

Community Education
School Districts 6, 197 & 199
Winter/Spring 2009



Renew Yourself!

www.celearn4ever.org

RevitalizeYour Kids



Youth, p. 46-63

RefreshYour Skills



Creative Arts, p. 20-22

Revive Your Finances



Money Matters, p. 4-6

Rejuvenate Your Body



Fitness, p. 11-19

Welcome

Welcome to a new season of lifelong learning through Community Education! My name is Cori Morse and I am the new Adult Programs Coordinator for Community Education serving the communities of South St. Paul, West St. Paul, Mendota Heights, Eagan, Sunfish Lake, Lilydale, Mendota and Inver Grove Heights. I am thrilled to be here, learning about all these communities and working to provide their members with fun, useful, meaningful, interesting opportunities to renew every member of the family, from infants to grandparents.



Once the excitement of the holidays has passed and the earth hibernates under all that snow, my thoughts start to drift to spring and flowers and sun and short sleeves and all things new again. I find there is air of expectancy throughout the winter as we snuggle in our sweaters and mittens and wait to see what will pop up when the frost melts away. It is my hope that in these pages you will find classes to keep your body and mind warmed throughout the winter and ready to greet spring when it comes again.

This catalog covers the period from late January through June. We in Community Education look forward to seeing you and your family in these activities that will revitalize, refresh, revive, rejuvenate and renew during this winter and spring!

~ Cori Morse, Adult Programs Coordinator

Community Education Mission Statement

The Community Education departments of School Districts 6, 197, and 199 encourage, assist and empower all people in the pursuit of lifelong learning while recognizing each person as a contributing resource and partner.

District 6, 197 and 199

Community Education Advisory Council

The combined Community Education Advisory Council for School Districts 6, 197 and 199 promotes the philosophy and concept of Community Education. Members represent citizens, school district employees, and municipal representatives who advise the Community Education department staff in the planning, implementation, and evaluation of departmental activities and programs. The District 6/197/199 Community Education Advisory Council meets at 4:30 p.m. on the third Tuesday of September, October, November, January, March and May. The meetings are open to the public.

Members include:

- | | |
|------------------------------------------|-------------------------------------------|
| Don Buckner | Julie Lyford |
| George Fell | Tom Mahoney, District 199 School Board |
| Shelly Forester, District 6 School Board | Ruth Ann Moore |
| Patrick Gannon | Mike Petrasek |
| Mary Happach | Alicia Rabb |
| John Kemp | Laurie Tostrud, District 197 School Board |
| Ellen Kuenster | Teri Skadron |
| John Laliberte | Cheryl Steiner |
| Michelle Lauer | Shirley Tresselt |
| Darlene Lewis | Dr. Bernadette Wood, Director |

Community Education catalogs are published three times a year.

Catalog production coordinated by Cori Morse and Sheila Langfield, Districts 6, 197 and 199 Community Education. This publication is a limited open forum.

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These services, classes, events and programs are brought to you by the school districts of Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights and Eagan.

Community Education Directory

District 6, 197 and 199
Dr. Bernadette Wood, Director

Community Education
 District 199, IGH / District 6, SSP
 651-306-3602

Community Education
 District 197, WSP/MH/Eagan
 651-403-8313

To Register for a Class	Facility Scheduling
District 199, IGH 651-306-3633	District 199, IGH 651-306-3603
District 6, SSP 651-306-3633	District 6, SSP 651-306-3603
District 197, WSP/MH/Eagan 651-403-8313	District 197, WSP/MH/Eagan 651-403-8314
AARP Driver Safety Program	Older Adults
District 199, IGH 651-450-2585	District 199, IGH 651-450-2469
District 6, SSP 651-306-3690	District 6, SSP 651-306-3693
District 197, WSP/MH/Eagan 651-403-8300	District 197, WSP/MH/Eagan 651-403-8300
Access Project	Preschool
District 197, WSP/MH/Eagan 651-403-8313	District 199, IGH 651-306-7316
Adult Basic Education	District 6, SSP 651-457-9418
Districts 6, 199, 197 651-457-9441	District 197, WSP/MH/Eagan 651-403-8353
Adult Learning	School Age Care
District 199, IGH 651-306-3633	Kids Choice
District 6, SSP 651-306-3633	District 199, IGH 651-306-3631
District 197, WSP/MH/Eagan 651-403-8313	District 6, SSP 651-306-3631
Aquatics	Extra Innings/Encore
District 197, WSP/MH/Eagan 651-403-8313	District 197, WSP/MH/Eagan 651-403-7516
Early Childhood Family Education (ECFE)	School Readiness
District 199, IGH 651-457-9418	District 199, IGH 651-306-3642
District 6, SSP 651-457-9418	District 6, SSP 651-306-3642
District 197, WSP/MH/Eagan 651-403-8353	District 197, WSP/MH/Eagan 651-403-8353
Early Childhood Screening	Youth Programs
District 199, IGH 651-306-3623	District 199, IGH 651-306-3633
District 6, SSP 651-306-3623	District 6, SSP 651-306-3633
District 197, WSP/MH/Eagan 651-403-8353	District 197, WSP/MH/Eagan 651-403-8314

School Districts

Inver Grove Heights
 School District 199
 651-306-7800

South St. Paul
 School District 6
 651-457-9400

West St. Paul/Mendota Heights/Eagan
 School District 197
 651-403-7000



CELEBRATING 150 YEARS OF EXCELLENCE: 1858-2008
 West St. Paul-Mendota Heights-Eagan Area Schools
PROUD PAST. BOLD FUTURE.

**Para información adicional,
 o ayuda en Español sobre nuestros
 programas de Educación
 Para la Comunidad por favor llame
 a Fabi Bridges al 651-403-7516.**

City Abbreviation Key:
 IGH Inver Grove Heights
 MH Mendota Heights
 SSP South St. Paul
 WSP West St. Paul

Planning for the Future

Manage Your Investments During Retirement

Most pre- and post-retirees are worried about running out of money before they run out of time. Imagine being out of a job for 20-40 years and figuring out how to pay your bills – it's called retirement. Are you ready? Learn what mistakes others have made and avoid them if possible. Topics include taxes, inflation, investment portfolio management, outliving your retirement income, figuring out your net cash flow and figuring out your net worth.

Instructor: John Mazzara has sold, owned and managed real estate since 1986. He is the owner Venture Development Inc., and is a licensed Real Estate broker with RE/MAX Real Estate Associates Plus, Inc. Author of Reality Based Real Estate Investing.

#6412-W09

Wednesday, January 21
7-9 p.m.

Henry Sibley High School, MH
1 session-\$19 per person, \$29 per pair

Reverse Mortgage for Purchase or Refinance

Have your home “pay” you to stay and live there. Wouldn't it be nice to see if you are able to receive an income from your home? The qualifications for this loan are few. Are you age 62 or older? Do you own your home? Is there equity in your home? If you answered yes to these three questions, you will probably qualify. There aren't any credit criteria. There is no employment qualification and no job or proof of ability to repay required. The loan is based on the equity in the home, and there isn't any form of repayment required while you are living in the home. Unlock your equity and begin to live the way you want in your retirement.

Instructor: John Mazzara

#6402-W09

Wednesday, February 11
7-9 p.m.

Henry Sibley High School, MH
1 session-\$19 per person, \$29 per pair

Real Estate Riches—How to Make Big Money with a Minimal Investment

Many people take courses, read books and attend seminars. For most, the net result is: Nothing! This class will show you how to take precise, profitable action, buying great rental properties now. You will learn how to: Buy properties without changing your lifestyle, identify the best real estate markets, acquire property with a small down payment, get expert, reliable managers to rent out and take care of your property, find foreclosures and other distress situations, use IRA and Keogh funds to purchase real estate, avoid pitfalls and retire wealthy. After taking this seminar, you can actually buy property within a month!

Instructor: John Mazzara

#6416-W09

Wednesday, February 25
7-9 p.m.

Henry Sibley High School, MH
1 session-\$19 per person, \$29 per pair

Credit Scores and Credit Issues that Affect Getting a Mortgage

Learn about the credit bureaus scoring system, how to fix your credit in order to get a loan, why having the right type of credit is important, why too much credit or too little credit can affect the process and lender loan programs that will work for your situation. Don't let anything stop you from exploring the option of pursuing the American dream of home ownership! No credit, a recent bankruptcy or bad credit are not automatic reasons for denying you a loan. Learn what you don't know and get rid of outdated preconceived notions. Things have changed!

Instructor: John Mazzara

#6415-W09

Monday, March 9
7-9 p.m.

Henry Sibley High School, MH
1 session-\$19 per person, \$29 per pair

Lessons In Successful Home Buying, Selling, and Financing

Not sure how to go about the process of buying and selling? Real estate becomes more and more complex each year. Learn about agency law, home inspections, improvements that increase your valuation and tips on negotiating. Once you understand the process, you will want to understand how to finance your dream. Have you wanted to buy a home but thought it was not possible or were confused by the different types of loans and programs? Find out how to avoid private mortgage insurance. No money or blemished credit will not necessarily preclude you from home ownership. Learn what your options are so you can make informed decisions.

Instructor: John Mazzara

#6450-W09

Tuesday, March 24
7-9 p.m.

Henry Sibley High School
1 sessions-\$19 per person, \$29 per pair



Take all Five of John Mazzara's Financial Seminars

Manage Your Investments During Retirement

Wednesday, January 21

Reverse Mortgage for Purchase or Refinance

Wednesday, February 11

Real Estate Riches

Wednesday, February 25

Credit Scores that Affect Getting a Mortgage

Monday, March 9

Lessons In Successful Home Buying, Selling, and Financing

Tuesday, March 24

#6370-W09

Henry Sibley High School, MH
\$85 per person, \$130 per pair

Write Your Own Will

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all your decisions. Don't let this happen—join us to learn about estates and wills and actually prepare a complete legal will during class. You will receive instructions and a professionally prepared form and have access to witnesses and a notary public. The will form is designed for individual use. Couples cannot share it. Each person must register individually. This class is appropriate for people who have an estate of less than \$700,000, including life insurance and do not own a business. Prior to class, you will need to review information mailed to you. This is a popular class! Register early! *Instructor: Sally Mortenson is an Apple Valley attorney with more than 20 years experience in estate planning and probate.*

#5448-W09

Thursday, February 17
6:30-9 p.m.
South St. Paul High School, SSP
1 session-\$49

#6366-Sp09

Thursday, April 2
6:30-9 p.m.
Heritage Middle School, WSP
1 session-\$49

Straight Talk about Variable Annuities

This seminar is designed to help you explore if an annuity makes sense as a part of your long-term retirement plans. While there are a number of different kinds of annuities, this session will focus specifically on tax-deferred, variable annuities. Why this product? It's primary purpose is to accumulate assets for retirement through tax-deferred investment growth. It is, indeed, one of the only investment products to offer guaranteed lifetime income.

Instructor: Sean Michaelis is a licensed local Financial Advisor who runs an Edward Jones office in Inver Grove Heights.

#5734-W09

Thursday, March 5
7-8:30 p.m.
Simley High School, IGH
1 session-\$19 per person, \$29 for pair

Financial Planning for Families with Young People

Protect your Children: Learn How to Establish Guardians

What would happen to your children if you died before they were adults? Unless you take action, the court will decide for you! In this course you will learn how to protect your minor children by establishing guardians for them. We will discuss the different ways parents can set up guardians for their children. Bring your address book and a pen, and you can take the first step by starting a "standby guardian" form before you leave! There will be a supply fee of \$5 per person or couple.

Instructor: Andy Lehner is an attorney with Dammeyer Law Firm, P.A. in Eden Prairie, MN. This firm has been providing trust, will, estate, conservator, and probate services in the Twin Cities for more than 25 years.

#6495-W09

Tuesday, February 10
6:30-8 p.m.
Henry Sibley High School, MH
1 session-\$19 per person, \$29 per pair

#5731-Sp09

Tuesday, April 21
6:30-8 p.m.
Inver Grove Heights Middle School, IGH
1 session-\$19 per person, \$29 per pair

How to Raise a Money-Smart Child

Giving your children or grandchildren a primer on money management skills can have a positive effect their entire lives. Invest your time today to benefit your family's future. During How to Raise a Money-Smart Child, you'll learn how to start teaching your child or grandchild about financial goal setting, self-discipline and the basics of making wise money choices. Children are welcome to attend with parents. This course will include a free "Saving Money is Smart" activity book.

Instructor: Sean Michaelis

#6419-W09

Tuesday, February 3
7-8:30 p.m.
Henry Sibley High School, MH
1 session-\$19 per person, \$29 for family

How to Get into College and Pay for it Without Going Broke

College costs are escalating rapidly and are one of the largest investments your family will make. It is critical to understand the mistakes that families make that can result in a poor academic or financial choice. Understand what college actually costs and how to reduce your costs and minimize debt. Class covers: how to prevent the common mistakes made in the selection process, myths about college aid, how the FASFA works, how college aid and loans work. Developing a strategy in the college selection process is vital to selecting the right college and reducing costs and minimizing loans. This material is appropriate for any family with children in high school or community college and planning to go to a community college or four year school.

Instructors: Jay Benanav has practiced law and run businesses for over 30 years. He served on the St. Paul City Council for 10 years. Jay has a J.D. from St. John's Law School and has attended Harvard School of Government and Columbia University School of Business. He is committed to helping families find the right academic and financial fit. Alan Weinblatt is a college counselor, attorney and business consultant who began his counseling career in 1990 with his own four high school children and their friends as his first clients. Since then, he has successfully coached many students and their families in the college search process.

#6334-Sp09

Tuesday, April 14
7-9 p.m.
Henry Sibley High School, MH
1 session-\$19 per person, \$29 per pair

#5709-Sp09

Tuesday, April 28
7-9 p.m.
Simley High School, IGH
1 session-\$19 per person, \$29 per pair



Researching Your Options



Get it Together: Organize Your Financial Records

Papers, papers everywhere! Determine which to keep, where to keep them and how long they should be kept. Learn the costs of not getting organized and why some record-keeping systems fail. Get tips for getting and staying organized.

Instructor: Sharon Vandehoef is the Team Development Manager for Heartland Credit Union. Sharon has more than 13 years experience in the banking and credit union industry. She is a certified trainer with CUNA (Credit Union National Administration).

#6398-Sp09
 Wednesday, April 15
 6-7:30 p.m.
 Heartland Credit Union
 1 session-\$19

Credit Ability: Build a Strong Credit History

It is now more important than ever to understand credit- who needs it, why they need it and how to get it. Get steps on how to build, or rebuild, a good credit history and how to avoid costly credit pitfalls. Learn the significance of the credit report and score as well as your rights and responsibilities.

Instructor: Sharon Vandehoef

#6399-W09
 Wednesday, March 18
 6-7:30 p.m.
 Heartland Credit Union
 1 session-\$19

Women & Investing: Building a Strong Foundation

Ladies, has the current market left you feeling like you're driving a car with no brakes? Are you wondering how to get from here to your goals for retirement, funding a child's education or saving for a house? Here is the place to learn the fundamentals of investing that will enable you to build a solid foundation for you and your loved ones. We will discuss developing a financial strategy, understanding investment options, risk and market fluctuations and staying focused in a down market. Bring your sister, your daughter or your mother, just leave the men at home!

Instructor: Amanda Von Ruden has a degree in Finance from the University of Minnesota. She is a licensed Financial Advisor with Edward Jones in Eagan, MN.

#6400-W09
 Thursday, January 29
 7-8:30 p.m.
 Henry Sibley High School, MH
 1 session-\$19 per person, \$29 per pair

#5715-W09
 Thursday, February 19
 7-8:30 p.m.
 Inver Grove Heights Middle School, IGH
 1 session-\$19 per person, \$29 per pair

Register online at
www.celearn4ever.org

No Mortgage, No Loan Payments Forever!™

Would you like to have no loan payments and no mortgage payment? It's really possible! Would you then enjoy life more? Could you have more time for your children, to travel, for hobbies? You will learn how to be free of your mortgage, car loan, credit card and all other loan payments in as little as 6-10 years – with your current income and essentially the same lifestyle. You will leave class with your own personal plan you can put into action. This is a simple, totally different, truly life-changing strategy that anyone can do.

It is not an investment program, debt-consolidation, re-financing or bi-monthly mortgage plan. The class is strictly educational. You will prepare your own personal, private loan elimination plan during class. So, bring a calculator and your list of loans, showing balance and monthly payments (principal and interest only) and interest rates. Required Workbook: \$5, purchase from the instructor. Optional Textbook: \$45, purchase from the instructor.

Instructor: Harvey Bernard has spent years studying on financial issues, conducting hundreds of seminars on debt elimination reaching thousands of people. As he discovered the extreme need for trustworthy mortgage lenders who would truly serve the best interests of borrowers, Harvey also became a mortgage consultant to help people get the best possible mortgage to improve their likelihood of paying it off more quickly.

#5717-W09
 Thursday, March 12
 6:30-9:30 p.m.
 Inver Grove Heights Middle School, IGH
 1 session-\$19 per person, \$29 per pair

Our Community Education financial seminars are planned to be informational in nature. Although classes are presented by professional financial planners, the design of our classes is non-sales oriented. You will not be pressured or solicited to purchase anything or meet with sales people. We also prohibit the direct distribution of marketing materials that promote specific products or businesses.

For additional information, please call 651-403-8312.

Computers & Technology

Digital Scrapbooking with Templates using Photoshop Elements

Save time and money by learning digital scrapbooking. In this hands-on class, you will learn the basics of digital scrapbooking and how to use templates to make scrapbooking easier and faster. Using Photoshop Elements, the instructor walks you through adding your favorite papers, photos and journaling to complete a layout in class. Training handout and CD with a video tutorial, templates and digital kit is included in class. Basic computer skills required.

Instructor: Karla Terry has been digital scrapbooking since 2002 and has more than 10 years of computer software training experience and accounting software consulting. She has been on digital scrapbooking design teams, published in Simple Scrapbooks and Memory Makers and online newsletters.

#6329-W09
Wednesday, January 28
6:30-9 p.m.
Mendota Elementary School, MH
1 session-\$39



Classes in this catalog are offered throughout District 6, 197 and 199. You are invited to participate in any class included in this catalog regardless of your district of residence. Combining our efforts will allow all members of our community the greatest number of opportunities!

Basic Computer Skills

Windows 95, 98, ME and XP have something in common – you don't know how to use them! This class is for people just beginning to use a PC or for those who have not used one for a while, but want to learn more. We will discuss hardware, software, using the mouse and basic troubleshooting. Beginning students of all levels are welcome. Students taking this class are encouraged to sign up for a Microsoft Word class as a follow-up course.

Instructor: Larry Trinkner worked as an instructor and technical manual writer for 20 years with a local defense contractor. He taught at Red Wing Technical College for five years.

#5321-W09
Tuesdays, February 10-24
6-9 p.m.
Lincoln Center, SSP
3 sessions-\$64

#6211-Sp09
Tuesdays, April 14-28
6-9 p.m.
Somerset Elementary School, MH
3 sessions-\$64

Microsoft Word

Do you want to write a letter on your PC? How about addressing cards using your printer to print the addresses? Would you like to print a flyer complete with pictures? Cover these topics and more in this project-oriented class. Students will decide what projects they want to cover on the first night. Beginner and advanced students are encouraged to attend.

Instructor: Larry Trinkner

#5319-W09
Wednesdays, February 11-25
6-8:30 p.m.
Lincoln Center, SSP
3 sessions-\$55

#6223-Sp09
Thursdays, April 16-30
6-8:30 p.m.
Somerset Elementary School, MH
3 sessions-\$55



Digital Photography for Beginners

Print pictures and enlargements for pennies. Discover how to download pictures to your PC, attach them to email, etc. We will also cover how to crop and edit your photos for use in computer projects. Remember – a picture is worth a thousand words!

Instructor: Larry Trinkner

#5394-W09
Thursday, March 5
6-9 p.m.
Lincoln Center, SSP
1 session-\$35

#6438-Sp09
Wednesday, May 6
6-9 p.m.
Somerset Elementary School, MH
1 session-\$35

Microsoft Excel Basics

Want to know what Excel is and what it has to offer? In this beginner class you will learn to create and navigate spreadsheets, work on graphing, sort data and create basic formulas. Students that have completed Basic Computing are encouraged to attend although it is not a pre-requisite.

Instructor: Larry Trinkner

#5377-W09
Thursdays, February 12-26
6-8:30 p.m.
Lincoln Center, SSP
3 sessions-\$55

#6222-Sp09
Wednesdays, April 15-29
6-8:30 p.m.
Somerset Elementary, MH
3 sessions-\$55

International Cuisine

Southern Italian Family Style

Experience the robust flavors of Italian cuisine! We'll begin with tender baby greens in a tangy balsamic vinaigrette, followed by bruschetta, toasted Italian bread topped with a fresh tomato relish. We'll use the same delicious relish to create the classic Eggplant Parmesan. You'll then learn to prepare manicotti filled with a variety of cheeses and served with a delectable marinara sauce. Next, we'll be preparing tiramisu, layers of mascarpone cheese, rum soaked ladyfingers, zabaglione and homemade chocolate biscotti. It's sublime!

Instructor: Jeff Sandino is the founder of Flavors from the Home, Inc., home cooking instruction and catering services. He most recently served as executive chef with the original Buca Di' Beppo and served several years as executive sous-chef with Figlio restaurant. Jeff's 28 years of experience in the industry have brought him to such gourmet restaurants as Le Cafe Royal and to more casual dining establishments such as Sunsets on Wayzata Bay.

#5633-W09
 Wednesday, February 4
 6-9:30 p.m.
 South St. Paul High School, SSP
 1 session-\$39

Oriental Favorites

We'll begin by conjuring up fortunes to go inside our cookies. You'll then learn the art of actually making the fortune cookie! Egg rolls will be next on the agenda stuffed with pork, shrimp, and vegetables, served with hot mustard and sweet and sour sauce for dipping. The meal just wouldn't be complete without the traditional fried rice, which is also an excellent accompaniment to beef and pea pods stir fried with mushrooms in a rich oriental sauce. Warm up those woks and let's have some fun!

Instructor: Jeff Sandino

#6649-W09
 Thursday, February 19
 6-9:30 p.m.
 Henry Sibley High School, WSP
 1 session-\$39

Chicken En Croute

We'll begin with a traditional Caesar salad tossed with fresh baked croutons and Romano cheese. Next, you will wrap a tender, sauteed breast of chicken in a flaky pastry shell with button mushrooms and a rich port wine sauce. We will create a delicious Jasmine rice blend using toasted almonds and dried cranberries and prepare fresh steamed asparagus. We will finish with chocolate decadence: a rich flourless chocolate torte served with an exquisite raspberry sauce and fresh whipped cream.

Instructor: Jeff Sandino

#5609-W09
 Wednesday, March 11
 6-9:30 p.m.
 South St. Paul High School, SSP
 1 session-\$39



Deep-Dish Pizza

We'll start with a spinach salad, tender spinach leaves tossed in a tangy vinaigrette with hard cooked eggs and fresh herbs. Spaghetti all Americana follows with onions, garlic, and bacon, simmered in plum tomatoes with crushed red pepper and Romano cheese. You will then learn the secrets to preparing the classic Chicago style deep-dish pizza baked with a variety of meats, cheeses and fresh vegetables. We'll finish with an Old-Fashioned Jelly Roll, delicate sponge cake rolled up with a rich chocolate ganache and fresh whipped cream.

Instructor: Jeff Sandino

#6650-W09
 Monday, March 30
 6-9:30 p.m.
 Friendly Hills Middle School, MH
 1 session-\$39



More Pasta Creations

Start with bruschetta topped with vine ripe tomatoes, zesty herb salsa and creamy gorgonzola cheese. We'll begin our pasta barrage with a classic Italian dish, spaghetti and meatballs tossed in a light marinara sauce and topped with freshly grated parmesan cheese. Next you'll enjoy ziti pasta tossed with olive oil, fresh garlic, broccoli, oven roasted tomatoes and tender breast of chicken followed by vermicelli tossed with succulent gulf shrimp in a delicious roasted red bell pepper pesto cream sauce. We'll finish with Panna Cotta, a delightful combination of cream and gelatin served in a pool of fresh strawberry sauce with crispy almond wafers.

Instructor: Jeff Sandino

#5641-Sp09
 Tuesday, April 14
 6-9:30 p.m.
 South St. Paul High School, SSP
 1 session-\$39

Sushi

Come explore the world of Sushi as you create this Japanese delicacy yourself. You'll first learn how to prepare the sushi rice followed by several different filling options including tempura fried chicken, shrimp and vegetables, and of course the classic "California roll" with crab meat, avocado and cucumber. You'll learn the art of rolling the various ingredients in the nori (dried seaweed sheets) and the traditional accompaniments: pickled ginger, wasabi and soy sauce. You'll also learn to prepare the traditional cucumber salad and discover Edamame, fresh salted soybeans (they're addictive).

Instructor: Jeff Sandino

#5642-Sp09
 Tuesday, May 5
 6-9:30 p.m.
 South St. Paul High School, SSP
 1 session-\$39

Fabulous Fish Dishes

Learn to create delicious fish dishes using a few basic techniques. This menu starts with a mixed green and garden vegetable salad with a homemade creamy garlic dressing. We'll grill fresh tuna steaks with a fabulous Mediterranean style relish served with pasta tossed with garlic in olive oil. Moist, flaky Atlantic salmon is slow baked with an oven dried tomato and dill butter sauce. Walleye Pike will be lightly breaded and pan-fried to a crispy golden brown and served with homemade tarter sauce and mashed potatoes. We'll finish with key lime pie topped with fresh whipped cream.

Instructor: Jeff Sandino

#6651-Sp09

Tuesday, May 26
6-9:30 p.m.
Henry Sibley High School, WSP
1 session-\$39

Quick Breads 101

Are you afraid to try new recipes? You say you can't bake? Would you like to make yummy quick breads for your family and friends? This class is for you! Our instructor has over 35 years of baking and teaching experience. She has also entered many baking competitions and will share secrets and tricks with you to become more sure of yourself in the kitchen. Students will have the opportunity to mix and bake some of the most luscious quick breads and take some home too! Our recipes include: Double banana bread, chocolate zucchini bread, chocolate chip pumpkin bread, date walnut bread and more! You will come away more confident and ready to hit the kitchen.

Instructor: Nancy Burgeson is winner of the Wilton Enterprise's "Outstanding Performance" Award and a member of the Wilton Teacher's Hall of Fame.

#5631-W09

Wednesday, January 21
6-9 p.m.
South St. Paul High School, SSP
1 session-\$29 plus a \$12 supply fee payable to instructor

Cake Decorating for the Beginner

It's fun, it's easy and you will be surprised at what you can do with a little bit of frosting! Save money by baking and decorating your own cakes, cookies and desserts. Discover the "tricks of the trade" and create borders, leaves, drop flowers, clowns, printing/writing. The crowning moment-your very own cake you have decorated with roses and basket weave! This class is designed for today's busy schedule. Students purchase kit from the instructor the first night of class, at a cost of \$16.

Instructor: Nancy Burgeson

#5606-W09

Saturday, February 21-March 7
9 a.m.-12 noon
South St. Paul High School, SSP
3 sessions-\$49 plus a \$16 supply fee payable to instructor



Cooking's Not Just for Chefs: Valentine Style!

Join us for a parent and child cooking class to create treats and dishes to celebrate the sweet season of Valentine's Day. We'll learn our way around the kitchen, make sure we know how to successfully read recipes and practice using proper measuring and mixing skills.

Instructor: Jia Brown is the founder of REACH Education Solutions which focuses on the individual and unique needs of child, parent and educator.

#6343-W09

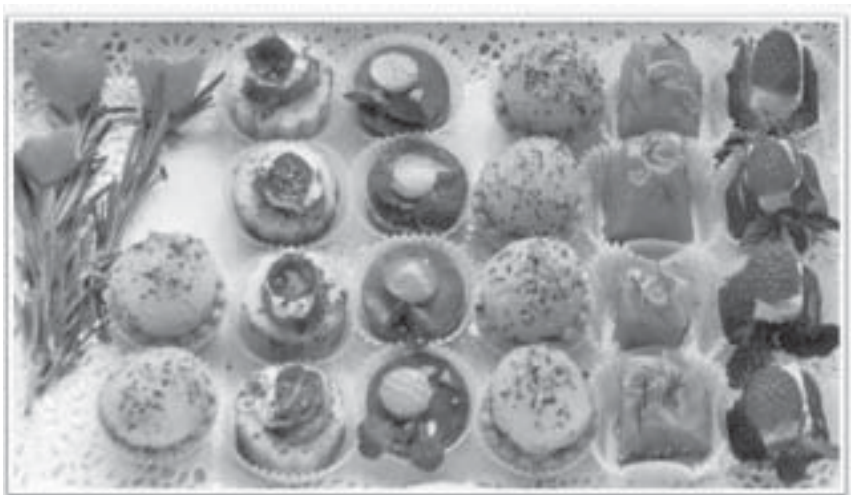
Saturday, February 7
10 a.m.-12 noon
Heritage Middle School, WSP
1 session-\$22 per family plus \$15 supply fee per family payable to instructor at time of class



Register online at
www.celearn4ever.org

Attention UCare Members

UCare Minnesota members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and throughout the duration of the class. Members will need to include their UCare ID number when registering. For more information, call 612-676-3351.



The Best Biscotti Ever!

This wonderfully crunchy cookie is originally from Italy. Heavy with nuts, it compliments coffee and tea for an impressive dessert or snack. We'll create biscotti using ingredients such as almonds, pistachio nuts, dried fruits and cinnamon. Enjoy them plain or drizzled with chocolate!

Instructor: Laurel Severson teaches Community Education classes throughout the area. Her recipes change to reflect the times and current food trends.

#6652-Sp09

Thursday, April 2
6-9 p.m.

Friendly Hills Middle School, WSP
1 session-\$19 plus a \$9 supply fee payable to instructor

Appetizers-Quick, Easy and Enticing

We'll create over 20 appetizers that require less than 20 minutes from start to finish! You can serve these appetizers as a first course or as a snack for family and friends. You could even create a complete buffet. Our selections will include recipes for spreads, hearty appetizers, dips, dippers, nibbles, hot appetizers and more! Enjoy the selections during the class or take your samples home. You'll also learn special tips to create an appetizer party.

Instructor: Laurel Severson

#6653-Sp09

Wednesday, April 22
6-9 p.m.

Friendly Hills Middle School, WSP
1 session-\$29 plus a \$14 supply fee payable to instructor

Festive Spring Salads

Head into spring with a wild rice and breast of chicken salad or wild rice with fresh mushrooms and cashews. We will also feature a vegetarian main dish salad using multicolored peppers and the unique grain, Quinoa. What could be more refreshing than a fruit-and salad combination of cantaloupe and strawberries with an orange sauce. Equally as pretty is raspberry-spinach salad with glazed pecans. Round out the evening with 3 easy dressings for your favorite combination of assorted garden greens-feta cheese, creamy blue cheese and orange dressing. You will be ready for family, friends and spring!

