



DISTRICT 728
**Community
Education**

Winter-Spring 2012 Classes

www.728communityed.com

NEW RESOLUTIONS

Jump start your fitness goals this January!



NEW CREATIONS

Design customized glass art pieces!



NEW ACTIVITIES

Explore trips, classes and more with ECFE!



Includes Rogers
Municipal Recreation

Adult, Youth & Early Childhood Programs





DISTRICT 728
**Community
Education**

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"Like" us on Facebook & "Follow" us on Twitter! Get the latest on classes, contests & more!



Adult, Youth & Early Childhood Programs

Winter Weather FUN

The holidays are wrapping up and many hardy Minnesotans are looking for ways to divert their attention from the winter weather. Spring will come soon enough and ISD 728's Community Education has lots of great opportunities for you and your family to learn new things, meet interesting people in your community and enjoy our Minnesota winter...no matter your age or ability!

Elizabeth Golden

Community Education Advisory Council Chair

Early Childhood Summit



Guest Speaker: Former Governor Al Quie

When: 11:30am to 1pm, January 31, 2012

Where: Crown Room at the Wellstead of Rogers

Tickets: \$20

Contact ECFE to register at 763-241-3524 or online at www.728communityed.com. #745W

- The formative years of children ages birth to five are critical to a child's success later in life. Join former MN Governor, Al Quie, as he speaks about the important role parents play, how the work of adults counter the needs of children and how to bring both parents and children together in an educational setting to meet their needs.

Sponsored by the Elk River Area Early Childhood Coalition, ISD 728 Community Education, ECFE and the Elk River Area Chamber of Commerce

Out of Work Series

Looking for work now or in the near future? Participation in these four nights could be the most important things you do during your job search. Snacks and refreshments provided.

Living On Less: Twenty Ways To Save More And Spend Less

Presenter: John Ewoldt, Dollars & Sense Columnist, Star Tribune

Financial paralysis often sets in with the threat or the reality of job loss. Some individuals find it difficult to think of any ways to trim spending. To slow the spending stream, Mr. Ewoldt ticks off 20 ways to save on the food budget, utilities, prescriptions, appliance and car repairs, service providers, insurance, entertainment and travel. Even when money is tight, you still need to incorporate small rewards into your budget.

Tue, Jan 17
Networking 6:00-6:30pm
Program 6:30-7:30pm
1 session, FREE
Handke Center, Rm 201, Door 4

Networking & The Hidden Job Market

Instructors: Kayla Stai and Doni Deters, Minnesota School of Business

A large majority of people don't enjoy networking, but know it is key to finding a job in the hidden market. Kayla Stai and Doni Deters from Minnesota School of Business will show you how to make networking more comfortable and how to leverage both online and in-person networking to find and get jobs! Come prepared to have traditional job searching techniques challenged and learn how the job market functions today!

Tue, Feb 21
Networking 6:00-6:30pm
Program 6:30-7:30pm
1 session, Free
Handke Center, Rm 111, Door 4

You Are Entitled To A Second Chance

Instructor: Victoria Raphael, Certified Life Coach and Instructor at Metropolitan State University

Victoria Raphael is a Certified Life Coach who believes that middle age brings a second chance to "get it right" The "Boomer" generation has access to "re-setting" life goals in ways their parents never imagined. Victoria's focus is to inspire you to write the sequel to your past and make it "A BEST SELLER." Through her coaching model, "The Inducement To Take Action," Victoria will show you the four steps that she used to write the script for her own Act Two after unemployment. Join us! Your lifespan is still "half full."

Tue, Jan 24
Networking 6:00-6:30pm
Program 6:30-7:30pm
1 session, FREE
Handke Center, Rm 111, Door 4

Discover Your Value

Instructor: Alan Hill

It's not about the money. It's not about your skills. If you think your job skills are valuable in today's market, you are mistaken. Come and find out what employers really value and how to communicate it. You'll get personal coaching right in class to develop your own personal value message.

Tue, Feb 28
Networking 6:00-6:30pm
Program 6:30-7:30pm
1 session, FREE
Handke Center, Rm 201, Door 4

Handke Center is located at 1170
Main Street, Elk River

World War II History Series



Titans And Tyrants Lecture Series: Winston S. Churchill

Instructor: Tod Worner

Through vivid anecdotes, stirring speeches, and entrancing images, meet Hitler's greatest nemesis - Winston Churchill - a titan in the Titans & Tyrants Lecture Series.

Thu, begins Feb 16, 10:00am-12:00pm
2 sessions, \$15 Individual/\$27 pair
Handke Center, Rm 111, Door 4 #8126-1W



Minnesota's Two Civil Wars

Instructor: Stephen Osman

Minnesota offered the first volunteers and fought in many Civil War battles. During our own civil war, the Dakota Conflict of 1862, more people were killed than in all of Minnesota's Civil War deaths; the western half of the state was depopulated. Explore the events and legacy of those pivotal years.

Mon, Jan 30, 6:30-8:30pm
1 session, \$9 Adult/\$2 Student
Handke Center, Rm 111, Door 4 #8127-2W



Are My Oak Trees Sick?

Instructor: Gina Hugo

Oak trees characterize our local landscape, provide energy saving benefits for our homes, habitat for our wildlife and beauty in our views. Learn about major environmental threats to our native oaks and what you can do to give these beautiful trees the best chance to survive.

Thu, Feb 23, 6:30-8:30pm
1 session, \$9 Individual/\$15 Couple
Handke Center, Rm 208, Door 4 #8128-1W

Puppy Kindergarten

Instructor: Cathy Mahr

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

Mon, begins Jan 30, 6:00-7:00pm

5 sessions, \$65

Handke Center, Cafeteria, Door 4 #8103-1W

Dog Obedience

Instructor: Cathy Mahr

Learn the basics of on-leash obedience, including commands such as heel, sit, down, come, 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.

Mon, begins Jan 30, 7:00-8:00pm

5 sessions, \$65

Handke Center, Cafeteria, Door 4 #8100-1W

Dog Obedience - Intermediate

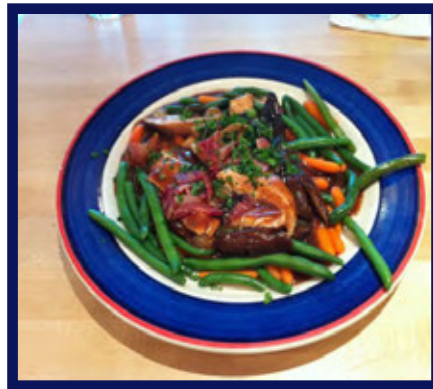
Instructor: Cathy Mahr

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

Mon, begins Jan 30, 8:00-9:00pm

5 sessions, \$65

Handke Center, Cafeteria, Door 4 #8101-1W



Traditional French Cuisine

Instructor: Jeff Sandino

Experience exquisite French classics starting with french onion soup, followed by "Coq au Vin", breast of chicken sautéed with pearl onions, mushrooms and bacon in a rich burgundy wine sauce served with a wild rice blend and green beans amandine and finish with "Crepes Suzette."

Wed, Jan 25, 6:00-9:30pm

1 session, \$39 Individual/\$75 Pair

Elk River HS, Rm 352, Door H #8160-1W



Tex Mex

Instructor: Jeff Sandino

We'll start with "Empanadas," pastries filled with beef, tomatoes, potatoes and herbs. Then prepare Mexican rice and fajitas served with salsa, guacamole and sour cream. Finish with a Yucatecan-style fresh coconut blended with rich custard in a nutty crust, baked to a caramel brown, and served with crème fraiche.

Wed, Mar 7, 6:00-9:30pm

1 session, \$39 Individual/\$75 Pair

Elk River HS, Rm 352, Door H #8161-1W

Appetizers

Instructor: Laurel Severson

We'll create over 20 appetizers that require less than 20 minutes to prepare from start to finish. You can serve these appetizers as a first course or as a snack. Enjoy samples during class or take your samples home. Just in time for the upcoming Superbowl game!

Thu, Jan 19, 6:00-9:00pm

1 session, \$39 Individual/\$75 Pair

Elk River HS, Rm 352, Door H #8154-1W

A Classic Northern Italian Dinner

Instructor: Laurel Severson

Our evening feast will start with two classic appetizers, the first using prosciutto ham and mozzarella cheese (Spiedini alla Romana) and the second, prosciutto wrapped melon. We'll learn how to create two creamy risottos using Arborio rice. A winter vegetable dish (Cicorie alla Griglia). Our main dish is the popular Chicken Cacciatora (Pollo alla Cacciatora). To wrap up the evening, we'll master the sumptuous twice-baked almond cookie, Biscotti.

Fri, Mar 9, 6:00-9:00pm

1 session, \$39 Individual/\$75 Pair

Elk River HS, Rm 352, Door H #8153-1W





Girls Can Series!

... and she sparkled parent/child

Author: Joan Steffend

Join author and TV personality, Joan Steffend as she talks about her best-selling book, ...and She Sparkled! It's the magical story of a girl realizing the importance of being true to herself and following her dreams. You will be inspired, in tears, and LOVE this personal time with Joan and the girls in your life.

Sat, Feb 18, 11:00am-12:00pm
1 session, \$6 per person

Reading Frenzy Bookstore, Zimmerman #8333-2W

Girls Can! parent/child

Author: Sheila Waldman

You & all the girls in your life will not want to miss this opportunity to be inspired to step out and fulfill your dreams! Sheila is a delightful role-model who will share her secrets and stories of how she has conquered her fears and decided that girls can do anything!

Saturday, Jan 14, 11:00am-12:00pm
1 session, \$6 per person

Reading Frenzy Bookstore, Zimmerman #8333-1W

Mystery Book Club Discussion: Reprisal

Reprisal by Colin Nelson is a riveting account of terrorists trying to start an epidemic in the US. A completely believable tale of a lawyer assigned to defend a man she knows is guilty of murder, and stumbles into a much larger story. Fee includes book which must be picked up & read prior to the discussion.

Tue, Jan 10, 7:00-8:00pm
1 session, \$17

Reading Frenzy Bookstore, Zimmerman
#8331-1W

Secrets to Success

Author: Al Coleman

Join lawyer, author & motivational speaker, Al Coleman. Al inspires men & young boys to achieve success without sacrificing who they are. He will share insights and show that success is not a matter of birthright or luck; given the right information and pathway, it is available to every boy.

Sat, Feb 11, 11:00am-12:00pm
1 session, \$6

Reading Frenzy Bookstore, Zimmerman
#8332-1W

Forever Plaid Trip

A deliciously goofy and charming story of the Plaids, a classic 1950's all- male singing group who return from the Great Beyond to perform the show they never got to do when they were alive!

Sat, Mar 10, 9:15am-4:15pm
1 session, \$49

Chanhassen Dinner Theater #6140-1W

Bus Departures:

9:15am, Options, Big Lake
9:30am, Ivan Sand*, Elk River
Approximate Return 4:30pm

*Ivan Sand pick up location is parking lot off School Street.

Minnesota Wild Game age 8+

Go Wild by joining us for a Minnesota Wild vs. the Vancouver Canucks hockey game! Hop the bus and avoid traffic and parking fees. Age 8-16 must register separately and be accompanied by a registered adult. Arrive at bus stop 15 minutes before departure time. Limited tickets; deadline to register is Feb 19. Trip is a partnership between Elk River Community Education, H.O.P.E. Program and Osseo Area Schools Community Education.

Mon, Mar 19, 4:15-11:00pm
1 session, \$49

Bus departure Zimmerman MS/HS #6137-1F

Mon, begins Mar 19, 4:45-10:30pm
1 session, \$49

Bus departure Lincoln Elem #6137-2F

Mon, begins Mar 19, 5:15-10:00pm
1 session, \$49

Bus departure Rogers MS #6137-3F

Minnesota History Center "1968: The Year That Rocked The World" trip

An interactive museum with both permanent and changing exhibits. This outing will include admission to the History Center and admittance to see the play "1968: The Year That Rocked The World".

Sun, begins Jan 29, 11:00am-6:00pm
1 session, \$12/student, \$15/adult, \$45/family
(max 2 adults per family)

Bus departure VandenBerge MS, Parking Lot
#6139-1W

**Be the first to hear the latest
news on classes, activities,
discounts and more by signing
up for our FREE e-Newsletter at
www.728communityed.com**



NEW **Mosaic Butterfly or Dragonfly**

Instructor: Peggy Decker

Create a beautiful mosaic butterfly or dragonfly for your garden using stain glass that is already cut for you. This piece can be hung either inside or outside. Bring a pair of rubber gloves and a old towel that you can throw away.

Thu, Mar 15, 6:00-9:00pm
1 session, \$45
Handke Center, Art Rm, Door 4 #8324-2W

Spring Pastel Workshop

Instructor: Kris Holtmeyer

Explore the colorful world of chalk pastels! Express your creativity while learning easy application and blending techniques that allow you to paint realistic springtime compositions suitable for framing. Work from instructor's picture or bring your own landscape photograph. Open to all artistic abilities.

Thu, Mar 22, 6:30-9:30pm
1 session, \$49
Handke Center, Art Rm, Door 4 #8306-2W



Soap Making 101

Instructor: Carol Thomas

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

Tue, Feb 21, 6:30-9:00pm
1 session, \$39
Elk River HS, Rm 352, Door H #8330-1W



Glass Fusing: Tiny Flowers

Instructor: Lily Pad Ceramics

Are you waiting patiently for brightly colored spring flowers to appear? The first wave of spring is just around the corner as we use 'millefiori' glass (Italian for a thousand flowers) to create this mosaic 8" plate. Choose from a pallet of colorful pieces of glass. Projects will be fired, slumped and available for pick up in three weeks.

Tue, Mar 6, 6:30-8:30pm
1 session, \$45
Handke Center, Rm 111, Door 4 #8318-6W



Glass Fusing: Bits Bowl

Instructor: Lily Pad Ceramics

Add a little whimsy to your home décor with this glass bowl or use it as a gift for someone special. We'll start with an 8" clear circle, then cut and assemble bits of glass to create your own unique design with fluted sides. Projects will be fired, slumped and available for pick up in three weeks.

Mon, Feb 6, 6:30-8:30pm
1 session, \$45
Handke Center, Art Rm, Door 4 #8318-5W

Individual Music Lessons for Adults - Special Rate

Instructors: Mary Crum/Diana Mills

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

Piano, Guitar, Woodwinds

Instructor: Mary Crum
Mon, Jan 23, 11:30am-12:30pm
7 sessions, (individual 1/2 hour lessons), \$95
Handke Center, Music Rm, Door 4 #8366-4W

Violin, Voice

Instructor: Diana Mills
Mon, Jan 23, 1:30-3:30pm
7 sessions (individual 1/2 hour lessons), \$95
Handke Center, Band Rm, Door 4 #8366-5W

Crescendo Program

Immediate Openings for Adults and Youth: Private, individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass are available. Inquire by calling Community Education at 763-241-3520.



BUSINESS CLASSES

Thinking about starting a business or looking for ways to be successful in your business?
Learn from our industry experts.

Cost: \$29 for one class - \$85 for three classes - \$169 for all six classes

Should I Start A Business?

Instructor: Dick McCormick

Thinking about starting a business? Join business guru Dick McCormick as he leads you through the decision making process of starting a business. We'll talk about entrepreneurship, opportunity identification, personal & business assessment, action plans and more.

Mon, Jan 23, 6:30-8:30pm
1 session, \$29 or see prices above
Hassan Elem, Media Center, Door 1 #8166-1W

Entrepreneur 101

Instructor: Jeff Titus

Can't find a job, or looking for a new career? Start your own business! Entrepreneur Jeff Titus will provide information you need to set up your own business including navigating state and federal forms and processes. Start your own business in just a few hours for less than \$200.

Mon/Thu, begins Jan 30, 7:00-9:00pm
2 sessions, \$29 or see prices above
Pine Cone Manor, Community Rm #8166-2W

Deciding What Business to Start

Instructor: Dick McCormick

Have you decided to start a business? But can't decide what business to start? Join Dick McCormick as he helps you to identify your "labor of love"; discover your niche and more.

Mon, Feb 6, 6:30-8:30pm
1 session, \$29 or see prices above
Hassan Elem, Media Center, Door 1 #8166-3

Creating A Business Plan

Instructor: Jeff Titus

One of the essential key elements to being successful when starting your own business is creating a business plan. Entrepreneur Jeff Titus provides the information necessary to write an effective business plan and help you avoid the pitfalls in starting a new (or existing) business.

Mon/Wed, begins Feb 13, 7:00-9:00pm
2 sessions, \$29 or see prices above
Pine Cone Manor, Community Rm #8166-4W

Get Your Financing And Financials In Order

Instructor: Dick McCormick

Join Dick McCormick in this crucial discussion of potential funding sources, small business grants and micro lending. Discover what lenders look for and how to make your business more appealing to them. You will also take a look at your personal financials, projected business financials and more.

Mon, Feb 20, 6:30-8:30pm
1 session, \$29 or see prices above
Hassan Elem, Media Center, Door 1 #8166-5W

Marketing Your Small Business

Instructor: Jeff Titus

How do you get the best "bang for your buck" when marketing and advertising your small business? Entrepreneur Jeff Titus will provide you with little known, but impactful, cost effective ways to bring customers to your business.

Tue/Thu, begins Mar 6, 7:00-9:00pm
2 sessions, \$29 or see prices above
Pine Cone Manor, Community Rm #8166-6W



Mortgage Free in 10 Years or Less

Instructor: Drew Johnson, ChFC

Imagine life without mortgage payments, car payments or credit card debt. Learn how to eliminate debts and be in a position to pay off your mortgage in 10 years or less without changing your monthly spending. Learn ways to lower income taxes and to maximize tax deductions.

Mon, Feb 13, 7:00-8:30pm
1 session, \$9 Individual/\$15 Couple
Handke Center, Rm 112, Door 4 #8173-1W

Tue, Mar 6, 7:00-8:30pm
1 session, \$9 Individual/\$15 Couple
Handke Center, Rm 111, Door 4 #8173-2W

Estate Preservation

Instructor: Troy Bigalke

Help your heirs avoid extra legal fees and taxes. We'll discuss healthcare, power of attorney, living wills, trusts, probate expenses, what to do before you see an attorney and planning for long-term health care. An estate audit planning form is provided to help with planning!

