS Commons Door S | #6301-2W
Salk students will return to VandenBerge

Monday Feb 13 | 3:00-7:15pm | 1 session | \$19
VandenBerge MS Cafeteria Door N | #6301-3W

Monday Feb 13 | 3:15-7:00pm | 1 session | \$19
Rogers MS Cafetorium Door A | #6301-4W

The WORKS! | grades 5-9

Curious about how things work? Take your time to explore this fabulous science and technology museum, then build your own working motor to take home. Bring money for lunch; we will stop on the way back.

Saturday Mar 29 | 9:15am-2:30pm | 1 session
\$39 thru Feb 24/\$45 starting Feb 25
Handke Center Parking Lot | #6303-2P

Saturday Mar 29 | 9:30am-2:15pm | 1 session
\$39 thru Feb 24/\$45 starting Feb 25
Rogers MS Parking Lot | #6303-1P

NEW! Brunswick Center Trip | grades 5-8

Grab your BFFs and do this! With options like laser tag, video games and bowling, you will have so many things to do you'll wish you could stay longer! Choice of a hot dog or pizza lunch included. Fee includes a \$5 arcade card; bring extra spending money for more games or additional food.

Monday Mar 31 | 10:00am-2:30pm | 1 session
\$35 thru Feb 28/\$45 starting Mar 1
Rogers MS Parking Lot | #6305-3P

Monday Mar 31 | 9:15am-3:15pm | 1 session
\$35 thru Feb 28/\$45 starting Mar 1
Zimmerman MS Parking Lot | #6305-1P

Monday Mar 31 | 9:45am-2:45pm | 1 session
\$35 thru Feb 28/\$45 starting Mar 1
Handke Center Parking Lot | #6305-2P

NEW! Overnight at MN Zoo | age 5-15 w/parent

Spend a night under the stars with the grizzlies at the Minnesota Zoo. Your overnight will include learning about the bears, making a craft, taking a behind-the-scenes tour and other great activities. Transportation not included; meet at the ticket booth. Registration and payment deadline May 27. No cancellations after May 27, however you may have another person take your registration if necessary; please notify us of any changes in contact information.

Fri/Sat Jun 27-28 | 6:30pm-9:00am | 1 session | \$110
MN Zoo Apple Valley | #6306-1S

NEW! Mall of America/Nickelodeon Universe grades 6-9

Now this is a fun way to spend the day! You'll have a blast at Mall of America and Nickelodeon Universe. Be sure to let your friends know, because they won't want to miss out on this one! Register before Jan 13 and get \$10 off. Bring money for lunch or a lunch from home. Parent volunteers needed; please email communityed@elkriver.k12.mn.us for more information.

Monday Jan 27 | 8:15am-4:50pm | 1 session
\$39 thru Jan 12/\$49 starting Jan 13
Zimmerman MS Parking Lot | #6302-1W

Monday Jan 27 | 8:45am-4:20pm | 1 session
\$39 thru Jan 12/\$49 starting Jan 13
Handke Center Parking Lot | #6302-2W

Monday Jan 27 | 9:00am-4:00pm | 1 session
\$39 thru Jan 12/\$49 starting Jan 13
Rogers MS Parking Lot | #6302-3W

YouTube-Snack Chat-Instafun | grades 5-9

Celebrate a winter non-school day with us! First you will have a great morning tubing down the hills at Elm Creek Park. Then we'll get on the bus and stop for lunch before heading to the movies in Rogers. Bring money for lunch; movie ticket included in class fee. Movie to be determined.

Monday Feb 17 | 9:15am-4:10pm | 1 session
\$35 thru Jan 24/\$45 starting Jan 25
Zimmerman MS Parking Lot | #6304-1W

Monday Feb 17 | 9:40am-3:45pm | 1 session
\$35 thru Jan 24/\$45 starting Jan 25
Handke Center Parking Lot | #6304-2W

Monday Feb 17 | 10:00am-3:30pm | 1 session
\$35 thru Jan 24/\$45 starting Jan 25
Rogers MS Parking Lot | #6304-3W

TRY THIS...



**@rogersmsstuff2do
EVENTS**

January 7 - Activities Group Meeting
January 14 - Snow Football
January 21 - Floor Hockey
January 27 - MOA Scavenger Hunt & Nickelodeon Universe
January 28 - Dodgeball
January 28 - Activities Group Meeting
February 4 - Snow Sculpture Contest
February 11 - Secret Valentine Craft
February 13 - Average Joe's Archery
February 17 - No School Day Trip 10am-3:30pm
February 18 - 3:3 Basketball
February 25 - Activities and Movie (TBD)
March 4 - Activities Group Meeting
March 10 - Ski/Snowboard Trip 9:45am-4:00pm
March 11 - Four-Square Competition
March 25 - Life-like game of CLUE
March 29 - Pickle Ball Tournament Times TBD
March 31 - Brunswick Center 10:00am-2:30pm

Open Gym offered most dates!

Rentals – Parties and Celebrations



Use space at our schools for an ultimate party or celebration! Choose from themes including Party in the Pool, Princess or Superhero, Artistic Masterpieces, Jumpin' Gym Time or your own idea. Cost is \$125 with Bounce House available for additional

fee. We provide the facility and staff and you bring the cake, ice cream and utensils. To sign up, complete the Party Request Form on our website at www.728communityed.com/About Us/Waivers and Forms/Party Request. Requests must be submitted at least 3 weeks prior to party date. Availability based on space and staff availability. Party packages are 2 hours. No latex balloons allowed. Questions? Call Community Education at 763.241.3520.



Middle School Ski & Snowboard Club grades 6-9

Join your friends on the slopes of Powder Ridge. This club is great for skiing or snowboarding, offers three days of skiing/snowboarding and allows one makeup day. If you attend all three days, the makeup 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 Jan 20, 27, Feb 17.