Instructor: Laurel Severson

#6654-Sp09

Thursday, April 30
6:30-9:30 p.m.

Friendly Hills Middle School, WSP
1 session-\$29 plus a \$12 supply fee payable to instructor



TEACH!!

Looking to share your expertise? If you are interested in teaching a course for young people or adults, be sure to let us know. We are always looking for engaging classes and vibrant instructors to enhance our programs. Call 651-403-8312 for more information and make plans now to teach a class!!

The MN deduction allows parents to subtract from their taxable income up to \$2,500 for qualifying expenses on behalf of each child in grades 7 to 12, and up to \$1,625 for each child in grades K to 6. The legislature expanded the list of qualifying expenses to include all Community Education classes, tutoring, academic summer school and camps, and up to \$200 of the cost of a computer or education-related software.

Yoga



Yogilates/Core Strength

Yogilates is the ideal mind/body exercise program for young and old. It fuses the classical pilates matwork with the therapeutic practice of yoga giving you the best of both practices in a safe and effective workout. Enhance your flexibility and core strength doing a combination of Yoga, Pilates, and general strengthening exercises. This class is designed to fit all levels of fitness. This Yogilates class may involve the use of flexible tubing (bands) which will be discussed in the first class. Yogilates is fun, relaxing and easy to learn.

Instructor: Jill Greenan has worked for over 25 years in the fitness industry and is certified in Personal Training, Group Fitness, and Pilates by The American Council of Exercise and National Exercise Training Association.

#6513-W09A
Thursdays, January 22-February 26
6-7 p.m.
Somerset Elementary School, MH
6 sessions-\$48

#6513-W09B
Thursdays, March 5-April 16
(no class on 4/9)
6-7 p.m.
Somerset Elementary School, MH
6 sessions-\$48

Register online at
www.celearn4ever.org

Yoga

Our yoga class is designed to help you relax at the end of the day. Enjoy stretching and strengthening, combined with balance, breathing and mental focus. Energize your body. Relax your mind. **Please wear loose clothing and bring a mat or blanket to class.**

Instructor: Dennis McGuire is a certified yoga teacher and has been practicing yoga since 1976. His classes are popular with an even mix of new and returning students.

#6515-W09A
Thursdays, January 22-February 26
5-6:10 p.m.
Somerset Elementary School, MH
6 sessions-\$48

#6515-W09B
Thursdays, January 22-February 26
6:25-7:35 p.m.
Somerset Elementary School, MH
6 sessions-\$48

#6515-W09C
Thursdays, March 5-April 16
(no class 4/9)
5-6:10 p.m.
Somerset Elementary School, MH
6 sessions-\$48

#6515-W09D
Thursdays, March 5-April 16
(no class 4/9)
6:25-7:35 p.m.
Somerset Elementary School, MH
6 sessions-\$48

#6515-Sp09A
Thursdays, April 23-May 28
5-6:10 p.m.
Somerset Elementary School, MH
6 sessions-\$48

#6515-Sp09B
Thursdays, April 23-May 28
6:25-7:35 p.m.
Somerset Elementary School, MH
6 sessions-\$48



Gentle Yoga

Improve and maintain your quality of life through the practice of yoga. This class is well-suited to anyone who wants a gentle workout and will appeal to those with limited movement or anyone who considers themselves an extreme beginner. We will begin with lots of warm-ups and guided breath work to loosen and warm the body, followed by gentle movements to improve circulation and create deep relaxation. **Please wear loose, comfortable clothing and bring a mat and a firm blanket to class.**

Instructor: Laurie Wachter is a registered yoga teacher (RYT) through Yoga Alliance. She has been practicing yoga for 10 years.

#5432-W09A
Saturdays, January 24-March 21
(no class 2/14)
10:30-11:30 a.m.
Central Square Community Center, SSP
8 sessions-\$64

#5432-W09B
Saturdays, March 28-May 16
10:30-11:30 a.m.
Central Square Community Center, SSP
8 sessions-\$64

Postural Pilates

Similar to yoga and Pilates, Postural Pilates explores additional movement patterns that will increase or restore function to the body. The focus is on form, incorporating repetition and static positions. All fitness levels are welcome. **Mats needed.**

Instructor: Denise King is a postural alignment specialist and personal trainer. She currently trains at the Eagan Community Center, also teaching classes geared towards postural and functional strength. Denise has been in the fitness industry for over 20 years.

#6511-W09A
Monday, January 26-March 9
(no class 2/16)
6-7 p.m.
Somerset Elementary, MH
6 session-\$48

#6511-W09B
Monday, March 16-April 27
(no class 4/6)
6-7 p.m.
Somerset Elementary School, MH
6 session-\$48

Total Body Conditioning and Aerobics

This multi-level workout class is for anyone who wants to build the foundation for overall fitness and develop muscular strength and endurance. This class offers low impact, easy-to-follow cardio and strength training followed by an extended flexibility session. Be motivated by the moves and fun music. **Please bring a floor mat, hand-held weights and a water bottle.**

Instructor: Luba Serebrenik is a certified group fitness instructor.

#6532-W09A
 Wednesdays, January 21-February 25
 6-7 p.m.
 Pilot Knob Elementary School, Eagan
 6 sessions-\$36
 Drop in Fee - \$6.50 per class

#6532-W09B
 Wednesdays, March 4-April 15
 (no class on 4/8)
 6-7 p.m.
 Pilot Knob Elementary School, Eagan
 6 sessions-\$36
 Drop in Fee - \$6.50 per class

Laughter Yoga

Do you need a pick-me-up? Come to a class that will get you laughing! No hard poses, no corny jokes, just lots of chuckles. Be led through exercises to encourage eye contact, good breathing, child-like playfulness and laughter that will help you cope with stress and bring joy back into your life. Try this healthy dose of fun!

Instructor: Sandi Walker is a Certified Laughter Yoga Instructor who trained at the American School of laughter. She also has a Bachelor of Fine Arts in Dance degree from the North Carolina School of the Arts and is certified in Yoga and Pilates through Fitour.

#5203-W09
 Monday, January 26
 7-8 p.m.,
 South St. Paul High School, SSP
 1 session-\$10

#6527-W09
 Monday, February 23
 7-8 p.m.
 Henry Sibley High School, MN
 1 session-\$10



Karate/Self-Defense

Learn the basics of self-defense and at the same time improve your flexibility and fitness. New adult students are welcome and your first class is free! Registrations are handled at the door. The walk-in fee is \$5 per class. Tickets are sold in a series of 10 for \$35 (\$3.50 per class). Whether you are a beginning or returning advanced student, the instructors are trained to teach at your level. **Please wear comfortable, casual, loose-fitting clothing.**

Instructors: Jeff Mihm and Connie Lee are second degree black belt (Nidan) instructors in Shorin Ryu Karate.

Thursdays, January 22-May 28
 (no class 4/9)
 7:15-8:45 p.m.
 Moreland Elementary School, WSP

Class fees will be handled in class each week as described above.

Self-Defense Techniques for Adults and Youth

If you were in a situation where you were threatened, how would you or your child react? Learn to defend yourself and gain self-assurance. This class is for everyone, regardless of ability. Children over the age of 10 are welcome and should be accompanied by an adult.

Instructor: Dave Gardner, a popular instructor has been teaching adult enrichment classes since the 1980's, as well as local adult and youth karate sessions.

#5217-W09
 Wednesdays, March 18 and 25
 6:30-8:30 p.m.
 Inver Grove Heights Middle School, IGH
 2 sessions-\$26 per person or
 \$38 adult & child age 10 or over.

Indoor Walking

A regular walking program can help you lose weight, reduce stress, have more energy and tone muscles. Come when you can, leave when you wish. Schools will be open for indoor walking, allowing you a fitness option at an affordable price and in comfortable conditions, regardless of the weather!

Simley High School, IGH
 Mondays-Thursdays
 5-9 p.m.

South St. Paul High School, SSP
 (Must use east entrance door to gain access to SSP High School)
 Mondays-Fridays
 5-9 p.m.

Henry Sibley High School, MH
 Mondays-Fridays, through April 9
 4-6 p.m.

Garlough Elementary School, WSP
 Mondays-Fridays, through April 9
 4-6 p.m.

Moreland Elementary School, WSP
 Mondays-Fridays, through April 9
 4-6 p.m.

Cost is \$5

This one time fee includes a walking button which must be worn while walking. Walking buttons are good through Spring of 2009.

To obtain your button, register in person at one of the locations listed below:

ISD 199 and 6, Family Connections
 1515 Fifth Ave. S., South St. Paul

ISD 197 Community Education
 1897 Delaware Ave., Mendota Heights

Thompson Park Activity Center
 1200 Stassen Lane, West St. Paul

West St. Paul City Hall
 Parks and Recreation Department
 1616 Humboldt Ave., West St. Paul

Central Square Community Center
 100 7th Avenue North, South St. Paul

Introduction to Indoor Rock Climbing

This beginning-level class is designed to introduce indoor climbing to adults and provide a new form of fun and social physical activity. Students will learn essential rock climbing skills as well as advanced climbing techniques. Emphasis will be placed on providing an enjoyable physical experience in a safe setting. Waiver required to participate. This class is held at Vertical Endeavors, 855 Phalen Blvd., St. Paul, MN 55106.

Instructor/Facility: Vertical Endeavors is one of the largest indoor rock climbing facilities in the US, conveniently located in St. Paul, MN. Vertical Endeavors is designed to be fun for all ages and skill levels. With over 18,200 square feet of climbing surface, Vertical Endeavors is the place to climb! The staff at Vertical Endeavors is committed to inspiring, instructing and encouraging individuals in the pursuit of their climbing goals. Our mission is to make your climbing experience exciting, challenging and rewarding.

#5305-W09
Tuesdays, March 10-24
7-9 p.m.
Vertical Endeavors,
855 Phalen Blvd., St. Paul
3 sessions - \$65



Let's Hike

We are the Outdoor Health Club! This one-session class includes the first meeting and walk plus three of the nearly 200 outings during the year. We will walk at the first meeting. We meet Monday and Thursday evenings at a variety of parks, parkways and wildlife sanctuaries to help you do your fitness walking on one of more than 100 trails around the Twin Cities area. After the walk, join us for a healthy picnic or potluck. On weekends, we venture farther away to places like Red Wing, White Water State Park and Jay Cooke State Park.

Instructor: Kent Barker is an electrical engineer who worked in the field of open heart surgery developing equipment for heart-lung bypass surgery. Preventive health care has become an obvious priority and he has spent recent years organizing things to help keep people healthier.

#5214-Sp09
Wednesday, May 6
7-8:30 p.m.
South St. Paul High School, SSP
1 session-\$16

Stability Ball Training

Is your exercise ball just taking up space in your closet? If you bought one and don't know how to use it, this class is for you! Stability Ball Training includes light cardio, strength training and lots of core work to strengthen your back and abdominal muscles. Come "play ball" and enjoy a full body workout with upbeat music. Participants should bring a stability ball and mat and be prepared to have fun!

Instructor: Kate Marsland is a NETA certified Group Fitness Instructor as well as a certified Stability Ball Instructor. She's been working in the south metro for seven years and specializes in women's strength training.

#6530-W09A
Wednesdays, January 21-February 25
6-7 p.m.
Mendota Elementary School, MH
6 sessions-\$48

#6530-W09B
Wednesdays, March 4-April 22
(no class 3/25 & 4/8)
6-7 p.m.
Mendota Elementary School, MH
6 sessions-\$48

Zumba: Dance for Fitness

Zumba is a dance-fitness class that incorporates Latin and International music and dance movements to create a dynamic, exciting and effective fitness system. Zumba integrates basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning. Come to a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers, and those who are already fit to have fun. Zumba is "exercise in disguise!"
Instructor: Reva Rasmussen became a Zumba devotee four years ago. She recently stepped up the pace with certification as a Zumba Fitness Instructor. She has seen time and again that putting music into your body makes you healthy, high-energy and happy!

#6300-W09A
Mondays, January 26-March 23
(no class 2/16)
6-7 p.m.
Moreland School, WSP
8 sessions-\$72

#6300-W09B
Mondays, March 30-May 18
6-7 p.m.
Moreland School, WSP
8 sessions-\$72

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Fitness Classes at Central Square

100 Seventh Avenue N., South St. Paul

Turbo Kick™

Turbo Kick is an interval based cardio kickboxing class that combines basic punches and kicks with other fun and effective moves to great music, alternating between lower impact moves utilizing the large muscle groups and higher energy moves to get the heart pumping.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Sundays 5-6 p.m.
Tuesdays 6:30-7:30 p.m.
Location: Central Square

- #5283-W09A Sundays January 4-25
- #5283-W09B Tuesdays, January 6/27
- #5283-W09C Sundays, February 1-22
- #5283-W09D Tuesdays, February 2-24
- #5283-W09E Sundays, March 1-29
- #5283-W09F Tuesdays, March 3-31
- #5283-Sp09A Sundays, April 5-26
- #5283-Sp09B Tuesdays, April 7-28
- #5283-Sp09C Sundays, May 3-31
- #5283-Sp09D Tuesdays, May 5-26

Tone & Flex

This class combines the best parts of our two most popular classes Total Body Conditioning and Piyo. A great class for a total workout.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Mondays 3:30-4:30 p.m.
4:30-5:30 p.m.
Wednesdays 4:30-5:30 p.m.
Location: Central Square

- #5253-W09A Mondays, January 5-26
- #5253-W09B Wednesdays, January 7-28
- #5253-W09C Mondays, February 2-23
- #5253-W09D Wednesdays, February 4-25
- #5253-W09E Mondays, March 2-30
- #5253-W09F Wednesdays, March 4-25
- #5253-Sp09A Mondays, April 6-27
- #5253-Sp09B Wednesdays, April 1-29
- #5253-Sp09C Mondays, May 4-25
- #5253-Sp09D Wednesdays, May 6-27



Cardio Core Conditioning

This is a fun, versatile class. It consists of aerobic warm-up, stability, strengthening, stretching and balance. Target the lower abs, back and major muscles working with a stability ball.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Tuesdays 7:30-8:30 p.m.
Thursdays 5:30-6:30 p.m.
Location: Central Square

- #5284-W09A Tuesdays, January 6-27
- #5284-W09B Thursdays, January 8-29
- #5284-W09C Tuesdays, February 3-24
- #5284-W09D Thursdays, February 5-26
- #5284-W09E Tuesdays, March 3-31
- #5284-W09F Thursdays, March 5-26
- #5284-Sp09A Tuesdays, April 7-28
- #5284-Sp09B Thursdays, April 2-30
- #5284-Sp09C Tuesdays, May 5-26
- #5284-Sp09D Thursdays, May 7-28

PIYO™

This class seamlessly blends the best of elements of “Tai Chi, Pilates and Yoga to harmonize mind and body.”

This class includes core training, balance, toning, meditation and agility while delivering a head to toe workout.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Mondays 6:30-7:30 p.m.
Wednesdays 5:30-6:30 p.m.
Thursdays 8:30-9:30 a.m.
Saturdays 8:30-9:30 a.m.
Location: Central Square

- #5282-W09A Mondays, January 5-26
- #5282-W09B Wednesdays, January 7-28
- #5282-W09C Thursdays, January 8-29
- #5282-W09D Saturdays, January 3-31
- #5282-W09E Mondays, February 2-23
- #5282-W09F Wednesdays, February 4-25
- #5282-W09G Thursdays, February 5-26
- #5282-W09H Saturdays, February 7-28
- #5282-W09I Mondays, March 2-30
- #5282-W09J Wednesdays, March 4-25
- #5282-W09K Thursdays, March 5-26
- #5282-W09L Saturdays, March 7-28
- #5282-Sp09A Mondays, April 6-27
- #5282-Sp09B Wednesdays, April 1-29
- #5282-Sp09C Thursdays, April 2-30
- #5282-Sp09D Saturdays, April 4-25
- #5282-Sp09E Mondays, May 4-25
- #5282-Sp09F Wednesdays, May 6-27
- #5282-Sp09G Thursdays, May 7-28
- #5282-Sp09H Saturdays, May 2-30



Total Body Conditioning

Equipment used in class includes step, weights, tubing and chairs. Tone your body and get your heart rate going too!

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Mondays 5:30-6:30 p.m.
Location: Central Square

- #5232-W09A Mondays, January 5-26
- #5232-W09B Mondays, February 2-23
- #5232-W09C Mondays, March 2-30
- #5232-Sp09A Mondays, April 6-27
- #5232-Sp09B Mondays, May 4-25

Pilates

The perfect method of body conditioning for strength and flexibility. We will do exercises that target the core muscles of the abdomen and back. This class is designed so all levels will benefit.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Time: Tuesdays, 8:30-9:30 a.m.
6:30-7:30 p.m.
Location: Central Square

- #5236-W09A Tuesdays, January 6-27
- #5236-W09B Tuesdays, February 3-24
- #5236-W09C Tuesdays, March 3-31
- #5236-Sp09A Tuesdays, April 7-28
- #5236-Sp09B Tuesdays, May 5-26

Cardio Pump

This class begins with a cardio workout to increase aerobic capacity then moves on to toning and strength training.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Saturdays 7:30-8:30 a.m.
Location: Central Square

- #5286-W09A Saturday, January 3-31
- #5286-W09B Saturdays, February 7-28
- #5286-W09C Saturdays, March 7-28
- #5286-Sp09A Saturdays, April 4-25
- #5286-Sp09B Saturdays, May 2-30

Cardio-Dance

This *NEW* class is designed as a fun, cardiovascular workout, incorporating the best of choreography and great music. We will include moves from Zumba and Hip Hop Hustle. *Come and check out this new type of exercise.*

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Wednesdays 6:30-7:30 p.m.
Thursdays 6:30-7:30 p.m.
Location: Central Square

#5243-W09A Wednesdays, January 7-28
#5243-W09B Thursdays, January 8-29
#5243-W09C Wednesday February 4-25
#5243-W09D Thursdays, February 5-26
#5243-W09E Wednesdays, March 4-25
#5234-W09F Thursdays, March 5-26
#5234-Sp09A Wednesdays, April 1-29
#5234-Sp09B Thursdays, April 2-30
#5234-Sp09C Wednesdays, May 6-27
#5234-Sp09D Thursdays, May 7-28

Deep Water

Water fitness training using a float belt or aqua noodles. This class incorporates high intensity, non-impacting strength and cardiovascular movements. This class will give you one of the best forms of exercise. You may stay in shallow end of pool.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Wednesdays 6-7 p.m.
Location: Central Square

#5248-W09A Wednesdays, January 7-28
#5248-W09B Wednesdays, February 4-25
#5248-W09C Wednesdays, March 4-25
#5248-Sp09A Wednesdays, April 1-29
#5248-Sp09B Wednesdays, May 6-27

Aqua Interval

Discover an invigorating and energetic aqua class. We offer a combination of aqua aerobics and strength training with aquatic weights, water noodles and balloons. You will experience a total body workout.

Fees: \$19/session (4 classes)
\$24/session (5 classes)
Times: Saturdays 8:30-9:30 a.m.
Location: Central Square

#5256-W09A Saturdays, January 3-31
#5256-W09B Saturdays, February 7-28
#5256-W09C Saturdays, March 7-28
#5256-Sp09A Saturdays, April 4-25
#5256-Sp09B Saturdays, May 2-30



Adult Water Exercise

This class is designed for adults who want to work on increasing cardiovascular endurance, strength, body tone and flexibility through water exercise. No swimming experience necessary, held in the shallow end of pool.

Fees: \$16/session (Mon. & Wed.)
\$10/session (Fri. class)
Times: Mon. & Wed. 10:30-11:20 a.m.
Friday 10:30-11:20 a.m.
Location: Central Square

#5245-W09A Mon. & Wed., January 5-28
#5245-W09B Fridays, January 2-30
#5245-W09C Mon. & Wed. February 2-25
#5245-W09D Fridays, February 6-27
#5245-W09E Mon. & Wed., March 2-25
#5245-W09F Fridays, March 6-27
#5245-Sp09A Mon. & Wed., April 1-29
#5245-Sp09B Fridays, April 3-24
#5245-Sp09C Mon. & Wed., May 4-27
#5245-Sp09D Fridays, May 1-29

Senior Gentle ABS & Back

Designed just for seniors to strengthen back and abs using gentle movements. Warm up with Tai Chi, followed by back and ab work on a mat, stretching and balancing.

Fees: \$10/session (4 classes)
Times: Wednesdays 9:30-10:15 a.m.
Location: Central Square

#5246-W09A Wednesdays, January 7-28
#5246-W09B Wednesdays, February 4-25
#5246-W09C Wednesdays, March 4-25
#5246-Sp09A Wednesdays, April 1-29
#5246-Sp09B Wednesdays, May 6-27

Senior Low and Tone

Designed just for seniors who want to work on increasing strength, body tone and balance. We will use chairs for sitting exercise and for balance.

Fees: \$16/session (8 classes)
Times: Tues. & Thurs. 9:30-10:15 a.m.
Location: Central Square

#5247-W09A Tues. & Thurs., January 6-29
#5247-W09B Tues. & Thurs., February 3-26
#5247-W09C Tues. & Thurs., March 3-31
#5247-Sp09A Tues. & Thurs., April 2-30
#5247-Sp09B Tues. & Thurs., May 5-28

Water Walking/ Deep Water Running

Walk or run in both shallow and deep water for aerobic conditioning with increased resistance and decreased impact. Floatation equipment is provided for the deep water workout. The format includes a warm-up, cardiovascular conditioning, stretching, toning and cool down. This class can accommodate those without swimming skills.

Instructor: Liz Connolly is a physical therapist at Courage Center. This popular class fills quickly.

#6536-W09
Thursdays, February 12-April 16
(no class 2/26 & 4/9)
7:30-8:30 p.m.
F.M. Grass Pool, Heritage School, WSP
8 sessions-\$56

Aqua Exercise

Exercise in the comfort of water. Aerobic and other exercise techniques are used in this class and are set to music. Swimming skills are not necessary.

Instructor: Barb Malaman teaches this popular class.

#6537-W09A
Saturdays, January 24-March 14
8:30-9:30 a.m.
F.M. Grass pool, Heritage School, WSP
8 sessions-\$56

#6537-W09B
Saturdays, March 21-May 16
(no class 4/11)
8:30-9:30 a.m.
F.M. Grass pool, Heritage School, WSP
8 sessions-\$56

Private Swim Lessons

Would you prefer private swim lessons? Our trained and licensed pool staff is available to teach private lessons. The lessons are 30 minutes each for five weeks.

#6106-W09
Dates and times to be determined
F.M. Grass Pool, Heritage School, WSP
\$99-five 30 minute lessons
Call 651-403-8313 to register

Register online at
www.celearn4ever.org

Live Well!

Hypnosis for Smoking/ Weight Loss

All lasting behavioral changes must occur at an unconscious level. With hypnosis, you can make that change! The experience is relaxing, and you are fully aware, conscious and in control at all times. Bring a pillow or blanket for added comfort.

Weight Control - Stop cravings for sweets, chocolate, bread, pastries, salty and greasy foods. Stop snacking and overeating. Get motivated to exercise!

Stop Smoking - Don't let tobacco control your life! If you want to quit, hypnosis can help without withdrawal, cravings or weight gain.

Check in and receive materials
6-6:30 p.m.

Orientation (required for both weight loss and smoking cessation.)
6:30-7:30 p.m.

Weight Loss Hypnosis
7:30-8:15 p.m.

Stop Smoking Hypnosis (smokers take a 45-minute break off school grounds for a last cigarette!)
8:30-9:15 p.m.

Instructor: Dr. Mary Fischer is a Doctor of Hypnotherapy and a certified clinical hypnotherapist. She has taught in more than 110 schools and has conducted seminars all over the U.S.

Fee includes session, reinforcement tape and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association.

#6357-W09A-1 session /weight - \$55
#6357-W09B-1 session/smoking - \$55
#6357-W09C-both sessions - \$106

Thursday, February 19
6-9:15 p.m.
Friendly Hills Middle School, MH

#5224-Sp09A-1 session /weight - \$55
#5224-Sp09B-1 session/smoking - \$55
#5224-Sp09C-both sessions - \$106

Tuesday, April 7
6-9:15 p.m.
South St. Paul High School, SSP



The Smart Solution to Pain and Stress

Too many of us suffer with pain and excess tension on a daily basis. What we don't realize is how much we contribute to our problems. Discover how the Alexander Technique can help you learn to consciously eliminate harmful movement and postural habits and take an active role in managing pain and tension. For over 100 years the Alexander Technique has helped people deal with issues such as chronic neck, shoulder and back pain, stress-related conditions, repetitive strain injuries, breathing and vocal difficulties.

Musicians, actors, dancers and athletes often study the Alexander Technique as well to help improve their performance. In this introductory workshop you will explore the basic principles of the Alexander Technique, be introduced to some basic self observation skills and learn an easy floor procedure to rest your back. If you've been curious about the Alexander Technique, this is an enjoyable way to find out what it's about! **Wear comfortable clothing and bring a mat to use on the floor.** Participants MUST attend the first class in order to successfully participate.

Instructor: Lauren Hill is a nationally certified teacher of the Alexander Technique. Lauren came to the Alexander Technique in 1995 while searching for help with her own chronic pain. The improvement experienced in her overall health and well-being inspired her to become a teacher. Lauren runs a private teaching studio in St. Paul.

#6561-Sp09
Tuesdays, April 14 and 21
7-8:30 p.m.
Henry Sibley High School, MH
2 sessions-\$59

Menopause 101

As women, if we are blessed to live long enough, we will experience menopause. Many women have questions or make assumptions about menopause based on outdated information. Since a woman can expect to live more than one-third of her life after menopause, she must have up to date information to make healthy lifestyle choices.

Instructor: Rebecca Mendoza, RN, CNP, MC, is a Women's Health Nurse Practitioner, and Menopause Clinician at the Menopause Center of Minnesota, in St. Paul.

#5263-W09
Tuesday, February 3
7-8:30 p.m.
South St. Paul High School, SSP
1 session-\$28

Introduction to Healing Touch

Have you been looking for a way to increase your sense of balance and harmony in this busy and stress-filled world? Whether your concern is due to a health crisis, work stress or personal issues, Healing Touch is a therapy that may be able to help you reduce stress and increase well-being. This class is designed to give you basic information about what Healing Touch is, how it works and how it may be able to help you specifically.

Instructor: Denise Geldernick, M.A., is a graduate of The College of St. Catherine's Holistic Health Studies program and practitioner of Healing Touch.

#5307-W09A
Wednesday, March 11
6:30-8:30 p.m.
Simley High School, IGH
1 session-\$49

#5307-Sp09
Tuesday, April 14
6:30-8:30 p.m.
South St. Paul High School, IGH
1 session-\$49

Register online at
www.celearn4ever.org



Plan B: To a Healthier You

Are you looking to improve your health? Your past decisions and choices (Plan A) have gotten you to where you are today. Do you want to have more energy? Lose weight? Become a healthier you? Start from where you are and customize a solution to fit you and your life. This workshop will provide you the small action steps, strategies and daily goals that will ensure your success with Plan B: a Healthier You.

Instructor: Barbara Townsend has been setting personal and professional goals since high school. She holds a degree in business and a certificate in life coaching and enjoys assisting other in reaching their goals.

#5215-W09
Tuesday, March 3
7-8:30 p.m.
South St. Paul High School, SSP
1 session-\$28

Classes in this catalog are offered throughout District 6, 197 and 199. You are invited to participate in any class included in this catalog regardless of your district of residence. Combining our efforts will allow all members of our community the greatest number of opportunities!

Good Nutrition-Good Health

Gut Reaction: Restore Digestive Health Through Nutrition

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea — or do you have an autoimmune disorder, sugar or bread cravings or depression? These are all indications of digestive problems. You may be surprised that the cereal or bagel that you eat for breakfast causes heartburn all day and that big glass of milk gives you gas and diarrhea. Learn how the right foods and selected supplements can restore intestinal health. After this class you may not need those digestive products advertised on TV. This course qualifies for 2.4 continuing education credits for registered nurses. RNs are responsible for determining whether this course meets their needs.

Instructor: Nutrition Educator from Nutritional Weigh and Wellness (www.weightandwellness.com) This class was developed by Darlene Kvisit, a licensed nutritionist with 30 years of experience and host of the popular Dishing Up Nutrition radio show on FM 107.1

#6568-W09
Wednesday, March 4
7-9 p.m.
Henry Sibley High School, MH
1 session-\$29

Balanced Foods for Balanced Moods

Reduce negative moods, increase energy, enhance positive thoughts, improve memory and manage stress through balanced eating and real foods. This informative class explains the food-mood connection and empowers participants to make permanent lifestyle changes. Learn the biochemical connection to cravings and how poor intestinal health creates low moods. Choose foods to optimize production of neurotransmitters such as serotonin and watch your cravings and mood swings disappear. This course qualifies for 2.4 continuing education credits for registered nurses. RNs are responsible for determining whether this course meets their needs.

Instructor: Nutrition Educator from Nutritional Weight and Wellness.

#5273-Sp09
Thursday, April 16
7-9 p.m.
Inver Grove Heights Middle School, IGH
1 session-\$29

Nutrition 101

When you go to the grocery store do you read the labels? This class is about reading labels, healthy eating and making educated choices. We will also be cracking some of the marketing catch phrases that are out there such as hydrogenated oils, trans fats, aspartame, artificial sweeteners, natural vs. organic and other things that affect our food production and consumption. Please bring along 1-3 packaged food items that you currently eat for use with label reading. We will also sample some food products during class!

Instructor: Dawn Van De Walker has her Master's Degree in Holistic Nutrition and is an area resident.

#5216-W09
Wednesday, February 11
6:30-9:30 p.m.
South St. Paul High School, SSP
1 session-\$35

Ballroom Basics Class

This class will instruct beginners in the basics of ballroom dancing. Learn how many of the dances are interconnected. After taking this class participants will be able to comfortably dance the basics of fox trot, waltz, and swing in a social atmosphere. Have fun using your new dance skills at the next wedding or check out some local venues. No partner required.

Instructors: Dan Eichelberg has been teaching individual classes and recently started his own swing dance instruction business called St. Croix Valley Swing. Lori Torkkola has been swing dancing for four years and was involved in a local performance group in 2006. Her focus is on teaching beginners and helping them find joy in dancing.

#6298-W09
 Mondays, January 26-March 9
 (no class 2/16)
 6:30-7:30 p.m.
 Mendota Elementary School, WSP
 6 sessions-\$48

Ballroom Basics 2

This class will take off where Ballroom Basics left off. Solidify the basics and learn some new moves in waltz, foxtrot and swing. Dance away the winter blues! Participants must take Ballroom Basics first. No partner required.

