



Community Services offers  
lifelong learning for all!

*Adult Basic Education classes,  
page 45.*

Early Childhood Programs

Enrichment

Project ABLE

English Learner Services

Registration

Ventures

Mentoring

Aquatics

Community Resources

Recreation

Driver Education

Adult Basic Education

District Facilities

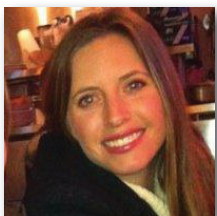


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## Learning and Recreation For Life

REGISTER ONLINE [www.nfld.k12.mn.us](http://www.nfld.k12.mn.us)

## A Welcome from the Director



As the front of this brochure reflects, learning is not confined to childhood or the classroom, but takes place throughout life. We recognize the need for lifelong learning and want you to engage in the opportunities offered in this brochure. Lifelong learning can have a measureable impact on your life, whether you are 3 or 83 years old. So even if you are not starting school on September 2, please use these next 56 pages to cultivate your learning and improve your life.

*Erin Bailey*

Erin Bailey,  
Community Services Director

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

### Pumpkin It Up!

Come together as a family for the most unique and fun workout class this fall! Using pumpkins like medicine balls, strengthen your body through individual and partner stretching and toning. Enjoy some high energy games at the end of class to put your new skills into action. Pumpkins will be provided and can be taken home for carving afterward.



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## Sponsor a Kid

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

*Any amount is welcome!*



### Send a check to:

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

## Youth Recreation - Northfield Skating School



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## Northfield Public Schools Community Services Division

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



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### Cooking With Your Kids!



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### American Red Cross Babysitter's Certification Course



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

**Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.**

## Fall classes begin on Monday, Sept. 8.

### Early Childhood Family Education (ECFE)

The mission of ECFE is to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children. Program offerings are open to families with children ages birth to kindergarten entrance.

ECFE provides comprehensive program offerings, services and resources that educate, support and strengthen families with children ages birth to kindergarten entrance.

#### The goals of ECFE are to:

- Give children opportunities to discover and learn
- Support parents in raising their children
- Offer information about child development and parenting techniques
- Help parents and their children communicate with each other
- Promote positive parental attitudes
- Provide information on community resources



### Sibling care

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

### Northfield Early Childhood Coalition (ECIC) 🧒🧒🧒

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

### Early Childhood Advisory Council

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

The roles of the advisory council are to:

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

*The council meets monthly. Childcare is available upon request. Contact Sara Line at [Sara.Line@nfld.k12.mn.us](mailto:Sara.Line@nfld.k12.mn.us) or 507.645.1232 for more information.*

### ECFE consultation or home visit

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



## Early Childhood Programs

### Babies and Blankets Home Visit

ECFE offers a series of home visits to families who have children less than three years who are looking for extra parenting support. Call Sara Line at 507.664.3754 for more information.

### Lunch and Learning Classes

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

### Teen Parent Program

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

### Family School for English Language Learners

- Need basic English language education?
- Want to improve your life, parenting and job skills?
- Have children ages birth to five years and want to learn some fun educational activities?

Family School is a free program for families whose first language is not English. Class begins Sept. 9 and meets from 12:30 to 2:30 p.m. on Tuesdays, Wednesdays and Thursdays at the Northfield Community Resource Center. Call Gabriela Nieves, at 507.301.2144, for more information.

## ECFE Sliding Fee Scale

Income Level	Fee A		Fee B		Fee C		Sibling Care	
	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One Child In Sibling Care	2 or More Children in Sibling Care
\$0 - \$24,000	\$41	\$67	\$21	\$26	\$14	\$23	\$26	\$36
\$25,000 - \$49,000	\$59	\$97	\$30	\$38	\$20	\$34	\$38	\$53
\$50,000 - \$74,000	\$79	\$134	\$39	\$54	\$26	\$44	\$54	\$74
\$75,000 - and up	\$99	\$164	\$49	\$64	\$34	\$53	\$64	\$89

#### ECFE registration instructions:

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

**See pages 54 & 55 for registration.**

## Special Events

### New Family Welcome Tour all ages

You're invited to see our Early Childhood Family Education classrooms, meet other parents and be introduced to ECFE staff. Your young children are welcome to accompany you and together you will discover what our program is all about!

Please call to set up tour.

No Fee

M, Sept. 8 - Dec. 8

NCRC Youth Wing

Class #: 601-F14

### ECFE Baby Shower!

**0 - 6 months**

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

No Fee 10 - 11:30 a.m.

Th, Aug. 28

NCRC Infant/Toddler Room

Class #: 514-F14



### Learning through Eric Carle! Evening Class

**2 - 5 years**

Spend time exploring, creating and learning with different Eric Carle books. During the separate parent time, parents will have a chance to explore the many life lessons Eric Carle describes in his books. At the end of the session each family will receive a book to take home.

Fee B 6:15 - 7:30 p.m.

T, Oct. 21 - Nov. 18

NCRC Preschool Room

Class #: 500-F14

## Monday Classes

### It's a Dress Up Story Night Evening Class

**ages birth - 5 years**

Come dressed in your PJ's or as your favorite book character ready to listen and act out some of our favorite stories and rhymes. Families will get to use puppets, felt boards and other props as well as Big Books, to actively experience the magic of literacy.

\$2/Child \$5/Family

6:30 - 7:30 p.m. M, Nov. 17

NCRC Preschool Room

Class #: 516-F14

**Cooking with your Kids!****Evening Class**

ages 2 - 5 years

Come spend an evening cooking with your child! There will be an opportunity to measure, mix, stir and decorate your way through the night. Each family will have treats to take home at the end of the class.

\$5/First Child \$3/Add'l Child

6:30 - 7:30 p.m. M, Dec. 8

Longfellow Preschool Room 114

Class #: 510-F14

**All Ages, All Stages****Evening Class**

ages birth - 5 years

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

Fee B 4:30 - 5:45 p.m.

M, Sept. 22 - Oct. 27

(no class Nov. 3 &amp; 24)

NCRC Preschool Room

Class #: 272-F14

**Monday Evening Drop In Class****Evening Class**

newborn - Pre-K

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

\$3/per visit 6 - 7:15 p.m.

M, Sept. 8 - Dec. 8

(no class Nov 3, 17 &amp; 24)

NCRC Infant/Toddler Room

Class #: 128-F14

**Registration begins immediately.****The registration deadline for classes****is two business days****prior to the start date unless noted****in the description.****See pages 54 & 55 for registration.****Baby and Me with****Sibling Care**

ages 2 - 10 months

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

Fee A 9 - 10 a.m.

M, Sept. 8 - Dec. 8

(no class Nov. 3 &amp; 24)

NCRC Infant/Toddler Room

Class #: 212-F14

**Newborn Baby Talk with Sibling Care**

ages birth - 2 months

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

No Fee 10:30 a.m. - noon

M, Sept. 8 - Dec. 8

(no class Nov. 3 &amp; 24)

NCRC Infant/Toddler Room

Class #: 211-F14

**Threes, Fours and Fives with Sibling Care**

ages 36 - 60 months

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

Fee A M, Sept. 8 - Dec. 8

(no class Nov. 3 &amp; 24)

NCRC Preschool Room



8:30 - 10 a.m.

Class #: 173-F14A

**New Time** 1:30 - 3 p.m.

Class #: 173-F14B

**Tuesday Classes****Birth - 5 Drop Off Time**

ages birth - 5 years

Parents, do you need some time just for you? Take this time to run an errand, have coffee with a friend or just relax. Children must be registered for an additional parent/child ECFE class to use drop off time, and you *must* register by each Monday at noon.

\$6/per visit 8:45 - 10:15 a.m.

T, Sept. 9 - Dec. 9

(no class Oct. 14 &amp; Nov. 25)

NCRC Infant/Toddler Room

Class #: 223-F14



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



## Family School Tuesdays

ages birth - 5 years

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

No Fee 12:30 - 2:30 p.m.

T, Sept. 9 - Dec. 9

(no class Oct. 14 & Nov. 25)

NCRC Infant/Toddler Room

Class #: 281-F14

## Older Twos and Threes with Sibling Care

ages 30 - 48 months

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

Fee A 10:30 a.m. - noon

T, Sept. 9 - Dec. 9

(no class Oct. 14 & Nov. 25)

NCRC Preschool Room

Class #: 132-F14

## Wednesday Classes

### Toddling Toddlers with Sibling Care

ages 16 - 26 months

New adventures must fill the days with your toddler as they learn so many new things. Our classroom provides safe and fun opportunities to explore this new world without saying goodbye to mom and dad. This is a non-separating class with parent discussion time.

Fee A 10:30 - 11:45 a.m.

T, Sept. 9 - Dec. 9

(no class Oct. 14 & Nov. 25)

NCRC Infant/Toddler Room

Class #: 122-F14

### Family School Wednesdays

ages birth - 5 years

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

No Fee 12:30 - 2:30 p.m.

W, Sept. 10 - Dec. 10

(no class Oct. 15 & Nov. 26)

NCRC Infant/Toddler Room

Class #: 282-F14

## Lunch and Learning at Greenvale Place

ages birth - 5 years

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

No Fee 11:30 a.m. - 1:30 p.m.

W, Sept. 10 - Dec. 10

(no class Oct. 15 & Nov. 26)

Greenvale Place Community Center

Class #: 284-F14

### Magnificent Multi-age with Sibling Care

ages 24 months - 5 years

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

Fee A 9:30 - 11 a.m.

W, Sept. 10 - Dec. 10

(no class Oct. 15 & Nov. 26)

NCRC Preschool Room

Class #: 171-F14

### Wonderful Ones Class with Sibling Care

ages 11 - 23 months

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

Fee A 9:30 - 10:45 a.m.

W, Sept. 10 - Dec. 10

(no class Oct. 15 & Nov. 26)

NCRC Infant/Toddler Room

Class #: 170-F14

### The TOP FIVE reasons to take an ECFE class this fall:

1. Connect with other parents
2. Get support and parenting advice
3. Help your child get ready for pre-school and kindergarten
4. Have fun with messy activities — that you don't have to clean up!
5. Enjoy more one-on-one time with your child



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

## Thursday Classes

### Busy Bodies with Sibling Care ages 8 - 18 months

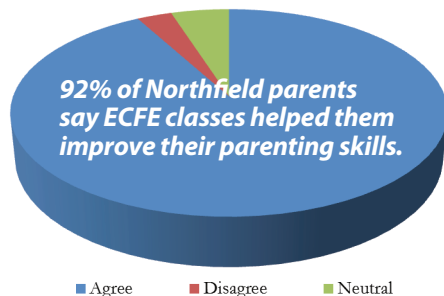
Older babies need to be close to a parent or caregiver, which makes separation difficult in new situations. Parents enjoy playtime with their child as well as group discussion with other parents. Various topics geared toward parenting older infants and younger toddlers are covered. This is a non-separating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

Fee A 9 - 10:15 a.m.  
Th, Sept. 11 - Dec. 11  
(no class Oct. 16 & Nov. 27)  
NCRC Infant/Toddler Room  
Class #: 121-F14

### Family School Thursdays ages birth - 5 years

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

No Fee 12:30 - 2:30 p.m.  
Th, Sept. 11 - Dec. 11  
(no class Oct. 16 & Nov. 27)  
NCRC Infant/Toddler Room  
Class #: 283-F14



■ Agree ■ Disagree ■ Neutral

## Terrific Twos with Sibling Care

24 - 36 months

If you are a parent of an active 2-year-old, this is the class for you! You and your child will be invited to explore a wide range of fun learning activities while meeting other families with similar joys and challenges. This is a separating class with parent discussion time.

Fee A 8:30 - 10 a.m.  
Th, Sept. 11 - Dec. 11  
(no class Oct. 16 & Nov. 27)  
NCRC Preschool Room  
Class #: 131-F14

### Multi-age Parenting Book Group on Discipline with Sibling Care

ages 24 months - 5 years

Are you looking for a parenting class that focuses on discipline? This class is for you! Join us as we explore a variety of experiential activities to learn effective discipline tools to help replace shouting, nagging, bribing and punishing your children. Based on the books by Jane Nelsen.

Fee A 10:30 a.m. - noon  
Th, Sept. 11 - Dec. 11  
(no class Oct. 16 & Nov. 27)  
NCRC Parent Ed Room  
Class #: 172-F14

### Evening ECFE at Longfellow

Evening Class

3 - 5 years

This class gives you and your child a chance to be a part of an evening preschool experience together! Each class will have a new area of focus. Spend time exploring with your child and have time to visit with other parents dealing with many of the same joys and concerns. Sample topics: large and fine motor skills, eating, transition to school.

\$3/per visit 9:15 a.m. - 11  
Th, Sept. 12 - Dec. 12  
(no class Oct. 17 & Nov. 28)  
NCRC Preschool Room  
Class #: 407-F14

## Friday Classes

### Multi-age On My Own

ages 24 months - 5 years

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

Fee A 9:15 - 11 a.m.  
F, Sept. 12 - Dec. 12  
(no class Oct. 17 & Nov. 28)  
NCRC Preschool Room  
Class #: 242-F14

### ECFE Playtime

newborn - Pre-k

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

\$3/per visit  
9:15 - 11 a.m.

F, Sept. 12 - Dec. 12  
(no class Oct. 17 & Nov. 28)  
NCRC-Infant/Toddler Room  
Class #:124-F14A



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



*My husband and I are teachers, so we have some pretty high expectations. With Hand in Hand and Early Ventures we have been more than satisfied. You guys have a great program. The teachers are amazing and obviously dedicated to their students.*

*EarlyVentures and Hand in Hand parent*

## School Readiness

### Hand in Hand Preschool

**We ensure that children possess the skills for continued learning.**

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

To register please call us at 507.664.3750. All classes are located at Longfellow School.



Classes will run 9:45 a.m. to noon and 1:15 to 3:45 p.m. every Wednesday, because of PLC meetings. To register, visit the Early Childhood Programs of the Community Services Division, at [www.nfld.k12.mn.us](http://www.nfld.k12.mn.us), or call 507.664.3750. Classes are located at Longfellow School.

### Early Childhood Screening

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

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

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

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

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

### EarlyVentures Learning Center

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

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

In 2013, Parent Aware gave Hand in Hand Preschool and EarlyVentures Learning Center a four-star rating — the highest possible award. Led by the Minnesota Department of Human Services and the Minnesota Office of Early Learning, the initiative helps Minnesota parents find childcare and early learning providers that use best practices to prepare children for kindergarten.

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

### Census Makes a Difference

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

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

### Have a new baby?

Check into our free baby shower on page 5.



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

## Youth Recreation

### Basketball

#### Basketball Camp

Dan McHugh  
ages 6 - 12

Swoosh! This camp is designed to introduce young athletes to the sport of basketball through skill development and small group games. Sports Unlimited staff will focus on helping the children learn the rules of basketball while working on team play and sportsmanship. Individual skills taught include: shooting, passing, dribbling along with learning the strategies of offense and defense. Children will be divided by age and skill level. Staff to camper ratio 1:10. The camp is open to boys and girls.

\$44 10 a.m. - 1 p.m.  
M & T, Dec. 29 & 30  
Bridgewater Gymnasium  
Class #: 1153-F14A



Check out our Adult Flag Football program on page 28, also held at Sechler Park on Thursday evenings. For Flag Football siblings, the Cheerleading program on page 11 is held at Sechler Park on Tuesdays.

### Football

#### Flag Football

Community Services Staff  
grades 2 - 5

Where have all the young folks gone? You won't find them at home and you won't find them on playgrounds across town. Where you will find them is at flag football at Sechler Park on Tuesday and Thursday evenings. Flag football provides the opportunity to experience the excitement of playing football without rough contact. Learn fundamentals of the game through practice and games on assigned teams. Come out and join the fall tradition. Footballs, flag belts, flags, T-shirt and mouth guard are provided. All team assignments and information will be available for pick-up on Thursday, Sept. 4 at Sechler Park. Second and third grades should arrive at 6:30 pm. Fourth and fifth grades should arrive at 7 p.m. Rain site is the NCRC.

\$34 T & Th, Sept. 9 - Oct. 2  
Sechler Fields

**grade 2**  
6:30 - 7:30 p.m.  
Class #: 1060-F14A2

**grade 3**  
6:30 - 7:30 p.m.  
Class #: 1060-F14B3

**grade 4**  
7:30 - 8:30 p.m.  
Class #: 1060-F14C4

**grade 5**  
7:30 - 8:30 p.m.  
Class #: 1060-F14D5

### General Recreation

#### Youth Floor Hockey

Community Services Staff  
grades k - 5

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

\$20 Sa, Sept. 13 - Oct. 4  
Middle School Gymnasium

**grades k - 2**  
9 - 9:45 a.m.  
Class #: 1054-F14A

**grades 3 - 5**  
10 - 10:45 a.m.  
Class #: 1054-F143-5

#### Future Raiders Soccer Camp

Scott Wopata  
grades k - 5

Get started on your future as a Raiders soccer player! Drills and games will be led by varsity coaching staff and players. Players will be divided by age and ability. Bring your own water bottle and soccer ball if you have one.