Mon, Feb 13, 10:00-11:30am
1 session, \$9 Individual/\$15 Couple
Handke Center, Rm 111, Door 4 #8064-1W

Pine Cone/Pine Tree Manor is located at
12612 2nd Ave. S. in Zimmerman.

Business Training Solutions

-Local training meeting local needs.

• **Business Training Solutions is a program brought to you by ISD 728 Community Education to fulfill your business training needs.** Many companies spend thousands of dollars sending people to off-site training incurring the cost of the course, travel, meals and lost productivity. Business Training Solutions offers our community the option to take on-line and on-site classes locally to meet this need.

How does my company benefit?

- Employees can take on-line classes at their convenience, 24 hrs day/7 days a week.
- Group discount rates apply when signing up more than one employee.
- Convenient registration and invoice options exist making it easier for you to do business.
- Employees trained in the latest and newest methods can help grow your business as well as meet their individual growth potential.
- Save money & time on costly mileage and drive time by using on-site or on-line classes.
- Increase productivity, reduce costs and increase profits.

How much does it cost?

- Online Certificate programs are traditionally (3) one-month courses. Other courses range from several weeks to several months. Prices vary depending on course selection.

How do I sign up?

Sign up by using our convenient on-line registration process at www.728communityed.com. A complete listing of On-Line and On-Site Programs will be available for you to select and register.

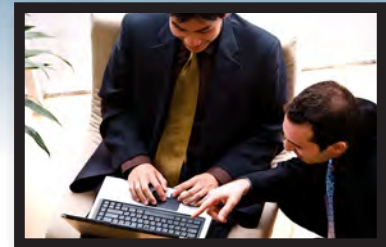
On-line Professional Courses \$99 per Individual. Group Registration available.

- Accounting
- Business Mgmt
- Certificate Prep
- Grant Writing
- Health Care
- Multi-Media Design
- PC Networking
- Graphics
- Digital Photography
- Database Management
- Law and Legal
- Sales and Marketing
- Start a Business
- Teaching/Education
- Veterinary
- Microsoft Office Suite
- Business Writing
- Publishing
- Languages
- Computer Literacy

....and many more!

On-Site Certificate Courses \$49 per Individual. Minimum of 8 registered.

- Social Networking for Business
- iLife @ Work
- Computer Hardware Essentials
- Basic Operating Systems: Windows/Mac OS
- Staying Connected (on the go)
- Understanding Web Hosting: dedicated servers, VPS hosting, cloud hosting, reseller and shared hosting.



On-line Certificate Programs

Social Networking for Business Certificate:

- Intro to Social Networks \$195
- Communication & Marketing: Using Social Networks \$195
- Integrating Social Networks into your Organization \$195

Marketing Essentials Certificate:

- Improving email promotion \$195
- Boosting your website traffic \$195
- On-line advertising \$195

Generational Communication & Management Certificate:

- Generations in the workplace \$175
- Understanding Generation X and Generation Y \$175
- Managing Generationally \$175

More Individual Courses:

- Extraordinary Customer Service \$145
- Mentoring & Coaching in the Workplace \$295
- Workplace Law Compliance \$175
- Practical Math for the Workplace \$145
- Digital Brochures \$195

On-Site Classes can be held at your site or at Community Education sites located in Rogers, Elk River, Otsego and Zimmerman.

Online Learning *Anytime, Anywhere...Just a click away!*



Online Courses For Business Professionals

ISD 728 Community Education

Most Courses Are Only **\$99**

Sharpen your skills, or learn new ones with our instructor facilitated online courses. Online Continuing Education courses run for six-weeks (with a 10-day extension period available 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. Any time of the day or night.

Mastery of Business Fundamentals
Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program.

Managing Customer Service
Become indispensable to any organization by understanding how to identify and meet customer needs.

Purchasing Fundamentals
Improve your company's bottom line by mastering the fundamentals of purchasing.

Principles of Sales Management
Master the art of managing sales teams from a sales management professional.

Distribution and Logistics Management
Learn how to improve your company's distribution and logistics management activities, increase customer satisfaction, and improve operational throughput.

Introduction to Business Analysis
Learn powerful techniques to improve your decision-making skills at work.

Six Sigma: Total Quality Fundamentals
Learn the basics of total quality management.

Six Sigma: Total Quality Applications
Learn to apply the elements and methods of Six Sigma to achieve the highest possible quality.

Supply Chain Management Fundamentals
Master the fundamentals of supply chain management and prepare for internationally recognized certification examinations.

Manufacturing Fundamentals
Learn the basic skills required to work in the manufacturing field.

Manufacturing Applications
Increase efficiencies and productivity by learning to apply the principles and concepts of manufacturing.

Fundamentals of Supervision and Management I
Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Fundamentals of Supervision and Management II
Learn how to be an effective manager or supervisor. Master the basics of communicating effectively, and learn tools for developing your own interpersonal skills.

Enroll Today!

Details on any of these courses can be found at:

www.ed2go.com/728commmed

You can also reach us by calling

(763) 241-3520

UGotClass Online Courses and Certificates



Get skills for the 21st Century!
 Demonstrate your knowledge!
 Boost your organization's bottom line!



New! Advanced Website Strategies \$195 3/5/2012-3/30/2012

New! Dementia Care Specialist \$495 2/6/2012-3/30/2012

New! Government Contracting \$195 2/6/2012-3/3/2012

New! Media Buying Strategies \$195 3/5/2012-3/30/2012

New! Mobile Marketing \$195 3/5/2012-3/30/2012

New! Photoshop \$195 2/6/2012-3/3/2012

New! Video Marketing \$195 3/5/2012-3/30/2012

New! Creating Cell Phone Apps for Your Business
 \$245 3/5/2012-3/30/2012

New! Cyber Security \$245 3/5/2012-3/30/2012

New! Designing Successful Webinars \$195 3/5/2012-3/30/2012

New! Facebook for Business \$245 3/5/2012-3/30/2012

New! Google Analytics \$195 3/5/2012-3/30/2012

New! Students with Aspergers \$245 3/5/2012-3/30/2012

New! Successful Survey Techniques \$395 3/5/2012-3/30/2012

New! Twitter \$195 3/5/2012-3/30/2012

New! YouTube for Business \$195 3/5/2012-3/30/2012

Business Research Certificate \$495 total
 • Introduction to Business Research 2/6/2012-3/2/2012
 • Business Statistics 3/5/2012-3/30/2012
 • Qualitative Business Research 4/2/2012-4/27/2012

Certificate in Online Teaching \$495 Certificate, \$795 to become a Certified Online Instructor (COI)
 • Designing Online Instruction 2/6/2012-2/10/2012
 • Building Online Learning Communities 3/12/2012-3/16/2012
 • Advanced Teaching Online 4/16/2012-4/20/2012

eMarketing Essentials \$495 total, or \$195 each
 • Improving Email Promotion 2/5/2012-3/2/2012
 • Boosting Your Web Site Traffic 3/5/2012-3/30/2012
 • Online Advertising 4/2/2012-4/27/2012

Entrepreneur Boot Camp \$195 2/6/2012-3/2/2012

Extraordinary Customer Service \$145 2/6/2012-3/2/2012

Introduction to Implementing Green Workplaces
 \$195 2/6/2012-3/2/2012

LEED Green Associate Exam Preparation
 \$695 2/6/2012-3/30/2012

Mentoring and Coaching in the Workplace
 \$295 2/6/2012-3/30/2012

Practical Math for the Workplace \$145 2/6/2012-3/2/2012

Recruiting and Retaining Gen Y and Gen X
 \$175 2/6/2012-3/2/2012

Social Media for Business Certificate
 \$495 total or \$195 each
 • Introduction to Social Media 2/6/2012-3/2/2012
 • Marketing Using Social Media 3/5/2012-3/30/2012
 • Integrating Social Media in Your Organization 4/2/2012-4/27/2012

Supervisory and Leadership Certificate
 \$395 2/6/2012-3/30/2012

Virtual Meeting Planner Certificate \$795 2/6/2012-4/13/2012

1 Go to the website listed below

2 Find your course or certificate

3 Register today! Call 763.241.3520

www.yougotclass.org/catalog.cfm/ElkRiver

Boot Camp

Instructor: Jay Grove

The goal of Boot Camp training is to lose body fat, increase cardiovascular efficiency, increase strength, and help you get into a regular routine of exercise. Combinations of running, interval training, and many other exercises are included in this camp. ❁

Mon, begins Jan 16, 11:15am-12:15pm
6 sessions, \$29 Individual/\$55 pair
Handke Center, Music Rm, Door 4 #5145-1W



Basketball As Fitness

Instructor: Julie Mayo

Looking for a different way to do fitness? Try our newest class and have fun at the same time. Class is for women aged 40 and better. Get in shape by doing drills and scrimmages that develop your aerobic stamina while strengthening and stretching your muscles.

Sun, begins Jan 22, 5:30-7:00pm
6 sessions, \$29 Individual/\$55 pair
Handke Center, Gym, Door 4 #5143-1W

Kettlebells

Instructor: Jay Grove

Kettlebell exercises build strength and endurance, especially in the lower back, legs, shoulders, and increased grip strength by using exercises that combine cardiovascular, strength and flexibility training. ❁

Mon, begins Jan 16, 10:15-11:00am
6 sessions, \$29 Individual/\$55 pair
Handke Center, Music Rm, Door 4 #5144-1W

Group Step® Kick-Off

Instructors: Kristi Waite/Erin Franson/Natalie Olorundami

Bring your friends! Community Education has a new fitness opportunity called Group Step®. Group Step® strengthens and shapes the lower body one step at a time. Come see what all the excitement is about. It's free and there will be door prizes!

Tue, Jan 17, 6:00-7:00pm
1 session, Free
Handke Center, Gym, Door 4

Group Step®

Instructor: Kristi Waite/Erin Franson/Natalie Olorundami

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

Tue/Thu/Sat, begins Jan 24
Tue/Thu 6:00-7:00pm; Sat 8:00-9:00am
12 sessions, \$59 Individual/\$115 pair
Handke Center, Gym, Door 4 #5142-1W
Not meeting Feb 7 & 14

Tue/Thu/Sat, begins Feb 25
Tue/Thu 6:00-7:00pm; Sat 8:00-9:00am
12 sessions, \$59 Individual/\$115 pair
Handke Center, Gym, Door 4 #5142-2W

**"Don't be intimidated; you'll catch on in no time! The music and moves are so much fun it doesn't seem like an hour of work."
-Instructor**

Personal Training

Instructor: Jay Grove

Are you a fan of TV's Biggest Loser program? Do you need to lose weight and lots of it? This one-on-one class is designed specifically for those who fall into the category of "obese" and/or those who are extremely "unconditioned".

Call to arrange schedule.
6 sessions, 1 hour per session \$269 #5146-1W

❁ Classes marked with this symbol indicate childcare is available.

Pre-registration is required and hourly fees apply.

Inquire at registration or call 763-241-3520.

Infants: \$4/hr Toddlers \$3.25/hr Age 34 months + \$3/hr

Indoor Walking

Here's your opportunity to get moving with a healthy activity! In this individualized program, you set the pace. Participants are welcome at any time within walking hours. We provide a safe, supervised route and time/mileage tracking. Register for your preferred location, but you may walk at other sites also! Fee can be adjusted for late registrants.

Mon/Tue/Thu, begins Jan 2, 3:00-7:30pm
36 sessions, \$35 Individual/\$65 Pair
Zimmerman MS/HS, Halls, Door A #5140-1W
Not meeting Feb 7, Mar 12, Mar 15

Mon/Tue/Thu, begins Jan 2, 3:00-7:30pm
36 sessions, \$35 Individual/\$65 Pair
Rogers MS, Halls, Door A #5140-2W
Not meeting Feb 7, Mar 12, Mar 15

Mon/Tue/Thu, begins Jan 2, 5:30-7:30pm
38 sessions, \$35 Individual/\$65 Pair
Otsego Elem, Hall, Door 4 #5140-3W
Not meeting Feb 7, Mar 12, Mar 15

Open Swim

Open swim is lifeguard supervised and for all ages. Children 6 and under who cannot swim 20 yards (the width of the pool) MUST be accompanied by an adult in the water. One to three children age 6 or under per adult in the water. All children wearing diapers must have swimming diapers. The Open Swim cashier cannot accept bills larger than \$10. Checks are accepted. Groups of 10+, please call ahead: 763-241-3521.

Sun, begins Jan 22, 2:00-4:00pm
17 sessions, Pay at the door
\$3 Students/\$4 Adults/\$10 Family (Immediate family with adult member in the water)
VandenBerge MS, Pool, Door M
Not meeting Apr 8

Pilates

Instructor: Fitness 101

The Pilates method of conditioning is a unique system of stretching and strengthening exercise developed over 90 years ago by Joseph H. Pilates. It is a total body conditioning program that simultaneously stretches and strengthens the body creating balance from front-to-back, side-to-side and top-to-bottom.

Mon, begins Jan 16, 6:30-7:30pm
6 sessions, \$29
Rogers MS, Cafeteria, Door A #5107-1W

Standing Pilates

Instructor: Fitness 101

Take Mat Pilates to the functional level. Standing Pilates is a link from Mat Pilates to everyday movement. It helps to improve your bone density while improving your posture, balance and range of motion.

Thu, begins Jan 19, 5:30-6:30pm
6 sessions, \$29
Handke Center, Stage, Door 4 #5107-2W

Yogilates

Instructor: Fitness 101

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

Wed, begins Jan 18, 9:15-10:15am
6 sessions, \$29
Fitness 101, Otsego #5105-1W



Beginning Yoga

Instructor: Fitness 101

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

Tue, begins Jan 17, 9:15-10:15am
6 sessions, \$29
Fitness 101, Otsego #5100-5W

Fitness Yoga

Instructor: Fitness 101, April Kalal

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

Tue, begins Jan 17, 10:15-11:15am
6 sessions, \$29
Fitness 101, Otsego #5100-1W

Thu, begins Jan 19, 10:30-11:30am
6 sessions, \$29
Fitness 101, Otsego #5100-3W

Wed, begins Jan 18, 6:00-7:00pm
6 sessions, \$29 Individual/\$55 pair
Hassan Elem, Media Center, Door 1 #5100-2W

Wed, begins Feb 29, 6:00-7:00pm
6 sessions, \$29 Individual/\$55 pair
Hassan Elem, Music Rm A110, Door 1 #5100-4W

NEW Looking for something new to try? Just look for this symbol throughout this brochure!



Body Sculpting

Instructor: Fitness 101

This is an easy to follow class for any fitness level that will strengthen and tone your entire body using controlled movements and a variety of equipment.

Mon, begins Jan 16, 10:15-11:15am

6 sessions, \$29

Fitness 101, Otsego

#5101-1W

Aikido

Instructor: Mark Larson

Learn this Japanese martial art from a 5th degree black belt! This defense system teaches confidence and control 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.

Thu, begins Jan 19, 8:05-9:35pm

5 sessions, \$45

Salk MS, Balcony Gym, Door U

#5130-1W

Thu, begins Feb 23, 8:05-9:35pm

5 sessions, \$45

Salk MS, Balcony Gym, Door U

#5130-2W

Use MHP

Members may take \$15 off
most classes offered.

Aqua Fitness

Instructor: Lisa Holien

Have fun with this low-impact exercise that burns fat and builds endurance. Beneficial for people with health problems, recovering from injury, or just want improved health with less strain and stress on joints and muscles. You do not need to know how to swim. Bring water bottle, towel and suit (aqua shoes optional).

Sun, begins Jan 8, 8:00-9:00pm

5 sessions, \$45 Individual/\$85 pair

VandenBerge MS, Pool, Door M

#5120-1W

Not meeting Feb 5

Sun, begins Feb 19, 8:00-9:00pm

5 sessions, \$45 Individual/\$85 pair

VandenBerge MS, Pool, Door M

#5120-2W



Middle Eastern Dance

Instructor: Anita Isenor

Belly dancing is a great way to stay toned and fit. This course is intended to build the muscle and agility needed to express yourself in dance. A dance routine will be developed. Wear loose fitting clothing, leotards, or harem pants. Veils provided. Instructor has 17 years of training. Continuing students welcome.

Wed, begins Jan 18, 6:30-7:45pm

6 sessions, \$49 Individual/\$90 Pair

Rogers MS, Cafeteria, Door A

#5172-1W

Middle Eastern Dance II

Instructor: Anita Isenor

You've already tried our beginner class, is it time to advance to the next level? Practice layering and combining basic dance moves with the American Tribal Belly Dance moves that you will learn. Wear loose fitting clothing.

Tue, begins Feb 28, 6:30-7:45pm

4 sessions, \$39 Individual/\$75 Pair

Handke Center, Stage, Door 4

#5173-1W

Fitness 101 is located at
9201 Quaday Avenue NE
Otsego

Fitness Open House

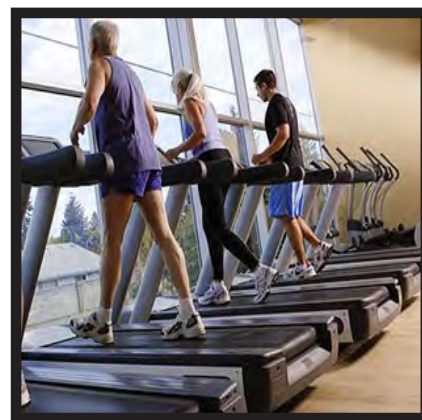
Instructor: Fitness 101

Have you been wanting to try a Zumba, Pilates, or Yoga? Now is your chance to try a class for FREE at the Open House.

Sat, Jan 7, 9:00am-1:00pm

1 session, Free

Fitness 101, Otsego





ZUMBA®
FITNESS



Zumba, Beginner

Instructor: Fitness 101

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! This Zumba class is for the true beginner. Learn at a beginner's pace so that you don't feel left behind.

Thu, begins Jan 19, 7:15-8:15pm
6 sessions, \$29

Handke Center, Stage, Door 4 #5112-2W

Zumba

Instructor: Fitness 101

Build on the beginning Zumba class using Latin rhythms and easy to follow moves to create a mind-blowing workout. Add some Latin flavor and international zest into the mix and you've got Zumba!