Instructors: Dan Eichelberg and Lori Torkkola

#6296-W09
 Mondays, March 23-May 4
 (no class 4/6)
 7-8 p.m.
 Mendota Elementary School, MH
 6 sessions-\$48



Beginning Swing Dance

This course will teach the basics of East Coast Swing dancing. At the end of this course the participants will know enough to WOW people at wedding dances and social functions. This is a dance that is possible with many styles of music (50's, 60's and Big Band to name a few) and it's impossible not to have fun! If you've ever considered learning to dance, this is a great place to start! No partner required. Please wear shoes with non-marking soles.

Instructors: Dan Eichelberg and Lori Torkkola

#6299-W09
 Mondays, January 26-March 9
 (no class 2/16)
 7:30-8:30 p.m.
 Mendota Elementary School, MH
 6 sessions-\$48

Swing Dancing 2

This class will take off where Beginning Swing left off. Learn some fun and fancy moves while improving your basics! Participants must take Beginning Swing first. No partner required.

Instructors: Dan Eichelberg and Lori Torkkola

#6295-W09
 Mondays, March 23-May 4
 (no class 4/6)
 8:15-9:15 p.m.
 Mendota Elementary School, MH
 6 sessions-\$48

Swing Dance for Singles

Join other singles and learn not only the basics of Swing Dancing, but a whole host of exciting moves, fancy footwork and daring dips. No previous experience is needed. Have a great time learning this energizing dance with other singles - even the instructor is single! Plus, the class will plan for a night on the town dancing where you can practice what you learned!

Instructor: Aaron Clarey has been teaching a multitude of various dance classes in the Twin Cities area including swing, tango, salsa, and ballroom since 1999. His classes include very popular field trips where he takes his students out dancing to actual jazz clubs, ballrooms and bistros.

#5239-W09
 Tuesdays, March 10-April 14
 (no class 3/31)
 6:30-7:30 p.m.
Armstrong Elementary School,
8855 Inwood Ave. S., Cottage Grove
 5 sessions-\$39

#5239-Sp09
 Mondays, June 1-29
 6:30-7:30 p.m.
Lake Junior High School
3133 Pioneer Drive, Woodbury
 5 sessions-\$39

Everybody Salsa

Join us for a good and jovial time when you learn the most popular of all the Latin dances: Salsa! In this class you not only learn the basics of Salsa, but moves such as dazzling turns, breathtaking dips, "borderline illegal moves" and much more. No experience necessary, but if you enjoyed the Latin Sampler this is the class to take to add to your skills! Plus, the class will plan a field trip to a local bistro where you can practice your moves and dance the night away.

Instructor: Aaron Clarey

#5237-W09
 Tuesdays, March 10-April 14
 (no class 3/31)
 8:30-9:30 p.m.
Armstrong Elementary School,
8855 Inwood Ave. S., Cottage Grove
 5 sessions-\$39

#5237-Sp09
 Mondays, June 1-29
 8:30-9:30 p.m.
Lake Junior High School
3133 Pioneer Drive, Woodbury
 5 sessions-\$39

Dance the Night Away

Learn to Latin

Interested in learning some of the world's most romantic, fun and daring dances? Then learn to Latin! Discover the Cha Cha, Salsa, Tango and much more. Practicing a wide array of Latin moves and dances will prepare you to dance with the best at any Latin bistro in the Twin Cities Plus, the class will plan a very popular field trip where you will go to practice your new moves at a Latin Bistro in a comfortable setting with other beginner students! (Date to be set in class.) Join us and have a unrivaled good time as you learn to Latin!

Instructor: Aaron Clarey

#5238-W09

Tuesdays, March 10-April 14
(no class 3/31)

7:30-8:30 p.m.

**Armstrong Elementary School,
8855 Inwood Ave. S., Cottage Grove**
5 sessions-\$39

#5238-Sp09

Mondays, June 1-29
7:30-8:30 p.m.

**Lake Junior High School
3133 Pioneer Drive, Woodbury**
5 sessions-\$39

Attention UCare Members

UCare Minnesota members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and throughout the duration of the class. Members will need to include their UCare ID number when registering. For more information, call 612-676-3351.



Middle Eastern Belly Dance for the Beginner

Join the newest fitness craze and study a wonderful dance form rich in culture at the same time. This class is geared toward students who have had no previous belly dance experience. This class covers the basic vocabulary of Middle Eastern dance moves, including a breakdown of the basic movements, learning muscle isolations and dance conditioning by toning muscles needed to execute these movements. Students will also begin working with zills (finger cymbals), dance combinations and beginning choreography. Wear comfortable clothes; dance in bare feet, dance sandals or ballet slippers. Bring a scarf to emphasize hip movement. Finger cymbals are available for use or purchase from the instructor.

Instructor: Aliyah Sahar (Leslie) is Co-Director of The Sisters of the Sahara Dance Ensemble and founder of The Sahar School of Middle Eastern Dance - Oriental and Fusion Belly Dance. A regular performer at a number of area Middle Eastern restaurants, she also performs and teaches for corporate and cultural events throughout the Midwest.

#6310-W09

Wednesdays, February 25-April 1
6-7:30 p.m.

Westwood Ridge
One Thompson Avenue, WSP
6 sessions-\$55

Middle Eastern Belly Dance for the Advanced Beginner

Continue your study of a wonderful dance form rich in culture. Study Middle Eastern dance and isolation movement, tone muscles and work with finger cymbals. This class is geared toward students who have had some previous instruction in belly dance, but would like to review and solidify the basics. Wear comfortable clothes; dance in bare feet, dance sandals or ballet slippers. Bring a scarf to emphasize hip movement. Finger cymbals are available for use or purchase from the instructor.

Instructor: Aliyah Sahar (Leslie)

#6311-W09

Wednesdays, February 25-April 1
7:30-9 p.m.

Westwood Ridge
One Thompson Avenue, WSP
6 sessions-\$55

Westwood Ridge is a Senior Living complex in West St. Paul. They have graciously partnered with Community Education to provide a beautiful room for dance education. Please park in the main Westwood Ridge lot and enter the main doors. Look for signs to the Community Activity Room.

Whimsical Fun

Go Green! Twig Furniture Building at the Farm

We will help you select and cut your wood and bring it to the barn for you. Choose from one of the following: Garden Arbor, Slab Garden Bench, Whimsical Twig Chair, or a Barnboard Table. You can look at the samples in the barn, and then decide what to make! If two people want to work on one piece, there is an additional charge of \$25. Directions to the class location near Red Wing and a list of simple tools to bring will be sent upon receipt of your registration. Lunch is included.

Instructor: Bob McNeely

#6425-Sp09A

Sunday, May 3
9 a.m.-5 p.m.
Red Wing Farm
1 session-\$149
plus \$25 second person to assist.

#6425-Sp09B

Saturday, May 9
9 a.m. -5 p.m.
Red Wing Farm
1 session-\$149
plus \$25 second person to assist.

#6425-Su09A

Saturday, June 6
9 a.m. -5 p.m.
Red Wing Farm
1 session-\$149
plus \$25 second person to assist.

#6425-Su09B

Sunday, June 28
9 a.m. -5 p.m.
Red Wing Farm
1 session-\$149
plus \$25 second person to assist.

Rustic Twig Furniture For Every Skill Level

Create your choice of a whimsical twig chair or a slab garden bench. All materials are provided. Please bring a marker, tape measure, utility knife and power drill. Don't forget to make plans to transport your creation home after each session. If two people want to work on one piece there is an additional charge of \$25.

Instructor: Bob McNeely

#6439-W09A

Thursdays, February 5 and 12
6:30-9:30 p.m.
Henry Sibley High School, MH
2 sessions-\$139
plus \$25 second person to assist

#6439-W09B

Thursdays, February 19 and 26
6:30-9:30 p.m.
Henry Sibley High School, MH
2 sessions-\$139
plus \$25 second person to assist



Go Green! Bent Willow Chair Building

Learn how to create the beautiful flowing lines of a bent willow chair. All materials will be provided. No experience is necessary. Bring along a friend to help. Tools needed: drill, marker, utility knife and tape measure. All other equipment, including drill bits and screws is provided.

Instructor: Bob McNeely has been building and selling twig furniture since 1995 and teaches techniques that will allow you to build more furniture in the future.

#6467-W09A

Thursdays, February 5-26
6:30-9:30 p.m.
Henry Sibley High School, MH
4 sessions-\$225
plus \$25 second person to assist

Bent Willow Furniture Making

If you have ever wanted to pursue the craft of willow bending to create a beautiful, fan backed bent willow chair, here's your chance! You will select and cut the hardwood for the frame of your chair and assemble it during the first day of your class in the barn near Red Wing. On the second day you will learn how to bend the willow to create the flowing lines of a traditional fan backed chair. The classes are from 9 a.m. to 5 p.m. and lunch will be provided both days. If two people want to work on one chair, there is a charge of \$25 per day for the additional person. Directions and a list of simple tools to bring will be sent after you have registered. If you are interested, a list of B&B's, hotels and motels in Red Wing will be provided upon request

Instructor: Bob McNeely

#6426-Sp09A

Saturday and Sunday, May 16 and 17
9 a.m. -5 p.m.
Red Wing Farm
1 session (2 days)-\$249
plus \$25 second person to assist.

#6426-Su09B

Saturday and Sunday, June 13 and 14
9 a.m. -5 p.m.
Red Wing Farm
1 session (2 days)-\$249
plus \$25 second person to assist.



Beginning Crocheting

Whether you are 9 or 99 (or somewhere in between), crocheting is a fun way to relax while being creative. You can do it anytime and anywhere. Learn basic crochet stitches to create scarves, afghans, baby gifts, wash cloths, hats and more. Make a quick and easy, yet fashionable, fringed scarf. Bring a crochet hook, size G or H, or buy one from the instructor for \$3. Yarn information is provided in the first class.
Instructor: Jennifer Griffith is a patient instructor who enjoys sharing her passion for crocheting with others.

#5514-Sp09

Mondays, April 13-27
6:30-8:30 p.m.

Inver Grove Heights Middle School, IGH
3 sessions-\$39

Beginning Quilting

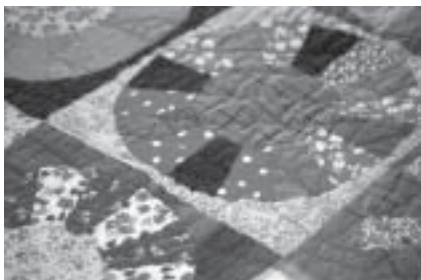
No sewing or quilting experience is necessary. Learn a new skill each session using hand sewing techniques. Some projects may be completed by machine at home. Bring to class: one large sheet of fine/medium sand paper, hand quilting thread, quilting pins, quilting needles, scissors and one-quarter yard of two contrasting cotton fabrics. Directions will be given to use finished pieces for potholders, ornaments, pillows and even a king-sized quilt.

Instructor: Becky Finkle, a local resident, has taught community education classes for more than 16 years. Her teaching style makes this a fun, enjoyable class for adults of all ages.

#5556-W09

Thursdays, January 22-March 12
7-9 p.m.

South St. Paul High School, SSP
8 sessions - \$59



How to Draw Like the Old Masters

Begin a journey that will make you the artist you always wanted to be. Get started by looking at the world around you in a more analytical way. Developing good observation skills is the heart of drawing. We will also explore linear perspectives, composition, shapes and values, and line drawing. We will draw the human head, create a self-portrait, keep a sketch journal and discuss art history. Students are required to bring the following materials: 3 Graphite (Woodless) Pencils: H, HB, B3, 1 Sketchbook: Aqua B Super Deluxe, size 9 X 9. One additional sketchbook of your choosing.

Instructor: Regina Antonia-Tristan is a professional painter who received her B.A. from the College of Art and Design in Minneapolis. She has taught for ten years in her own studio and has enjoyed watching some of her students become professional artists themselves.

#6492-W09

Wednesdays, January 21-March 11
6-9 p.m.

Henry Sibley High School, MH
8 sessions - \$86

How to Draw Like the Old Masters- Level 2

Once you have taken level 1, this class will help you perfect your style and knowledge of composition. You will study the Old Masters like Michelangelo, Winslow Homer and Turner. You will observe the mathematical characteristics of a piece.

Instructor: Regina Antonia-Tristan

#6183-W09A

Tuesday, January 20-March 10
6-9 p.m.

Henry Sibley High School, MH
8 sessions-\$86

#6183-W09B

Wednesday, March 18-May 13
(no class 4/8)

6-9 p.m.
Henry Sibley High School, MN
8 sessions-\$86

How to Draw Like the Old Masters- Level 3

For the student who has completed both levels 1 and 2, this class will be a study in color theory and introduction to painting.

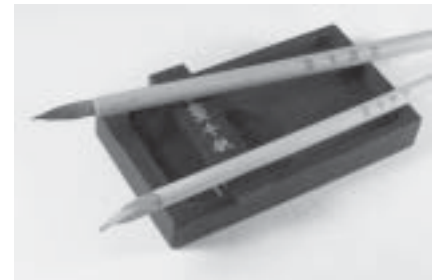
Instructor: Regina Antonia-Tristan

#6179-W09

Tuesday, March 17-May 12
(no class 4/7)

6-9 p.m.

Henry Sibley High School, MH
8 sessions-\$86



Sumi-e Japanese Painting

You will enjoy learning this beautiful style of painting that is exemplified by the artistic use of fundamental brush strokes of simple lines and dots. The technique of making these strokes is centuries old and has been handed down from one Japanese master teacher to another. Sumi-e is a wonderful discipline that is very relaxing and provides an escape from our everyday hectic world. First time students and continuing students are welcome. Supplies will be available that include a sumi-e brush, ink stone, ink stick and a pad of rice paper for a \$38 fee. Continuing students will be able to purchase paper.

Instructor: Diana Christopherson has studied 20 years under the tutelage of Reiko Ito Shellum, a Japanese master teacher of the Nangu School. Diana is eager to share this fine, eloquent art with you.

#5569-W09

Tuesdays, March 3-31
6-8 p.m.

Inver Grove Middle School, IGH
5 sessions-\$39



Bonsai Basics

If you've ever been fascinated by tiny living Oriental trees you'll love this class. It's designed to take away the mystique and show you how to create and maintain your own trees. The first class is informational and the second is hands-on. You'll go home with a Bonsai tree that you designed yourself (with supervision) and you will know how to keep it alive. There is a \$25 material fee payable to the instructor the first night of the class.

Instructor: Michael Porcaro has over 20 years of experience and a personal collection of over 150 trees. He also assists in the care of the Bonsai Collection at the Como Park Marjorie McNeeley Conservatory.

#6494-W09
 Thursdays, February 12 and 19
 7-9 p.m. on 2/12
 6-9 p.m. on 2/19
 Henry Sibley High School, MH
 2 sessions-\$34 plus a \$25 material fee payable to instructor.

Caterpillar Fringe Jewelry

In this make-and-take class, each student will make a beautiful beaded bracelet and matching earrings that will enhance any wardrobe throughout the seasons. All materials are supplied for this class along with individual instruction and work time to complete your project. Students simply need to arrive to class ready to create!

Instructor: Jennifer Griffith

#6148-W09
 Monday, January 26
 6:30-9:30 p.m.
 Henry Sibley High School, MH
 1 session-\$29

#5574-W09
 Monday, March 30
 6:30-9:30 p.m.
 Inver Grove Heights Middle School, IGH
 1 session-\$29

Darling Dollmaking

Discover the joy (and ease!) of dollmaking. Learn how to turn this simple craft into a magnificent gift-giving idea, all with minimal cost. You bring the interest, we'll bring the supplies!

Instructor: Jia Brown

#5501-W09
 Wednesdays, February 11-25
 6:30-8:30 p.m.
 Inver Grove Heights Middle School, IGH
 3 sessions-\$36 plus a \$7 material fee payable to instructor at first class.

Knitter Critters

Join me as we venture into the popular world of knitting. Together we'll learn the basics of this amazing lifetime skill and make a fun blanket. Get your fingers ready, because here we come!

Instructor: Jia Brown

#6170-W09
 Wednesdays, January 21-February 4
 6:30-8:30 p.m.
 Henry Sibley High School, MH
 3 sessions-\$39 plus a \$4 material fee payable to instructor at first class.

Greetings for Greeting Cards

We all get them; we all send them; save yourself some time and expense by learning to designing and making your own. We'll bring the stamps and stencils, you bring the ideas.

Instructor: Jia Brown

#5563-W09
 Wednesday, March 25
 6:30-8:30 p.m.
 South St. Paul High School, SSP
 1 sessions-\$19 plus a \$3 material fee payable to instructor at first class.

Candy-Scented Candles

Everyone loves a good scent. Come discover how simple it is to design and plug your own amazing scents into candles. We'll learn how to turn this fun craft into a cool trade-all in one class.

Instructor: Jia Brown

#5503-Sp09
 Wednesday, April 29
 6:30-8:30 p.m.
 Inver Grove Heights Middle School, IGH
 1 sessions-\$19 plus a \$3 material fee payable to instructor at first class.

Bead On

Together we'll learn the fundamentals of beading. Discover how to turn colorful beads into a colorful masterpiece-with ease!

Instructor: Jia Brown

#6175-W09 Earrings
 Tuesday, March 3
 6:30-8:30 p.m.
 Henry Sibley High School, MH
 1 sessions-\$22 plus a \$3 material fee payable to instructor at first class.

#6176-W09 Necklace
 Tuesday, March 10
 6:30-8:30 p.m.
 Henry Sibley High School, MH
 1 sessions-\$22 plus a \$3 material fee payable to instructor at first class.

#6177-W09 Watches
 Tuesday, March 17
 6:30-8:30 p.m.
 Henry Sibley High School, MH
 1 sessions-\$22 plus a \$5 material fee payable to instructor at first class.

#6178-W09 All Three Classes
 Tuesday, March 3, 10, 17
 6:30-8:30 p.m.
 Henry Sibley High School, MH
 3 sessions-\$60 plus a \$11 material fee payable to instructor at first class.



Jewelry Jamboree

So much jewelry to make-so little time. Join us for a make-and-take it session of jewelry making. Discover how to design and make a fabulous pair of earrings that are sure to dazzle everyone in your path.

Instructor: Jia Brown

#5502-Sp09
 Wednesday, April 8
 6:30-8:30 p.m.
 South St. Paul High School, SSP
 1 sessions-\$22 plus a \$3 material fee payable to instructor at first class.

Learn a New Language

Instant Piano for Hopelessly Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, some piano professionals use chords. You can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Total beginners can request a free pamphlet by sending a self-addressed stamped envelope to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85296. A material fee of \$28 will be collected in class by the instructor for a workbook and practice CD.

Instructor: Jim Anderson

#5903-W09

Monday, February 23
6:30-9:30 p.m.
Inver Grove Height Middle School, IGH
1 session-\$29 plus \$28 material fee payable to instructor

Blues Piano Using Chords and Playing by Ear

Come prepared to have fun at this "hands-on" workshop. Class is for beginners or anyone wanting to play by ear. No previous experience is necessary. Students learn notes on piano, blues basics, fingering, chords, bass-lines, three styles of music and rhythm without taking years of lessons. Instructor will collect \$20 materials fee for CD and workbook.

Instructor: Charley Wyser has played piano for the past 30 years, the last 25 as a jazz pianist. He teaches piano lessons throughout the area.

#6997-W09

Monday, February 9
7-9 p.m.
Heritage Middle School, WSP
1 session-\$29

#5436-W09

Wednesday, March 4
7-9 p.m.
Inver Grove Heights Middle School, IGH
1 session-\$29

Beginning Spanish – Juntos!

Learn the basics of beginning conversational Spanish. Learn basic words and phrases that will assist you in speaking Spanish. You will learn basic vocabulary and grammatical concepts which will help you build your vocabulary, and tips and tools to better understand the spoken Spanish language. We will also explore Spanish culture all in a relaxed and fun setting.

Instructor: Jia Brown

#6350-W09

Mondays, February 2-March 16
(no class 2/16)
6:30-8:30 p.m.
Henry Sibley High School, MH
6 sessions-\$82



Continuing Spanish for Advancing Students

Discover how to put your newfound Spanish skills to good use! Learn how to formulate phrases and practice appropriate sentence structure that will assist you in speaking Spanish with greater fluency. Together we will continue to build your vocabulary and understand Latin culture.

Instructor: Jia Brown

#6363-Sp09

Mondays, April 13-May 18
6:30-8:30 p.m.
Henry Sibley High School, MH
6 sessions-\$82

Beginning Portuguese

Discover Brazil, the country that is projected to become among the four most dominant economies over the next 30 years! Learn a romance language that is fun, easy and useful. Portuguese is growing in global importance and learning it is considered a valuable investment for those who want to compete in the global marketplace.

Instructor: Claudia Anderson is a native of Brazil with teaching experience at the collegiate level and has provided contract language services for schools in Tennessee and Michigan. She will introduce you to Portuguese level I, with conversation encountered in every day situations and an emphasis on cultural issues.

#5483-W09

Thursdays, January 22-March 26
6-7 p.m.
South St. Paul High School, SSP
10 session-\$92

Basic American Sign Language for Beginners

Join us as we discover American Sign Language (ASL): is basic vocabulary, structure, syntax and grammar. Students will focus on mastering the basics of finger spelling, numbers, colors, grammar and sentence structure. Students will also learn some basic conversational behaviors that are necessary when holding a beginning-level conversation in American Sign Language. We will spend some time exploring information about deaf culture in order to provide students with a broad picture of the language and culture.

Instructor: Jia Brown

#5472-W09

Monday, February 23-March 30
6:30-8:30 p.m.
Inver Grove Heights Middle School, IGH
6 sessions-\$82

Register online at
www.celearn4ever.org

Straw Bale Gardening

If you thought the only place to grow healthy crops is in black dirt, you must attend this class! Learn how to grow a bountiful garden without using herbicides, insecticide or fungicides and without weeding. Learn how to plant a wide variety of vegetables, root crops, vine crops, fruit crops and even beautiful flowers into your “conditioned” straw bales. Forget about the heavy lifting and bending that is usually required. This revolutionary and easy gardening method will create a productive garden without the shovel and dirt.

Instructor: Joel Karsten is a Certified Nursery Professional with a degree in Horticulture from the U of MN.

#6172-Sp09

Monday, April 13

6:30-8:30 p.m.

Mendota Elementary School, MH

1 session-\$29

Britain: The Under-Discovered Country

What do Captain Cook, Dracula, Simon & Garfunkel, JFK, Robin Hood and the Vikings all have in common? Find out in this illustrated talk that will take you on an ‘armchair tour’ of some of the less well-known delights of the British countryside. See castles, cathedrals, canals, market towns and some of the beautiful countryside to be found away from the typical tourist routes followed by the majority of visitors from America. Your host will mix a little history and his personal memories of growing up and working in the area to bring it all to life. We will end the talk with some tips on traveling to and within Britain.

Instructor: Andy Tatham was born, raised and schooled in the Midlands of England, and moved to the United States in 1990. He has organized and led trips for the English hiking/climbing club that he has been a member of for over 20 years.

#6836-W09

Thursday, February 5

6:30-8:30 p.m.

Henry Sibley High School, MH

1 session-\$29

Essential Oils – Get Ready for Spring

Welcome back springtime with an array of options for cleaning and freshening your home and life. The use of Essential oils and natural products will offer health benefits for you and your family. Come and learn about the benefits of these great products. Spring is here... be healthy, be fresh!

Instructor: Barb Karol

#5430-Sp09

Thursday, May 7

7:30-8:30 p.m.

Inver Grove Heights Middle School, IGH

1 session-\$29

Handgun Basics

This class is for novices and persons who are not novices but want to learn more about handgun safety. For novices this is a prerequisite to the “Permit to Carry a Handgun” training. Participants must be a U.S. citizen and at least 17 years of age. Range time will be scheduled (included in class fee) at student’s convenience. A flier will be mailed to you with more information upon registration. Do not bring a gun or ammunition to class.

Ages 16 or 17 may attend with written permission from parent or guardian or with parent or guardian present at class (no extra fee.) Ages 12-15 may attend only if accompanied by a parent or guardian (no extra cost.)

Instructor: William G. (Grant) Westall is licensed professional civil engineer for the State of Minnesota. He is licensed for Armed Security in the State of Illinois, certified as a Firearms Instructor in Minnesota by The American Association of Certified Firearm Instructors and the Minnesota Bureau of Criminal Apprehension and retired from the US Army Corps of Engineers. He has been handling and shooting firearms for 55 years, and teaching firearms safety for 4 years.

#5455-W09

Monday and Wednesday,

March 16 and 18

6:30-9:30 p.m.

South St. Paul High School, SSP

2 session-\$110

Permit to Carry a Handgun

Upon satisfactory completion of the class students will receive certificates that will show they have met the State of Minnesota training requirements for obtaining a “Permit To Carry a Pistol.” Prior handgun experience is required. Students must be US citizens and be at least 21 years of age. It must be legal for each of them to own a handgun. There is a shooting exercise associated with the class, however, no guns should be brought into the classroom. Normally the shooting exercise will be done immediately in conjunction with the class, but may be scheduled at a later date (additional cost).

Instructor: William G. (Grant) Westall

#5456-W09

Saturday, March 7

9 a.m.-2 p.m.

South St. Paul High School, SSP

1 session-\$110

#5456-Sp09

Saturday, May 2

9 a.m.-2 p.m.

South St. Paul High School, SSP

1 session-\$110

Power Sort Your Photos

Locate any photo you have within seconds with the convenient Power Sort System. The Power Sort box holds 2400 photos. Bring as many boxes, bags and crates of photos as you can carry. Organization of digital photos will be covered, but since the emphasis is on sorting printed photos, print as many of your digital photos as you can and bring them along. Instructor will collect \$11 for a mini power sort or \$35 for a large power sort at the class.

Instructor: Sharon Brown has been teaching scrapbooking classes since 2003 and has inspired countless others to complete and enjoy their own treasured collection.

#6838-W09

Tuesday, January 27

7-9:30 p.m.

Henry Sibley High School, MH

1 session-\$24

#5564-W09

Tuesday, March 10

7-9:30 p.m.

Inver Grove Heights Middle School, IGH

1 session-\$24



Selling on eBay: The Basics

“The Basics of Selling on eBay” is offered by Joel Karsten, a Certified eBay Education Specialist with vast eBay selling experience, having listed over 35,000 items for sale on eBay. He has taught over 2,800 students how to be successful selling on eBay. Topics covered in this class include: online safety, item research and pricing, photography, writing great item titles and listing descriptions that sell, best policies, shipping issues, return and warranty issues, effective selling strategies and much more. Even experienced eBay sellers will learn many new skills to improve their sales. An optional 200 page workbook published by eBay University is available for \$12 and may prove very helpful as a step-by-step guide to follow after the class. No matter the skill level of the student, this class will prove very informative and will give anyone interested in selling on eBay a HUGE head start over the competition. Basic computer knowledge is helpful in understanding some of the material presented, however students WILL NOT be working on computers during the class.

Instructor: Joel Karsten is one of the most active sellers in Minnesota on eBay, having listed more than 35,000 items. He has earned his credentials as a certified eBay training instructor, education specialist and power seller. He travels nationwide to teach eBay users and enjoys sharing his excitement about eBay's vast potential.

#6219-W09
Monday and Wednesday,
February 2 and 4
6:30-9:30 p.m.
Henry Sibley High School, MH
2 sessions-\$44

#5356-Sp09
Monday and Wednesday,
April 20 and 22
6:30-9:30 p.m.
South St. Paul High School. SSP
2 sessions-\$44

Aviation: Ground School for FAA Sport and Private Pilot Knowledge Test

This course will provide you with the knowledge to pass your FAA Knowledge Test for the Sport or Private Pilot computerized exam. Students will be required to purchase a course kit which will include all course materials; text books, plotter, and charts. The kit is required at a cost of \$149 which is payable to the instructor on the first night of class.
Instructor: Scott Johnson is a professional pilot, FAA Certificated Flight Instructor, and FAA Advanced Ground Instructor.

#6380-W09A
Tuesday, January 13-February 3
7-8:30 p.m.
Airlake Airport, Lakeville
4 sessions-\$50

#6380-W09B
Tuesday, February 10-March 3
7-8:30 p.m.
Airlake Airport, Lakeville
4 sessions-\$50

#6380-W09C
Tuesday, March 10-31
7-8:30 p.m.
Airlake Airport, Lakeville
4 sessions-\$50

#6380-Sp09A
Tuesday, April 7-28
7-8:30 p.m.
Airlake Airport, Lakeville
4 sessions-\$50

#6380-Sp09B
Tuesday, May 5-26
7-8:30 p.m.
Airlake Airport, Lakeville
4 sessions-\$50



Finding the Right Hairstyle

Look in the mirror. Is your hair drab and unfashionable? How much more alive would you feel with a customized makeover. See yourself with 24 different hairstyles and colors and take home your own videotape and small photos. Discover what to look for and what to avoid in choosing the right look for yourself. Topics such as face shape, hair textures and coloring will be covered. Session will include your own personal evaluation and recommendations and you will choose from over 1300 different styles. You will be photographed and the computer will show you each style on your own image. The session will be recorded on your own personal videotape and you will receive small photos of all 24 styles that you can bring to your stylist.
Instructor: Styles on Video instructors have helped almost 17,000 women since 1994. Hundreds of salons have invited Styles on Video to share their expertise and skills with their clients.

#6545-W09
Thursday, January 29
6-9 p.m.
Henry Sibley High School, MH
1 session-\$39

#5401-Sp09
Monday, April 20
6-9 p.m.
Simley High School, IGH
1 session-\$39

Attention UCare Members

UCare Minnesota members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and throughout the duration of the class. Members will need to include their UCare ID number when registering. For more information, call 612-676-3351.

Write Your Own Story



Be an Author! Writing Books and Magazine Stories for Children

Do you wish you could write something that will engage a child, that perhaps she will keep in her heart for years to come? What does it take to be a writer for children, anyway? Get started with some insider information, writing and publishing tips, plus a resource handout from a published author of children's books and magazine stories who has worked with many New York editors. The workshop will help you focus your energies and get you closer to fulfilling your children's writing goals.

Instructor: Mary Cummings is the author of the children's picture book, Three Names of Me (Albert Whitman & Co.), along with And the Baker's Boy Went to Sea (Sparkling Press); plus several stories for 8 -12 year olds in "Cricket" magazine.

#6146-Sp09
Wednesday, April 15
6:30-9 p.m.
Henry Sibley High School, MH
1 session-\$49

TEACH!!

Looking to share your expertise? If you are interested in teaching a course for young people or adults, be sure to let us know. Call 651-403-8312 for more information and make plans now to teach a class!

Creative Non-Fiction- Writing Your Life Story

We all have a story and many of us want to share our memoirs with others. We may want to leave a history for our heirs or write just to learn more about ourselves. Some of us love the process of recording the events that shaped us; some joyful some sad, but the events who made us who we are. When you finish the course you will be given tips how to publish your memoirs. Topics Rogers will address for writing a successful memoir are: • Getting started-overcoming reluctance • Finding your story? Trusting your story • Making details vivid • Knowing your audience • Writing about "place" • Controlling point of view • Boundaries between memoir and fiction • Making family history readable • Ethical issues (telling secrets, speaking for others and the right to privacy.) There will be some in-class writing and sharing of work. So sharpen your pencils, bring your notebook and begin a journey uniquely yours.