\$44 5 - 6 p.m.  
W & F, Sept. 3 - 26  
Sibley Soccer Fields  
Class #: 1253-F14A





## Cheerleading

Laurie Sadowski

grades k - 8

Kick up a leg and deliver a shout! The Northfield High School Raider football cheer team and head coach will help you learn the basics of cheerleading and will teach you different cheers, dances and jumps that are done while rooting on our Northfield Raiders. On the last evening of the program, cheerleaders will show off what they have learned by cheering on the athletes and teams enrolled in the youth flag football program! Come and learn about the fun, positive and energetic sport of cheerleading! To secure a spot and a T-shirt or bow, register on or before the deadline of Tuesday September 9. Please indicate or update shirt size when registering. Please bring tennis shoes, water bottle and bug spray.

\$40 6:30 - 8 p.m.

T, Sept. 9 - 30

Sechler Fields

Class #: 1168-F14A

NEW

## Horseback Riding

Vickie Tyler

ages 8 & older

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

\$129 4 - 5 p.m.

W, Sept. 10 - Oct. 15

Winterhaven Stables

Class #: 1276-F14A



## Try IT!

IT! FACTORY

At IT! FACTORY Fitness and Wellness, LLC. we want to change the way you think about fitness. Teammates will be trained by our experienced coaches. Practice sessions will be varied and challenging for all athletic levels. The Try IT! class will constantly be changing and challenging your body, so that you don't get stuck in a rut. Try IT! will combine cardio, strength, mobility and total conditioning to help improve your fitness and strength.

\$45 4:15 - 5 p.m.

M, Sept. 22 - Oct. 13

IT! FACTORY Fitness and Wellness

Class #: 1132-F14Y

NEW

## Birthday Party Packages

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

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

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



## Connected Kids Program

**Be Someone Who Matters to Someone Who Matters**

**Northfield**  
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

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

Let a child know they matter...

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

For more information contact Linda Oto

at 507.664.3655 or

[Linda.Oto@nfld.k12.mn.us](mailto:Linda.Oto@nfld.k12.mn.us)



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

## Northfield Skating School

Community Services Staff

all ages

The Northfield Skating School (NSS) encourages participation, enjoyment and achievement in skating by fostering a positive, challenging and inclusive learning environment. NSS is a U.S. Figure Skating model program where you'll build skills and confidence for skating and for life. Skaters receive a weekly 30-minute lesson and an open-skate punch card for practice. NSS reserves the right to cancel or combine classes based on registration. Registrations after Sept. 24 will incur a \$15 late fee. Class assignments will be emailed prior to the first lesson. **Things to note:** Refunds for medical reasons only with a doctor's note; rental skates are available for \$3; and no double-bladed skates or helmets with pointed backs are permitted. Helmets are recommended for skaters age 6 and under. **Registration cannot be processed online without skater level indicated in notes section.** List new skater, current NSS skating level, or skills mastered if you have skated but not with NSS. Call Melissa, at 507.664.3502, if interested in private skating lessons. NSS parent meeting will be held from 7:15 - 8:15 p.m. on Oct. 1. For class and program details, visit [northfieldskating.com](http://northfieldskating.com).

Su, Oct. 5 - Nov. 23

Northfield Ice Arena

**Snowplow Sam/Basic 1-8/Adult 1-4/Freeskate 1-6/Hockey** \$99

12:30 - 1 p.m.

Class #: 1312-F14A

**Spin Class** \$56

noon - 12:15 p.m.

Class #: 1312-F14B

**Power/Edge** \$72

1 - 1:15 p.m.

Class #: 1312-F14C

## Northfield Ski & Snowboard Club - Afton

Community Services Staff

grades 6 - 12

Join the Northfield Ski & Snowboard Club on an outing to Afton Alps in Hastings, MN! Nestled in the scenic St. Croix River Valley, Afton boasts newly renovated base area facilities, a powerful state-of-the-art snowmaking system and a new cutting edge terrain park. With nearly 300 skiable acres, 50 trails, 18 lifts and four terrain parks, there is enough terrain to challenge experts to beginners, day or night. Three opportunities are available. Register for one or for all three. Buses will depart as soon as possible after school from the Northfield Middle School and Northfield High School. Students will ski and board until 8:00 p.m. and will return by 9:15 p.m. Fee includes transportation and lift ticket. Lift tickets will be given to participants upon arrival at Afton. Additional information is available in the middle school, the high school and the Community Services offices. A single bus buy-on and lift ticket can be purchased for \$49 at the bus. Rentals will be an additional \$19 per outing. *Parent meeting for new participants 7 p.m., Sept. 22, Northfield High School Auditorium.* 3:15 - 9:15 p.m. Afton Alps

Th, Jan. 8 \$44

Class #: 1317-F14A

Th, Jan. 15 \$44

Class #: 1317-F14B

Th, Feb. 26 \$44

Class #: 1317-F14C

**all three class dates** \$132

Class #: 1317-F14D

**single bus buy-on & lift ticket** \$55

Class #: 1317-F14EBB

## Holiday Skates & Open Skate Times

The Northfield Ice Arena has several open skate times, holiday skates, and both youth and adult open hockey times this fall.

For more information visit [www.ci.northfield.mn.us/parksandrec/arena](http://www.ci.northfield.mn.us/parksandrec/arena).



- **Halloween skate**  
6 to 7:30 p.m., Oct. 26
- **Turkey skate**  
6 to 7:30 p.m., Nov. 23
- **Santa skate**  
7 to 8:30 p.m., Dec. 21



## Northfield Ski & Snowboard Club - Welch Village

Community Services Staff  
grades 6 - 12

Catch some powder! The Northfield Ski & Snowboard Club will be skiing and boarding on Mondays, starting in December. Buses will depart as soon as possible after school from the Northfield Middle School and Northfield High School. Students will ski and board until 8:15 p.m. and will return by 9:15 p.m. Fee includes transportation. Ski and boarding passes must be purchased from Welch Village separately. Additional information is available in the middle school, the high school and the Community Services offices. A single bus buy-on can be purchased for \$28 at the bus. **Parent meeting for new participants 7 p.m., Sept. 22, Northfield High School Auditorium.** \$165

3:15 - 9:15 p.m. M, Dec. 1 - Feb. 16  
(no class Dec. 22 & 29)

Welch Village Ski Area

grade 6 Class #: 1316-F14A6  
grade 7 Class #: 1316-F14B7  
grade 8 Class #: 1316-F14C8  
grade 9 Class #: 1316-F14D9  
grade 10 Class #: 1316-F14E10  
grade 11 Class #: 1316-F14F11  
grade 12 Class #: 1316-F14G12

**group lesson** \$5

Class #: 1316-F14HL

**single bus buy-on** \$28

Class #: 1316-F14IBB

### Snowshoe Rentals

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

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

## Learn To Play Hockey!

NEW

Northfield Hockey Association  
ages 4 - 10

Score big this fall with the Northfield Hockey Association! In the Learn to Play Hockey class, players will work on fundamentals of the game, including stick-handling, puck control, and game strategy. This is a great way to try hockey before the regular season starts. Designed for those who have not played organized hockey before. All participants will receive a jersey. Previous skating background is not required, though this class will not focus on learning to skate but rather on hockey fundamentals. For new skaters, the Northfield Hockey Association also recommends USA Hockey's Learn to Skate curriculum, taught by Northfield Skating School staff. Learn to Play Hockey can be taken along with Northfield Skating School's Snowplow Sam or Hockey classes, which teach skating basics. Loaner helmets and pads available, players need to bring their own hockey skates and hockey stick.

\$50 1:30 - 2:15 p.m.

Su, Sept. 28 - Nov. 2

Northfield Ice Arena

Class #: 1313-F14A

## In My Sights - Intro to Archery

NEW

Gear ReSource

boys & girls ages 10 - 16

Take this unique opportunity to gain firsthand knowledge about archery as you learn and practice with local certified archers in the comfort of a warm indoor range. All equipment and instruction is provided courtesy of the Cannon River Sportsmen's Club and Hawk Eye Archery.

\$15 6 - 7:30 p.m.

Gear ReSource

boys & girls

M, Dec. 1

Class #: 4815-F14BG

girls

T, Dec. 2

Class #: 4815-F14G



## KidVentures Program

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

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

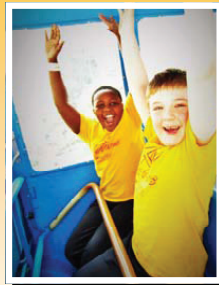
**KidVentures** offers a variety of enrollment options including:

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

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

**Northfield**  
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION





## Trap Team

**Nfld Raiders Clay Target Club Instructors**  
**grades 6 - 12**

Welcome to the team in Northfield! More than 2,000 student athletes, representing more than 185 high school teams, are expected to participate in the Minnesota State High School Clay Target League in fall 2014. Now in its 6th consecutive year, it is Minnesota's fastest growing high school sport. The Clay Target team has a time slot of 10 a.m. to 3 p.m. at the Morristown Gun Range for six Sundays, Sept. 14 through Oct. 19. Each athlete will participate in two rounds of trap per week. Specific blocks of time will be determined for each, prior to the first practice. Any Northfield student is eligible to participate if he or she is in grades 6 through 12, possesses a Minnesota Firearm Safety Training Certificate, and meets all school curricular activity eligibility requirements, if the team has room to accommodate the student athlete. Registration deadline is Sept. 5. Please note: under no circumstance, should a shotgun or ammunition be brought onto school property.

New participants must register through the MN State High School Clay Target League and Northfield Community Services. The \$160 fee and signed forms should be brought directly to the NCRC located on 1651 Jefferson Parkway. Participants must also bring proof of their Firearm Safety Certificate to Community Services in order to participate. Registration is available online. The Morristown Gun club requires witness of guardian signature and new participants must have a guardian present at the first practice (Sept. 14) to sign form. For the log-in to the MN State High School Clay Target League, contact Head Coach Scott Quiring at 952.200.4823 or email [squiring@amconconstruction.com](mailto:squiring@amconconstruction.com).

Former participants must register through Northfield Community Services by either mailing or dropping payment to 1651 Jefferson Parkway. No forms, proof of certification, or guardian signature are required if participation in spring league occurred. Registration is available online.

August 15 – September 5: Roster edits and athlete registration

September 12: Conferences announced

September 14: Practice/Reserve Week

September 21: Competition Week 1

September 28: Competition Week 2

October 5: Competition Week 3

October 12: Competition Week 4

October 19: Competition Week 5

No State Tournament.

\$160\* 10 a.m. - 3 p.m.

Su, Sept. 14 - Oct. 19

Morristown Gun Club

Class #: 1277-F14A

\*Team uniform, shirt and hat are not included in the fee and will be an additional cost. Cost TBD upon order size (approximately \$40).

## Martial Arts

### Tae Kwon Do for Kids

**Daniel Elo**

**grades 2 - 12**

Whether you are looking to improve your physical fitness, confidence, or learn a new set of skills, Tae Kwon Do has something to offer you! You will learn beginning hand and foot fighting/defensive techniques in an instructor-controlled contact environment. Learn to control your body and focus power in to every punch and kick. Testing date is Saturday, Nov. 1. Please note that this date is tentative and subject to change. Further updates will be made verbally in class.

\$74 Sibley Cafeteria

**Beginner** 6 - 7 p.m.  
(white, yellow & orange)

T & Th, Sept. 9 - Oct. 28  
(no class October 9, 14 & 16)  
Class #: 4165-F14A

T & Th, Nov. 4 - Dec. 16  
(no class Nov. 27)  
Class #: 4165-F14C

**Advanced** 7 - 8 p.m.  
(green - black belts)

T & Th, Sept. 9 - Oct. 28  
(no class Oct. 9, 14 & 16)  
Class #: 4165-F14B

T & Th, Nov. 4 - Dec. 16  
(no class Nov. 27)  
Class #: 4165-F14D



Martial arts lovers can also find Shorin-Ryu Karate and Gumdo on page 29.

## Safety Certification

### Snowmobile Safety Class Snowmobile Club Waterford Warriors

ages 12 - 18

Attention young snowmobilers! Minnesota law requires a valid snowmobile safety certificate to operate a snowmobile on public property, for ages 12 to 18. Safety classes for snowmobile safety certificates are given by the Waterford Warriors Snowmobile Club. Be ready for winter! You must attend both classes. A third "behind the handlebars" day will be scheduled when it snows. Note: total class cost is \$7 (\$2 to Community Services upon registering, \$5 to the DNR after completion of class to receive certificate of completion).

\$2 6 - 9:30 p.m.

M, Nov. 10 & 17

Bridgewater Cafetorium

Class #: 4805-F14A

#### Recreation Positions Available!

Community Services is looking for staff who are outgoing, responsible and who work well with youth. Applicants must possess knowledge and aptitude of their desired position. Instructor opportunities exist in a variety of sports, as well as in outdoor adventure, and in aquatics as lifeguards and water safety instructors. Basketball scorekeepers and officials are also needed. Contact Recreation Coordinator, Melissa at 507.664.3502 or [Melissa.Bernhard@nfld.k12.mn.us](mailto:Melissa.Bernhard@nfld.k12.mn.us). Positions and applications will be posted at [www.nfld.k12.mn.us](http://www.nfld.k12.mn.us), under community members/employment.

## Outdoor Adventure

### Adventure Mania

Community Services Staff

youth, teens and families

Adventure Mania is a year-round program that mixes learning and reading about an outdoor adventure with the exhilaration of engaging in the activity. After an hour in the books, we will take the adventure off the page and into a real life experience. This class meets at the Northfield Public Library one Saturday a month. Participants choose to register for one class date at a time, or can sign up for a full season and participate in all events. Lending copies of the monthly books are available for pick up at the Northfield Public Library or Community Services three weeks prior to the class. You may also purchase a book at a discounted rate from Monkey See Monkey Read, or buy your own electronic/hard copy. Adventures will depart from and return to the library. Transportation is provided. Participants are encouraged to bring a sack lunch. Offered in partnership with the Northfield Public Library, Monkey See Monkey Read, and The Sportsman's Club.

**Full Season \$40/single \$99/family of 3 or more**

noon - 4 p.m. Sat, Sept. 13, Oct. 18, Nov. 15 & Dec. 20

Class #: 1112-F14FS (Please refer to age specifics below.)

**September Adventure:** Ropes Course, Shattuck St. Mary's School

**Book:** *Operation Redwood*, by S. Terrell French

**ages 12 - adult**

\$15 noon - 4 p.m. Sa, Sept. 13

Class #: 1112-F14S

**October Adventure:** Hiking, Afton State Park

**Book:** *Zero Days*, by Barbara Egbert

**grades 3 - adult**

\$15 noon - 4 p.m. Sa, Oct. 18

Class #: 1112-F14O

**November Adventure:** Forestville Mystery Cave

**Book:** *Mysterious Caves*, by Terry Miller Shannon

**ages 4 - adult**

\$15 noon - 4 p.m. Sa, Nov. 22

Class #: 1112-F14N

**December Adventure:** Animal Tracking

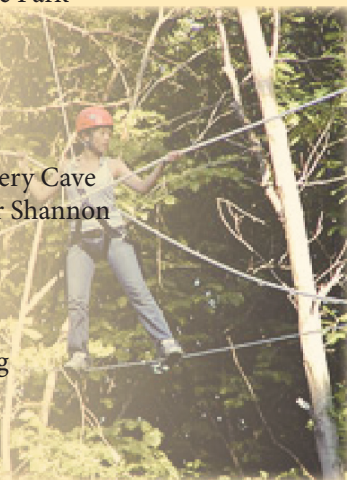
**Book:** *Brian's Hunt*, by Gary Paulson

**grades k - adult**

\$15 noon - 4 p.m. Sa, Dec. 20

Class #: 1112-F14D

*Adventure Mania's fall season is generously sponsored by grant funding from The Neighborhood Health Connection Healthy Activity Grant from Allina Health.*



## Fun With Problems at The Cannon Crux Bouldering Gym

NEW

Hannah Peterson  
grades 4 - 12



Bouldering is similar to rock climbing, but experienced on low heights with cushioned floors instead of ropes and encourages problem solving skills, flexibility and whole body strength. Join this excellent series of classes and learn bouldering basics from terminology and techniques and how to begin solving bouldering "problems", then progress in skills and play team oriented games and engage in some friendly competition! At the end of the series of classes a "climb off" competition will take place to showcase all that you have learned! Climbers must wear tennis shoes or climbing shoes. Climbing shoe rentals are available for \$4/per time and are not included in the cost of the class.

\$60 Cannon Crux Bouldering Gym

### grades 4 - 6

6 - 8 p.m.

M, Sept. 15 - Dec. 15

Class #: 1109-F14A4-6

### grades 7 - 8

6 - 8 p.m.

Th, Sept. 11 - Dec. 18

(no class Nov. 27)

Class #: 1109-F14B7-8

### grades 9 - 12

8 - 10 p.m.