\$130 Lift ticket only, \$175 Lift ticket w/ski rental, \$195 Lift w/board rental, \$9 Helmet (all days)

Mondays Jan 13-Feb 24 | 4 sessions

Zimmerman MS Cafetorium Door A | 2:30-9:45pm | #3250-4W

VandenBerge MS Cafeteria Door N | 3:00-9:15pm | #3250-2W

Salk MS Commons Door S | 3:00-9:15pm | #3250-3W

Rogers MS Cafetorium Door A | 3:00-8:45pm | #3250-1W

Ski/Snowboard Trip | grades 5-9

Haven't had much 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. Required waiver located at www.728communityed.com/About Us/Waivers and Forms. Complete form online or download, print and mail to Community Ed, 1170 Main Street, Elk River 55330, fax to 763-241-3521, or send a scanned copy to communityed@elkriver.k12.mn.us.

\$35/Lift ticket only, \$45/Lift ticket w/ski rental, \$55/Lift ticket w/board rental

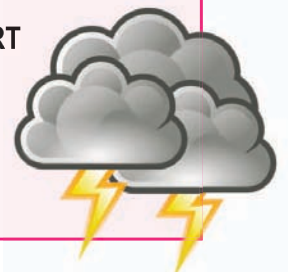
Monday Mar 10 | 1 session

Zimmerman MS Bus Parking Lot | 9:00am-4:45pm | #6339-4W

VandenBerge MS Bus Parking Lot | 9:30am-4:15pm | #6339-2W

Rogers MS Bus Parking Lot | 9:45am-4:00pm | #6339-1W

Check our Twitter Feed @ **CE728ALERT**
or our weather hotline number
612-253-5109 for possible inclement
weather cancellations of activities
or late return time from outings.



YOUTH HIGH SCHOOL

NEW! High School Ski Club | grades 9-12

Spend your 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 bag dinner from home or money for concessions. No re-entry into the school upon return.

\$175/Lift ticket only, \$275/Lift ticket & rentals, \$289/Lift ticket, rentals & helmet

Fridays Jan 31-Feb 28 | 2:30-10:15pm | 5 sessions
Rogers HS Bus Parking Lot | #3251-1W

Fridays Jan 31-Feb 28 | 2:45-10:00pm | 5 sessions
Elk River HS Bus Parking Lot | #3251-2W

Fridays Jan 31-Feb 28 | 3:00-9:30pm | 5 sessions
Zimmerman HS Bus Parking Lot | #3251-3W



The Crescendo Music Program | teen/adult

This 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. For more information visit our website or call 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.
- Designed to provide performance opportunities to celebrate students 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.

Options for High School students

Did you know there are many classes you can experience? You can also register for any adult class if space is available.

Classroom Driver Education | age 15+

Do you want to gain your driver's permit and learn to drive? You'll be on your way when you take driver's training from ISD 728 Community Education. 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 with one of 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. Parents, watch for important information sent home with students at the first class. Remember, students must be 15 years old by the last day of class.

Complete Training Package \$339; Payment plan available: \$139 due at registration, \$200 by last class.

*Classroom instruction only: \$100

*Behind-the-Wheel training only: \$280

*Contact our office at 763-241-3520 to schedule these options.

Tue/Thu Jan 28-Mar 4 | 6:00-9:00pm | 10 sessions
Rogers HS Rm B103 Door I | Not meeting Feb 4 | #3895-6W

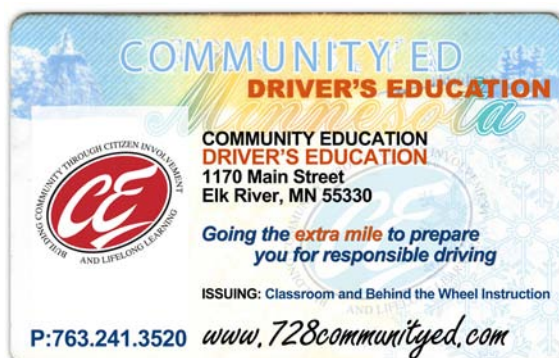
Mon-Thu Feb 10-26 | 3:00-6:00pm | 10 sessions
Zimmerman HS Rm 222 Door A | Not meeting Feb 17 | #3895-7W

Mon-Fri Mar 11-24 | 3:00-6:00pm | 10 sessions
Elk River HS Rm 105 Door A | Not meeting Mar 31 | #3895-8W

Mon-Thu Mar 25-Apr 10 | 3:00-6:00pm | 10 sessions
Rogers HS Rm B103 Door I | Not meeting Mar 31 | #3895-9P

Tue/Thu Apr 8-May 13 | 6:00-9:00pm | 10 sessions
Elk River HS Rm 105 Door A | Not meeting Apr 17 | #3895-10P

Mon-Thu Apr 28-May 13 | 3:00-6:00pm | 10 sessions
Elk River HS Rm 105 Door A | #3895-11P



ROGERS RECREATION YOUTH



"First master the fundamentals" – Larry Bird

Basketball Basics | grades 1-4

Do you have a youngster just starting out in basketball? Get started with the basics of dribbling, passing, shooting, offense and defense. Mini-games for skill building will make this a fun learning experience. Not meeting Mar 11.

grades 1-2

Tuesdays Feb 18-Mar 25 | 5:30-6:15pm | 5 sessions | \$29
Rogers Elem Gym Door 3 | #3223-2W

grades 3-4

Tuesdays Feb 18-Mar 25 | 6:30-7:15pm | 5 sessions | \$29
Rogers Elem Gym Door 3 | #3223-4W

Basketball Skills Clinic | grades 3-6

Is basketball your game? This clinic is the perfect place to work on your skills while also getting some scrimmage time against other players.

grades 3-4

Saturday Feb 15 | 9:00-11:30am | 1 session | \$19
Rogers Elem Gym Door 1 | #3223-1W

grades 5-6

Saturday Mar 15 | 9:00-11:30am | 1 session | \$19
Hassan Elem Gym Door 1 | #3223-3W

Floor Hockey | age 3-5 w/parent

If your preschooler loves the idea of playing hockey, this class is the perfect place to start. We will use pillo polo and mini floor hockey equipment to introduce basic skills such as moving, passing and shooting. This will be a fun and social experience for both parents and children. This is a parent/child class; for safety purposes, no additional spectators will be allowed. Not meeting Mar 12.

