

742!
for you!

St. Cloud Area School District 742

COMMUNITY EDUCATION

Discover The Possibilities

Discover Your Inner Tech Guru!



Fall 2012

Adult & Youth Classes

www.stcloudcommunityed.com

Fall 2012 Classes

Adult Enrichment Classes

- 3 Fitness
- 4 Walking Program
- 5 Kennedy Fitness
- 8 Open Gym & Table Tennis
- 9 Health & Fitness/CPR
- 10 Arts & Crafts
- 11 Computers
- 13 Creative Opportunities
- 14 Dance
- 15 Finance
- 18 Teaching Opportunities
- 19 Home & Garden
- 20 Special Interest General
- 21 Foods
- 22 Travel & Trips
- 23 St. Cloud Community Aquatics
- 26 City of St. Cloud Park & Recreation
- 31 Project Challenge
- 33 Adult Basic Education
- 41 Be A Volunteer
- 54 Locations
- 55 Registration



Youth Enrichment Classes

- 23 St. Cloud Community Aquatics
- 35 Pre-School
- 37 Early Childhood Screening
- 38 Early Childhood Services (ECFE)
- 39 Arts & Crafts
- 40 Kids Cinnnection
- 41 Be a Volunteer
- 42 Health & Fitness
- 44 Special Interest
- 48 Recreation
- 49 Dinosaur Dig
- 51 Teaching Opportunities / Sponsor a Child
- 52 Save The Date
- 53 Yoga for Youth
- 54 Locations
- 55 Registration

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Issue 28**

St. Cloud Area School District 742 Community Education
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We hope you enjoy our Fall catalog!

Watch for our Winter catalog in December!

Fitness

Totally Toned

Kim Wright

Trimmer thighs, tighter buns, flatter stomach and a smaller waist can be yours with this effective series of exercises designed to isolate and tone all major muscle groups. The hard work will be worth it when you see the remarkable results. Wear comfortable clothing and bring a mat and water bottle. This group is designed for all levels of fitness.

Westwood-gym, door 5 5 ses \$19
1100 Tu 10/2-30 6-7 pm

Westwood-gym, door 5 6 ses \$22
1101 Tu 11/13-12/18 6-7 pm



Zumba

Come and check out the Zumba program that fuses hypnotic Latin rhythms and easy-to-follow moves that create a one of a kind fitness program that will blow you away. Our goal is simple, we want you to want to work out, to love working out, to get hooked. Wear comfortable clothing and bring a water bottle.

Lauren Furmanski

Westwood-gym, door 5 7 ses \$25
1102 W 9/5-10/17 6-7 pm
1103 W 10/24-12/12 6-7 pm
No class: 11/21

Discovery-gym, door 1 7 ses \$25
1104 M 9/10-10/22 6-7 pm
1105 M 10/29-12/10 6-7 pm

Maria Aguirre

Discovery-gym, door 1 7 ses \$25
1106 Th 9/6-10/25 6-7 pm
1107 Th 11/1-12/20 6-7 pm
No class: 11/22

Oak Hill-gym, door 1 7 ses \$25
1108 Tu 9/11-10/23 6-7 pm
1109 Tu 10/30-12/17 6-7 pm

Step & Tone

Jo Henning

Step into the fun! This class will use the basics of step and slowly add in more advanced moves with a touch of flare and fun. You will explore many different ways to use the step, which include techniques such as kickboxing, dance, basic hi/lo cardio, intervals, toning, and much more.

Westwood-gym, door 5 8 ses \$27
1110 M 9/10-10/29 6:30-7:30 pm

Westwood-gym, door 5 7 ses \$24
1111 M 11/5-12/17 6:30-7:30 pm

Talahi-gym, door 1 6 ses \$21
1112 Th 9/13-10/25 6:30-7:30 pm
No class:10/18

1113 Th 11/1-12/13 6:30-7:30 pm
No class:11/22

Kettlebells for Women

Bev Gustafson

Your gym is in the palm of your hand! In less than an hour a day, a few days a week you can do a cardio workout that blasts fat off your belly, butt and thighs. Even if you hate to lift weights, you will love to swing these Russian kettlebells (looks like a cannonball with a handle) and the exercise can be done anywhere, anytime. Wear loose, comfortable clothing. Materials fee: \$16.10 (includes DVD for home practice) payable to instructor at class.

St Cloud Karate & T'ai Chi Instruction 4 ses \$20
1120 Tu 9/11-10/2 7:30-8:30 pm
1121 Tu 10/9-10/30 7:30-8:30 pm
1122 Sa 10/6-10/27 10:30-11:30 am

Today...Tomorrow & Ahead

Jo Henning

Make the journey to getting older more fit and fun. This program is packed full of great moves, great music, but simple choreography. You will get a more personal level of instruction, along with connecting to other members with the same goals and needs. Fitness shoes and mats suggested.

Westwood-gym, door 5 8 ses \$27
1114 M 9/10-10/29 5:30-6:30 pm

Westwood-gym, door 5 7 ses \$24
1115 M 11/5-12/17 5:30-6:30 pm

Talahi-Gym, door 1 6 ses \$21
1116 Th 9/13-10/25 5:30-6:30 pm
No class:10/18

1117 Th 11/1-12/13 5:30-6:30 pm
No class:11/22

Walking Program

October through March

Let us help you keep your walking program going through the Fall, Winter & Spring months! All buildings are handicapped accessible and people of all abilities are encouraged to join. The yearly fee for this program is \$5.

You may sign up at the Community Education office during regular business hours of 7:30 am-4:30 pm or with the building attendant during the listed walking hours. Visit our website for days and times. You will receive a wrist band and information flyer that includes school maps, walking times and guidelines. Participants **MUST** wear a walking wrist band while walking in the schools. Times vary with each school. Please have exact change if you sign up with the building attendant or make the checks payable to District 742.

The following schools have walking times available:

- Apollo High School
- Discovery Elementary
- Kennedy Community School
- South Jr High School
- Westwood Elementary

For more information, call 320-529-6500.

“A recent Harvard study shows that walking at a moderate pace (3 mph) for up to 3 hours a week-or 30 minutes a day-can cut the risk of heart disease. Along with its benefits to the heart, walking improves circulation, helps breathing, combats depression, bolsters the immune system, helps prevent osteoporosis, helps prevent and control diabetes and helps control weight.”



Kennedy Fitness Center

Community Education invites you to join the Community Education / Kennedy fitness program at Kennedy Community School. We have a state of the art equipment facility and extremely low cost membership. Come and use the 14 different stations including LifeFitness equipment. For ages 18 and older unless accompanied by an adult.

Kennedy-fitness gym, door 3 25 ses \$30
 1149 M, Tu & Th 10/22-12/20 6-8 pm
 No activity 11/6 & 22

The Winter session will start in January.

Life Fitness Stations:

- Peck/Fly/Deltoid Machine
- Chest Press
- Leg Curl/Extension
- Leg Press/Curl
- Abs Back
- Lat Machine
- Rowing Free Weights
- 2 Stair-Steppers
- 2 Treadmills
- 2 Rowing Machines
- 4 Recumbent Bicycles
- 4 Squat Racks
- 4 Bench Press Benches

Register:
 online: www.stcloudcommunityed.com
 call: (320)529-6500 mail or walk-in:
 Discovery Community School, door 7
 700 7th St South, Waite Park

Mixed Martial Arts for Fitness (ages 16-50) Men & Women

Jason Dumler

Wrestle, grapple, kick and box to get in shape! You will learn the basics of Mixed Martial Arts punching, kicking, boxing, wrestling, and grappling techniques. You will also learn how to protect yourself. This is a total body workout from head-to-toe that will help you become a stronger, safer and more self confident person. Sign up for one or both classes. If you are interested in information about competing, this will be given at the St Cloud Boxing Club. You may join after classes have started. Coaches are certified and background checked through USA Boxing.

St Cloud Boxing Club	7 ses	\$29
1123 M 9/10-10/22		5:30-7 pm
1124 M 10/29-12/10		5:30-7 pm
1125 W 9/12-10/24		5:30-7 pm
1126 W 10/31-12/12		5:30-7 pm

Introduction to T'ai Chi Chuan

Bev Gustafson

The slow and gentle movements of the ancient art of T'ai Chi improve your health and stamina. Its related deep breathing motions reduce the effects of stress, lower blood pressure, increase concentration and coordination, improve muscle flexibility and strength, improve circulation and balance. Wear loose, comfortable clothing and nonslip stockings or practice barefoot. Materials fee: \$16.10 (includes DVD for home practice) payable to instructor at class.

St Cloud Karate & T'ai Chi Instruction	4 ses	\$20
1134 M 9/10-10/1		6:30-7:30 pm
1135 M 10/8-29		6:30-7:30 pm

Introduction to T'ai Chi Chuan for Women

Bev Gustafson, Jack Gustafson

Performing T'ai Chi motions each day improves your health, balance and stamina as well as your concentration and coordination. Practicing deep lower lung breathing along with the gentle movements reduces the effects of stress on the body and lowers blood pressure as well. Wear loose, comfortable clothing and nonslip stockings or practice barefoot. Materials fee: \$16.10 (includes DVD for home practice) payable to instructor at class.

St Cloud Karate & T'ai Chi Instruction	4 ses	\$20
1136 W 9/12-10/3		9-9:30 am
1137 W 10/10-31		9-9:30 am

Fencing Classes with Minnesota Sword Play (ages 8-90)

Gerald Benford

Whether you are fencing for a good work out or gaining points for the Olympics, fencing is fun for the whole family. Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game, fencing requires a mental attitude of self discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self-protection techniques with the sword. Attacking, defense, timing and intense tactics are all integrated into this beginning class. All equipment is provided (mask, jacket, glove, and weapon). Wear comfortable clothing such as long sweat pants and running shoes.

North JH-fitness gym, door 3	6 ses	\$79
1138 Sa 9/15-10/20		1-2 pm
1139 Sa 11/10-12/22		1-2 pm
No class:11/24		



Quan Li K'an Karate (Beginner)

John Anderson

The art of Quan Li K'an teaches the body to function as a whole. Become better at self-defense and mind control while improving your physical well-being and self-confidence. Size and strength are not important. Families are encouraged to sign up together. Training is available year round.

North JH- fitness gym, door 3 6 ses \$22
 1130 Th 10/4-11/8 6:30-7:30 pm
 1131 Th 11/15-12/27 6:30-7:30 pm
 No class:11/22

Quan Li K'an Karate (Intermediate)

John Anderson

The art of Quan Li K'an teaches the body to function as a whole. Become better at self-defense and mind control while improving your physical well-being and self-confidence. Size and strength are not important. Families are encouraged to sign up together. Training is available year round.

North JH- fitness gym, door 3 6 ses \$22
 1132 Th 10/4-11/8 7:30-8:30 pm
 1133 Th 11/15-12/27 7:30-8:30 pm
 No class:11/22

Fitness Cardio Kickboxing

Walt Mastey

This full-body workout encompasses kicking, punching, and blocking that will focus on strength, balance, stability and flexibility. This class is for beginner, intermediate, and advanced or even athletes looking for killer legs, upper & lower body conditioning, and abs. You will sweat. Wear loose, comfortable clothing and supportive shoes.

St Cloud Boxing Club 7 ses \$24
 1127 Sa 9/8-10/20 10:30-11:30 am
 St Cloud Boxing Club 7 ses \$24
 1128 Sa 10/27-12/15 10:30-11:30 am
 No class:11/24

Pilates/Yoga

Jill Florek

Do you want more energy in your everyday life? Yoga is designed to release stress and tension in the mind and body through focused breathing and deep stretching while combining the latest Pilates moves to tone and firm the body. This combination helps to improve energy, increase flexibility and safely isolates muscles without joint stress. Come and enjoy this wonderful class. Bring to class: mat and water.

Westwood-gym, door 5 6 ses \$22
 1118 M 9/17-10/29 6-6:50 pm
 1119 M 11/5-12/10 6-6:50 pm

Yoga--Your Way

Tracy Sharp, Sue Heck

Refresh and de-stress with yoga! Two experienced Yoga Alliance Certified teachers guide you through a series of poses and show you modifications to make this a practice that works for YOU. Enjoy this class whether you are new to yoga or have prior yoga experience.

Bring to Class: yoga mat & strap, necktie or belt and a blanket.

McKinley-gym, door 3 5 ses \$20
 3000 Tu 10/2-30 5:30-6:30 pm

McKinley-gym, door 3 6 ses \$24
 3001 Tu 11/13- 12/18 5:30-6:30 pm

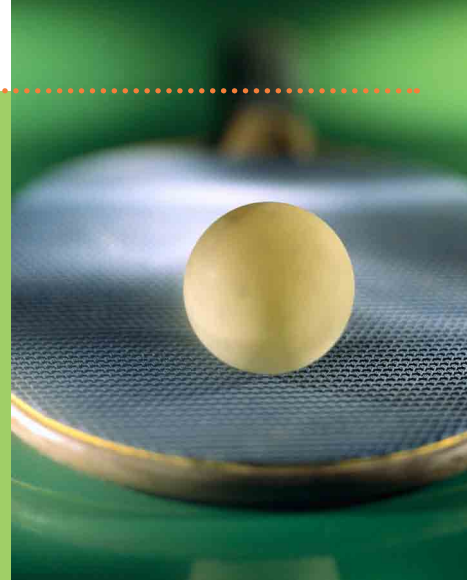


Table Tennis (ages 6 & up)

Yongli Zhao

Table tennis is a fun exercise for youth and adults. You will learn the basics of table tennis, rules, grips, serves, spins, strokes, blocks and loops, along with fun games and activities. It is a perfect way to help children to develop their hand/eye coordination and fine motor control. Scientists say the game is also a brain sport.

North JH-cafe, door 3 7 ses \$19
 1140 F 10/5-11/16 7-8:30 pm



Open Gym

Community Education Recreation Activities

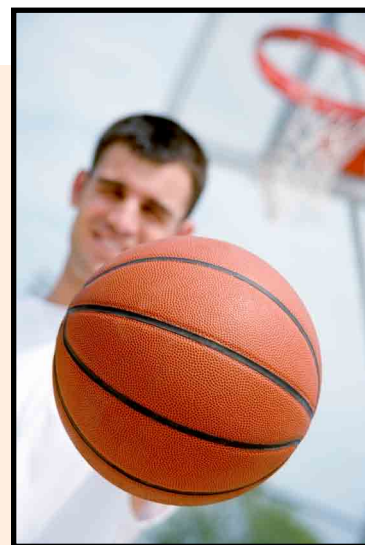
Fees: Students /Adults: \$2, or purchase a 20 punch pass for \$30. Pass available at the door and may be shared with family or friends. Showers available at North—do not leave valuables in locker room.

North Jr. High Open Gym

(All Ages) Sept 29-May 18 (Closed Oct. 13)

Looking for a great way to have some fun or get some exercise? Stop in and play basketball, volleyball or create your own games. Great fun for individuals, small or large groups and families.

Three courts are available for use. All ages are welcome. Holiday hours will be posted. Enter door #3.



Activities	Time	Day
Open Basketball & Volleyball	6:30 pm - 9:00 pm	Friday
Open Basketball & Volleyball	9:00 am-3:00 pm	Saturday
Open Basketball & Volleyball	6:30 pm - 8:30 pm	Wednesday

Lincoln Open Volleyball (Adults) October 1 – May 1 (Closed Dec. 24, 26, 31)

Activity	Location	Time	Days
Volleyball	Lincoln	(Two courts)	7:00-9:00 pm Monday & Wednesday

Health & Fitness

Group Hypnosis for Weight Loss

Janel Lamp-Wiese

Are you tired of struggling with your weight and/or unhealthy eating habits? Hypnosis works with the subconscious mind, breaking negative eating and exercise habits and creating new positive habits. Stop your cravings and increase your willpower, motivation and self-confidence. With your improved habits, this seminar can pay for itself in less than a month and compliments your existing weight loss program.

South JH-lower media, door 5
1 ses \$60
3003 M 10/1
6-6:30 pm (Check-in)
6:30-8:30 pm (Introduction & hypnosis)

Group Hypnosis to Stop Smoking/Chewing Tobacco

Janel Lamp-Wiese

If you have the desire to stop, hypnosis may be the tool you have been searching for. Hypnosis works with the subconscious mind to help you stop this negative habit without cravings, withdrawals, mood swings and weight gain. If you smoke a pack a day, this seminar can pay for itself in two weeks or less. Choose life and health over tobacco today!

South JH-lower media, door 5
1 ses \$60
3004 M 10/1
6-6:30 pm (Check-in)
6:30-7:30 pm (Introduction)
7:30-8:30 pm (Smokers/chewers break)
8:30-9:30 pm (Hypnosis session)

The Alexander Technique

Andrea Fedele

Discover a way to learn to use your body more efficiently so you can do what you do, better and more comfortably! The Alexander Technique helps you unravel tension patterns you've had most of your life and regain more ease and fluidity of posture and movement in your life. Through fun, experiential activities, this class introduces you to the Alexander method for changing habits of your body.

South JH-lower media, door 5
4 ses \$20
3009 Tu 9/18- 10/9 6:30-7:30 pm

Acupressure for Pain Relief & Emotional Balancing

Beth Henning & Tao Institute Staff
Discover ten acupressure points that benefit your physical and emotional balancing. With instructor help, find your points and learn basic skills and combination routines for home practice. Handouts and point location charts are provided. Dress comfortably for practice.