M, Sept. 15 - Dec. 15

Class #: 1109-F14C9-12



Check out bouldering opportunities for adults on page 33.

## Smear and Scramble - Outdoor Rock Climbing Class

NEW

Gear ReSource

ages 13 - 18

Learn basic climbing skills and technique including specialized equipment use and proper fit, site safety, knot tying, belay technique and basic climbing techniques. This course is designed for new climbers. Transportation and all equipment provided. Bring your own lunch/snacks. This class is weather dependent. Meet at The Gear ReSource. Transportation provided to climbing site.

\$65

9 a.m. - 4 p.m.

Su, Sept. 21

Gear ReSource

Class #: 1114-F14A

## Open Gyms

### Teen Open Gym Basketball

Community Services Staff

NEW

grades 6 - 12

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

\$2 7 - 9:30 p.m.

W, Sept. 3 - Dec. 17

(no open gym Nov. 26)

Middle School Auxiliary Gymnasium

### Don't forget to wear a helmet!

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



## Middle School Youth Center

### The Middle School Youth Center

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

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



COMMUNITY SERVICES DIVISION



Middle School Youth Center

grades 6 - 8

3 - 5 p.m. M - Th

Middle School Room 153

Contact Linda Oto at [Linda.Oto@nfl.k12.mn.us](mailto:Linda.Oto@nfl.k12.mn.us) or 507.664.3655 for additional information or a registration packet.



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

## Youth Enrichment

### ACT Prep

#### ACT Seminar

ZAPS Learning Company  
grade 11

Are you preparing for the ACT? Become more familiar with this important college entrance exam by attending this seminar, brought to Northfield by ZAPS Learning Company. You'll hear from an expert what to expect on the test, receive a study guide and take home more than two dozen practice tests.

To register visit [www.zaps.com](http://www.zaps.com) or call toll-free 877.927.8378.

\$90 3 - 5:30 p.m.

M & T, Oct. 13 & 14

High School H124



#### Watch Me Draw: Fall Art Fest!

Watch Me Draw

NEW

grades K - 5

Students will bring home a beautiful, finished project each week while learning actual techniques in drawing, sculpting and coloring effects! Projects include an oversized pastel masterpiece inspired by Pop Artist Wayne Thiebaud, an enormous bulldog with Zentangled flair, one of our signature claydazzle projects and more! Have loads of fun making the coolest art around! All supplies are included.

\$79

3:25 - 4:25 p.m.

M, Sept. 29 - Nov. 10

(No class Nov.3)

Bridgewater Media Center

Classroom 311

Class #: 4382-F14BA

3:20 - 4:20 p.m.

T, Sept. 30 - Nov. 11

(No class Oct. 14)

Sibley Art Room 133

Class #: 4382-F14SA

3:20 - 4:20 p.m.

W, Oct. 1 - Nov. 5

Greenvale Park Art Room 171

Class #: 4382-F14GA



#### Watch Me Draw: 3-D Art

Sampler!

NEW

Watch Me Draw

grades K - 5

Ready, set, create! Take home a frame worthy masterpiece each week! Work with oil pastels, texturing plates, sculpting clay, painting on canvas and more! Create a fun foodie art project and learn about proper proportions as you create a large self-portrait! Spur your creativity and sharpen your technique with a new adventure each week. Watch Me Draw provides a progressive art-enriched experience designed to build solid skills and artistic confidence in each child. All supplies are included.

\$65

3:20 - 4:20 p.m.

W, Nov. 12 - Dec. 17

(no class Nov. 26)

Greenvale Park Art Room 171

Class #: 4374-F14GA

3:25 - 4:25 p.m.

M, Nov. 17 - Dec. 15

Bridgewater Media Center

Classroom 311

Class #: 4374-F14BA

3:20 - 4:20 p.m.

T, Nov. 18 - Dec. 16

Sibley Art Room 133

Class #: 4374-F14SA

### Arts, Music & Theater

#### Watch Me Draw: Holiday

Workshop Watch Me Draw

grades 1 - 5

Enjoy a special workshop creating a holiday reindeer painting with acrylics on a 9 x 12 canvas board. Use lots of glitter and sparkle to decorate your holiday art, so dress to get messy! Frame it! Gift it! Love it! All supplies are included.

\$24

3:25 - 4:40 p.m. Th, Dec. 4

Bridgewater Cafetorium

Class #: 4373-F14BA

3:20 - 4:35 p.m. Th, Dec. 11

Sibley Art Room 133

Class #: 4373-F14SA

3:20 - 4:35 p.m. Th, Dec. 18

Greenvale Park Art Room 171

Class #: 4373-F14GA

## My 'BEST SELFIE' Photo Art: MILE-Wide Smile 'Happiness is...' Poster

NEW

Naomi Jirele

girls grades 6 - 8

The My 'BEST SELFIE' Photo Art projects are designed to assist middle-school girls in building confidence and promoting honor and respect for their own inner beauty and characteristics, as well as those of their peers, in a positive and meaningful way. Students will create a 16"X20"poster using their own 'smiley SELFIE' shot as a soft gray background and will layer their "happiness is..."list of 5 - 7 situations, activities, and/or people that make them happy over the top of the image. Supplies will be provided although students are welcome to bring any of their own pencils, markers, stickers or papers.

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

T, Sept. 30 &amp; Oct. 7

Middle School Art Room 250

Class #: 4447-F14A



*This is a great new class and so important for girls today with all the challenges they face, such as peer pressure, self-esteem issues and social media content. My daughter loved the class.*

*- Parent of a middle school student*

## My 'BEST SELFIE' Photo Art: FUTURE Me Magazine Article/Page Layout

NEW

Naomi Jirele

girls grades 6 - 8

The My 'BEST SELFIE' Photo Art projects are designed to assist middle-school girls in building confidence and promoting honor and respect for their own inner beauty and characteristics, as well as those of their peers, in a positive and meaningful way. The content of this class will capitalize on something each girl has done, but the catch is that the article/layout will be about something each girl dreams of doing in the future (by the time they graduate from high school). Each student will take a more sophisticated, mature SELFIE at the beginning of the class and the group will talk about dreams they have for their high school years. They will pick their top inspirations, create a headline and write up a story or interview of their expected accomplishment and design a page that will boldly express their dream. The page will be created with bold colors/markers in a 'pop-art' style on a 11"X 14" board.

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

T, Oct. 21 &amp; 28

Middle School Art Room 250

Class #: 4448-F14A

Please check back in the winter/spring 2015 brochure for more My 'BEST SELFIE' Photo Art projects, including My Leadership Voyage Map and Hero of Mine Thank You Card.

## Prairie Fire Children's Theatre - Pinnochio **New Play**

Prairie Fire Children's Theatre  
grades 2 - 8

Catch the fire! Enrollment is open to all district students. Spend a week memorizing lines, learning dances, wearing costumes and performing an original play. Please provide your own snack/dinner as needed. You must provide your own transportation to and from the middle school. Performances are at 7 p.m. on Friday and 1 p.m. on Saturday. Tickets to the performance are \$5 for adults and \$3 for students and seniors. Class meets at 4 p.m. every day. A detailed schedule will be handed out after auditions.

\$65 4 - 8:15 p.m.

M - Sa, Nov. 10 - 15

Middle School Auditorium

Class #: 4171-F14A

*Our daughter just finished a week with Prairie Fire Children's Theatre's production of "Beauty and the Beast." I wanted you to know what a wonderful experience this was for her and our family. The children all seemed to learn so much and grow in the short week, thanks to wonderful directors!*

*- Parent of Prairie Fire Children's Theatre participant*





## Science & Mathematics

### Extreme LEGO®: Copters & Spy Planes

NEW

Youth Enrichment League  
grades K - 3

Build a helicopter, egg beater, paddle boat and SPY plane. Investigate basic engineering concepts including: gearing up, gearing down, gear ratio and more. Get in gear, sign up today! Please visit [www.youthenrichmentleague.com](http://www.youthenrichmentleague.com) for more details.

\$75

3:20 - 4:20 p.m.

M, Oct. 27 - Dec. 8

(no class Dec. 1)

Sibley Art Room 133

Class #: 4437-F14SA

3:25 - 4:25 p.m.

T, Nov. 4 - Dec. 9

Bridgewater Media Center

Class #: 4437-F14BA

3:20 - 4:20 p.m.

W, Nov. 5 - Dec. 17

(no class Nov. 26)

Greenville Park Media Center

Class #: 4437-F14GA



### Middle School Science Olympiad Team

Eric McDonald

grades 6 - 8

NEW  
For  
Fall

Are you interested in a hands-on, team-based activity where you get to explore more about science and technology and make lots of new friends? Then the Middle School Science Olympiad team may be for you! We are hosting a two-week primer this fall to introduce all the events that will be offered during competition. However official team practices will start early in January for the regional and State competitions in February and March, 2015. Try your hand at building a vehicle powered by a mousetrap, use forensic evidence to identify a criminal, and learn more about the stars, the environment, and your own DNA! The team will be participating in Saturday Science Olympiad competitions at the Regional and potentially State level (dates and details to be announced.)

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

Primer: T, Nov. 4 & 11

Official Practices:

T & Th, Jan. 13 - Feb. 26

(no class Feb. 5)

Middle School 261

Class #: 4431-F14A



### Mad Science: Lights and Magic!

NEW

Mad Science of Minnesota  
grades 1 - 5

Join the Mad Science workshop as we look at optical illusions and light. Discover the difference between white light, ultraviolet and laser light. See how your mind can be tricked into looking at things in a whole new way. Learn and take home magic tricks along with your ultraviolet sensitive bead wristband. All supplies are included.

\$34 9 a.m. - noon

Sa, Oct. 25

Middle School Art Room 250

Class #: 4363-F14A



### GPS Rentals

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

Contact Melissa, at 507.664.3502 or [Melissa.Bernhard@nfl.k12.mn.us](mailto:Melissa.Bernhard@nfl.k12.mn.us), for more information/to reserve GPS (Global Positioning System) units.

### Mike Lynch's Minnesota Starwatch Party

Great for scout troops or star-gazing enthusiasts! Get to know the constellations and the great stories behind them. See close up views with reflecting mobile telescopes, that are among the biggest in the state. Mike Lynch is a meteorologist at WCCO Radio and has been teaching astronomy classes for over 40 years. *See page 39 for a full class description.*

\$15/person, \$39/per group up to 4, \$65 per group of 5 - 10  
7 - 9 p.m. Th, Oct. 16 Middle School Cafeteria & Baseball Field  
Class # 3240-F14A



## General Interest

### Grandmasters of Chess: Fall Season

#### Youth Enrichment League grades K - 5

New and returning students are invited. Join this "sport of the mind" and be part of your school's chess club. Youth Enrichment League Chess has proven excellence in dozens of schools across Minnesota. Two team state champions, individual state and national champions and gobs of state trophy winners got their start in YEL chess programs. We have 50+ chess lessons for all levels, hundreds of puzzles for all levels and our teachers are among the best in Minnesota. The lessons progress from rudimentary concepts through higher-level theories. Our activity books are formatted to be accessible to beginners, yet challenge intermediate and advanced students to apply deeper understanding of chess concepts. Develop your mind and your chess mettle! Create a checkmate today! For a more thorough explanation of YEL Chess, please visit our website: [www.youthenrichmentleague.com](http://www.youthenrichmentleague.com)  
\$84

3:25 - 4:25 p.m.  
Th, Oct. 9 - Dec. 18  
(no class Oct. 16, 23 & Nov. 27)  
Bridgewater Media Center  
Class #: 4341-F14BA

3:20 - 4:20 p.m.  
T, Oct. 21 - Dec. 16  
(no class Nov. 18)  
Greenville Park Media Center  
Class #: 4341-F14GA

3:20 - 4:20 p.m.  
W, Oct. 22 - Dec. 17  
(no class Nov. 26)  
Sibley-Art Room 133  
Class #: 4341-F14SA

### Beginner American Sign Language for Kids

NEW

#### Michael Detjen grades 3 - 5 (with a parent)

A basic American Sign Language vocabulary can empower children to express their needs and feelings before they can even speak. Boost vocabulary, increase self-confidence and stimulate intelligence by learning basic American Sign Language signs that are frequently used by children and their parents in daily life. Instructor, Michael Detjen, will also teach you more about the grammar, culture, history and terminology of American Sign Language in a fun and educational atmosphere. Parents are welcome to attend with their children for free and can choose to participate or sit-in during class.  
\$54 10 - 11 a.m.  
Sa, Sept. 13 - Nov. 8  
(no class Oct. 18)  
Middle School Media Center  
Class #: 4480-F14A



*I really enjoyed the American Sign Language classes, taught by Michael. He gave excellent instruction and used practical examples for us to practice words.*

- American Sign Language student

Michael Detjen is a local Northfield resident who has been teaching American Sign Language and Deaf History and Awareness classes for many years.

### Home Alone

#### Cathy White ages 8 - 10

Learn about staying safe while home alone for a short period of time or for a couple of hours. This class will teach you more about escape routes, first aid, kitchen safety and much, much more. You will also get to do fingerprinting, make your own first aid kits and enjoy other engaging activities. Please bring a snack and/or lunch, markers and a pencil.  
\$34

9 a.m. - 1 p.m. Sa, Oct. 4  
Middle School Art Room 250  
Class #: 4354-F14A

9 a.m. - 1 p.m. Sa, Dec. 6  
Middle School FACS Food Lab 221  
Class #: 4354-F14B

## Safety Certification

### American Red Cross Babysitter's Training American Red Cross ages 11 - 17

This course is fun and fast-paced, including lots of hands-on learning, videos and activities for the care of children and infants. Making good decisions, solving problems, staying safe and handling emergencies appropriately will also be covered. Students will receive an American Red Cross Babysitter's Certification Card after successful completion of the one-day course. Please bring a snack and/or lunch, markers and a pencil.

\$89 8 a.m. - 3 p.m.  
Middle School FACS Food Lab 221

Sa, Sept. 27  
Class #: 4355-F14A

Sa, Oct. 25  
Class #: 4355-F14B

Sa, Nov. 22  
Class #: 4355-F14C

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

## Driver Education

### Driver Education Classroom

Doug Bengtson

ages 15 - 18

We offer a complete driver education program conducted by certified instructors. Intended primarily for Northfield School District residents, this class is for participants who are 15 years old by the end of the session. Students who are not residents of the Northfield Public School District will be permitted to take the class if it has not filled by the registration deadline. This class requires a special registration form available at the Northfield High School, Community Services and online at [www.nfld.k12.mn.us](http://www.nfld.k12.mn.us). Students will receive a certificate of classroom completion card necessary to apply for an instruction permit. Cost for replacement of lost or damaged cards is \$10. Behind-the-Wheel instruction is available following completion of the classroom session; reference class 6920. Registration opens Aug.15 and ends Oct.10 or until the class is full - please register early to avoid disappointment.

\$152 3 - 6 p.m.

T, Oct. 21 - W, Nov. 5

(no class Nov. 3 & 4)

High School-H124

Class #: 6910-F14A



### Driver Education Behind-the-Wheel

Kevin Dahle & Robert Knutson

ages 15 - 18

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

\$252 By Appointment Only

Class #: 6920-2014

### AARP Smart Driver Courses

#### Northfield Senior Center Staff

This "Smart Driver Course" is designed for drivers over age 50, to help discover how roads, cars and you may have changed since you started driving. Learn research-based safety strategies; understand the links among the driver, vehicle, and road environment; and how awareness encourages safer driving. Completion of this course qualifies each driver over age 55 for a certificate redeemable for a discount on auto insurance premium for three years. First timers must take the 8-hour course and then a refresher course every 3 years to continue the discount. Check with your insurance agent for age qualifications and renewal details. Please indicate your AARP Member number in the notes section when registering, to qualify for the AARP Member discount. Co-sponsored with the Northfield Senior Center. Deadline to register is one week prior to class.

\$27/non-AARP member; \$22/AARP member

Northfield Senior Center

#### AARP Driver Safety Program 8-hour Full Course

8 - 4 p.m. Sa, oct. 11

Class #: 6951-F14A

5:30 - 9:30 p.m. M & W, Nov. 3 & 5

Class #: 6951-F14B

#### AARP Driver Safety Program 4-hour Refresher Course

5:30 - 9:30 p.m. W, Sept. 3

Class #: 6950-F14A

1 - 5 p.m. Th, Sept. 18

Class #: 6950-F14B

5:30 - 9:30 p.m. T, Oct. 14

Class #: 6950-F14C

9 a.m. - 1 p.m. F, Oct. 24

Class #: 6950-F14D

1 - 5 p.m. Th, Nov. 6

Class #: 6950-F14E

1 - 5 p.m. M, Nov. 17

Class #: 6950-F14F

1 - 5 p.m. T, Dec. 16

Class #: 6950-F14G



# Project A.B.L.E.

"Serving Persons with Disabilities by Achieving a Better Life through Education"

**Project ABE is a program within Northfield Public Schools Community Services that provides social, recreational and educational programming for adults with disabilities. We have great new classes and old favorites to offer this fall. Register with Project ABE in Northfield, by calling 507.664.3649. Or visit us online, at [www.nfld.k12.mn.us](http://www.nfld.k12.mn.us) and click on Community Services. A registration form (on page 54) can also be mailed to Community Services along with payment.**

## Arts & Crafts

### Crafty Club - Wooden Pallet Coasters

Make some cool wooden pallet coasters to keep for yourself or give as gifts. You can also decorate them with fall colors.