Presented by Jim Rogers, University of St. Thomas, Rogers has a MA in English and wrote his thesis on literary journalism. He has published essays in a variety of literary journals, including the South Dakota Review, Ascent, New Letters and Big Muddy. He also published in the Journal of College Writing, "The Journey Itself: How Essayists Avoid Being Bored."

#6208-W09
Tuesdays, April 7-28
6:30-8 p.m.
Thompson Park Activity Center
1200 Stassen Lane, WSP
4 sessions-\$49

Refocus, Reinforce, and Redesign your Resume

If your resume is not producing the results you hoped it would, the economy might not be entirely to blame. This two-session workshop is designed to assist job seekers and grad school applicants with refocusing, reinforcing and redesigning their resumes. We will look at common resume mistakes and concrete examples of resume improvements, giving you tools that you can apply to your own presentation and content, including improved alignment with your target market. We will also dedicate time to reviewing, gently critiquing and refining your existing resume and those of your classmates. Take a big step toward a new opportunity with resume improvement strategies that can be immediately implemented. Don't miss the hands-on component of this class; be sure to bring a copy of your resume to class! Better yet, email it to the instructor ahead of time.

sarah@welltemperedwordsmith.com
Instructor: Sarah Hoplin is the founder of the Well-Tempered Wordsmith, LLC, a writing service devoted to customizing resumes and job search correspondence. She holds a Masters in Education and Human Development from George Washington University and is a National Certified Counselor.

#5900-W09
Thursdays, February 19 and 26
6:30-8 p.m.
Inver Grove Heights Middle School, IGH
2 sessions-\$29

#6210-Sp09
Thursdays, April 16 and 23
6:30-8 p.m.
Henry Sibley High School, MH
2 sessions-\$29

Register online at
www.celearn4ever.org



Do you want to be a Better Conversationalist? Become a Better Listener!

Good conversationalist are often considered good listeners: A skillful listener encourages us to express our thoughts and feelings, pays close attention to what we're saying, and thoughtfully responds to what is important to us. Once we find a good listener, we connect with that person in a special way-indeed, we are willing to pledge our loyalty to anyone who truly listens to us. You can become a better listener by attending this informative class. First you will assess your listening "IQ" to determine how well you listen. You will then learn three key concepts that will positively influence your listening ability at home and at work. Finally, you will apply listening tips with interactive exercises designed to stimulate discussion and increase your listening effectiveness into the future.

Instructor: Mike Shirek is a graduate of the University of St. Thomas where he studied interpersonal communication. He has presented listening workshops in the Twin Cities area, is a member of the International Listening Association and has 30 years of experience "communicating" in the field of Customer Service and Technical Support.

#5907-W09A
 Monday, February 9
 6-9 p.m.
 South St. Paul High School, SSP
 1 session-\$19

#5907-W09B
 Wednesday, March 4
 6-9 p.m.
 Inver Grove Heights Middle School, IGH
 1 session-\$19

Public Speaking for the Beginner: Ease Anxiety, Reduce Fear

Do you have a fear or a discomfort with speaking in public? You are not alone. Learn ways to overcome your anxiety about public speaking in this two-day class. Learn how to speak more professionally in front of a group, more effectively at meetings and with confidence in school, class, meetings and group situations. Methods for neutralizing fear and overcoming anxiety will be included as will effective preparation and delivery of your message. This class is open to anyone over age 16.

Instructor: Garrett Auth and Robert Pirro have a combined total of over 50 years of experience in training and education, dealing with a number of different industries and a wide variety of audiences. Both instructors draw on personal experiences to augment every topic covered in the course and bring empathy to an audience that desires to become less fearful and more effective in public speaking.

#6546-W09
 Monday and Tuesday,
 February 23 and 24
 6-9 p.m.
 Henry Sibley High School, MH
 2 sessions-\$39

#5952-Sp09
 Monday and Tuesday, April 6 and 7
 6-9 p.m.
 South St. Paul High School, SSP
 2 sessions-\$39



Jill Spiegel's How to Talk to Anyone about Anything! (For Adults and Teens)

Don't you hate the prospect of walking into a room that's packed with strangers, approaching someone you've never met and striking up a conversation? You are not alone. It's natural to feel uncomfortable. Many top executives, politicians and celebrities dread these situations. Here's just a sampling of the secrets you'll discover: the most powerful "instant rapport" techniques - use them and you'll always make a terrific first impression; the rules of effective small talk - and the one huge error many people commit; how to converse intelligently on any subject - even if you know little or nothing about it; magic phrases that never fail to win a new acquaintance's trust and good will; and, is she or he romantically attracted to you? How to know for sure... You'll leave this class feeling confident and exhilarated.

Instructor: Jill Spiegel is author of "Jill Spiegel's How To Talk To Anyone About Anything!" She has appeared on Oprah and Today, in People Magazine and much more! Jill inspires people around the world. Checkout www.JillSpiegel.com for more info.



#6490-W09
 Saturday, March 14
 10 a.m.-12 noon
 Henry Sibley High School, MH
 1 session-\$32

Classes in this catalog are offered throughout District 6, 197 and 199. You are invited to participate in any class included in this catalog regardless of your district of residence. Combining our efforts will allow all members of our community the greatest number of opportunities!



Introduction to Voiceovers

Have you ever wanted to be the voice everyone hears on commercials and documentaries? You too can become a Professional Voiceover Artist! In this fun and interactive class, you will learn some of the details of the industry. Your instructor will coach you while recording your voice. Be warned—many who have taken this class have gone on to become real, bona-fide professional Voice Actors! *Instructor: This class is taught by a professional voice actor from the voice acting training company, Voices For All.*

#5482-Sp09
 Thursday, April 23
 7-9 p.m.
 Inver Grove Heights Middle School, IGH
 1 session-\$39

#6209-Sp09
 Thursday, May 14
 7-9 p.m.
 Henry Sibley High School, MH
 1 session-\$39

Launch Forward-Set Goals and Schedule Actions

Where are you headed? Are you waiting or wandering? Are you taking the path of least resistance? Are you ready to grow? Are you faced with a change? All change starts with a decision. What do you want to do and have? Who do you want to be? Are you ready to clarify your goals? Are you ready to focus on what you really want? Are you willing to take the action steps to move forward? This workshop will provide you the breathing space and the quiet time to commit your goals to paper and to determine your action steps.

Instructor: Barbara Townsend

#5481-W09
 Tuesdays, February 17 & 24
 7-8:30 p.m..
 South St. Paul High School, SSP
 2 sessions-\$39

Organizing Photos Digitally With Photoshop Elements

Do you have hundreds or thousands of photos and digital scrapbooking supplies on your hard drive and not sure how to get them all under control? This is the class for you. In this hands-on class in the computer lab, you learn about software options for organizing your photos as well as how you can use the Photoshop Elements Organizer to help you. We will learn how to categorize and tag photos to make finding your photos faster and easier. In addition, you will learn how to turn your photos into slide shows and other fun projects available in Photoshop Elements. Class includes a handout and video tutorial.

Instructor: Karla Terry

#6148-W09
 Thursday, March 12
 6:30-9 p.m.
 Mendota Elementary School, MH
 1 session-\$39



Attention UCare Members

UCare Minnesota members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and throughout the duration of the class. Members will need to include their UCare ID number when registering. For more information, call 612-676-3351.

www.celearn4ever.org

The MN deduction allows parents to subtract from their taxable income up to \$2,500 for qualifying expenses on behalf of each child in grades 7 to 12, and up to \$1,625 for each child in grades K to 6. The legislature expanded the list of qualifying expenses to include all Community Education classes, tutoring, academic summer school and camps, and up to \$200 of the cost of a computer or education-related software.

Family Literacy

Build Assets for Youth!

The Search Institute® of Minneapolis has identified the following building blocks of healthy development-known as **Developmental Assets**®-that help young people grow up healthy, caring, and responsible. What can you do to build assets? Community Education cares deeply about young people and plans activities, events, and classes to be in line with these fundamentals of successful development.

External Assets

1. Family support
2. Positive family communication
3. Other adult relationships
4. Caring neighborhood
5. Caring school climate
6. Parent involvement in schooling
7. Community values youth
8. Children as resources
9. Service to others
10. Safety
11. Family boundaries
12. School boundaries
13. Neighborhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations
17. Creative activities
18. Child programs
19. Religious community
20. Time at home

Internal Assets

21. Achievement motivation
22. Learning engagement
23. Homework
24. Bonding to school
25. Reading for pleasure
26. Caring
27. Equality and social justice
28. Integrity
29. Honesty
30. Responsibility
31. Healthy lifestyle
32. Planning and decision making
33. Interpersonal competence
34. Cultural competence
35. Resistance skills
36. Peaceful conflict resolution
37. Personal power
38. Self-esteem
39. Sense of purpose
40. Positive view of personal future

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Parents and Children Learning Together

The Adult Basic Education and Early Childhood Family Education Departments of Inver Grove Heights, South St. Paul, West St. Paul and Mendota Heights will be offering free classes for parents and their children, 18 months to age five. Family Learning classes continue to offer participants the opportunity to:

- Explore ways to help families strengthen skills for improved job and educational prospects.
- Discuss ways to balance work and family life by building an awareness of community resources and parenting skills with the guidance of a parent educator.
- Build academic skills in writing, reading and math to improve job opportunities, or pass the GED tests with the help of an Adult Basic Education instructor.
- Prepare children for school through play and activities with an Early Childhood teacher.
- Have fun and meet other families in the community.

The 2009 Class schedule:

Tuesday and Thursdays, 12:15-2:45 p.m.
Family Connections
1515 Fifth Avenue South, South St. Paul

Registration is required. Please call South Suburban Adult Basic Education, 651-457-9441, for more information



Online Learning with Ed2Go

On your timetable, on your schedule, at your own pace!

Ed2Go offers instructor-facilitated online courses that are informative, fun, convenient and highly interactive. Instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any of these courses entirely from your home or office at any time of the day or night.

How to Get Started:

1. Visit our Online Instruction Center:
www.ed2go.com/celearn
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Start Dates:

A new section of every online course offered through ed2go will begin on

Wednesday, February 5

Wednesday, April 2

Wednesday, June 4

Wednesday, September 10

Wednesday, November 5

Requirements:

All courses require Internet access, e-mail, the Netscape Navigator or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.



Convenient, Affordable, and Effective.

Take ed2go courses from the comfort of your home or office at the times that are most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from Anatomy to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

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Program Information

1200 Stassen Lane
West St. Paul
651-403-8300

Coordinator:
Barbara Eschle
eschleb@isd197.org

TPAC Hours

9 a.m. - 4 p.m.
Monday - Friday

Ongoing Activities at TPAC

Weekly

Monday Crafters
Computer Learning Center
Duplicate Bridge
McBingo at McDonald's, WSP
Women's Cards
Mah-jongg
Scrabble
500 Club
Open Bridge

Monthly

Great Decisions
Red Hat Peppers
Book Ends
McBingo at McDonald's, MH
TPAC Birders
JAM Sessions
Scandinavian Club
Penny Bingo
Cooking Capers
Blood Pressure Screening



Inclement Weather Policy

Thompson Park Activity Center is closed for bad weather when District 197 is closed. Please listen to WCCO or your local television station for information. The district will be listed as: West St. Paul/Mendota Heights/Eagan. In doubt call 651-403-8300.

Thompson Park Activity Center

A Program for Older Adults

A place for you . . .



Advisory Council

The TPAC Advisory Council helps plan events, classes and programs. It also serves in an advisory capacity to the Coordinator for Older Adult Programs.

If you'd like to serve, and live in District 197, give us a call. Meetings are held six times per year. Everybody is welcome to attend meetings.

TPAC Advisory Council

Jackie Diebel, John Fischbach, Richard Garcia, Karen Griffin, Mary Happach, Lupe Herrera, Mary Lou Johnson, Jean Marble, Mary Martin, Joan Miller, Kathy Misukanis, Muriel Owen, Patricia Rolewicz, Mary Lou Sabin and John Whitson

TPAC Newsletter

To request *The Thompson Times*, TPAC's monthly newsletter, call 651-403-8300. It is free; however, a donation for its publication costs will be appreciated.

Scholarships Available From TPAC Advisory Council

If you would like to attend an event or class and find the cost prohibitive, the TPAC Advisory Council may be able to give you a partial scholarship. Please call Barbara Eschle, 651-403-8300.

Check us out . . .

For added activities, read *The Thompson Times*, visit our web site at www.comed.isd197.org and watch your local newspapers for information.

New Phone Number for Thompson Park Activity Center



Our new number is **651-403-8300**.

Visit our website at www.comed.isd197.org

Classes and Activities

AARP Tax Aides Tax Help

Monday and Friday
February 2-April 13
9 a.m.-2 p.m.

E-filing only. (exception would be amended returns and/or Power of Attorney forms.) Please note: If a person wants to mail their own return, they will have to go to a paid preparer.

What to bring to the Tax site

- Tax Return for year 2007
- Social Security card
- Photo ID - driver's license or Minnesota ID - student ID
- Copies of all W-2's, 1099 Forms and proof of other income received by taxpayer, spouse, or others shown on the tax return for year 2008.
- The amount of the Stimulus payment you received in 2008.
- If you own your home, a copy of your 2008 Property Tax Statement and your 2009 Property Tax Statement. Renters should bring their "Certificate of Rent Paid" usually available from your landlord.

Although you must make an appointment, please be prepared to wait. Call 651-403-8300.

Great Decisions Kick-Off 2009

Join a group of global thinkers to discuss topics of diverse interests. Participants are issued workbooks on related topics to read before the meeting. At the meeting a DVD is shown to supplement that topic. A discussion is held afterwards. Great Decisions is sponsored by the Foreign Policy Association through the Minnesota International Center. GD meets 10 months on the second Monday of the month. Facilitated by Joan Neren. Yearly fee \$25 per person, \$35 for a couple. Call 651-405-8300 to pre-register.

January Topic: Foreign Aid
(Pick up 2009 Briefing books)

Monday, January 12
1 p.m.

JAM Sessions

It's a little bit blues, but mostly country, when a variety of entertainers start jammin'. Bring your instrument or voice and jam along. Toe tappin' allowed! No registration needed.

Wednesday, January 28-**Cancelled**
Wednesday, February 25
Wednesday, March 25
Wednesday, April 22
Wednesday, May 27
1-3 p.m.

Senior Law Project

To meet with an attorney for help with your legal questions register at the intake line at 651-224-7301 for your consultation. You will meet at TPAC.

Kathy Everslage, attorney at law.

Wednesdays, May 6 & 20
9-10:30 a.m.
Free

UCare for Seniors Members

UCare members may take up to a \$15 discount per class on most classes. As of January 1, 2009 you are limited to one discount per year. Members must be on UCare at the time of registration and throughout the duration of the class. Members will need to include their UCare ID number when registering. For more information, call 612-676-3351.

Watercolor



Beginning Watercolor

Instructor: Linda Stout has taught watercolor for several years and has sold her clay work in many juried shows.

Thursdays, January 15-February 19
1-3 p.m.
6 sessions-\$66

Thursdays, March 5-April 9
1-3 p.m.
6 sessions-\$66

Intermediate Watercolor

Instructor: Linda Stout

Wednesdays, January 14-February 18
1-3 p.m.
6 sessions-\$66

Wednesdays, March 4-April 8
1-3 p.m.
6 sessions-\$66

Advanced Watercolor

Instructor: Linda Stout

Mondays, January 12-February 23
(no class 2/16)
1-3 p.m.
6 sessions-\$66

Mondays, March 2-April 6
1-3 p.m.
6 sessions-\$66

Drawing

Instructor: Linda Stout

Tuesdays, January 13-February 17
1-3 p.m.
6 sessions-\$66

Tuesdays, March 3-April 7
1-3 p.m.
6 sessions-\$66

Call center 651-403-8300 for list of supplies.

Health and Wellness

Yoga Flow: Mid Day

You will learn how to use your breath to move and relax into poses. Yoga will focus on flowing with your breath. You'll leave feeling refreshed and energized for the rest of the day. You need not know yoga. Class is appropriate for the beginner and experienced yoga student. It is recommend the students bring a yoga sticky mat, towel, and water.

Optional: yoga block and/or straps

Instructor: Lori Michelle has been practicing yoga for 7 years after finding her way to yoga when a low back injury side-lined her from a busy lifestyle. Lori is a certified yoga teacher and recently became a full-time teacher.

Session One

Mondays, January 12-February 23
(no class 2/16)
11:45 a.m.-12:30 p.m.
6 sessions-\$39

Session Two

Mondays, March 2-April 6
11:45 a.m.-12:30 p.m.
6 sessions-\$39

Session Three

Mondays, April 13-May 18
11:45 a.m.-12:30 p.m.
6 sessions-\$39

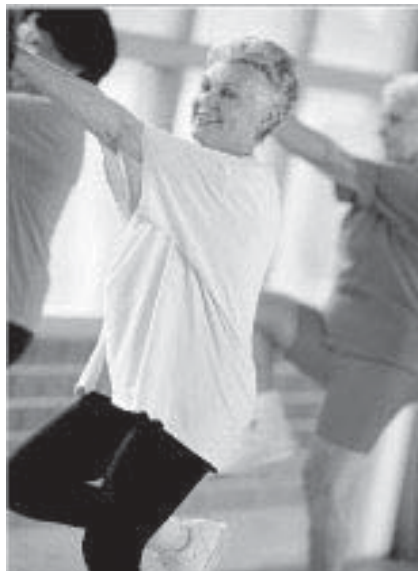
Fit for Life!

At any age exercise is an essential part of a healthy life-style, but especially as you become less active. Classes will include cardio, strength and balance training to keep you strong, and stretches to maintain your flexibility. Bring a hand towel, an exercise mat, water bottle, and light dumb bells. Wear comfortable clothes. As with any exercise program, check with your doctor first.

Instructor: Kate Marsland is a NETA certified Group Fitness Instructor as well as a certified Active Older Adult

Instructor. She's been working in the south metro for years and specializes in women's strength training.

Tuesdays, Ongoing
Beginning January 13
9-9:45 a.m.
Drop in \$3.50 a session or an 8 week coupon book for \$24



Aerobics and Stretch Class

This class is designed with seniors in mind. You will be doing low impact aerobics to improve or maintain your flexibility. Dress in comfortable clothes. Bring a mat and water. As with any exercise program, check with your doctor first.

Instructor: Margaret Christians enjoys aerobics classes as well as dancing and moving to music. She is YMCA certified in the foundations of working with active older adults lifestyle principles.

Thursdays, Ongoing
Beginning March 5
9-9:45 a.m.
Drop in \$3.50 a session or an 8 week coupon book for \$24

Hearing Aids

Learn about a quality, low cost hearing aid repair service for out-of-warranty hearing aids. Nova*Sonic will pick up and deliver repaired hearing aids to Thompson Park Activity Center (two to three day turnaround time.)

*Presenter: Carol Slavick president of Nova*Sonic*

Friday, January 23
1-2 p.m.
Free-call 651-403-8300 to pre-register.

Finance

Wills, Trusts, & Health Care Directives (Living Wills) and Power of Attorney:

This presentation will give an outline of each estate planning instrument and how they are utilized in Minnesota. Attendees can apply the knowledge they learn for their own unique circumstances. Protect yourself from unscrupulous legal service providers that persuade seniors to buy expensive Living Revocable Trusts packages, when it's not necessary. There will be time allowed for questions.

Presenter: Amy Marble has her own law practice and has been practicing law in Minnesota over 10 years.

Tuesday, January 27
1-2 p.m.
Free-call 651-403-8300 to pre-register.

But Mother Promised Me I Could Have Her Crystal Beads

Parents often have differing views on how they will pass their personal items on to their children. Some assume that upon their death, their families will peaceably divide their non-titled property-possession that do not have legal documents attached to them. Others think that just making a verbal promise is enough and their wishes will be kept. We will look at various approaches to decision making and ways to deal with conflicts.

Presenter: John E. Trojack has a B.A. from the University of MN and a J.D. from the William Mitchell College of Law, he offers 32 years of experience on the importance of protecting persons' rights and interests.

Monday, January 12
1-2 p.m.
Free-call 651-403-8300 to pre-register.

Driver Safety Renewal Classes

Four-hour classes reduce your insurance premiums and help you become a better driver. You must complete an eight-hour class before taking this class. A certificate lasts for three years. Write checks to TPAC. Classes are \$16. Registration required.

Thursday, February 19 Noon-4 p.m.
Thursday, March 19 Noon-4 p.m.
Thursday, April 16 Noon-4 p.m.

Computers and Technology



Drop-In Computer Learning Center

Side-by-side help with your computer questions. Computers are available or bring your own laptop. WiFi available. No registration required.

Ongoing Mondays and Wednesdays
9-11 a.m.

Computer Education Topics:

Photo Editing-The Basics. Want to learn how to rotate, crop and enhance your Christmas photos? Join us for a hands-on practice session using Picasa (a free photo editing program).

Presenter: C. Leigh Gerber

Monday, January 12
11 a.m. -12 noon

Photo Sharing. Learn how to share your digital pictures via email, photo sharing websites, CD's/DVD's and flash drives. No registration required.

Presenter: Judy Murray

Monday, January 26
11 a.m. -12 noon

Free Security Software. Tips on how to find free security software. No registration required.

Presenter: John Fischbach

Monday, February 9
11 a.m. -12 noon

Email. The ins and outs of email. Learn how to send and receive emails, attach photos and much more. No registration required.

Presenter: Lupe Herrera

Monday, February 23
11 a.m. -12 noon

Shopping Online. How to protect your personal information while shopping online. No registration required.

Presenter: John Fischbach

Monday, March 9
11 a.m. -12 noon

Cut, Copy, Paste from the Internet.

Found a recipe or other information on the Internet that you want to save?

Learn how to pick what you want from a web site and paste it into a document on your computer. No registration required.

Presenter: Mary Martin

Monday, March 16
11 a.m. -12 noon

Make Your Computer More "Senior Friendly"

Computer screen hard to read? Learn how to enlarge and darken text. Hands a little shaky? Learn easier ways to select text and how to slow down that mouse. Aches & pains? Ease wrist, neck and back problems with better computer posture, proper equipment placement and special accessories. No registration required.

Presenter: Judy Murray

Monday, April 13
11 a.m. -12 noon

How to search the Internet. Learn, or improve, how to search the Internet. Various search engines will be explored and how each is used when trying to locate "stuff". Entering search requests will be dissected as to how more subject specific "hits" can be achieved. No registration required.

Presenter: Pat Farley

Monday, April 27
11 a.m. -12 noon

Skype: How to communicate via computer. Converse with friends and relatives using your computer. No registration required.

Presenter: C. Leigh Gerber

Monday, May 11
11 a.m. -12 noon

Clubs

Book Ends

Book Club Discussion Group

Call the center for book selection.

4th Tuesday of the Month
10:15-11:15 a.m.
Wentworth Library
199 E. Wentworth Ave, WSP

Mystery a Month Book Club to Begin

Mystery readers meet for an organization meeting of *Mysteries of the Month Book Club*. Books will be on site for February's meeting. Interested but can't attend the meeting? Please give us a call, 651-403-8300.

Tuesday, January 13
10-11 a.m.
Free-call 651-403-8300 to pre-register.

TPAC Birders

Experience bird watching with other birders guided by an experienced guide. Wear comfortable walking shoes and bring binoculars if you have them. We will car pool; rain or shine, we're on. This year we will be running more field trips and longer ones in order to incorporate better birding, locations that are more timely, and better chances at Life Birds (birds that you have never seen.) Call 651-405-8300 to pre-register and for a complete schedule.

Tuesday, January 6
Planning Meeting at TPAC
1-2 p.m.

Saturday, February 14	Sax-Zim-Bog
Tuesday, April 14	180th St. Marsh
Saturday, April 25	Krex Meadows
Tuesday, May 12	Woodlake
Tuesday, May 19	Dodge Farm

TPAC Garden Club

Love flowers and flora? Bloom at the Garden Club and be part of a knowledgeable and creative group. The Club plants, plans and perfects the patio planters and adjacent garden at TPAC. Call 651-405-8300 to pre-register.

Planning for spring and summer
Wednesday, February 25
10-11 a.m.

Bridge

Brown Bag Beginner Bridge

This is for players with little or no experience at playing bridge. In the first lesson, players will be introduced to the mechanics and basic rules for play. Each lesson thereafter builds on this foundation to create a player who can enjoy an evening of bridge with friends. Class topics include: Opening bids, responding to opening bids, rebids by opener and responder, overcalls, takeout doubles and more. Bring your bag lunch. Registration required.

Session I
Mondays April 6-27
5-7 p.m.
4 weeks-\$29.



Session II
Mondays, May 4-June 1
(no class 5/25)
5-7 p.m.
4 weeks-\$29

Bridge Plus

This is a great chance for intermediate players to polish their skills. Each session consists of 45 minutes of discussion on a variety of bridge topics followed by practice play, supervised by Mike Flader or Randy Mertens, two of the area's leading tournament bridge players.

Session I: Play of the Hand
Wednesdays, January 21-March 25
1:30-4 p.m.
Drop in and pay each time or buy a group of lessons and receive a discount. Basic lesson fee is \$10 a person or \$80 for 10 sessions. Pay at the door. Textbook available for \$5.

Session II: Defense Play
Wednesdays, April 8-June 10
1:30-4 p.m.
Drop in and pay each time or buy a group of lessons and receive a discount. Basic lesson fee is \$10 a person or \$80 for 10 sessions. Pay at the door. Textbook available for \$5.

Duplicate Bridge

Sanctioned by the ACBL and awarding master points, duplicate bridge is every Wednesday morning. Every morning is a 299er (0-500) game. Sessions run from 9 a.m.-Noon with a 20-30 minute mini-lesson followed by play of pre-duplicated hands. Pay at the door. No registration required. NEW! Bridge scores online at www.isd197.org/district197/older_adults.

Ongoing Wednesdays
9 a.m.-12 noon
\$8 per session. Discount cards provided for frequent players. Pay at the door.

Instructor: Mike Flader has been playing bridge since 1968. He was the manager of the Minneapolis Bridge Center from 1980-1994 and was once voted "Best Bridge Teacher" by Minneapolis-St. Paul Magazine. He has worked for the American Contract Bridge League since 1989 and is now a National Tournament Director.

Thompson Park Activity Center Fundraiser Bridge Tournament

Wednesday, April 1 1-4 p.m.
Refreshments and Prizes
Call 651-408-8300 to register.


Trips and Tours

Unnecessary Farce
Old Log Theater
Wednesday, January 14, \$51

**Seven Brides for
Seven Brothers**
Chanhassen Dinner Theatre
Wednesday, March 25, \$59

**Ronan Tynan &
John McDermott**
Orchestra Hall
Friday, March 20, \$49

**20 Days to Find a Woman &
Lunch at Macys' River Room**
History Theater
Thursday, May 14, \$49

**Dodge Center and
Owatonna** 
Tuesday, May 19, \$61

**Butch Thompson
Prom Ballroom** 
Tuesday, February 17, \$58


Katie McMahon
Edinburgh 
Monday, March 16, \$60

Golden Strings
Lafayette Club
Wednesday, April 22, \$60

Singin' in the Rain
Ordway Center for the Performing Arts
Sunday, June 21

**Minnesota Landscape
Aboretum**
Summer of 2009-Detail TBA

See *Thompson Times* for Trip Policies and further information.

 TIS is trips with the Thompson Park Activity Center, Inver Grove Heights and South Saint Paul Older Adult Programs. Other trips are sponsored by individual centers.

Seminars for the InQuiring Minds

Seminars for InQuiring Minds (SIQ) offers adults convenient, inexpensive learning experiences through challenging, in-depth daytime classes. All classes held at Thompson Park Activity Center, 1200 Stassen Lane, WSP.

The History of Mystery: Deducing Detectives

You'll learn a bit about the history of mystery stories and the different types of detectives by reading several stories and novels and viewing several films. Call the Center two weeks prior for book list. Some of the writers and literature discussed will include: penny dreadfuls, Wilkie Collins, Edgar Allan Poe, Sir Arthur Conan Doyle, Agatha Christie, Raymond Chandler, Dashiell Hammett, Rex Stout, Chester Himes, Erle Stanley Gardner

Instructor: Mary Lou Sabin is a retired public school teacher with English and History degrees from the University of Michigan, and post graduate work from Michigan State University.

Tuesdays, March 3-24
1-3 p.m.
4 sessions-\$49

Why Was the Twin Cities a Gangsters Hideaway in the 30's?

Come explore the reasons why the 1930's became known as the "Gangster Period" in the Twin Cities. Why did St. Paul become a home base for bank robbers? Where did they live? Who were they? Who helped them hide out? Did they have alternative places to go and plan their activities? Why do we romanticize gangsters?

Instructor: Virginia Lanegran has a graduate degree in America Studies, taught at Anoka-Ramsey Community College. She has an eclectic range of interests and can teach a variety of subjects.

Mondays, April 20-May 11
10 a.m.-12 noon
4 sessions-\$49

Understanding Life: Religions and Worldviews

How different cultures and religious traditions express the meaning and purpose of life on earth, and deal with human experiences of spirituality and transcendence can lead to a better understanding of this complex world. Content will be drawn mainly from brief passages taken from scriptures of the Middle East (Jews, Christians, Muslims), India (Hindus, Buddhists), and China (Taoists). We'll look at practices and doctrines which support and communicate both the continuities and differences among the various traditions. Supporting materials will be provided.

Instructor: Sister Vera Chester CSJ is a retired Professor of Theology from the College of Saint Catherine. She has a M.A. in Theology and Ph.D. in religious Studies from Marquette University and was a Fulbright Scholar. She has taught several SIQ classes as well as for the Center for Senior Citizen's Education at the University of St. Thomas

Mondays, April 27-May 18
1-3 p.m.
4 sessions-\$49

Interested in Writing Your Memoirs?

See *Creative Non-Fiction-Writing Your Life Story* on page 26. It will be taught by Jim Rogers from the University of St. Thomas. He has a MA in English and wrote his thesis on literary journalism.

Mini Q's

Same great concept as SIQ, just shorter as the class meets just once. For more details call TPAC for a brochure.

The "Wright" Way to Fly

Hear about how Wilbur and Orville Wright created the first successful powered airplane.

Presenter: Will Thorpe

Tuesday, April 14
1-2:30 p.m.
1 session-\$6

Aging with Humor

Wow! the golden years are upon us, and we need to keep our sense of humor because aging is not for the faint of heart.

Presenter: Mary Maher

Monday April 20
1-2:30 p.m.
1 session-\$6

Bob Dylan: Portrait of the Artist as a Young Man

You'll receive a listening tour, along with some commentary and discussion, of some of Dylan's early music and the influences.