South JH-lower media, door 5
1 ses \$15
3011 Th 12/13 7-8:30 pm

Introduction to Shoulder & Foot Massage

Beth Henning & Tao Institute Staff

Experience the healing benefits of massage. This class is hands-on only, no lecturing—and lots of fun! Register with a friend and exchange a 15-minute chair massage for the upper back and neck and a 15-minute foot massage. By the end of class feel like you've had a long vacation. Please have physician's approval if you have upper back or neck injury. Dress comfortably for practice. Couples only.

South JH-lower media, door 5
1 ses \$20 person
3010 Th 10/18 7-8:30 pm

CPR & First Aid

First Aid/CPR/AED

The American Red Cross Standard First Aid with CPR/AED - Adult and Child plus CPR - Infant course incorporates the 2010 ECC standards. It will help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in the program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive certificates for Standard First Aid with CPR/AED - Adult and Child which are valid for two years.

Mary Backes

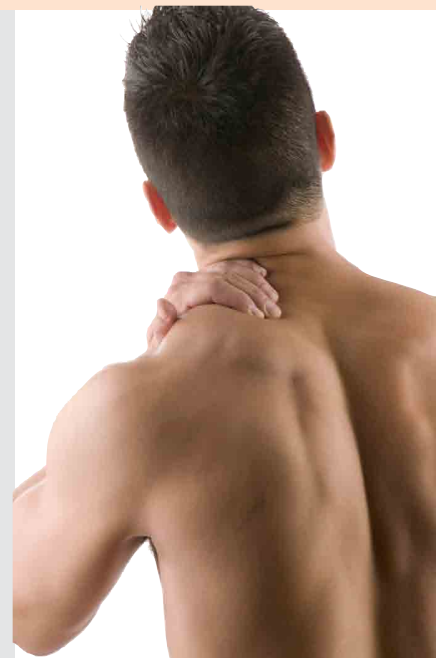
Discovery-media, door 1 1 ses \$89
1180 Sa 9/22 9 am-3:30 pm

Mary Backes

Discovery-144, door 1 1 ses \$89
1181 Sa 11/3 9 am-3:30 pm
1182 Sa 12/15 9 am-3:30 pm

Katie Ahmann

Discovery-144, door 1 1 ses \$89
1183 Sa 10/6 9 am-3:30 pm



Art & Crafts

Bead Weaving

Judie Marshall

Learn how to do bead weaving using a needle with wire or thread to make into a beautiful beaded bracelet for yourself or to use as a gift. Judie will provide bracelet kits and samples with a choice of two or three colors, at a cost of \$25-\$35 depending on your choice. The cost of the kit is payable to the instructor at class. (Samples will be viewable online.)

SRRMS 473, door 4 \$6
3504 M 12/3 6-8 pm

Wonder of Watercolor

Sharon Nieters, Watercolor Artist

Explore the world of watercolor whether you've already discovered the joys of painting, or have no experience. Each week learn different techniques that can change the look of a painting, along with the basics of design & color. Sharon is an artist whose focus is a realistic and impressionistic style, with a dabble of abstract. Supply list will be sent before first class. Cost is approx. \$25-\$40. No discounts

SRRMS 902, door 1 5 sessions \$48
3502 Tu 9/25-10/23 6:30-9:30 pm

3503 Tu 10/30-12/4 6:30-9:30 pm
No class: 11/06

Fused Glass I: Jewelry

Lisa Beumer

Have you admired examples of glass fusing? Now it's your turn to experiment with glass fusing and create jewelry- earrings, pendants or pins. At each session, make either three pendants/pins or a pair of earrings and two pendants/pins. Tuition includes materials. Bring to Class: cutting board, ruler, permanent marker & safety glasses.

Discovery-162, door 1 2 ses \$40
3500 Tu 11/13 & 20 6:30-8:30 pm

New

Fused Glass Christmas Ornaments

Lisa Beumer

Learn how to cut design and assemble glass pieces to create beautiful hanging ornaments. Make three ornaments from: angels, Christmas tree, snowman, snowflake and bell. Make these for your own tree, or use them as gifts. Tuition includes materials. Bring to Class: cutting board, ruler, permanent marker & safety glasses.

Discovery-162, door 1 1 ses \$40
3501 Tu 11/27 6:30-8:30 pm



Clay & Glass Coasters

Art As You Like It

You've seen them at art fairs, glass fused into clay forms...now you can make your own. These fun and functional coasters are fun to make. In the first session, we will create the coaster forms using some carving tools and simple patterns. In the second session, we will glaze and add the crushed glass pieces to our forms. Firing your final creation will take about 1 week.

Art As You Like It 2 ses \$29
3505 Th 10/11 & 25 6:30-8:30 pm

Adult Clay Class

Art As You Like It

Handbuild your own textured leaf bowl, plate or vase. Using leaves from your own backyard, or use some of ours, add some textures and create your own customized table center piece. All tools and materials provided! No experience necessary. We will be using some ceramic molds to help us with our form. This class is held in two sessions. In the first session, we will teach you how to create your form. In the second session, we will paint our form using fireable glazes.

Art As You Like It 2 ses \$29
3506 Th 9/20 & 10/4 6:30-8:30 pm

Computers

Introduction to Computers

Lynn Lusardi

Start at the very beginning: hands-on training of computer terminology, hardware, software, Windows and related topics are covered along with basic computer functions and the uses for home or business settings. Prerequisite: basic computer keyboarding and mouse skills.

Discovery-147, door 1 3 ses \$39
3600 Tu & Th 9/18, 20 & 25 6-8 pm

Beyond Basics Computer Training for the Intermediate User

Lynn Lusardi

Class content is determined and driven by participant interest and requests. Prerequisite: Basic computer operation knowledge.

Discovery-147, door 1 3 ses \$39
3601 Tu & Th 10/9, 11 & 16 6-8 pm

Computers for Seniors (Ages 55 & older)

Lynn Lusardi

Have a computer collecting dust in your den? Thinking about buying one, but have no idea how it works? Have you been shown by family members how to use the computer only to have them take over and you didn't learn anything? This class could be for you. A no pressure atmosphere, a place where everyone is just learning and becoming familiar with technology but having fun with it.

Discovery-147, door 1 3 ses \$39
3602 Th, T 11/8, 13 & 15 6-8 pm

Understanding Your Smart Phone

Jeremy Drinnin

Your phone is smarter than you may think! Jeremy will show you how to use your phone as an MP3 player, for your schedule or a reminder for daily tasks, mobile banking and even as a cash register! And, discover all the benefits of syncing your emails, contacts and computer to your phone.

As a small business, or even for those garage sales, you may want to start accepting credit/debit cards, but not pay a monthly rental for equipment. Jeremy will show you how to do that and to accept cash!

SRRHS-NW224, door 23 - Near main entrance under flagpole. 1 ses \$16
3608 Tu 9/18 6-8:30 pm

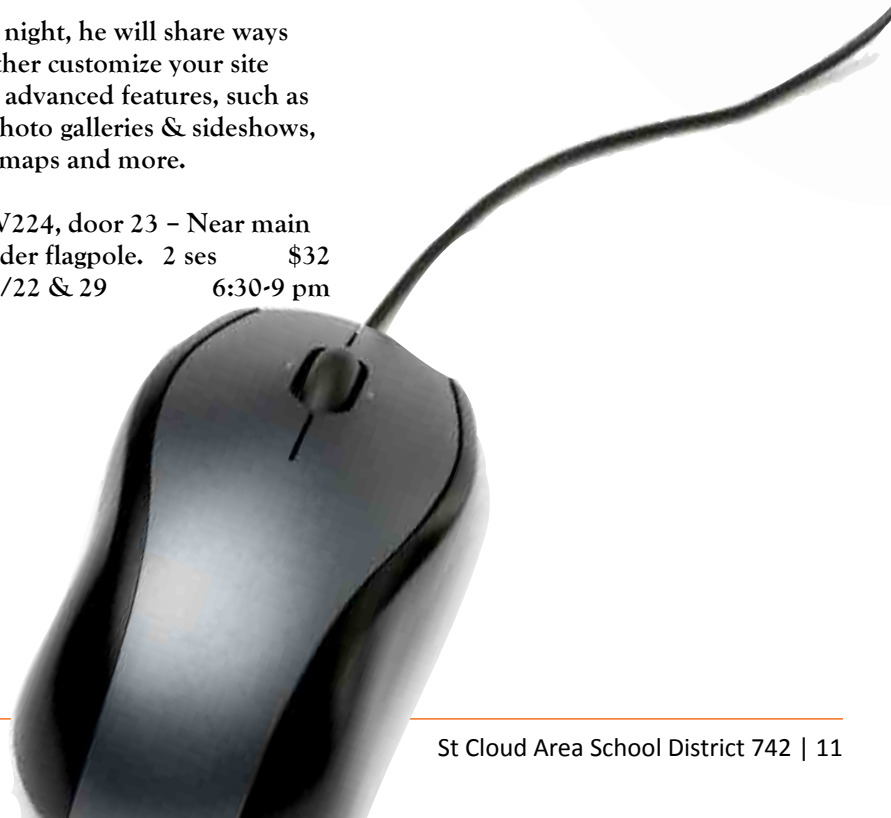
Creating Your Own Website Quick & Easy!

Jeremy Drinnin

Are you looking for an easy way to create a website for family or personal use? Come and discover what free options are out there for you to use that are quick to learn and easy to manage, without all the behind the scenes code writing. Jeremy will help you explore the options and then get you started during class.

The second night, he will share ways you can further customize your site and include advanced features, such as calendars, photo galleries & sidoshows, plus music, maps and more.

SRRHS-NW224, door 23 - Near main entrance under flagpole. 2 ses \$32
3609 M 10/22 & 29 6:30-9 pm



iPad Basics

Angie Kalthoff

Do you have questions about how to navigate on your iPad? Learn about simple settings, how to download apps, take pictures and video, surf the web, read books and more. Come to class with your iPad and knowledge of Apple ID and password along with an iTunes gift card if you would like to purchase any apps.

Discovery-123, door 1 1 ses \$20
3603 Tu 9/18 5:30-7:30 pm

Skype On Your iPad

Angie Kalthoff

Skype is a program that allows you to make video calls for free with the internet. We will use a computer to set up the Skype account, download the skype app on your iPod or iPad, and explore the possibilities of video conferencing. Come to class with your device, knowledge of your Apple ID and password and Skype contacts if available.

Discovery-145, door 1 1 ses \$20
3604 Tu 9/25 5:30-7:30 pm

Facetime On Your iPad

Angie Kalthoff

Facetime is a video conference program specific to Apple products. Learn how to set up contacts and make video calls on your iPod or iPad. Come to class with your device, knowledge of your Apple ID and password and email addresses of people you would like to conference with.

Discovery-144, door 1 1 ses \$20
3605 Tu 10/30 5:30-7:30 pm

Photos & Your iPad

Angie Kalthoff

Do you have pictures on your iPad? Learn how free apps will allow you to order your pictures and get them delivered to your home. Come to class with your device, knowledge of Apple ID and password, email account and pictures on the device.

Discovery-123, door 1 1 ses \$20
3606 Th 11/8 5:30-7:30 pm

Apps & Your iPad

Angie Kalthoff

You have an iPad, now what? Come explore popular apps to use in your daily life. Come to class with your device, knowledge of Apple ID and password, an iTunes gift card if you are interested in purchasing any apps.

Discovery-144, door 1 1 ses \$20
3607 Tu 12/18 5:30-7:30 pm

Community Education

is looking for
instructors to teach
adult classes. If you
would like to share
your talent, please
call 529-6500.



Creative Opportunities

Beginning Guitar for Adults

Steve Cekalla

Is learning a musical instrument on your bucket list? Well, check it off your list with this introduction to the guitar! Guitar is required, however limited rentals are available. Please inquire when setting up schedule with instructor. Contact information for instructor is given after registration is complete. Bring to Class: a guitar.

Steve's Guitar & Music School \$18

3295 Schedule and use your 3 ses September 1-29.

3296 Schedule and use your 3 ses October 1-31.

3297 Schedule and use your 3 ses November 1-30.

Just ONCE Piano for Adults

Jim Anderson

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll! No discounts.

Total beginners can request a free pamphlet by sending a self-addressed, stamped envelope to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85295. Materials fee: \$29 for workbook and practice CD included in price. No discounts.

For more information visit: pianofun.com or justonceclasses.com

South JH-254, door 5 1 ses \$59
3300 Sa 10/6 9 am-12 pm

American Sign Language

Laura Guertin

The goal of this class is to teach basic signs to you and for you to be able to communicate with other ASL users. This is a hands on class and participation is a necessity in order to truly learn the basics of this language. It will be fun, engaging and definitely worth your time.

Discovery-145, door 1 6 ses \$49
3305 Th 10/4-11/8 6-8 pm

Intro to Digital Photography

Peter Wilson

Discover what to look for when purchasing a digital camera and then how to use it. Taking pictures, storing images and making prints are covered. If you have a camera, please bring it. Also, bring your manual, especially if you are having technical difficulties.

South JH-155, door 5 1 ses \$19
3303 Th 9/20 7-8:30 pm

Creative Digital Photography

Peter Wilson

Now that you have a digital camera, how do you move beyond the standard "snapshot". Camera settings, composition and basic lighting setups are covered. Please bring your camera and manual to the first class so the ideal settings for various situations can be identified. To the second class, bring a photo you are disappointed with and one you really like.

South JH-155, door 5 2 ses \$35
3304 Th 10/11 & 25 7-8:30 pm



Dance

Ballroom Dance I

Dan Triplett

Waltz, Fox Trot, Swing & Rumba: Whether you are a beginner or want to brush up your dance steps for an upcoming wedding, special occasion or just for fun, gain the confidence you're looking for. Special attention is paid to leading and following. Couples only.

McKinley-Gym, door 3 6 ses \$42/person
3101 M 10/1-11/5 7-9 pm

Ballroom Dance I

Chelsey Simmons

Waltz, Fox Trot, Swing & Cha Cha: Whether you are a beginner or want to brush up your dance steps for an upcoming wedding, special occasion or just for fun, gain the confidence you're looking for. Special attention is paid to leading and following. Couples only.

McKinley-gym, door 3 6 ses \$42/person
3104 W 9/5-10/10 7-9 pm

Ballroom Dance II

Chelsey Simmons

Expand your skills, gain confidence and have more fun in this class designed for participants with previous ballroom dance experience. Couples only.

McKinley-gym, door 3 6 ses \$42/person
3105 W 10/17-11/21 7-9 pm

Swing Dance I

Dan Triplett

Swing dancing has been entertaining millions of people for decades. Learn beginning dance techniques of both East and West Coast swing and show off at dance clubs, wedding receptions, or even in your own living room. Get your adrenaline pumping! Couples only.

McKinley-gym, door 3 4 ses \$28/person
3102 Tu 9/4 -25 7-9 pm

Tahitian Dance

Jenny Kroska

Tahitian dance movements are different than the story telling Hawaiian Hula dance. In the first class, you will learn an Otea, a medley of rhythmic line dances, ranging from simple to complex rhythms and movements. Then in the second class, you can practice these movements or just have fun! Wear comfortable clothes, preferably not jeans.

SRRMS CAC, door 4 2 ses \$12
3108 W 9/19 & 26 6:30-7:30 pm
3109 W 11/28 & 12/5 6:30-7:30 pm

Line Dance

Lisa Saari & Dan Triplett

Come join the fun! We will cover a wide variety of line dances in a basic yet quickly moving and entertaining program designed to get you comfortable with the most common line dances including the Electric Slide, Cupid Shuffle, and much more. No partner needed – just come ready to line dance and have fun! Please bring a water bottle.

SRRMS east gym, door 4
4 sessions \$23
3106 Th 9/6-27

3107 Th 11/8-12/6
No class: 11/22



Country Western

Dan Triplett

Ever wanted to join in when folks dance to country music. Learn the basic movements of Country 2-Step and Country 3-Step and you can. Focusing on beginning movements and patterns, you'll be able to get up and dance with confidence and ease. Couples only.

McKinley-gym, door 3 4 ses \$28/person
3103 Tu 10/2 -23 7-9 pm



Find your step!

Finance

Are You Ready to Buy a Home?

Great River Federal Credit Union
 This is a great time for first-time homebuyers! There is a lot of inventory to choose from, interest rates are low and prices are down. A mortgage specialist, title specialist, realtor and home inspector take you through the steps in becoming a homeowner. Even if you aren't ready to buy a home now, this information will prepare you for future home ownership. Although there is no charge for this class (fee is covered by Great River Federal Credit Union), please register.

Apollo-614, door 30 1 ses Free
 3700 Th 10/4 6-8 pm

Invest for Life

James Kramer III
 The Invest for Life seminar can help you think of your financial life as a long-term journey that begins today – on a road that leads you through your most important personal goals. This program is intended to help you map out the key steps in your journey by understanding basic principles of investing & recognize the types of investments that can fuel your progress. We will also explore common investment mistakes.

Apollo-821, door 30 1 ses \$10
 3704 Tu 10/9 6:30-8:30 pm

How to Save Money Using Technology

Jeremy Drinnin
 If you are always looking for the best deal to help save some money for your family, or for your business, come to this class to discover how people are spending less than \$20 a month for telephone and television viewing instead of nearly \$90 or more.

Jeremy will show you how options like VoIP and using Magic Jack for telephone can save you money, as well as the benefits of using options like Hulu, Amazon, and Netflix for entertainment purposes. He will also show you the advantages of using a smart phone as a one stop shopping experience and how to find the best deals by simply scanning the item you want to purchase.

SRRHS-NW224, door 23 – Near main
 entrance under flagpole. 1 ses \$14
 3707 M 11/5 6-8 pm

Budgeting Basics: Reap the Rewards of Proper Planning

Laura Amdahl, Personal Banker, Wells Fargo Bank
 Finding it hard to make ends meet? Learn ways to create a budget that will work for you. Everyone has different circumstances, but we all can benefit from budgeting. Set yourself up for financial success by planning for your future needs. There will be time for questions.