Wednesdays Feb 19-Mar 26 | 5:15-5:45pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4355-1W

Floor Hockey | age 6-11

Hockey is a Minnesota favorite. This is your chance to learn basic skills without the challenge of ice underfoot. With us, 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. Not meeting Mar 12. For safety reasons, spectators will only be allowed in the gym during the scrimmage portion of the class.

age 6-8

Wednesdays Feb 19-Mar 26 | 5:50-6:35pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4355-2W

age 8-11

Wednesdays Feb 19-Mar 26 | 6:40-7:25pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4355-3W

NEW! Jump Rope Jammers | grades 1-5

The American Heart Association encourages jumping rope as a heart-healthy activity for kids. The simplicity of jumping rope makes this activity an easy favorite. This program will introduce the skills needed for jumping rope. Learn to jump to favorite rhymes as well as create routines to music. Due to the nature of the activity and for the safety of all, spectators are not allowed in the gym during practice. There will be a performance the last day.

grades 1-2

Mondays Mar 17-Apr 14 | 5:30-6:15pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4906-1W

grades 3-5

Mondays Mar 17-Apr 14 | 6:30-7:15pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4906-2W



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



Spend your morning in royal company!

NEW! Princess Tea Party | age 4-10

Spend your morning in royal company. You will create a perfect princess craft, enjoy tea (or juice) and biscuits while spending time doing activities with Rogers Royalty. It's sure to be grand time. This program is sponsored by Rogers Ambassadors.

Saturday Feb 1 | 10:00am-12:00pm | 1 session | \$15
Rogers Elem Cafeteria Door 3 | #4906-3W

Volleyball Basics | age 5-grade 3

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 setting. Additionally, spiking will be introduced to students ready to take on that exciting skill.

age 5-6

Thursdays Mar 20-Apr 17 | 5:45-6:30pm | 5 sessions | \$29
Rogers Elem Gym Door 3 | #4050-1W

grades 1-3

Thursdays Mar 20-Apr 17 | 6:45-7:30pm | 5 sessions | \$29
Rogers Elem Gym Door 3 | #4050-2W

Volleyball Skills | grades 4-8

You've got the volleyball basics down but now it's time to refine your skills. Spend the morning practicing, improving and learning new techniques to make your game better than ever. You'll have fun in an active program that is both healthy and developmental. Wear comfortable clothing, appropriate shoes and bring a bottle of water.

grades 4-5

Saturday Apr 5 | 9:00-11:30am | 1 session | \$19
Rogers MS Gym Door A | #4050-3P

grades 6-8

Saturday Apr 5 | 11:45am-2:15pm | 1 session | \$19
Rogers MS Gym Door A | #4050-4P

Mini Sportsters | age 18-36 months w/parent

Designed to energize and encourage your child to participate in sports and games. Activities include basic skills while playing with their parents and friends in a semi-structured program. Wear comfortable clothes and gym shoes.

Thursdays Jan 16-Feb 20 | 5:15-5:45pm | 6 sessions | \$19
Rogers Elem Gym Door 3 | #4251-1W

Mon/Wed Jan 27-Feb 12 | 5:15-5:45pm | 6 sessions | \$19
Hassan Elem Gym Door 1 | #4251-4W

Saturdays Feb 22-Mar 29 | 9:30-10:00am | 6 sessions | \$19
Rogers Elem Gym Door 3 | #4251-7W

Little Sportsters | age 3-4 w/parent

Designed to energize and encourage children to participate in sports and games. Basic skills and good sportsmanship are emphasized. Activities include kickball, basketball and floor hockey. Wear comfortable clothes and gym shoes.

Thursdays Jan 16-Feb 20 | 5:55-6:40pm | 6 sessions | \$35
Rogers Elem Gym Door 3 | #4251-2W

Mon/Wed Jan 27-Feb 12 | 5:55-6:40pm | 6 sessions | \$35
Hassan Elem Gym Door 1 | #4251-5W

Saturdays Feb 22-Mar 29 | 10:05-10:50am | 6 sessions | \$35
Rogers Elem Gym Door 3 | #4251-8W

Sportsters | age 5-6

Designed to energize and encourage children to participate in sports and games. Basic skills and good sportsmanship are emphasized. Activities include kickball, basketball and floor hockey. Wear comfortable clothes and gym shoes.

Thursdays Jan 16-Feb 20 | 6:45-7:30pm | 6 sessions | \$35
Rogers Elem Gym Door 3 | #4251-3W

Mon/Wed Jan 27-Feb 12 | 6:45-7:30pm | 6 sessions | \$35
Hassan Elem Gym Door 1 | #4251-6W

Saturdays Feb 22-Mar 29 | 10:55-11:40am | 6 sessions | \$35
Rogers Elem Gym Door 3 | #4251-9W



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



Children who participate in gymnastics and tumbling classes have better agility, flexibility and confidence.

Tumbling & Movement **age 18 months-5 years w/parent**

This fun and instructional program allows you and your toddler to interact in an active environment. With the assistance of the instructor and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced. Not meeting Feb 4.

age 18-36 months w/parent

Tuesdays Jan 14-Feb 11 | 5:35-6:05pm | 4 sessions | \$20
Rogers Elem Gym Door 3 | #4200-1W

Tuesdays Mar 25-Apr 22 | 5:35-6:05pm | 5 sessions | \$25
Rogers MS Gym Door A | #4200-5P

age 3-5 w/parent

Tuesdays Jan 14-Feb 11 | 6:10-6:40pm | 4 sessions | \$20
Rogers Elem Gym Door 3 | 4200-2W

Tuesdays Mar 25-Apr 22 | 6:10-6:40pm | 5 sessions | \$25
Rogers MS Gym Door A | #4200-6P

Gymnastics & Movement | age 6-9

Your child will love this program whether they want to learn basic gymnastics skills or are ready to enhance the skills they already have. Students will work on basic tumbling and flexibility in a safe manner. Added benefits are improved listening skills, coordination and cooperation with peers.