\$10 6 - 8 p.m.

T, Sept. 23

Laura Baker Services Association

Class #: 7606-F14A

### Crafty Club - Jack O' Lantern

Carve or paint your own pumpkin into a true jack o' lantern to use on Halloween.

\$10 6 - 8 p.m.

T, Oct. 21

Laura Baker Services Association

Class #: 7610-F14A

### Crafty Club - Painted Holiday Ornaments

Paint and decorate your own personal holiday ornaments for the festive season.

\$10 6 - 8 p.m.

Th, Dec. 11

Laura Baker Services Association

Class #: 7607-F14A

### Crafty Club - Fall Leaf Candleholder

Create a beautiful fall or Thanksgiving table decoration using a mason jar, fall leaves, some tea-lights and your creativity!

\$10 6 - 8 p.m.

Th, Nov. 6

Laura Baker Services Association

Class #: 7550-F14A

## Cooking

### Top Chefs - Pizza & Cookie Night!

Join us for pizza and cookie night.

You pick all the toppings and we will show you how!

\$10 6 - 8 p.m.

Th, Sept. 18

High School Rock House

Class #: 7530-F14A

### Top Chefs - Popcorn Party

Who doesn't love the buttery smell of hot popcorn? Join us as we make some sweet and savory varieties including caramel and cheddar flavors as well as create-your-own flavor. At the end of class everyone gets to share in the fun and takes home a popcorn party box with different flavors.

\$10 6 - 8 p.m.

Th, Nov. 13

High School Rock House

Class #: 7709-F14A



## Tops Chefs - All Things Apple

It's apple season in Minnesota, so get creative as we take you on a culinary experience using apples in a variety of sweet and savory dishes.

\$10 6 - 8 p.m.

Th, Oct. 16

High School Rock House

Class #: 7523-F14A

## Top Chefs - Cookie Decorating Extravaganza!

'Tis the season to bake wonderful holiday cookies in the shape of stars, bells and trees and decorate them with fun, sparkly colors and sprinkles. These delicious and colorful treats can be given to others as a gift or you can keep them as a merry holiday treat for yourself!

\$10 6 - 8 p.m.

Th, Dec. 18

High School Rock House

Class #: 7700-F14A

## Social Activities

### Bowling League

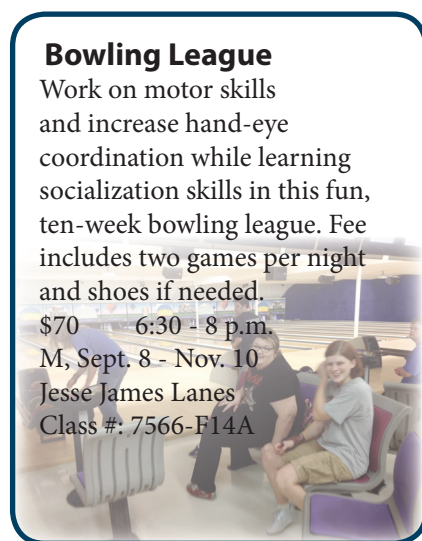
Work on motor skills and increase hand-eye coordination while learning socialization skills in this fun, ten-week bowling league. Fee includes two games per night and shoes if needed.

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

M, Sept. 8 - Nov. 10

Jesse James Lanes

Class #: 7566-F14A



**REGISTER ONLINE**  
**[www.nfld.k12.mn.us](http://www.nfld.k12.mn.us)**  
**507.664.3649**



## Color Pin Bowling

It's time for some crazy Color Pin Bowling. Get a colored headpin and knock it down to win a prize! Fee covers two games of bowling and shoe rental.

\$10 1 - 3 p.m.  
Jesse James Lanes  
Sa, Sept. 13  
Class #: 7567-F14A  
Sa, Oct. 11  
Class #: 7567-F14B  
Sa, Nov. 8  
Class #: 7567-F14C  
Sa, Dec. 13  
Class #: 7567-F14D

## Pizza Bingo

Combine the tasty with the fun at Pizza Bingo! Utilize number recognition, sequencing and patterning skills to be the first one to solve the puzzle and win a prize. Pizza and pop are included in the cost. Staff must also be registered in advance.

\$10/participant (no additional fees for staff)  
6 - 8 p.m.  
Laura Baker Services Association  
F, Sept. 19  
Class #: 7500-F14A  
F, Oct. 17  
Class #: 7500-F14B  
F, Nov. 14  
Class #: 7500-F14C  
F, Dec. 12  
Class #: 7500-F14D

## Board Game Café

Keep warm and cozy as you enjoy a hot chocolate or coffee and desert with friends. Also get to socialize as we play a variety of fun board games.  
\$5 6:30 - 8 p.m.  
High School Rock House  
Th, Oct. 9  
Class #: 7575-F14A  
Th, Dec. 4  
Class #: 7575-F14B

## Movers & Shakers

NEW

Join us for some exercise as we stretch and move to music. You will have so much fun during this exercise class you will forget that it is good for you! Wear comfortable clothes and your tennis shoes. Bring along a bottle of water and some had weights if you have them.  
\$5 10 - 11 a.m.  
Middle School Auxiliary Gymnasium  
Sa, Sept. 27  
Class #: 7570-F14A  
Sa, Oct. 25  
Class #: 7570-F14B  
Sa, Nov. 22  
Class #: 7570-F14C  
Sa, Dec. 20  
Class #: 7570-F14D

## Mystery Dining

Dine with friends at a surprise location each month! You will learn how to order within a budget and what is appropriate in social settings. Staff accompanying participants will be able to order on their own. Contact Niki Kolb, at 507.664.3648 or Niki.Kolb@nfld.k12.mn.us, for location details.  
\$18 5:30 - 7:30 p.m.  
A Surprise (To Be Announced)  
Th, Nov. 20  
Class #: 7510-F14A  
M, Dec. 1  
Class #: 7510-F14B

## Special Events

### Fall Bike Ride

Enjoy exercising as you bike along the Sakatah Trail with your friends. Take a break to enjoy lunch on the bike trail.  
\$10 11 a.m. - 1 p.m.  
Su, Sept. 28  
Meet at Faribault Dairy Queen  
Class #: 7560-F14A

## Fall Dance

Ready to have some fun? Come along with your friends and dance up a storm to your favorite tunes at our Fall Dance. Get to socialize and enjoy a pop and a snack.  
\$14 6 - 8 p.m.  
F, Oct. 10  
Faribault Middle School  
Class #: 7543-F14A

## Rolling on the River

Journey down the St. Croix and enjoy an all-you-can-eat buffet listening to a strolling jazz band. The picturesque fall scenery will leave you breathless. Transportation will be provided and bus pick-up will be at Northfield High School.  
\$44 11 a.m. - 6 p.m.  
Su, Oct. 12  
St. Croix River  
Class #: 7549-F14A

## Minnesota Twins Game

NEW

Enjoy an afternoon at Target Field watching the Minnesota Twins take on the Cleveland Indians. Ticket price includes transportation. Game time is 1:10 p.m. Buses will pick up at Northfield High School at 11:15 p.m. and will return after the game.  
\$45 11 a.m. - 6 p.m.  
Su, Sept. 21  
Target Field  
Class #: 7800-F14A



**REGISTER ONLINE**  
**[www.nfld.k12.mn.us](http://www.nfld.k12.mn.us)**  
**(click on)**  
**Community Services**  
**507.664.3649**

# Learn-to-Swim Level Descriptions

See next page for classes.



Together, we can save a life

## Level 1 Introduction to Water Skills

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

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

## Level 2 Fundamental Aquatic Skills

**Purpose:** Gives students success with fundamental skills

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

## Level 3 Stroke Development

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

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

## Level 4 Stroke Improvement

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

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

## Level 5 Stroke Refinement

**Purpose:** Provides further coordination and refinement of strokes.

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

## Level 6 Swimming and Skill Proficiency

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

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

Personal Water Safety	Fundamentals of Diving	Fitness Swimmer
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Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

## Aquatics

### American Red Cross Learn-to-Swim Sessions

Community  
Services Staff  
ages 6 and older



**American  
Red Cross**

*Together, we can save a life*

\$36 Middle  
School Pool

*See previous page for descriptions.*

#### Level 1

6 - 6:40 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1033-F14A

#### Level 2

6 - 6:40 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1034-F14A

#### Level 2

6:45 - 7:25 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1034-F14B

#### Level 3

6:45 - 7:25 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1035-F14A

#### Level 4

7:30 - 8:10 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1036-F14A

#### Level 5

7:30 - 8:10 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1037-F14A

#### Level 6

7:30 - 8:10 p.m.  
M & Th, Oct. 27 - Nov. 13  
Class #: 1038-F14A



### Water Babies

Community Services Staff  
ages 6 - 18 months

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

\$36 5:15 - 5:45 p.m.  
T, Sept. 16 - Nov. 4  
AmericInn Motel & Suites Pool  
Class #: 1030-F13A

### Starfish

Community Services Staff  
ages 4 & 5

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

\$36  
AmericInn Motel & Suites Pool  
5:15 - 5:45 p.m.  
M, Sept. 15 - Oct. 20  
Class #: 1032-F14A

5:50 - 6:20 p.m.  
M, Sept. 15 - Oct. 20  
Class #: 1032-F14B

6:25 - 6:55 p.m.  
M, Sept. 15 - Oct. 20  
Class #: 1032-F14C

### Water Babies/Aqua Tots

Community Services Staff  
ages 6 months - 3 years

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

\$36 5:50 - 6:20 p.m.  
T, Sept. 16 - Nov. 4  
AmericInn Motel & Suites Pool  
Class #: 1040-F14A

### Aqua Tots

Community Services Staff  
ages 18 months - 3 years

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

\$36  
AmericInn Motel & Suites Pool  
6:25 - 6:55 p.m.  
T, Sept. 16 - Nov. 4  
Class #: 1031-F14A

7 - 7:30 p.m.  
T, Sept. 16 - Nov. 4  
Class #: 1031-F14B

*The Aqua Tots lessons were  
amazing. The instructor is a great  
asset to your staff.*

*- Parent of Aqua Tots participants*



## Private Youth Swimming Lessons

### Community Services Staff

Private swimming lessons are available for anyone regardless of age or ability. Lessons are held at the Northfield Outdoor Pool during the summer and at the Northfield Middle School or the Northfield Senior Center during the school year. Other people may be in the pool as the private lessons take place. This class is by appointment only. To schedule a private lesson, please call Melissa at 507.664.3502.  
\$20/hour or \$10/30 minutes

## Adult Aquatics

### Sunrisers Aqua Fitness

#### Marilyn Kelley

Wake up with the sun and have some fun! This class offers a series of stretching, aerobic and strengthening exercises, designed to maintain cardio health as well as flexibility and balance. Participants can adjust exercises to their individual abilities. No swimming skills required.  
\$67

Northfield Senior Center Pool

7 - 7:45 a.m.

M, W & F, Sept. 8 - 29

Class #: 1042-F14A

7 - 7:45 a.m.

M, W & F, Oct. 13 - Nov. 3

Class #: 1042-F14B

7 - 7:45 a.m.

M, W & F, Nov. 24 - Dec. 15

Class #: 1042-F14C



## Early Bird Aqua Fitness

### Don Forsberg

Many of the health-related components of fitness are enhanced in water exercise. Work on muscular strength and endurance training, improve flexibility and enhance the cardio-respiratory system. Each aqua fitness class includes a warm-up, cardio workout, strength training, cool-down and stretching. Some students use ankle or arm weights and water gloves to enhance their workout. Each student in the class chooses their own water comfort level. No swimming skills required.  
\$67 7 - 8 a.m.

T & Th, Sept. 9 - Oct. 9

Northfield Senior Center Pool

Class #: 1044-F14A

## Aqua Fitness Fusion

### Northfield Senior Center Staff

High energy water aerobics at its best! Energetic exercise using the dynamics of water resistance. Non-stop fun! Sometimes tools (water barbells, noodles, and water dynamics) are used for resistance. Expect moderate to vigorous aerobic training. No swimming skills required but you must be comfortable in water that is waist to chest deep.  
\$67

Northfield Senior Center Pool

5:30 - 6:30 p.m.

T & Th, Sept. 9 - Oct. 9

Class #: 1144-F14A

10 - 10:45 a.m.

Sa, Sept. 13 - Nov. 15

Class #: 1144-F14B

5:30 - 6:30 p.m.

T & Th, Oct. 14 - Nov. 13

Class #: 1144-F14C

## Water Volleyball Fitness

### Northfield Senior Center Staff

Come play with others in a fun, warm pool environment. Group play is designed to bring enjoyment to the water, fitness, and to playing volleyball in an aquatic setting. This group is not a league so beginners are always welcome. No experience necessary. Great fun!

\$44 7 - 7:45 p.m.

W, Sept. 10 - Oct. 29

Northfield Senior Center Pool

Class #: 1049-F14A

## Aqua Zumba

### Northfield Senior Center Staff

Hot Latin Music - warm water pool - never a chill but always a thrill! Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes place in a heated indoor pool. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

\$67 8 - 9 a.m.

Sa, Oct. 4 - Nov. 22

Northfield Senior Center Pool

Class #: 1047-F14A

## Adult Lap Swimming

### 6 Punch Card

#### Community Services Staff

Lap swimming is available during all American Red Cross Learn-To-Swim sessions. You must purchase and possess a fall 2014 punch card from Northfield Public Schools Community Services to swim.

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

M & Th, Oct. 27 - Nov. 13

Middle School Pool

Class #: 1115-F14A

## SCUBA Open Water Certification Class

### John Campion

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

\$335 5:30 - 8:30 p.m.

T, Sept. 16, 23 & 30

M, Sept. 22

Middle School 172

Class #: 1001-F14A



### Recreation Positions Available!

Community Services is looking for staff who are outgoing, responsible and who work well with youth. Instructor opportunities exist in a variety of sports, as well as in outdoor adventure, and in aquatics as lifeguards and water safety instructors. Basketball scorekeepers and officials are also needed. Contact Recreation Coordinator, Melissa at 507.664.3502 or [Melissa.Bernhard@nfld.k12.mn.us](mailto:Melissa.Bernhard@nfld.k12.mn.us).

## Private Adult Swimming Lessons

### Community Services Staff

Private swimming lessons are available for anyone regardless of age or ability. Lessons are held at the Northfield Outdoor Pool during the summer and at the Northfield Middle School or the Northfield Senior Center during the school year. Other people may be in the pool as the private lessons take place. This class is by appointment only. To schedule a private lesson, please call Melissa at 507.664.3502. \$20/hour or \$10/30 minutes

## Adult Swimming Lessons

### Community Services Staff

Gain cardiovascular and muscle strength while maintaining healthy joints. Your instructor will help to teach and/or improve your strokes and your confidence in the water. Adults of all abilities welcome.

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

M & W, Sept. 29 - Oct. 15

Northfield Senior Center Pool

Class #: 1039-F14A

## Fitness Swimming - Group Coaching

### Northfield Senior Center Staff

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

\$64 6 - 7 a.m.

F, Sept. 12 - Oct. 31

Northfield Senior Center Pool

Class #: 1048-F14A

## Northfield Old Memorial Park Pool 7th Annual Doggy Dip

801 Seventh Street E. • 507-645-1837 • [www.ci.northfield.mn.us](http://www.ci.northfield.mn.us)

Bring your pooch to the Northfield Outdoor Pool to help us celebrate and to show off your dog's front crawl, breast stroke or doggy paddle.

\$4.50 for the first dog & \$3 for each additional dog. No people in the water, just four-legged friends, please! All dogs must have Distemper, Bordetella and Rabies shots. Papers are required. Please note: any dogs showing aggression will be asked to leave.

3:30 - 6 p.m.

M & T, Sept. 8 & 9



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

## Adult Recreation

### Open Gyms

#### Open Gym Dodgeball

##### Community Services Staff

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

\$2 7 - 9:30 p.m.

T, Oct. 14 - Dec. 16

Longfellow Gymnasium

#### Adult Open Gym Volleyball

##### Community Services Staff

Start your week off right. Drop in on open gym volleyball for exercise and fun. Play a game or partner up for some pepper. Payable at the door; no large bills please. Pre-registration not required.

\$2 7:30 - 10 p.m.

M, Sept. 8 - Dec. 15

Bridgewater Gymnasium



#### Adult Open Gym Basketball

##### Community Services Staff

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

\$2 7 - 9:30 p.m.