Presenter: Andrew Schribner

Wednesday, May 6
1-2:30 p.m.
1 session-\$6

Baseball History

You'll learn more about America's favorite pastime. Hear the history of baseball; the players, special World Series, the music and more. Woods will play his original song, *Was it Just a Dream?* about Shoeless Joe.

Presenter: Warren Woods

Friday, May 15
10-11:30 a.m.
1 session-\$6

Stories from the Civil War

Hear stories some poignant, some provocative but all fascinating from General to soldier to those who stayed behind in one of America's most painful times.

Presenter: Dick Falor

Friday, May 22
10-11:30 a.m.
1 session-\$6



Inver Grove Heights Senior Center

IGH Senior Center Offers ...

- Trips and Tour
- Enrichment Opportunities
- AARP Drivers Safety Program
- Luncheons
- Educational Seminars
- Social Activities
- Tax Help
- Health Programs
- Legal Services
- Special Events

Program Information

8055 Barbara Avenue
Inver Grove Heights
651-450-2469

Coordinator:
Joan Wormer
wormerj@invergrove.k12.mn.us

Office Hours

9:30a.m. - 3:30 p.m.
Monday - Thursday

Ongoing Activities

Weekly

500 cards
Mondays, 1 p.m.

Choir
Tuesdays, 10:30 a.m.

Mah Jongg
Tuesdays, 12:30 p.m.

Social Bridge
Wednesdays, 12:30 p.m.

Euchre
Thursdays, 1 p.m.

Monthly

Book Discussion Group
Second Tuesday at 1 p.m.

Penny Bingo
Third Tuesday at 1 p.m.

Cribbage
Fourth Tuesday at 1 p.m.

Game Day
First Wednesday at 1 p.m.

To request the IGH Senior Newsletter, call Joan Wormer at 651-450-2469. The newsletter is published quarterly.

Senior services and programming are provided as a joint effort between the City of Inver Grove Heights and School District 199 Community Education.

Trips and Tours

Butch Thompson at the Prom Center Oakdale, MN

Lunch will be served upon arrival in the new state of the art Prom Center. Lunch will include meat loaf, salad, green beans, rolls beverage and ice cream sundae. After lunch enjoy a concert by Pianist Butch Thompson including love songs accented with stories and humor. In his forty year career, Pianist Butch Thompson has earned a worldwide reputation as a master of classical jazz piano. He is widely known for his 12 year stint on "A Prairie Home Companion" and continues to be a frequent guest on that show.

Tuesday, February 17
Departs IGH 10:15 a.m.
Returns IGH approx. 3:15 p.m.
\$58 includes transportation, lunch and show
Register at IGH Parks and Recreation by Friday, January 23

Katie McMahon-Irish Performance at Edinburgh USA Brooklyn Park

For this special event the chef has prepared a savory Irish stew to be served with a freshly baked Artisan baguette, a beverage and an Irish cream mousse cake. Enjoy a performance by Katie McMahon who is best known for her exquisite soaring soprano solo in "Riverdance." Don't miss this opportunity to celebrate the food, music, and dance of the Irish Culture.

Monday, March, 16
Departs IGH 10 a.m.
Returns IGH approx. 3:30 p.m.
\$60 include transportation, lunch and show
Register at IGH Parks and Recreation by Friday, February 20

Golden Strings Lafayette Club

"The Grand Old Lady of the Lake" is set on a hilltop overlooking Lafayette Bay. Enjoy the view while you feast on Breast of Chicken Florentine, fresh vegetable, potatoes, and a Gold Brick Sundae. Virtuoso violinist "Clifford Brunzell and the Golden Strings" will entertain you with their beautiful music ranging from classical to pop.

Wednesday, April 22
Departs IGH 10:15 a.m.
Returns IGH approx. 3:15 p.m.
\$60 includes transportation, lunch and show
Register at IGH Parks and Recreation by Friday, March 20

Dodge Center and Owatonna

First stop will be a visit to the Hillside Alpacas Farm near Dodge Center where you will learn about the operation of alpaca yarn. Next stop will be enjoying a delicious lunch at Jerry's Supper Club in Owatonna. After lunch, we'll tour the Minnesota State School for Dependent and Neglected Children. The self sustaining school served as the temporary home for thousands of abandoned or orphaned Minnesotan children for over 60 years. Menu: Minnesota Chicken, a boneless breast of chicken served with rice pilaf covered with a mushroom sauce, tossed salad, baby carrots beverage and dessert.

Wednesday, May 19
Departs IGH 8:30 a.m.
Returns IGH approx. 4 p.m.
\$61 includes transportation, lunch and show
Register at IGH Parks and Recreation by Friday, April 24

Special Events

Fashion Show & Luncheon

Please join us for Lunch and a Fashion Show. The new spring fashions provided by Josephine's Apparel. Space is limited. Sign up early.

Friday, March 13
11 a.m.
\$12 per person

Programs & Classes

Choir

Join the IGH Senior Center Choir and experience the therapeutic value of singing. The only requirement is that you love to sing!

Tuesdays ongoing
10:30 a.m.

For Your Health & Well-Being

Blood Pressure Checks

The third Monday of every month
11:30 a.m.-12:30 p.m.
Free

Happy Feet Foot Service

Wednesdays 10 a.m. to noon
Call 763-560-5136 for an appointment.
Cost: \$30

Fitness Classes

The Grove Fitness Program offers classes for Older Adults. Call 651-554-3420 to sign-up for these beneficial classes!

Therapeutic Massage

LaRae Willis, Certified Neuromuscular Massage therapist, has begun offering chair and table massages at the Senior Center. For an appointment call LaRae at 651-455-1312.

Second Wednesday of every month
11:30 a.m.-12:30 p.m.
Cost: \$1 per minute. Appointments are a minimum of 10 minutes and a maximum of 45 minutes.

IGH Senior Adult Program

Driver Safety Program

Daytime Classes are at the Senior/Adult Center of Inver Grove Heights Veterans Memorial Community Center, 8055 Barbara Ave. Park in the 80th Street parking lot. Enter the main doors and turn right at the hallway – follow signs.

Evening Classes are at Inver Grove Heights Middle School (IGH Middle School), 8167 Cahill Ave., IGH. Park in the main lot off of Cahill Ave. and enter the middle school main doors. Watch for signs inside the building directing you to your classroom.

Eight-Hour Classes are for persons 55 years of age and older, who have not taken the Driver Safety Program. Receive a 10% discount on your auto insurance premium for three years.

Fee: \$14-Advanced registration is required

Sec. 1 Wednesdays, February 18 & 25 5:30-9:30 p.m. IGH Middle School
Sec. 2 Thursdays, March 5-12 5:30-9:30 p.m. IGH Middle School

Four-Hour Classes for persons who have completed an 8-hour class and need to renew their certificate.

Fee: \$14-Advanced registration is required

Sec. A Thursday, February 5 8:30 a.m.-12:30 p.m. Community Center
Sec. B Wednesday, February 11 5:30-9:30 p.m. IGH Middle School
Sec. C Thursday, March 19 8:30 a.m.-12:30 p.m. Community Center
Sec. D Tuesday, March 24 5:30-9:30 p.m. IGH Middle School

Registration Policy

Mail complete registration form on next page to:

Parks & Recreation
8055 Barbara Ave.
Inver Grove Heights, MN 55077
- or -

Register in person at the:

1. Parks & Recreation Department located in The Veterans Memorial Community Center 8055 Barbara Ave. Inver Grove Heights (1 block west of Hwy. 52 on 80th St.). Monday - Friday, 9 a.m.-5:30 p.m.
- or -
2. Community Education Office 1515 Fifth Ave. S., South St. Paul (located in 5th Ave. Plaza) Monday - Friday, 7:30 a.m.-4 p.m.

General Information

- **Make check payable to: AARP**
(Date the check for the actual class date as check is not processed until after class.)
- Advance sign up is necessary. Classes fill quickly.
- Confirmations are not sent.
- Registration must be accompanied by payment.
- Phone registrations cannot be accepted.
- Bring drivers license and a pen.
- Refreshments during class breaks may be obtained from vending machines.
- \$2 (minimum suggested goodwill donation) will be collected in class to help defray publication and publicity expenses incurred by Community Education in sponsoring AARP Drivers Safety classes.
- Additional registration information, call the Senior Center at 651-450-2469 or Parks & Recreation at 651-450-2585 or 651-450-2586.

IGH Driver Safety & Senior/Adult Trips Registration Forms

Adult First & Last Name			
Address		City	State
			Zip
Phone (H)	Phone (W)	E-Mail Address	

*Fill in this section ONLY for:
AARP Driver Safety Registration*

Class Dates:	<input type="checkbox"/> 8-Hour
	<input type="checkbox"/> 4-Hour
Class Time:	
Class Location:	<input type="checkbox"/> Inver Grove Heights Middle School
	<input type="checkbox"/> Community Center

- Fee: \$14 person/per class
- Checks payable to: AARP
- Date check for date of class
- Cash or check accepted only

Office Use Only:
 Date: _____
 Cash: _____ Check: _____
 Entered: _____

*Fill in this section ONLY for:
SENIOR TRIP Registration*

Trip Name:	
Trip Date:	
Cost:	
Check No:	Cash
Charge my:	<input type="checkbox"/> Visa <input type="checkbox"/> Discover
	<input type="checkbox"/> MasterCard
Amount Charged:	
Credit Card No:	
_ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _	
Expiration Date:	
Signature:	
Accommodations:	
U-Care Members Only	
U-Care ID:	

PLEASE MAIL THIS ENTIRE PAGE ALONG
WITH YOUR PAYMENT

Office Use Only:
 Date: _____
 Cash: _____ Check: _____
 Entered: _____

Three Easy Ways to Register

1. **In person.** Register and pay at IGH Parks & Recreation Department, Monday-Friday, 9 a.m.-5:30 p.m. The Parks & Recreation office is in the same building as the Senior Center in the Veterans Memorial Community Center, 8055 Barbara Ave. (one block west of Hwy. 52 on 80th St.). You can also register at the Community Education Office, 1515 Fifth Avenue S., South St. Paul, Monday-Friday, 7:30 a.m.-4 p.m.
2. **By mail.** Mail this registration page (do not cut) and payment to: Parks & Recreation, 8055 Barbara Ave., Inver Grove Heights, MN 55077.
(For Trips: Make checks payable to Parks and Recreation. For Driver Safety make checks payable to AARP.)
3. **Credit card.** Call Parks and Recreation at 651-450-2586 between the hours of 9:00 a.m. and 5:30 p.m. to register for a trip with a MasterCard, VISA, or Discover Card.

General Trip Information

1. All seniors and adults are welcome on any trip or tour.
2. Please arrive 15 minutes before scheduled trip departure and check in at Senior Center.
3. No refunds issued after the registration deadline for trips.
4. Full payment must accompany registration page.
5. Trips fill when maximum numbers are reached or at registration deadline.

South St. Paul Senior Center

South St. Paul Senior Center is located at Central Square Community Center
100 Seventh Ave. N., 651-306-3693.

Weekly activities include:

- Card Playing
- Painting
- Low & Tone Exercise
- Woodcarving
- Tai Chi Chih
- Recreational Swim

Monthly activities include:

- Book Club
- Blood Pressure Clinic
- Stroke Club
- Penny Bingo
- Dancing/Social Hour
- Out-to-Lunch Bunch
- Craft Class
- Afternoon Movies
- Current Events
- Evening Cribbage
- Foot Care
- Casino Trips
- Dinners & Luncheons
- Adoptive Grandparents

Other activities include: Seminars/Presentations, Income Tax Assistance and Flu Shot Clinic.

Coming events . . .

Information on Tours/Trips and Special Events with cost, date and time is available at the Senior Center, 100 Seventh Ave. N., 651-306-3693.

The Little Gift Shop . . .

Offers a wide selection of handcrafted items made by seniors.
Open Monday-Friday, 10 a.m.-3 p.m.

Become a Member

Receive an annual membership card and monthly newsletter by signing up at the SSP Senior Center front desk at Central Square, Monday-Friday, 9 a.m.-3 p.m.

Driver Safety Classes

Eight-hour classes are for people 55 and older who have not yet taken drivers safety to receive a 10% discount on insurance premiums for three years.

Session I: Mondays, February 2 & 9
9 a.m.-1 p.m.
Central Square
\$14-Advanced registration is required

Four-hour refresher classes are offered to those persons who need to renew their certificates to receive a 10% discount on insurance premiums.

Session I: Friday, January 23
9 a.m.-1 p.m.
Central Square
\$14-Advanced registration is required

Session II: Friday, February 27
9 a.m.-1 p.m.
Central Square
\$14-Advanced registration is required

Session III: Friday, March 27
9 a.m.-1 p.m.
Central Square
\$14-Advanced registration is required

Note: These classes are at Central Square, 100 Seventh Ave. N., SSP, and you MUST preregister at Central Square for these classes.

Tutor an Adult Learner and see how your contribution makes a difference!



Serve as a Literacy Tutor and assist certified teachers in an adult basic education classroom. Assist individuals in building the English reading, conversation and writing skills essential to meeting the demands of life and work in Minnesota. Prior tutoring experience is not necessary or required. Pre-service training and orientation is provided by the Minnesota Literacy Council and South Suburban Adult Basic Education. Volunteer tutor positions are available morning, afternoon and evening in the cities of South St. Paul, West St. Paul and Inver Grove Heights.



For more information regarding volunteer opportunities or Literacy Tutor training, contact Adult Basic Education Volunteer Services, at 651-457-9481.

South Suburban Adult Basic Education

Thinking about college? Want to improve your writing or math skills?



Getting started is just a step away...

Skill building classes are scheduled in the morning, afternoon or evening. Registration is required before attending class. For more information regarding specific class times and enrollment procedures, call **651-457-9441**.

On-line and distance learning opportunities are coming soon!

Are you interested in studying for the GED tests or preparing for college? Does your schedule or location make it difficult to attend traditional classes? Do you have a home computer or regular access to a computer? *NEW* on-line or distance learning classes will be coming soon to Adult Basic Education. For more information, contact ABE@sspps.org.

English Language Learning

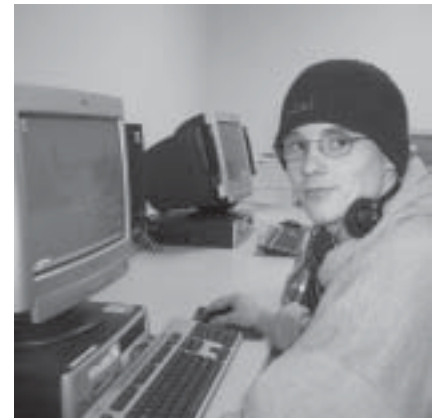
Improve your English through speaking, listening, reading and writing activities. Study for the United States Citizenship Test.

GED Preparation

The GED, General Educational Development diploma, is a national high school equivalency program. Prepare to be successful and study for a series of five timed tests in the areas of literature, math, social studies, science and writing.

Family Learning

Improve your reading, writing and math, prepare for the GED and interact with other adults to discuss parenting issues and literacy topics. Attend class with your preschool aged children, ages 18 months to kindergarten enrollment, and discover fun activities together. (see page 29)



Locations

Adult Basic Education classes are offered as a Community Education service and are conveniently located at the following sites:

South St. Paul

Family Connections
1515 Fifth Avenue South
South St. Paul, MN 55075

Adult Basic Education Center
517 Marie Avenue South
South St. Paul, MN 55075

West St. Paul

West Heights Area Learning Center
150 Marie Avenue East
West St. Paul, MN 55118

Northern Service Center
1 Mendota Road
West St. Paul, MN 55118

Inver Grove Heights

Inver Hills Community College
2500 80th Street
Inver Grove Heights, MN 55076

Basic Review and Brush-up

Improve your reading and writing skills. Build the math and communication skills necessary for a new or better job. Prepare for further training, college classes or the next step in your career.

Welcome to Early Learning in School District 197

School District 197 (West St. Paul-Mendota Heights-Eagan Area Schools) is an E-12 district with Early Learning programs housed in each of the elementary schools. Curriculum, instruction, and educational programming are aligned from preschool through high school.

Early Learning opportunities include a variety of preschool programs, ECFE classes, Building Bridges for Las Familias Latinas, and more. To learn more about our programs, call for a copy of our seasonal brochure, Way to Grow.

**Call 651-403-8353 for
a copy of Way to Grow!**



Preschool Programs

Registration materials for Fall 2009 ThreeSchool and PreK will be mailed in early January. Registrations will be processed on Wednesday, Jan. 28.

Call 651-403-8353 if you would like a copy of the preschool brochure.



School District 197's preschool programs provide a "bridge to school" through half-day programs featuring rich learning experiences that prepare children for school success. Children thrive in the "real school" environment of our recently renovated elementary schools with well-equipped classrooms and surroundings. We offer the following options for preschool:

- School Readiness (ages 3½ -5; families must complete an application to qualify)
- Three School (age 3 and toilet trained)
- PreK (for ages 4-5)
- Buddies and Pals (ECFE program for ages 3-up; parents attend one of the two days a week)
- Preschool Pals (summer program)

Inver Grove Heights-South St. Paul Early Learning Programs

District 199 & 6 parents and their children, birth to Kindergarten enrollment.

Early Childhood Family Education



Early Childhood Family Education (ECFE) offers a variety of activities for families with babies, toddlers and preschoolers.

ECFE Classes are held at:

Family Connections

1515 Fifth Avenue South, SSP

Kid Connections

1549 Fifth Avenue South, SSP

Lincoln Center

357 Ninth Avenue North, SSP

Fees are based on a sliding fee scale and are listed in the ECFE brochure. As always, all families are welcome; fees may be waived.

Registration required for all ECFE classes. Call 651-457-9418 for more information.



Healthy Beginnings

Free home visits for all families experiencing pregnancy/birth or infant adoption.

You will receive:

- A free welcome package.
- Height and weight of baby.
- Information specific to your baby's or your needs.

Call 651-457-9418.

Daytime Classes:

- Baby & Me
- Wonderful Ones
- Tiny Tots and parents
- Toddlers and parents
- Twos and parents
- Mixed Ages and parents
- Threes, Fours and parents
- Preschool Plus and parents
- Book Time Fun

Evening Parent-Child Classes:

- Baby Read
- Tiny Tots
- Baby & Me
- Toddlertime
- Preschooltime
- Book Time Fun
- Music & More

Baby Read

For parents and their babies ages birth to 12 months. Gain tips on how to begin that important love of learning and reading early.

Monday, February 2
6:30-7 p.m.
South St. Paul Public Library
106 Third Avenue North

Bumper Bowling

Parents and children ages 3 to 6 years. Join the excitement for bumper bowling. Sign up for one or more in this fun introduction to bowling.

Tuesday, January 13 1:30-2:30 p.m.
Tuesday, January 20 1:30-2:30 p.m.
Tuesday, February 10 12:30-1:30 p.m.
Tuesday, February 17 12:30-1:30 p.m.

Cost: \$2 per time (includes shoes)
Meet at Mattie's Lanes
365 North Concord, SSP

Bob the Beachcomber

A free family concert for parents and children (ages 0-5) and siblings.

Thursday, February 12
6:45-7:30 p.m.
Kaposia Education Center
1225 First Avenue South, SSP

19th Annual Summer Activities and Safety Fair

Fun activities and places to go this summer! Many hands-on activities and safety tips are available, plus talk with experts from more than 70 agencies and organizations.

Thursday, April 16
5:30-7:30 p.m.
Veterans Memorial Community Center
National Guard Armory Building
8055 Barbara Avenue, IGH
FREE

New Baby? Moving?

All residents of each district should be listed on the census, including:

- New babies
- All toddlers and preschoolers
- New families in the district

Call 651-457-9418

Having your name on your school district's census will ensure that you receive information on:

- Early Childhood Family Education
- Early Childhood Screening
- Kindergarten Registration
- Other pertinent District news as your child becomes school age.

¿Bebé Nuevo? ¿Mudandose?

Llame al 651-306-3644 para inscribir a su hijo(a) en el censo del distrito escolar. Haciendo eso, su familia recibirá información de las clases para las familias latinas.

Call 651-457-9418 for your copy of the Early Learning Program brochure for District 6 and 199.
The winter brochure is currently available with the spring brochure mailed in February to families on your district's census!

Inver Grove Heights-South St. Paul Early Learning Programs


District 199 & 6 parents and their children, birth to Kindergarten enrollment.

Community Preschool

Both South St. Paul and Inver Grove Heights public schools offer preschool for children age three, on or before September 1, up to kindergarten enrollment.

2009-10 School Year Preschool Open House Tuesday, January 20, 2009

Open House times listed below



Inver Grove Heights
651-306-7316

Salem Hills Elementary
5899 Babcock Trail East

Salem Hills Open House is 5:30-6:30 p.m.

Hilltop Elementary
3201 68th Street East

Hilltop Open House is 6-7 p.m.


South St. Paul
651-457-9418

Kid Connections
1549 Fifth Avenue South

Kids Connection Open House is 5:30-6:30 p.m.

Lincoln Center
357 Ninth Avenue North

Lincoln Center Open House is 6-7 p.m.



New family registration begins February 3, 2009 at the site your child will attend. District families on the school census will receive a brochure with registration information.

Who: Preschool classes are offered for children who are age three on September 1 up to kindergarten enrollment.

What: In Preschool, the focus is on each child's school success through the development of readiness skills. Opportunities for growth and development are provided through hands-on activities to promote self-help, literacy/math, problem solving, thinking and social interaction skills during these important early years.

When: 2009-2010 school year: mornings or afternoons and one, two or three half-days a week.

There are limited openings for the current school year, call for information.

School Readiness

School Readiness activities include: Preschool Plus, health-related assistance, parent-child classes, Bridge to Kindergarten classes (offered in the spring), and tuition assistance for early childhood programs. We are here to work with you to meet the needs of you and your four-year old. Call 651-306-3642 for information.



Early Childhood Screening

Screenings are scheduled throughout the *school year* for Inver Grove Heights and South St. Paul children ages 3 ½-4 at Family Connections. They are free and take about one hour. Please call 651-306-3623 to schedule an appointment.

Call to set up
your child's
screening in:

If your child
will be four
years old in:

January
February
March

April
May
June

**Independent School District 197:
West St. Paul-Mendota Heights-Eagan Area Schools**

You are invited to help us celebrate 150 years of excellence: 1859-2009

**Proud
Past**



**Bold
Future**

Grand finale:

**150th Birthday Party and
History Fair**

**June 6, 2009
Watch for details.
Everyone welcome!
www.isd197.org**



The 150 Celebration is supported and made possible by donations from volunteers and community businesses.

Aquatics Program Information

- **All aquatics programs** take place at the F.M. Grass Pool at Heritage Middle School, 121 West Butler Avenue, West St. Paul.
- **Pool temperature is 80 degrees.**
- **Learn to Swim** is a nationally recognized program of the American Red Cross. It encourages each child's success by developing strokes and swimming endurance, one step at a time.
- **Red Cross Swimming Instructors** are American Red Cross certified in water safety instruction and/or lifeguarding.
- **Please read the lesson description thoroughly** to determine the appropriate level for your child. If you have questions about your child's level, please be sure to attend the first session. A member of the staff will review swimming skills and determine if children are placed in the correct class. Placement of all students is subject to the discretion of the head instructor and the program coordinator.
- **If your child has a disability** of some sort, please let us know. This helps ensure that we provide adequate pool staff for the program
- **Students must furnish their own towel and suit.**
- **Please leave valuables at home.** Neither the aquatics staff nor Community Education will be responsible for lost or stolen items.
- **Spectators must be seated in the bleachers.** For the safety of all, children not enrolled in the class must remain in the bleachers with a parent.
- **Please be on time!** Every minute of our swim lessons is important. We ask that all students arrive in plenty of time to be ready to enter the water at the exact start time listed. Thanks!
- **Enjoy your classes!**

Swimming Lessons

Tiny Tots/Preschool I

This class is designed for children 8 months to 4 years of age. An adult must accompany each child to class. This program gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner. Water safety is emphasized as the child begins to adjust to the water. Snug-fitting rubber pants are required for infants and toddlers.

#6100-W09A

Wednesdays, January 21-March 11
6:15-6:45 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6100-W09B

Saturdays, January 24-March 14
11-11:30 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6100-W09C

Wednesdays, March 18-May 13
(no class 4/5-11)
6:15-6:45 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6100-W09D

Saturdays, March 21-May 16
(no class 4/5-11)
11-11:30 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

Level I: Water Exploration

Students are introduced to basic swimming and water safety skills they will build upon as they progress through the "Learn to Swim" program. Children must be least 4 years of age.

#6101-W09A

Wednesdays, January 21-March 11
6:50-7:25 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6101-W09B

Saturdays, January 24-March 14
9:30-10:05 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6101-W09C

Wednesdays, March 18-May 13
(no class 4/5-11)
6:50-7:25 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6101-W09D

Saturdays, March 21-May 16
(no class 4/5-11)
9:30-10:05 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

Level II: Primary Skills

Skills presented in Level I will be improved upon and combined for swimming independently over short distances. Students must have a Level I certificate or be able to demonstrate all of the completion requirements in Level I.

#6102-W09A

Wednesdays, January 21-March 11
6:50-7:25 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6102-W09B

Saturdays, January 24-March 14
9:30-10:05 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6102-W09C

Wednesdays, March 18-May 13
(no class 4/5-11)
6:50-7:25 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6102-W09D

Saturdays, March 21-May 16
(no class 4/5-11)
9:30-10:05 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59



Water Walking/ Deep Water Running

Walk or run in both shallow and deep water for aerobic conditioning with increased resistance and decreased impact. Floatation equipment is provided for the deep water workout. The format includes a warm-up, cardiovascular conditioning, stretching, toning and cool down. This class can accommodate those without swimming skills.

Instructor: Liz Connelly is a physical therapist at Courage Center. This popular class fills quickly.

#6536-W09

Thursdays, February 12-April 16
(no class 2/26 & 4/5-11)

7:30-8:30 p.m.

F.M. Grass Pool, Heritage School, WSP
8 sessions-\$56

Private Swim Lessons

Would you prefer private swim lessons? Our trained and licensed pool staff is available to teach private lessons. The lessons are 30 minutes each, for five weeks.

#6106-W09

Dates and times to be determined
F.M. Grass Pool, Heritage School, WSP
\$99-five 30 minute lessons
Call 651-681-2389 to register

Aqua Exercise

Exercise in the comfort of water. Aerobic and other exercise techniques are used in this class and are set to music. Swimming skills are not necessary.

Instructor: Barb Malaman teaches this popular class.

#6537-W09

Saturdays, January 24-March 14
(no class 10/18)

8:30-9:30 a.m.

F.M. Grass pool, Heritage School, WSP
8 sessions-\$56

#6537-W09

Saturdays, March 21-May 16
(no class 4/5-11)

8:30-9:30 a.m.

F.M. Grass pool, Heritage School, WSP
8 sessions-\$56

Level III: Stroke Readiness

Students begin to coordinate front and back crawl and are introduced to the elementary backstroke. Skills are refined in both shallow and deep water. Students must have a Level II certificate or be able to demonstrate all of the completion requirements in Level II.

#6103-W09A

Wednesdays, January 21-March 11
6:50-7:25 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6103-W09B

Saturdays, January 24-March 14
10:05-10:55 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6103-W09C

Wednesdays, March 18-May 13
(no class 4/5-11)
6:50-7:25 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6103-W09D

Saturdays, March 21-May 16
(no class 4/5-11)
10:05-10:55 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

Level IV: Stroke Development

The strokes and skills learned in previous levels are practiced. The breaststroke and sidestroke are introduced and endurance is increased. Students must have a Level III certificate or be able to demonstrate all of the completion requirements in Level III.

#6104-W09A

Wednesdays, January 21-March 11
7:30-8:15 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6104-W09B

Saturdays, January 24-March 14
10:05-10:55 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6104-W09C

Wednesdays, March 18-May 13
(no class 4/5-11)
7:30-8:15 p.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

#6104-W09D

Saturdays, March 21-May 16
(no class 4/5-11)
10:05-10:55 a.m.
F.M. Grass pool, Heritage Middle School, WSP
8 sessions-\$59

Youth Enrichment

Community Education offers before and after school programs.

Watch for flyers coming home in your child's school folder!

Youth classes are now offered in our public schools right after the school day ends and even some before the school day starts! Watch for flyers from school.

Private school students and homeschool students are welcome to attend classes. Extra flyers will be available at your neighboring public school. Stop by and pick one up or visit the web site for class schedule, fee and registration information: www.celearn4ever.org.

Amazing Before School Activities

Piano Lessons

(Grades 2-6)

Join us for piano lessons using Yamaha's Music and Education Program. We provide the keyboards, instruction and music during class. Music book fee of \$12.00 is due to the instructor the first day of class.

Instructor: Lori Lencowski

#4314-W09KEC-Level I

Wednesdays, January 28-March 18
7:45-8:45 a.m.
Kaposia Education Center, SSP
8 sessions-\$40

#4314-W09LC-Level I

Mondays, January 26-April 6
(no class 2/16, 3/16 & 3/30)
7:15-8:15 a.m.
Lincoln Center, SSP
8 sessions-\$40

#4314-W09KEC-Level II

Thursdays, January 29-March 19
7:45-8:45 a.m.
Kaposia Education Center, SSP
8 sessions-\$40

#4314-W09LC-Level II

Tuesdays, January 27-March 24
(no class 3/17)
7:15-8:15 a.m.
Lincoln Center, SSP
8 sessions-\$40

#4314-Sp09KEC-Level I

Wednesdays, April 8-May 27
7:45-8:45 a.m.
Kaposia Education Center, SSP
8 sessions-\$40

#4314-Sp09LC-Level I

Mondays, April 13-June 8
(no class 5/25)
7:15-8:15 a.m.
Lincoln Center, SSP
8 sessions-\$40

#4314-Sp09KEC-Level II

Thursdays, April 9-May 28
7:45-8:45 a.m.
Kaposia Education Center, SSP
8 sessions-\$40

#4314-Sp09LC-Level II

Tuesdays, April 14-June 2
7:15-8:15 a.m.
Lincoln Center, SSP
8 sessions-\$40



Amazing After School Activities

Discovery Kids! Wearable Art

(Grades 1-6)

Creating a shirt, bag or hat is a great way to express your creativity! Learn about fabric design and transfer and then decorate using fabric makers, 3-D paint and other fabric friendly embellishments. All supplies are provided. You just design, create and wear! Your finished projects will be your own wearable art. We will be using a variety of paints, so please dress in art friendly clothing!

Instructor: Watch Me Draw.