Mon, begins Jan 16, 7:30-8:30pm
6 sessions, \$29

Rogers MS, Cafeteria, Door A #5112-1W

Fri, begins Jan 20, 5:30-6:30pm
6 sessions, \$29

Fitness 101, Otsego #5112-3W

AARP Class Participants: Be sure to check with your insurance company; not all insurance companies give the discount starting at age 50. Bring your driver's license to class. If you register as an AARP Member, you must also provide your AARP Member number when registering. Also, bring your member number to class with you.

FEES for AARP Driver Safety classes:

\$16 for AARP Members
\$18 for Non-Members

AARP Driver Safety Program, 8 hour

Instructor: Dave Halgren

Improve your skills 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. No driving or tests.

Tue/Wed, begins Feb 28, 5:00-9:00pm

2 sessions

Handke Center, Rm 111, Door 4 #5006-1W



AARP Driver Safety Program, 4 hour Refresher

Instructor: Dave Halgren

Refresher course for ages 50+ who have completed an insurance approved 8 hour certified driver course. Includes new approaches and concepts. Completion required to maintain auto insurance discount; check with your insurance company, not all companies give discount starting at age 50.

Tue, Jan 17, 9:00am-1:00pm

1 session

Handke Center, Rm 111, Door 4 #5007-6F

Mon, Mar 26, 5:00-9:00pm

1 session,

Handke Center, Rm 111, Door 4 #5007-2W

Minnesota Highway Safety, 4 Hr

Instructor: Dave Sundeen

This 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 eight hour program to take this class. Check with your insurance provider to make sure this course qualifies for the discount.

Mon, Jan 30, 5:30-9:30pm

1 session, \$17 AAA Member/\$20 Non-Member

Rogers MS, Rm 110, Door A #5010-1W

Wed, Mar 7, 5:30-9:30pm

1 session, \$17 AAA Member/\$20 Non-Member

Rogers MS, Rm 110, Door A #5010-2W



In 2009, there were 33 million licensed drivers ages 65 and older in the United States according to the CDC.



American Heart Association CPR & AED

Instructor: William Neiss

Did you know the national resuscitation rate is only 5%, but is approaching 27% in the northern suburbs of the Twin Cities? The difference is training CPR and Automated External Defibrillators. Learn CPR, the use of AEDs, and barrier devices on adults, children and infants.

Mon, Mar 19, 6:00-10:00pm
1 session, \$65
Handke Center, Rm 201, Door 4 #5005-1W

American Red Cross Standard First Aid

Instructor: William Neiss

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. American Red Cross certification.

Mon, Feb 27, 6:00-10:00pm
1 session, \$55
Handke Center, Rm 201, Door 4 #5002-1W

Hypnosis Participants: Bring a pillow and blanket or sleeping bag for added comfort. Dress comfortably. Class includes a free reinforcement CD and lifetime guarantee card. New Way Hypnosis Lifetime Members can register for \$5. Please check-in within 30 minutes of the class start time. Class begins promptly at published time.

Cost: \$59 new participant \$5 lifetime member

Hypnosis: Weight Loss

Instructor: Mary Fischer

How will you feel and look one year from now if you don't stop your obsession with food today? Have you lost weight consciously many times, only to gain it back again? Stop craving sweets, chocolate, breads, pastries, salty, fatty and greasy foods. Stop unhealthy snacking and overeating. Get motivated to exercise. Increase will power and self-confidence.

Tue, Jan 31, 6:30-9:00pm
1 session, \$59 New Member/\$5 Lifetime Member
VandenBerge MS, Media Center, Door L #5035-1W

Thu, Mar 8, 6:30-9:00pm
1 session, \$59 New Member/\$5 Lifetime Member
Zimmerman MS, Media Center, Door A #5035-2W

Hypnosis: Stop Smoking/Chewing Tobacco

Instructor: Mary Fischer

What will your future be like if you don't stop smoking or chewing tobacco today? Will there be a future? If you have a desire to quit, hypnosis can help you stop immediately, without withdrawal, cravings or weight gain.

Tue, Jan 31, 6:30-9:00pm
1 session, \$59 New Member/\$5 Lifetime Member
VandenBerge MS, Media Center, Door L #5036-1W

Thu, Mar 8, 6:30-9:00pm
1 session, \$59 New Member/\$5 Lifetime Member
Zimmerman MS/HS, Media Center, Door A #5036-2W

Community Weight Loss Challenge

Instructor: Melissa Beaudry

Compete for your chance to win a piece of prize money at the end of class. Weekly classes are motivating, inspiring, informative and teach you how to be successful with weight loss for the rest of your life. Class is led by a wellness coach who has lost and kept off 55lbs. Top three weight loss percentage losers win the prize.

Tue, begins Jan 17, 6:30-7:45pm
8 sessions, \$55 Individual/\$105 Pair
Handke Center, Rm 208, Door 4 #5080-1F



Do It Yourself Spa

Instructor: Celina McKenzie

The holidays were for everyone else, now it's time for you. Learn how to make your own stress busting products with everyday kitchen products. Enjoy making a facial mask, bath salts, sugar scrubs and experience a paraffin hand wrap. Top it off trying a few facial and hand/foot massage techniques! Register deadline is Jan 16.

Fri, Jan 27, 9:00am-12:00pm
1 session, \$19
Minnesota School of Business, Lobby #5041-1W

Handke Center is located at 1170 Main Street, Elk River



Classes marked with this symbol indicate childcare is available.



CLASSES

- Dec 22 Winter Season Kick off Event - Holiday Bingo
- Jan 19 Bowling League (6 sessions)
- Jan 23 Winter Craft
- Jan 30 Valentine Card & Craft
- Feb 6 Healthy Cooking For One
- Feb 13 Uno Tournament
- Feb 20 H.O.P.E.'s Winter Carnival
- Feb 27 Bingo & Treat
- Mar 4 Winter Fun - Ice Skating
- Mar 5 Glass Fusing Picture Frame Craft
- Mar 8 Exercise in Disguise "Learn to Play" (2 sessions)
- Mar 12 Spring Craft
- Mar 19 Healthy Cooking for One II
- Mar 22 Bingo & Treat

OUTINGS

- Jan 21 Dave & Busters
- Jan 28 St. Paul Winter Carnival
- Feb 4 Powder Ridge - Snow Tubing
- Feb 5 Super Bowl Party
- Feb 11 Valentine's Day Dinner Celebration
- Feb 18 Pool Party
- Feb 25 Sea Life Minnesota Aquarium
- Mar 1 Dinner & A Movie
- Mar 3 Prairie Fire - Robin Hood
- Mar 10 Chanhassen Dinner Theatre - Forever Plaid
- Mar 17 Twin Cities Auto Show
- Mar 19 MN Wild Game



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+).

*Did you know?
1,288 people
participated
in H.O.P.E. activities
during 2011!*

Adults With Disabilities Cancellation Policy

Registrants must cancel at least 3 business days prior to the class or event to receive a refund or credit. If the event requires purchasing a ticket or supplies, no refund will be made unless we can fill the space from our waiting list.

Do you receive the H.O.P.E. newsletter?

Don't miss a thing!

Please call Community Education at 763-241-3520 or e-mail us at communityed@elkriver.k12.mn.us to be added to the mailing list.

The Third Age Society

"The Third Age" is a term used to describe the pre-retirement and retirement phase in a person's life. Membership in The Third Age Society allows you to take any classes throughout the year that are offered by The Third Age Society. Classes are led by academic leaders and experts in the field and are also available to non-members and adults of any age on a class-by-class basis.

\$169 Individual/\$330 Couple #8110-12W
Annual Membership up to 40+ classes per year

From Gregorian Chant To Amy Grant: A History Of Church Music

Instructor: Melissa Bergstrom

Do you know the history of different types of church music? Follow along as Melissa Bergstrom directs us through the interesting and amazing history

Mondays, Feb 13 & 27, 6:30-8:30pm
2 sessions, \$39 Individual/\$75 Couple
Rogers MS, Rm 110, Door A
#8110-7W

German Occupation of Norway in WWII, 1940-1945

Instructor: Odell Bjerckness

Discover the WWII history of Norway. Led by Odell Bjerckness, learn about the German plan for the invasion, treachery of Vidkun Quisling, the resistance movement, the role of King Haakon VII, victory in 1945 and its aftermath.

Thursdays, Feb 23, March 8 & 22, 6:00-7:30pm
3 sessions, \$39 Individual/\$75 Couple
Hassan Elem, Media Center, Door 1
#8110-8W

Hard Work And A Good Deal: The Civilian Conservation Corps In Minnesota

Instructor: Barbara Sommer

Hard Work and a Good Deal traces the history of the Civilian Conservation Corps which supplied jobs to 77,000+ Minnesotans during the Great Depression. Hear oral historian Barbara W. Sommer's lively narrative of the CCC and the early efforts that advanced the conservation of Minnesota's natural resources five decades in a few short years.

Wednesdays, Feb 8 & 22, 10am-12pm
2 sessions, \$39 Individual/\$75 Couple
Handke Center, Rm 111, Door 4
#8110-6W

Introduction To Art History: Art Of The Ancient World

Instructor: Allan Kohl

This 2-part introduction to ancient art examines art history beginning with a look at some of the earliest examples of art making, tracing the development of narrative and portraiture; in the art of ancient Greece and Rome, you'll see the close association of art and the state.

Thursdays, Feb 2 & 9, 7:00-9:00pm
2 sessions, \$39 Individual/\$75 Couple
Hassan Elem, Media Center, Door 1
#8110-5W

Lincoln Part One: Disease, Family, and Assassination

Instructor: J.B. Anderson

Learn more about one of the greatest American Presidents. A lecture and slide show will describe Lincoln's family history, his assassination (and the conspiracy), a rare disease Lincoln carried, and that he would have died within months of his assassination from natural causes. Instructor welcomes questions during the lecture.

Wednesdays, Mar 7 & 21, 6:30-8:30pm
2 sessions, \$39 Individual/\$75 Couple
Hassan Elem, Media Center, Door 1
#8110-10W



Minnesota's Byways And Vanishing Landmarks

Instructor: Doug Ohman

Take a close look at Minnesota's vanishing landmarks and byways through the lens of award-winning photographer, Doug Ohman. The first night we will study the vanishing landmarks, and the second night, we will take a virtual tour of the byways and discover Doug's future project plans.

Mondays, Mar 12 & 26, 6:30-8:30
2 sessions, \$39 Individual/\$75 Couple
Hassan Elem, Media Center, Door 1
#8110-11W

Minnesota's Gems: The Lake Superior Agate and The Search For Diamonds

Instructor: Scott Wolter and Dr. Harvey Thorleifson

Learn about Minnesota's state gemstone, the Lake Superior Agate from geologist Scott Wolter including the geologic history and tips on how and where to find the gemstone. On the second night, Harley Thorleifson, State Geologist of Minnesota, will share information about the diamond industry, North America's geology and its potential for diamonds - including in Minnesota.

Mondays, Jan 16 & 30, 6:30-8:30pm
2 sessions, \$39 Individual/\$75 Couple
Hassan Elem, Media Center, Door 1
#8110-1W

Shakespeare's Othello: Not Just Black And White

Instructor: Kate Maurer

Shakespeare's Othello: Not Just Black and White, "dives below the surface of this great and accessible Shakespearean tragedy to investigate the motivations, desires, and downfalls of its heroes, rogues, and villains. Text and movie adaptations are the core of the discussion. No prior Shakespeare experience needed.

Tuesdays, Feb 28 & Mar 13, 6:30-8:30pm
2 sessions, \$39 Individual/\$75 Couple
Hassan Elem, Media Center, Door 1
#8110-9W

The African Adventure: From Lucy To Colonization

Instructor: Thomas O'Toole

From human origins through the great civilizations to the slave trades, we will come to see how the African continent and peoples have embraced triumph and tragedy over millions of years in a panoramic study of Africa from anthropological, historical, geographic, cultural, and religious perspectives.

Tuesdays, Jan 17 & 31, 10:00am-12:00pm
2 sessions, \$39 Individual/\$75 Couple
Handke Center, Rm 201, Door 4
#8110-2W

Why Publish?

Instructor: Dara Beevas

Dive into the history of publishing, publishing today, and the proliferation of publishing. Discover what it means to be a writer, and learn about the writing process from a publishing professional from Beavers Pond Press.

Thursdays, Jan 26 & Feb 9, 4:00-6:00pm
2 sessions, \$39 Individual/\$75 Couple
Handke Center, Rm 111, Door 4
#8110-4W

Wine, Women, and Song

Instructor: Mary Beth Huttlin

Although often overshadowed by their male counterparts, women have played a significant role in the development of music throughout history. This course focuses on the work of female composers and performers from the past ten centuries and their acceptance in society.

Mondays, Jan 23 & Feb 6, 6:00-8:00pm
2 sessions, \$39 Individual/\$75 Couple
Rogers MS, Media Center, Door A
#8110-3W

Join our Third Age Mailing list
to receive additional class information.
Call 763-241-3520

Adult Basic Education

Are your basic skills in reading, math and writing a little rusty? Do you need to prepare for training in a different career choice? Are you wanting to go back to school to further your education? Do you want to be able to help your child with homework? If you answered "yes" to any of these questions, then ABE is for you!

Adult Diploma Program

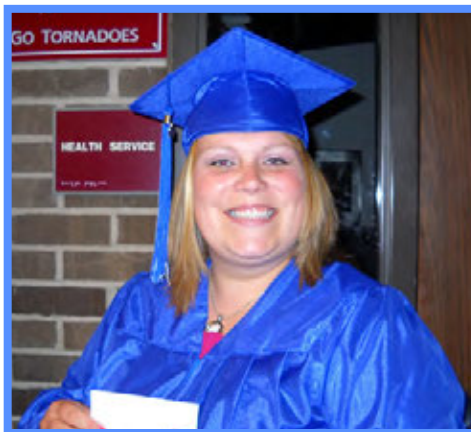
Earn credits to complete your high school diploma! To be eligible, you must be 18 years of age or older and your class has graduated. Upon completion of all graduation requirements, you will receive your high school diploma.

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 on-line, 1:1 help or in a small group setting.

GED Testing Information

- Five exams in the areas of writing skills, social studies, science, literature and mathematics.
- Nearest testing site is Anoka Tech.
- Call 763-433-4054 for schedule and information.
- The cost is \$80 for the entire series of tests; paid at the first session.
- Testing is open to adults 19 years of age and older. Students younger than 19 may apply for an age waiver by contacting the Elk River Learning Lab at 763-241-3400 x5525.



GED Graduation Ceremony

Save the date: June 6, 2012

Graduation is just around the corner. Now is the time to prepare for your GED so you can finish testing by the end of May. Don't put it off until the last minute. Or, you can earn your Adult High School Diploma if you are 18 years of age or older and your high school class has graduated. Call today to

schedule an intake appointment so you can be on your way to a better job, a higher income, or college.

GED-i

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

Mindquest Academy

FREE Online learning for college prep or adult diploma credits

If you've got your sights set on college, but first want to boost your academic skills, then Mindquest Academy is for you! Mindquest is a combination of on-line learning and classroom experience. Study from home any time of the day or night!

- **What the college environment is like**
- **How to use strategies for critical thinking, college reading, writing, and mathematics**
- **What introductory college courses, such as biology, economics, anthropology, public health-and many more-are all about and how to get the most from these courses**
- **How to manage your time; set motivating goals; and organize assignments, readings, and projects**
- **How to use the Internet effectively and complete assignments on the computer**

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.

For more information and to register for any classes on this page, contact Adult Basic Education Coordinator Pam Moriarity at 763-241-3400 x5525.



How Do I Get More Information?

To register or to get more information about any classes listed on these two pages, contact Site Coordinator, Pam Moriarity at 763-241-3400 x5525.

Elk River Learning Lab

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

Coordinator: Pam Moriarity
Instructors: Pat Davis & Sherry Smith

Contact Information:

763-241-3400 x5525
pamela.moriarity@elkriver.k12.mn.us

Class Schedule

Class meeting times are available daytime and evening hours. A personalized schedule will be set during your intake appointment. Call today to schedule an appointment: 763-241-3400 x5525.

Jan 16 Martin Luther King Jr. Day

Feb 20 President's Day

April 2-9 Spring Break

May 28 Memorial Day



ABE/ESL Staff

An ESL Welcome

"Come to our class. Don't be scared. We learn grammar, pronunciation, reading and spelling. The teachers explain things to you. Everyone is friendly. We eat too! Join us!"

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 level.

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 to be determined.

Contact 763-241-3400 x5525.

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. The following opportunities are available: classroom assistant, clerical assistant and technology assistant. Work with individuals or small groups tutoring basic skills or English as a Second Language. Classroom assistants work with individuals. If you would like to learn more about becoming a volunteer, attend an orientation.

Volunteer Orientation

Are you interested but don't know what to expect? What is ESL and GED? What does a volunteer do? Attend an orientation to learn more about the Literacy Volunteer Program and how you can help! Call Glenice Jones at 763-783-4920 for an appointment.

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.

Zap the ACT; Test Preparation **gr 11-12** *Instructor: ZAPs Learning Company*

ACT test scores are widely used in college admissions and scholarship decisions and students who take this workshop have scored high on the ACT. This popular workshop is for all students covers a variety of test-taking skills and strategies. Take home practice tests and a special manual.

Mon/Tue, begins Feb 27, 6:30-9:00pm
 2 sessions, \$89
 Zimmerman MS/HS, Media Center, Door A #3590-1W

Wed/Thu, begins Feb 29, 3:00-5:30pm
 2 sessions, \$89
 Rogers HS, Media Center, Door I #3590-2W

Wed/Thu, begins Feb 29, 6:30-9:00pm
 2 sessions, \$89
 Elk River HS, Rm 168, Door A #3590-3W

Mr. H's History Day Challenge **gr 6-12** *Instructor: Ron Hustvedt*

For middle and high school students (and parents) interested in a History Day project. Students pick a topic and do research, then choose to make a documentary, website, exhibit, paper or performance. Students can advance to regional, state and national competitions with cash prizes.

Tue, Jan 10 & 24, Feb 14 & 21, 6:30-9:00pm
 4 sessions, \$12
 Salk MS, Rm 642, Door S #8127-1W

Did you know?
 Youth ages 15-17
 can participate in any
 adult class as long as
 there is room.