Tuesdays Jan 14-Feb 11 | 6:45-7:30pm | 4 sessions | \$29
Rogers Elem Gym Door 3 | Not meeting Feb 4 | #4200-3W

Tuesdays Mar 25-Apr 22 | 6:45-7:30pm | 5 sessions | \$35
Rogers MS Gym Door A | #4200-7P

NEW! Open Tumbling & Gymnastics | age 3-10

This open gym time is for students to practice and work on their skills. There will be a gymnastics coach available to start the group off with a warm up, then observe and offer assistance. This is not organized training, and is Open Gym for gymnastics. Not meeting Apr 18.

age 3-5 w/parent

Fridays Apr 4-May 9 | 6:15-7:00pm | 5 sessions | \$35
Rogers MS Gym Door A | #4200-4W

age 5-10

Fridays Apr 4-May 9 | 7:00-7:45pm | 5 sessions | \$35
Rogers MS Gym Door A | #4200-5W

Indoor Tennis | age 5-11

It might be cold outside, but we'll have the nets set up inside so you can hone your tennis skills before summer. This will be an engaging physical activity for beginners.

age 5-8

Wednesdays Apr 2-30 | 5:15-6:00pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4030-1P

age 8-11

Wednesdays Apr 2-30 | 6:05-6:50pm | 5 sessions | \$29
Hassan Elem Gym Door 1 | #4030-2P



Winter Kiddie Carnival | all ages

Spend your Saturday morning with family and friends at the Kiddie Carnival. Your child can challenge themselves to gym and carnival games, enter the coloring contest, sing karaoke, jump in one of our bounce houses or make a winter craft. Come early so you have time to try it all. Those who pre-register will receive an all-access pass to all games and activities and an additional gift. Walk-ins will pay posted prices for each activity; \$.10-\$1.

Saturday Feb 8 | 10:00am-12:00pm | 1 session | \$5
Rogers Elem Gym Door 3 | #4906-4W

ROGERS RECREATION

LEARN-TO-SKATE

Learn-to-Skate

Don't miss out on our learn-to-skate programs. We offer a wide variety of levels for all ages, including beginner and novice basic skating and our newly-designed "How to Skate Hockey." Each program is designed and structured through USFSA and USA Hockey basic skills techniques.

Classes are taught by sanctioned instructors over the course of six weeks. Registrations are taken on-line through ISD 728 Community Education website at www.728communityed.com or via phone at 763-241-3520. Registration deadline for all classes is the Wednesday prior to the start of class. No pro-rating of fee for classes missed. Refund Policy: No refunds once session starts except for extenuating circumstances.

Parent/Tot | age 3-5

Parent will wear skates and be on the ice with their child. Class is designed to teach parents how to coach and encourage their child to skate, following the same guidelines as Snowplow Sam classes.

Snowplow Sam Program, Beginners | ages 3-5

This level is for new skaters who have little experience. It is designed to help the pre-school skater develop preliminary coordination and strength necessary to move on ice. Gloves/jacket/warm pants and a bike or hockey helmet are required!

Basic 1 | age 6+

Designed for new skaters with little or no skating experience, this level covers basic balance and movement through marching, swizzles, wiggles, glides, and snowplow stops.

Basic 2 | age 6+

For beginner skaters with some skating experience, focuses on glides, backward skating, 2 foot turns from front to back and moving stops.

Basic 3, Novices | age 6+

Designed for skaters who have basic experience on skates. Students will learn basic fundamental moves through a series of progression-forward/backward skating, stops, edges, crossovers and more.

Basic 4+ | age 6+

This level is 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.

Adult/Teen | age 13+

Classes are for anyone over the age of 13 who wants to learn how to skate or improve their current skating ability. Class is a quicker pace covering all of the same techniques as our beginning basic skills including falling and recovery, forward/backward skating, glides, curves, crossovers, edges, pivots, and stopping.



How to Skate Hockey

This program is structured using the guidelines of USFSA and USA Hockey learn-to-skate techniques. The Hockey Prep classes focus on teaching the basic skating skills needed to play hockey. Classes are for the beginner to the slightly-advanced skater. Sticks will be introduced by the third week, pending abilities. Helmets, shin guards, hockey gloves and stick are required, other protective gear is recommended. Instructors will group the skaters according to ability during the first class. This program allows for flexibility to deviate from skill-sets to focus on skills needed by ability of skaters. Class is 60 minutes and is broken down into stations or small groups based on the number of skaters and abilities, with some free-time.

Hockey Prep Jr. | age 4-5

Designed for beginner skaters who want to play hockey but have little skating ability, yet are able to stand and march on skates. If child cannot balance and march on skates, it is recommended that they go through one of our Sam classes prior to doing Hockey Prep Jr. Skaters younger than 6 can participate in other prep levels providing they have the ability to keep up with the class.

Hockey Prep | age 6+

Beginner level skaters cover the basic beginning format of skating including stance, quick get-up from falls, forward skating, dips, snowplow stop, scooter/T-pushes and proper way to hold stick.

Advanced beginner - focus on glide turns, proper way to hold stick, backward skating, stopping and some stick-puck handling.

Advanced skaters who are ready for crossovers and other more challenging skills such as quick stop and starts, crossovers, c-cuts, one-foot pushes and glides on circles, mohawks, hockey stop, and stick-puck handling drills. This is a great class for those who have played before, but need to work on their skating skills.

The Snowplow Sam and Basic intro classes really gear you to move on to other levels including prep hockey, figure skating, or just recreational fun.

ROGERS RECREATION

LEARN-TO-SKATE

Learn-to-Skate

Saturdays Jan 25-Mar 1 | 6 sessions

Class ID	Class Name	Time	Fee
#4979-1W	Parent/Tot	8:45-9:15am	\$69
#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	8:45-9:15am	\$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
#4994-1W	Hockey Prep Jr.	9:15-10:15am	\$89
#4995-1W	Hockey Prep Basics	9:15-10:15am	\$89

Saturdays Mar 15-Apr 26* | 6 sessions

*Not meeting Apr 19

Class ID	Class Name	Time	Fee
#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	8:45-9:15am	\$69
#4983-2W	Basic 1	8:45-9:15am	\$69
#4984-2W	Basic 2/3	8:45-9:15am	\$69
#4993-2W	Adult/Team	9:15-9:45am	\$69
#4994-2W	Hockey Prep Jr.	9:15-10:15am	\$89
#4995-2W	Hockey Prep Basics	9:15-10:15am	\$89

Snowplow Sam and Beginning Basic classes are 30 minutes of instruction (included on/off ice time); helmets required. Hockey classes are approximately 45 minutes of instruction and 15 minutes of free time; helmets, gloves, shin guards and sticks are required. Hockey Program focuses on skating and introduces sticks.