#4040-Sp09KEC Grades 1-6

Thursdays, May 21-June 4
3:40-5:10 p.m.
Kaposia Education Center, SSP
3 sessions-\$44

#4040-Sp09LC Grades 1-6

Fridays, May 22-June 5
3:05-4:35 p.m.
Lincoln Center, SSP
3 sessions-\$44

#7446-Sp09B Grades 1-4

Fridays, May 15-29
2:15-3:45 p.m.
Mendota Elementary School, MH
3 sessions-\$44

#7446-Sp09D Grades 1-4

Fridays, May 15-29
2:15-3:45 p.m.
Pilot Knob Elementary School, Eagan
3 sessions-\$44

#7446-Sp09F Grades 5-6

Fridays, May 15-29
3:15-4:45 p.m.
Heritage Middle School, WSP
3 sessions-\$44

#7446-Sp09G Grades 5-6

Fridays, May 15-29
3:15-4:45 p.m.
Friendly Hills Middle School, MH
3 sessions-\$44

#3499-Sp09SH Grades 1-5

Thursdays, May 14-28
3:15-4:45 p.m.
Salem Hills Elementary School, IGH
3 sessions-\$44

#3499-Sp09PB Grades 1-5

Fridays, May 15-29
3:15-4:45 p.m.
Pine Bend School, IGH
3 sessions-\$44

Photo Fun

Say “Cheese!” Get ready for the camera! Whether you like to pose in front or stand behind the camera, this class is for you! Make amazing projects using pictures that you take with your own camera. Discover some awesome ways to bring your pictures to life in this action-packed class.

Instructor: Reach Education Solutions

#4041-W09KEC Grades 3-6
Wednesday, February 4-March 4
(no class 2/18)
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$24

#4041-W09LC Grades 3-6
Wednesday, February 4-March 4
(no class 2/18)
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$24

#4041-Sp09-KEC Grades 3-6
Wednesday, April 15-May 6
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$24

#4041-Sp09LC Grades 3-6
Wednesday, April 15-May 6
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$24

#7448-W09A Grades 3-4
Monday, January 26-February 23
(no class 2/16)
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
4 sessions-\$24

#7448-W09B Grades 3-4
Thursday, January 29-February 19
2:15-3:15 p.m.
Mendota Elementary School, MH
4 sessions-\$24

#7448-W09C Grades 3-4
Tuesday, January 27-February 17
2:15-3:15 p.m.
Moreland Elementary School, WSP
4 sessions-\$24

#7448-W09D Grades 3-4
Wednesday, January 28-February 18
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
4 sessions-\$24

#7448-W09E Grades 3-4
Tuesday, January 27-February 17
2:15-3:15 p.m.
Somerset Elementary School, MH
4 sessions-\$24



Cooking is not just for Chefs! (Grades K-6)

Have you been looking for a way to add a little more “creativity” and “spice” to your day? This class is sure to be full of spice as we venture into the world of cooking! Join me as we create exciting treats and projects while brushing up on our own measuring skills in this activity-filled class – and all without an oven! We’ll see you there as we discover why “cooking’s not just for chefs”!

Instructor: Reach Education Solutions

#4042-W09KEC Grades K-1
#4042-W09KEC Grades 2-6
Tuesday, February 10-March 3
3:40-4:40 p.m.
Kaposia Education Center, SSP
4-sessions-\$24

#4042-W09LC Grades K-1
#4042-W09LC Grades 2-6
Thursday, February 26-March 19
3:05-4:05 p.m.
Lincoln Center, SSP
4-sessions-\$24

#7328-W09A Grades K-2
Thursday, January 29-February 26
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
5 sessions-\$24

#7328-W09B Grades 3-4
Tuesday, January 27-February 24
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
5 sessions-\$24

#7328-W09C Grades K-2
Tuesday, January 27-February 24
2:15-3:15 p.m.
Mendota Elementary School, MH
5 sessions-\$24

#7328-W09D Grades 3-4
Thursday, January 29-February 26
2:15-3:15 p.m.
Mendota Elementary School, MH
5 sessions-\$24

#7238-W09E Grades 3-4
Tuesday, January 27-February 24
2:15-3:15 p.m.
Moreland Elementary School, WSP
5 sessions-\$24

#7328-W09F Grades K-2
Wednesday, January 28-February 25
2:15-3:15 p.m.
Moreland Elementary School, WSP
5 sessions-\$24

#7328-W09G Grades 3-4
Monday, January 26-March 2
(no class 2/16)
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
5 sessions-\$24

#7328-W09H Grades K-2
Wednesday, January 28-February 25
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
5 sessions-\$24

#7322-W09I Grades 3-4
Tuesday, January 27-February 24
2:15-3:15 p.m.
Somerset Elementary School, MH
5 sessions-\$24

#7328-W09J Grades K-2
Tuesday, January 27-February 17
2:15-3:15 p.m.
Somerset Elementary School, MH
4 sessions-\$20

#7328-W09K
Thursday, January 29-February 19
3:10-5:15 p.m.
Friendly Hills Middle School, MH
4 sessions-\$20

#7328-W09L
Thursday, January 29-February 19
3:10-5:15 p.m.
Heritage Middle School, WSP
4 sessions-\$20

Watch Me Draw!



Watch Me Draw

(Grades K-6)

Watch Me Draw! is a proven program that inspires kids to create, express and learn through the dynamic world of DRAWING! Our skill-building lessons incorporate fun and creativity into every class! Because nothing makes a child more confident than measurable, tangible success, our students will bring home a beautiful masterpiece each week incorporating new skills and techniques. Our balanced curriculum uses a variety of subject matter, style and media for a progressive art-enriched experience.

Watch Me Draw – Winter Session

Want to make snow glitter and ice shine? We'll do just that in our winter session. We will focus on Minnesota themed animals and landscapes as we learn different techniques that will spur creativity and sharpen skills.

#7420-W09A
Mondays, February 2-March 16
(no class 2/16)
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$64

#7420-W09B
Tuesdays, February 3-March 10
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
6 sessions-\$64

#7420-W09C
Tuesdays, February 3-March 10
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
6 sessions-\$64

#7420-W09D
Wednesday, February 4-March 11
2:15-3:15 p.m.
Moreland Elementary School, WSP
6 sessions-\$64

#7420-W09E
Thursday, February 5-March 12
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64

#7420-W09F
Thursday, February 5-March 12
3:10-4:15 p.m.
Heritage Middle School, WSP
6 sessions-\$64

#7420-W09G
Thursday, February 5-March 12
3:10-4:15 p.m.
Friendly Hills Middle School, MH
6 sessions-\$64

#4035-W09KEC
Mondays, February 2-March 9
(No class 2/16)
3:40-4:40 p.m.
Kaposia Education Center, SSP
5 sessions-\$55

#4035-W09LC
Tuesdays, February 3-March 3
3:05-4:05 p.m.
Lincoln Center, SSP
5 sessions-\$55

#3011-W09SH
Tuesdays, February 24-March 24
3:15-4:15 p.m.
Salem Hills Elementary School, IGH
5 sessions-\$55

#3011-W09PB
Wednesdays, February 25-March 25
3:15-4:15 p.m.
Pine Bend School, IGH
5 sessions-\$55



Watch Me Draw – Spring Session

Students will create spring themed multimedia art projects. We will learn how to create a reflection using a rubbing technique, draw baby animals and kids in action! All new projects each and every session! Nothing to bring or buy: all supplies included.

#7404-Sp09A
Monday, April 13-May 18
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$64

#7404-Sp09B
Tuesday, April 14-May 19
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
6 sessions-\$64

#7404-Sp09C
Tuesday, April 14-May 19
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
6 sessions-\$64

#7404-Sp09D
Wednesday, April 15-May 20
2:15-3:15 p.m.
Moreland Elementary School, WSP
6 sessions-\$64

#7404-Sp09E
Thursday, April 16-May 21
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64

#7404-Sp09F
Thursday, April 16-May 21
3:15-4:15 p.m.
Heritage Middle School, WSP
6 sessions-\$64

#7404-Sp09G
Thursday, April 16-May 21
3:15-4:15 p.m.
Friendly Hills Middle School, MH
6 sessions-\$64

#4036-Sp09KEC
Mondays, April 13-May 11
3:40-4:40 p.m.
Kaposia Education Center, SSP
5 sessions-\$55

#4036-Sp09LC
Tuesdays, April 14-May 12
3:05-4:05 p.m.
Lincoln Center, SSP
5 sessions-\$55

#3017-Sp09SH
Tuesdays, April 21-May 19
3:15-4:15 p.m.
Salem Hills Elementary School, IGH
5 sessions-\$55

#3017-Sp09PB
Wednesdays, April 22-May 20
3:15-4:15 p.m.
Pine Bend School, IGH
5 sessions-\$55

Abrakadoodle

Winter Art Wonders (Grades K-4)

At Abrakadoodle we believe in exploring all kinds of art. Why just draw when there is so much more? In this colorful winter session we'll experiment with watercolor and masking techniques. We'll create a texture Mosaic using model magic. We'll learn how to use a stylus to create an Indigo Cloth design. We'll create a Madhubani Doodle with animal symbols, dots, lines and vibrant color. We'll learn some of Patrick Benson's illustration techniques while we create our own "Owl Babies" and more. Don't be bored. Join us for some art-rageous fun this winter!

#7423-W09A

Monday, January 26-March 9
(no class 2/16)
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$77

#7423-W09B

Wednesday, January 28-March 4
2:15-3:15 p.m.
Moreland Elementary School, WSP
6 sessions-\$77

Colorful Spring Art

This session we will be using colorful art tapes to create Navajo rugs. We'll learn about and create Haida masks. We'll watercolor and design funky animals. We'll experiment with 3D's. We'll create a geometric abstract featuring art techniques used by Robert Delaunay. We'll paint on canvas. Our goal at Abrakadoodle is to inspire kids to reach beyond and create art that is unique.

#7449-Sp09A

Monday, April 13-May 18
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$77

#7449-Sp09B

Wednesday, April 15-May 20
2:15-3:15 p.m.
Moreland Elementary School, WSP
6 sessions-\$77

Guitar Lessons (9 yrs and up)

One-on-one weekly half-hour lessons. Student must bring a guitar (acoustic or electric). Teacher provides amplifier (if needed). Student may bring any books or materials (optional). Teacher supplies free handouts as needed. Suitable for any level of experience from absolute beginner to advanced. Content geared to student's goals and interests.
Instructor: Paul Hintz has been a professional, performing musician for 30 years and a teacher since 1981.

#4020-W09Wed

Wednesdays, January 7-March 11
(Make -up date 3/18)
3:30-9 p.m.
Kaposia Education Center, SSP
10 sessions-\$158

#4020-W09Thur

Thursdays, January 8-March 12
(Make - up date 3/19)
3:30-9 p.m.
Kaposia Education Center, SSP
10 sessions-\$158

#4020-Sp09Wed

Wednesdays, April 8-June 3
(Make -up date 6/10)
3:30-9 p.m.
Kaposia Education Center, SSP
9 sessions-\$143

#4020-Sp09Thur

Thursdays, April 9-June 4
(Make - up date 6/11)
3:30-9 p.m.
Kaposia Education Center, SSP
9 sessions-\$143

The Science of Ancient Egypt (Grades 1-5)

Early Egyptian civilization was one of the richest cultures of the ancient world. Join Science Explorers as we uncover this fascinating time in history as we learn about mummification and dig for artifacts. Then have fun building and learning about pyramids and their mysterious curses. Come prepared to dig in and explore the past through archaeology.
Instructor: Science Explorers.

#3428-W09SH

Mondays, March 9-30
3:15-4:30 p.m.
Salem Hills Elementary School, IGH
4 sessions-\$48

Einstein's Laboratory (Grades 1-5)

In Einstein's Laboratory you will be learning about physics, the science of movement. We will conduct many experiments to learn about simple machines, momentum, incline planes, energy, inertia and much more. We will also make a balancing stick to learn about the center of gravity. Have fun in this fun, fast paced class.
Instructor: Science Explorers.

#3429-Sp09SH

Mondays, April 13-May 4
3:15-4:30 p.m.
Salem Hills Elementary School, IGH
4 sessions-\$48

Before & After School Music Grades 6 - 8, ISD 197

The benefits of ensemble music rehearsal and performance are important experiences for the developing musician. Instrumental and Vocal Ensembles will rehearse after school at Friendly Hills and at Heritage Middle Schools for sixth, seventh, and eighth grade students for the upcoming school year.

Rehearsals began in early October and continue throughout this school year. Young musicians are required to register through Community Education by calling 651-403-8314 or by returning a school music registration form to your school music teacher.

There will be no rehearsals during Winter and Spring Breaks.

The annual fee for afterschool vocal and instrumental ensemble participation is \$99. The Middle School Music program qualifies for the MN Education Tax Credit and Deduction.

Learn Together



Math, Math and More Math (Grades 1-6)

Addition. Subtraction. Dollars and Cents. Word Problems. All of these new math concepts are enough to keep anybody's head spinning! Their self-esteem will soar as we turn "Miserable Math" into "Magnificent Math"!

Instructor: Reach Education Solutions

#4733-W09KEC Grades 1-3
#4733-W09KEC Grades 4-6
Thursdays, February 5-26
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$21

#4733-W09LC Grades 1-3
#4733-W09LC Grades 4-6
Thursdays, February 5-26
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$21

#4733-Sp09KEC Grades 1-3
#4733-Sp09KEC Grades 4-6
Thursdays, April 9-30
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$21

#4733-Sp09LC Grades 1-3
#4733-Sp09LC Grades 4-6
Thursdays, April 9-30
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$21

#7917-W09 A Grades 1-2
#7917-W09 B Grades 3-4
Tuesday, January 27-February 17
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
4 sessions-\$21

#7917-W09C Grades 1-2
#7917-W09D Grades 3-4
Wednesday, January 28-February 18
2:15-3:15 p.m.
Mendota Elementary School, MH
4 sessions-\$21

#7917-W09E Grades 1-2
#7917-W09F Grades 3-4
Monday, January 26-February 23
(no class 2/16)
2:15-3:15 p.m.
Moreland Elementary School, WSP
4 sessions-\$21

#7917-W09G Grades 1-2
#7917-W09H Grades 3-4
Thursday, January 29-February 19
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
4 sessions-\$21

#7917-W09I Grades 1-2
#7917-W09J Grades 3-4
Monday, January 26-February 23
(no class 2/16)
2:15-3:15 p.m.
Somerset Elementary School, MH
4 sessions-\$21

Let's Get Ready for Reading!! (Grades K-1)

Dr. Seuss. Shel Silverstein. Mother Goose. We've all read these fun and amazing stories countless times. Together we'll get ready for reading as we focus on letter recognition, alphabet sounds, and simple word formation through fun exercises, phonics games, and amazing activities. You absolutely cannot miss this! Come join me as we turn every story time into a fascinating wonderland full of opportunities for learning and imagination!

Instructor: Reach Education Solutions

#4734-W09LC
Mondays, February 2-March 2
(no class 2/16)
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$21

#4734-W09KEC
Tuesdays, February 3-24
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$21

#4734-Sp09LC
Mondays, April 6-27
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$21

#4734-Sp09KEC
Tuesdays, April 7-28
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$21



The MN deduction allows parents to subtract from their taxable income up to \$2,500 for qualifying expenses on behalf of each child in grades 7 to 12, and up to \$1,625 for each child in grades K to 6. The legislature expanded the list of qualifying expenses to include all Community Education classes, tutoring, academic summer school and camps, and up to \$200 of the cost of a computer or education-related software.

Make the World a Smaller Place

JUNTOS

(Grades K-6)

Look out! The Spanish Caboose is coming your way! Join us as we explore the fundamentals of Spanish in this introductory class through exciting games, songs and activities. By the end of class, we'll be pros at making our way through Spanish!

Instructor: Reach Education Solutions

#4641-W09KEC Grades K-2

#4641-W09KEC Grades 3-6

Thursdays, January 29-March 19

3:40-4:40 p.m.

Kaposia Education Center, SSP

8 sessions-\$40

#4641-W09LC Grades K-2

#4641-W09LC Grades 3-6

Tuesdays, January 27-March 24

(no class 3/17)

3:05-4:05 p.m.

Lincoln Center, SSP

8 sessions-\$40

#7101-W09A Grades K-1

Monday, January 26-March 9

(no class 2/16)

2:15-3:15 p.m.

Garlough Environmental Magnet, WSP

6 sessions-\$30

#7101-W09B Grades 2-4

Thursday, January 29-March 5

2:15-3:15 p.m.

Garlough Environmental Magnet, WSP

6 sessions-\$30

#7101-W09C Grades K-1

Tuesday, January 27-March 3

2:15-3:15 p.m.

Mendota Elementary School, MH

6 sessions-\$30

#7101-W09D Grades 2-4

Monday, January 26-March 9

(no class 2/16)

2:15-3:15 p.m.

Mendota Elementary School, MH

6 sessions-\$30

#7101-W09E Grades K-1

Thursday, January 29-March 5

2:15-3:15 p.m.

Moreland Elementary School, WSP

6 session-\$30

#7101-W09F Grades 2-4

Wednesday, January 28-March 4

2:15-3:15 p.m.

Moreland Elementary School, WSP

6 sessions-\$30

#7101-W09G Grades K-1

Tuesday, January 27-March 3

2:15-3:15 p.m.

Pilot Knob Elementary School, Eagan

6 sessions-\$30

#7101-W09H Grades 2-4

Monday, January 26-March 9

(no class 2/16)

2:15-3:15 p.m.

Pilot Knob Elementary School, Eagan

6 sessions-\$30

#7101-W09I Grades K-1

Tuesday, January 27-March 3

2:15-3:15 p.m.

Somerset Elementary School, MH

6 sessions-\$30

#7101-W09J Grades 2-4

Thursday, January 29-March 5

2:15-3:15 p.m.

Somerset Elementary School, MH

6 sessions-\$30

#7101-W09K

Tuesday, January 27-March 3

3:10-5:15 p.m.

Heritage Middle School, WSP

6 sessions-\$60

#7101-W09L

Thursday, January 29-March 5

3:10-5:15 p.m.

Friendly Hills Middle School, MH

6 sessions-\$60

Spanish With Sherry

Level I and II (Grades K-5)

Conversational Spanish I

(Grade K-1)

Books, games, songs, crafts! A lively introduction to the Spanish language. Build basic conversation skills and learn new vocabulary. Ask and answer basic questions in Spanish. Speak about your family. Count up to 100. Correctly recite the Spanish alphabet. Talk about animals, colors, days and months. Learn about Latino countries, culture, music and dance. Class meets concurrently with Level II.

Instructor: Sherry Warrick

#3725-Sp09PB

Thursdays, April 16-May 28

3:15-4:45 p.m.

Pine Bend School, IGH

7 sessions-\$78

Conversational Spanish II

(Grade 2-5)

Learn Spanish by speaking, reading, writing and listening! Play games. Sing songs. Learn really awesome vocabulary so you can talk in sentences about family, clothing, time and animals. Practice common phrases. Explore Latino culture and learn even more about Spanish-speaking countries. Spanish I is not required for this class.

Instructor: Sherry Warrick

#3726-Sp09PB

Thursdays, April 16-May 28

3:15-4:45 p.m.

Pine Bend School, IGH

7 sessions-\$78

Russian Language Level 1

(Grade K-5)

This course is designed for those with no previous training in Russian. Through drills, games, songs, written and oral exercises and role-playing, learn to read, write and pronounce the letters and sounds of the Russian alphabet. Learn basic words and phrases. Build your vocabulary. Expand your knowledge of Russian culture and people.

Instructor: Galina Johnson is a native speaker with a Masters degree in Russian Language and Literature and Teaching.

#3720-W09SH

Wednesdays, January 14-February 25

(no class 1/28)

3:20-4:30 p.m.

Salem Hills Elementary School, IGH

6 sessions-\$42

#3720-Sp09SH

Wednesday, April 15-May 27

3:20-4:30 p.m.

Salem Hills Elementary School, IGH

7 sessions-\$49

Make Your Best Move

Schoolhouse Chess for Beginning and Intermediate Chess Nuts

Join Schoolhouse Chess and learn to play the most popular game in the world! This program brings chess pieces to life using creative personalities that fascinate and make learning fun. Introduction to chess pieces, setup, basic rules including checking, castling and material value will be covered. All participants receive their own magnetic chess set and take-home materials.

#7406-W09A-Beginning Chess
Tuesday, January 27-March 3
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$64

#7406-W09B-Beginning Chess
Wednesday, January 28-March 18
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
8 sessions-\$80

#7406-W08C-Beginning Chess
Monday, January 26-March 9
(no class 2/16)
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64

#7406-Sp09A-Beginning Chess
Tuesday, April 21-May 19
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
5 sessions-\$55

#7406-Sp09B-Beginning Chess
Tuesday, April 14-May 19
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$64

#7406-Sp09C-Beginning Chess
Wednesday, April 15-June 3
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
8 sessions-\$80

#7406-Sp09D-Beginning Chess
Monday, April 13-May 18
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64

#7414-W09B-Intermediate Chess
Wednesday, January 28-March 18
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
8 sessions-\$80

#7414-W09A-Intermediate Chess
Monday, January 26-March 9
(no class 2/16)
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64

#7414-Sp09A-Intermediate Chess
Tuesday, April 14-May 19
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$64

#7414-Sp09B-Intermediate Chess
Monday, April 13-May 18
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64

#7414-Sp09C-Intermediate Chess
Wednesday, April 15-June 3
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
8 sessions-\$80

Schoolhouse Chess for Advanced Chess Nuts

Learn refined chess tactics & strategies to make you a chessmaster! All participants receive their own magnetic chess set and take home materials. This advanced course is for the serious chess player. Topics covered include principals of openings, mid-game strategies, and how to play the end-game. Registrants must have taken the intermediate course or have commensurate chess skills.

#7447-W09
Wednesday, January 28-March 18
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
8 sessions-\$80

#7447-Sp09B
Wednesday, April 15-June 3
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
8 sessions-\$80

#7447-Sp09A
Monday, April 13-May 18
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$64



Chess (Grades K-5)

Join National Chess Master William Harrison's chess club in studying this royal game. Learn about openings, mid-games and end-games. Tactics and positional play will be emphasized including strategies to "checkmate" your opponent during the end-game. Activities include Bughouse tournaments, chess notation training, problem solving exercises and speed chess play. Students are encouraged to attend tournaments. All learning is done in an environment that is designed to encourage participation, success, achievement and FUN! Chess Club not only gives children an understanding for enjoyment of the game, but also encourages mental development for problem solving, concentration and logical thinking. Snacks provided.

Instructor: Bill Harrison

#3462-W09
Fridays, February 6-March 27
(no class 3/6)
3:15-5:15 p.m.
Salem Hills Elementary School, IGH
7 sessions-\$98

#3462-Sp09
Fridays, April 24-May 29
3:15-5:15 p.m.
Salem Hills Elementary School, IGH
6 sessions-\$84

Mad Science

Mad Science is an enrichment program that makes staying after school fun. Our interactive and hands-on activities get students excited about science. Every week students take home something that encourages further science exploration. With our seven-district series of programs, students can take classes for over two years without taking the same class twice.

Mad Science Spinning, Shocking Fun

(Grades 1-6)

Students will stand inside a giant bubble, discover the power of air, experiment with the force of gravity and learn how sounds travel. The six-week course will also include the science surrounding spinning objects as students make their own Mad Science putty and build an electric firefly.

#4732-W09KEC

Thursdays, February 26-March 19
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$52

#4732-W09LC

Thursdays, January 22-February 12
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$52

#7001-W09A

Wednesday, January 28-March 4
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$78

#7001-W09B

Thursday, January 29-March 5
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
6 sessions-\$78

#7001-W09C

Wednesday, January 28-March 4
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$78

#3407-W09SH

Tuesdays, February 3-24
3:15-4:15 p.m.
Salem Hills Elementary School, IGH
4 sessions - \$52

#3407-W09PB

Tuesdays, March 3-24
3:15-4:15 p.m.
Pine Bend Elementary School, IGH
4 sessions - \$52



Mad Science Takes Flight

Students will learn the science behind some amazing magic tricks, have fun with stunt planes and experiment with electricity and pressure. The six-week course will also include experiments with chemical reactions and testing the strength of various structures.

#4735-Sp09KEC

Thursdays, May 7-28
3:40-4:40 p.m.
Kaposia Education Center, SSP
4 sessions-\$52

#4735-Sp09LC

Thursdays, April 9-30
3:05-4:05 p.m.
Lincoln Center, SSP
4 sessions-\$52

#7001-Sp09A

Wednesday, April 15-May 6
2:15-3:15 p.m.
Garlough Environmental Magnet, WSP
4 sessions-\$52

#7001-Sp09B

Wednesday, April 15-May 20
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$78

#7001-Sp09C

Thursday, March 19-April 30
(no class 4/9)
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
6 sessions-\$78

#7001-Sp09D

Tuesday, April 14-May 19
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$78

#7001-Sp09E

Wednesday, April 15-May 6
2:15-3:15 p.m.
Moreland Elementary School, WSP
4 sessions-\$52

#3405-Sp09SH

Tuesdays, April 14-May 5
3:15-4:15 p.m.
Salem Hills Elementary School, IGH
4 sessions-\$52

#3405-Sp09PB

Mondays, April 13-May 4
3:15-4:15 p.m.
Pine Bend Elementary School, IGH
4 sessions-\$52



The MN deduction allows parents to subtract from their taxable income up to \$2,500 for qualifying expenses on behalf of each child in grades 7 to 12, and up to \$1,625 for each child in grades K to 6. The legislature expanded the list of qualifying expenses to include all Community Education classes, tutoring, academic summer school and camps, and up to \$200 of the cost of a computer or education-related software.

Fun with Fitness

Fun Being Fit! - Movin' and Groovin'

(Grades K-1)

Do you like to move and groove? Bounce and pounce? Not only is it fun, it's also healthy! There are so many creative things that we can do to stay in shape! We'll have a blast learning some cool games and activities that are sure to get you movin' and groovin'!

Instructor: Reach Education Solutions

#4602-W09KEC

Mondays, January 26-March 9
(no class 2/16)
3:40-4:40 p.m.
Kaposia Education Center, SSP
6 sessions-\$29

#4602-W09LC

Mondays, January 26-March 9
(no class 2/16)
3:05-4:05 p.m.
Lincoln Center, SSP
6 sessions-\$29

#7506-W09A

Monday, January 26-March 9
(no class 2/16)
2:15-3:15 p.m.
Mendota Elementary School, MH
6 sessions-\$29

#7506-W09B

Wednesday, January 28-Mar 4
2:15-3:15 p.m.
Pilot Knob Elementary School, Eagan
6 sessions-\$29

#7506-W09C

Thursday, January 29-March 5
2:15-3:15 p.m.
Somerset Elementary School, MH
6 sessions-\$29

Kung Fu

(Ages 5-& up)

Learn practical Kung Fu techniques that will benefit you throughout your life. This is a year round skill building progressive training program for beginners through Black Belt. Kung Fu is the art of fitness and self defense. Become more aware of self and surroundings, improve your self-esteem and confidence. Join a fun non-competitive, full participation class which focuses on skill building exercise that will strengthen the mind and body, promote leadership, discipline, concentration, coordination, and balance. Optional Certification from White to Black Belt available.

#4502-W09A-Youth Beginning-White Belt

Tuesdays, January 27-March 10
6:30-7:15 p.m.
Lincoln Center, SSP
7 sessions-\$69

#4502-W09B-Yellow-Black Belt

Tuesdays, January 27-March 10
7:15-8 p.m.
Lincoln Center, SSP
7 sessions-\$69

#4502-W09C-Instruments & Sparring

Tuesdays, January 27-March 10
8-8:45 p.m.
Lincoln Center, SSP
7 sessions-\$69

#4502-Sp09A-Beginning - White Belt

Tuesdays, April 14-May 26
6:30-7:15 p.m.
Lincoln Center, SSP
7 sessions-\$69

#4502-Sp9B-Yellow-Black Belt

Tuesdays, April 14-May 26
7:15-8 p.m.
Lincoln Center, SSP
7 sessions-\$69

#4502-Sp09C-Instruments & Sparring

Tuesdays, April 14-May 26
8-8:45 p.m.
Lincoln Center, SSP
7 sessions-\$69

#7206-W09A Beginners

Wednesdays, February 4-March 18
6-6:45 p.m.
Mendota Elementary School, MH
7 sessions - \$69

#7206-W09B White Belt

Wednesdays, February 4-March 18
6:45-7:30 p.m.
Mendota Elementary School, MH
7 sessions - \$69

#7206-Sp09A Beginners

Wednesdays, April 15- May 27
6-6:45 p.m.
Mendota Elementary School, MH
7 sessions - \$69

#7206-Sp09B White Belt

Wednesdays, April 15- May 27
6:45-7:30 p.m.
Mendota Elementary School, MH
7 sessions - \$69

After School Tae Kwon Do

Looking for an exercise that uses your mind as well as your body? Want to become more disciplined and increase your concentration? Then Tae Kwon Do is for you! Use traditional Korean methods to learn TKD movements and ideals, along with self-defense. All students welcome, including those already achieving rank in TKD or another martial arts discipline. Please wear comfortable clothes to class.

Instructor: Karla J. Gotham is a 4th Degree Black Belt in both Tae Kwon Do and Kumdo and a member of NATF Martial Arts, studying under Ninth Degree Black Belt Grandmaster Hee Sang Ro. She has taught martial arts for more than 11 years!

#3602-W09SH

Thursdays, January 8-March 12
(no class 1/29)
3:15-4:15 p.m.
Salem Hills Elementary School, IGH
9 sessions-\$53

#3602-Sp09SH

Thursdays, March 19 - May 21
(no class 4/9)
3:15-4:15 p.m.
Salem Hills Elementary School, IGH
9 sessions-\$53

Sports!

(Grades 1-3)

Stay after school and play sports! This eight-week program features a variety of sports focusing on a new sport every two weeks. Emphasis will be on teamwork, sportsmanship, fitness and FUN!

Instructor: IGH Parks and Recreation.

#3539-W09

Tuesdays, February 3- March 24
3:15-4:15 p.m.
Pine Bend School, IGH
8 sessions-\$50

#3539-W09

Tuesdays, March 31-May 26
(no class 4/7)
3:15-4:15 p.m.
Pine Bend School, IGH
8 sessions-\$50

Evening and Weekends

Awesome Children's Theater

Glinda of Oz (Grades 3-8)

Dorothy and Ozma are held prisoner on a magic island while trying to make peace between the Flatheads and the Skeezers, and even the magic of Glinda the Good may not be powerful enough to rescue them.

Instructor: Rudd Rayfield

#3019-W09

Rehearsals
Monday-Friday, February 2-18
(no class 2/16)
6:30-8:30 p.m.
Simley High School Theater, IGH
Fee-\$60

Performances: February 19 & 20
7 p.m.
Tickets: \$5
Tickets in advance: \$3



Billy the Kid (Grades 3-8)

A.C.T. returns to the thrilling days of the Wild West, and follows the legendary adventures of the daring young outlaw, William Bonney, better known as Billy the Kid, whose exciting exploits have been celebrated in song, story, and ballet!