Driver Education Program

age 15+

Do you want to learn to drive and gain your driver's permit? You'll be on your way when you take driver's training from ISD 728 Community Education. Complete 30 hours of classroom instruction required to operate a vehicle in Minnesota in an interactive, engaging classroom. Gain valuable Behind the Wheel training from our experienced, state certified instructors. Flexible registration and pricing allows you to pick the package that is right for you.

Remember, students must be 15 years old by the end of class.

Complete Training Package (includes 30 hrs of classroom and 6 hrs of Behind the Wheel): \$339

Payment plan for Complete Training Package: \$139 down, \$200 by last class.

Classroom instruction only is available for \$75.

Behind the Wheel Training is available for a fee of \$280 as a separate option for students who have completed the classroom training. Please contact our office for these options at 763-241-3520 to register.

Tue/Thu, begins Jan 24, 6:00-9:00pm
 10 sessions
 Elk River HS, Room 325, Door H #3895-10W
 Not meeting Feb 7

Mon-Thu, begins Jan 30, 3:00-6:00pm
 10 sessions
 Rogers HS, Room B103, Door I #3895-11W

Mon-Thu, begins Feb 21, 3:00-6:00pm
 10 sessions
 Zimmerman HS, Room Rm 224, Door A #3895-13W
 Not meeting Mar 12

Mon-Thu, begins Mar 5, 3:00-6:00pm
 10 sessions
 Elk River HS, Room 105, Door H #3895-12W
 Not meeting Mar 12

Tue/Thu, begins Apr 10, 6:00-9:00pm
 10 sessions
 Rogers HS, Room B103, Door I #3895-14P

Mon-Thu, begins Apr 30, 3:00-6:00pm
 10 sessions
 Elk River HS, Room 325, Door H #3895-15P



High School - Competition Cheer Tryouts **gr 8-11**

Show us what you've got and see if you can make the cut for the Elk River Area Competition Cheer Team. If you think you are ready for our team, bring it on and prove it!

Mon-Thu, begins Feb 27, 3:15-4:30pm
 4 sessions, Free
 Rogers MS, Gym A, Door A

Tue-Fri, begins Mar 13, 3:15-4:30pm
 4 sessions, Free
 Salk MS, Commons, Door

Mon-Thu, begins Mar 5, 2:30-4:00pm
 4 sessions, Free
 Zimmerman MS/HS, Cafeteria, Door A

*No pre-registration required. Just show up!



Crescendo Program

Welcome to the Crescendo Music Program! Crescendo features a wide variety of individual and group music opportunities offering classes in Elk River, Rogers and Zimmerman during the daytime and evening hours. In addition, Crescendo partners with local schools bringing middle school ensemble opportunities across the district.

Immediate Openings for Youth:

Private, individual music lessons for voice, piano, guitar, drums, strings, woodwinds and brass are available. Inquire by calling Community Education at 763-241-3520.

Guitar Lessons; Group gr 3-6

Instructor: Michaela Barrett

A fun, easy introduction to playing the guitar including all the fundamentals you need to know how 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.

Sat, Jan 21, 11:00-11:55am
6 sessions, \$55
Handke Center, Band Rm, Door 4 #2130-5W
Not meeting Feb 18

Piano Lessons; Group gr 1-5

Instructor: Michaela Barrett

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!

gr 1-2
Sat, Jan 21, 9:00-9:55am
6 sessions, \$55
Handke Center, Band Rm, Door 4 #2132-5W
Not meeting Feb 18

gr 3-5
Sat, Jan 21, 10:00-10:55am
6 sessions, \$55
Handke Center, Band Rm, Door 4 #2132-6W
Not meeting Feb 18

Clay: Throw, Carve and Create gr 4-7

Instructor: Mary Aguilar

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. Projects can be functional, sculptural or decorative! Projects will be fired after the last class and will need to be picked up after two weeks.

Tue, Feb 21, 6:30-8:30pm
5 sessions, \$65
Handke Center, Art Rm, Door 4 #3360-2W



I Love Clay gr K-4

Instructor: Abrakadoodle

Explore the exciting world of clay in this fun class as you make pinch pots, coil bowls, sculpt animals, and more using a variety of mediums from air dry clay to model magic. Along the way learn about famous artists before etching and painting your designs.

Mon, Jan 30, 3:50-4:50pm
4 sessions, \$59
Rogers Elem, Art Rm, Door 1 #2383-1W
Not meeting Feb 20

Thu, Feb 2, 3:00-4:00pm
4 sessions, \$59
Zimmerman Elem, Art Rm, Door 1 #2383-2W



Kids n' Clay gr 1-3

Instructor: Mary Aguilar

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. Projects will be fired after the last class and will need to be picked up after two weeks.

Tue, Feb 21, 5:30-6:30pm
5 sessions, \$39
Handke Center, Art Rm, Door 4 #2300-2W



NEW Fashion Designer Art Class gr K-4

Instructor: Abrakadoodle ❄️

Are you a fashion designer in the making? If so, this class is for you! You'll be well on your way to becoming a fashionista as you create beautiful interchangeable outfits for paper dolls, tie dye a t-shirt, sew a purse from felt and more. Bring a plain white t-shirt.

Thu, Mar 1, 3:50-4:50pm
4 sessions, \$59
Twin Lakes Elem, Art Room, Door 3 #2384-1W

Mon, Mar 5, 3:50-4:50pm
4 sessions, \$59
Hassan Elem, Art Room, Door 1 #2384-2W

Robin Hood - Prairie Fire Theater age 7-16

Instructor: Prairie Fire Theater

Tear down Sherwood Forest to build a mall? Not if the merry band and other citizens of the forest have a say in this quirky version of Robin Hood. Cast is limited to approximately 70 and up to 100 can audition. 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.

Auditions: Mon, Feb 27, 4:30-6:30pm
Lincoln Elem, Gym, Door 2
Check in: 4:15-4:30pm

Some cast members may need to stay longer on audition night for rehearsal (until 8:30pm)

Refunds: \$35 refunded if not selected. No refund will be given to any participant who auditions, receives a part and then withdraws from the production.

Rehearsals: Tue-Fri, Feb 28- Mar 2, 4:30-8:45pm
Elk River HS, Little Theater, Door H

Performances: Fri, Mar 2, 7:30pm
Sat, Mar 3, 11:00am and 1:30pm
Elk River HS, Little Theater, Door H
6 sessions, \$45 #2080-2W

Dance: Me & My Shadow adult/child, age 2-3

Instructor: Kathy Miller

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.

Mon, Jan 30, 6:00-6:40pm
10 sessions, \$49
Handke Center, Stage, Door 4 #2021-13W

Mon, Jan 30, 10:15-10:55am
10 sessions, \$39
Handke Center, Stage, Door 4 #2021-12W

Mon, Apr 9, 6:00-6:40pm
6 sessions, \$35
Otsego Elem, Gym, Door 4 #2021-14P

Students can stay after school for this activity. Please check-in at the cafeteria with the EdVenture Club Site Leader. Be sure to send a note to school letting them know the student's change in schedule.

Dance: Creative Movement age 3-5

Instructor: Kathy Miller

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.

Mon, Jan 30, 5:15-5:55pm
10 sessions, \$49
Handke Center, Stage, Door 4 #2031-13W

Mon, Jan 30, 11:00-11:40am
10 sessions, \$39
Handke Center, Stage, Door 4 #2031-12W

Mon, Apr 9, 5:15-5:55pm
10 sessions, \$49
Otsego Elem, Gym, Door 4 #2031-14P

NEW Star Wars Art Class gr K-4 ❄️

Instructor: Abrakadoodle

Calling all Star War lovers! Learn how to draw Darth Vader, sculpt Chewbacca from clay, make light sabers, collage a galaxy complete with ships and glow in the dark paint and more. Along the way you'll learn Star Wars trivia and read Star Wars books.

Wed, Feb 15, 3:50-4:50pm
4 sessions, \$59
Otsego Elem, Art Rm, Door 4 #2385-1W

Thu, Apr 12, 3:50-4:50pm
4 sessions, \$59
Meadowvale Elem, Art Rm, Door 7 #2385-2P



Dance: age 4-5 Pre-Ballet & Tap

Instructor: Kathy Miller

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.

Mon, Jan 30, 9:30-10:10am
10 sessions, \$39
Handke Center, Stage, Door 4 #2011-12W

Mon, Jan 30, 6:45-7:25pm
10 sessions, \$49
Handke Center, Stage, Door 4 #2011-13W

Mon, Apr 9, 6:45-7:25pm
6 sessions, \$35
Otsego Elem, Gym, Door 4 #2011-14P

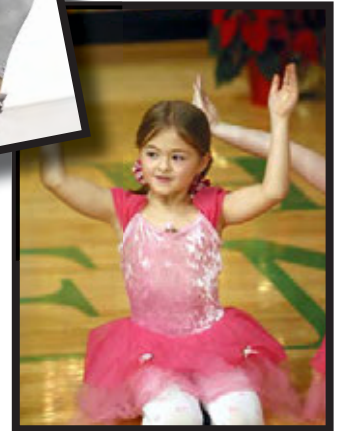
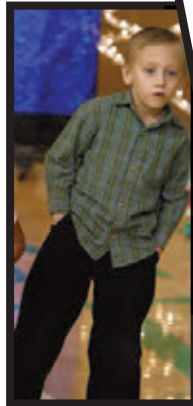
Dance: age 6-9 Ballet & Tap

Instructor: Kathy Miller

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.

Mon, Jan 30, 7:30-8:10pm
10 sessions, \$49
Handke Center, Stage, Door 4 #2001-12W

Mon, Apr 9, 7:30-8:10pm
6 sessions, \$35
Otsego Elem, Gym, Door 4 #2001-14P



Dance: Hip Hop gr K-8

Instructor: Mike Curtis/Cassandra Miller

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.

age 4-5
Thu, Jan 26, 4:00-4:30pm
10 sessions, \$49
Rogers MS, House A/Gym, Door A #2039-11W
Not meeting Mar 15

Thu, Apr 12, 4:00-4:30pm
6 sessions, \$35
Rogers MS, Gym C, Door A #2039-15P

gr K-2
Thu, Jan 26, 4:35-5:15pm
10 sessions, \$49
Rogers MS, House A/Gym, Door A #2039-12W
Not meeting Mar 15

Tue, Jan 31, 4:15-4:55pm
10 sessions, \$49
VandenBerge MS, Cafeteria, Door N #2039-14W

gr K-2
Thu, Apr 12, 4:35-5:15pm
6 sessions, \$35
Rogers MS, Gym C, Door A #2039-16P

gr 3-5
Thu, Jan 26, 5:20-6:00pm
10 sessions, \$49
Rogers MS, House A/Gym, Door A #2039-13W
Not meeting Mar 15

Tue, Jan 31, 5:00-5:40pm
10 sessions, \$49
VandenBerge MS, Cafeteria, Door N #2039-15W

Thu, Apr 12, 5:20-6:00pm
6 sessions, \$35
Rogers MS, Gym C, Door A #2039-17P

gr 6-8
Thu, Jan 26, 3:00-3:55pm
10 sessions, \$49
Rogers MS, House A/Gym, Door A #3039-10W
Not meeting Mar 15

Tue, Jan 31, 3:10-4:10pm
10 sessions, \$49
VandenBerge MS, Cafeteria, Door N #3039-11W

Thu, Apr 12, 3:00-3:55pm
6 sessions, \$35
Rogers MS, Gym C, Door A #3039-14P

General Dance Information

Handke dance classes will share what they have learned with family and friends at a recital on April 2 at 7:00pm. There will be no classes that day. Dance classes at Rogers Middle School will have the same opportunity on March 30 at 7:00pm. Further details available at class.

Safe

Convenient

Fun!

Affordable

EdVenture Club

8 locations Open 6am-6pm



A quality ISD 728 Community Education program that provides a **safe**, supervised environment that ensures students have a good time and parents do not have to worry.

With **8 convenient** locations you are sure to find a site and schedule that fit your hectic lifestyle.
 Hassan
 Meadowvale
 Otsego
 Parker
 Rogers
 Twin Lakes
 Westwood
 Zimmerman

We understand that care programs can be costly. Call **TODAY** to speak with one of our friendly staff about how we can help **YOU & your family** take advantage of this **affordable** program.

From activities to academics, EdVenture Club has it all, before & after school! Watch your child grow with us in this **fun**, energizing environment.

Register with ISD 728 Community Education
www.728communityed.com 763-241-3520
 Part of the ISD 728 School District

Morning Program:

Students attend between 6:00am and school starting time Monday through Friday. A variety of games, cards, gym time, playground, and other choices are available. Enrichment activities are planned up to 3 times per week. Snack and juice are provided daily.

Afternoon Program:

Students can attend after school until 6:00pm Monday-Friday. Each day includes enrichment activities as well as a snack and juice. See schedule at your site for weekly activities.

Non-School Days Program:

Enrichment day camp formats are available from 9:00am-3:00pm with 6:00am-6:00pm option. Students are divided by grade levels for enrichment topics as well as structured physical activity classes.

*Elk River, Otsego & Rogers Schools

Before School 6:00am to school start time

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

After School to 6:00pm

Full-time (4-5 days)	\$48/week
Part-time (2-3 days)	\$35/week
PM One-Day rate	\$18/day

*Zimmerman Schools

Before School 6:00am to school start time

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

After School to 6:00pm

Full-Time (4-5 days)	\$48/week
Part-Time (2-3 days)	\$35/week
PM One-day rate	\$18/day

Non-School Days (All schools)

Enrichment Only (9am-3pm)	\$29/day
Extended Hours (6am-6pm)	\$38/day

District Scheduled 2-Hour Late Start Days

Extended morning care

Ongoing EdVenture Families	add \$8
Non-EdVenture Club Families	\$14

***EdVenture Club is offered at every elementary school in the district, except Lincoln Elementary.**

Parker Elementary - Also serves Lincoln & St. Andrew's Elementary Schools

Rogers Elementary- Also serves Mary Queen of Peace & Kaleidoscope Elementary Schools.

Zimmerman Elementary - Also serves Westwood in the afternoon only.

After School Special EdVentures

gr K-5

Stay after school and join us for an afternoon of fun activities. Please dress appropriately for painting activities. Students should report to the gym.

Parents should send a note to school informing staff that the student is staying after school.

Lincoln students will wait in front of the Lincoln office and will be walked to Parker by Community Education staff.

Lincoln parents should pick up their students at Parker.

EdVenture Club families: Please check with your site leader to see when these Special EdVentures (included in your fee) are held at your EdVenture Club site.



Round My Heart gr K-5

The perfect container to store your valentines, candy or favorite things. Paint and personalize to make it your own. You'll also enjoy a yummy snack.

2999-4W	Westwood Elem	Gym, Door 1
	Mon, Feb 6	3:00-5:00pm
2996-4W	Zimmerman Elem	Cafeteria, Door 1
	Mon, Feb 6	3:00-5:00pm
2998-4W	Hassan Elem	Gym, Door 1
	Tue, Feb 7	3:45-5:45pm
2995-4W	Parker Elem	Gym, Door 3
	Tue, Feb 7	3:45-5:45pm
2993-4W	Otsego Elem	Gym, Door 4
	Wed, Feb 8	3:45-5:45pm
2992-4W	Twin Lakes Elem	Gym, Door 3
	Wed, Feb 8	3:45-5:45pm
2994-4W	Meadowvale Elem	Cafeteria, Door 7
	Thu, Feb 9	3:45-5:45pm
2997-4W	Rogers Elem	Gym, Door 1
	Thu, Feb 9	3:45-5:45pm

★ 1 session, \$12 Early Bird/\$15 after Jan 23

Here Comes the Sun

gr K-5

Spring has arrived and these colorful sun catchers that you paint will look great hanging in any window. You'll also create a delicious treat to eat.

2999-5P	Westwood Elem	Gym, Door 1
	Mon, Mar 19	3:00-5:00pm
2996-5P	Zimmerman Elem	Cafeteria, Door 1
	Mon, Mar 19	3:00-5:00pm
2998-5P	Hassan Elem	Gym, Door 1
	Tue, Mar 20	3:45-5:45pm
2995-5P	Parker Elem	Gym, Door 3
	Tue, Mar 20	3:45-5:45pm
2993-5P	Otsego Elem	Gym, Door 4
	Wed, Mar 21	3:45-5:45pm
2992-5P	Twin Lakes Elem	Gym, Door 3
	Wed, Mar 21	3:45-5:45pm
2994-5P	Meadowvale Elem	Cafeteria, Door 7
	Thu, Mar 22	3:45-5:45pm
2997-5P	Rogers Elem	Gym, Door 1
	Thu, Mar 22	3:45-5:45pm

★ 1 session, \$12 Early Bird/\$15 after Mar 5

★Save \$\$... use Early Bird Pricing!

Non-School Days gr K-5

Fun enrichment activities and outings are offered on days that school is not in session.

These are full-day activities held 9am-3pm that are planned in a day camp format. Extended hours are available for your drop-off and pick-up convenience; the sites are open 6am-6pm.

Non-School Days

Jan 16, 27

Feb 20

March 29 (Kindergarten only), 30

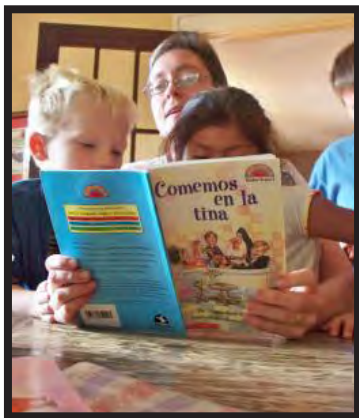
Apr 2-5, 9

Additional details and registration information are available on-line at www.728communityed.com.

District -Scheduled Late Start Day gr K-5

ISD 728 elementary schools have a 2-hour late start day on April 10. Plan to have your child join EdVenture Club students for a morning of fun. Attend from 6:00am until school starts. We will have activities planned to include enrichment, gym and choice alternatives. Snack and juice provided.





¡Vamos a viajar! (Let's Travel!) gr K-5

Instructor: Futura Language Professionals

Explore and delve into a Central American adventure with ¡Vamos a viajar! (Let's Travel!). You will "board" planes, trains and automobiles, learning key travel and transportation phrases in Spanish. Pack your suitcases, because each week will be packed full of REAL WORLD SPANISH!