SRRMS-106, door 1 1 ses \$8
 3705 Tu 11/13 6:30-8 pm

Overcoming Credit Fears: Credit Basics

Laura Amdahl, Personal Banker, Wells Fargo Bank
 Credit is an extremely important aspect of our finances and how and where we live our lives. Laura will show you ways to help maintain, rebuild or establish your credit. You'll get tips for how to read and understand your credit report and learn ways to get your credit back to where you would like it to be. There will be time for questions.

SRRMS-106, door 1 1 ses \$8
 3708 Tu 9/18 6:30-8 pm

Paternity, Custody, Child Support, & Divorce Legal Overview

Betsey Lund, Attorney
 If you have questions about child paternity, child custody and support, are divorced, considering or have recently filed for divorce, this course will provide a legal overview of how the process works in the state of Minnesota. You'll learn about the court process, fees, court documents, legal representation, and alternative forms of dispute resolution to attempt settlement outside of court.

SRRMS-105, door 1 1 ses \$8
 3709 Tu 10/23 6:30-8 pm



PROTECT YOURSELF FROM IDENTITY THEFT

Laura Amdahl, Personal Banker, Wells Fargo Bank

If you are concerned about identity theft, attend this course to become aware of the current issues we face today via phone and Internet. Learn how you can help protect yourself and your loved ones from falling victim to identity theft. There will be time for questions.

SRRMS-106, door 1 1 ses \$8
3706 Tu 10/16 6:30-8 pm



Pursuing a Tax Advantaged Retirement

Mark Reimer

Learn about various topics relating to retirement. Topics include:

The relationship between our national debt and future tax rates. How rising tax rates may reduce your lifestyle in retirement. Three types of money: taxable, tax deferred and taxed advantaged. Why IRA's, 401k's and 457's may present a "Catch 22" for investors. Are IRA's really taxed advantaged? According to social security rules withdrawals from pensions, IRA's 401k's and 403b's could cause you to pay more taxes on your social security. Taxed advantaged strategies to help you manage the impact of rising tax rates and manage the tax on your social security. Get a perspective on your financial future today.

Apollo-824, door 30	1 ses	\$10
3702 Tu 9/11		7-8:30 pm
3703 Th 9/20		7-8:30 pm



To offer adult and youth programs or to suggest new class ideas or instructor resources, please contact any of our program coordinators listed below:

Mary Heinen • Youth Enrichment & After-School Programs, ext 6259

Julie Johnson • Adults with Disabilities, ext 6272

Dave Twedt • Adult Enrichment, ext 6257

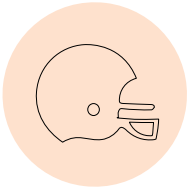
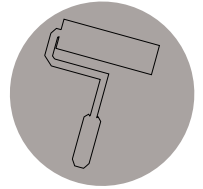
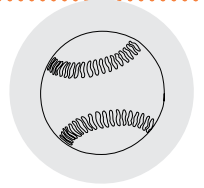
Marci Sussenguth • Aquatics, 257-5952

cec@isd742.org • 320-529-6500 • www.stcloudcommunityed.com

Teaching Opportunities

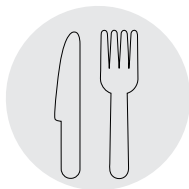
Await

You!



bursting

with possibilities



cec@isd742.org

Call us now
320.529.6500

Home & Garden

Coupons for Real People: I

Meghann Reese

Are you looking for ways to save money on groceries and household goods? Receive tips on finding coupons, using them at local stores and organizing them. Whether you've never used a coupon or you use them all the time-join others in exchanging victories and struggles with couponing in the St. Cloud area. Register by Monday, August 27 and save \$3!

Discovery-144, door 1 1 ses \$15
3334 Tu 9/11 6:30-8:30 pm

Coupons for Real People: II

Meghann Reese

Have you used coupons and been discouraged at paying more than the people on TV do? Discover tips on matching coupons to local store sales, stacking store and manufacturer coupons and building a stockpile. If you are comfortable with finding and using coupons and already have a system to organize them, join others in this intermediate couponing class. Register by Friday, September 14 and save \$3.

Discovery-144, door 1 1 ses \$15
3335 Tu 9/25 6:30-8:30 pm

Designing & Building Your New Home 101

Steve Jaschke, Steve Noble

With historically low interest rates, drastically discounted lot prices and the peace of mind of a 10-year warranty, new construction is an attractive option in the current housing market. But do you know where to start? A custom home builder and lumber/materials supplier take you through the process of designing and building a home that is a perfect fit for you. Whether you plan to build your own home or just want a better understanding of the building process, bring your questions and discuss your own custom home design. Although there is no fee for this class (fee is covered by Noble Custom Homes and Pro-Build), please register.

Apollo-821, door 30 1 ses Free
3330 Tu 9/11 6:30-8 pm
3331 Th 9/27 6:30-8 pm



**Register Today!
See page 55
for 6 easy
ways to register.**

Special Interest General

Age in Place With Assistive Technology

Thomas Ardolf, Cybermation

How can you help your senior remain in their home? New technologies are now available to benefit your senior as well as you, the caregiver. The ability to track daily living activities (ADL), monitor and measure clinical data such as glucose and blood pressure, insure prescription compliance, provide automated control of the home such as lighting and thermostats, as well as to provide socialization tools, can all increase the quality of life. Hands-on demonstrations allow you to see the simplicity of the systems that support your senior to “age in place.” With over 30 years working in the technology arena, Tom and his wife founded CyberHealth Division as the result of their experience in caregiving situations. He applied their firm’s expertise in technology to assist the senior and disability community, receiving national recognition for work in both smart home technologies and services for the senior community.

Apollo-821, door 30 1 ses \$10
3322 M 9/24 6:30-8 pm

Driver Improvement Program

Recognize and avoid traffic collisions. Discussion on such topics as drinking and driving, handling emergency driving situations, new technology in vehicles, driver distractions and general awareness of traffic laws promotes safe driving for you and others. Persons 55 and older qualify for 10% reduction in auto insurance. No class fee discount.

Apollo-614, door 30 2 ses \$24

Pam Wenda

3311 Tu & W 10/16 & 17 5-9 pm

3312 Tu & W 12/11 & 12 5-9 pm

Ron Stewart

Kennedy-story room/media, door 1

3317 M & Tu 11/12 & 13 5-9 pm

Driver Improvement Refresher Program

If you have previously completed the eight-hour program you can maintain your eligibility for the 10% insurance reduction by taking this refresher course. No class fee discount.

Apollo-614, door 30 1 ses \$20

Pam Wenda

3313 Tu 10/9 5-9 pm

3314 Tu 11/13 5-9 pm

3315 Tu 12/18 5-9 pm

Ron Stewart

Kennedy-story room/media, door 1

3316 M 10/22 5-9 pm



Foods

Heart Healthy Holiday Eating

*Diane Giambruno, RD and Jessica George, RD
Central MN Heart Center*

The holidays are right around the corner! You can make this the healthiest holiday season yet by learning how to make holiday recipes more heart-friendly. The class will focus on making the recipes lower in saturated fat, trans fat, and sodium, but they will still taste great! You'll taste and take home recipes for several holiday foods.

SRR Middle School 469, door 4
1 ses \$21
3402 Tu 10/2 6-7:30 pm

East Indian Cuisine

Sneh Kalia
Come and learn to blend spices for delicious vegetarian dishes from India. Tuition includes materials.

North JH-138, door 3 1 ses \$23
3400 Tu 9/25 6:30-8:30 pm

Cooking Basics

Becky Court
Ready to move beyond the pre-packaged and microwave meals in this demonstration class. Becky will show you the important "must know" areas of the kitchen and cooking. You'll learn about measuring liquids and solids, abbreviations, substitutions, food preparation, time and temps, working in substations, portions and serving a meal. Get tips about cooking with electricity and gas, how to safely use other common kitchen appliances and how to get started cooking for yourself or others.

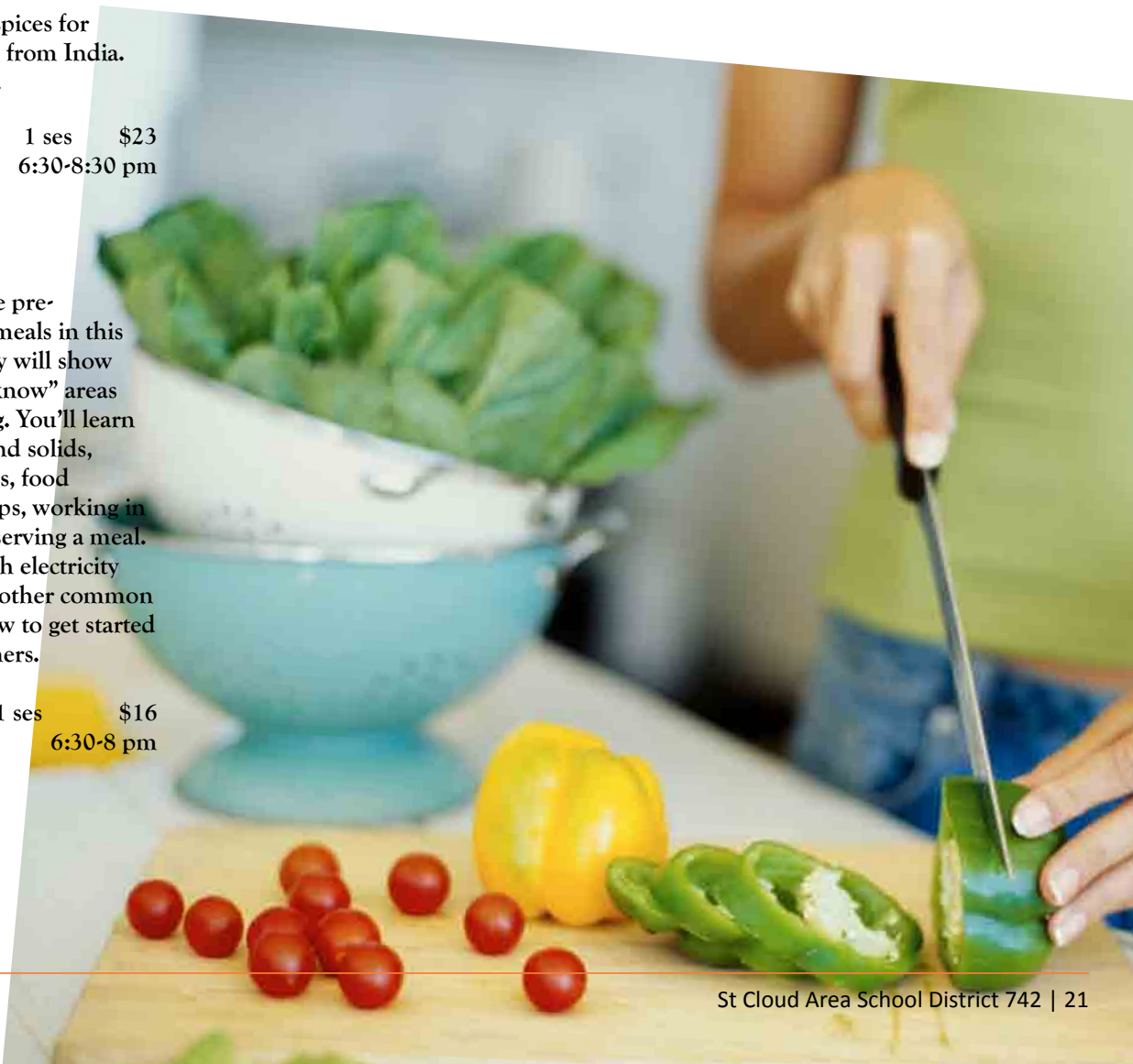
SRRMS - 469, door 4 1 ses \$16
3403 Tu 11/13 6:30-8 pm

Follow the Bone Deer Cutting

www.deerdummy.com

Yes, this live, hands-on experience is like no other! Proper care of the deer from field dressing, skinning and cleaning of the carcass is taught, followed by how to cut your deer-pulling back straps for chops, hind tips for roasts and jerky and trim for venison sausage. Lots of cooking instructions and a new "basic step" book for quick reference later have been added this year. Also this year, bring a friend for free but please include name. Included in this class is a new picture step book for quick reference along with a free Deer Cutting DVD. Park in north parking lot, class is in garage. For more information visit: deerdummy.com.

McKinley-lower garage, near door 3 1 ses \$42
3401 Th 10/25 7-9 pm



Trips & Travel

Your Adventure to Europe Preview

Join Arlette for a preview of your 2013 trips to Europe- destinations filled with sunshine, art, history and fun! Enter door 30.

There is no charge, but please register.

Apollo - 821, door 30 1 ses Free

3800 Th 10/18 7-8:30 pm

Paris & the Riviera

Arlette Gerber

This spring break adventure to Paris and the Riviera takes us through the highlights of Paris & an "in depth" exploration of the Cote d'Azur with Juan les Pins, Antibes, Nice, a trek up the goat trail to Eze village, its breathtaking views & perfume factory, to famously wealthy Monaco...Be prepared for great hikes, train travel and some glitz.

3801 8 days: March 28-April 4, 2013

Costa Rica

Arlette Gerber

Eco friendly tour of Costa Rica with treks in National Parks, horseback riding between towns & zip-lining fun. This active tour will offer a blend of rainforest, volcano & beach activities...it is perfect for nature enthusiasts; it will please families & young at heart.

3802 9 days: June 4-12, 2013

Paris, Loire Valley, Brittany, Mont. St-Michel, Normandy beaches, Versailles

Arlette Gerber

Experience the very best of Paris along with its most stunning surroundings: the Loire Valley's exquisite châteaux; Brittany's half-timbered villages; Normandy's magical Mont St. Michel, stirring D-Day beaches & Monet's dreamy gardens in Giverny...this traditional tour will please all ages.

3803 8 days: June 11-18, 2013

Tuscany & Beyond

Arlette Gerber

Mid - September 2013

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

Prague & Budapest

Arlette Gerber

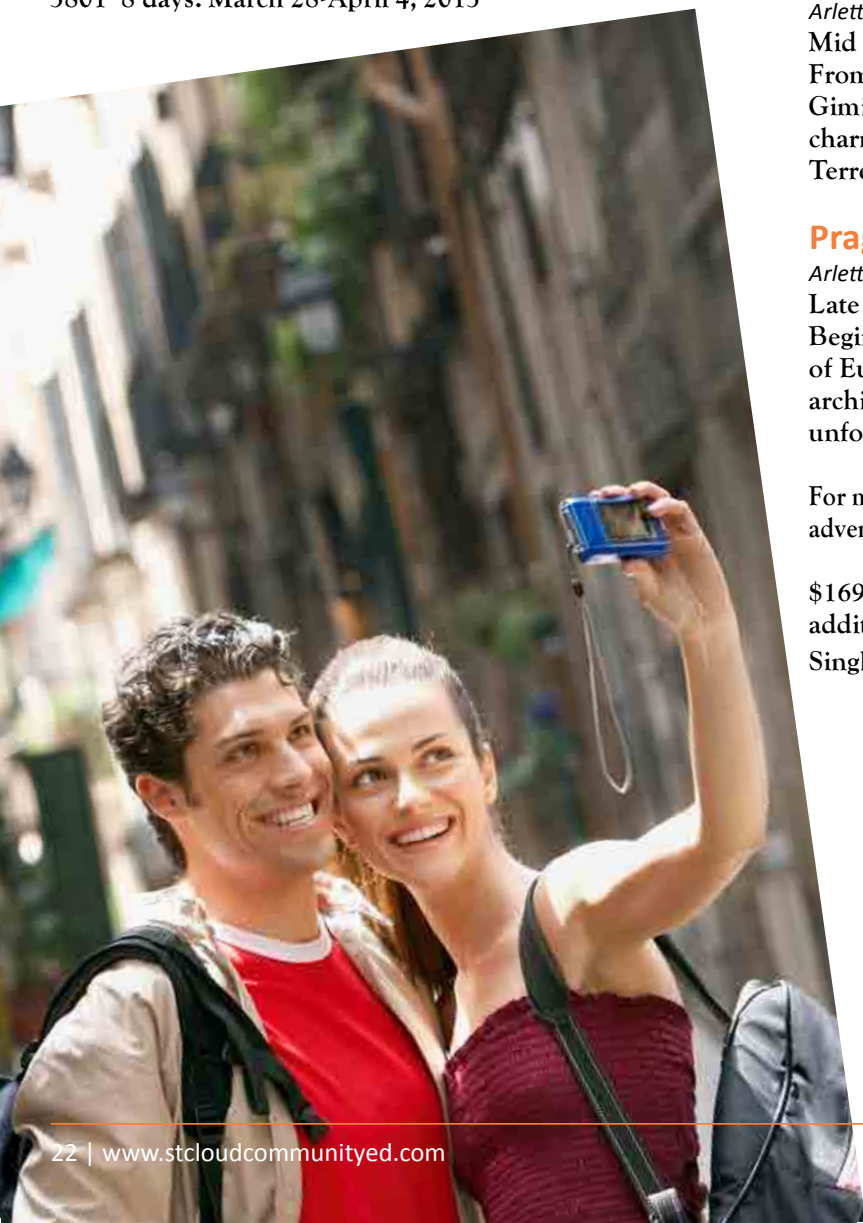
Late September 2013

Beginning in Prague, you'll spend eight magical days in two of Europe's historic capitals with Baroque and Art Nouveau architecture, a tumultuous past, and earthy cuisine. This is an unforgettable get-away.