Instructor: Rudd Rayfield

#4320-Sp09KEC

Rehearsals
Monday-Thursday, April 27-May 13
(no class 4/30 instead class will be held on 5/1)
6:30-8:30 p.m.
Kaposia Education Center, SSP
Fee-\$60

Performances: May 14 & 15
7 p.m.
Tickets: \$5
Tickets in Advance: \$3

Call 651-306-3633 for more information.



Cheerleading (Ages 5-16)

Cheer America (a Minnesota nonprofit corporation) is an exciting cheerleading and dance program for children ages 5 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques and other skills involved in performances, competitions and school cheerleading team tryouts. The program also promotes improved coordination and physical fitness, personal esteem and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the class, the Cheer America team presents a recital for parents, families, friends and others. Awards are included.

#4606-W09KEC Ages 5-8

Tuesdays, February 10-May 5
(no class 3/3, 3/17 & 3/31)
6-6:45 p.m.
Kaposia Education Center, SSP
10 sessions-\$68

#4606-W09KEC Ages 9-16

Tuesdays, February 10-May 5
(no class 3/3, 3/17 & 3/31)
7-7:45 p.m.
Kaposia Education Center, SSP
10 sessions-\$68

#7217-W09A-Ages 5-8

Wednesdays, January 28-April 1
6-6:45 p.m.
Pilot Knob Elementary School, Eagan
10 sessions-\$68

#7217-W09B-Ages 9-16

Wednesdays, January 28-April 1
7-7:45 p.m.
Pilot Knob Elementary School, Eagan
10 sessions-\$68

Parents are invited to watch on February 10, March 24 and April 28 depending on session. Dates are subject to change.



Memorizing Math Facts (Grade 2-6)

Listen carefully and you will have all of the memory tricks that make adding, subtracting and multiplying easy. Parents are welcome to attend with their child. By learning simple tricks you can help whenever your child gets stuck! The first class covers adding and subtracting. The second class covers multiplying. The multiplication facts are a piece of cake if you know the memory tricks that give you the answers. Bring a notebook and pencil to class.

Instructor: Nancy Kodelka

#3722-W09

Monday & Tuesday, February 9 & 10
6:30-7:45 p.m.
Hilltop Elementary School, IGH
2 sessions-\$33

#4307-Sp09

Monday & Tuesdays, April 6 & 7
6:30-7:45 p.m.
Kaposia Education Center, SSP
2 sessions- \$33

Martial Arts & Self Defense



Tae Kwon Do (TKD)

Looking for an exercise that uses your mind as well as your body? Want to become more disciplined and increase your concentration? Then Tae Kwon Do is for you! Use traditional Korean methods to learn TKD movements and ideals, along with self-defense. All students welcome, including those already achieving rank in TKD or another martial arts discipline. Please wear comfortable clothes to class.

Instructor: Karla J. Gotham

#3605-W09-Little Ninjas Under 6
Wednesdays, February 4-April 29
(no class 4/8)
5-5:45 p.m.
*Gotham Martial Arts Studio, IGH
12 sessions-\$68

3605-W09 TKD for Kids ages 6-12
Tuesdays, February 10-April 28
(no class 4/7)
5-5:55 p.m.
*Gotham Martial Arts Studio
11 sessions-\$63

3605-W09 TKD for Teens & Adults
ages 13 up
Mondays, February 2-April 27
(no class 2/16, 3/30 and 4/6)
7-8 p.m.
*Gotham Martial Arts Studio
10 sessions-\$58

Instructor: Karla J. Gotham is a 4th Degree Black Belt in both Tae Kwon Do and Kumdo and a member of NATF Martial Arts, studying under Ninth Degree Black Belt Grandmaster Hee Sang Ro. She has taught martial arts for more than 11 years!

*Gotham Martial Arts Studio, 6426 Cahill Avenue, IGH. Park in front. Additional parking in rear.

Kumdo Sword Art

Ever want to try a sword as in “The Last Samurai” or “Highlander.” Kumdo, meaning “Way of the Sword,” is an ancient Korean Martial Art. In the spirit of the great Samurais, students will wield swords in order to master basic striking movements. Although this is a no-contact class, learn grip, posture and footwork and perform exercises and drills with grace, speed, power and precision. No experience necessary. Register early as class is limited to five students. A \$13 wooden sword is required and must be purchased from the instructor at the first class.

Instructor: Karla J. Gotham

#3603-W09-All ages
Mondays, February 2-April 27
(no class 2/16, 3/30 and 4/6)
5-5:55 p.m.
*Gotham Martial Arts Studio, IGH
10 sessions-\$110
Does not include \$13 for sword payable to instructor.

Self-Defense Seminar

Designed for women, teen through adult. If you find yourself in a threatening situation, how do you react? Begin to be aware and protect yourself! There are three simple things you can do to prevent yourself from becoming a victim every day! Join us in practicing self-defense techniques and become self-assured.

Instructor: Karla J. Gotham

#3540-W09 ages 16 and up
Saturday, March 21
10 a.m.-2 p.m.
*Gotham Martial Arts Studio
1 session-\$30

Karate

Karate is more than self-defense! Students become more limber, physically fit and develop poise and self assurance. Learn to block and kick, along with a number of self-defense techniques, stances and karate language. Wear loose fitting, comfortable clothes. If you would like to test out for color belts, there is an additional fee of \$20.

Instructor: Tracy Brown is our returning instructor!

#7201-W09 – Beginner/Grades K-2
Tuesdays, January 27-March 3
6:30-7:30 p.m.
Garlough Environmental Magnet, WSP
6 sessions-\$35

#7202-W09 – Beginner/Grades 3-10
Advanced/Grades 1-10
Tuesdays, January 27-March 3
7:35-8:35 p.m.
Garlough Environmental Magnet, WSP
6 sessions-\$35

#7203-W09 – Advanced/Grades 1-10
Mondays, January 26-March 9
(no class 2/16)
6:30-7:30 p.m.
Somerset Elementary School, MH
6 sessions-\$35

#7201-Sp09 – Beginner/Grades K-2
Tuesdays, April 14-May 19
6:30-7:30 p.m.
Garlough Environmental Magnet, WSP
6 sessions-\$35

#7202-Sp09 – Beginner/Grades 3-10
Advanced/Grades 1-10
Tuesdays, April 14-May 19
7:35-8:35 p.m.
Garlough Environmental Magnet, WSP
6 sessions-\$35

#7203-Sp09 – Advanced/Grades 1-10
Mondays, April 13-May 18
6:30-7:30 p.m.
Somerset Elementary School, MH
6 sessions-\$35

Classes in this catalog are offered throughout District 6, 197 and 199. You are invited to participate in any class included in this catalog regardless of your district of residence. Combining our efforts will allow all members of our community the greatest number of opportunities!

High Reach Hip Hoppers

(Grades 2-6)

Ants in your pants? Groove in your step? Learn the basics of hip hop! No more watching the dance moves - you'll be a hip hop pro in time for our performance at the end of the class.

Instructor: Reach Education Solutions

#4016-W09KEC Grades 2-3

#4016-W09KEC Grades 4-6

Thursdays, March 5-April 30

(no class 4/2)

3:40-4:40 p.m.

Kaposia Education Center, SSP

8 sessions-\$39

#4016-W09LC Grades 2-3

#4016-W09LC Grades 4-6

Monday, March 23-May 18

(no class 3/30)

3:05-4:05 p.m.

Lincoln Center, SSP

8 sessions-\$39

#7680-W09A Grades 2-4

Wednesday, January 28-March 18

2:15-3:15 p.m.

Garlough Environmental Magnet, WSP

8 sessions-\$39

#7680-W09B Grades 2-4

Monday, January 26-March 23

(no class 2/16)

2:15-3:15 p.m.

Mendota Elementary School, MH

8 sessions-\$39

#7680-W09C Grades 2-4

Thursdays, January 29-March 19

2:15-3:15 p.m.

Moreland Elementary School, WSP

8 sessions-\$39

#7680-W09D Grades 2-4

Tuesday, January 27-March 17

2:15-3:15 p.m.

Pilot Knob Elementary School, Eagan

8 sessions-\$39

#7680-W09E Grades 2-4

Wednesday, January 28-March 18

2:15-3:15 p.m.

Somerset Elementary School, MH

8 sessions-\$39



Taking Care of Others

Babysitting (Camp Fire USA) I'm Taking Care

(Grades 5-8)

Do you want to gain skills to be a confident and responsible babysitter? If so, "I'm Taking Care" is for you. This Campfire-certified class is for boys and girls and includes everything from child's play to how to react in an emergency to how to find the perfect babysitting job. All participants must bring a doll and a bag lunch and beverage. Note: Certified babysitters are encouraged to register for the Job Fair on Tuesday, April 21, from 6:30-7:30 p.m. at Family Connections.

#4203-W09

Saturday, February 7

9 a.m.-3 p.m.

Central Square, SSP

1 session-\$40

#4203-Sp09

Saturday, April 18

9 a.m.-3 p.m.

Central Square, SSP

1 session-\$40

#7327-W09A

Saturday, January 17

9 a.m.-3 p.m.

Heritage Middle School, WSP

1 session-\$40

#7327-W09B

Saturday, February 21

9 a.m.-3 p.m.

Friendly Hills Middle School, MH

1 session-\$40

#7327-W09C

Saturday, March 21

9 a.m.-3 p.m.

Heritage Middle School, WSP

1 session-\$40

#7327-Sp09A

Saturday, April 18

9 a.m.-3 p.m.

Friendly Hills Middle School, MH

1 session-\$40

#7327-Sp09B

Saturday, May 16

9 a.m.-3 p.m.

Heritage Middle School, WSP

1 session-\$40



Babysitting Job Fair

This *free* job fair is for parents interested in finding a babysitter (s) who is interested in finding a job. All babysitters who have completed the Campfire or on-line babysitting trainings are invited to attend. Registration for parents and babysitters required. Call 651-306-3633.

#4204-Sp09

Tuesday, April 21

6:30-7:30 p.m.

Family Connections, SSP

1 session-Free

Babysitting Online

(Ages 11 and up)

Created by babysitters, endorsed by parents, nurses and EMT's this online, interactive safety-oriented class trains sitters to prevent emergencies through proper planning and to give loving care to their charges. Includes a year's pass to the course materials, LIVE HELP, personalized certificate, wallet card and Business Kit with forms and flyers and access to the online *Babysitters's Encyclopedia*.

Location: Online 24/7

\$17.50

Sign up today! <http://www.celearn4ever.org/babysitting.html>

High Reach Hip Hoppers

(Grades 7-9)

Ants in your pants? Groove in your step? Learn the basics of hip hop! No more watching the dance moves - you'll be a hip hop pro in time for our performance at the end of the class.

Instructor: Reach Education Solutions

#4469-W09

Thursdays, January 29-March 5
3-4 p.m.
South St. Paul High School, SSP
6 sessions-\$30

All for Anime, Anime for All

(Grades 7-12)

Learn the basics of Anime in this step-by-step class. If you've got an eye for drawing, and an interest in Anime, this class is for you!

Instructor: Reach Education Solutions

#4470-W09

Tuesdays, January 27-March 3
3-4 p.m.
South St. Paul High School, SSP
6 sessions-\$30

#4470-Sp09

Tuesdays, April 7-May 12
3-4 p.m.
South St. Paul High School, SSP
6 sessions-\$30

Dinner Party

(Grades 7-9)

Discover what it takes to host your very own dinner party, from start to finish. Learn the basics of kitchen safety, dinner etiquette and healthy eating tips. Select a healthy menu and prepare a five course meal, complete with place settings and an invitation to the guest of your choice. Bon appetit!

Instructor: Reach Education Solutions

#4471-W09

Tuesdays, January 27-March 3
3-4:30 p.m.
South St. Paul High School, SSP
6 sessions-\$30

#4471-Sp09

Tuesdays, April 7-May 12
3-4:30 p.m.
South St. Paul High School, SSP
6 sessions-\$30

Opportunities for Teens & Young Adults

ACT & SAT/PSAT Preparation

Community Education, in cooperation with Advantage Educational Programs, will present ACT and SAT preparatory courses to juniors and seniors at Henry Sibley High School, Simley High School and South St. Paul High School.

The Advantage Education Program provides an introduction to the ACT and SAT formats and strategies for answering questions, as well as instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, science reasoning, concentration improvement, overcoming test anxiety and time management. Since 1988 on average, students who finish the course increase their scores significantly on the ACT (36 point total) and on the SAT (2400 point total)!

Tuition for each course is \$120. Students may participate in both courses for a reduced tuition of \$210, with all class materials included. **Students who participate in the Advantage Educational Program may repeat the courses as often as they wish, free of charge.** Additional questions about the courses and tests should be directed to Advantage Educational Program at 1-800-521-3177 or visit their web site at www.theadvantage.org.

ACT Preparatory Classes

#4623-W09 (Juniors & Seniors)

Tuesdays, February 17-March 10
5:45-8:45 p.m.
South St. Paul High School, SSP
4 sessions-\$120

#3689-W09 (Juniors & Seniors)

Thursdays, February 19-March 12
5:45-8:45 p.m.
Simley High School, IGH
4 sessions-\$120

#6712-W09A (Juniors & Seniors)

Wednesdays, February 18-March 11
5:45-8:45 p.m.
Henry Sibley High School, MH
4 sessions-\$120

#6712-W09B (Juniors & Seniors)

Saturdays, February 21-March 14
12 noon-3 p.m.
Henry Sibley High School, MH
4 sessions-\$120

#6712-Sp09 (Juniors & Seniors)

Saturdays, May 9-June 6
(no class on 5/23)
12 noon-3 p.m.
Henry Sibley High School, MH
4 sessions-\$120

SAT/PSAT Preparatory Classes

#4624-Sp09 (Juniors & Seniors)

Tuesdays, April 21-May 12
5:45-8:45 p.m.
South St. Paul High School, SSP
4 sessions-\$120

#3688-W09 (Juniors & Seniors)

Thursdays, April 23-May 14
5:45-8:45 p.m.
Simley High School, IGH
4 sessions-\$120

#6713-Sp09A (Juniors & Seniors)

Saturdays, April 25-May 16
12 noon-3 p.m.
Henry Sibley High School, MH
4 sessions-\$120

#6713-Sp09B (Juniors & Seniors)

Wednesdays April 22-May 13
5:45-8:45 p.m.
Henry Sibley High School, MH
4 sessions-\$120

More Opportunities for Young People

Driver's Education

Our Driver Education program is taught by certified licensed instructors. The state of Minnesota requires anyone under the age of 18 wishing to obtain a MN Driver's License to complete an approved course in driver education. This course must include a minimum of 30 hours of classroom instruction and six hours of behind-the-wheel instruction. The classroom includes lecture, class discussion, guest speakers, films, written work from textbooks and written tests. Behind-the-wheel training allows a student to practice driving on public streets and highways with an instructor in a dual-control (two brake) car.

The fee is \$345. Payment can be made in full at the time of registration or pay \$175 at the beginning of class and \$170 at the end of the 30 hours prior to the student receiving the "blue" card.

Go to www.celearn4ever.org or to register by phone call with a credit card 651-306-3633 for Simley High School and South St. Paul High School or 651-403-8314 for Henry Sibley High School.

#7326-W09A
Monday-Friday, January 5-29
3:15-5:20 p.m.
Henry Sibley High School, MH
\$345

#7326-W09B
Monday-Friday, February 9-March 3
3:15-5:20 p.m.
Henry Sibley High School, MH
\$345

#7326-W09C
Monday-Friday, March 9-30
3:15-5:20 p.m.
Henry Sibley High School, MH
\$345

#1302-W09A
Monday-Thursday, February 2-26
(no class the week of 2/16-20)
2:45-5:45 p.m.
(early release days only 1:15-4:15 p.m.)
South St. Paul High School, SSP
\$345

#1302-W09B
Monday-Thursday, March 16-April 9
(no class the week of 3/30-4/2)
2:45-5:45 p.m.
(early release days only 1:15-4:15 p.m.)
South St. Paul High School, SSP
\$345

#1302-Sp09
Monday-Thursday, April 27-May 14
2:45-5:45 p.m.
South St. Paul High School, SSP
\$345

#1302-W09A
Monday-Thursday, January 27-February 18
(no class on 1/26, 1/28 & 2/16)
3-6 p.m.
Simley High School, IGH
\$345

#1302-W09B
Monday-Thursday, March 2-19
3-6 p.m.
Simley High School, IGH
\$345

#1302-Sp09A
Monday-Thursday, March 30-April 23
(no class the week of 4/6-10)
3-6 p.m.
Simley High School, IGH
\$345

#1302-Sp09B
Monday-Thursday, May 4-21
3-6 p.m.
Simley High School, IGH
\$345

#1302-Su09
Monday-Thursday, June 8-25
12:15-3:15 p.m.
Simley High School, IGH
\$345



The MN deduction allows parents to subtract from their taxable income up to \$2,500 for qualifying expenses on behalf of each child in grades 7 to 12, and up to \$1,625 for each child in grades K to 6. The legislature expanded the list of qualifying expenses to include all Community Education classes, tutoring, academic summer school and camps, and up to \$200 of the cost of a computer or education-related software.

Extra Innings and Encore School Age Care

WSP/MH/Eagan Public Schools

The Extra Innings and Encore School Age Care programs are Community Education programs brought to you by the school district of West St. Paul, Mendota Heights and Eagan. Extra Innings serves students in grades K-4 and Encore serves students in grades 5-8. The goal of the program is to assist parents and guardians with their school age child care needs and offers enriching programming for school agers and young adolescents.

Extra Innings SAC

Before School: A good start to the day is important to every child. Students participate in games, arts-n-crafts and gym activities! Breakfast is included.

After School: A perfect finish to the day! Students choose activities such as outdoor play, gym games, cooking and homework time. Time is also spent with friends and having a healthy snack!

Extra Innings

Days	Weekly	Daily	School Release
5 Before School	\$18.75	\$3.75	\$34.50
	After School	\$56.25	
4 Before School	\$15.00	\$3.75	\$34.50
	After School	\$45.00	
3 Before School	\$11.25	\$3.75	\$34.50
	After School	\$33.75	
2 Before School	\$7.50	\$3.75	\$34.50
	After School	\$22.50	
1 Before School	\$3.75	\$3.75	\$34.50
	After School	\$11.25	

Encore SAC

Encore is ISD 197's School Age Program, just for middle schoolers, located at Friendly Hills Middle School and Heritage Middle School on school day mornings from 6:30-8:35 a.m. and at Noreen Activity Center after school from the end of the school day to 6 p.m. Encore is designed to support middle school aged student needs to develop and define their own competency and productivity, as well as enabling them to become involved in serving their school and community.

• **NEW THIS YEAR!! Before School Encore Program at Heritage Middle School and Friendly Hills Middle School!** Students are served a healthy breakfast to get the day started off right! Homework assistance is always available. Many fun, enriching, and educational activities are offered including gym time, outdoor play, arts and crafts activities, service learning, the Encore Youth Advisory Council, and the Character Counts Program.

• The **After School Encore Program at the Noreen Activity Center** is a perfect finish to the day. Encore students from both Friendly Hills and Heritage Middle School have exclusive use of Noreen Center every school day from the end of the school day through 6 p.m. Transportation from both middle schools is provided. Students enjoy a healthy and delicious snack as soon as they arrive. Some of the exciting, enriching and educational opportunities at Encore include arts and crafts, cooking and baking, and drama activities.

In addition, students play gym games and sports in the Noreen Center's state of the art gym. They socialize in the game room, playing pool, ping-pong, foosball and air hockey and hang out with friends in the lounge. Computers are available for both recreational and educational use. PM Encore also offers a successful Academic Excellence program, Encore Service Learning Program; a youth advisory council called KIDS Club, and the Character Counts Program.

Encore

Days	Weekly	Daily	School Release
5 Before School	\$30.00	\$6.00	\$34.50
	After School	\$41.25	
4 Before School	\$24.00	\$6.00	\$34.50
	After School	\$33.00	
3 Before School	\$18.00	\$6.00	\$34.50
	After School	\$24.75	
2 Before School	\$12.00	\$6.00	\$34.50
	After School	\$16.50	
1 Before School	\$6.00	\$6.00	\$34.50
	After School	\$8.25	

• **School Release Days** SAC offers a complete day of fun and enrichment on school release days. Students go on field trips and have the opportunity to experience new events. We provide a morning and afternoon snack. A separate registration and fee is required.

Enrollment/Additional Information

Extra Innings School Age Care sites are located at: Garlough Environmental Magnet School (GEMS), Mendota, Moreland, Pilot Knob, and Somerset Elementary Schools.

Encore is located for AM at Heritage Middle School, Friendly Hills Middle School and PM at the Noreen Center in St. Stephen's Church.

The **School Age Care office** is located at Heritage Middle School, 121 W. Butler Ave, W. St. Paul, MN Room 140b.

Before School Hours

From 6:30 a.m.-to start of school

After School Hours

From the end of the school day-6 p.m.

Extra Innings and Encore Program Philosophy

Encore and Extra Innings strive to provide a high quality school age care environment for all children. The staff will create a safe, warm environment where children feel secure and respected. Staff will also seek to provide a stimulating environment for fun and adventure. Children will be encouraged to try new things and to develop positive relationships with peers and staff. An atmosphere of trust and respect will be provided at all times and staff will work to assist children in building a strong sense of self-esteem.

For additional information or registration materials,

call Missy McGinty at 651-403-7516

or

Charlotte Rowland at 651-403-7517

or

visit our website at www.comed.isd197.org

Kids' Choice School Age Care IGH/SSP Public Schools

The IGH/SSP Kids' Choice School Age Care program is a Community Education program brought to you by the school districts of Inver Grove Heights and South St. Paul. The main goal of the program is to assist families with their school age child care needs and offer an exciting child care alternative. Kids' Choice offers child care Monday-Friday, 12 months per year, for school age children. During the school year, the program offers before-school care, after-school care, and non-school day care. During the summer months, full day care is available.



IGH/SSP Kids' Choice School Age Care Program Mission Statement

To provide a quality program that fosters a safe, cooperative, caring and creative environment which promotes individual uniqueness, self-esteem, teamwork and respect.

IGH/SSP Kids' Choice School Age Care Program Philosophy

Kids' Choice strives to provide high quality school age programming in a safe, fun, caring environment where children can pursue a variety of interests, learn lifelong skills, develop friendships and grow in confidence and respect for themselves and others.

Children participate in a variety of academically-enriched recreational and cultural activities that informally support learning and social development.

Kids' Choice staff members are qualified, experienced, enthusiastic and caring and provide a program that offers children many exciting opportunities to be children.

Activities

Your school age child will enjoy a variety of recreational, educational and developmental activities with a minimum of formal structure in a well-supervised and comfortable environment. Children take part in many group and individual experiences which encourage their physical, intellectual and social development. Each site will offer activities that include: arts/crafts, science, cooking, reading, group games, homework groups, computers, physical activities, special guests/activities and field trips. Activities for the school age child are designed to complement and enrich without duplicating the traditional school day experience.



Save these dates

Summer 2009 Kids' Choice registration for current families is February 4.

Summer 2009 Kids' Choice registration for community families is February 18.

School Year 2009-2010 Kids' Choice registration for current families is March 11.

School Year 2009-2010 Kids' Choice registration for community families is March 25.

Enrollment/Additional Information

Before- and after-school sites are located at: Hilltop, Pine Bend, Salem Hills, Kaposia Education Center and Lincoln Center.

Non-school day and summer sites are located at: Lincoln Center in South St. Paul and Hilltop in Inver Grove Heights. These locations are subject to change.

The Kids' Choice office is located at 1515 Fifth Avenue South, South St. Paul.

For more information or to set up a site visit, call the Kids' Choice Office at 651-306-3631.

	Weekly Fee	Part-time Daily Fee*
Before School From 6:30 a.m. to start of school	\$45	\$12
After School From the end of school day until 6 p.m.	\$45	\$12
Registration Fee: \$40 per child		
*Part time is less than five days a week.		
Non-School Day		
\$29 per day early bird registration before deadline date.		
\$32 per day after registration deadline date		
Non-School Days Only		
\$33 per day early bird registration before deadline date.		
\$37 per day after registration deadline date		

The Access Project for Adults with Disabilities



ACCESS Project Services Include:

- Inclusion assistance for participation in any community education class
- Financial assistance for class fees and transportation
- Sign language interpreters/note takers
- Accessibility information
- Leisure and recreational activities in partnership with Special Olympics Minnesota (For program information or to volunteer at a Special Olympics event, call 612-333-0999 or visit their website at www.somn.org.)

A complete listing of Community Education classes, descriptions and fees for courses offered in School District 6, 197, and 199 may be found in this catalog. You are invited to participate in any class included in this catalog regardless of your district of residence. The ACCESS project will assist you with appropriate inclusion and access to all classes.

You can also visit the Community Education website at www.comed.isd197.org for ACCESS Program Information and contact numbers.

Call 651-403-8313 or MN Relay 711 to register for Community Education courses or you can register online at www.celearn4ever.org.

Special Olympics Opportunities

Special Olympics is founded on the belief that people with intellectual disabilities can, with proper instruction and encouragement, learn, enjoy and benefit from participation in individual and team sports.

Special Olympics believes that through sports training and competition, people with intellectual disabilities benefit physically, mentally, socially and spiritually; families are strengthened; and the community at large, both through participation and observation, is united in understanding people with disabilities in an environment of equality, respect and acceptance.

VISION

Special Olympics Minnesota is recognized as the premier organization providing essential life skills opportunities for children and adults with intellectual disabilities. Our athletes will derive the full benefit of our mission through multi-level, year-round sports opportunities and related health and leadership programs.

VALUES

RESPECT: Valuing and accepting human differences and the unique abilities of all people in our communities.

ACCOMPLISHMENT: Celebrating the fulfillment of individual potential

CHOICE: Providing opportunities for self-determination

QUALITY: Striving for excellence in all we do

PARTNERSHIP: Achieving more than we can alone by collaborating with others

INTEGRITY: Fostering a culture based on the highest standards of personal and professional principles

For information on Special Olympics in our communities visit the web site at www.specialolympicsminnesota.org.



Come see what our close-knit community has to offer ...

- **Early Learning** - early childhood programs at each elementary school prepare children for kindergarten and beyond
- **Right-sized schools** – small schools focus on the whole child, serving the academic, artistic, athletic and emotional needs of all students.
- **Focus on Innovation** – efforts engage students and staff in critical thinking and creative problem solving.
- **Rich Diversity** – world language instruction and cultural explorations offer students a global perspective.
- **Technology Leadership** – digital learning initiatives prepare all learners for a changing world.



West St. Paul – Mendota Heights – Eagan Area Schools
www.isd197.org • (651) 403-7008

Welcome to



Developing Lifelong Learners • Education for a Changing World



The community of South St. Paul has always taken pride in their schools. To meet the expectations of the community and the needs of all learners, South St. Paul Public Schools has worked energetically for an:

- IB Primary Years Program (PYP) for all students in grades K-6 (implementation and authorization in progress)
- IB Middle Years Program (MYP) authorized for all students in grades 7-10
- IB Diploma Program has been established and nationally recognized since 1986

The teachers, administrators, and our school board are dedicated to creating life-long learners who will be able to meet the demands of a highly competitive job market that is constantly evolving. It is also important for students to develop the skills necessary to live and work in a global society. The creative efforts of our District staff continue to serve us well in preparing our students for success.

651-457-9400 or www.sspps.org



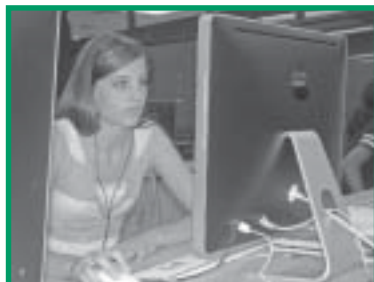
Independent School District 199 provides a challenging curriculum that emphasizes high expectations and academic support for all learners.

Students in the Inver Grove Heights Community Schools benefit from:

- safe and caring environments
- an academically intense curriculum
- high academic standards
- effective and innovative teaching
- a variety of extracurricular activities
- facilities that enhance learning



651-306-7800



www.invergrove.k12.mn.us

Facility Use

School District 6 (South St. Paul)

School District 197 (West St. Paul, Mendota Heights, Eagan)

School District 199 (Inver Grove Heights)

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by the respective school boards.

In District 6, South St. Paul - go to www.sspps.org, click on “Community Education” and then “Facility Use.” You may also call 651-306-3603 or stop by the facility scheduler’s office at Family Connections, 1515 Fifth Ave. S., South St. Paul, MN, 55075. Permits must be completed online or they can be printed, completed and submitted to the facility scheduler at the address above.

In District 197, West St. Paul, Mendota Heights, Eagan - go to www.comed.isd197.org. Click on “Facility Use” located on the left side of the page to print a Facility Permit Application. You may also call 651-403-8314 or stop by the facility scheduler’s office in Community Education at 1897 Delaware Avenue, Mendota Heights, 55118. Complete and return the form, along with the \$15 application fee, to the facility scheduler at Community Education at the address above.

In District 199, Inver Grove Heights - To apply online, go to www.invergrove.k12.mn.us, click on “Community Education” and then “Facility Use.” You may also call 651-306-3603 or stop by the facility scheduler’s office at Family Connections, 1515 Fifth Ave. S., South St. Paul, MN, 55075. Permits must be completed online or they can be printed, completed and submitted to the facility scheduler at the address above.

Gar Lockrem Community Choir

The *Gar Lockrem Community Choir* invites you to join them as they expand this “first of its kind” Community Choir.

You are invited to sing in this third season under the direction of William E. White.

If you currently sing in a choir, or did at one time and are looking for an opportunity to do so again, we invite you to support this unique community choir and rediscover the joy of making sublime choral arrangements come to life. The group is specifically in need of men who sing bass but all singers are welcome!

Rehearsals begin on Tuesday, January 13.
Henry Sibley High School Choir Room
Delaware Avenue and Highway 110 in Mendota Heights

Spring Concert is Sunday, April 26, 3 p.m.
Good Shepherd Lutheran Church
7600 Cahill Ave., Inver Grove Heights

For more information, contact:
Liz Westlund 651-457-4168

garlockremcc@comcast.net
www.garlockremcc.org



Inver Hills Community Band



The Inver Hills Community Band is a 40 piece adult concert band made up of quality musicians from the surrounding suburbs.

The band rehearses on Monday nights from 7-8:30 p.m. in the Inver Hills Community College Fine Arts Building. Concerts feature quality music chosen from the areas of classical, symphonic, Broadway, swing, jazz, pop, Latin, marches and patriotic favorites. The band performs several concerts throughout the year. Check out the band's web site for more information on auditions, rehearsals, concert schedule and more! www.ihcb.org





Inver Grove Heights Parks and Recreation



Parks and Recreation
Phone: 651-450-2585
Fax: 651-450-2490

Community Center
Phone: 651-450-2480
Fax: 651-450-2484

Website: www.funatthegrove.com

Inver Grove Heights Parks and Recreation and Veterans Memorial Community Center offers programs and services for all ages. You are sure to find something everyone is interested in whether it's sports, fitness, science and more. For a complete list of programs and services, visit our website at www.funatthegrove.com or call 651-450-2585 to request a current brochure.