Mon, Jan 23, 3:50-4:50pm
8 sessions, \$129
Twin Lakes Elem, Lounge, Door 3 #2204-4W
Not meeting Feb 20

Tue, Jan 24, 3:50-4:50pm
8 sessions, \$129
Meadowvale Elem, Media, Door 7 #2204-5W

Wed, Jan 25, 3:50-4:50pm
8 sessions, \$129
Hassan Elem, Lounge, Door 1 #2204-6W

Students can stay after school for this activity. Please check-in at the cafeteria with the EdVenture Club Site Leader. Be sure to send a note to school letting them know the student's change in schedule.

Tutoring gr K-8

Instructor: Licensed Teachers

Is your child struggling with a specific subject or school in general? We can help. Support and preparation provided by our licensed teacher will boost the skills needed for success. Focused on individualized needs and scheduled at District 728 schools. Contact Community Education at 763-241-3520 for additional information. Individualized, one-hour instruction in eight weekly sessions is \$295.



GRASP - Summer Academic Math and Reading gr K-8

Instructor: CE Staff

Maintain your child's reading and/or math skills during the summer. Lessons are mailed to you starting early June 2012 and take approximately one hour to complete. Submit lessons weekly and qualify for prizes at the end of the summer. Lessons are individualized by grade level; please order for student's 2011-12 grade. If you are ordering for a different grade, include information in 'notes' section of registration form. We cannot exchange or return incorrect materials. Save by registering by Mar 9. Deadline for registration is May 11.

\$35 Early Bird/\$39 after Mar 9
Math #2500-1P
Reading #2500-2P



Extreme LEGOS: Pulleys gr K-3

Instructor: Youth Enrichment League

Build a crane, a clown sign, design your own conveyor belt and use these projects to investigate basic pulleys concepts including: direction of rotation, increased speed with fixed, movable and compound pulleys. We may even try to build the world's longest conveyor belt made of LEGOs!

Tue, Mar 20, 4:15-5:15pm
4 sessions, \$49
Twin Lakes Elem, Music Rm, Door 3 #2574-1W
Not meeting Apr 3

Wed, Mar 21, 4:15-5:15pm
4 sessions, \$49
Parker Elem, Music Rm, Door 3 #2574-2W
Not meeting Apr 4

Mon, Mar 26, 4:15-5:15pm
4 sessions, \$49
Hassan Elem, Music Rm, Door 1 #2574-3W
Not meeting Apr 2,9

Tue, Apr 24, 4:15-5:15pm
4 sessions, \$49
Zimmerman Elem, Music Rm, Door 1 #2574-4P

Wed, Apr 25, 4:15-5:15pm
4 sessions, \$49
Meadowvale Elem, Music Rm, Door 7 #2574-5P

Mon, May 7, 4:15-5:15pm
4 sessions, \$49
Rogers Elem, Music Rm, Door 1 #2574-6P
Not meeting May 28

Extreme LEGOS: Wheels gr K-3

Instructor: Youth Enrichment League ❄️

Start you engines! Learn to build the fastest racer on your block! Utilizing different Wheel & Axle mechanisms investigate how to drive faster, for longer distances, or just plain better. Plus race against your classmates. New and returning students welcome!

Mon, Jan 23, 4:15-5:15pm
4 sessions, \$49
Hassan Elem, Music Rm, Door 1 #2572-1W

Tue, Jan 24, 4:15-5:15pm
4 sessions, \$49
Twin Lakes Elem, Music Rm, Door 3 #2572-2W

Wed, Jan 25, 4:15-5:15pm
4 sessions, \$49
Parker Elem, Music Rm 108, Door 3 #2572-3W

Tue, Feb 21, 4:15-5:15pm
4 sessions, \$49
Zimmerman Elem, Music Rm, Door 1 #2572-4W

Wed, Feb 22, 4:15-5:15pm
4 sessions, \$49
Meadowvale Elem, Music Rm, Door 7 #2572-5W

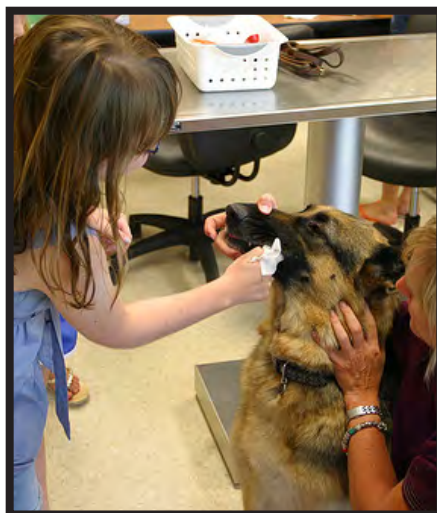
Mon, Feb 27, 4:15-5:15pm
4 sessions, \$49
Rogers Elem, Music Rm, Door 1 #2572-6W

Video Game Animation: Nintendo Games gr 3-5

Instructor: Computer Explorers

Create your own customized Video Game using Nintendo characters including Pokémon, Super Mario Brother and Lego Star Wars. You will learn to make characters move, interact with each other, change backgrounds, add music and other amazing features using programming language created by the MIT Media Lab.

Thu, Feb 16, 3:50-5:20pm
4 sessions, \$65
Rogers Elem, Lounge, Door 1 #2581-1W



Jr. Veterinarian Mini-Camp gr 3-5

Instructor: Megan Youngs

Do you love animals and dream about working in veterinary medicine in the future? Here's your chance to go behind the scenes. Study x-rays, practice exam techniques, interact with live animals, gain confidence in caring for your pets and safety around all animals. Classes fill quickly, so sign up today!

Fri, Jan 27, 9:00am-12:00pm
1 session, \$19
Minnesota School of Business, Lobby #2540-6W

Jr. Medical Camp gr 4-7

Instructor: Julie Mader

Interested in a career in the medical field? Get a behind the scenes look in this hands-on sessions using a microscope to view hair, fibers and blood. Collect and grow germs in a germ box! Practice difference medical scenarios such as cleaning a wound, vision screenings and other procedures.

Fri, Jan 27, 9:00am-12:00pm
1 session, \$19
Minnesota School of Business, Lobby #2542-1W

Girls Can Series!

Girls Can! parent/child **Author: Sheila Waldman**

You & all the girls in your life will not want to miss this opportunity to be inspired to step out and fulfill your dreams! Sheila is a delightful role-model who will share her secrets and stories of how she has conquered her fears and decided that girls can do anything!

Saturday, Jan 14, 11:00am-12:00pm
1 session, \$6 per person
Reading Frenzy Bookstore, Zimmerman #8333-1W

... and she sparked parent/child **Author: Joan Steffend**

Join author and TV personality, Joan Steffend as she talks about her best-selling book, ...and She Sparkled! It's the magical story of a girl realizing the importance of being true to herself and following her dreams. You will be inspired, in tears, and LOVE this personal time with Joan and the girls in your life.

Sat, Feb 18, 11:00am-12:00pm
1 session, \$6 per person
Reading Frenzy Bookstore, Zimmerman #8333-2W

Secrets to Success parent/child **Author: Al Coleman**

Join lawyer, author & motivational speaker, Al Coleman. Al inspires men and young boys to achieve success without sacrificing who they are. He will share insights and show that success is not a matter of birthright or luck, it is available to every boy.

Sat, Feb 11, 11:00am-12:00pm
1 session, \$6 per person
Reading Frenzy Bookstore, Zimmerman #8332-1W



Jedi Movie Making gr 1-5

Instructor: Computer Explorers

From a galaxy far, far away, Star Wars comes to life! Pick your characters to star in a mini-movie ...the possibilities are endless. Star Wars action figures, legos and backdrops will be available. Handle all of the technical details including using a digital movie camera, stop-motion animation and adding special effects.

Tue, Feb 21, 3:50-5:20pm
4 sessions, \$65
Hassan Elem, Lounge, Door 1 #2582-1W

Thu, Apr 12, 3:50-5:20pm
4 sessions, \$65
Twin Lakes Elem, Lounge, Door 3 #2582-2P

Chess Club gr K-6

Instructor: Twin Cities Chess Club

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.

gr K-6
Sat, begins Jan 21, 10:00-11:00am
6 sessions, \$59
Handke Center, Rm 212, Door 4 #3400-2W

gr K-5
Thu, begins Jan 26, 4:00-5:00pm
6 sessions, \$59
Rogers Elem, Media, Door 1 #3400-1W

American Girl Party gr K-5

Instructor: Donna Beaudry

Join the party as we celebrate history with American Girls. Have fun with cool crafts, awesome games and sample food from each period of history. Bring your doll (optional) and wear clothes suitable for crafts. Watch for American Girls, Julie and Molly, in the spring!

Kit: Discover the challenges of being a kid during the Great Depression

gr K-1
Sat, Jan 21, 9:00-10:15am
1 session, \$15
Handke Center, Lounge, Door 4 #2430-1W

gr 2-5
Sat, Jan 21, 10:30am-12:30pm
1 session, \$19
Handke Center, Lounge, Door 4 #2430-2W

Cecile & Marie Grace: It's time for the festivities of Mardi Gras in New Orleans

gr K-1
Sat, Feb 11, 9:00-10:15am
1 session, \$15
Rogers MS, Rm 561, Door A #2430-3W

gr 2-5
Sat, Feb 11, 10:30am-12:30pm
1 session, \$19
Rogers MS, Rm 561, Door A #2430-4W

Rebecca: What's it like growing up in a Jewish family in New York City?

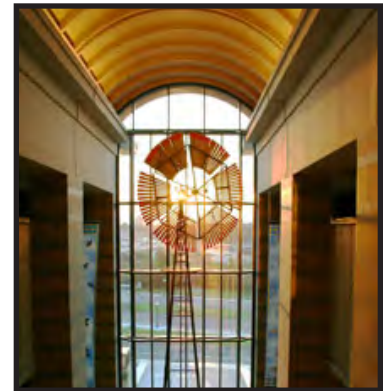
gr K-1
Sat, Mar 24, 9:00-10:15am
1 session, \$15
Handke Center, Lounge, Door 4 #2430-5W

gr 2-5
Sat, Mar 24, 10:30am-12:30pm
1 session, \$19
Handke Center, Lounge, Door 4 #2430-6W

5th & 6th Grade Party gr 5-6

Grab your friends and dance the night away, play basketball or other games. Concessions are available, so bring spending money. Parents: Please do not drop your child off before 6:45pm and be at the school by 9:00pm for pick up. Early release is allowed if child knows to be at the table and you check them out. Volunteers needed! Please contact Theresa Heinkel at 763-291-5676.

Fri, Jan 20, 7:00-9:00pm
1 session, \$5 pay at door
Salk MS, Gym, Door U



NEW MN History Center "1968: The Year That Rocked The World" Trip gr 6-8

An interactive museum with both permanent and changing exhibits. This outing will include admission to the History Center and admittance to the play, "1968: The Year That Rocked The World." For more information go to <http://www.minnesotahistorycenter.org/exhibits/1968>

Sun, begins Jan 29, 11:00am-6:00pm
1 session, \$12/student, \$15/adult, \$45/family (max 2 adults per family)
VandenBerge MS, Parking Lot (bus pickup) #6350-1W

Babysitting age 11+

Instructor: CE Staff

New to babysitting? Looking for ways to polish your skills? Gain the knowledge every babysitter should have. Develop safe, fun and educational activities, focus on preventing accidents and learn to care for various ages of children. Receive a handbook, resources from various agencies and a certificate of completion. Bring a lunch.

Sat, Feb 11, 9:00am-4:00pm
1 session, \$49
Handke Center, Lounge, Door 4 #2600-12W

Sat, Mar 3, 9:00am-4:00pm
1 session, \$49
Rogers HS, Rm B106, Door I #2600-13W

Mon, Apr 2, 9:00am-4:00pm
1 session, \$49
Zimmerman Elem, Art Rm, Door 1 #2600-14P

Sat, May 5, 9:00am-4:00pm
1 session, \$49
Handke Center, Lounge, Door 4 #2600-15P

Home Alone gr 3-6

Instructor: CE Staff

Will you be home alone after school or for short periods of time? 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.

Sat, Feb 25, 8:00am-12:00pm
1 session, \$35
Handke Center, Lounge, Door 4 #2604-6W

Mon, Apr 9, 8:00am-12:00pm
1 session, \$35
Rogers Elem, Lounge, Door 1 #2604-7P



Ski & Snowboard Club gr 6-9

Join your friends on the slopes of Powder Ridge. This club is great if you enjoy skiing or snowboarding. This club 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). A student waiver must be completed by parent/guardian for this trip.

3 sessions, Fee covers all weeks
\$130 – Lift only
\$175 - Lift w/Ski Rental
\$195 - Lift w/Snowboard Rental
\$9 - Helmet Rental

Mon, Jan 23, 2:30-9:45pm
Zimmerman MS/HS, Cafeteria, Door A #3250-4W

Mon, Jan 23, 3:15-9:00pm
Rogers MS, Cafeteria, Door A #3250-1W

Mon, Jan 23, 3:10-9:15pm
VandenBerge MS, Cafeteria, Door N #3250-2W

Mon, Jan 23, 3:00-9:15pm
Salk MS, Cafeteria, Door S #3250-3W

*Salk students will return to VandenBerge.

Ski & Snowboard Trip gr 6-9

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 food from home or money to purchase dinner. Check in right after school. A student waiver must be completed by parent/guardian for this trip.

1 session
\$35 – Lift only
\$39 – Lift w/Ski Rental
\$45 - Lift w/Board Rental

Mon, Feb 27, 2:30-9:45pm
Zimmerman MS/HS, Cafeteria, Door A #6339-4W

Mon, Feb 27, 3:15-9:00pm
Rogers MS, Cafeteria, Door A #6339-1W

Mon, Feb 27, 3:10-9:15pm
VandenBerge MS, Cafeteria, Door N #6339-2W

Mon, Feb 27, 3:00-9:15pm
Salk MS, Cafeteria, Door S #6339-3W

*Salk students will return to VandenBerge.



Karate age 4-12

Studies have found that children in martial arts have an increased sense of responsibility, a decrease in the willingness to take foolish risks and a higher self-esteem. Choose martial arts to supplement your children's education and see how your kids can benefit too.

age 4-6

Tue/Thu, begins Jan 24, 6:25-6:55pm

6 sessions, \$39

Handke Center, Music Rm, Door 4 #2662-1W

Not meeting Feb 7

Mon/Wed, begins Jan 30, 6:25-6:55pm

6 sessions, \$39

Roger MS, House A, Door A #2662-3W

age 7-12

Tue/Thu, begins Jan 24, 7:00-7:45pm

6 sessions, \$49

Handke Center, Music Rm, Door 4 #2662-2W

Not meeting Feb 7

Mon/Wed, begins Jan 30, 7:00-7:45pm

6 sessions, \$49

Rogers MS, House A, Door A #2662-4W

Students can stay after school for this activity. Please check-in



at the cafeteria with the

EdVenture Club Site Leader. Be

sure to send a note to school letting

them know the student's change

in schedule.

Jump Rope & Jive gr K-5

Jump into the fun! This skills class will teach beginning, intermediate and advanced rope jumping for singles and partners as well as long ropes and Double Dutch. You will get to show off your skills during the Girls' Varsity basketball game on Fri, Feb 24 (more information at class). Parents, send note with your child to inform the school of a change in your child's schedule.

Mon/Wed, begins Feb 6, 4:00-6:00pm

6 sessions, \$29

Meadowvale Elem, Gym, Door 7 #2652-1W



Fencing age 6-15

Instructor: MN Swordplay

The program will introduce you to the fundamentals of fencing with an emphasis on skills such as building concentration and self-discipline through activities that are developmentally appropriate. Equipment provided.

age 6-10

Thu, begins Jan 19, 6:00-7:00pm

6 sessions, \$95

Salk MS, Cafeteria, Door S #2667-1W

Thu, begins Mar 1, 6:00-7:00pm

6 sessions, \$95

Lincoln Elem, Cafeteria, Door 2 #2667-2W

age 11-15

Thu, begins Jan 19, 6:00-7:00pm

6 sessions, \$95

Salk MS, Cafeteria, Door S #3267-1W

Thu, begins Mar 1, 6:00-7:00pm

6 sessions, \$95

Lincoln Elem, Cafeteria, Door 2 #3267-2W

After School Open Gym gr 6-8

Spend an afternoon with your friends at Open Gym. Brush up on your basketball, volleyball or other skills while having fun and hanging out with others who enjoy sports just as much as you do.

Wed, begins Jan 18, 3:15-5:00pm

11 sessions, \$15 pre-registered pass/\$2 per day

Pay at door

VandenBerge MS, Small Gym, Door N #3015-2W

Not meeting Feb 29



Dodge Games gr 6-8

Stay after school for some awesome games in the gym. The group will be divided each day to play a variety of different Dodge Ball-type games and activities.

Thu, begins Feb 16, 3:15-4:30pm

4 sessions, \$15

Salk MS, Gym 308, Door U #3025-3W



3:3 Basketball gr 6-8

Stay after school for 3 on 3 basketball. Skill practice followed by games will be a relaxed and fun after school activity.

Thu, begins Feb 16, 3:15-4:30pm

5 sessions, \$15

Rogers MS, Gym A, Door A #3006-1W





High School - Competition Cheer Tryouts gr 8-11

Show us what you've got and see if you can make the cut for the Elk River Area Competition Cheer Team. If you think you are ready for our team, bring it on and prove it.

Mon-Thu, begins Feb 27, 3:15-4:30pm
4 sessions, Free
Rogers MS, Gym A, Door A

Mon-Thu, begins Mar 5, 2:30-4:00pm
4 sessions, Free
Zimmerman MS/HS, Cafeteria, Door A

Tue-Fri, begins Mar 13, 3:15-4:30pm
4 sessions, Free
Salk MS, Commons, Door

*No pre-registration required. Just show up!

MS Track gr 6-8 Junior Golf gr K-5

IT'S FINALLY SPRING! Experience great competition during meets with other area schools and socialize with other middle school students. Our coaching staff is great, you'll have fun and work hard while training.