All classes are held at the Rogers Activity Center. Rental skates are available for \$2/pair weekly, and helmets are also available for \$1. Helmets are required for ages 3-6 and hockey classes. No double-blade skates allowed, nor are parents allowed on ice during lesson times except for Parent/Tot classes. Please note that it is common for children to repeat a level before advancing to the next level. Attendance is important to learn new skills that build on the previous class each week. Please come 20 minutes early the first day of class to pick up name badge and general information. Visit www.parksandrec.cityofrogers.org or call 763-428-0795 for complete details or questions.

Gloves, jacket and helmet are required for beginner classes and recommended for everyone.



*City of Rogers outdoor rinks are now open!
Warming house times listed below.*

Outdoor Ice

Neighborhood skating rinks will be open to the public mid-December (weather permitting). When the temperature drops to -20 degree below zero with wind chill, the warming house will be closed. For more information, contact Rogers Activity Center at 763-428-1033.

Triangle Park | 21400 Rouillard Avenue Rogers

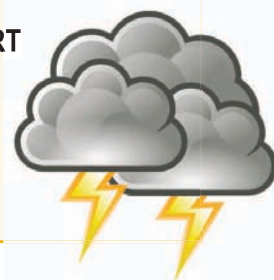
Warming House Regular Hours
Mon-Fri | 4:00pm-9:00pm
Saturdays | 10:00am-10:00pm
Sundays | 12:00pm-9:00pm

Rogers Activity Center | 21080 141st Avenue Rogers

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

- 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.

Check our Twitter Feed @ **CE728ALERT** or our weather hotline number 612-253-5109 for possible inclement weather cancellations of activities or late return time from outings.



ROGERS RECREATION



*Indoor Open Skate is available on
Sundays & Wednesdays. Starting January 5, 2014.*

*Indoor Open Skate

Sundays Jan 5-Mar 9 | 4:00-5:30pm

Wednesdays Jan 8-Mar 12 | 11:30am-1:00pm & 6:00-7:15pm

Additional times will be added when school is out;
check www.rac.cityofrogers.org for updates.

*Special Event Indoor Open Skate Days

Wednesday Feb 12 | 6:00-7:15pm | Valentine Skate

Wear red and white and skate FREE

Sunday Mar 16 | 4:00-5:30pm | Leprechaun Skate

Wear ALL green and skate FREE

*Adult Hockey

Fridays 11:30am-1:00pm (Check website for updates)

*Pond Hockey

For times, visit 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, 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):** Typically for players with 1-2 years hockey experience. Suggested for age 6-7.
- **Super Mite (upper):** Typically for players moving into last year of Mites with at least 2-3 years of hockey experience. Suggested for age 7-8. 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.

*Springtime Drop-N-Play

Our popular drop-n-play will start up again March. This program is for children age 5-10. Fun monthly-themed activities are planned for three hours while parents get time to relax. Registration for upcoming nights will be available in February 2014. Check the website at www.parkandrec.cityofrogers.org for more information as time approaches.

Space to Host Events

Rogers Activity Center (ice arena) has a great multi-purpose room that you can rent for your next birthday, graduation, anniversary, community meeting, or business training seminar. We have many set-up styles to choose from and other amenities available. Booking information available at www.rac.cityofrogers.org.

Rental Rates

Resident | \$25/hour or \$125/day

Non-Resident | \$30/hour or \$150/day

*Rogers Seniors

Sign up for the Rogers monthly senior newsletter that encompasses congregate dining, field trips, special events, and more by contacting Irma at 763-428-5767. Subscribe to our email notification list under www.notify.cityofrogers.org or learn more at www.seniors.cityofrogers.org. Questions, call Liz at 763-428-0939.

A poster for 'The Loft' at the Rogers Activity Center. The title 'The Loft' is in large, white, distressed font. Below it, 'a place for teens to HANG OUT grades 6-12' is written in white and yellow. Further down, 'games | concessions | & more!' is in white, followed by 'First & Third Thursday every month 3-5 p.m.' in yellow and white. At the bottom, '@ the Rogers Activity Center' is in white, with 'For more info contact Marcus Eads at 763.496.2410' in small white text. Logos for 'Community Ed' and 'Rogers' are at the bottom left. The background is black with colorful, stylized vertical lines on the right side.

ROGERS RECREATION ADULT/FAMILY



NEW! Adult Volleyball | age 18+

You've been asking for more adult gym activities and we've delivered! Get a group of friends together to form your own co-rec teams for fun and competition. If you don't have a large enough group to make your own team, you can register as an individual and we'll place you on a team. This is not a league and is only supervised by a gym supervisor; you will score your own games. Schedules will be provided one week prior to the start of the program. Not meeting Feb 21.

Fridays Jan 10-Mar 7 | 7:00-8:30pm | 8 sessions | \$19
Individual/\$99 Team
Rogers MS Gym Door A | #4035-1W

Pickle Ball | age 18+

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. Court availability is first-come, first-served with rotation. Passes available at a discounted rate; ask the staff at site for more information.



Fridays Jan 3-May 2 | 6:00-8:00pm
\$3/day, \$25/10-day pass, \$35/15-day pass
Rogers MS Gym Door A

Sundays Jan 5-May 4 | 4:00-6:00pm
Rogers MS Gym Door A | Not meeting Mar 23, Apr 20

***NSF/MSF Adult Softball Leagues**

Registration and full details for Men's and Co-Rec softball will be available in February 2014 at www.parkandrec.cityofrogers.org. There will be different open registration dates. League play is tentatively planned to start the end of April. Questions, call 763-428-0975.

Levels:

Men's Class D/EE: Monday or Tuesday nights, double-headers
Co-Rec Class D: Sunday night league, double-headers

Open Gym | all ages

Open gym is a supervised recreation time sponsored by the City of Rogers Recreation 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 at the door:
\$3/individual, \$20/individual pass
\$8/family, \$40/family pass

families (all ages)

Sundays Jan 19-May 4 | 6:00-8:00pm
Rogers MS Gym Door A | Not meeting Feb 23, Mar 23

Students (ages 10-14)

Sundays Jan 5-May 4 | 6:00-8:00pm
Rogers MS Gym B Door A

age 15+

Sundays Jan 5-May 4 | 6:00-8:00pm
Rogers MS Gym A Door A

families (all ages)/individuals grades 4-8

Wednesdays Jan 8-May 7 | 7:00-8:30pm
Rogers HS Gym Door I

grades 9-12 and adults

Wednesdays Jan 8-May 7 | 8:30-10:00pm
Rogers HS Gym Door I

Men's Basketball League | age 18+

Community Ed and the City of Rogers Recreation are offering an Adult Winter Basketball League. This 10-week league is great for those who love the game and have a group ready to play. Each team will have 9-10 games per season (dependent upon number of teams registered). Referees will officiate the games in accordance with the Minnesota Sports Federation rules. Schedules will be available Jan 12 or earlier. Managers meeting will be Sunday, January 5 at 6:30pm at Rogers MS.