For more information and itinerary previews visit: www.adventurestoeurope.com

\$1699 land package is based on double occupancy, airfare is additional.

Single supplements are available at an additional cost.



St. Cloud Community Aquatics

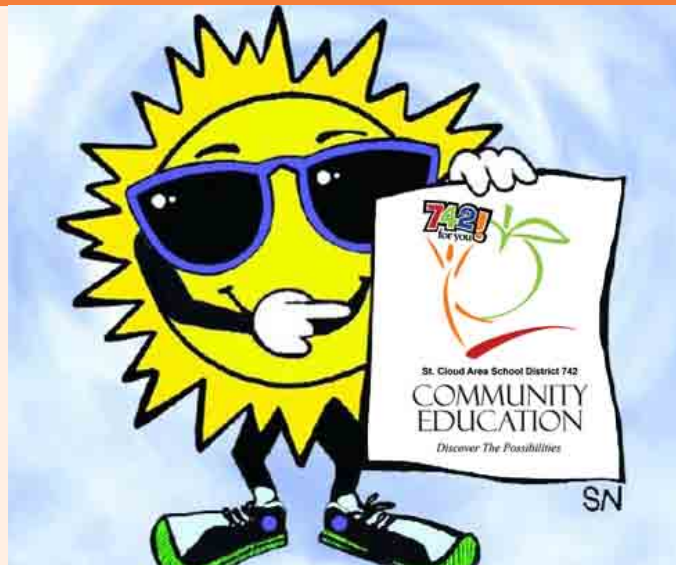
The City of St. Cloud Park and Recreation Department and St. Cloud Area School District 742 Community Education are teaming up again for another successful aquatic season. We will continue to strive to provide high quality swim lessons for all of our participants.

NEW this fall we will be holding our swim lessons at **MIDTOWN Fitness**.

MIDTOWN Fitness Center

Offers a 3 lane lap pool that is kept at 87 degrees, whirlpool and sauna and a variety of cardiovascular equipment including elliptical fitness cross trainers, ARC trainers, treadmills, recumbent bikes and more. Their weight rooms have a wide range of equipment with Cybex, Hammer Strength and Life Fitness. An indoor track, racquetball, basketball court and individualized training programs are also available. We are excited to be able to offer swim lessons at this wonderful facility.

If you bring your child to swim lessons you can workout at this amazing facility for \$3.00 and use the child care for \$2.00. Truly a one stop shop for the whole family. Sign your kids up for swim lessons and get a jump start at creating the new you!



Located at Midtown Square Mall
33rd Avenue & Division Street
St. Cloud, MN 56301
Phone Number: 253-4990



Registration

If you are looking for quick and easy way to register, please visit us at www.stcloudcommunityed.com or call St. Cloud Community Education at 529-6500 for all registration. If you have programming questions, please call Marci at St. Cloud Park and Recreation at 257-5952. When registering please complete all information including current e-mail, day and night time phone numbers as this is how we contact you in case of a pool closure/cancellation.

Seeking Experienced Enthusiastic Water Instructors and Lifeguards

Our program is in need of high quality personnel, so if you have experience or are interested in working with our Youth and Adult Swim Programs; Water Aerobics; or have experience with Lifeguarding, Triathlons, Water Activity Programs and Sports or Scuba Diving, please contact us at www.stcloudcommunityed.com or call 257-5952.

Mid-Minnesota Swim Lessons

- Baby Bobbers (6-24 mos)
- Toddler Time (2-3 yrs)
- Beginner /Advanced Preschool (3-4 yrs)
- Swim 1-6 (5 yrs and up)
- PREP - Personal, Readiness, Endurance Program (Must complete swim 1-6 or 10 and older)
- Private
- Adaptive Swim lessons - coming in Spring 2013

**** Swim 5, 6 and PREP will be offered in the Spring. Stay tuned for swim lessons at Tech High School Apr-Aug 2013.**

Mid-Minnesota Community Aquatic Class Descriptions

Baby Bobbers, Toddler Time, Preschool and Private classes are 25 minutes long, meet 8 times and cost \$29. Please see the descriptions below.

Baby Bobbers (ages 6 to 24 mos)

Designed to orient your child (accompanied by parent) to better prepare them for Toddler Time swim lessons. Parents will learn safety information and techniques to help your child feel comfortable in the water. This class provides a bonding experience for parents and their children. **Class limit: 15.**

Toddler Time (age 2 to 3 yrs)

Designed to orient your toddler (accompanied by parent) to better prepare them for preschool swim lessons. Toddler will learn to ease the transition from parent to instructor and become more comfortable with their skills and surroundings. Skills we will start focusing on are safety, kicking, paddle, floats and underwater exploration. **Class limit: 15.**

Beginner Preschool

(ages 3 to 4 yrs)

Skills taught include safety topics, water adjustments, kicking, floating with support, front and back paddle, breath control and completely submerging. Parents do not need to get into the water with their child. **Class limit: 5.**

Advanced Preschool

(ages 3 to 4 yrs)

Skills taught include safety topics, front and back paddle, kicking, treading water and advanced breath control. The goal in this class is to perform each skill unassisted. Parents do not need to get into the water with their child. **Class limit: 5.**

Swim 1-4 classes are 40 minutes long and meet 8 times. Cost \$40. Please see the descriptions below. We encourage participants to complete all swim levels to ensure learning all swimming skills and strokes.

Swim 1 (ages 5 & up)

Participants become comfortable in the water learning basic skills. Safety topics include pool rules, recognizing lifeguard, safe water entry, being able to recall name and phone number, helping yourself in an emergency and proper use of life jacket. **Class limit: 5.**

Skills:

- Enter and exit the water
- Blow bubbles
- Bob underwater
- Pick up object under water
- Front/back floats
- Front/back blast offs
- Flip flops (roll from front to back)
- Flutter kick on wall
- Front/back paddle
- Tread water motions

Swim 2 (ages 5 & up)

Participants learn to swim without support. Safety topics include being able to recall parents/guardians names, home address, proper use of life jackets and boat safety. **Class limit: 6.**

Skills:

- Jump into chest-deep water and return to the edge of pool
- Bob underwater and hold breath
- Front/back float
- Front/ back blast off
- Flip flops (roll from front to back/ back to front)
- Flutter kick with kick board
- Tread water
- Front/back crawl
- Breaststroke kick

Swim 3 (ages 5 & up)

Participants learn to be comfortable with new skills in deep water and learn new strokes. Safety topics include helping yourself and others in an emergency, safe weather conditions for swimming and proper use of life jackets. **Class limit: 7.**

Skills:

- Jump into deep water and return to wall
- Swim underwater and pick up an object
- Front/back float in deep end
- Flutter kick on front/back with kick board
- Tread water in deep end
- Front crawl with rhythmic breathing
- Back crawl
- Elementary backstroke
- Breaststroke kick
- Breaststroke arm motion

Swim 4 (ages 5 & up)

Participants increase endurance, improve skills learned in Swim classes 1-3 while learning new skills. Safety topics include basic 1st aid, reaching assist and proper use of lifejacket. **Class limit: 8.**

Skills:

- Feet-first surface dive in deep end
- Somersault
- Open turn: Front crawl
- Open turn: Back crawl
- Tread water
- Flutter kick on front/back with kick board
- Breaststroke kick with kick board
- Front/back crawl
- Elementary backstroke
- Breaststroke
- Dolphin kick

Private Lessons for Adults & Children

These lessons are 25 minutes long and meet 8 times. Private lesson are designed to give any participant the individualized attention necessary in order to improve or master swimming skills. Together, the instructor, participant(s) and/or parent, determine the goals for the session and the curriculum is customized to meet your goals. **Private lessons cost \$90.**

Swim 5, 6 and PREP will be offered in the Spring.

Stay tuned for swim lessons at Tech High School Apr-Aug 2013.



St. Cloud Community Aquatics Mid-Minnesota Swim Lessons

Session I M & W, Oct 1-24

Session II Saturdays, Oct 6-Dec 1

Session III M & W, Nov 5-28

No class: 11/24

5-5:25 pm
4001 Baby Bobbers \$29
4002 Private Lesson \$90

5:30-5:55 pm
4003 Beginner Preschool \$29
4004 Advanced Preschool \$29

6-6:40 pm
4005 Swim 1 \$40
4006 Swim 2 \$40

6:45-7:25 pm
4007 Swim 3 \$40
4008 Swim 4 \$40

8:30-9:10 am
4009 Swim 1 \$40
4010 Swim 2 \$40
4011 Swim 3 \$40

9:15-9:40 am
4012 Baby Bobbers \$29
4013 Beginner Preschool \$29
4014 Advanced Preschool \$29

9:45-10:10 am
4015 Toddler Time \$29
4016 Beginner Preschool \$29
4017 Advanced Preschool \$29

10:15-10:55 am
4018 Swim 1 \$40
4019 Swim 2 \$40
4020 Swim 3 \$40

11-11:25 am
4021 Beginner Preschool \$29
4022 Advanced Preschool \$29
4023 Private Lesson \$90

11:30-12:10 pm
4024 Swim 1 \$40
4025 Swim 2 \$40
4026 Swim 3 \$40

12:15-12:55 pm
4027 Swim 4 \$40

12:15-12:45 pm
4028 Private Lesson \$90
4029 Private Lesson \$90

5-5:25 pm
4030 Beginner Preschool \$29
4031 Advanced Preschool \$29

5:30-5:55 pm
4032 Toddler Time \$29
4033 Private Lesson \$90

6-6:40 pm
4034 Swim 1 \$40
4035 Swim 2 \$40

6:45-7:25 pm
4036 Swim 3 \$40
4037 Swim 4 \$40

Located at
Mid-Town
Fitness



For lesson descriptions see pages 24.

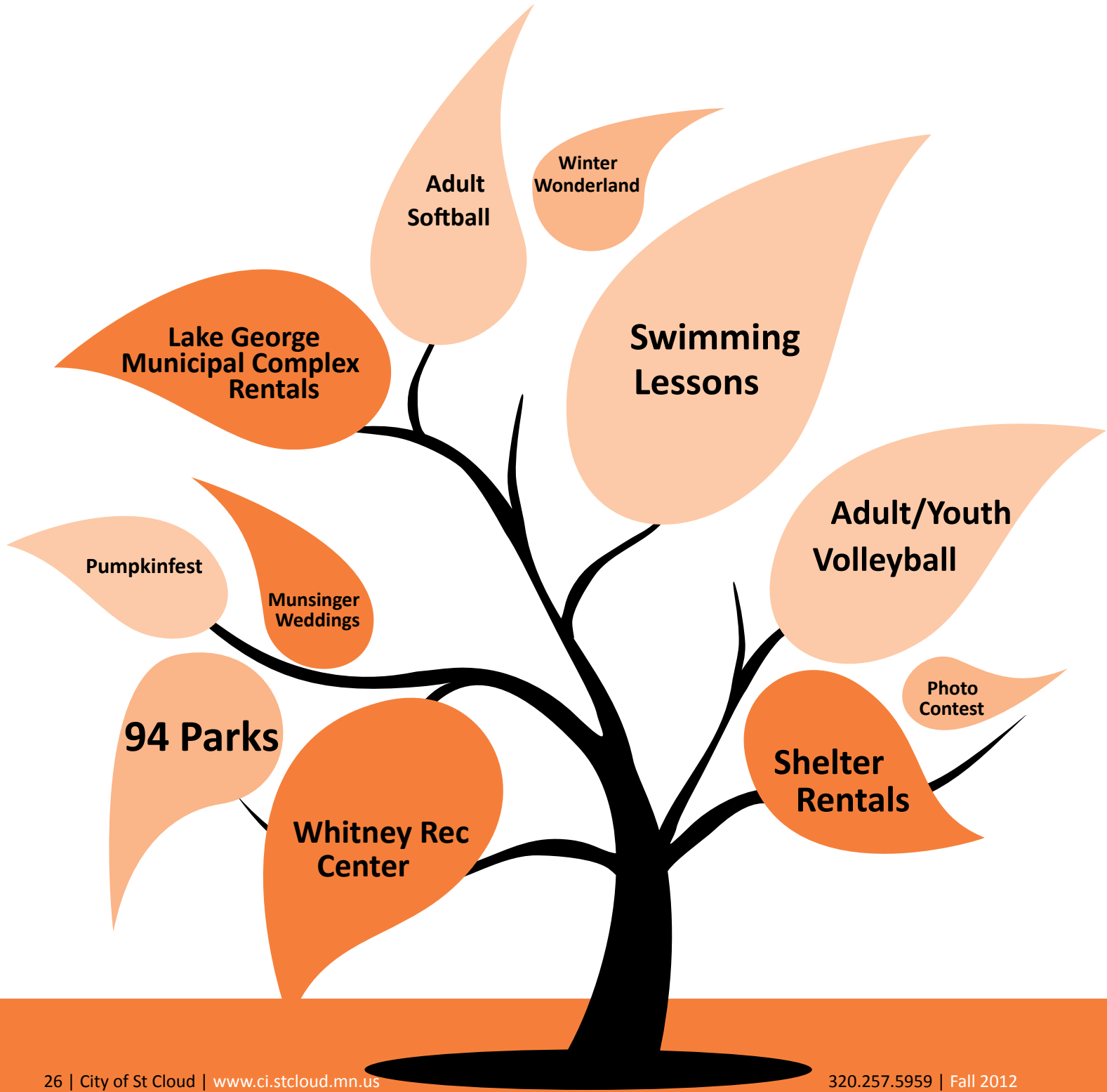
Tip: Please fill out current phone number, day/night and e-mail address. This is how we will contact you in event of a program change.



Falling for St. Cloud Park & Recreation



City of St. Cloud Park & Recreation





City of St. Cloud Park & Recreation

Employment Opportunities

St. Cloud Park and Recreation has a long history of providing enjoyment to the citizens of St. Cloud. We are looking for the best and brightest to assist us. If you enjoy interacting with youth and adults in a recreational setting, we may have just the job for you.

Seasonal Job Openings

- Building/Shelter Attendant
- Lifeguards
- Water Safety Instructors

Please print and complete a job application from our website and drop it off or mail it to:

Lake George Municipal Complex
1101 7th St S, St. Cloud, MN 56301

Would you like us to send you a weekly update of programming and activities happening in the St. Cloud Community Education and St. Cloud Park and Recreation? Please contact John.Anderson@ci.stcloud.mn.us

Easy Registration and program updates:

- Visit us online at www.ci.stcloud.mn.us
- Drop in and see us at
Whitney Recreation 1529 Northway Drive or
Lake George Municipal Complex 1101 7th St S
- Call us at 257-5959

St. Cloud Park & Recreation

Wondering Who to Contact?

Whitney Recreation Gym Office Gym Hours, Program Registration, Shelter Rentals	255-7277
Lake George Municipal Complex Program Registration, Facility Rentals	257-5959
Forestry, Park Maintenance, Special Events, Volunteering, Weddings Jessica Schaefer, Secretary	650-3175
Whitney Park & Recreation Center, Programs John Anderson, Recreation Supervisor	650-3051
Community Aquatics, Lake George Programs, Rentals Marci Sussenguth, Recreation Programmer	257-5952
Park Shelters, Sports Field Rentals, Community Trips, Youth & Adult Leagues Steve Krueger, Recreation Programmer	650-3053
Park & Recreation Director Scott Zlotnik	650-3170

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For more information please see pages 23-25.

Lake George Municipal Complex



The Lake George Municipal Complex is located in Eastman Park. The Park which offers 2 trails, a splash pad and 2 playgrounds for all ages. This multi-use facility was renovated in 2006. The Complex offers room rentals perfect for hosting small gatherings such as bridal or baby showers, graduation or birthday parties and business meetings; or larger events like a church function, reunions and walk/runs. The facility is available to be rented 8 am -10 pm Mon- Fri, minimum of 2 hours; Sat and Sun minimum of 4 hours. Wi-Fi coming soon! More information call 320-257-5959 or view our virtual tour online at www.ci.stcloud.mn.us

Room Rental Rates

Sun Room	\$20 per hour
Multipurpose Room	\$15 per hour
Full Facility	\$100 per hour
Kitchen	\$20 per use
Special Event	Call for pricing

Play Time (age 0-5 yrs)

Children are simply amazing. Our preschool room is full of educational materials and toys to help with your child's development. Take the time from your busy day to connect with other parents who are going through similar stages and to watch your child play with other children.



Open Mon-Fri 8 am -4:30 pm at Lake George Municipal Complex.

Pumpkinfest

St. Cloud Park and Recreation is gearing up for another Spooktacular event at Lake George Municipal Complex on Fri, Oct 19th from 4-8 pm. Watch our website for more details as they unfold!



Winter Wonderland

Santa and Mrs. Claus are heading to Lake George Municipal Complex for a day of arts & crafts, cookie decorating, penguins exhibit, sleigh rides and much more. Don't forget your camera Sat, Dec 8th from 1-4pm. Fee is \$3per child or \$5 per family. Bring a food shelf donation for \$1.00 off admission.



Please contact 320-257-5959 or visit us online at www.ci.stcloud.mn.us

Community Trips

St. Cloud Park and Recreation is offering community trips to the Minnesota Timberwolves and Wild. There may be other trips added to our offerings. Information on game dates and times as well as pricing and ordering can be found on the Recreation webpage at www.ci.stcloud.mn.us or call 650-3053 to inquire.