Mon-Thu, begins Apr 16, 3:15-5:00pm
18 sessions, \$99
Rogers MS, Gym Hallway #3008-1P

Mon-Thu, begins Apr 16, 3:15-5:00pm
18 sessions, \$99
VandenBerge MS, Cafeteria #3008-2P

Mon-Thu, begins Apr 16, 3:15-5:00pm
18 sessions, \$99
Salk MS, Commons #3008-3P

Learn a game that you can play forever. Lessons led by professionals from the After School Golf Academy. Individual attention with focus on grip, stance and swing fundamentals, pointers on the long and short game and etiquette, rules and an explanation of the game covered. Equipment provided.

Tue, begins Feb 14, 4:00-5:00pm
4 sessions, \$49
Twin Lakes Elem, Gym, Door 3 #4365-1W

Thu, begins Mar 1, 5:30-6:30pm
4 sessions, \$49
Lincoln Elem, Gym, Door 2 #4365-2W

Open Swim & Gym all ages

No school and want something to do? Come and swim or hang out in the gym for the afternoon. Fee includes a snack for those who pre-register.

Mon, begins Feb 20, 1:00-3:00pm
1 session, \$2 pre-register/\$3 pay at door
VandenBerge MS, Pool, Door N #3016-2W



Floor Hockey gr 6-8

Floor hockey with friends, what could be better? Hang out and play against different teams each week.

Thu, begins Jan 19, 3:15-4:30pm
4 sessions, \$15
Salk MS, Gym 308, Door U #3035-2W

Winter Penny Carnival

Feeling cooped up? Come to the Penny Carnival! This is a great time to get out, socialize and have some fun. There will be music, games, food, prizes and more. Most activities will cost between 5 and 15 pennies.

Sat, Jan 21, 10:00am-12:00pm
Otsego Elem, Gym, Door 4

Watch for additional sports classes coming home with students!

Did You Know?
Many youth enrichment activities qualify for tax deductions. Check with your financial advisor for further information.

“Come for your child this Winter...Stay for yourself!”



Early Childhood Family Education.

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.

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!

You and Your Baby

(0-12 mos classes are FREE)

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

0-6 Months

Wednesdays, begins Jan 18, 1:30-2:30pm
5 sessions, FREE CLASS
Handke, Rm 9, Door 6 #700W

Wednesdays, begins Feb 29, 1:30-2:30pm
4 sessions, FREE CLASS
Handke, Rm 9, Door 6 #701W

6-12 months

Fridays, begins Jan 20, 11:00-12:00pm
4 sessions, FREE CLASS
Handke, Rm 9, Door 6 #702W

Fridays, begins Mar 2, 11:00-12:00pm
4 sessions, FREE CLASS
Handke, Rm 9, Door 6 #703W

0-12 Months (evening)

Mondays, begins Jan 23, 5:00-6:00pm
4 sessions, FREE CLASS
Handke, Rm 9, Door 6 #704W

Mondays, begins Feb 27, 5:00-6:00pm
4 sessions, FREE CLASS
Handke, Rm 9, Door 6 #705W

Moving and Exploring - That's a Toddler

Your child wants to experience everything—to build and knock down, empty, pull apart, feel, twist, squeeze and move quickly from one activity to the next! How do you keep up, keep them safe and still allow them to explore and learn? Play with your toddler in a room geared for toddlers. 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 12-24 Months.

12-18 Months

Thursdays, begins Jan 19, 10:45am-12:00pm
9 sessions, \$50/child or 2 pmts of \$25
Handke, Rm 9, Door 6 #706W

12-24 Months

Wednesdays, begins Jan 18, 10:45am-12:00pm
9 sessions, \$50/child or 2 pmts of \$25
Handke, Rm 9, Door 6 #707W

18-24 Months

Thursdays, Begins Jan 19, 9:00am-10:30am
9 sessions, \$60/child or 2 pmts of \$30
Handke, Rm 9, Door 6 #708W

12-24 Months (evening)

Mondays, begins Jan 23, 6:15-7:30pm
8 sessions, \$45/child or 2 pmts of \$23
Handke, Rm 9, Door 6 #709W

**New to ECFE?
See page 45
for a half-price coupon!**

Infant Massage

Good for you and your baby! (4 wks-6 mos)

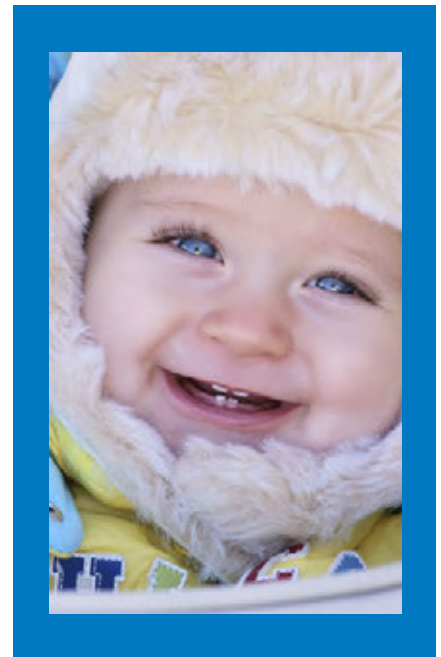
Massage has been shown to benefit both baby and parent. It enhances baby's development, improves digestion and sleep and promotes the bond between baby and parents!

Thursdays, May 3, 10, 17, 1:00-2:00pm
3 sessions, \$14/child or 2 pmts of \$7
Handke, Rm 9, Door 6 #710W

Breastfeeding Basics, for Moms & Dads

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

Thursday, April 19, 6:00-8:00pm
1 session, \$5/Family
Handke, Rm 9, Door 6 #711W



Don't miss ECFE's Family Valentine's Carnival
Friday, February 10, 5:00-8:00pm
Bounce houses, games, food, face painting and more!

On the Go with Twos

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

24-36 Months

Mondays, begins Jan 23, 9:00-10:30am
8 sessions, \$54/child or 2 pmts of \$27
Handke, Rm 5, Door 6 #712W

24-36 Months

Mondays, begins Jan 23, 10:45am-12:15pm
8 sessions, \$54/child or 2 pmts of \$27
Handke, Rm 5, Door 6 #713W



24-36 Months

Tuesdays, begins Jan 17, 10:45am-12:15pm
9 sessions, \$60/child or 2 pmts of \$30
Handke, Rm 5, Door 6 #714W

24-36 Months-Evening

Mondays, begins Jan 23, 6:15-7:30pm
8 sessions, \$45/child or 2 pmts of \$23
Handke, Rm 5, Door 6 #715W

Parent Discussion for all 2's classes are held in another room.

You must pre-register for all classes and for sibling care.

Your 3, 4, 5 Year Old

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 another room for all 3, 4, 5 year old classes.

36-54 Months

Tuesdays, begins Jan 17, 9:00-10:30am
9 sessions, \$60/child or 2 pmts of \$30
Handke, Rm 5, Door 6 #716W



The ECFE Youth Sale date is set!

Mark your calendar for
Saturday April 14th! Elk River
High School 9:00am-1:00pm

Watch for more information
on being a vendor!

Former Governor Al Quie to speak at the Early Childhood Summit! January 31, 2012!

See page 3 for details and
registration information.

"Books & bubbles
were his favorite,
and the farm
animals too!"

— ECFE Parent

Multi-Age Classes -

Birth to Kindergarten entry

If you're looking for a class to attend with one or more of your preschool children, try one of the following!! Enjoy the fun and learning in the classroom with children birth to kindergarten. Then, while children enjoy activities together with the early childhood staff, parents meet with the parent educator for parent discussion. Topics may include parenting children at different developmental ages and stages, sibling relationships, development, family activities, managing time and more. Class begins with parent child time. Discussion will be in another room.

Family Fun Multi-Age Evening

Wednesdays, begins Jan 18, 6:15-7:45pm
9 sessions, \$60/child or 2 pmts of \$30
Handke, Rm 5, Door 6 #717W

T.G.I.F. (Togetherness, Good times, Interaction & Fun) (Birth to Kdgn entry)

Fridays, begins Jan 20, 9:15-10:45am
8 sessions, \$54/child or 2 pmts of \$27
Handke, Rm 5, Door 6 #718W

Multi Age Drop In Play

(Birth to Kindergarten)

Looking for something to do with your child at the last minute? Drop In at ECFE and play in one of the ECFE rooms or in the gym. First come, first serve, space is limited. Family childcare providers need to meet child adult ratios for the children they bring. Purchase a Drop In Play pass for \$10.00. Each time you come we'll punch your card.

\$2/child each time with Pass
\$2.50/child each time without Pass

Thursdays, begins Jan 19
9:30-11:30am
Handke, Rm 5, Door 6

Drop In Play is ongoing during the regular ECFE class schedule. No Drop In Play during break weeks. Call the office for a schedule or pick one up in the room.

Saturday Morning Gym Time!!

(Birth to Kindergarten)

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

2.50/child or 2.00/child with your Play Pass
(see Drop In Playtime for more info on this)

9:30 - 11am	
Handke Gym, Door 4	Sat, Jan 14
Handke Gym, Door 4	Sat, Jan 21*
Handke Gym, Door 4	Sat, Jan 28
Handke Gym, Door 4	Sat, Feb 4
Handke Gym, Door 4	Sat, Feb 11
Handke Gym, Door 4	Sat, Feb 18
Handke Gym, Door 4	Sat, Feb 25
Handke Gym, Door 4	Sat, Mar 3
Handke Gym, Door 4	Sat, Mar 10
Handke Gym, Door 4	Sat, Mar 17
Handke Gym, Door 4	Sat, Mar 24
Handke Gym, Door 4	Sat, Mar 31

*See page 40 for a Storyland Event on Jan 21



Important Trip Info → → → → →
You may bring a stroller. Strollers must fit between the seats. There are no seat belts on the bus and car seats are not allowed. Please be on time for Handke departure, we will not be able to wait past the schedule pick-up time! Return times are approximate for all trips.

Trips... Harold and the Purple Crayon!



We're going to the Children's Theater! One crayon. One character. Go. Take a ride with Harold and his trusty crayon as he hops a ride on a flying saucer, shares a pie with French-speaking critters, and explores the heavens above using stars as stepping stones. This imaginative world-premiere musical uses breathtaking animation, inventive puppetry and an indie-music score to bring Harold's purple-hued world to life, perfect for introducing young children to theatre and captivating their older companions. Bring your lunch and eat there...

Tuesday, Feb 21, 8:30am-1:30pm
Bus Pick-up 8:30am, Handke, Door 6
\$15/person #730W

Registration Deadline is January 10!

Giggle, Giggle, Quack!



The laughs ensue in this magical world premiere adaptation, the latest from

Stages Theatre Company. When Farmer Brown takes a vacation, his brother Bob comes in to watch the farm. "I wrote everything down for you. Just follow my instructions," he is told. Now, if you remember "Click, Clack, Moo: Cows that Type", you will remember a certain very literate (and mischievous) Duck. Guess who finds a pencil and begins writing his own notes for brother Bob to find and follow? (Notes like "Tuesday night is pizza night. The hens prefer anchovies").

Thursday, April 19, 8:30am-12:15pm
Bus Pick-up 8:30am, Handke, Door 6
\$15/person #731W

Check the Website
for updates and additions.

Discovery Learning 2011-12

Unless otherwise noted, all Discovery 4's will have Parent/Child time for 1 hour of class, one time per month. In addition, parents will attend 3 parent discussion sessions: Fall, Winter and Spring.

**Current Discovery Learning
Preschool classes began in
September 2011**

**Limited spaces
are still available**

**For more information
call the ECFE office at
763.241.3524**



Discovery Learning classes are a mix of indoor and outdoor activities that compliment a research based curriculum including literacy, math, science, social studies, arts and technology.

- Classes begin in mid-September and end the 3rd week of May.
- Classes include 30 weeks of programming, excluding break weeks.
- There will be 2 parent/child conferences (one at mid-year, and one in the spring).

Elk River

Discovery 3's (3 by Sep 1, 2011)

7500D Tues/Thurs
9:15-11:15 am
\$90/month
(2 sections)

(Thursdays are parent child days
for these classes)

Discovery 4's (4 by Sep 1, 2011)

7530D Mon/Wed/Fri **FULL**
8:50-11:20 am
\$159/month
(2 sections)

7550D Tues/Wed/Thur
12:50-3:20 pm
\$159/month
(3 sections)

757D Tues/Wed/Thur
3:45-5:45 pm
\$129/month
(1 section)

758D Tues/Thurs **FULL**
5:45-8:00 pm
\$95/month
(1 section)

Zimmerman

Discovery 3's (3 by Sep 1, 2011)

770D Tues/Thurs
9:30-11:30 am
\$90/month
(1 section)

(Tuesdays are parent/child days
for this class)

Discovery 4's (4 by Sep 1, 2011)

771D Mon/Wed/Fri **FULL**
9:00-11:30 am
\$159/month
(1 section)

773D Tues/Wed/Thur **FULL**
12:45-3:15 pm
\$159/month
(1 section)

Rogers

Discovery 3's (3 by Sep 1, 2011)

760D Wed/Fri
9:30-11:30 am
\$90/month
(1 section)

(Fridays are parent/child days
for this class)

Discovery 4's (4 by Sep 1, 2011)

761D Mon/Tues/Thurs **FULL**
9:00-11:30 am
\$159/month
(1 section)

762D Tues/Wed/Thur **FULL**
1:00-3:00 pm
\$159/month
(1 section)

Breakfast in Storyland!



Join us for an exciting morning of breakfast, stories and playtime before taking a journey through Storyland: A Trip Through Childhood Favorites. Relax and enjoy a "good for you" breakfast together in the cafeteria, listen to some favorite childhood stories, play for awhile in an ECFE classroom before visiting the Minnesota Children's Museum's traveling exhibit. These are parent/child activities. You must pre-register with the ECFE office.

Pajama Day

(Birth to 8 yrs)

Come dressed in your pajamas! Parents too!

Saturday, Jan 21, 9:00-10:00am
Handke, Rm 5, Cafe, Gym, Door 6
1 session, FREE #733F

This project funded in part by the Initiative Foundation, a regional foundation.

©2011 Minnesota Children's Museum. All rights reserved. Storyland: A Trip Through Childhood Favorites™ was created by Minnesota Children's Museum with support from the State of Minnesota.

Parent/s or caregiver/s accompany child for all activities on this page. Activities are designed for children ages 2-1/2 yrs to kdgn.

Messy Masterpieces

Your child will transform simple art materials into awesome masterpieces! Come and discover just how creative they are! All the fun of creating a masterpiece and we take care of the messy piece!

Saturday, Jan 14, 10:00-11:30am
Handke, Rm 12, Door 6
1 session, \$5/child #732W

Balls, Balls, Balls!

Calling all ball lovers! Your child will engage in ball art, ball math, ball science, and even ball group time. They will "have a ball" as they go play with balls in the gym!

Friday, Jan 27, 6:00-7:30pm
Handke, Rm 12, Door 6
1 session, \$5/child #733W

Winter Exploration

Your child will paint snow, mold snow, measure snow, investigate for signs of animals, etc. We will start with a circle time inside and then go out and enjoy some outdoor fun! If weather is uncooperative come enjoy indoor activities.

Saturday, Feb 4, 10:00-11:30am
Handke, Rm 12, Door 6
1 session, \$5/child #734W

Pajamarama

Your child will be excited to wear their P.J.'s and bring their stuffed animal to school. Bedtime songs, stories, and activities will ensure a fun night!

Friday, Feb 17, 6:00-7:30pm
Handke, Rm 12, Door 6
1 session, \$5/child #735W

Wheels

If your child is missing driving their wheeled vehicles around come drive our trikes and bikes! You may bring your own "wheels" if you like! We will have a wheel circle time as well as other wheel activities too! Vroom!!!!

Friday, Mar 2, 6:00-7:30pm
Handke, Rm 12, Door 6
1 session, \$5/child #736W

Beach Day!

Grab your shades and sandals it is time to dream that we are at the beach! Every child loves sand, water, and shells. Stories and music will enrich this favorite theme. Be sure and dress like it is summer time!

Saturday, Mar 17, 10:00-11:30am
Handke, Rm 12, Door 6
1 session, \$5/child #737W

The Snowy Day

A Storyland & Nature Playground Event!
(2-1/2 Years to Kindergarten)

Your child will interact with scenes in the Storyland Exhibit from this story you may remember from your childhood. Your child can make an indoor snowman, play in Peter's bedroom, and pretend to walk through the city on the Snowscape set. Your child will have a chance to crunch the snow outside and paint a snowy picture.

Saturday, Jan 7, 10:00-11:30am
Handke, Rm 12, Door 6
1 session, \$5/child #738W

ECFE/SR Advisory Council

The ECFE/SR Advisory Council is made up of parents who volunteer their time and talents for the program. Meetings are held once a month at the Handke Family Center. If you are interested in being a member, contact the ECFE office at 763-241-3524.

2011/12 Members:

Jenny Dupre	Kelly Rogers
Jessie Greenwald	Jennifer Dwyer
Jessica Andreasen	Karee Grupa
Lisa Peterson	Mandy Pietrzak
Melissa Denning	Megan Ebert
Patty Waldvogel	Shauna Coons
Veronica Donatelle	Michelle Rose
Chris Gelhaye	David Sobiech
Sara Burfeind	Beth Bode
April Kiel	Elizabeth Lies
Laura Rike	



Minnesota Reading Corps

Rebecca Dey

I chose to join Minnesota Reading Corps for a second year because I loved all of the teaching tools and ideas that I received being a member. The growth in my students' abilities last year was incredible, and I wanted to continue to learn more ideas to make every minute in the classroom count and to get my students ready for Kindergarten.

My favorite classroom components from Minnesota Reading Corps are the repeated read-alouds and the literacy rich transitions. Repeated read alouds give children the opportunity to hear the same book for several days in a row. We really get into our books this way, the children know nearly every word by the last day, and we take turns being "actors" and put on a show of the story every Thursday. I love seeing the kids remember their "lines" and use their courage to speak in front of their friends and teachers. In addition, the literacy rich transitions keep the children learning every minute. We are always singing a rhyming song, talking about letter sounds, or repeating nursery rhymes. These transitions help our class run smoothly and encourage the children to learn and have fun without even knowing it!