W, Sept. 3 - Dec. 17

(no open gym Nov. 26)

Middle School Gymnasium

### Leagues

#### Adult Basketball League

##### Community Services Staff

Shoot for the moon. Even if you miss, you'll land among the stars. Your younger days of landing on the moon may be gone, but at least you and your buddies can still become hometown stars. Northfield Community Services offers an officiated five-on-five basketball league on Sunday evenings. Contact Melissa at 507.664.3502 or [Melissa.Bernhard@nfl.k12.mn.us](mailto:Melissa.Bernhard@nfl.k12.mn.us) for information or a registration packet. League continues into February. Registration form and fee are due by Oct. 3. Game times: 5:30, 6:40 & 7:50 p.m.

\$390

League begins Su, Nov. 2

(no leagues games Dec. 28)

High School Gymnasium

Class #: 1023-F14A

#### Co-Rec Volleyball League

##### Community Services Staff

Competitive volleyball lives on! Get a team together to bump, set, and hit the courts. Registration forms and fees are due by October 30. League continues through early March. Contact Melissa at 507.664.3502 or [Melissa.Bernhard@nfl.k12.mn.us](mailto:Melissa.Bernhard@nfl.k12.mn.us) for information or a registration packet. Game times: 6:30, 7:30, 8:30 & 9:30 p.m.

\$275

League begins W, Dec. 3

(no league games Dec. 24 & Dec. 31)

Bridgewater Gymnasium

Class #: 1029-F14A

#### Adult Flag Football

##### Community Services Staff

Still got the heart? Adult Flag Football provides adults with the opportunity to experience the fun and excitement of playing football without the rough contact. This is an unofficiated, seven-on-seven football league. Fee includes regular season and play-off. Contact Melissa at [Melissa.Bernhard@nfl.k12.mn.us](mailto:Melissa.Bernhard@nfl.k12.mn.us) or 507.664.3502 for information or a registration packet. Teams of seven members or more. Registration form and fee are due by Aug. 29.

Game time: 8:45 p.m.

\$150

League begins Th, Sept. 11

Sechler Fields

Class #: 1063-F13A



## Martial Arts

### Kyudo - Japanese Longbow Archery

**Carly & John Born**

Today's Kyudo is a non-competitive, introspective process to shooting that helps to focus one's mind and body on the simple act of shooting a bow. Parent participation is required for those under fifteen years old. Visit [www.mnkyudo.org](http://www.mnkyudo.org) for more details. There is a \$20 membership fee into the Minnesota Kyudo Renmei when shooting begins. Practice bows (\$25) are also for sale - they are optional, but recommended. Loaner equipment is provided for most adults.

\$29 7 - 9 p.m.

W, Sept. 17 - Dec. 10

(no class Nov. 26)

High School Gymnasium

Class #: 4107-F14A

### Gumdo

**Daniel Elo**

Haidong Gumdo is a non-contact Korean martial art that focuses on the manipulation of a sword through a variety of forms and drills designed to increase focus and proficiency with drawing and sheathing the sword. It is a fast-paced art for a good workout, but low impact, so is suitable for many age groups.

Beginners are welcome. There is a \$15 fee for the sword, payable to the instructor on the first day of class. Testing date Saturday, Nov. 1. Please note that this date is tentative and subject to change. Further updates will be made verbally in class.

\$49 8- 9 p.m.

Sibley Cafeteria

T & Th, Sept. 9 - Oct. 28

(no class Oct. 9, 14, 16)

Class #: 4108-F14A

T & Th, Nov. 4 - Dec. 16

(no class Nov. 27)

Class #: 4108-F14B

### Tae Kwon Do for Adults

**Daniel Elo**

As a student of Tae Kwon Do, you will learn beginning hand and foot fighting/defensive techniques in an instructor controlled contact environment. Learn to control your body and focus power in to every punch and kick. The adult class occurs concurrently with the Advanced Tae Kwon Do for Youth. Parents, this is a great opportunity for you to join your child in an engaging environment. Testing date Saturday, November 1. Please note that this date is tentative and subject to change. Further updates will be made verbally in class.

\$74 7- 8 p.m.

T & Th, Sept. 9 - Oct. 28

(no class Oct. 9, 14, 16)

Sibley Cafeteria

Class #: 1151-F14A

T & Th, Nov. 4 - Dec. 16

(no class Nov. 27)

Sibley Cafeteria

Class #: 1151-F14B

**De-stress with some yoga techniques this fall. Find classes on page 31.**

### Shorin-Ryu Karate

**Bob Dobrow**

Karate develops self-confidence, focus, strength and flexibility. Karate is a rewarding physical activity for adults and children, and a great family activity as well. You will train in Shorin-Ryu karate, a traditional Okinawan style, just as it has been practiced for centuries. Emphasis is on kata (forms) and self-defense application, not free-style sparring or competition. Our school is part of Ueshiro Shorin-Ryu Karate USA, founded 51 years ago, with clubs and dojo around the country. Call Sensei Bob Dobrow at 507.301.3544 or visit [www.northfieldkarate.wordpress.com](http://www.northfieldkarate.wordpress.com) for more information. Students will purchase a gi (white karate uniform) near the start of class. Testing fees are additional. It is recommended that for children under 10 at least one other family member attends classes. Classes are available Monday, Wednesday, and Saturday. Students can attend as many or as few sessions as they want. There is no better time than now to get started! Saturday advanced class 10 a.m. - 11 a.m.

\$49/person; \$79/family

6:45 - 8 p.m.

M & W, Sept. 3 - Dec. 17

(no class Nov. 26)

Longfellow Gymnasium

Class #: 4166-F14A



## General Recreation

### 90s Jam Workout

**Megan Proft**

Pump up the jam, feel the vibrations and get ready to jump around! One part dance fitness and other part reminiscent fun, this new workout class combines all your favorite 90s hits with medium-impact cardio and toning. Get ready to strike it up and dance, dance, dance! Please bring a water bottle and towel/mat.

\$27 6:15 - 7:15 p.m.

T, Nov. 4 - Dec. 16

(no class Nov. 18)

Greenvale Park Gymnasium

Class #: 1105-F14A

### Pump(kin) It Up

**Megan Proft**

Come one, come all for the most unique and fun workout class this fall! This class is for individuals or for the entire family and uses pumpkins like medicine balls to strengthen the body through individual and partner stretching and toning. Pump(kin) It Up will also put your new skills into action through a few exciting high-energy games. All youth under 14 must be accompanied by an adult. Please bring a towel or mat for each attendee. Pumpkins will be provided and can be taken home for carving.

\$7/person; \$12/family of 2;

\$20/family of 4

10 - 11:30 a.m.

Sa, Oct. 25

Middle School Gymnasium

Class #: 1101-F14A



### Core Fusion

**Northfield Senior Center Staff**

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

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

Northfield Senior Center

Fitness Studio

Sa, Sept. 6 - Oct. 18

Class #: 1108-F14A

Sa, Oct. 25 - Dec. 13

Class #: 1108-F14B

### Body Sculpting

**Lu Herbeck**

Using bands, balls, walls, steps, mats and a dozen other fitness tools, we will help you become a more toned, strong, fit and functional you! This is a great and fun way to burn calories, build muscle, endurance, agility, coordination and preserve bone integrity. Class is timed to music. All abilities welcome and encouraged.

Held on sprung wood floor.

\$55 5 - 6 p.m.

Northfield Senior Center

Fitness Studio

W, Sept. 10 - Oct. 15

Class #: 1118-F14A

W, Oct. 29 - Dec. 10

Class #: 1118-F14B

### Kettlebell Strength Fusion

**Lu Herbeck**

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

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

Northfield Senior Center

Fitness Studio

M, Sept. 8 - Oct. 13

Class #: 1117-F14A

M, Oct. 27 - Dec. 1

Class #: 1117-F14B



### Walking in the high school

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

## Power

### Northfield Senior Center Staff

Tone up with an expert. Strength training, muscle building, high calorie burning with a skilled, inclusive and friendly certified personal trainer. Offers progressive strength, dynamic movement training to provide strength for life in all its aspects by using equipment in the fitness center. Open to all levels of fitness or ability with specific options given for everyone. No experience necessary, but those signing up will want to take our free fitness center orientation previous to class for the best results. Held in fitness center. \$556 - 6:45 p.m.

T & Th, Oct. 21 - Nov. 6  
Northfield Senior Center  
Class #: 1119-F14A

## Classical Yoga

### Northfield Senior Center Staff

Enjoy relaxation and invigoration. Yoga is well known for stress relief, flexibility, strength, balance, improved body alignment and circulation. This class integrates breath-work and mind/body concept, while developing strength and flexibility. Learn postures, centering, warm-ups and relaxation. \$55 6 - 7 p.m.

Northfield Senior Center  
Fitness Studio

M, Sept. 8 - Oct. 13  
Class #: 1121-F14A

Th, Sept. 11 - Oct. 16  
Class #: 1121-F14B

M, Oct. 27 - Dec. 1  
Class #: 1121-F14C

Th, Oct. 30 - Dec. 4  
(no class Nov. 27)  
Class #: 1121-F14D

## Beginning Yoga

### Heartwork Yoga Studio

This is where you start! These classes cover the basics of yoga poses (called asanas) and yoga breathing. Beginners should start with these classes before proceeding to the next level, and will generally stay at this level for 2 to 6 months.

\$33 7 - 8 p.m.

T, Sept. 9 - 30

HeartWork Yoga Studio

Class #: 1133-F14A

## Introduction to Yoga Workshop

### Heartwork Yoga Studio

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

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

HeartWork Yoga Studio

Sa, Sept. 6  
Class #: 1134-F14A

Sa, Oct. 4  
Class #: 1134-F14B

Sa, Nov. 1  
Class #: 1134-F14C

## Zumba Fitness

### Northfield Senior Center Staff

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

\$55

Northfield Senior Center  
Fitness Studio

6- 6:45 p.m.

W, Sept. 10 - Oct. 15

Class #: 1159-F14A

9 - 9:45 a.m.

Sa, Sept. 13 - Oct. 18

Class #: 1159-F14B

6 - 6:45 p.m.

W, Oct. 29 - Dec. 10

Class #: 1159-F14C

9 - 9:45 a.m.

Sa, Nov. 1 - Dec. 6

Class #: 1159-F14D



### Gift certificate

'Tis the season of giving so why not purchase the unique present of a Community Service gift certificate, available at our office or online. If ordered online, bring the confirmation to our office to receive a gift certificate suitable for a special presentation.

Class #: GC-2014



## Techno Kickboxing

**Megan Proft**

Kick, punch, squat and jump your way through this medium to high impact cardio workout. Let the driving beats of techno music propel you through a combination of kickboxing (no bag), toning and interval training. Get ready to burn calories, build muscles and sweat away stress! Please bring a mat, towel and water.

\$27 6:15 - 7 p.m.

Th, Sept. 25 - Nov. 20

(no class Oct. 16, Nov. 6 & 13)

Greenvale Park Gymnasium

Class #: 1163-F14A

## Hip Hop Workout

**Megan Proft**

Turn up the music and turn out the steps in this fun, energetic workout class. Based in the music and moves of hip hop dance, you won't even realize how many calories you are burning as you crank out the cardio, tone and have a blast. No dance experience is necessary. This class is for adults of all ages. Please bring a towel or mat.

\$27 6:15 - 7:15 p.m.

T, Sept. 23 - Oct. 28

Greenvale Park Gymnasium

Class #: 1164-F14A

## Table Tennis Fitness

**Northfield Senior Center Staff**

Play with others in one of the most exhilarating sports - table tennis.

Group play is designed to pair up individuals of similar abilities in order to hone and improve skills. No experience necessary. Great fun!

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

M, Sept. 8 - Oct. 27

Northfield Senior Center

Activity Room

Class #: 1326-F14A

## Try IT!

**IT! FACTORY**

At IT! FACTORY fitness and wellness, LLC. we want to change the way you think about fitness. Teammates will be trained by our experienced coaches. Practice sessions will be varied and challenging for all athletic levels. The Try IT! class will be constantly changing and challenging your body, so that you don't get stuck in a rut. Try IT! will combine cardio, strength, mobility and total conditioning to help improve your fitness and strength.

\$45 4:15 - 5 p.m.

M, Sept. 9 - Oct. 13

IT! FACTORY Fitness and Wellness

Class #: 1132-F14A

## Indoor Fit Camp

**Juliana Lima**

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

\$75 10 - 11 a.m.

Sa, Sept. 13 - Nov. 22

(no class October 18)

Middle School Fitness Room

Class #: 1167-F14A



**NEW**

## Pickleball

**Community Services Staff**

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

\$37 7 - 9 p.m.

Th, Sept. 18 - Nov. 20

(no class October 16)

High School Gymnasium

Class #: 1195-F14A



## In My Sights - Intro to Archery

**Gear ReSource**

**16 and older**

This is a unique opportunity to gain firsthand knowledge about archery as you learn and practice with local certified archers in the comfort of a warm indoor range. All equipment and instruction is provided courtesy of the Cannon River Sportsmen's Club and Hawk Eye Archery.

\$15 6 - 7:30 p.m.

Gear ReSource

**Men & Women ages 16+**

M, Dec. 8

Class #: 4815-F14MW

**Women ages 16+**

T, Dec. 9

Class #: 4815-F14W

**NEW**

## Adventure

### Fun With Problems at The Cannon Crux Bouldering Gym

Hannah Peterson

NEW

18 and older

Bouldering is experienced on low heights with cushioned floors instead of ropes and encourages problem solving skills, flexibility and whole body strength. Join this series of classes and learn bouldering basics from terminology to techniques and how to begin solving bouldering "problems." At the end of the series, a "climb off" competition will allow for some extra team fun. Climbers must wear tennis shoes or climbing shoes. Climbing shoe rentals are available for \$4/per time and are not included in the cost of the class.

\$60 Cannon Crux Bouldering Gym

ages 18 - 30

8 - 10 p.m. Th, Sept. 11 - Dec. 18  
(no class Nov. 27)

Class #: 1109-F14D18-30

ages 30+

7 - 9 p.m. T, Sept. 16 - Dec. 16

Class #: 1109-F14E30+

### Smear and Scramble - Outdoor Rock Climbing Class

Gear ReSource

NEW

Learn basic climbing skills and technique including specialized equipment use and proper fit, site safety, knot tying, belay technique, and basic climbing techniques. This course is designed for new climbers. Transportation and all equipment provided. Bring your own lunch/snacks. This class is weather dependent. Meet at The Gear ReSource. Transportation provided to climbing site.

\$65 9 a.m. - 4 p.m.

Sa, Sept. 27

Gear ReSource

Class #: 1114-F14B

### Adventure Racing

Community Services Staff

Push your limits! Part bike race, part running race, and part Amazing Race, Michigan's ArtPrize Edition race combines two-person teams with adventure and art for an all out challenge! The race consists of mountain biking or running to checkpoints to collect as many points as possible. Racers will encounter amazing challenges, many involving some aspect of art in popular downtown exhibits. Adventurers will meet twice in September prior to the the race and will learn about other racing opportunities, plotting UTM's, compass reading, equipment management, racing tips and the "need-to-knows" of former and current adventure racers. Registration includes the entire race fee, class tuition, race T-shirt and a one day MN park sticker for training days. Class may occasionally travel off-site for training. Transportation is not provided for off-site training or the race.

**Race:** Sept. 27, at Ah-Nab-Awen Park, Grand Rapids, Michigan.

\$90/person or \$180/team

6 - 7 p.m.

W, Sept. 10 & 17

Location To Be Decided

Class #: 1110-F14A

### Outdoor Pursuits

Community Services Staff

Pursue the adventurer in you! Meet one Saturday a month to participate in an adventure led by skilled guides. Activity level is moderate and appropriate for the novice adventurer. Participants choose to register for one class date at a time, or for a full season and participate in all events. Transportation is provided.

**Full Season:** \$40

1 - 4 p.m. Sa, Sept. 27, Oct. 25, Nov. 22 & Dec. 20

Class #: 1111-F14FS

**Adventure:** Ropes Course

\$15 1 - 4 p.m.

Sa, Sept. 27

Shattuck St. Mary's

Class #: 1111-F14S

**Adventure:** Forestville Mystery Cave

\$15 1 - 4 p.m.

Sa, Nov. 22

Class #: 1111-F14N

**Adventure:** Hiking

\$15 1 - 4 p.m.

Sa, Oct. 25

Afton State Park

Class #: 1111-F14O

**Adventure:** Bouldering

\$15 1 - 4 p.m.

Sa, Dec. 20

The Crux Bouldering Gym

Class #: 1111-F14D

*Adventure Racing and Outdoor Pursuits is generously sponsored by grant funding from The Neighborhood Health Connection Healthy Activity Grant from Allina Health.*



## Dance

**Ballroom Dance: Weddings and Special Events  
(singles & couples)**

NEW

**Victor Albrecht**

This is a special 'getting ready' class for weddings, graduation parties and other special events. High school juniors and seniors, families and entire wedding parties are welcome to join. Instructor, Victor Albrecht, makes it fun and easy for everyone. Learn basic steps in the Smooth Fox Trot, Ballroom Waltz and the Hot East Coast Swing. All are welcome and no partners are needed

\$15/person; \$24/couple

7 - 9 p.m. W, Sept. 24

High School North Balcony Gymnasium

Class #: 3837-F14A

**Beginning Belly Dance****Kate Southwick**

NEW

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

\$69 7:30 - 9 p.m.