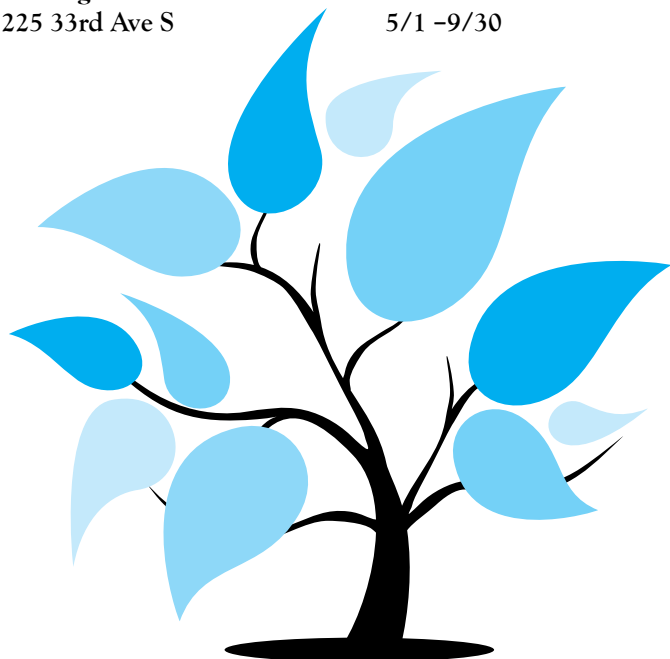


Shelter Rentals

Need a great place to have your family reunion, reception or company picnic? The possibilities are endless. St. Cloud's central location makes it the perfect spot for any type of event you are planning. St. Cloud Park and Recreation has many facilities available for your group, large or small. Whether you choose an informal setting on the Mississippi River or a little more upscale venue in the heart of the city we have the place for you. We are currently taking reservations for 2012 and 2013. Shelters available for rent are listed below. Call Steve at 650-3053 or send an online request found at www.ci.stcloud.mn.us (Park and Recreation Department) to inquire about availability or pricing.

Locations

Riverside Park Shelter 1725 Kilian Blvd	Year Round
Wilson Park Shelter 625 Riverside Drive NE	5/1 -9/30
Lions Park Shelter 4310 Dublin Drive	5/1 - 9/30
Knights of Columbus Park Shelter 715 54th Avenue N	5/1 -9/30
Heritage Park Shelter 225 33rd Ave S	5/1 -9/30



Weddings & Photography Munsinger and Clemens Gardens

The beauty of St. Cloud's Munsinger Gardens provides the ideal setting for wedding ceremonies and professional photography sessions. Ceremonies are held in the Special Events Area on the southern end of Munsinger Gardens.



This "botanical room" provides a private setting within the beauty of the Garden. Photography sessions, including wedding, family, or senior photos, are allowed by permit throughout the rest of the Munsinger Gardens. There is a 50 person limit for all Ceremony and Photography Sessions in Munsinger Gardens. Additionally, photography sessions may be booked for Clemens Gardens with a 12 person limit (please call for pricing). All reservations are scheduled in 2 hour blocks. These reservations are booked between 4-7 pm on weekdays; between 10 am-7 pm on Sat; and at 10 am on Sun.

Ceremony Fees – (Includes Ceremony and Photography Permit)

St. Cloud Residents:	\$250
Non-Residents:	\$300

Photography Fees

Photography Groups over 12 people:	
St. Cloud Residents:	\$70 per session
Non-Residents:	\$90 per session
Photography groups under 12 people:	
St. Cloud Residents:	\$35 per session
Non-Residents:	\$45 per session

Photography in the Gardens 2012 Photo Contest

Photographers! Get ready to enter a new area photo contest sponsored by Munsinger Clemens Botanical Society. Photos will be judged in two categories: Landscapes (garden scenery) and Hardscapes (decorative features in the Gardens) Any visitor to the Gardens is eligible to enter.



Guidelines:

There are two age groups: • Youth - 18 years • Adult
No Professional Equipment is allowed; tripods can be used.
Minimum size 8x10, mounted and ready to hang, framing optional. No digital alteration of photo is allowed.

Entries must be mailed or delivered to Lake George Municipal Complex. Photo submission deadline is Thur, Oct 18 8 am - 12 pm or Fri Oct 19 2 - 6 pm.

Please visit www.munsingerclemens.com for more information and photo contest rules.

Whitney Recreation Center

Consider the Whitney Recreation Center for your team practices, scrimmages, games and tournaments. The Recreation Center features three hardwood Neoshock basketball courts, five volleyball courts, or anything in between. The air conditioned comfort also makes the Whitney Recreation Center the perfect location for teambuilding activities. Parents can use the walking track or exercise room while the kids pound the hardwood. Church groups, youth teams, tournaments and leagues have been calling Whitney Recreation Center “home” for years. Full service concessions are available.



Whitney Regional Park

The Whitney Park complex features 8 slowpitch softball fields, 2 fastpitch fields, 2 intermediate baseball fields and 12 soccer fields of various sizes. 90 percent of the playing surface is newly irrigated and all of the softball and baseball fences are new. Combine these features with full service concessions and you have the makings of a great location for your company tournament. Call Steve Krueger at 650-3053 for more information on rates and availability. Located right in the middle of Minnesota, Whitney Recreation Center and Whitney Park are the logical location for that special sports event.



Walking Track & Open Gym

Whitney Recreation Center features a one-ninth mile suspended walking/jogging track with a “Pulastic” surface, guaranteed to be easy on the joints. Enjoy the climate controlled track with card access security. Locker rooms and shower are also available. Meanwhile, the hardwood below is available for basketball, volleyball, pickleball, dodgeball or any other kind of ball that can be played in a gymnasium setting. Please call the Gym Office at 255-7277 for Track and Gym rates and schedules.



KinderGym

On Tues, Thur, and Fri mornings from 9-11am and Fri afternoons from 1-3 pm, the Whitney Recreation Center becomes ‘Kids Country.’ KinderGym provides the toys and an opportunity for preschoolers to play like the big kids on one basketball court. We provide the tools and parents provide the supervision. Please call 255-7277 for more information.

Youth Volleyball at Whitney

St. Cloud Park and Recreation and Granite City Volleyball offer Youth Volleyball grades 3-6. Participants will learn the fundamental skills of volleyball and match play. Registered participants will receive a t-shirt. All sessions will be held at Whitney Recreation Center. Fee \$34. Register online at www.ci.stcloud.mn.us or in person at the Whitney Recreation Center or Lake George Municipal Complex. Please call 650-3053 for more information. Class limit: 24

YV0111 Thu, Dec 27-Jan 31

6:30-7:30 pm

YV0211 Sat, Dec 29-Feb 2

9-10 am

14th Annual High School Hoops League

This league is for students in grades 9-12 who are not participating in a high school basketball team. Each team can have up to 10 players. All teams will be guaranteed to play at least 9 games. Participants will receive a T-shirt. All games will be held at Whitney Recreation Center; entry fee is \$325 per team. You may register starting November 12th online at www.ci.stcloud.mn.us or in person at the Whitney Recreation Center. Please call 650-3053 for more information.

WBB0112 Sun, Jan 6th-Mar 24

5-9 pm

Register online at www.ci.stcloud.mn.us or in person at the Whitney Recreation Center. Payment must be made in full in order to register. A \$25 fee may be assessed after the stated deadline date.

2012 Adult Fall Softball League Information

Fall Softball Leagues will start the week of Aug 20-23 with a registration deadline of Aug 13th. Register your team starting July 16th. Payment must be made in full in order to register. A \$25 fee may be assessed after the stated deadline date. Each team plays 6 regular season games with an optional league playoff. All games are umpired by certified umpires. All teams are also eligible to register for state tournament play.

Fee: \$275 Optional Playoff Fee: \$50

Mon or Tues - Men's League Wed - Co-Rec league

2012 Adult Fall Volleyball League Information

Fall Volleyball Leagues will start the week of Sept 10-12 with a registration deadline of Sept 4th. Register your team starting July 23rd. Men's, Women's and Co-Rec Single leagues play 7 regular season matches. Doubleheader league teams play 14 regular season matches. An Optional League Playoff is offered to all teams. Proceeds from league playoffs will go towards the “Toys For Tots” Benefit. Fall Volleyball League matches are self-officiated. Team Fee: \$140 Single Match Leagues, \$280 Double Header Leagues, \$30 or Toy Donations for Optional League Playoffs.

Mon - Men's or Women's Single Match Leagues

Tues - Co-Rec Power or Co-Rec Recreational Double Header Leagues

Wed - Co-Rec Power or Co-Rec Recreational Single Match Leagues

2012-13 Adult Winter Volleyball League Information

Winter Volleyball Leagues will start the week of November 26-28 with a registration deadline of Nov 19th. Register your team starting Sept 10th Each team is guaranteed 12 regular season matches and a double elimination play off tournament. We will need to have 6 teams registered for the league to run. Winter Leagues are officiated. Team Fee: \$300. For more information please contact Steve Krueger at 650-3053.

Mon - Men's Power, Women's Power and Women's Recreational

Tues - Co-Rec Power and Co-Rec Recreational

Wed - Co-Rec Power and Co-Rec Recreational

St. Cloud Area School District 742 Community Education Project Challenge

The following is a listing of some of the titles for Project Challenge activities being offered this fall.

- Cooking Classes
- Bowling Activities
- A Trip to the Casino
- Halloween and Christmas Party
- Reindeer Sleigh Ride
- Arts and Crafts
- Athletic Events
- Dances with DJ
- Train Trip
- Haunted House Hayride
- Country Line Dancing

Project Challenge classes serve people with disabilities ages 16 & older.



For more information about Project Challenge activities, please contact

Julie Johnson

Project Challenge Coordinator
Community Education
700 7th Street South, Waite Park, MN
Phone: (320) 529-6500 ext. 6272
E-Mail: julie.johnson@isd742.org

The Disability Awareness Task Force

Dinner and a Movie

Date: Thursday, October 4, 2012

Time: 7 p.m.

Place: Paramount Theatre

Movies: "Working Like Crazy" (53 minutes) and "Able to Laugh" (27 minutes)

Purchase a ticket in advance, and you'll receive a coupon for a percentage off your dinner at a local downtown restaurant.



CELEBRATION OF ABILITIES

A community wide event celebrating persons with disabilities.

Join us for food, fun, entertainment and prizes.

Date: Tuesday, October 23, 2012

Time: 5-7 p.m.

Place: Moose Lodge in Waite Park

FREE and **EVERYONE** is welcome!

Together We Can 3 – Child and Youth Mental Health Conference

November 10th 2012 - Saturday

Calvary Community Church - St. Cloud

This conference is for parents, professionals and those who care for or work with children or youth with emotional, behavioral or mental health challenges.

Keynote Presenter - Pete Feigal -Nationally known presenter on Mental Health Concerns.

Plenary Session -Cyber Safety: Catching Up With Kids in a High Tech World - Dave Eisenmann

Breakout sessions on topics related to: Sleep Disorders, Family Relationships, De-Escalation Techniques, Asperger's, iPads and Special Needs, Sibling Panel and more!
Special Track for youth ages 13-19 yrs included
Vendor Resource Area Great Food, Fun and Drawings for Prizes

For registration and fee information visit:
www.arcmidstate.org or call 320-251-7272 or 877.251.7272

Gold in the Fire

Non-denominational church event for persons with developmental disabilities - all faiths welcome.

When: Third Saturday of each month

Time: 6:30 - 8:00 p.m.

Place: 110 Marketplace in Waite Park in the atrium (near Pizza Ranch).

Questions: call Jo @ 320-240-9150

Asperger Recreation Night

Interested in monthly activities for persons 17 and older with Aspergers Syndrome, NLD or High Functioning Autism? Contact Julie for more information.

ALL ABILITIES WELCOME:

Community Education encourages people of all abilities to participate in classes & activities in the catalog. A person with disabilities will be provided with accommodations and assistance based on individual needs. For more information, please call 320-529-6500

Mental Health Awareness Week is October 7-13

Hope and Help is available through NAMI National Alliance on Mental Illness in the St. Cloud Area

National Alliance on Mental Illness (NAMI) - St. Cloud Area

Presents its 26th Mental Health Conference: "Mental Health and Healthy Aging"

Friday, October 12, 2012 - 8 am - 4:30 pm - Calvary Community Church

Cooper Ave and Roosevelt Road, St. Cloud

The following monthly educational meetings are free and open to the public. No registration is required. Free 1 hour CEU certificates are available. Educational meetings are held at Hope Community Support Program:
157 Roosevelt Rd. Suite 300 St. Cloud, MN from 6:30pm to 7:30pm.

September 18: "Advanced Psychiatric Directives" presented by Pamela Hoops JD MN Disability Law Center.

October 16: "Wellness/Holistic Medicine" presented by Dr. Susan Saetre, Still Pointe

November 20: "Vocational Employment, Is It For You?" Presented by Brad Steele, VA Medical Center St. Cloud.

December 18: "The Recovery Process, A Journey to Wellness" presented by Rich Rainer, LICSW, VA Medical Center.

For more information on any of the above community activities, call Julie Johnson (320) 529-6500 ext. 6272

DISCOVER YOUR FUTURE



If you or someone you know is looking to improve basic reading, writing, or math skills, earn a GED, improve English language skills, citizenship classes, or learn more about parenting, Central Minnesota Adult Basic Education can help. We offer a flexible schedule of classes designed to fit the lives of busy adults.

Our experienced and talented staff of professionals include licensed teachers, social workers, paraprofessionals, support staff, trained volunteer tutors, and others. We are here to help you achieve your goals. If you are at least 16 years of age and not currently enrolled in a regular program, please give us a call.

**CHECK OUT OUR WEBSITE FOR
THE LATEST ABE CLASS
SCHEDULE AND GED TESTING
ISD742.ORG/ABE**



FOR MORE INFORMATION

Call: 320-529-6500 ext 6202

- Email: abe@isd742.org
- Website: isd742.org~abe/

LOCATION

Discovery Community School, Door 7
700 7th Street South
Waite Park, MN 56387

Make a Difference...

You teach her
English.

She teaches you
what it took to
survive
in a
refugee camp.



Teach English to someone from a different culture,
and who knows what you'll learn.

Become a volunteer tutor.

Assist in our classrooms, lead a class, and help people learn
reading, writing and math.

Receive free training.

Call District 742 Adult Basic Education
(320)529-6500 ext 6261 for more information.



Pre-School Age

New Dinosaur Dig (ages 3-5 & their parent)

Stacey Rosa

Let's go on a dinosaur dig! You will get to dig for dinosaurs, make a "fossil," and learn about these interesting creatures as we read some dinosaur books. You will also enjoy a prehistoric snack. Be prepared to get messy. Tuition includes materials. Class limit: 12.

Discovery-144, door 1 1 ses \$16
2000 Th 11/8 6-7:15 pm

New Don't Be Afraid of the Dark (ages 3-5 & their parent)

Stacey Rosa

Halloween is a fun time of the year and this class will be a frighteningly good time! Let's read some Halloween stories, make some crafts, and enjoy a spooky snack. Tuition includes materials. Class limit: 12.

Discovery-144, door 1 1 ses \$16
2001 Th 10/25 6-7:15 pm

New Down on the Farm (ages 3-5 & their parent)

Stacey Rosa

It's harvest time at the farm! Come to learn what life is and was all about on a farm. Touch and see some crops that are harvested this time of year, play with tractors, and make a craft. You will even get to make homemade butter that you will get to eat. Tuition includes materials. Class limit: 12.

Discovery-144, door 1 1 ses \$16
2002 Th 10/4 6-7:15 pm

New Big Bird & Friends (ages 3-5 & their parent)

Stacey Rosa

Can you tell me how to get, how to get to Sesame Street? Join your favorite Sesame Street characters in a storybook adventure filled with discovery, learning and fun. You will love the time you spend with these lovable, funny and energetic friends! You will make a craft, enjoy a snack and much more. Tuition includes materials. Class limit: 12.

Discovery-144, door 1 1 ses \$16
2004 Th 11/29 6-7:15 pm

New Silly, Sloppy Slimes (ages 4-6)

Science Explorers

Are you ready for some gooey, sloppy experiments? Then slide right into this exciting hands-on lab as we formulate a variety of slimes, some of which you will even get to take home. Be sure to dress for a mess. Tuition includes materials. Class limit: 10.

Discovery-145, door 1 1 ses \$22
2005 Sa 10/13 9:30-11:30 am

Babies Get Moving (ages 6-18 months)

Kelly Warzecha

Mommies, daddies and babies ages 6-18 months it's time to get moving! A great opportunity for Moms or Dads to come and bond with baby while getting a light 30 minute work-out you will both enjoy. Class limit: 6.

Tiny Tumblers 6 ses \$35
2006 W 10/3-11/7 5-5:30 pm



New Princess Party (ages 3-5 & their parent)

Stacey Rosa

Join us for a magical princess party! Make a princess wand and crown, listen to some stories and eat a snack worthy of a princess. Feel free to come dressed as a princess. Tuition includes materials. Class limit: 12.

Discovery-144, door 1 1 ses \$16
2003 Th 9/20 6-7:15 pm

Mommy, Daddy & Me (ages 18-36 months)

Kelly Warzecha

Calling all mommies, daddies and kids ages 18 to 36 months. Come and stretch, tumble and dance your way through 45 minutes of fun. Class limit: 6.

Tiny Tumblers 6 ses \$40
2007 W 10/3-11/7 6:15-7 pm

New **Paint & Story, Yes! Day**
(ages 3-7 & their parent)

Charlene Ridlon

This cute little story by Amy Krouse Rosenthal and Tom Lichtenheld is all about the day Mom and Dad say YES! to everything! Listen to our cute story and then make your own breakfast set which includes a small plate and bowl to use for your own Yes! Day. Tuition includes materials. Class limit: 15.