Erin Mathison

This is my 2nd year with MRC. I love working with the children and seeing them grow. Children always surprise me with what they know. We work everyday on letter names, sounds, rhyming and alliteration and to see the kids learn so quickly is truly amazing. It just "clicks" with them, and when they get it, they smile, get excited and want to keep doing it over and over again!

Cassandra Poseley

I heard about MRC when my son was part of it last year. The progress he made was phenomenal, and I wanted to pass that opportunity onto other children. I couldn't be happier that I joined Minnesota Reading Corps as I have already seen growth in the students I work with!

I chose to work with young children and their families when I was in seventh grade. This has been something strong in my heart for a long time. Working with these kids has made me feel like I have an amazing purpose in preparing our children for their futures. Being part of MRC has only heightened my interest and love for teaching.

Elizabeth Blake

I chose to commit a year of service as a Minnesota Reading Corps Member because I want to work with children after completing my degree. I'm enjoying the hands on experience and am learning a lot from the kids, the teachers, the ECFE staff and programs, and MRC. My favorite part of this service is the games I play with the kids to increase their literacy skills and seeing each child grow and blossom into future successful readers!

ECFE and School Readiness

Kathy Simonson
Manager

Lynne Kopitzke
Secretary

Laura Orwoll
Secretary

Julia Nielsen
Marketing

Mary Dwyer
Paula Donnelly
Parent Facilitators & Home Visitors

Kathleen Holthaus
Parent Facilitator & Young Parent Instructor

Nicole Martin
Parent Facilitator

Beth Britt
Parent Facilitator & Child Educator

Cindy Nyquist
Ann Ostby
ECFE Child Educators

Jessica Backlin
Rebecca Dey
Lindsay Dorstad
Tiffany Sorensen
Heather Joyce
Nicole Martin
Angela Talbot
Discovery Learning Instructors

Wanda Anderson
Maureen Bolin
Terry Briggs
Lisa Davis
Linda Potter
Virginia Larsen
Teresa Sizen
Classroom Assistants

Therese Heinkel
Parent Liaison



“The class made me realize I’m not the only single parent!”

— Single Parent participant

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 (241-3524) or contact the school counselor, school nurse or Ivan Sand Community School. Home visits are also available. Co-sponsored by Dist. 728 Ivan Sand Community School and ECFE. Classes are held at Handke Family 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.

Thank you to the Three Rivers Foundation for awarding ECFE grant money to support the Single Parent and Young Parent Programs.



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.

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

A group for families living in Dist. 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. To register or for more information, call the ECFE/SR office at 763-241-3524. **Sherburne County Area United Way funding helps support this program.**

Tuesdays, begins Jan 17, 6:00-8:00pm
No Cost, does not meet Feb 7
Handke, Door 6 #780F



Single Parents and Young Parents are funded in part by the Three Rivers Community Foundation, a component fund of the Initiative Foundation.

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.

Got a Parenting Question? Get an Answer!!!

Call for answers, resources, or help in finding the answers! A parent educator will return your call.

“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.

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.

Invitations have been mailed to families with children turning 4 years old prior to September 1, 2012. Please call the Screening office at 763-241-3525 if you did not receive your invitation or to schedule an appointment.



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 that 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.



Registration for Early Childhood Family Education classes

Register for classes: At the ECFE Office in Room 10 at Handke Family Center 1170 Main St., Elk River, MN –use door 6 (off 4th St.) , by phone at 763.241.3524, by mail, or online at www.728communityed.com . See page 70 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 by September 26, 2010. The full payment is due when you register on-line. We accept VISA and MasterCard. A sliding fee scale is available, see page 45. 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 1 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.

Child Care During ECFE

Child care for brothers and sisters 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.

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.

To request childcare on a one time basis, you must call to check availability at least 1 day prior to the class.

Cost is

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 the ECFE/SR office at 763.241.3524 for more information.



**ECFE's "Economic Stimulus!"
\$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
Preschool Classes, or Drop In Playtimes
Classes subject to space availability

Good for Winter 2012 ECFE classes only #700-799

Don't miss the fun, if \$10 is not enough - let us know!

New to ECFE???

Your first class is 1/2 price!

**Clip this coupon for half off the
class fee for the
ECFE class of your choice!**

Discount does not apply to Discovery Learning
Preschool Classes, or Drop In Playtimes
Classes subject to space availability

Coupon good for Winter 2012 ECFE classes only #700-799

ECFE

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

■ ECFE phone 763.241.3524

■ See below for information on sliding fee scale, available for all ECFE activities and sibling care for ECFE classes.

Online www.728communityed.com

Secure registration 24 hrs/day using Visa, Discover or MasterCard

Fax 763.241.3521

Mail: ECFE

with Visa or MasterCard

1170 Main St., Elk River, MN 55330



See page 54 for registration form

2011/12 DISTRICT 728 ECFE/DISCOVERY LEARNING SLIDING FEE SCALE

The sliding fee scale applies to all ECFE and Discovery Learning preschool and classes. Please note, fees can be waived or reduced at any income level if family circumstances would make payment a hardship. Call the ECFE office at 763 241-3524 if you have any questions about the fee scale or fee waivers. A request form for fee reduction or waiver is available in the ECFE office. Any information collected is confidential. Our goal is to provide affordable, quality programming for all District 728 families.

If your yearly income for household size is at or below the figure listed, fee for the class will be reduced to the amount listed at the top of the column. If your gross yearly household income exceeds the highest amount listed for your family size you would pay the full fee for ECFE/Discovery Classes.

Household size	Waive	1/6 Fee	1/2 Fee	3/4 Fee ***
	(130% of Federal Guidelines)	(185% of Federal Guidelines)	(200% of Federal Guidelines)	(225% of Federal Guidelines)
	Yearly Gross	Yearly Gross	Yearly Gross	Yearly Gross
1	14,157	20,147	21,780	24,503
2	19,123	27,214	29,420	33,098
3	24,089	34,281	37,060	41,693
4	30,055	41,348	44,700	50,288
5	34,021	48,415	52,340	58,883
6	38,987	55,482	59,980	67,478

*** Please note, fees can be waived or reduced at any income level if family circumstances would make payment a hardship. Payment plans can also be arranged. Call the ECFE office at 763 241-3524 if you have any questions about fees. Our goal is to provide affordable, quality programming for all District 728 families. Guidelines are based on HHS Poverty Guidelines and MN Free & Reduced Lunch Guidelines. These may be revised slightly based on poverty/free & reduced guideline updates.

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. Lessons and Pool Activities are held at VandenBerge MS, 948 Proctor Rd, Elk River. Use Door M.

- 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, beverage, candy, or gum is allowed in the pool area.

Parent/Child Level I ages 6mo-3 yrs w/parent

With help from the instructor, you and your child will learn to enter/exit the water safely, float, change positions and how to play safely in the water. Parents 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.

Sun, begins Jan 22, 6:00-6:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1014-1W

Tue/Thu, begins Mar 6, 6:30-6:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1014-2W

Parent/Child Level II ages 6mo-3 yrs w/parent

You and your child will continue to practice skills introduced in the Parent-Child Level I class along with exploring more arm and leg actions that will lead to swimming skills.

Sun, begins Jan 22, 5:30-5:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1015-1W
Not meeting Feb 20

Sun, begins Jan 22, 6:30-6:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1015-2W

Tue/Thu, begins Mar 6, 6:00-6:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1015-3W

Preschool A age 4-5

With the goal of becoming comfortable in the water, skills taught will include enter/exit the water, blow bubbles, submerge face, open eyes under water, 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.

Sun, begins Jan 22, 5:30-5:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1011-1W
Not meeting Feb 20

Sun, begins Jan 22, 6:30-6:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1011-2W

Tue/Thu, begins Mar 6, 6:00-6:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1011-3W

Tue/Thu, begins Mar 6, 7:00-7:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1011-4W



Preschool Level B age 4-5

Children will learn fundamental skills including entering water by stepping in, bobbing, open eyes under water, retrieve submerged objects, front and back floats and glides, roll over, tread water, combined arm and leg actions on front and back, finning and water safety topics. Child must have passed Preschool Level A.

Sun, begins Jan 22, 5:00-5:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1012-1W
Not meeting Feb 20

Sun, begins Jan 22, 6:00-6:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1012-2W

Tue/Thu, begins Mar 6, 5:30-5:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1012-3W

Tue/Thu, begins Mar 6, 6:30-6:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1012-4W

Preschool Level C age 4-5

Build on the skills learned in previous levels and practice in deeper water. Children will learn to enter water by jumping in, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, back float and glide, change direction of travel, tread water, combined arm and leg actions, finning and water safety topics.

Sun, begins Jan 22, 5:00-5:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1013-1W
Not meeting Feb 20

Tue/Thu, begins Mar 6, 5:30-5:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1013-2W

Level I: Intro to Water Skills

Students become more comfortable in the water, enjoy the water safely, learn elementary aquatic skills and develop good attitudes and safe practices around the water.

Sun, begins Jan 22, 5:30-5:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1110-1W
Not meeting Feb 20

Sun, begins Jan 22, 6:00-6:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1110-2W

Sun, begins Jan 22, 6:30-6:55pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1110-3W

Tue/Thu, begins Mar 6, 7:00-7:25pm
8 sessions, \$39
VandenBerge MS, Pool, Door M #1110-4W



Level II: Fundamental Aquatic Skills

Students explore simultaneous and alternating arm and leg motions on the front and back to lay the foundation for future strokes. Student must have passed Level I.

Sun, begins Jan 22, 5:00-5:50pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1120-1W
Not meeting Feb 20

Sun, begins Jan 22, 6:00-6:50pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1120-2W
Not meeting Feb 20

Tue/Thu, begins Mar 6, 5:30-6:20pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1120-4W

Tue/Thu, begins Mar 6, 6:30-7:20pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1120-5W

Level III: Stroke Development

Build on the skills of Level II. Students will learn to coordinate the front and back crawl, elements of the butterfly, and treading water. Student must have passed Level II.

Sun, begins Jan 22, 5:00-5:50pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1130-1W
Not meeting Feb 20

Sun, begins Jan 22, 6:00-6:50pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1130-2W

Sun, begins Jan 22, 7:00-7:50pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1130-3W

Tue/Thu, begins Mar 6, 5:30-6:20pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1130-4W

Tue/Thu, begins Mar 6, 6:30-7:20pm
8 sessions, \$49
VandenBerge MS, Pool, Door M #1130-5W

Level IV: Stroke Improvement

Improve skills and increase endurance by swimming front & back crawl for greater distances. Continue to build the butterfly stroke and be introduced to the breaststroke, elementary backstroke, elements of the sidestroke and basic turns. Student must have passed Level III.

Sun, begins Jan 22, 7:00-7:50pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1140-1W

Tue/Thu, begins Mar 6, 6:30-7:20pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1140-2W

Level V: Stroke Refinement

Coordination and refinement of all strokes: front crawl, back crawl, butterfly, breaststroke and sidestroke. Students will increase their distance and be introduced to flip turns. Student must have passed Level IV.

Sun, begins Jan 22, 7:00-7:50pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1150-1W

Tue/Thu, begins Mar 6, 5:30-6:20pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1150-2W

The first day of lessons my son was afraid to go into the water. After discussing options, we moved him into a parent/child class. I appreciated the flexibility of the staff.
-Parent

Level VI: Swimming & Skill Proficiency

Refine strokes and swim with more ease, efficiency, power and smoothness over greater distances. Includes skills for lifeguarding and personal water safety and practices the prerequisites for the Lifeguard and Water Safety Instructor.

Sun, begins Jan 22, 5:00-5:50pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1160-1W
Not meeting Feb 20

Sun, begins Jan 22, 7:00-7:50pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1160-2W

Tue/Thu, begins Mar 6, 5:30-6:20pm
8 sessions, \$55
VandenBerge MS, Pool, Door M #1160-3W

Lifeguard Training age 15+

Training you need to be a non-surf lifeguard. Prepares you to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Must be age 15 by last day of class, be able to swim 500 yards continuously using crawl, breast stroke and sidestroke and swim 25 yards to retrieve a brick back to the starting point. Class does not include actual waterfront rescue training, but it is addressed. Includes standard first aid and CPR for the professional rescuer. Fee includes books and materials. Full attendance is required. Bring a lunch and snack along with two towels and swimsuit. Prepare to be in the water everyday.

Fri-Sun, begins Mar 16
Fri 4:00-8:00pm/Sat 9:00am-3:00pm/
Sun 9:00am-3:00pm
6 sessions, \$199
VandenBerge MS, Pool, Door M #1999-1W

Open Swim age 15+

Open swim is lifeguard supervised and for all ages. Children 6 and under who cannot swim 20 yards MUST be accompanied by an adult in the water. One to three children age 6 or under per adult in the water. All children wearing diapers must have swimming diapers. The Open Swim cashier cannot accept bills larger than \$10. Checks are accepted. Groups of 10+, please call ahead: 763-241-3521.

Sun, begins Jan 22, 2:00-4:00pm
17 sessions, Pay at the door
\$3 Students/\$4 Adults/\$10 Family (Immediate family with adult member in the water)
VandenBerge MS, Pool, Door M
Not meeting Apr 8

Lap Swim age 15+

Enjoy this ultimate, low-impact workout where you set the pace. Why pay for club membership when all you need is the pool? Lifeguard supervised.

Tue/Thu, begins Jan 17, 6:00-7:30am
42 sessions, \$5/day, \$45/10 day pass
VandenBerge MS, Pool, Door M

WSI Training age 16+

Training for instructor candidates to teach the American Red Cross Parent/Child, Learn to Swim, Basic Water Rescue and Water Safety Programs. Learn to plan and conduct lessons, evaluate student progress, prepare and submit records and how to use materials and equipment. Must be 16 by the end of class. Full attendance is required.

Fri-Sun, begins Apr 27
Fri 4:00-8:00pm/Sat 9:00am-3:00pm/Sun 9:00am-3:00pm
6 sessions, \$225
VandenBerge MS, Pool, Door M #1997-1P

Private Lessons

all ages

Private Lessons

For students who need individual attention to learn how to swim or improve their skills to pass onto the next level of swim lessons. Focus will be on the individual's personal goals.

Sun, begins Jan 22, 4:15-4:45pm
6 sessions, \$149
VandenBerge MS, Pool, Door M #1301-1W
Not meeting Feb 20

Semi-Private Lessons

For students who need individual attention to learn how to swim or improve their skills to pass onto the next level of swim lessons. Focus will be on the individual's personal goals.

Sun, begins Jan 22, 4:15-4:45pm
6 sessions, \$79
VandenBerge MS, Pool, Door M #1302-1W
Not meeting Feb 20

Rogers Recreation is sponsored by the City of Rogers and administered by
ISD 728 Community Education. Your input and suggestions are always welcome.

Ball Hockey gr K-5

Have a great time with friends while learning basic ball hockey skills through fun games and drills. Except for the first night, scrimmages will be played the last 15 minutes of each class that parents may observe.

gr K-1

Mon, begins Feb 27, 5:45-6:30pm

5 sessions, \$29

Rogers Elem, Gym, Door 1

#4255-1W

gr 2-5

Mon, begins Feb 27, 6:40-7:25pm

5 sessions, \$29

Rogers Elem, Gym, Door 1

#4255-2W

Basketball gr K-5

Basketball is a sport that is great for everyone. Benefits include increased confidence, coordination and social skills. Each day will include individual and team drills, mini games and scrimmages. Wear comfortable clothes and gym shoes.

gr K-1

Mon, begins Feb 6, 5:30-6:15pm

5 sessions, \$29

Hassan Elem, Gym, Door 1

#3223-1W

Not meeting Feb 7

gr 2-5

Mon, begins Feb 6, 6:25-7:10pm

5 sessions, \$29

Hassan Elem, Gym, Door 1

#3223-2W

Not meeting Feb 7

Cross Country Ski age 13+

Register with family or friends to learn to cross country ski. Instructor will go through the basics and take you out for a pleasant evening on the trails. Participants age 13-15 must attend with a paid & participating adult.

Fri, begins Feb 10, 6:30-8:00pm

1 session, \$10

Elm Creek Park, Chalet

#4185-1W

Ski Rental available at Elm Creek on day of event;

\$8 payable to Elm Creek.



Floor Hockey gr K-5

Come play floor hockey in the new After School Sports program. Work on fundamentals of hockey while playing mini-games and scrimmages. Wear comfortable clothing and gym shoes. Check in after school in the gym.

gr K-1

Tue-Fri, begins Jan 17, 4:00-5:00pm

4 sessions, \$19 early bird / \$25 after Jan 7

Rogers Elem, Gym, Door 1

#4355-1W

Mon-Thu, begins Jan 23, 4:00-5:00pm

4 sessions, \$19 early bird / \$25 after Jan 13

Hassan Elem, Gym, Door 1

#4355-4W

gr 2-5

Tue-Fri, begins Jan 17, 4:00-5:00pm

4 sessions, \$19 early bird / \$25 after Jan 7

Hassan Elem, Gym, Door 1

#4355-3W

Mon-Thu, begins Jan 23, 4:00-5:00pm

4 sessions, \$19 early bird / \$25 after Jan 13

Rogers Elem, Gym, Door 1

#4355-2W



Fit & Fun gr 1-6

Spend time playing games and doing activities that are so fun you won't believe they are good for you. We'll even try to fit in some games you suggest. After taking a break to discuss good food choices, we'll make a snack and then return to the gym for more fun.

gr 1-3

Mon, begins Feb 20, 8:30-11:30am

1 session, \$19

Rogers MS, Gym, Door A

#4460-1W

gr 4-6

Mon, begins Feb 20, 12:30-3:30pm

1 session, \$19

Rogers MS, Gym, Door A

#4460-2W

"I love working with the basketball program. The kids learn so much and play well together. It is more than learning basketball, it is learning teamwork."

-Instructor

Check Hotline Number
for possible inclement weather
cancellations
of activities or late
return time from outings.
612.253.5109

Gymnastics

age 18mo-5+yrs

A fun and safe instructional gymnastics program led by highly qualified and well-trained coaches.

Age 18 months-2yrs w/parent:

This fun and instructional program will allow you and your toddler to interact in an active environment. With the assistance of the instructor(s) and you, your toddler will learn listening skills, coordination and cooperation with peers. Basic positions may be introduced.