Wednesdays Jan 15-Mar 19 | 7:00-9:30pm | 10 sessions
\$525/team
Rogers HS Gym Door I | #4140-1W

*These programs are brought to you directly by Rogers Parks and Recreation. Call 763-428-0975 for additional program information or online at parkandrec.cityofrogers.org

AQUATICS

American Red Cross Swimming Lesson Curriculum

ISD 728 Community Education is proud to offer the American Red Cross Swimming and Water Safety program, which combines the best in swim instruction with an even stronger emphasis on drowning prevention and water safety -ideal for anyone who wants to enjoy the water safely, regardless of age, level or skill.

Please see information about each level to determine which level your child should be placed in. Signing up for a level above or below ability will only cause frustration for the student and class. Students that are in the incorrect level will not be allowed to participate unless space is available in an appropriate class. **Note: classes fill quickly!**

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

This is a great class for your child to become comfortable with the water with your assistance. Your child will learn to enter and exit the water safely, float, change positions and play safely in the water. As a parent, you will learn how to hold and support your child in the water, select and fit a life jacket and water safety for the whole family.

Tuesdays Mar 11-Apr 29 | 6:15-6:40pm | \$39
VandenBerge MS Pool Door M | #1014-5W

Sundays Mar 23-May 18 | 5:00-5:25pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1014-1W

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

In this class you and your child will continue to practice skills that were introduced in the Parent/Child Level 1 class and explore more arm and leg actions that will lead to swimming skills.

Tuesdays Mar 11-Apr 29 | 7:15-7:40pm | \$39
VandenBerge MS Pool Door M | #1015-5W

Sundays Mar 23-May 18 | 4:30-4:55pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1015-1W

Preschool A | age 4-5

This class helps participants feel comfortable in the water. Skills will include how to enter/exit water, blow bubbles, submerge face, open eyes under water and retrieve submerged objects, front and back glides, back float, roll over, tread water, leg and arm actions on front and back and water safety topics.

Tuesdays Mar 11-Apr 29 | 5:45-6:10pm | \$39
VandenBerge MS Pool Door M | #1011-5W

Sundays Mar 23-May 18 | 4:00-4:25pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1011-1W

Sundays Mar 23-May 18 | 5:30-5:55pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1011-2W

Preschool B | age 4-5

This class is for children who have passed Preschool Level A. Children will work on fundamental skills covered in Preschool A as well as front float, combining arm and leg actions on front and back, finning and additional water safety topics.

Sundays Jan 19-Mar 9 | 4:00-4:25pm | \$39
VandenBerge MS Pool Door M | #1012-1W

Sundays Jan 19-Mar 9 | 4:30-4:55pm | \$39
VandenBerge MS Pool Door M | #1012-2W

Tuesdays Mar 11-Apr 29 | 6:15-6:40pm | \$39
VandenBerge MS Pool Door M | #1012-5W

Sundays Mar 23-May 18 | 4:00-4:25pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1012-3W

Sundays Mar 23-May 18 | 5:00-5:25pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1012-4W



AQUATICS



Preschool C | age 4-5

Children will continue to build on skills learned in Preschool Level B with additional practice in deeper water. They will learn to enter water by jumping in, fully submerge while holding their breath, bob, perform the jellyfish and tuck floats, back float and glide, change direction while swimming, tread water and water safety topics.

Sundays Jan 19-Mar 9 | 4:30-4:55pm | \$39
VandenBerge MS Pool Door M | #1013-1W

Tuesdays Mar 11-Apr 29 | 6:45-7:10pm | \$39
VandenBerge MS Pool Door M | #1013-5W

Sundays Mar 23-May 18 | 4:30-4:55pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1013-2W

Getting into the water and learning about safety and swimming is a gift for your child that may help improve health and fitness, cognitive processes, social interactions and safety in the water!

Level 1 | age 6+

This class helps students feel comfortable in the water and enjoy the water safely. Students learn elementary aquatic skills and develop good attitudes and safe practices around the water.

Sundays Jan 19-Mar 9 | 4:00-4:25pm | \$39
VandenBerge MS Pool Door M | #1110-2W

Sundays Jan 19-Mar 9 | 5:00-5:25pm | \$39
VandenBerge MS Pool Door M | #1110-1W

Tuesdays Mar 11-Apr 29 | 5:45-6:10pm | \$39
VandenBerge MS Pool Door M | #1110-5W

Sundays Mar 23-May 18 | 5:30-5:55pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1110-3W

Sundays Mar 23-May 18 | 6:00-6:25pm | \$39
VandenBerge MS Pool Door M | Not meeting Apr 20
#1110-4W

Level 2 | age 6+

This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg motions on the front and back to lay the foundation for future strokes. Adds to skills begun in Level 1; student must have passed Level 1.

Sundays Jan 19-Mar 9 | 4:00-4:50pm | \$55
VandenBerge MS Pool Door M | #1120-1W

Sundays Jan 19-Mar 9 | 5:00-5:50pm | \$55
VandenBerge MS Pool Door M | #1120-2W

Tuesdays Mar 11-Apr 29 | 6:45-7:35pm | \$55
VandenBerge MS Pool Door M | #1120-5W

Sundays Mar 23-May 18 | 5:00-5:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20
#1120-3W

Sundays Mar 23-May 18 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20
#1120-4W

AQUATICS

Level 3 | age 6+

Build on the skills of Level 2 with guided practice. Students will learn to coordinate the front and back crawl, elements of the butterfly, treading water and rules for head-first entries. Student must have passed level 2.