Art As You Like It 1 ses \$18
2008 F 9/21 6:30-7:30 pm

Paint & Story, Halloween
(ages 3-7 & their parent)

Charlene Ridlon

Halloween is such a fun, mysterious and whimsical time of year. Paint a ceramic Halloween project and read a wonderfully fun Halloween story. You'll be so glad you did! Tuition includes materials. Class limit: 15.

Art As You Like It 1 ses \$18
2009 F 10/5 6:30-7:30 pm

Paint & Story, Thanksgiving
(ages 3-7 & their parent)

Charlene Ridlon

At this favorite time of year when friends and family gather near, what better way to prepare for the holiday than by making a Thankful Plate or other Thanksgiving serving piece. You can use it at your table and let everyone enjoy your special creation. We will read a fun story as well. Tuition includes materials. Class limit: 15.

Art As You Like It 1 ses \$18
2010 F 11/9 6:30-7:30 pm

New **Explore Art With Your Toddler Through**
Paint, Textures & Color
(ages 2-4 & their parent)

Charlene Ridlon

Does your toddler like to play with messy things? What a great way to watch your child experiment with their creativity and develop some art skills at the same time. Stations will be set up for you to explore and experiment with all those messy things that are hard to do at home. Take one class or the whole series. Both parent and child should dress for a mess. Tuition includes materials. Class limit: 15.

Art As You Like It 1 ses \$22

Paint

Have fun working with child friendly paint mediums.
2011 Sa 9/29 10:30-11:30 am

Textures

Focus on clay and creating textures in your piece of art that you can feel and see. Clay projects will be fired and ready for pick up in about three weeks.
2012 Sa 10/27 10:30-11:30 am

Color

Color recognition as well as mixing and mingling different colors. Experiment with several combinations, just to see what happens.
2013 F 11/2 6:30-7:30 pm



EARLY CHILDHOOD SCREENING FOR 3 1/2 TO 5 YEAR OLDS

Early Childhood Screening is required for entrance in Minnesota's public schools or within 30 days of enrollment into kindergarten.

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a quick and simple check of how children are doing between the ages of 3-1/2 to 5 years. It identifies, at an early stage, possible learning or health concerns so that children can get needed help before starting school. Screening in early childhood supports children's readiness for kindergarten and promotes positive child health and developmental outcomes. Early Childhood Screening is not a kindergarten entrance test.

Minnesota Department of Education Early Childhood Health and Developmental Screening was created to improve the educational readiness and health of all young children through the early detection of children's health, development, and other factors that may interfere with a child's learning and growth.

Early Childhood Screening is offered throughout the year. All children must be screened at least once. Early Childhood Screening or a comparable comprehensive screening is required for public school kindergarten entrance.

The screening process:

- Provides an opportunity for young children and their families to access a wide variety of services and early childhood programs; and
- Promotes and supports parents' understanding of their child's health, development, and learning. The developmental screening instruments used in the St Cloud Area School District are recommended by the Minnesota Department of Health (MDH) for use in comprehensive screening programs for children in Minnesota and are approved by the Minnesota Department of Education for use in the Early Childhood Screening Program.



Assessments include:

Vision, hearing, developmental screening (cognitive, fine and gross motor, language and social emotional development), immunizations, physical growth, risk factors that influence learning, referral for health care coverage and summary interview with parent. (Minnesota Statutes § 121A.17)

St. Cloud Area School District Early Childhood Screening Registration: Call Community Education at (320) 529-6500, ext 6255, or online at www.stcloudcommunityed.com


All screenings take place at: Roosevelt Education Center, 3015 3rd Street N, St. Cloud, MN 56303

Questions? Call Jackie at (320) 529-6500, ext 6255 or email: jacqueline.lee@isd742.org

Being a Parent is a Big Job!

Early Childhood Family Education provides quality learning opportunities and resources for parents and children from birth to kindergarten entry. Classes include parent-child playtime, time for parents to observe their young children playing in an early childhood learning center, and time to discuss parenting concerns with other families and staff.

Fall ECFE Classes include:

- ▶ **Watch, Wonder, Enjoy!** for Parents & Infants birth-12mo.
- ▶ **“PAT” (Parents Are Teachers)** for Parents & Children ages 1-4
- ▶ **Itsy Bitsy Yoga** for Parents & Children 6wks to 47mo.
- ▶ **Super Saturdays** for Dads & Kids ages 1½ to 5
- ▶ **Parents Are Teachers Too!** for African families
- ▶ **Rock & Roll** for Parents & Children Birth-3
- ▶ **Shake Your Sillies Out!** for Parents & Children ages 2-3
- ▶ **Ready for K** for Parents & Children age 4 by Sept. 1, 2012
- ▶ **Circle of Security** for Parents of Children Birth-5 
- ▶ **Art, Music, Science Sampler** for Parents & Children age 3

Join us with your child for one or more of our fun and exciting classes. Fees are based on income. Receive a \$5.00 discount if you have never taken an ECFE class! Classes meet weekly at: Roosevelt Education Center
3015 3rd Street N., St. Cloud

View the ECFE catalog and registration forms at:
www.isd742.org/Roosevelt.html or Call 253-5828

FAMILY FUN NIGHT . . . A Free book for every child!

A FREE event for parents and children birth to kindergarten entry!

TUESDAY, OCTOBER 16 5:00-7:00pm

Roosevelt Education Center, 3015 3rd Street N., St. Cloud

Music ~ Games ~ Fun Activities ~ Book Fair ~ Food & Drink (\$1.50)



District 742 Preschool

“District 742 Preschool” classes are offered at Clearview, Discovery, Kennedy, Oak Hill, Roosevelt and Talahi schools. Children must be 3 or 4 years old by Sept. 1, 2012.

Call 253-5828, ext. 5750 for more information.

View forms and registration at: www.isd742.org/Roosevelt.html



Arts & Crafts

New **Hand Sewing! Do People Still Do that?**

Jodi Ligeros

You'll love this opportunity to learn how to hand sew and embellish your own charm bag. Learn simple step-by-step hand sewing techniques, easy embellishment ideas and the confidence to sew by hand. Sign up now with a friend to discover an old craft with endless possibilities. Tuition includes materials. Class limit: 18.

(ages 9-12)

Discovery-162, door 1 1 ses \$17
2100 Sa 10/27 9:30 am-12 pm

(ages 13-18)

Discovery-162, door 1 1 ses \$17
2101 Sa 11/10 9:30 am-12 pm

New **Create Your Own Texture Canvas (ages 5 & up)**

Charlene Ridlon

Explore several different texture mediums and tools to help you create a wonderful canvas using your own unique design style. Adding colors with acrylic paints will further enhance the look of your art piece. In session one you will learn, experiment, design and execute the texture part of the canvas. The 2nd session you will be adding color and layering. Dress for a mess. Tuition includes materials. Bring to Class: apron. Class limit: 12.

Art As You Like It 2 ses \$30
2104 M 9/17 4-5:30 pm M 9/24 4-6 pm

New **Halloween Plate/Bowl (ages 5 & up)**

Charlene Ridlon

Design and decorate your own spooky ceramic Halloween project. You will experiment with new techniques like painting on a dark colored background and using a drawing technique to scratch a design into the paint surface. Adding on some fun accessories (think spiders or googly eyes) and you will have your own one of a kind Halloween piece. Tuition includes materials. Class limit: 12.

Art As You Like It 1 ses \$30
2105 Th 10/18 6:30-8 pm

Painting with Kate (grades K-5)

Kate Langlais

Join this fun filled adventure into the world of art and painting. We'll start off working with colors, tints and shades and discover how they work together. Then, we'll use these new skills to begin our creative journey using different methods and projects. We'll finish up by creating our very own masterpieces! All supplies, a snack and beverage are included in the class fee. Bring to Class: Please wear or bring an old shirt. Class limit: 24.

North JH-103, door 5 3 ses \$36
2108 Sa 9/29-10/13 9 am-12 pm

New **Create Your Own Personal Flare with Paper Making**

Jodi Ligeros

Discover this fun, magical, and easy technique for marbling paper. You will enjoy creating your own cards, bookmarks, gift tags, stationery and more. What a wonderful way to add a homemade touch to your holiday gifts. Tuition includes materials. Class limit: 20.

(ages 8-12)

Discovery-162, door 1 1 ses \$15
2102 Sa 9/29 10 am-12 pm

(ages 13-18)

Discovery-162, door 1 1 ses \$15



Thanksgiving Fun (ages 5 & up)

Charlene Ridlon

Make the Thanksgiving table look more festive and fun by creating a special ceramic piece for everyone to enjoy. You will be taught some fun techniques to help you add lettering and other fun designs to make it uniquely yours. Tuition includes materials. Class limit: 12.

Art As You Like It 1 ses \$30
2106 Tu 11/13 6:30-8 pm

Glass Fused Fun (ages 7-12)

Lisa Beumer

Have you admired examples of glass fusing and thought, do I want to try that? Well now it's your turn to experiment and create the following items; a magnet, pendant and pin. The glass will be pre-cut into base pieces, with many choices for colored chips and stringers to use in your design. Tuition includes materials. Bring to Class: safety glasses. Class limit: 10.



Discovery-162, door 1 1 ses \$25
2107 Th 11/8 6:30-8 pm

New Crafts with Kate

Kate Langlais

Have fun, meet new kids and get creative. Students will meet with Kate and make original, artistic and fun holiday crafts to take home. Sign up for one class to try it or all three for maximum fun and creativity! Class fee includes all supplies, a beverage and snack. Class limit: 24.

Halloween (grades K-5)

Discovery-162, door 1 1 ses \$15
2109 M 10/29 6-8 pm

Thanksgiving (grades K-5)

Discovery-Café, door 1 1 ses \$15
2110 Th 11/8 6-8 pm

Christmas (grades K-5)

Discovery-162, door 1 1 ses \$15
2111 Tu 12/4 6-8 pm

All Abilities Welcome!

Community Education encourages people of all abilities to participate in classes and activities in this catalog. Persons with disabilities will be provided with accommodations and assistance is based on individual needs.

For more information, please call 320-529-6500.

KIDS' CONNECTION

Do you need before school care for your school-aged child?

The Kids' Connection program provides an inclusive, safe, enriching and fun environment, encouraging the development of positive social skills for elementary school-aged children.

Staffed by trained adults, programs are designed to offer experiential learning in areas such as: active play, dramatic play, crafts, art, games, and academic enrichment. The Kids' Connection staff work closely with school staff to provide the best care for each individual child.

For more information about this great program, contact:

Blair Lyerly-Samuels on at (320) 529-6500 ext 6274, or blair.lyerly-samuels on@isd742.org

Programs are currently available at Westwood and Madison Elementary.

Sites are open 6:30 a.m. until the start of the school day.



Be A VOLUNTEER WITH



Why volunteer?

- Enrich and enhance students' learning.
- Enable more individual attention to students.
- Participate in a variety of activities within the district.
- Promote and strengthen the partnership between families, community and the school.
- Make a difference!

Volunteer in Education (ViE) Program -

Volunteers provide academic support for students. The program is designed to focus on improving academic outcomes for students in our schools. Volunteers serve as adult role models to students while encouraging them to do well in school.

ViE volunteers are an important example and resource, they:

- Demonstrate that our community values children and education
- Encourage students to do their best
- Show the importance of service to others
- Support the work of teachers and staff



If you are interested in volunteering, visit www.isd742.org to apply or contact:

Sonia Dickrell
K-12 Volunteer Coordinator
320.529.6500 ext 6268
Sonia.Dickrell@isd742.org

St. Cloud Area School District 742

Learning for a lifetime. It's our promise to you.

Health & Fitness

American Red Cross Babysitting Training (ages 11 & up)

Pattie Gunderson

Earn some extra cash and have fun too! Don't miss this 8 hour course designed to teach you hands-on babysitting and safety skills. Learn how to supervise children and perform basic skills such as diapering and feeding. Important issues covered include choking, injuries, and bee stings. Must be 11 years or older. Class fee includes: handbook, emergency guide and a CD-Rom. Bring to Class: a peanut free lunch. Class limit: 12.

Discovery-144, door 1	1 ses	\$45
2302 Sa 9/29	8 am-4 pm	
2303 Sa 10/13	8 am-4 pm	
2304 Sa 11/17	8 am-4 pm	
2305 Sa 12/1	8 am-4 pm	

F.A.S.T. Kids (ages 7-10)

Emergency Outfitters

First Aid and Safety Trained (F.A.S.T.) Kids is a 6-hour course for 7-10 year olds. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety, healthy living and also prepare children for staying at home alone. Students will receive a book and construct a home first aid kit. Tuition includes materials. Bring to Class: a peanut free snack. Class limit: 25.

Discovery-144, door 1	2 ses	\$42
2306 Sa 9/15	9 am-12 pm	

Community Education

is looking for instructors to teach **Youth** classes. If you would like to share your talent, please call 320-529-6500.



Karate Kids (ages 4-6)

Bev Gustafson

Let your little one learn some of the attributes needed to begin the Karate for Kids classes. Enhancing their basic body strength and coordination will be taught. Appreciating how to take directions and follow the Dojo (school) protocol will also be part of the class experience. Please have your child wear loose, comfortable clothing and note that they will be practicing barefoot. Parents please note: The observation area is small, but parents are always welcome to stay. Class limit: 10.

St Cloud Karate	4 ses	\$24
2300 M 9/10-10/1	5:30-6 pm	
2301 M 10/8-29	5:30-6 pm	

Little Dragons Intro to Kung Fu (ages 6 & up)

Dee Ma Chen

From focusing to goal setting, self-discipline to self-respect, kids emerge from this program changed for the better. Build physical fitness, coordination and self-defense skills, as well as the tools you will need for success in life. Dee Ma has nine years of special Kung Fu training as a professional athlete and is a certified national Kung Fu first class referee. Class limit: 8.

Dual Dragons Martial Arts Studio 8 ses \$70
 2309 Tu 9/11-10/30 5:30-6:30 pm
 2310 F 9/14-11/2 4:30-5:30 pm

Tiny Dragons Intro to Kung Fu (ages 4 & 5)

Dee Ma Chen

Developing self-discipline, respect for authority figures, physical coordination, and peer socialization skills are all great attributes for your child to have. They will also learn some simple Chinese words and phrases. Dee Ma has nine years of special Kung Fu training as a professional athlete and is a certified national Kung Fu first class referee. Class limit: 8.

Dual Dragons Martial Arts Studio 8 ses \$70
 2311 Sa 9/15-11/3 11:30 am-12:30 pm

New Yoga for Youth

Kathy Clingman

Yoga provides exercise, positive thinking, relaxation, breathing, and promotes a healthy lifestyle. Each week there will be principles and tools presented through poses and guided imagery. These will address stillness, listening, grounding, strength, and community. Each session will begin with breath work moving towards active movement and end in relaxation phase. We invite students to safely and appropriately explore their areas of strength through Yoga Calm curriculum designed especially for students. Bring to Class: a yoga mat if you have one. Class limit: 15.

Madison-gym, door 8 6 ses \$30

grades 3-6

2307 Th 10/4-11/15 6-7 pm
 No class: 10/18

grades 7-9

2308 Th 10/4-11/15 7:15-8:15 pm
 No class: 10/18



Instructor
Dee Ma Chen

Team Dance for a Cause
 Dance Clinic Saturday, Oct. 13, 2012
 Sauk Rapids-Rice High School

Check out our website at
www.teamdanceforacause.com

Team Dance
FOR A CAUSE

For more information about this event
 contact infoteamdanceforacause@gmail.com

All Abilities Welcome!

Community Education encourages people of all abilities to participate in classes and activities in this catalog. Persons with disabilities will be provided with accommodations and assistance is based on individual needs.

For more information, please call 320-529-6500.

Special Interest

ACT Preparation Seminar

Mary Brown

This five-hour seminar enables each student to prepare for the ACT college admission test. Participants gain valuable insight into the ACT through a close examination of each type of question. The workshop teaches students those strategies necessary for answering specific question types and general test taking tips. It also provides suggestions for post seminar test preparation. Each participant will receive three practice tests, divided into 20-minute workouts written to ACT specifications as well as a detailed preparation workbook. Bring to Class: a pencil and a calculator. Class limit: 100.

Apollo-614, door 30 1 ses \$99
2400 Sa 10/6 9 am-3 pm

Go to College Without Going Broke (for pre-college students & their parents)

College Assistance Plus

What does college actually cost? Explore common mistakes families make when selecting colleges. Discover how to get grants and how the FAFSA works to your advantage. Avoid unmanageable debt! Class limit: 50.

Apollo-614, door 30 1 ses \$8
2401 Sa 10/13 10:30 am-12:30 pm

New Radical Racers (grades 2-5)

Science Explorers

Are you ready for a challenge? Then speed into this engaging STEM(Science Technology Education Math) filled class. You will build your own Radical Racer while investigating force, motion, transfer of energy and more. Then, the class will really heat up as we compete to find out which cars are the fastest and discover which design makes a better racer. Tuition includes materials. Class limit: 15.

Discovery-162, door 1 1 ses \$22
2406 Sa 10/13 12:30-2:30 pm

New Sloppy, Goopy Slimes (grades K-5)

Science Explorers

It's time to get mixed up in some ooey, goeey, slime science! Join Science Explorers for experiments that are icky, sticky and sloppy. You will explore the properties of a polymer by making and experimenting with different slimes, including a slime that will glow. This class is more than hands on; it's hands in! Come prepared to have fun and get messy. Tuition includes materials. Class limit: 16.