Age 3-5yr w/parent

This instructional program allows you and your toddler to interact in a fun environment. With your help and the assistance of the instructor(s), your toddler will learn listening skills, coordination and cooperation. Basic positions may be introduced.

Age 5+

Your child will love this program, designed to teach basic gymnastics skills, terms and positions in a fun and friendly environment. Added benefits are improved listening skills, coordination and cooperation. Observers are welcome the first and last day of the program.

ATTENTION PARENT/CHILD CLASSES:

Only one parent is allowed in the class per child. Other children are not allowed to be in the gym. Parents will need to sign a waiver form during the first class.

age 18 mos - 2 yrs w/parent

Wed, begins Feb 1, 4:20-4:50pm
5 sessions, \$29
Rogers Elem, Gym, Door 1
#4201-1W

age 3-5 w/ parent

Wed, begins Feb 1, 4:55-5:40pm
5 sessions, \$39
Rogers Elem, Gym, Door 1
#4201-2W

age 5+

Wed, begins Feb 1, 5:45-6:30pm
5 sessions, \$39
Rogers Elem, Gym, Door 1
#4201-3W

Little Sportsters age 3-6

Designed to energize and encourage your child to participate in sports and games. Basic skills and good sportsmanship are emphasized. Wear comfortable clothes and gym shoes. Winter Sports: Basketball, Ball Hockey & Kickball

age 3-5 w/parent

Thu, begins Jan 19, 5:45-6:30pm
6 sessions, \$35
Rogers Elem, Gym, Door 1 #4251-1W

Wed, begins Feb 1, 5:30-6:15pm
6 sessions, \$35
Hassan Elem, Gym, Door 1 #4251-3W

age 4-6

Thu, begins Jan 19, 6:40-7:25pm
6 sessions, \$35
Rogers Elem, Gym, Door 1 #4251-2W

Wed, begins Feb 1, 6:25-7:10pm
6 sessions, \$35
Hassan Elem, Gym, Door 1 #4251-4W

Let's Play

age 4-6

Looking for time to be active with your child? This gym time is part organized and part free time to play with your child and their friends. Activities may include: parachute games, ball games, and other large motor activities. Keep moving!

age 3-5 w/parent

Sat, begins Mar 3, 9:30-10:15am
4 sessions, \$25
Rogers Elem, Gym, Door 1 #4250-1W

age 4-6

Sat, begins Mar 3, 10:20-11:05am
4 sessions, \$25
Rogers Elem, Gym, Door 1 #4250-2W



Rookie Sports

age 4-8

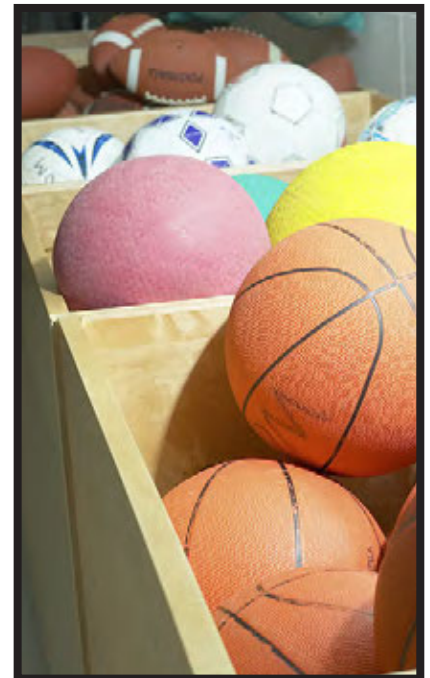
A great way to learn the basics of Floor Hockey, T-Ball, Soccer, Basketball and Tumbling Basics to see if you might enjoy joining a team by learning basic skills and trying your hand at a game.

age 4-6

Sat, begins Jan 21, 9:45-10:30am
5 sessions, \$29
Rogers Elem, Cafeteria, Door 1 #4075-1W

age 6-8

Sat, begins Jan 21, 10:40-11:25am
5 sessions, \$29
Rogers Elem, Cafeteria, Door 1 #4075-2W



Volleyball gr K-2

After School Sports has been re-designed! Play volleyball with others who enjoy the game. Work on volleyball fundamentals while playing mini-games and scrimmages. Wear comfortable clothing and gym shoes. Check in after school in the gym.

gr K-1

Sat, begins Jan 21, 9:15-10:30am
5 sessions, \$39
Rogers Elem, Gym, Door 1 #4050-1W

Mon-Thu, begins Mar 12, 4:00-5:00pm
4 sessions, \$19 early bird / \$25 after Mar 2
Rogers Elem, Gym, Door 1 #4354-2W

Mon-Thu, begins Apr 16, 4:00-5:00pm
4 sessions, \$19 early bird / \$25 after Apr 6
Hassan Elem, Gym, Door 1 #4254-4P

gr 2-5

Sat, begins Jan 21, 10:40-11:55am
5 sessions, \$39
Rogers Elem, Gym, Door 1 #4050-2W

Mon-Thu, begins Mar 5, 4:00-5:00pm
4 sessions, \$19 early bird / \$25 after Feb 24
Rogers Elem, Gym, Door 1 #4354-1W

Mon-Thu, begins Mar 26, 4:00-5:00pm
4 sessions, \$19 early bird / \$25 after Mar 16
Hassan Elem, Gym, Door 1 #4354-3W

Preschool/ Elementary Open Gym age 2-gr 3 w/parent

A great opportunity for your child to get some exercise and run off energy during the cold winter months. This is a supervised, but unstructured, activity with some gym equipment available each week.

Wed, begins Jan 18, 5:00-6:00pm
6 sessions, \$19
Hassan Elem, Gym, Door 1 #4459-1W

Wed, begins Jan 18, 6:30-7:00pm
6 sessions, \$19
Hassan Elem, Gym, Door 1 #4459-2W



Indoor Tennis age 7-14

Learn the basics of different strokes and serves and court strategy. Each session will include hitting balls and group games emphasizing fun and developing skills. Bring your own racket.

age 7-10

Sat, begins Feb 25, 9:30-10:15am
4 sessions, \$29
Rogers Elem, Gym, Door 1 #4034-1W

Thu, begins Mar 1, 5:45-6:30pm
4 sessions, \$29
Rogers MS, Gym A, Door A #4034-3W
Not meeting Mar 15

age 11-14

Sat, begins Feb 25, 10:20-11:05am
4 sessions, \$29
Rogers Elem, Gym, Door 1 #4034-2W

Thu, begins Mar 1, 6:40-7:25pm
4 sessions, \$29
Rogers MS, Gym, A, Door A #4034-4W
Not meeting Mar 15

Rogers Open Gym

Supervised recreational time, sponsored by Rogers Recreation. Please note that changes may need to be made to this schedule. Always check before dropping a child off at the school. All participants must wear gym shoes. No organized practices allowed.

All Ages

Sun, begins Jan 15, 6:00-8:00pm
16 sessions, pay at door
\$3/Individual/ \$8 immediate family
\$20-10 session individual pass
\$40-10 session family pass
Rogers MS, Gym, Door A
Not meeting April 8

Age Grade 9-Adult

Wed, begins Jan 18, 7:00-9:00pm
17 sessions, pay at door
\$3/Individual/ \$8 immediate family
\$20-10 session individual pass
Rogers HS, Gym, Door 1

Passes are good for 10 days of participation valid on either Wednesdays or Sundays. Holder must have card present at time of check-in. Community Education is not responsible for lost or stolen passes.

There will be separate gym space for families and gr K-5, gr 6-8 and high school to adult.



*Learn to Skate

The Basic Skill Program is designed by U.S. Figure Skating (USFSA) and serves the needs of hockey, recreational and figure skaters. The program is designed for all ages, and provides a simple, but progressive method of group ice skating instruction. Group lessons consist of a 30 minute lesson (includes on and off ice) and free open skate passes for practices.

All classes will be held at the Rogers Activity Center. Rental skates are available for \$2.00/pair weekly, and helmets are also available for \$1.00. 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 several times before advancing to the next level. Attendance is important to learn new skills that build on the previous class each week. Wear warm clothing, mittens/gloves. Please come 20 minutes early the first day of class to pick up badges. Please call 763-428-0975 with questions.

SKATING LEVELS: Decide which skating level your child should be at based on the descriptions below or visit www.parkandrec.cityofrogers.org for more guidelines.

Parent/Tot age 3-5 w/parent Parent is on ice with their child; however, they must be on ice with skates. Class designed to teach parents how to instruct and encourage their child to skate, following the same guidelines as Snowplow Sam classes.

Snowplow Sam Program, age 3-5 A three level badge program designed for pre-school age skaters to develop coordination and strength to move on skates

Basic Skating, age 6-12 We currently offer 4 of the 8 levels of the program, introducing fundamental moves, forward and backward skating, stops, edges, crossovers, turns and more. Basic 1 and 2 are true beginning levels of skating and geared for everyone. Basic 3 and above are geared for figure skating techniques.

Hockey Learn to Skate, age 5+, Skating ability is the most important skill in the development of a hockey player. Program is consists of four badge levels where skaters learn to maneuver faster and build agility on the ice. All elements will be taught without a stick or puck, as proper skating techniques are the primary focus.

"NO PRO-RATING OF FEE FOR CLASSES MISSED - Make-ups should be done at Open Skate - instructor will be scheduled if requested."

Refund Policy: No refunds once session starts except for extenuating circumstances.

Sessions beginning Sat, Feb 4

#4979-1W	Parent/Tot	8:45-9:15am
#4980-1W	Snowplow Sam 1	9:15-9:45am
#4980-2W	Snowplow Sam 1	9:45-10:15am
#4981-1W	Snowplow Sam 2	8:45-9:15am
#4981-2W	Snowplow Sam 2	9:15-9:45am
#4982-1W	Snowplow Sam 3	8:45-9:15am
#4983-1W	Basic 1	9:15-9:45am
#4984-1W	Basic 2	9:45-10:15am
#4985-1W	Basic 3, 4, 5 Combo	8:45-9:15am
#4989-1W	Hockey 1	9:15-9:45am
#4990-1W	Hockey 2	9:45-10:15am
#4991-1W	Hockey 3 & 4 Combo	9:45-10:15am

Sessions beginning Sun, Mar 4

#4979-2W	Parent/Tot	3:00-3:30pm
#4980-3W	Snowplow Sam 1	3:00-3:30pm
#4981-3W	Snowplow Sam 2	3:00-3:30pm
#4982-2W	Snowplow Sam 3	3:30-4:00pm
#4983-2W	Basic 1	3:30-4:00pm
#4984-2W	Basic 2	3:30-4:00pm
#4993-1W	Teen/Adult	3:30-4:00pm
Not meeting Apr 8		

Sessions beginning Sat, Mar 24

#4980-1P	Snowplow Sam 1	8:45-9:15am
#4980-2P	Snowplow Sam 1	9:45-10:15am
#4981-1P	Snowplow Sam 2	9:15-9:45am
#4981-2P	Snowplow Sam 2	9:45-10:15am
#4982-1P	Snowplow Sam 3	8:45-9:15am
#4983-1P	Basic 1	9:15-9:45am
#4984-1P	Basic 2	9:45-10:15am
#4985-1P	Basic 3, 4, 5 Combo	8:45-9:15am
#4989-1P	Hockey 1	9:15-9:45am
#4990-1P	Hockey 2	8:45-9:15am
#4991-1P	Hockey 3 & 4 Combo	9:45-10:15am
Not meeting Apr 7		

All sessions are 6 weeks in length and cost \$69 with the exception of Parent/Tot class which is \$89. Classes are held at Rogers Activity Center. Registration closes 3 days prior to class.

Indoor Open Skate:

Sundays 4:00-5:30pm
*No skating Sunday, Feb 19.

Wednesdays: 11:30am-1:00pm
6:00-7:15pm

Special Event Open Skate Days:

Sweetheart Skate
Wednesday, Feb. 15 6:00-7:15pm
Wear matching outfits and skate FREE

Shamrock Skate
Sunday, March 18 4:00-5:30pm
Wear green and skate FREE

Outdoor Open Skate:

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.

Outdoor Skating Rinks:

Rogers Activity Center 21080 141st Ave. (hockey) Use far back hallway of arena for ice entrance, warm-up & skate changing area. Not available during youth scheduled practice times.

Triangle Park 21400 Rouillard Ave. Rogers Activity Center. (hockey & rec rink)

WARMING HOUSE HOURS
Regular Hours Weekdays M-F 4:00-9:00pm

Saturdays: 10:00am-10:00pm
Sundays: 12:00pm-9:00pm

School/Holiday Vacation Hours
Weekdays M-F: 10:00am-10:00pm
Saturdays: 10:00am-10:00pm
Sundays: 12:00-9:00pm
MLK Day: 10:00am-9:00pm
President's Day: 10:00am-9:00pm

Adult & Pond Hockey:

See www.RAC.cityofrogers.org for schedules; updated weekly.

Register for Learn to Skate through ISD 728 Community Education online at www.728communityed.com, or call 763-241-3520 to register by phone.



*Spring Break-Away Hockey

League runs approximately mid-March thru 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 ages 4-6yrs. Must be able to skate.
- Mighty Mite (lower): Typically for players with one-2 years hockey experience. Suggested for ages 6-7yrs.
- Super Mite (upper): Typically for players moving into last year of Mites with at least 2-3 yrs. of hockey experience. Suggested for ages 7-8yrs. Team registration highly recommended.
- Squirts: Typically for players 8-10 yrs. This is a NO checking, NO slap shot level. Team registration highly recommended.
- Pee Wees: Typically for players 10-12 yrs. of age. This level has checking and slap shots. 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 that your player is familiar with game rules and can skate well.

*ASA/MSF Adult Softball Leagues

Registration for Men's and Co-Rec softball will be available beginning February 6, 2012 for previous registered teams and February 12th for new teams. League play begins April 23rd & 24th.

Men's Class D/EE League: Two leagues, Monday and Tuesday nights (Mon - max. 16, min. 10 / Tues - max. 12, min. 8)

Co-Rec Class D League: Tuesday night league, single games, max. 8 team, min. 5 teams.

You must submit registration form with payment to assure your spot. See registration for additional information at www.parkandrec.cityofrogers.org in February. NO spots will be held. Deadline for registration will be March 30th.



The programs marked by this symbol * are brought to you directly by Rogers Parks & Recreation. Questions can be directed to Cherie McCallum at 763-428-0975.



*Rogers Farmers Market

Visit our website for information regarding our upcoming season for our Farmer's Market, Community Booth, Vendors, and Dates at www.farmersmarkets.cityofrogers.org.

*Springtime Drop n' Play

Our popular drop-n-play has expanded and is now available March, April, May. Registration for one or more of the upcoming nights will be available on-line in February 2012. Please check our website at www.parkandrec.cityofrogers.org for more information.



Registration

On-line

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
612.253.5109

Community Education

- Community Education Office Hours
8:30am-5:00pm, Labor Day-Memorial Day
8:00am-4:30pm, Summer Hours
- 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 _____ (11-12)

Participant's Last Name _____ First Name _____

CLASS # _____ CLASS TITLE _____ FEE _____ Child care needed*

Child's Birth Date & Age _____ School _____ Current Grade _____ (11-12)

Participant's Last Name _____ First Name _____

CLASS # _____ CLASS TITLE _____ FEE _____ Child care needed*

Child's Birth Date & Age _____ School _____ Current Grade _____ (11-12)

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 _____



What will it be?

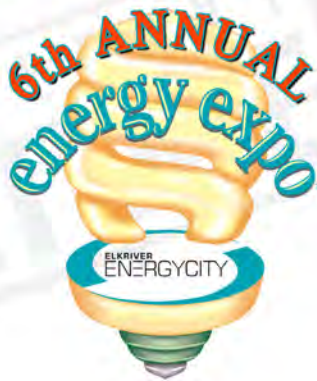
Enticing? Aesthetic?
Whimsical?
Imaginative? Natural?



We are looking for artists interested in designing the next phase of the Nature Explore Classroom - a Public Art Entry Feature that says, "Come on in and play, learn, create and explore." Our dream is for the Nature Classroom to be an intriguing year-round destination for families. Three to four artists will be selected to create designs from which one design will be selected as the entry feature for the Nature Explore Classroom. Look for RFQ information available at www.728communityed.com.

MARCH 25TH 2012

Elk River
High School
900 School St



10am-2pm

Come see exhibitors who will be available to answer questions regarding energy conservation and sustainable living practices on pollution prevention, reducing reusing, recycling, natural resource conservation and more.

ISD 728's Early Childhood Family Education will be on hand to provide children's activities.

Sponsored in part by ISD 728 Community Education and ECFE.



October 8, 2011 - January 22, 2012

Prepare for a reading adventure! The whole family will be able to travel into the three popular stories of *The Tale of Peter Rabbit*, *Where's Spot?* and *The Snowy Day* in *Storyland: A Trip Through Childhood Favorites*.

The Handke Center
1170 Main Street
Elk River, MN 55330

Storyland: A Trip Through Childhood Favorites, created by Minnesota Children's Museum, is an exciting, hands-on learning opportunity for children ages 2-8 to fall in love with beloved childhood books while building valuable early literacy skills. Hosted by Elk River Early Childhood Coalition.

Exhibit Hours:

Monday - Saturday 9 a.m. - 1 p.m.
Tuesday & Friday 1 - 5 p.m.
Monday, Wednesday & Thursday 5 - 8 p.m.
Sunday 11 a.m. - 3 p.m.

Supported by:



Groups of 8 or more, call 612-644-6519 to arrange a visit.

©2011 Minnesota Children's Museum. All rights reserved. *Storyland: A Trip Through Childhood Favorites*™ was created by Minnesota Children's Museum with support from the State of Minnesota Clean Water, Land and Legacy Amendment.

Effective through March 2012



ISD 728 Community Education
1170 Main Street
Elk River, MN 55330
www.728communityed.com



REGISTER ON-LINE AT:
www.728communityed.com

JOIN US ON FACEBOOK:
ECFE, Community Ed Adult &
Community Ed Youth

TWEET ON TWITTER:
ECFE728 & Communityed728

JOIN OUR MAILING LIST:
www.728communityed.com



NEW TOPICS
Out of Work Series
begins this January



NEW LESSONS
Aquatic classes begin
January & March