M, Sept. 22 - Nov. 10

High School North Balcony  
Gymnasium

Class #: 1116-F14A

*Kate Southwick is a wonderful instructor and this class far exceeded my expectations. Each class was carefully planned and the transitions were smooth. The instructor is knowledgeable, approachable, fun and able to explain complicated moves in an easy way for everyone. I will definitely take this class again!*

- Beginner Belly Dancing Student

**Belly Dance - Level 2  
(Advanced Beginning)**

NEW

**Kate Southwick**

Level 2 belly dance builds on the movements, footwork and isolations learned in Beginning Belly Dance. Advanced beginning dancers will learn more challenging movements, longer combinations, shimmy layers, new zil rhythms, and a fun three minute choreography. Students must have completed at least one full session of Beginning Belly Dance and be comfortable with the basic Middle Eastern movements and isolations.

\$85 7:30 - 9 p.m.

Th, Sept. 11 - Nov. 20

(no class Oct. 16)

High School North  
Balcony Gymnasium

Class #: 1160-F14A

**Mom's Night Out - Disco  
Dance Workout**

NEW

**Victor Albrecht**

Calling all ladies of Northfield! Do you remember the Disco and Hustle dances? What about the Bee-Gees and their ever-popular 'Staying Alive.' Enjoy a night out and register for this fun class on your own or with a group of girlfriends. Learn various moves and dance steps from the 70's as you get a great cardio boost workout, build stamina and improve your balance, coordination and flexibility!

\$19 6 - 7 p.m.

M, Nov. 3 &amp; 10

Middle School

Auxiliary Gymnasium

Class #: 3850-F14A

**Ballroom, Swing & Latin  
Dance For Beginners  
(couples only)**

NEW

**Victor Albrecht**

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

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

M, Nov. 3 - 24

Middle School

Auxiliary Gymnasium

Class #: 3849-F14A

Victor Albrecht has 25 years experience in adult community education and has taught dance classes throughout the Twin Cities. Victor is also an Arthur Murray dance studio instructor and has extensive training in both Ballroom and Country/Western dance.



## Ballroom, Swing & Latin Dance for Intermediates (couples only)

NEW

Victor Albrecht

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

\$65/couple W8 - 9 p.m.

M, Nov. 3 - 24

Middle School

Auxiliary Gymnasium

Class #: 3851-F14A

## Night Club Slow Dance Workshop (singles & couples)

NEW

Victor Albrecht

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

\$19 6 - 7 p.m.

M, Nov. 17 & 24

Middle School

Auxiliary Gymnasium

Class #: 3854-F14A



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

See pages 54 & 55 for registration.

## Adult Enrichment

### Cooking

#### Everyday Freezer Meals Workshop

NEW

Debbie Stolz

Are you tired of stressing over what to make for dinner? Freezer Meals can be your solution! Don't let the bustle and stress of your busy schedule force you to go through drive-thrus or eat junk food. Make mealtime simple, healthy, natural and delicious! Learn how to plan and prep freezer meals that saves you time and money. Meals include Lemon Rosemary Pork Tenderloin, Southwestern Chicken Burgers, Crock Pot Chicken Quesadillas and more. After registering you will receive an email shopping list to purchase your designated proteins and veggies but the rest of the ingredients will be provided. You will go home with 6 freezer meals, leftover product to make many more meals, recipes and a website resource to accompany your freezer meals. Registration deadline is Sept. 9. *This class is offered in collaboration with Just Food Coop and if you purchase your ingredients for the class from Just Food, bring in your receipt and receive a \$5 gift card towards a future purchase at Just Food.*

\$75 6:30 - 8 p.m.

Th, Sept. 25

Middle School FACS Food Lab 221

Class #: 3045-F14A

#### Simply Healthy Freezer Meals

NEW

Debbie Stolz

Make mealtime simple, healthy, natural and delicious! Learn how meal planning and preparing freezer meals can tame the dinnertime chaos and save you money. The meals serve 4 - 6 and will cost about \$3 - \$4 per serving. That's less than fast food, but so much healthier! These figure-friendly meals include: Baked Chicken Scampi, Easy Tacos, Garlic and Herb Roasted Pork Chops and more! After registering you will receive an email shopping list to purchase your designated proteins and veggies but the rest of the ingredients will be provided. You will go home with 6 freezer meals, leftover product to make many more meals, recipes and a website resource to accompany your freezer meals. Registration deadline is Oct. 6. *This class is offered in collaboration with Just Food Coop and if you purchase your ingredients for the class from Just Food, bring in your receipt and receive a \$5 gift card towards a future purchase at Just Food.*

\$75 6:30 - 8 p.m.

Th, Oct. 23

Middle School FACS Food Lab 221

Class #: 3046-F14A



## Simple, Special Cakes

**Beki Cook**

Making fancy, flavorful desserts becomes a piece of cake in this three-hour class. Learn the tricks to making easy, beautiful cakes that taste amazing and look like you spent the whole day in the kitchen. Students will bring home one beautifully decorated cake, icing spatula and decorating tips. Students should please bring two 8-9" round cake layers - removed from the pans, two cans of vanilla icing and a carrier to transport the finished product. **A supply fee of \$7.50 will be payable directly to the instructor at the start of the class.**

\$29 9:30 - 11:30 a.m.

Sa, Oct. 4

Middle School FACS Food Lab 221

Class #: 3044-F14A

## Gourmet Cupcakes Made Easy

**Beki Cook**

You see them at weddings, at fancy parties, and in the windows of many speciality shops - gourmet cupcakes! Learn easy ways to make your very own cupcakes without a lot of special supplies. When class is done you get to take home a dozen speciality cupcakes, many new recipes and a cupcake decorating tip. Students should bring a 12-cupcake/muffin tin to bake and take home treats. Remaining supplies available from instructor - **a \$10 material fee is payable to the instructor at class.**

\$29 6 - 9 p.m.

T, Nov. 11

Middle School FACS Food Lab 221

Class #: 3043-F14A



## Arts & Literature

### TAG Acrylic Painting

**NEW**

**Tracy Giza**

TAG, you're it! Have you always believed that painting is a talent you are born with? Well it's not true! Bring your desire and enthusiasm and take home a beautiful piece of art created with acrylic paint. Bring along some friends and have a great evening learning about different techniques and specific brush strokes that will bring your canvasses to life! Each step of the process will "TAG" the next step, creating all the parts of your painting from the underpainting, shapes, color and detail in this relaxing and creative class. Every week offers a different painting project so you can choose to register for one or many classes. All supplies are included.

\$35 6 - 8 p.m.

Middle School Art Room 250

### Fall Leaves Over A Blue Stream

M, Sept. 22 Class #: 3469-F14A

### Flowers For You!

M, Oct. 6

Class #: 3469-F14B

### Water & Sky

M, Oct. 20

Class #: 3469-F14C

### Tuscan Landscape

M, Nov. 10

Class #: 3469-F14D

### Winter Bliss

M, Dec. 8

Class #: 3469-F14E



## Computers & Technology

### iPad - Back To Basics

**NEW**

**Mike & Chris Pahl**

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

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

Th, Oct. 9

NCRC 225

Class #: 3935-F14A

### iPad - Keeping in Touch

**NEW**

**Mike & Chris Pahl**

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

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

Th, Oct. 23

Middle School 171

Class #: 3936-F14A

### iPad - Search, Share, Discover

**NEW**

**Mike & Chris Pahl**

People are constantly searching, sharing and discovering new things on their iPads! Learn how to get the most out of the App Store, Safari, Siri, Maps, Spotlight, Control Center and Notification Center. iCloud makes it easy to share photos with others. Bring your iPad or iPad Mini to class.

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

Th, Oct. 30

Middle School 171

Class #: 3937-F14A

## Technology Self Defense

Mike & Chris Pahl

NEW

Learn how to protect yourself from technological threats. You will learn how to avoid scams online, defend your computer from viruses/malware, preserve your privacy, and ensure your data is backed up. Proper password management will also be discussed.

\$19 6:30 - 8:30 p.m.

Th, Dec. 11

Middle School 171

Class #: 3938-F14A

## iPad/iPhone - The App Class

### Saturday Morning Workshop

Mike & Chris Pahl

NEW

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

\$19 9 - 10:30 a.m.

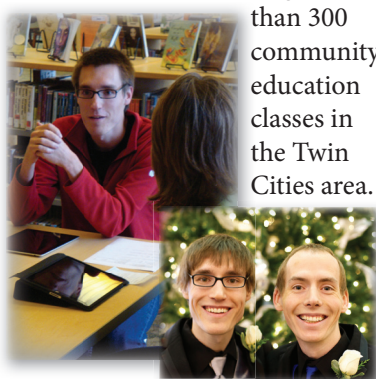
Sa, Dec. 6

Middle School 171

Class #: 3939-F14A

Mike and Chris Pahl are brothers that love technology! Mike worked at the Apple Store from 2006 to 2011, before starting Nice Guy Technology in 2011.

Mike and Chris have taught more than 300 community education classes in the Twin Cities area.



## Intro to Computers/Windows

Northfield Senior Center Staff

This two-session introductory course covers general computer concepts and use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for other computer classes. The course will use a text book and students are asked to pick up a free, loaner copy at the Senior Center Reception Desk prior to the start of the course. This class is open to all adults in the community and is co-sponsored by the Northfield Senior Center. Please register by Sept. 24.

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

T & Th, Sept. 30 & Oct. 2

Northfield Senior Center

Computer Lab

Class #: 3949-F14A

## Intro to Computers/Mac

Northfield Senior Center Staff

This introductory course covers general computer concepts and use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for other computer courses. The course will be taught on dual boot machines that behave like Macintosh OS X computers. The course will use a text book and students are asked to pick up a free, loaner copy at the Senior Center Reception Desk prior to the start of the course. This class is open to all adults in the community and is co-sponsored by the Northfield Senior Center. Please register by Sept. 24.

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

M & W, Sept. 29 & Oct. 1

Northfield Senior Center

Computer Lab

Class #: 3956-F14A

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

## Introduction to iPad/iPhone

Northfield Senior Center Staff

This introductory course is for absolute beginners of iPad and iPhones. In this class you will get to know your iPad and iPhone. You will learn the basic operations necessary to operate the iPad and iPhone and the onscreen keyboard. You will also learn to send emails as well as surf the internet with your devices. Please bring your iPad and iPhone to class. This class is open to all adults in the community and is co-sponsored by the Northfield Senior Center. Registration deadline is Sept. 17.

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

T & Th, Sept. 23 & 25

Northfield Senior Center

Computer Lab

Class #: 3955-F14A

## Language

### Beginner American Sign Language

Michael Detjen

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

\$59 6:30 - 8 p.m.

T & Th, Sept. 16 - Oct. 21

(no class Oct. 16)

High School H108

Class #: 3923-F14A





## Dog Training

### Canine Good Citizen Training

Mary Malone

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

\$69 7 - 8 p.m.

NCRC Community Services Lobby

W, Oct. 1 - 29

Class #: 3345-F14A

W, Nov. 5 - Dec. 10

(no class Nov. 26)

Class #: 3345-F14B



## General Interest

### Adventures to Europe - Paris & French Riviera 2015 Trip Preview

Arlette Gerber

Have you always wanted to tour Europe? Join one of our tours to Paris and the French Riviera in the summer of 2015. Planning starts now for a trip of a lifetime! This tour will offer something for everyone, as you marvel at the beautiful turquoise waters of the Mediterranean, explore coastal villages and countryside markets, and also get to enjoy Paris in all its splendor. To discover more about each featured trip location, spend an hour and a half with us taking a sneak-peek into adventures and sights you may experience on tour. Also meet Arlette, your tour director for the trip. For more information and detailed itineraries visit:

[www.adventurestoeurope.com](http://www.adventurestoeurope.com)

Free with registration 6:30 - 8 p.m.

T, Oct. 21

NCRC 225

Class #: 3365-F14A

### Disney World Trip Planning 101

Sharyn Bennett

Has it always been a dream of yours to go Walt Disney World but does the planning and research leave you confused and frustrated? Register for this fun and educational class with travel agent and expert, Sharyn Bennett, who will cover all the different resorts, theme parks, ticket and dining options as well as share her travel tips on what time of the year is the best to visit, what to do when you get there and so much more!

\$5 6 - 8 p.m.

Th, Nov. 6

NCRC YW 108

Class #: 3093-F14A



**Northfield**  
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

## Fall Community Movie Night

*One Man, One Cow, One Planet*

6:30 - 8 p.m.

Tuesday, Oct. 21

**Northfield Community  
Resource Center—Room 108**

This award-winning documentary is a blueprint for a post-industrial future, revealing what an environmentally-friendly and biodynamic food system, capable of feeding everyone could actually look like. After the film, visit with a local, organic dairy farmer for a Q and A session. Free popcorn!

\$4/person Class #: 3019-F14A



*This Community Movie Night is held in collaboration with Just Food Co-op and Northfield Public Schools Community Services.*

## How to Make Money Doing Voiceovers in TV and Radio

Don Cosgrove

There is an exploding voiceover market locally! Find out how to get into this fun, creative and potentially lucrative commercial industry.

Discover what you need to know to get work, what to expect from talent agencies, how to create a professional demo cd and resume, and how to build on your strengths and skills.

\$45 6:30 - 9 p.m.

M, Nov. 10

Middle School Media Center

Class #: 3351-F14A

## How to Make Money Reading Audio Books...Including the Internet!

Don Cosgrove

Do you read books? Do you want to be paid to do it? Explore what you need to take advantage of this rapidly growing, creative market - which now also includes the internet! Discover how to get audio book reading jobs, develop the interpretation skills required, learn how to market yourself to publishers, and perhaps even record in your own home. Instructor Don Cosgrove has recorded and directed audio books for several years; many of them from his own in-home studio.

\$45 6:30 - 9 p.m.

M, Nov. 17

Middle School Media Center

Class #: 3356-F14A

Instructor Don Cosgrove teaches the classes recommended by talent agencies and professional media producers and has extensive experience as a professional voice over talent.

## Arm Knitting - Knitting Without Needles

Saturday Workshop

Cynthia Gilbertson

Learn how to make a beautiful infinity scarf with just your arms and some yarn - no knitting skills required! The class will cover the basic techniques, as well as ideas for taking your skills to the next level. Once you get the hang of it, arm knitting is so quick you will be able to leave the class with a completed project. Bring approximately a 100 yards of super bulky yarn to class

\$25 2 - 3:30 p.m.

Sa, Oct. 4

Northfield Yarn

Class #: 3414-F14A

NEW



Northfield Yarn is offering a discount on yarn purchased for this class.

## Mike Lynch's Minnesota Starwatch Party

Mike Lynch

Bring comfy lawn chairs and make the stars your old friends, as you watch the great celestial show over Northfield. The night begins with a short orientation followed by quality time outside. Get to know the constellations and the great stories behind them. Large reflecting telescopes, including two 20-inch reflectors that are among the biggest mobile telescopes in Minnesota, will be used for close up views of Jupiter, Saturn, star clusters, nebulae, galaxies and other wonders. You'll receive a handout package with user-friendly star maps and constellation charts, websites, a telescope buying guide, and more. Even if it's cloudy, you'll learn a lot! The book, "Mike Lynch's Minnesota Star Watch," and glow-in-the-dark star shirts will be available at a discount.

\$15/person, \$39/per group up to 4, \$65 per group of 5 - 10

7 - 9 p.m. Th, Oct. 16

Middle School Cafeteria and Baseball Field

Class #: 3240-F14A



Mike Lynch is a meteorologist at WCCO Radio and has hosted star watch parties and taught astronomy classes for over 40 years. He also writes a weekly stargazing column for the St. Paul Pioneer Press.



## Making A Photobook With Shutterfly

NEW

Joe Miller

Get an overview of how to make a photobook using the popular online service Shutterfly. Learn about designing with templates or adding your customized touch to pre-designed templates and pages. We will also discuss other online book making options. The introduction to online photobooks will provide the start you need to try it out for yourself.

\$39 7 - 9 p.m.

T, Oct. 28

NCRC 225

Class #: 3993-F14A

## Better Photos With A Point And Shoot

NEW

Joe Miller

Take better pictures with your point-and-shoot digital camera. Learn the basics of your camera controls, common picture problems and remedies. Improve your pictures of a variety of subjects including people, pets, landscapes and vacations, by focusing on better compositions. Discover what to look for when shopping for a digital camera just in time for major holiday shopping. Automatic camera, DSLR and camera phone users will also learn useful information from this series.

\$69 7 - 9 p.m.