Discovery-162, door 1 1 ses \$22
2407 W 11/21 10 am-12 pm

New Philosophy & The Hunger Games (ages 10-14)

Carolyn Hartz

Are you a fan of The Hunger Games? In these discussions we will be exploring some of the interesting issues raised by the books: Why are we obsessed with reality TV? Can we be authentically ourselves when we're being watched? Under what circumstances is violence justified? Come and develop a deeper understanding of the books you love. Tuition includes book: The Hunger Games and Philosophy. Class limit: 10.

Discovery-145, door 1 5 ses \$25
2402 Tu 10/2-30 6:30-7:30 pm



Satisfaction Guaranteed

We want your experience with Community Education to be a positive one. If for any reason you are not satisfied with a class, call our office at 320-529-6500. We will gladly speak with you regarding your concerns.

Snowmobile Safety (ages 12-17)

Keith Marthaler

This course is offered to promote snowmobile safety and train snowmobile operators. This is an introductory course, which includes a hands on field day. Upon successful completion of the course, you will receive a Snowmobile Safety Certificate. No refunds will be issued once class has started. Snowmobile driving test date will be on 11/24. Students/parents must register on line, with the DNR, after the course is over to get their certificate. When you do, the state fee will be collected and you will receive your certificate from them. A release form must be signed by the parents on the first night of class. Pre-registration is required. Participants must be at least 12 years old during the winter snowmobile season (Dec 1, 2012-March 31, 2013). You must attend all classes and testing dates. Tuition includes materials. Class limit: 30.

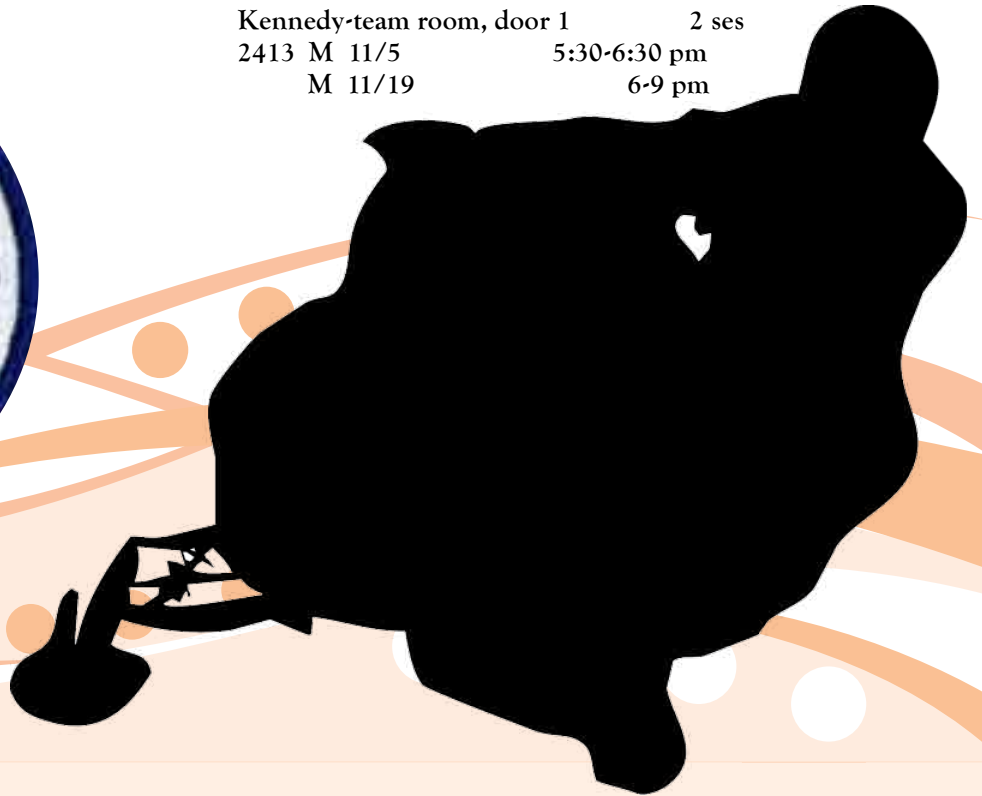
Kennedy-team room, door 1	3 ses	\$5
2412 M 11/5	6:30-9 pm	
M 11/12 & 11/19	6-9 pm	

Snowmobile Safety CD Based Course (ages 12-17)

Keith Marthaler

This course is offered to promote snowmobile safety and train snowmobile operators but in a CD (compact disc) based format. This is an introductory course, which includes a hands on field day. You will come for an hour the first night, to get your materials and meet with the instructor. The last night, you will take the written test with the students who are taking the classroom based program. Upon successful completion of the course you will receive a Snowmobile Safety Certificate. No refunds will be issued once the program has started. Snowmobile driving test date will be on 11/24. Students/parents must register on line, with the DNR, after the course is over to get their certificate. When you do, the state fee will be collected and you will receive your certificate from them. A release form must be signed by the parents on the first night of class. Pre-registration is required. Participants must be at least 12 years old during the winter snowmobile season (Dec 1, 2012- March 31, 2013). You must attend all classes and testing dates. Tuition includes materials. Class limit: 30.

Kennedy-team room, door 1	2 ses
2413 M 11/5	5:30-6:30 pm
M 11/19	6-9 pm



To offer adult and youth programs or to suggest new class ideas or instructor resources, please contact any of our program coordinators listed below.

Mary Heinen • Youth Enrichment & After-School Programs, ext 6259

Julie Johnson • Adults with Disabilities, ext 6272

Dave Twedt • Adult Enrichment, ext 6257

Marci Sussenguth • Aquatics, 320-257-5952

cec@isd742.org • 320-529-6500 • www.stcloudcommunityed.com

Teen Creative Writing Club (ages 13-18)

Katie Knutson

Do you have a story inside you just waiting to come out? A character whose voice wants to be heard? Come join the Teen Creative Writing Club! Whether you love action, adventure, sci-fi, or paranormal, you will learn about crafting a story and putting ideas to paper. Don't have a story idea, but love to write? No problem! You will learn how to be inspired by events around us to come up with an idea to turn into a short story or novel. Class limit: 25.

Discovery-media, door 1 6 ses \$17
2410 6-7 pm
Th 9/20, 10/4 & 25, 11/8 & 29, 12/13



New

Intro to Boomerang Making (ages 10 & up)

Rick Wruck

Kids, you will never cease to be intrigued by the aerobatics of the boomerang. You build it, it flies perfectly. It returns to you when you throw it. Come to this class to learn the art of boomerang design where you will learn basic skills of wood working; gluing, clamping, shaping and custom air brush design. Taught by a skilled veteran of boomerang design, you will come away with your very own boomerang built with your own hands. Tuition includes materials. Class limit: 20.

Rick Wruck taught Industrial Technology for ten years. He has particular expertise in design and use of primitive hunting tools. He is a skilled, patient and caring teacher who tailors his craft to individual students, ensuring no one is left behind and all experience success.

Apollo-910, door 30 4 ses \$50
2411 Tu & Th 9/25-10/4 6-8 pm

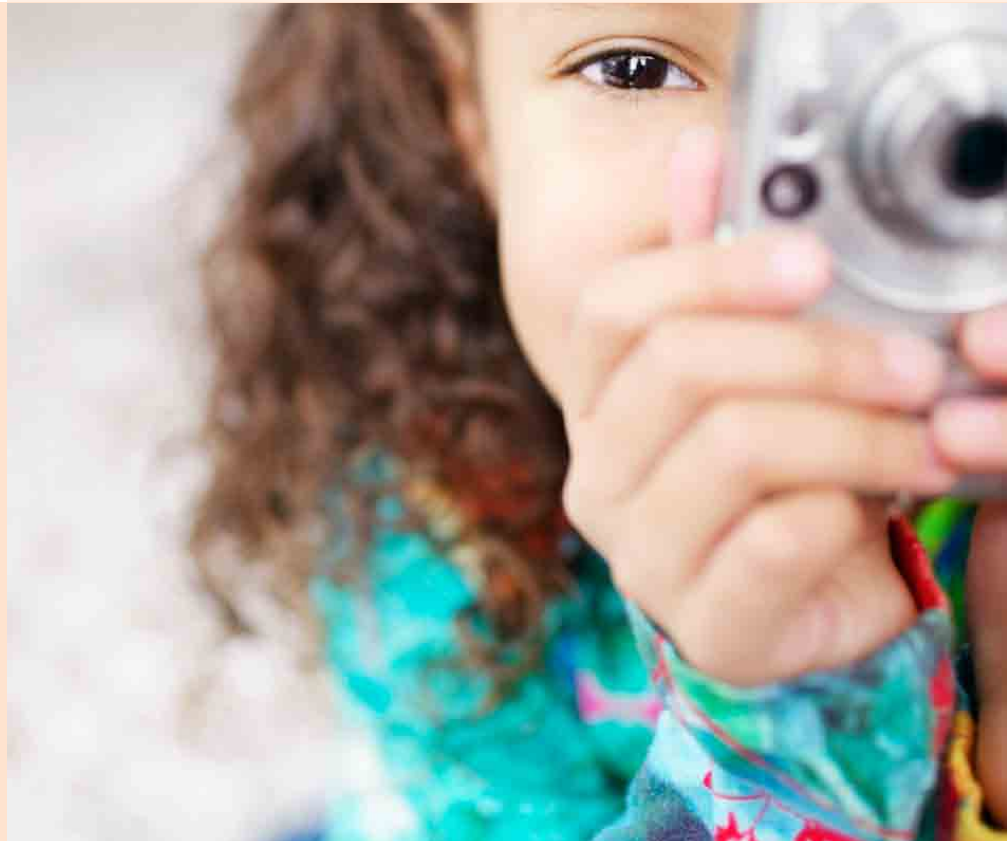


New Kids Click (grades 3-6)

Lisa Beumer

Do you have a child or know of one that always seems to have a camera in their hands? Are you often wowed by how they see the world and wonder what you can do to help them learn more about taking pictures? More than just "point and shoot?" Your child will be introduced to composition, seeing the light, texture, line, color, form and emotion of taking pictures! We may go outside to take photos. Bring to Class: a digital camera. Class limit: 8.

Discovery-144, door 1 1 ses \$10
2408 Tu 10/2 5:45-7:15 pm



New **Intro to Mandarin Chinese (grades 1-3)**

Miao Yu

Do you ever wonder what it would be like to speak Mandarin Chinese? Join us as you learn the basics of the language as well as fun cultural facts. Each class will focus on a specific topics such as food, hobbies, family and friends. You will also learn to sing Chinese children's songs and make fun projects. Tuition includes materials. Class limit: 12.

Discovery-café, door 1 6 ses \$40
 2409 Sa 10/6-11/17 10-11:30 am

Making Music with Guitars (ages 9 & up)

Steve Cekalla

Discover the fun you can have when you learn the basics of guitar. You might even become the next guitar hero! Contact information will be given at the time of registration. Bring to Class: guitar required, however limited rentals are available. Please inquire when setting up schedule with instructor. Class limit: 20.

Steve's Guitar & Music School 3 ses \$18

Schedule and use your 3 ses September 1-29.

2403 9/1-29 4-7 pm

Schedule and use your 3 ses October 1-31.

2404 10/1-31 4-7 pm

Schedule and use your 3 ses November 1-30.

2405 Th 11/1-30 4-7 pm



**It's back to school
 music lesson time!**



**Have you reserved
 your spot for fall?**

Music Mentors teaches private guitar, drum, piano, bass and voice lessons. We are also the only music school giving the opportunity to play in a band with live performances.

Register today and we will waive the \$25 registration fee.
 Offer expires September 30, 2012

Now Hiring Teachers



Call Brian today
 320-293-0588 or
brian@musicmentorsmn.com

Recreation

Slam Dunk - Intro to Basketball

Megan Bollin & Ashley Wells

Get ready for baskets full of fun! Discover the game of basketball and learn such skills as shooting, dribbling, defense and passing. Bring to Class: water and wear comfortable clothes and shoes. Class limit: 18.

Discovery-gym, door 1 7 ses

Kindergarten - \$29

2504 M 10/1-11/12 5:15-6 pm

1st & 2nd grade - \$29

2505 M 10/1-11/12 6:15-7 pm

3rd-5th grade - \$32

2506 M 10/1-11/12 7:15-8:15 pm

Kid Kix & Self-Defense (ages 5-16)

Kelly Warzecha

Rolling and mat work that will energize and expend the energy of youth is what your child will experience at this class! Kids will be taught basic fundamentals of kicking, blocking, using punching mitts, tumbling, and balance. They will learn discipline, coordination and respect, while developing confidence and improving physical fitness. Basic self-defense skills will be taught that hinge on the philosophy of running from, yelling, and telling on strangers. Class limit: 12.

St Cloud Boxing Club 6 ses \$30
2512 M 10/1-11/5 4:30-5:20 pm

If families or students are interested in Fencing or Table Tennis see the adult Fitness section on pages 6 & 8.

Let's Play Indoor Soccer

Aksel Krafnick

Kick, dribble and pass your way to fun and excitement! Beginning basic soccer helps you develop a lifelong love for the game while learning to play as a team. If you have 1 year or less of soccer experience this class is for you. Bring to Class: water and a pair of shin guards. Class limit: 16.

Discovery-gym, door 1 6 ses \$24

age 4

2507 Sa 9/29-11/10 9-10 am

No class: 10/20

ages 5 & 6

2508 Sa 9/29-11/10 10:15-11:15 am

No class: 10/20

ages 5 & 6

2509 Sa 9/29-11/10 11:30 am-12:30 pm

No class: 10/20

Let's Play Advanced Indoor Soccer

Aksel Krafnick

It's the start of a new school year and time to enhance your previous soccer skills in a fun and interactive way. Work on techniques, foundations, and rules in this exciting class. Class limit: 16.

Discovery-gym, door 1 6 ses \$24

ages 7 & 8

2510 Sa 9/29-11/10 12:45-1:45 pm

No class: 10/20



Dinosaur Dig

(ages 3-5 & their parent)

Stacey Rosa

Let's go on a dinosaur dig! You will get to dig for dinosaurs, make a "fossil," and learn about these interesting creatures as we read some dinosaur books. We will also enjoy a prehistoric snack. Be prepared to get messy. Tuition includes materials. Class limit: 12.

Discovery-144, door 1
2000 Th 11/8

1 ses \$16
6-7:15 pm





Eagle Youth Football Razzle Dazzle League (3rd & 4th graders)

Noel Shughart

Razzle, Dazzle for younger players is back! Eagle Youth Football is offering a touch league to all students attending Discovery, Kennedy, Madison and Westwood schools. All football players must be entering the 3rd or 4th grades for the 2012-2013 school year. Games will be played on Saturday mornings. Participants will learn basic football skills like passing, running and catching. Each child will practice valuable life skills such as teamwork and sportsmanship in an enthusiastic learning environment. A t-shirt will be provided (please indicate Youth S, M, L or Adult S, M, L, XL, XXL.) Registration deadline, September 4. League limit: 60.

Apollo-west football practice field 4 ses \$30
 2511 Sa 9/15-10/6 10-11:30 am

Tiger Youth Wrestling

Tony Kenning

Welcome to another season of wrestling, the oldest sport in the world! We look forward to meeting new kids and welcoming back those who have attended our program before. Like last year, we will break up the wrestlers by age and experience throughout the season to provide a better experience for all wrestlers. In addition, depending on the class size, we may incorporate an additional practice session. Please indicate T-shirt size (adult or youth) small, medium, large or X-large and also current grade level when registering. Class limit: 50.

grades K-2

Tech-wrestling room, door 6 12 ses \$30
 2500 M 12/3-3/25 6-7 pm
 No class: 12/24, 31, 1/21, 2/18, 3/4

grades 3-6

Tech-wrestling room, door 6 27 ses \$50
 2501 M & Th 12/3-4/4 6:45-8 pm
 No class: 12/24, 27, 31, 1/3, 21, 2/18, 3/4, 7

Eagle Youth Wrestling

Tim Bengston

Welcome to another season of wrestling, the oldest sport in the world! We look forward to the start of another great wrestling season. Wrestling is a great form of exercise that helps develop strength, endurance, balance, coordination, motor planning and confidence. Wrestlers will be paired by age, weight and experience whenever possible for practices and matches. Practices will run into March for those who are still competing. Dates and times to be determined. Includes free t-shirt and entry to the Apollo youth tournament on Friday, January 13th. Please include T-shirt size (child or adult) S, M, L, XL when you register. Class limit: 50.

Apollo-wrestling room, door 11 21 ses \$42

grades K-3

2502 M & Th 12/3-2/28 6-7 pm
 No class: 12/24, 27, 31, 1/21, 2/18

grades 4-6

2503 M & Th 12/3-2/28 7-8 pm
 No class: 12/24, 27, 31, 1/21, 2/18

Community Education has teaching opportunities available.

Adult Classes

- Interior Design
- Home Repair/Maintenance
- Aquatics
- Fitness
 - Kickboxing
 - Personal Fitness
 - Pilates
 - Weight Training
 - Zumba

Youth Classes

- Arts & Crafts
- Cooking
- Preschool Activities
- Aquatics
- Spanish
- Hip Hop Dance
- Double Dutch
- Tap, Ballet & Jazz Dance

Contact Us:

cec@isd742.org
320-529-6500



Sponsor A Child

Would you be willing to “sponsor a child” who is unable to participate in a Community Education activity due to financial challenges?