Sundays Jan 19-Mar 9 | 4:00-4:50pm | \$55
VandenBerge MS Pool Door M | #1130-1W

Sundays Jan 19-Mar 9 | 5:00-5:50pm | \$55
VandenBerge MS Pool Door M | #1130-2W

Tuesdays Mar 11-Apr 29 | 6:45-7:35pm | \$55
VandenBerge MS Pool Door M | #1130-5W

Sundays Mar 23-May 18 | 5:00-5:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20
#1130-3W

Sundays Mar 23-May 18 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20
#1130-4W

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.



Level 4 | age 6+

Students will improve their skills and increase their endurance by swimming familiar strokes (front and back crawl) for greater distances. They will continue to build the butterfly stroke and be introduced to the breaststroke, elementary backstroke, elements of the sidestroke and basic turns. Students must have passed Level 3.

Sundays Jan 19-Mar 9 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | #1140-1W

Tuesdays Mar 11-Apr 29 | 7:45-8:35pm | \$55
VandenBerge MS Pool Door M | #1140-5W

Sundays Mar 23-May 18 | 5:00-5:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20 | #1140-2W

Sundays Mar 23-May 18 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20 | #1140-3W

Level 5 | age 6+

Students continue to refine all the strokes: front crawl, back crawl, butterfly, breaststroke and sidestroke. Students will increase their distance and be introduced to flip turns. Students must have passed Level 4.

Sundays Jan 19-Mar 9 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | #1150-1W

Tuesdays Mar 11-Apr 29 | 7:45-8:35pm | \$55
VandenBerge MS Pool Door M | #1150-5W

Sundays Mar 23-May 18 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20 | #1150-2W

Level 6 | age 6+

Refine strokes and learn to swim with ease, efficiency, power and smoothness over greater distances. This course includes skills, personal water safety and practices the prerequisites for the Lifeguard and Water Safety Instructor certification. Must have passed Level 5.

Sundays Jan 19-Mar 9 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | #1160-1W

Tuesdays Mar 11-Apr 29 | 7:45-8:35pm | \$55
VandenBerge MS Pool Door M | #1160-5W

Sundays Mar 23-May 18 | 6:00-6:50pm | \$55
VandenBerge MS Pool Door M | Not meeting Apr 20 | #1160-2W

AQUATICS

Private Swim Lessons | all ages

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

Sundays Jan 26-Mar 2 | 3:15-3:45pm | \$149
VandenBerge MS Pool Door M | #1302-1W

Sundays Mar 23-May 4 | 3:15-3:45pm | \$149
VandenBerge MS Pool Door M | Not meeting Apr 20
#1302-2W

Semi-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 26-Mar 2 | 3:15-3:45pm | \$79
VandenBerge MS Pool Door M | #1301-1W

Sundays Mar 23-May 4 | 3:15-3:45pm | \$79
VandenBerge MS Pool Door M | Not meeting Apr 20
#1301-2W

Lap Swim | grades 9-adult

Get a great workout at the pool without having to pay membership fees. Our lap swim schedule which offers a variety of workout opportunities.

Tuesdays Jan 7-May 20 | 5:45-7:00am
Sundays Jan 12-May 18 | 6:30-8:00pm | Not meeting Apr 20
Pay at the door: \$5/day or \$45/10-day pass
VandenBerge MS Pool Door M

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 during these sessions. Bring a water bottle, towel and suit (aqua shoes optional). Not meeting Feb 2.

Sundays Jan 12-Feb 23 | 8:00-9:00pm | 6 sessions
\$49 Individual/\$95 Pair
VandenBerge MS Pool Door M | Holien | #5120-1W

Watch for information on American Red Cross Water Safety Instructor and Lifeguard Certification classes to be offered Spring 2014.

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. Not meeting Apr 20.

Sundays Jan 5-May 18 | 1:00-3:00pm
Pay at door: \$3/student, \$4/adult, \$10/family (max 6)
VandenBerge MS Pool Door M | Not meeting Apr 20

NEW! Middle School Open Gym & Swim grades 6-8

It's the middle of winter--time to get out! Grab some friends and hang out in the gym and pool at VandenBerge MS. Bring a swimsuit and jump in the pool, or have a great time in the open gym. Concessions will be available.

Friday Feb 7 | 6:00-8:30pm | 1 session | \$5
VandenBerge MS Gym/Pool Door M | #1901-1W

Swim Team Intro | grades 7-8

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 be competitive. All middle school students welcome; you must provide your own transportation. Not meeting Mar 31. Bring a towel and swimsuit; all swimmers must shower before entering water.

Mon-Thu Mar 17-Apr 10 | 3:15-5:00pm | 15 sessions | \$49
VandenBerge MS Pool Door M | #1900-1W



REGISTRATION

ONLINE

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

See office hours at right. There is a
24-hour drop box located at Door 4.

PHONE:

763.241.3520

FAX:

763.241.3521

WEATHER HOTLINE

Check our Twitter feed @ CE728ALERT
or call 612-253-5109

COMMUNITY EDUCATION

• Community Education Office Hours:

8:00am-4:30pm, Summer Hours
8:30am-5:00pm, Labor Day-Memorial Day

• E-mail address:

communityed@elkriver.k12.mn.us

• Make checks payable to:

ISD 728 Community Education

- Participants must be the correct age and/or grade by the last day of class, unless otherwise noted.
- Cancellations must be made at least 3 business days prior to activities. Refunds or credits cannot be given for forgotten classes.