T, Nov. 11

NCRC 225

Class #: 3994-F14A



## Stress Less Camping Preparation Series

NEW

Gear ReSource Staff

### Survival Skills: Camp Sites

Introduction to how to choose and layout a remote campsite; campsite safety and starting a fire. Follow up field day offered through The Gear ReSource Outfitters.

\$11 6:30 - 8 p.m.

Th, Sept 18 Gear ReSource

Class #: 5000-F14SSCS

### Survival Skills: Bushcraft

Introduction to surviving in the wilderness with only a knife. Follow up field day offered through The Gear ReSource Outfitters.

\$11 6:30 - 8 p.m.

Th, Oct. 2 Gear ReSource

Class #: 5000-F14SSB

### Prepared: First Aid & Survival Kits

Knowing what is in your First Aid/Survivor kit and how to use it. Bring your personal kits during this class so that you get practice with your own set.

\$4 6:30 - 8 p.m.

Th, Oct. 16 Gear ReSource

Class #: 5000-F14BPFASK

### Survival Skills: Orienteering

What they are and how to use them. Follow up field day offered through The Gear ReSource Outfitters.

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

Th, Nov. 13 Gear ReSource

Class #: 5000-F14SSO

### Skills: Weather & Wildlife

Learning to read the signs around you and how to keep yourself and your group safe.

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

Th, Dec. 4 Gear ReSource

Class #: 5000-F14SSWW

### Be Prepared: Trip Planning 101

How to research and feel confident with your "ultimate" vacation destinations and how to make them more successful with proper planning.

\$4 6:30 - 8 p.m.

Th, Sept. 25 Gear ReSource

Class #: 5000-F14BPTP

### Be Prepared: Front Country Chef 101

Making the most out of your campground camping meal experiences.

\$11 6:30 - 8 p.m.

Th, Oct. 9 Gear ReSource

Class #: 5000-F14BPFCC Be

### Be Prepared: Back Country Chef 101

Making the most out of your remote camping or backpacking meals.

\$14 6:30 - 8 p.m.

Th, Nov. 6 Gear ReSource

Class #: 5000-F14BPBCC1

### Be Prepared: Leave No Trace

Plan ahead and be thoughtful. You too can Leave No Trace.

\$4 6:30 - 8 p.m.

Th, Nov. 20 Gear ReSource

Class #: 5000-F14LNT Survival

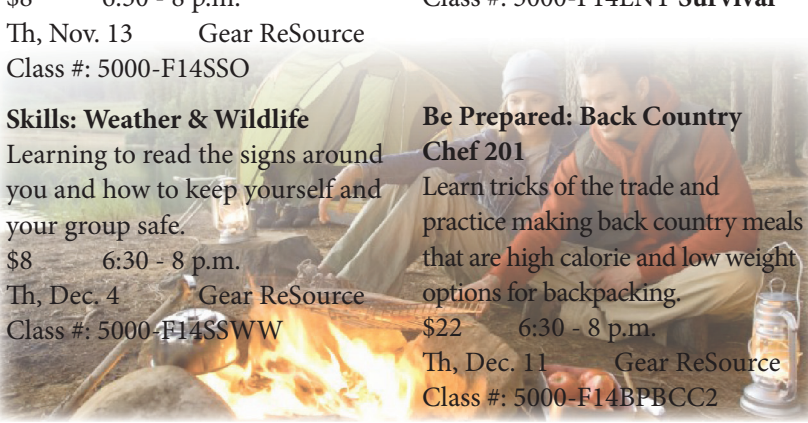
### Be Prepared: Back Country Chef 201

Learn tricks of the trade and practice making back country meals that are high calorie and low weight options for backpacking.

\$22 6:30 - 8 p.m.

Th, Dec. 11 Gear ReSource

Class #: 5000-F14BPBCC2





## Parenting

### Letter from Santa

#### Community Services Staff

Santa would like to wish all children a very happy holiday from the North Pole. This letter is a thrilling surprise for any child. It will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits before December 5. Letters mailed around Dec. 10.

\$3 Register before or by Friday, Dec. 5

Northpole Headquarters  
(NCRC Community Services Office)

Class #: 4010-F14A



## Health & Safety

### Emotional Literacy 101

#### John Owens

NEW

Social research has shown that the best indicator of success is one's emotional and social intelligence, yet we are not taught the skills and tools of emotional awareness so crucial to success in relationships and the workplace. Life Balance Coach John Owens experienced a decade of emotional recovery and offers this course in a safe and confidential space, to explore and reclaim your emotions. You will learn to feel your full emotional range, identify and communicate what you feel, and use emotion to increase your happiness and social skill. Class will be lively and experiential. Limited to ages 18+.

\$99 7 - 8:30 p.m.

Th, Nov. 6 - Dec. 11

(no class Nov. 27)

NCRC 225

Class #: 2958-F14A

John Owens is a certified co-active coach, trained by the Coaches Training Institute (CTI). He has worked as a life coach since 2007 and owns MooseHeart Coaching Services.

## Meet Your Future Self!

#### John Owens

NEW

We can all use reliable help when we are at our wits end. What would be different if you had a wise friend you could always rely on? In this mini-workshop, Professional Life Coach John Owens will facilitate an introduction through guided imagery to a part of you that is your infallible friend and ally. Learn the secret of access and how to use your future self to find your life purpose, make important decisions and provide comfort in difficult times.

\$25 6:30 - 9 p.m.

Th, Sept. 25

NCRC 225

Class #: 3932-F14A

## Divining Your Life Purpose

#### John Owens

NEW

What were you born to do? Life calls us to be something, but how do we know what that is? In this mini-workshop, Professional Life Coach John Owens will call on your future self to help you better understand your purpose. Participants will explore their core values and use guided visualization. **Prerequisite:**

*completion of Meet Your Future Self.*

\$25 6:30 - 9 p.m.

Th, Oct. 2

NCRC 225

Class #: 2957-F14A



COMMUNITY SERVICES DIVISION  
Learning and Recreation For Life

## The Strengthening Families Program

*An opportunity for families with youth entering 6th grade in September 2014*

*The Strengthening Families Program for parents and youth is a nationally recognized program designed to develop skills in parents and their children, leading to more positive relationships in the family. We are pleased to offer this program to families with youth entering 6th grade.*

- Parents will receive support in efforts to show love and set limits.
- Youth will develop skills to handle peer pressure and build a positive future.

*Parents and youth meet separately for the first hour and together for the second hour. Fee for the entire series is \$25 per family and includes refreshments and materials. This is an opportunity to spend time in the Middle School beginning prior to the start of the school year while having fun as a family. Childcare provided for families with younger children.*

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

Tuesdays, August 19 - September 30 (7 two-hour sessions)

Northfield Middle School



ADULT ENRICHMENT:  
PARENTING

Register at 507-664-3649, [www.nfld.k12.mn.us](http://www.nfld.k12.mn.us) (Community Services link, under Adult Enrichment: Parenting) or at the NCRC, 1651 Jefferson Pkwy, Northfield.

## Hypnosis Weight Release, Healthy Eating, Motivation to Exercise/Stop Smoking, Chewing Tobacco Stop Tobacco Refresher

**Dr. Mary Fischer**

Hypnosis is relaxing and you will be fully aware and conscious at all times. Bring a pillow, blanket, sleeping bag or bean bag. Wear layered comfortable clothing. Fee includes session, reinforcement CD and a card of completion. If you register for a reinforcement session, bring your card of completion from a previous session. You may email the instructor with questions at [www.hypnosisclinic.net](http://www.hypnosisclinic.net).

### Group Hypnosis for Weight Loss:

Hypnosis can help you control your eating habits, stop the constant thinking about food and encourage your motivation for exercise.

### Group Hypnosis to Stop

**Smoking and Stop Chewing:** If you are ready to quit smoking or chewing, hypnosis can help you stop immediately, without withdrawal, cravings or gaining weight.

6 - 8:45 p.m. W, Oct. 29  
Middle School Media Center

### Weight Release/Stop Tobacco

\$94 Class #: 3815-F14WS

### Stop Tobacco

\$51 Class #: 3815-F14S

### Stop Tobacco Refresher

No Fee Class #: 3815-F14SR

### Weight Release

\$51 Class #: 3815-F14W

### Weight Release Refresher

No Fee Class #: 3815-F14WR

## What to Know About Nutrition, Blood Sugar and Weight Loss

**Jacob Conway**

If you struggle with diabetes or weight gain, this is a class you want to check out. Not only do these conditions affect your body and heart, they also impact your pocketbook. Equipped with key information about nutrition and health, you can combat unhealthy conditions and improve your general well-being. This class will help you get a grip on diabetes and weight control, changing your outlook on how, when and what you eat.

\$5 7 - 8:30 p.m.

T, Nov. 18

NCRC 223

Class #: 2990-F14A

## The Healing Power of Plants

**Char Bezanson**

NEW

This class is a screening of the award-winning documentary film *Numen: The Nature of Plants*. The film deals with the practice of plant medicine in the 21st century and features prominent herbalists, physicians, botanists, researchers and business people who are involved in herbalism and herbal education. More information and a trailer are available at [www.numenfilm.com](http://www.numenfilm.com). There will be a discussion following the screening and exploration of possibly forming a Northfield herb group.

\$9 6:30 - 9 p.m.

Th, Sept. 11

NCRC YW 108

Class #: 3001-F14A

## All About Salt

**Saturday Morning Workshop**

NEW

**Char Bezanson**

Explore the types, history and sources of salt, its chemistry and importance for health, as well as its therapeutic use (in hydration fluids, foot soaks, baths, neti-pots, and spas). This class will include an opportunity to sample some gourmet salts and make a magnesium-rich aromatic bath salt.

\$29 9:30 - 11:30 a.m.

Sa, Oct. 11

Middle School FACS Food Lab 221

Class #: 3002-F14A

## CPR & First Aid

### American Heart Association Healthcare Provider Renewal

**Josh Hall**

This is a CPR renewal class for healthcare providers only (medical, dental, public service, etc.) The class provides a review for healthcare professionals who have had prior American Heart Association CPR training. The review will cover adult, infant and child CPR.

\$44\* 7 - 9 p.m.

Th, Dec. 11

NCRC 223

Class #: 1173-F14A

### American Heart Association Renewal of Adult, Infant, Child CPR

**Josh Hall**

This CPR renewal class provides review for individuals who already have prior American Heart Association CPR training. This is a refresher course only. The review will cover adult, infant and child CPR.

\$44\* 7 - 9 p.m.

Th, Oct. 9

NCRC YW 108

Class #: 1175-F14A

*\*Fee includes either a workbook or CPR mouth barrier with gloves & pouch.*

Char Bezanson is a botanist, science teacher, and plant medicine enthusiast. She has been growing and using herbs and using essential oils for years, and regularly teaches classes on doTERRA Certified Pure Therapeutic Grade essential oils.



## American Heart Association Adult, Infant, Child CPR w/AED

Josh Hall

This class helps lay-responders overcome reluctance to act when caring for life-threatening respiratory or cardiac emergencies in adults, children and infants. You'll also learn how to safely use an automated external defibrillator (AED). This class is not for health care providers. Fee includes either a workbook or CPR mouth barrier.

\$49 6 - 9 p.m.

Th, Sept. 18

NCRC 225

Class #: 1177-F14A

## American Heart Association Basic First Aid

Josh Hall

This class provides lay-responders with the knowledge and skills necessary in an emergency to sustain life and minimize pain and consequences of injury or sudden illness until medical help arrives. This class is not for health care providers. Fee includes either a workbook, or CPR mouth barrier with gloves and pouch.

\$49 7 - 9 p.m.

Th, Nov. 20

NCRC 223

Class #: 1179-F14A



## Personal Finance

### Real Estate Law 101: Buying and Selling Your Home NEW

Mary Hahn

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

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

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

\$5 6 - 8 p.m.

Th, Nov. 20

NCRC YW 108

Class #: 3360-F14A

## College Planning Strategies Saturday Morning Workshop

Andrew Gray

College preparation is complex. Attend this 60-minute college planning overview of how academics, admissions and financial strategies can work together to help you save money, and you will leave knowing:

- What to expect when transitioning from high school to college
- Why published costs may not be as important as you think
- Tips about the FAFSA and its importance to you
- What COA, OOP, EFC and the need-met and gift-aid ratios are and how they apply to you
- How to improve your student's odds of graduating in four years

\$5 10 - 11 a.m.

Sa, Sept. 13

High School Media Center

Class #: 3324-F14A

Andrew Gray is a financial consultant with over 13 years of experience in helping Northfield residents build financial strength, prepare for retirement, and save and invest.

## Retirement and Estate Strategies Workshop

Andrew Gray

Prepare for a more prosperous and comfortable retirement as you learn about strategies for:

- Accumulating and distributing money for retirement;
- Passing money onto heirs or charities in a tax-wise manner;
- Increasing the probability of investment success;
- Multi-generational IRA planning and more!

\$5 NCRC 225

8 - 9 p.m.

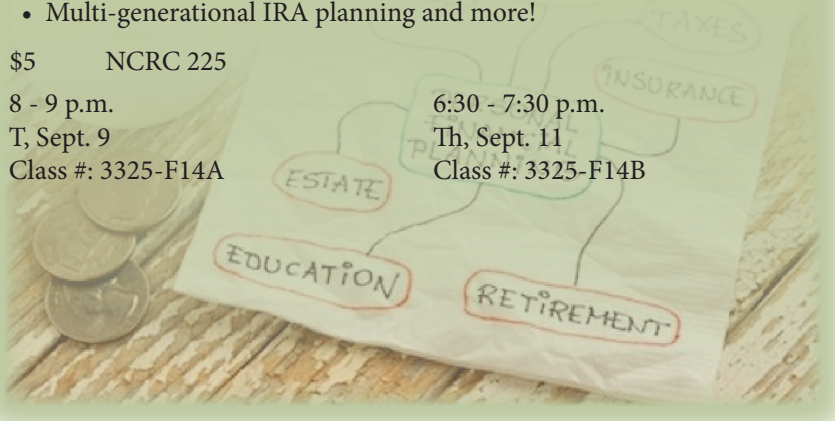
T, Sept. 9

Class #: 3325-F14A

6:30 - 7:30 p.m.

Th, Sept. 11

Class #: 3325-F14B





## Savvy Social Security for Baby Boomers

NEW

Andrew Gray

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

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

\$5 NCRC 225

6:30 - 7:30 p.m.

T, Sept. 9

Class #: 3329-F14A

8 - 9 p.m.

Th, Sept. 11

Class #: 3329-F14B



**When:** 5 - 6:30 p.m. every Thursday

**Where:** Northfield Community Resource Center, Room SS 103

Dinner reservations are not needed, please come and enjoy the food and company!

**Contact the CAC for more info:**  
(507) 664-3550

*Providing a hot and healthy meal to people in Northfield who could benefit from a free, nutritious meal.*



**Thursday's Table** is a collaboration of the Northfield Community Action Center, Northfield Public Schools, Northfield Senior Center and SEMCAC Dining.



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

## Fall Session I – September 2 to October 15

## Fall Session II – October 20 to December 18

### Earn your GED

Reach your goal of obtaining a GED by attending our small, informal classes. Let us help you pick up where you left off. Earn your GED to start on the road to a better job or further your education.

4 p.m. – 6 p.m. M, NCRC

9:15 a.m. – 11:45 a.m. T, NCRC

### Adult Basic Education for Work or School

Improve your basic math to pre-algebra skills, reading and writing, computer and study skills to help prepare you to pass the ACCUPLACER college entrance exam or for employment.

4 p.m. – 6 p.m. M, NCRC

9:15 a.m. – 11:45 a.m. T, NCRC

### Official GED Testing

All GED testing is scheduled through the GED Testing Service website: <https://ged.com>. GED testing is no longer available in Northfield. Ask your teacher for details.

#### Registration and Orientation

Please register during the first two weeks of the session. You will complete registration paperwork and a short assessment during the registration and orientation. This will take approximately 90 minutes.

#### Contact Us

For more information call 507.664.3764 or email [Claudia.Kinville@nfl.k12.mn.us](mailto:Claudia.Kinville@nfl.k12.mn.us). Dakota Prairie Adult Basic Education (Educación Básica para Adultos Dakota Prairie) sirve las comunidades de Northfield, Farmington y Randolph. Marque 507.664.3764 para mayor información.

### Learn English

This class is for all levels of English language learners. We will help you improve your basic vocabulary, reading, writing and conversation in English. Our classes are free.

9:15 a.m. – 11:00 a.m. M & W, Greenvale Park Elementary School

6:00 p.m. – 8:30 p.m. M & W, NCRC

9:15 a.m. – 11:45 a.m. T & Th, NCRC

7 p.m. – 8 p.m. Th, Carleton College Willis Hall (Conversation Class)

### Inglés como segundo idioma

Clases son para todos niveles de inglés. Las clases incluyen vocabulario básico, lectura, escritura y conversaciones en inglés.