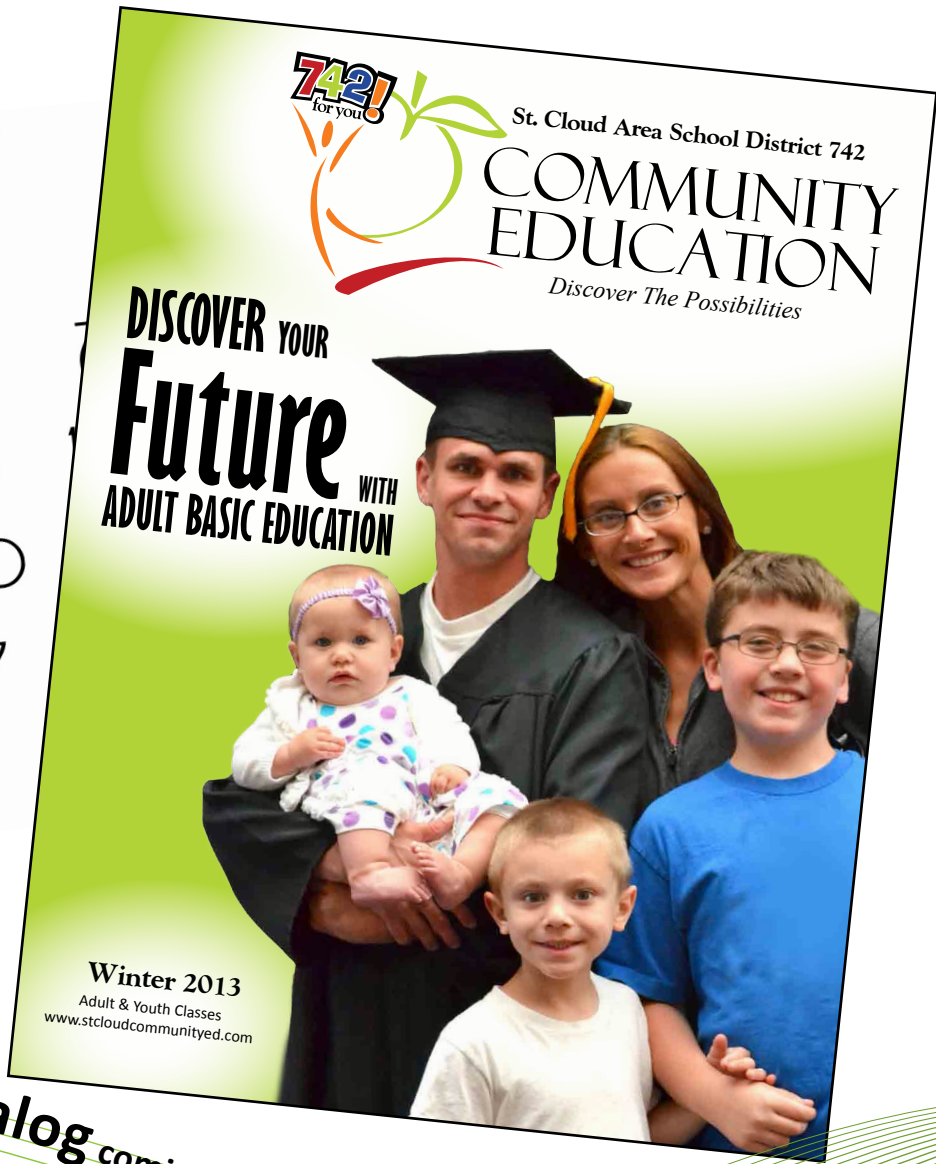
Take this opportunity to make a dollar donation or add your name to a list of those who have committed to help when such a need arises.

For more information about the “Sponsor a Child” program, please contact Mary Heinen, Youth Enrichment Coordinator, Community Education at 320-529-6500, ext 6259.

SAVE THE DATE

December

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			



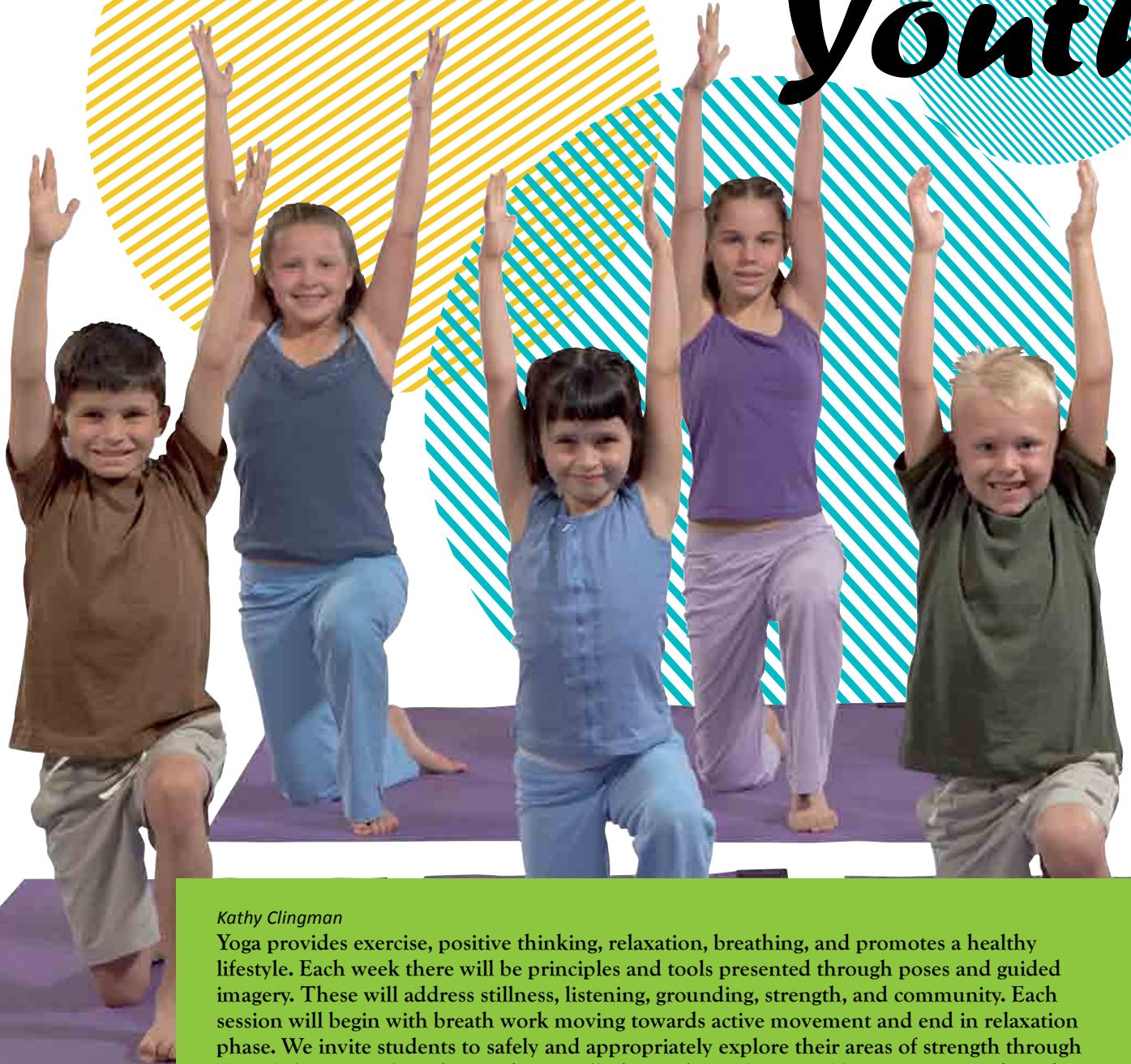
Look for our **Winter Catalog** coming to you in **December.**



320.529.6500 • www.stcloudcommunityed.com



Yoga for Youth



Kathy Clingman

Yoga provides exercise, positive thinking, relaxation, breathing, and promotes a healthy lifestyle. Each week there will be principles and tools presented through poses and guided imagery. These will address stillness, listening, grounding, strength, and community. Each session will begin with breath work moving towards active movement and end in relaxation phase. We invite students to safely and appropriately explore their areas of strength through Yoga Calm curriculum designed especially for students. Bring to Class: a yoga mat if you have one. Class limit: 15.

Madison-gym, door 8 6 ses \$30

grades 3-6

2307 Th 10/4-11/15
6-7 pm
No class: 10/18

grades 7-9

2308 Th 10/4-11/15
7:15-8:15 pm
No class: 10/18



Locations

Apollo High School & DAO

1000 N 44th Ave
St. Cloud, MN 56303
Door 11, North Side
Door 30, South Side

Clearview Elementary School

7310 Hwy 24 SE
Clear Lake, MN 55319
Door 1, West Side

Discovery Community School & Community Education

700 7th St S
Waite Park, MN 56387
Door 1, North Side
Door 7, West Side

Kennedy Community School

1300 Jade Road
St. Joseph, MN 56374
Door 1, West Side

Lincoln Elementary School

336 5th Ave SE
St. Cloud, MN 56304
Door 1, West Side

Madison Elementary School

2805 9th St N
St. Cloud, MN 56301
Door 8, North Side

McKinley Ed Center & ALC

216 8th Avenue North
Waite Park, MN 56387
Door 3, North Side

North Junior High School

1212 N 29th Ave
St. Cloud, MN 56303
Door 3, South Side

Oak Hill Community School

2600 Cty Road 136
St. Cloud, MN 56301
Door 1, West Side

Roosevelt Education Center

3015 3rd Street N
St. Cloud, MN 56303
Door 2, South Side

South Junior High School

1120 S 15th Ave
St. Cloud, MN 56301
Door 5, East Side (tennis courts)

Talahi Community School

1321 University Dr. SE
St. Cloud, MN 56304
Door 1, South Side

Technical High School

233 12th Avenue S
St. Cloud, MN 56301
Door 1, Southeast Side

Westwood Elementary School

5800 Ridgewood Road
St Cloud, MN 56303
Door 5, South Side

Other Area Locations

Alterations by Tami

303 NE 4th Ave, Suite 2
Waite Park, MN 56387

Academy of Talent & Entertainment

1007 Industrial Drive
Sauk Rapids, MN 56379

Art As You Like It

109 Division St
Waite Park, MN 56387

Cooking For Fun!

408 Great Oak Drive
Waite Park, MN 56387
(across from the Splash Pad)

Dual Dragons Martial Arts Studio

259 2nd Ave. South
Waite Park, MN 56387
(behind Fuji Restaurant)

Just Sew Studio (just east of Best Buy)

4124 W Division, Suite 2
St. Cloud, MN 56301

North Crest Gymnastics

1009 Industrial Dr S
Sauk Rapids, MN 56379

Revolution Cycle & Ski

160 S 29th Ave
St. Cloud, MN 56301

Sauk Rapids Middle School

901 S 1st St
Sauk Rapids, MN 56379

Sauk Rapids High School

1835 Osauka Road NE
Sauk Rapids, MN 56379

Sartell High School

748 N 7th St
Sartell, MN 56377

St Cloud Boxing Club

220 7th Ave South
St. Cloud, MN 56301

St Cloud Karate & T'ai Chi Instruction

1514 3rd St. North
St. Cloud, MN 56303

Steve's Guitar and Music School

Midtown Square

Tiny Tumblers

220 7th Ave. South
St. Cloud, MN 56301

To use District facilities follow these simple procedures:

1. Submit a facility use request at least two weeks in advance:
District 742 Area Schools
Community Education Office
700 South 7 Street
Waite Park, MN 56387 or
www.isd742.org Click on Community/
Community Ed/Facility Use
2. Staff review requests, complete the approval section and establish estimated costs according to the Facility Use Fee Schedule.
Special requests and volume use may require more time for processing.
3. The applicant will receive confirmation or rejection of request by mail or phone.
District 742 encourages the use of school facilities by community members. For complete information contact the Community Education Office at 320-529-6500 or Eric Johnson at eric.johnson@isd742.org

Opportunity For Older Adults

District 742 residents, 60 years of age and older, are invited to become members of the Gold Card Club. This club entitles members to free admission to District 742 cultural and athletic events and is sponsored by the District 742 Student Activities Committee and the Community Education department. To receive your Gold Card contact the District 742 Community Education Office at 320-529-6500 or stop in during business hours.

Accommodations

To facilitate your participation in a class/activity, please call 320-529-6500.

Financial Assistance

To participate in Community Education classes, assistance is given to District 742 residents, if needed. Verification required.

School Closings

If school closes during the day due to bad weather, Community Education will cancel all activities. Announcements are broadcast over local radio stations.

Cancellations

- Complete refund or credit on your account with Community Education is given if a class is cancelled or filled.
- Complete refund or credit on your account with Community Education is given when you cancel five or more working days prior to the first class.
- When you cancel with less than five working days, credit will be put on your account with Community Education minus any direct class costs (i.e. supplies, food). This credit may be used for future classes and is not refundable for cash or check.

Satisfaction Guaranteed

We want your experience with Community Education to be a pleasant one. If for any reason you are not satisfied with a class, call our office at (320) 529-6500. We will gladly speak with you about your concerns.

District 742 Community Education instructors are employed because they have a special skill or expertise they are willing to share with the community. However, District 742 Community Education does not endorse the opinions or business affiliation of our instructors.



If you are a member of UCare Minnesota, contact Community Education for information regarding partial fee reimbursement.

Satisfaction Guaranteed

We want your experience with Community Education to be a positive one. If for any reason you are not satisfied with a class, call our office at 320-529-6500. We will gladly speak with you regarding your concerns.

6 EASY WAYS TO REGISTER

On-Line

www.stcloudcommunityed.com

By Phone

Call Cheryl at 320-529-6500, have your VISA, MasterCard or Discover and course information ready.

Mail

Complete the form and mail it with your check, money order or credit card number to (check payable to):
District 742 Community Education
700 7th Street South
Waite Park, MN 56387

Drop Box

A drop box is located on the west side of Discovery Community School, Door 7.

By Fax

Fill out registration form including your credit card number and fax it to 320-529-4301, 24 hours a day.

In Person

Discovery Community School
700 7th Street South
Waite Park, MN 56387
Door 7, West Side

Office Hours

Monday-Friday 7:30am-4:30pm

Summer Hours

June 8- September 4 7:30am-4pm

When to Register

Registration for classes begins when you receive this catalog. For future catalogs, you can register early on-line! Register early to guarantee a spot, decision on class cancellations are made one week before class starts!

Am I In?

YES! Unless we call, assume the course is held at the time and place indicated and that you are enrolled.

DISTRICT 742 COMMUNITY EDUCATION REGISTRATION

One Form Per Person



Student Name _____
(Please Print) Last First

Parents Name (if applicable) _____

Address _____

City _____ Zip Code _____ Home Phone # _____

E-mail _____ Work/Emergency # _____

Age 0-5 yrs 6-18 yrs 19-54 yrs 55+ yrs

Financial Assistance _____ Special Needs _____

Medical conditions instructor should be aware of: _____

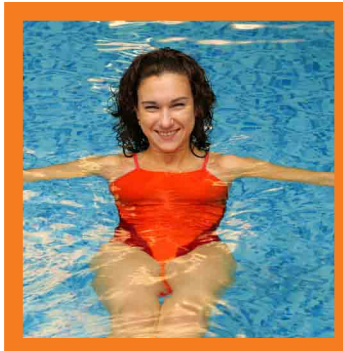
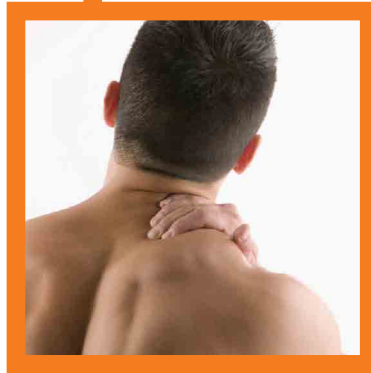
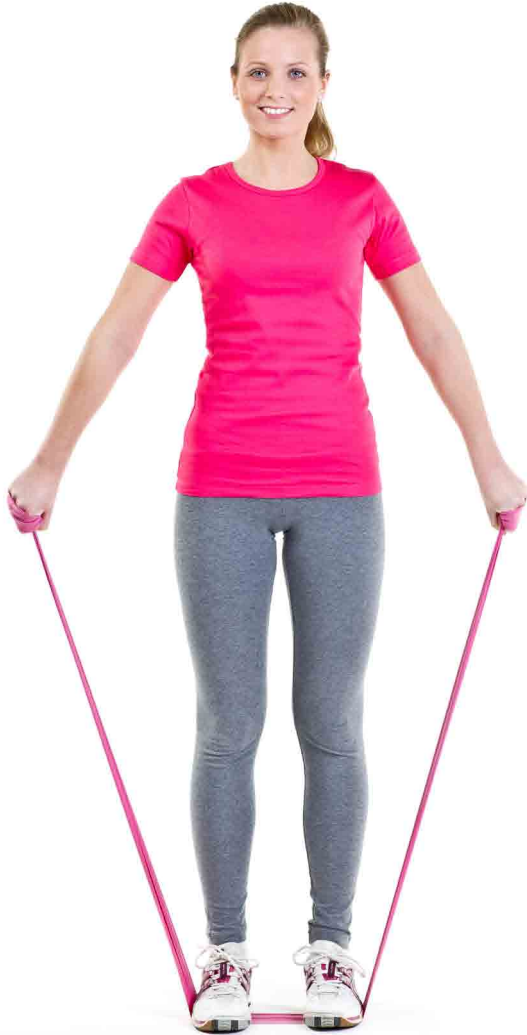
Course #	Course Title	Fee
		\$
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Total		\$

_____ - _____ - _____ Expires: _____ Mo. Yr.

FOR OFFICE USE ONLY

_____ Mail In _____ In Person _____ Check _____ Cash _____ Chg _____ Credit Slip _____ Date

ECRWSS CURRENT OCCUPANT



**The GED Test is
Changing Soon!
For more
information
please see pages
33 & 34.**