- 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 brochures, news releases, website or displays at events. Please let us know in writing if you do not wish to have photos in our publication.
- Some activities, supplies or tickets are not refundable.
- 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 _____ (13-14)

Participant's Last Name _____ First Name _____

CLASS # _____ CLASS TITLE _____ FEE _____ ☐ Child care needed*

Child's Birth Date & Age _____ School _____ Current Grade _____ (13-14)

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 _____

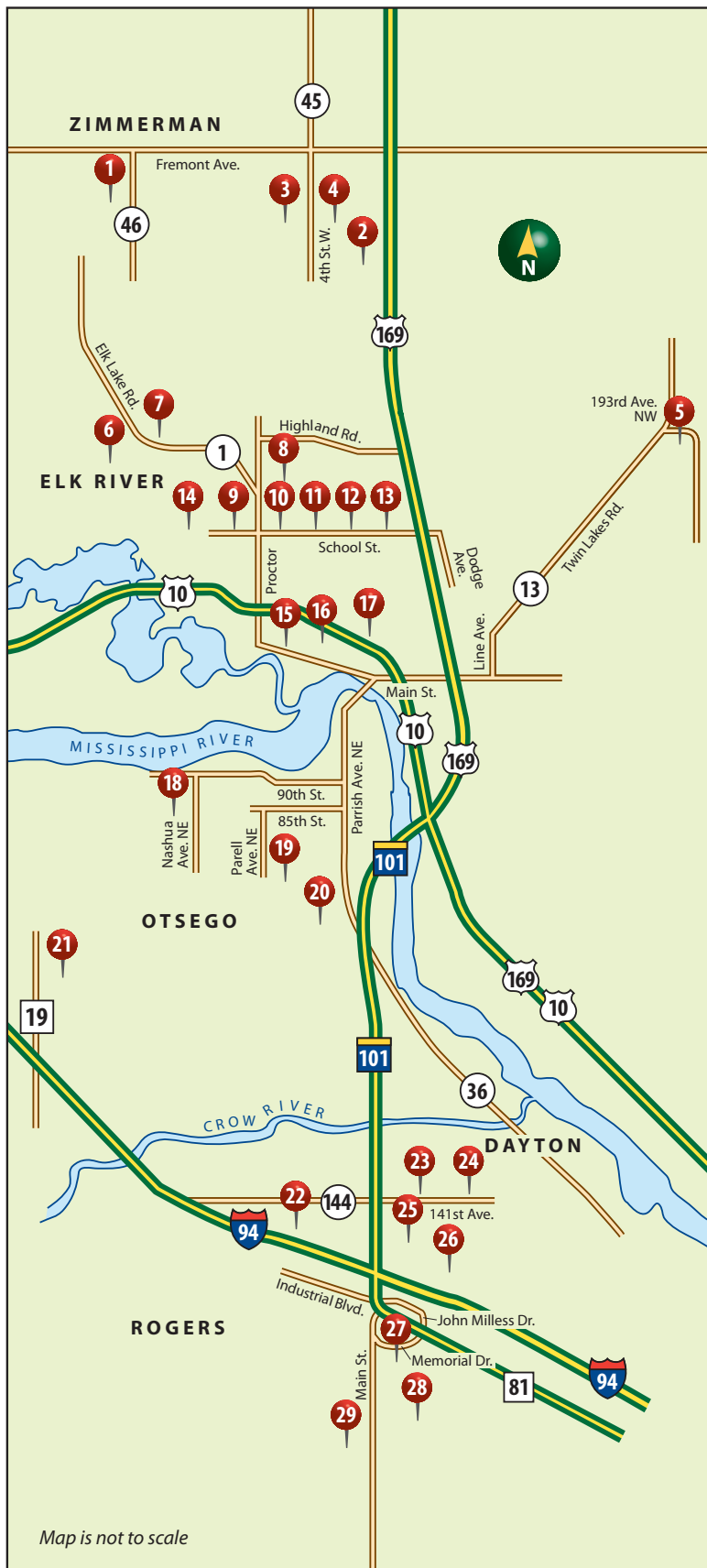
☐ Check ☐ Cash ☐ MasterCard/VISA/Discover# _____ - _____ - _____ Exp _____

Signature _____

{ Don't hesitate to call with questions -
the office staff is friendly and helpful.
~Margaret M. }



FACILITY LOCATIONS



ISD 728 Facilities & Community Education Activity Locations

Beaudry Meadow Park 11313 77th St. NE, Otsego	21
Community Education and ECCE The Handke Family Center 1170 Main St., Elk River	15
District Service Center 19072 Triangle Road, Elk River	6
Educational Technology Center 1230 School Street, Elk River	9
Elk River Senior High 900 School St., Elk River	11
Elk River Senior Center 350 Evans, Elk River	17
Hassan Elementary 14055 Orchid Ave., Hassan	22
ISD 728 District Office 815 Highway 10, Elk River	16
Ivan Sand Community School 1232 NW School St., Elk River	14
Lincoln Elementary 600 School St., Elk River	12
Meadowvale Elementary 12701 Elk Lake Road, Elk River	7
North Community Park 13750 Bittersweet Lane, Rogers	26
Otsego City Hall/Prairie Park 8899 Nashua Ave. NE, Otsego	18
Otsego Elementary 8125 River Road NE, Otsego.	20
Parker Elementary 500 School St., Elk River	13
Randy Hanson Park 2nd St. E., Zimmerman	2
Rogers Activity Center 21080 141st Ave., Rogers	23
Rogers Elementary 12521 Main St., Rogers	29
Rogers Fire Hall 21201 Memorial Drive, Rogers	27
Rogers High School 21000 141st Ave., Rogers	24
Rogers Middle School 20855 141st Ave., Rogers	25
Salk Middle School 11970 Highland Road, Elk River	8
School Knoll Park 11501 83rd St. NE, Otsego	19
Triangle Park 21400 Rouillard Blvd., Rogers	28
Twin Lakes Elementary 10051 191st Avenue NW, Elk River	5
VandenBerge Middle School 948 Proctor Road, Elk River	10
VandenBerge Pool 948 Proctor Road, Elk River	10
Westwood Elementary 13651 Fourth Ave. S., Zimmerman	1
Zimmerman Elementary 25959 4th St.W., Zimmerman	4
Zimmerman Middle/High School 25900 4th St.W., Zimmerman	3



REGISTER ON-LINE AT:
www.728communityed.com

JOIN US ON FACEBOOK:
ECFE, Community Ed Adult
& Community Ed Youth

JOIN OUR MAILING LIST:
www.728communityed.com

TWEET ON TWITTER:
ECFE728 & Communityed728

BUILD A SNOW SCULPTURE AND WIN!



**Win a \$20 Gift Certificate to use for
ANY Community Education Class**

*Including art classes, afterschool sports, Driver Education,
middle school sports, Prairie Fire Theater and more!*

Here's How:

1. Like our Facebook page at www.facebook/728CEYouth
2. Post your snow sculpture photo
3. Get the most likes on your photo to win!

Contest ends on January 31, 2014

WWW.728COMMUNITYED.COM