9:15 a.m. – 11:00 a.m. M & W, Greenvale Park Elementary School

6:00 p.m. – 8:30 p.m. M & W, NCRC

9:15 a.m. – 11:45 a.m. T & Th, NCRC

7 p.m. – 8 p.m. Th, Carleton College Willis Hall (Conversation Class)

### Escuela Familiar

Escuela Familiar es un programa especial para quienes inglés no es su lengua materna y que tengan hijos de recién nacidos a 5 años de edad. Mejore sus habilidades del inglés y técnicas de alfabetización temprana para su hijo en esta clase, que concentra en aumentar las habilidades en la crianza de los hijos, la vida cotidiana y en el empleo. Lleve a sus hijos de 5 años y menores a la clase y aprendan juntos. Puede proveerse transporte. No se requiere inscripción previa.

12:30 - 2:45 p.m. T, W & Th, Centro de Recursos Comunitarios de Northfield



# Ignite the Fun... **ROCKET INTO SCOUTING**

At your local elementary school  
**Sept 18<sup>th</sup> 7-8<sup>PM</sup>**

**FREE**  
model rockets  
for new  
members!

**[www.RocketIntoScouting.org](http://www.RocketIntoScouting.org)**

Mission Control to all boys Kindergarten–5th Grade. If you want to have a blast this school year, you need to join Cub Scouts this fall! Just go to your local elementary school on 9/18 and get signed-up for only \$32. More information will follow at that sign-up or visit [www.RocketIntoScouting.org](http://www.RocketIntoScouting.org)!



## BE YOUR SELF.

Be a Girl Scout.

**In Girl Scouting**, every girl is welcomed with her unique interests, skills, and quirks. Whether your girl simply dabbles as a Daisy or advances to become an Ambassador, she'll find a place in Girl Scouts.

We make it easy, affordable, and fun. Through customizable programming and activities, she'll get to do the things she loves and try out new things too.

**Find out more and sign your girl up today!**



[GirlScoutsRV.org/BeYourself](http://GirlScoutsRV.org/BeYourself)



**"If I cannot fly, let me sing."**

- Stephen Sondheim

### Join one of the Northfield Youth Choirs!

Anton Armstrong, Christopher Aspaas,  
Michael Jeffrey, Ann Kay,  
Elizabeth Shepley (Artistic Director), Conductors.

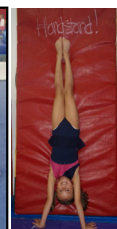
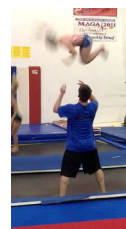
pre-k through adults

**register online:**

[www.northfieldyouthchoirs.org](http://www.northfieldyouthchoirs.org)

507-664-9335





## BOYS

Tiny Tumblers  
Pre-School  
Beginners  
Adv. Beginners

Intermediates  
Team

Developmental, Instructional, and Competitive Program  
For Boys & Girls ages 12 mo to 18 yrs and older

### Sessions

Fall 1: September 1 - October 25

Fall 2: October 27 - December 20

Winter: December 29 - February 21

## GIRLS

Tiny Tumblers  
Pre-School  
Beginners  
Adv. Beginners  
Intermediates

Mini Mites  
Pre-Team  
Juniors  
Team

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

The Northfield Gymnastics Club is a non-profit organization dedicated to providing a quality and affordable experience for families. Keeping our costs low is in direct relation to member participation and fundraising contributions. All revenue and monies raised go directly back to NGC to cover program, facility, and scholarship costs.

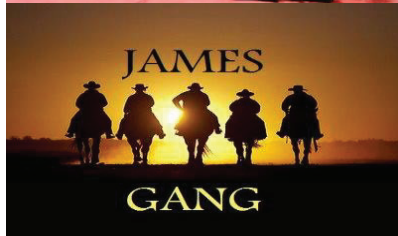
### Mission Statement

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

### Purpose

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

601 Professional Dr. Northfield, MN 55057 Phone/Fax: 507-663-7772 Web. [www.northfieldgymnastics.com](http://www.northfieldgymnastics.com) E-mail: [info@northfieldgymnastics.com](mailto:info@northfieldgymnastics.com)



## James Gang Youth Wrestling 14-15 Registration

James Gang Wrestling is for all youth (Pre-School through 6th Grade) who are interested in the great sport of WRESTLING.

**Beginner Program:** This program is designed for beginner wrestlers ages Pre-K -2nd Grade. It runs 7 weeks and practices focus on fundamentals and fun!

Cost: \$55 (Pizza Party and T-Shirt Included)

Location: Nfld High School wrestling room

Time: 6:00pm-7:00pm

Practices: Tuesday & Thursdays from 11/4/14 - 12/18/14 (except holidays)

**Competitive Program:** This program, for wrestlers ages 3rd - 6th grade or who have previous wrestling experience, is designed to further develop wrestling skills and advance to the next level. This program runs 12-16 weeks, dependent upon participation in the State Tournament.

Cost: \$95 (Pizza Party and T-Shirt Included)

Location: Nfld High School wrestling room

Time: 7:00pm-8:00pm

Practices: First practice 11/4/14 every Tuesday and Thursday (except holidays)

To register or if you have questions, please visit our website

[northfieldwrestling.com](http://northfieldwrestling.com) or call Dana Kuyper at 612-308-9455. We will host a parent orientation the first night of practice.

# Northfield Swim Club

## BULL SHARKS

### BECOME A NORTHFIELD BULL SHARK!

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

Fall session begins **September 8.**

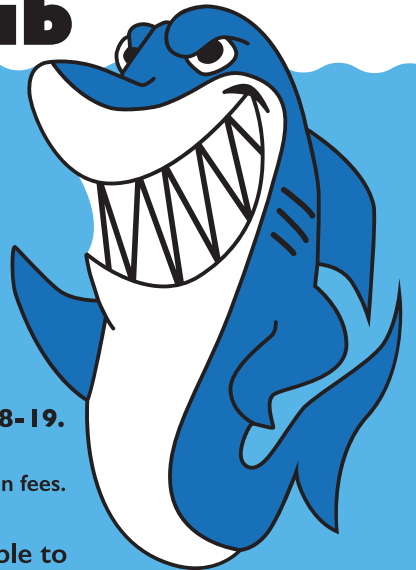
Registration for new and returning athletes begins **August 15.**

#### NEW TO CLUB SWIMMING?

Come to the two-week **INTRODUCTORY CLINIC** September 8-19, 6-6:45pm, M-F at the Northfield Middle School Pool.

Cost is \$50 If you decide to join the club, the fee will be applied to registration fees. The registration form can be found on our website.

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



Try out for the Club by contacting Head Coach Gunnar Teigen at [nsheadcoach@gmail.com](mailto:nsheadcoach@gmail.com) or by phone at 262-719-8779.

For more details, please visit **[northfieldswimclub.org](http://northfieldswimclub.org)**.

### Online Directories of Rice County Resources for:

- Mental Health Services
- Drug and Alcohol Prevention, Intervention, Treatment and After Care
- Parenting Education and Support

Visit [www.northfieldhci.org](http://www.northfieldhci.org)

(Click on "Resources")

(507) 664-3524



To advertise in this brochure please contact Niki Kolb at [Niki.Kolb@nfld.k12.mn.us](mailto:Niki.Kolb@nfld.k12.mn.us) or 507.664.3648 for pricing and information.

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



Art \* Music \* Physical Education  
Buddy Reading \* Spanish

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

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

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



Have you found your Preschool yet?

- Excellent Scholarships currently available through the PARENT AWARE Program and Open Door Preschool
- Flexible 2,3 and 5 day schedules - Mix and match to create your family's perfect preschool schedule
- Unique and exciting curriculum including collaboration with St. Olaf and Carleton Colleges

to find out more or to register for the 2014-15 school year visit:  
[opendoorpreschoolnorthfield.org](http://opendoorpreschoolnorthfield.org)



COME PLAY LEARN GROW COME PLAY LEARN GROW

**Mention this ad  
and receive  
one free  
registration!  
\$100 value**

**Now enrolling children  
6 weeks through kindergarten**

*Northfield Montessori has a large indoor  
multi-purpose room for those days when we  
just can't get outside...but on sunny days there  
is lots of fun outside, too!*

- Healthy meals made on site by our Certified Food Manager
- Lots of fresh fruits and vegetables
- Flexible scheduling in our secure facility
- Full & half day Kindergarten program
- Highly qualified and caring staff (many of whom have more than 17 years of experience)



Open M—F, 6am—6pm  
(507) 663-1279  
340 Montessori Court  
[www.northfieldmontessori.org](http://www.northfieldmontessori.org)



Northfield Montessori is a non-profit, parent/teacher cooperative  
Equal opportunity provider



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

**Proudly celebrating 10 years of  
service to our Community!**



**natural foods market & deli**

516 Water Street South  
Northfield, MN 55057

[www.justfood.coop](http://www.justfood.coop)  
507-650-0106

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



## Autumn Fun For Kids with Special Needs

**Family Support Services** offers structured activity time for kids and a break for parents and caregivers. Includes 3 hours of respite care, snack and activities.

Ages 5-21. Pre-registration required.

### Upcoming Respite Events:

Saturday, Sept. 13 ~ 2-5 pm

Saturday, Oct. 11 ~ 2-5 pm

Saturday, Nov. 8 ~ 2-5 pm

Saturday, Dec. 13 ~ 2-5 pm

\$10/Child\*



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

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

\*Scholarships available to those who qualify

To Register or for more information visit [www.laurabaker.org](http://www.laurabaker.org)  
or contact Paula Teiken at [paula@laurabaker.org](mailto:paula@laurabaker.org) or 507-301-1841

Laura Baker Services Association • 211 Oak Street • Northfield



# NORTHFIELD AREA FAMILY YMCA UPCOMING PROGRAMS AND EVENTS

The New Y  
Opens in  
September  
Behind Target

## Fall 1 – Mini Session

September 15–October 10 (4-week classes)

- Wee (ages 3–5): Flag Football, Kickball
- Ages 6–9: Flag Football, Kickball
- Ages 10 & 11: Flag Football, Kickball
- Wee Mini Movement
- Wiggles & Giggles Open Gym
- Wee Jump, Jiggle & Jive and Wee Space Cadets
- After School Open Gym (ages 5–11) — TBA

## Mini Session Swim Lessons

- Minnow, Fish, Fly Fish, Guppy, Polliwog (ages 5–11)
- Pike, Eel, Ray and P/C Pike (under age 5)

## Kids Night Out

September 19 – Super-silly Superheroes  
October 10 – One Fish, Two Fish  
November 14 – Splashy Safari  
December 12 – YMCA Olympics

**Y members get free benefits and discounts! Learn more at [www.northfieldymca.org/membership](http://www.northfieldymca.org/membership)**

## SCHOOL'S OUT DAYS

Oct. 16 – Surf Shack  
Oct. 17 – Ooey Gooley  
Nov. 3 – Greek Greatness  
Nov. 26 – Weird Wizards  
Nov. 28 – Buggin' Out  
Dec. 22 – YMCA Adventureland  
Dec. 23 – Down on the Farm  
Dec. 26 – Mad Scientists  
Dec. 29 – It's a Jungle Out There  
Dec. 30 – Wacky Sports  
Jan. 2 – Artful Antics



## Fall 2 – Regular Session

October 13–November 21 (6-week classes)

- Wee (ages 3–5): Basketball, Floor Hockey
- Ages 6–9: Basketball, Floor Hockey
- Ages 10 & 11: Basketball, Floor Hockey
- Grades 2 & 3, 4 & 5: Girls Volleyball
- Wee Tumbling Tots
- Wiggles & Giggles Open Gym
- Wee Creative Movement
- Wee Fabulous Fall and Wee Animal Safari
- After School Open Gym (ages 5–11) — TBA

## Regular Session Swim Lessons

- Minnow, Fish, Fly Fish, Guppy, Polliwog (ages 5–11)
- Pike, Eel, Ray and P/C Pike (under age 5)

## Family Night at the Y

September 26 • October 24 • November 21 • December 19

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

**1501 Honey Locust Drive, Northfield**  
**[www.northfieldymca.org](http://www.northfieldymca.org) • 507-645-0088**



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



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

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



**How Do I Make an Appointment?**  
Call in advance:

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

**Como hago una cita?**  
Llame con anticipación:

Interested in volunteering for HealthFinders? Contact Katy at [hargis.katy@healthfindermn.org](mailto:hargis.katy@healthfindermn.org)

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

### Faribault Office/Clinic

Monday / Lunes: 10am – 4pm  
Tuesday / Martes: 12pm – 8pm  
Wednesday/Miercoles: 10am – 4pm  
Thursday / Jueves: 10am – 4pm  
Closed Friday / Cerrado Viernes

223 Central Avenue, Faribault

### Dundas Clinic

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

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

### Northfield Office

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

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



**Dental Clinic Now  
Open in Faribault!**



**Servicios dentales ahora  
disponibles en Faribault!**

Figure Out  
Child Support

Increase Parent  
Communication

Parenting Schedules That  
Work For Your Family

Resolve Conflict

Move Forward  
at Your Own Pace

Learn About  
Your Options

**Mediation**

Build Trust

Create  
Agreements

Solve legal issues with  
the help of a trained  
and experienced mediator

Avoid Going  
to Court

Keep Your Children  
Out of the Middle

Cooperate as  
Co-Parents

Reduce  
Attorney Fees

**ARNOLD**  
**LAW & MEDIATION**

220 DIVISION ST. S. • 507-786-9999



## Administrative Staff

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

## Advisory Council

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

### Use of Northfield Public Schools Facilities

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

### Facility Locations

**Bridgewater Elementary**  
 401 Jefferson Parkway, Northfield  
**Community Services (NCRC) 1651**  
 Jefferson Parkway, Northfield  
**District Office**  
 1400 Division St. S., Northfield  
**Greenvale Park Elementary**  
 700 Lincoln Parkway, Northfield  
**Longfellow School**  
 201 Orchard St., Northfield  
**Northfield High School**  
 1400 Division St. S., Northfield  
**Northfield Middle School**  
 2200 Division St. S., Northfield  
**Sibley Elementary**  
 1400 Maple St., Northfield

### Other Program Locations

Afton Alps	AmericInn Motel & Suites
6600 Peller Ave S., Hastings	1320 Bollenbacher Drive
Cannon Crux Boulderling Gym	Faribault Middle School
1310 Bollenbacher Drive	704 17th Street S.W.
Gear Resource	Greenvale Place Community Center,
200 Division Street S.	211 Greenvale Avenue
Heartwork Yoga Studio	IT! Factory Fitness & Wellness
101 5th Street W.	115 W. Fifth St.
Jesse James Lanes	Laura Baker Services Association
1700 Bollenbacher Drive	211 Oak Street
Morristown Gun Club	Northfield Community Resource
9525 W. 230th St., Morristown	Center, 1651 Jefferson Parkway
Northfield Ice Arena	Northfield Senior Center
1280 Bollenbacher Drive	1651 Jefferson Parkway
Northfield Yarn	Paradise Center for the Arts
314 Division Street	321 Central Avenue N., Faribault
Welch Village Ski Area	Winterhaven Stables
26685 County Road 7 Boulevard,	29238 Holyoke Avenue, Lakeville
Welch	

## Community Services Division Registration Form

Parent/Guardian Name \_\_\_\_\_ Primary Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Day Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_

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

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

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

Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_(MM/YY)

Name as it appears on card \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

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

We want everyone to be able to participate in our programs – help make it possible by donating to the Northfield Public Schools Community Services Scholarship Fund. I'd like to contribute \$\_\_\_\_\_ to the scholarship fund.

### Complete for Youth and Adult Registrations – Registration begins immediately

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

### Complete for Early Childhood Family Education Registration – Registration begins immediately

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

Please mail or return this form to:

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

### Five ways to register

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

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

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

Fax completed form to 507.664.3651.

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

### Registration Confirmation

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

### Fee Reductions

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

### Refund Policy

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

### Satisfaction Guarantee

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

### Cancellation Information

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

### Emergencies or Weather Conditions

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

### School Closings, Late Start or Early Dismissal

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

### Program Qualifications

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



### ***Northfield Public Schools Community Services***

Northfield Community Resource Center (NCRC),  
1651 Jefferson Parkway, Northfield, MN 55057

507.664.3649 phone    507.664.3651 fax  
507.664.3659 information line (cancellation & schedule changes)

8 a.m. to 4:30 p.m. Monday through Friday

[www.nfld.k12.mn.us](http://www.nfld.k12.mn.us)





## Postal Patron ECRWSS



**Our American Red Cross Learn-to-Swim programs teach fundamental aquatic skills to children ages 6 and older. Page 25.**



**It's back to school fun for Hand in Hand Preschool and EarlyVentures Learning Center! Page 9.**



**The My BEST SELFIE series helps middle school girls identify their unique talents and build confidence in their inner beauty through expressive photo art projects. Page 18.**



**Discover a whole new set of outdoor wilderness living skills with our Stress Less Camping Preparation series. Page 40.**



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