Memberships to Veterans Memorial Community Center!

We have it all under one roof:

- Fitness Center
- Indoor water park, lap pool, whirlpool
- Walking/Running track
- Ice Arenas
- Basketball Court
- Locker rooms with sauna
- Fitness classes
- Meeting rooms
- More!



Memberships are available. You may qualify for great monthly discounts! Take a virtual tour online at www.funatthegrove.com

USA Tumble Bee's Gymnastics

Join this great gymnastics program that teaches skills in a way that is customized for each child at his/her own level of competency. The coaching staff has years of experience in both coaching and judging. Their energetic personalities and coaching styles ensure a positive and fun learning environment. Classes are offered for children ages 2 1/2-adult. This is an ongoing program that is offered year round. Payments are made on a monthly basis. Call 651-450-2585 for more information!

Artificial Turf

Veterans Memorial Community Center will have artificial turf available for rent beginning in March 2009 through October. This turf will be in our West arena and is perfect for your athletic team practices, clinics or special events.

Call 651-450-2588 or email tpetersen@ci.inver-grove-heights.mn.us to reserve your space today!

Gym and Swim

(all ages; must be accompanied by an adult)

Fun for kids and the adults that accompany them! Kids will play with scooters, balls and other equipment while parents can join in, walk or talk! Parents and kids can also splash around in our zero-depth leisure pool.



Tuesdays & Thursdays (some skip dates apply; visit www.funatthegrove.com for an updated schedule)
 Gym: 9-11 a.m.
 Pool: 9-11:30 a.m.
 Fee: \$5 per morning (includes one adult and up to two children; additional children are \$2 each)

Swim Lessons

We offer swim lessons for all ages and abilities. Our experienced staff follows the American Red Cross curriculum in a positive environment. All classes take place in the lap pool at a temperature of 81 degrees. Lessons are offered during the week and weekends throughout the year.

Call or go online for exact dates and times.

Learn to Skate Lessons

(ages 4-up)

The Inver Grove Heights Skate School is committed to fostering the development of every skater. We provide a wide variety of programs which teach the fundamentals of skating to all ages and abilities in a fun, engaging and supportive environment.



Winter session: Tuesdays, January 13-February 24
 Spring Session: Tuesdays, March 3-April 21 (no class 4/7)

Lessons are 30-minutes and run between 5:40-7:30 p.m.
 Fee: \$77 (\$5 discount for Community Center members)

Mailing List: If you are not a resident of Inver Grove Heights and would like to receive our brochure, please call 651-450-2585 or email bethany@funatthegrove.com

Mendota Heights Parks and Recreation

Outdoor Winter Fun

Mendota Heights Parks and Recreation Outdoor Winter Fun

Visit our web-site at www.mendota-heights.com for more programs. Print out a registration form online and mail in or stop in at MH City Hall at 1101 Victoria Curve, Mendota Heights MN 55118. Phone 651-452-1850.



Mendota Heights Warming House/Rink Hours

The City of Mendota Heights has 3 outdoor hockey and pleasure rinks that are opened weather permitting December 13th until Early March. A rink attendant will be on duty during the regular warming house hours listed below. The outdoor rinks and warming houses will be CLOSED and outdoor programs will be canceled when the air temperature is below zero. Please keep children home on these days. For information concerning ice rinks call the ice rink/warming house hotline at 255-1174 or for skating lesson info call 255-1173.

Locations:

- Friendly Hills Park**—2360 Pueblo Lane
East of Pueblo Lane & South of Decorah Lane
- Marie Park** – 1780 Lilac Lane
North side of Marie Ave. ¼ mile west of Victoria
- Wentworth Park**—739 Wentworth Ave.
North side of Wentworth & ½ Mile West of Dodd Road.



Warming House Hours:

Weekdays	4-8:30 p.m.
Saturdays	9 a.m.-8:30 p.m.
Sundays	12-6 p.m.
School Vacation Days	12-8:30 p.m.
Christmas/New Year's Eve	12-4 p.m.
Christmas	Closed
New Years Day	12-6 p.m.

Learn to Skate/Outdoor Ice Skating Lessons

This is a great opportunity to improve your skating skills. Lessons taught by Rebecca a local professional skater. Classes are limited to 5-7 participants, so register early as they fill quickly. **(If your class is full please register on our waiting list as we will add more classes if needed.)** Please indicate the level, name on registration form. Lessons held at Friendly Hills Rink (716 Navajo Lane).

FEE: \$33.00 for 5 weeks Saturdays January 3-31

Please note: *February 7 may be used for make-ups due to weather cancellations. The instructor will set times to make up.

Please call the skating lesson hotline before each lesson at 255-1173 for rink conditions/weather cancellations/make up.

Smalls and Talls - Ages 3-5 years old Time: 9:30-10 a.m.
Parents participate w/1st time skater. Learn tips to teach your child.

Beginners - Ages 6 and older Time: 10:05-10:35 a.m.
For skaters with no previous experience. Learn basic skills.

Advanced Beginners - Ages 6 & older Time: 10:40-11:10 a.m.
Skaters who can skate forward or completed the Beginners class.

Intermediate – Ages 6 and older Time: 11:15-11:45 a.m.
For skaters that have completed Advanced Beginners Class.

Funstyle/Freestyle - Ages: 6 & up Time: 11:50 a.m.-12:20 p.m.
For advanced skaters who can do forward/backward crossovers & turns or who have already took the Intermediate Class.



Eagan Parks and Recreation

Eagan Parks and Recreation invites you to “Discover” the large selection of activities that are scheduled this Winter. “Discover” the benefits of recreation. From preschool programs to programs for ages 55+ there is something for everyone.



Highlights include the Indoor Community Garage Sale on January 31, Outdoor Winter Spectacular Event on February 28 and the Nordic Walking Club for 55 +. Embrace winter by enjoying the outdoor skating sites and the Trapp Farm Park tubing hill. For more information check out our website at www.cityofeagan.com or call 651-675-5500. Look for future issues of the “Discover” brochure delivered to your Eagan home and available on line.



The Eagan Community Center is located at 1501 Central Parkway 651-675-5550. It is the home of the Lone Oak Room and the Oasis Teen Center. Visit the web site at www.eagancommunitycenter.com.

The Eagan Civic Arena is located at 3870 Pilot Knob Road, 651-675-5589 or visit their web site at www.eagancivicarena.com.

West St. Paul Parks and Recreation

1616 Humboldt Avenue, West St. Paul MN 55118
651-552-4150
www.ci.west-saint-paul.mn.us



Warming House Hours - Weather permitting - Warming Houses will be open Mid December through mid-February.

Warming houses will be open the following hours:

Pleasure Rinks: Weekdays 4-8 p.m., Saturday & Sunday Noon-5 p.m.

Hockey Rinks: Weekdays 4-8:30 p.m., Sunday 11 a.m.-5 p.m.

Orme & Haskell Saturday 10 a.m.-5 p.m.

Harmon Saturday 10 a.m.-8 p.m.

Christmas Vacation, New Years Day, Martin Luther King Day, Hours
(Weekdays) for Pleasure Rinks: Noon-8:00 pm Hockey Rinks: 10 a.m.-8:30 p.m.
Christmas Eve & New Years Eve, Pleasure & Hockey Rinks open 10 a.m.-4 p.m.
ALL RINKS CLOSED CHRISTMAS DAY

Warming House/Rink Locations: H-Hockey Rink G-General Pleasure Skating

DODD	Smith & Dodd (G)	EMERSON	Gorman & Arion (G)
HARMON	Bernard & Charlton (H & G)	HASKELL	Haskell & Sperl (H)
KENNEDY	Bidwell & Belvidere (G)	ORME	Orme & Manomin (H & G)
SOUTHVIEW	Carol Ln. & Westview Dr. (G)	WESCHCKE	Smith & Runge (G)
OAKDALE	Oakdale & Arion (G)		

Winter Trips

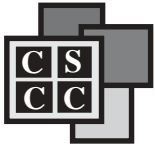
Bowling, Lunch & A Movie – First we start the day with two games of bowling (includes shoes and bumper lanes if needed) at Drkula’s located in Inver Grove Heights with a pizza/pop lunch included. Next we are off to Showplace 16 IGH for a G or PG rated movie-you will have 2-3 movies to choose from. Bring extra money for snacks if you would like.

Nickelodean Universe (formerly Camp Snoopy) - We are off for a fun filled day at the Mall of America. We will have 5 hours of unlimited rides & your choice of hamburger, hot dog or chicken strips for lunch with french fries & a drink. Bring extra spending money for snacks, game tokens if you want. You must be 8 years of age or older to attend this trip.

Monday, December 29 - Ages: 6 and up
Bus departs at 9:15 a.m. & returns 3:30 p.m. (approx. with movie end time - you will be given the exact return time when you drop off your child on the day of trip)
Cost: \$26 per person

Tuesday, December 30 - Ages: 8 and up
Bus departs at 8:45 a.m. & returns at 3:30 p.m.
Cost \$30 per person

South St. Paul Parks and Recreation



Central Square Community Center Membership & Winter/Spring Programs

The Central Square Community Center located at 100 - 7th Avenue North, SSP offers Indoor Swimming Lessons as well as a wide range of fitness programs and activities for Seniors, Adults and Youth.

If you have any questions regarding upcoming CSCC program offerings or CSCC memberships, please call the Parks and Recreation/CSCC Office at 651-306-3690 or check us out on line at [www.southstpaul.org/departments/parks and recreation](http://www.southstpaul.org/departments/parks%20and%20recreation).

CSCC Winter/Spring Program offerings include:

- Indoor Swim Lessons
- Indoor Pool Schedule
- Turbo Kick
- Tone & Flex
- Total Body Conditioning
- Cardio Pump
- Cardio Core Conditioning
- Adult Water Exercise
- Senior Gentle Abs & Back
- Gymnastics
- Karate
- PIYO
- Pilates
- Cardio-Dance
- Deep Water
- Aqua Interval
- Senior Low & Tone
- and much more!

Discover the great value and benefits of Membership at the Central Square Community Center.
100 - 7th Avenue North, South St. Paul, MN 55075



CSCC offers great, affordable membership opportunities that include:

- Use of Central Square Fitness Center featuring the latest in Nautilus and Pre-Cor exercise equipment. (Must be 16 years of age or older to use this area of the CSCC).
- Use of the swimming pool during all lap swim, recreation swim and family swim times.
- Reduced rates on all CSCC Program offerings for all annual members including Swimming Lessons, Gymnastics, Fitness Classes and other exciting new programs.
- Child care for age 1 to 9 years, up to a two hour maximum during scheduled times. (Parent must be on site).

Payment Options Include: check, cash, VISA, Discover, MasterCard and electronic fund transfer. Prices include tax.

Membership fees				
Resident/ Employee Membership	Annual	6 Month	1-Time Visit	10-Visit Card
Youth/Senior	\$169.46	\$100.11	\$ 5.00	\$34.34
Adult	\$222.59	\$133.14	\$ 6.00	\$50.95
Family	\$398.74	\$239.63	\$17.00	\$134.02
Advantage Membership (Available on annual memberships only.)	* \$255.60 ** Regular membership rates apply for UCARE and Blue Cross/Blue Shield Members.			
Non-Resident Membership	Annual	6 Month	1-Time Visit	10-Visit Card
Youth/Senior	\$236.43	\$139.52	\$ 8.00	\$56.49
Adult	\$308.85	\$186.38	\$ 9.00	\$77.53
Family	\$558.23	\$332.28	\$26.00	\$217.09

Medica Fit Choices Program, Health Partners, UCARE and Blue Cross/Blue Shield Frequent Fitness Programs for Membership Reimbursement:

Central Square Community Center has been accepted into an exclusive list of fitness organizations that are able to provide members of Health Partners; Blue Coss/Blue Shield; UCARE; and Medica Fit Choices program, the option of being reimbursed for monthly health club membership fees. We hope new and existing members will realize the benefits these programs have to offer by allowing you to maintain your membership at little or no cost to you and your family as long as you meet their minimum program requirements. The CSCC is very excited to be able to offer these popular programs. More information is available by logging on to our web site at www.southstpaul.org (Central Square is located under Department Services; or call the Central Square Community Center at 651-306-3690.)

Town Square Television Classes Winter/Spring 2009

CALL 651-451-7834 to register for classes at least 48 hours in advance

Intro to Community TV Class is – FREE
 All other classes are - \$25

January Classes

Saturday, January 3	Intro to Community TV (required)	10 a.m.
Thursday, January 8	Advanced Editing – LiveType/iDVD	6 p.m.
Saturday, January 10	Final Cut Pro – Non Linear Editing	10 a.m.
Tuesday, January 13	Lighting For Television	6 p.m.
Wednesday, January 14	Studio Production	6 p.m.
Tuesday, January 20	Advanced Field Production	6 p.m.
Saturday, January 24	Intro to Community TV (required)	10 a.m.
Thursday, January 29	Digital Field Production	6 p.m.
Saturday, January 31	Final Cut Pro – Non Linear Editing	10 a.m.



February Classes

Tuesday, February 3	Advanced Editing – LiveType/iDVD	6 p.m.
Thursday, February 5	Lighting For Television	6 p.m.
Saturday, February 7	Final Cut Pro – Non Linear Editing	10 a.m.
Saturday, February 14	Intro to Community TV (required)	10 a.m.
Wednesday, February 18	Studio Production	6 p.m.
Thursday, February 19	Digital Field Production	6 p.m.
Saturday, February 21	Intro to Community TV (required)	10 a.m.
Tuesday, February 24	Advanced Field Production	6 p.m.
Saturday, February 28	Final Cut Pro – Non Linear Editing	10 a.m.

March Classes

Tuesday, March 3	Lighting For Television	6 p.m.
Thursday, March 5	Advanced Editing – LiveType/iDVD	6 p.m.
Saturday, March 7	Final Cut Pro – Non Linear Editing	10 a.m.
Saturday, March 14	Intro to Community TV (required)	10 a.m.
Wednesday, March 18	Studio Production	6 p.m.
Thursday, March 19	Digital Field Production	6 p.m.
Saturday, March 21	Intro to Community TV (required)	10 a.m.
Tuesday, March 24	Advanced Field Production	6 p.m.
Saturday, March 28	Final Cut Pro – Non Linear Editing	10 a.m.

April Classes

Saturday, April 4	Final Cut Pro – Non Linear Editing	10 a.m.
Tuesday, April 7	Lighting For Television	6 p.m.
Thursday, April 9	Advanced Editing – LiveType/iDVD	6 p.m.
Saturday, April 11	Intro to Community TV (required)	10 a.m.
Wednesday, April 15	Studio Production	6 p.m.
Thursday, April 16	Digital Field Production	6 p.m.
Saturday, April 18	Intro to Community TV (required)	10 a.m.
Tuesday, April 21	Advanced Field Production	6 p.m.
Thursday, April 30	Final Cut Pro – Non Linear Editing	6 p.m.

May Classes

Saturday, May 2	Intro to Community TV (required)	10 a.m.
Tuesday, May 5	Lighting For Television	6 p.m.
Thursday, May 7	Advanced Editing – LiveType/iDVD	6 p.m.
Saturday, May 9	Intro to Community TV (required)	10 a.m.
Wednesday, May 13	Studio Production	6 p.m.
Thursday, May 14	Digital Field Production	6 p.m.
Saturday, May 16	Final Cut Pro – Non Linear Editing	10 a.m.
Tuesday, May 19	Advanced Field Production	6 p.m.
Thursday, May 21	Final Cut Pro – Non Linear Editing	6 p.m.



Come Out to Play in Dakota County Parks

Dakota County offers a variety of fun programs in the parks. See the entire schedule online at www.dakotacounty.us

New Year's Eve Party!

Join us for our third annual New Year's Eve Party! Ice skate, hike, and snowshoe by candlelight. Snowshoe equipment available for rent. Bring your own ice skates. Concessions available for a fee. Count down to the New Year at 7:59 p.m.!

Course number 2512

Wednesday, December 31 5-8 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: All ages; \$5/person if pre-registered by December 30; \$10/person at the door. Youth ages 5 and under FREE.



Trails by Candlelight

Pick your passion! Cross-country ski, ice skate, hike, and snowshoe by candlelight. Ski and snowshoe equipment available for rent. Bring your own ice skates. Concessions available for a fee.

Course number 2523

Saturday, February 21 6-9 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: All ages; \$5/person if pre-registered by Feb. 20; \$8/person at the door.
Youth ages 5 and under FREE.

Candlelight Cross-County Ski & Stroll

Cross-country ski or stroll by candlelight on the bluffs of the Mississippi River. Concessions available for a fee. Bring your own equipment.

Course number 2646

Saturday, January 31 6-9 p.m.
Location: Schaar's Bluff, Spring Lake Park Reserve, Hastings
Fee: All ages; \$5/person; Youth ages 5 and under FREE



Cross-Country Ski Lessons for Adults-Classic Technique

Learn the basics of classic-style cross-country skiing.

Course number 2533

Sunday, January 4 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 15 and older; \$25/person

Course number 2534

Saturday, January 17 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 15 and older; \$25/person

Course number 2535

Saturday, January 31 10 a.m.-12 noon
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 15 and older; \$25/person

Course number 2536

Saturday, February 21 10 a.m.-12 noon
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 15 and older; \$25/person

Course number 2537

Sunday, February 22 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 15 and older; \$25/person

Course number 2538

Saturday, March 7 10 a.m.-12 noon
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 15 and older; \$25/person

Cross-Country Ski Lessons for Youth-Classic Technique

Learn the basic skills of classic-style cross-country skiing in a kid-friendly environment.

Course number 2539 Ages 6-9

Sunday, January 11 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: \$15 per person

Course number 2540 Ages 9-12

Saturday, January 31 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: \$15 per person

Course number 2542 Ages 13 and up

Sunday February 15 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: 13 and older; \$15/person

Kicksledding

Enjoy an afternoon of kicksledding on the ice of Schulze Lake.

Saturday, January 24 1-3 p.m.
Sunday, January 25 1-3 p.m.
Location: Visitor Center, Lebanon Hills Regional Park, 860 Cliff Road, Eagan
Fee: All ages; FREE

Dodge Nature Center Public Programs

January-May 2009

365 Marie Ave. W., West St. Paul, MN 55118 • 651-455-4531

Programs are also listed on our website: www.dodgenaturecenter.org

Scholarships are available for all programs.

Please pre-register for all programs. Call 651-455-4531 to register and for program locations.



Spoon Carving in the Scandinavian Tradition

Learn to identify and harvest that noxious buckthorn and put it to good use—carving a beautifully grained eating spoon for yourself or for a gift. Beginners and experienced carvers are welcome. All materials will be included. Tools will be available to borrow or purchase. Basic, safe carving strokes will be taught. Bring a lunch. Recommended for ages 14 and older. Youth must be accompanied by an adult. **Pre-registration is required.**

Saturday, January 31 9 a.m.
Location: Farm
Cost: \$45

Sugar on Snow Party

With the maple season fast approaching come out to Dodge to learn how to make this old-fashioned outdoor treat. With a recipe handed down through the generations from Native Americans to Laura Ingalls Wilder to your family, we'll make "sugar on snow" and discuss various easy ways to make some at your home. It's a wonderful project to bring your family reading time to life. **Please pre-register.**

Saturday, February 21 10 a.m.
Location: Farm
Members \$5/\$15 family,
General Public \$7/\$20 family

Green Cleaning Products

Chemicals used around the home often contain hazardous substances. Make simple, environmentally-friendly recipes that will reduce the use of toxic cleaners in your home. Don't have time to make your own cleaning products? Learn which commercial home cleaning products are really green. The price for this class includes making one non-toxic cleaning product. Additional cleaning products can be made for a small fee. **Pre-registration is required.**

Saturday, February 28 1 p.m.
Location: Farm
Members \$5 General Public \$7

It's Maple Syrup Time!

It's that time of the year to experience the time-honored practice of turning maple tree sap into syrup. Learn the history of maple syruping as you hike to a sugarbush to tap a tree, visit the evaporator and sample delicious maple syrup. Wear boots. It's muddy out there! This program is designed for all ages. **Please pre-register.**

Saturdays: March 7, 21 and 28 1 p.m.
Location: Farm
Members \$5/\$15 family,
General Public \$7/\$20 family

Minnesota Rock History and Fossil Collecting

Hike through the Lillydale Brickyards where shale, sandstone, limestone, underground springs and caves abound. Scramble up rocky ravines and search through clay pits to find and identify fossils. This program is designed for adults and children 6 years and older. **Pre-registration is required.**

Saturday, April 18 1 p.m.
Location: Meet at the Main Entrance
Members \$5/\$15 family,
General Public \$7/\$20 family

Twig Plant Boxes

Design and assemble your own twig plant box to showcase a potted plant or favorite area of your garden. Willow, dogwood, poplar and buckthorn branches and twigs will be provided for this creative venture into twig design. Bring hand pruners, hammers and small hand saws if you have them. Other materials will be provided. Class size is limited, so register early! Recommended for adults. **Pre-registration is required.**

Saturday, April 25 9 a.m.
Location: Main Entrance
\$25 Members, \$35 General Public

Farm Tour

Sheep, cows, pigs, chickens and more are awaiting your visit to the Dodge Nature Center farm. Learn about the farm and the farm animals as you tour the pasture, barn and hayloft. All ages are welcome. **Pre-registration is encouraged.**

Saturday, May 30 10 a.m.
Location: Farm
\$3 adults, \$1.50 children (3- 12 yrs.)

Growing a New Energy Economy: Economic Opportunities around Environmental Improvement.

J. Drake Hamilton, Science Policy Director at Twin Cities-based Fresh Energy, will speak on renewable energy technologies that can create a healthy environment and robust economy. Hamilton is a Minnesota expert on global warming solutions, and gives over 100 invited presentations each year on climate change science and clean energy solutions. Her talk will describe the combination of energy efficiency and renewable energy that we can use to meet our needs as we help shape the new energy economy for 21st century progress.

Pre-registration is strongly encouraged

Thursday, April 30 7 p.m. doors open, refreshments
Location: Farm 7:30 -8:30 p.m. speaker
Cost: Free 8:30-9 p.m. discussion session



Marvelous Mushrooms

Mushroom or toadstool? How do you know if a mushroom is safe? What makes a mushroom a mushroom? Where do you look for that tasty morel? If you are curious about mushrooms, join us as we look at different kinds of mushrooms and then spend some time in the field searching for the illusive morel. This program is for adults. **Pre-registration is required.**

Saturday, June 6 10 a.m.
 Location: Main Entrance
 Members \$5/\$15 family,
 General Public \$7/\$20 family

O.W.L.S. (Older, Wiser, Livelier Seniors)

One hour programs for seniors interested in learning more about the natural environment.

January-June
 (First Tuesday of each month)
 11 a.m. - 1 p.m.
 Location: Farm
 Free, \$12 for lunch (optional). Donations accepted. Pre-registration is required by the Friday prior to the program.

January 13
China-Land of Green Tea and Bamboo

February 3
Nature Photography

March 3
Maple Syruping

April 7
Rain Gardens

May 5
Mushrooms Galore!

June 2
Spring Birding

Young Explorers (for grades K-5)

Young Explorers is an after school nature exploration program for students currently enrolled in kindergarten through grade 5. The four week program runs from 4-5:30 p.m. Students in grades K-2 attend on Tuesdays, and grades 3-5 attend on Wednesdays.

Cost per session: \$66 Members \$77 General Public Scholarships are available.

Eagles and Owls and Hawks... Oh My!

Eagles, owls, hawks and falcons are all part of the amazing group of birds called raptors. The Young Explorers will discover what it is like to hear like an owl, see like a hawk, and learn all about the rest of the raptors that call Minnesota home.



January 20 – February 10 Grades K-2
 January 21 – February 11 Grades 3-5
 Registration ends January 16

Dinosaurs

Springtime with the Young Explorers will be spent exploring the world of the largest creatures to ever roam the Earth. Along the way we'll find out how big they were, how long they lived and what might have made them disappear. Join us for some T-Rex sized fun!

April 14 – May 5 Grades K-2
 April 15 – May 6 Grades 3-5
 Registration ends April 10

Woolly Bears – A Parent Preschooler Program

Join a Dodge Nature Center Naturalist and introduce your preschool aged child to the wondrous natural world. Topics will be explored through creative storytelling, music, puppetry and more. Children can also learn about the earth by exploring art or visiting with live animals. Designed for children ages 3-5. All children must be accompanied by an adult. Pre-registration and prepayment are required. Please check our website or call for a registration form.

Location: Main Entrance
 \$12 Members
 \$14 General Public (per class)
 10-11:30 a.m.

Wonderful Wolves January 14, 15, 17
 Spinning Spiders January 28, 29, 31
 Let it Snow! February 11, 12, 14
 Calling Crows February 25, 26, 28
 Maple Syruping March 11, 12, 14
 Mud Pies March 25, 26, 28
 Eggs April 8, 9, 11



Community Resources

The following list of Community Resources is offered here to assist you in any number of ways and to provide you with information that you may need that will help you live your best life here in our communities. There is a wide variety of community agencies waiting to assist you with needs that will allow you to work, live, learn, be healthy, buy a house, get a job, raise your children, get fit, read, get a ride, vote, and more. Take advantage of this list and these resources. All are ready to assist!

The *United Way First Call for Help* is here to help you and can connect you to agencies beyond the list below. Call the United Way First Call for Help for information and referral to over 2,400 community agencies in the metro area. This hotline provides a link to services such as crisis intervention, economic and housing assistance, medical clinics, food shelves, volunteer activities, educational and recreational programs and support groups.

Call 651-291-0211 or simply, 211. Visit the United Way on the web at www.unitedwaytwincities.org.

Additional Community Resources

Central Square Community Center	651-306-3690
Child Care Resource & Referral	952-985-4045
Community Action Council (CAC)	952-985-5300
Community Action Programs (CAP)	651-322-3500
Crisis Nursery Program	651-641-1300
Dakota County Child Care Assistance Program (CCAP)	651-554-5790
Dakota County Community Development Agency (housing)	651-675-4400
Dakota County Employment and Economic Assistance	651-554-5611
Dakota County Public Health	651-554-6100
DARTS	651-455-1560
Eagan Parks and Recreation	651-675-5500
Emergency Food Shelf Network/Fare For All	763-450-3860
First Call For Help	651-224-1133
First Call Minnesota	800-543-7709
Grove Recreation Center	651-450-2480
Head Start (CAP Agency)	651-322-3500
Hearing Impaired Voice/TTY	651-297-5353
Inver Glen Library	651-554-6840
Inver Grove Heights Parks and Recreation	651-450-2585
Mendota Heights Parks and Recreation	651-452-1850
Metro Transit	612-373-3333
Mothers and Children (MAC) Nutrition	651-484-8421
National Association on Mental Illness, MN	651-645-2948
Neighbor's, Inc.	651-455-1508
Nutrition Assistance for Seniors (NAPS)	651-484-8421
Parent Warmline	612-813-6336
South St. Paul HRA	651-554-3270
South St. Paul Parks and Recreation	651-306-3690
South St. Paul Public Library	651-554-3240
Thompson Park Activity Center	651-450-8291
United Way First Call for Help	651-291-0211 or simply, 211
Veteran's Memorial Community Center	651-450-2480
Voting Information (MN Secretary of State)	651-215-1440
West. St. Paul Parks and Recreation	651-552-4150
Wentworth Library	651-554-6800

Facility Locations

FC/ECFE/KC/CE

Family Connections (FC)
Early Childhood Family Education (ECFE)
Kid Connection (KC)
Community Education (CE)
 1515 5th Ave. S., SSP
 (These are all located in the 5th Avenue Plaza across from Carmen Court Senior Housing)

South St. Paul Special School District 6

- LC Lincoln Center**
357 9th Avenue N.
- HS High School**
700 2nd Street N.
- K Kaposia Education Center**
1225 1st Avenue S.
- FC Family Connections**
5th Avenue Plaza
1515 5th Avenue S.
- CS Central Square
Community Center
SSP Senior Center**
100 Seventh Avenue N.
- ABE Adult Basic Education**
517 Marie Avenue



Inver Grove Heights Community Schools District 199

- S Simley High School**
2920 80th Street E.
- MS IGH Middle School**
8167 Cahill Avenue
- HT Hilltop Elementary**
3201 68th Street E.
- SH Salem Hills Elementary**
5899 Babcock Trail E.
- PB Pine Bend Elementary**
9875 Inver Grove Trail
- CC Veterans Memorial &
The Grove Community
Center/IGH Senior Center**
8055 Barbara Ave.
Inver Grove Heights
- ABE Adult Basic Education**
1515 5th Ave. S.
South St. Paul

Parking Information

SSP High School - Park in east lot off of 6th Avenue. Enter main door.
SSP Lincoln Center - Park in 4th Street parking lot, enter door #4.
IGH Simley High School - Park in front lot of school. Enter main doors facing 80th St.
IGH Middle School - Park in south lot, enter doors facing south (next to fenced area).

West St. Paul/Mendota Heights/Eagan School District 197

1. **Community Education Office**
1897 Delaware Avenue - Mendota Heights
1. **Henry Sibley High School**
1897 Delaware Avenue - Mendota Heights
2. **Friendly Hills Middle School**
701 Mendota Heights Road - Mendota Heights
3. **Heritage Middle School**
121 West Butler Avenue - West St. Paul
3. **F.M. Grass Pool**
121 West Butler Avenue - West St. Paul
4. **Garlough Environmental Magnet School**
1740 Charlton Street - West St. Paul
5. **Mendota Elementary School**
1979 Summit Lane - Mendota Heights
6. **Moreland Elementary School**
217 W. Moreland Avenue - West St. Paul
7. **Pilot Knob Elementary School**
1436 Lone Oak Road - Eagan
8. **Somerset Heights Elementary School**
1355 Dodd Road - Mendota Heights
9. **Thompson Park Activity Center**
1200 Stassen Lane - West St. Paul



Registration Information

Registration Now Open

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. We encourage you to register early!

Registrations are accepted on a first-come, first-served basis.

Unless otherwise indicated, Community Education adult learning programs are open to everyone age 15 and older.

Register by Phone or Mail

Register by mail on the form found in this catalog. Make one payment by check, money order (checks and money orders should be made payable to Community Education), VISA and/or MasterCard. Mail the completed form to:

For IGH/SSP classes

Community Education
Family Connections
1515 5th Avenue South
South St. Paul, MN 55075

or call 651-306-3633 using
a credit card

For WSP/MH/Eagan classes

Community Education
District Administrative Offices
1897 Delaware Avenue
Mendota Heights, MN 55118

or call 651-403-8313 using a
credit card

Office hours are 7:30 a.m.-4 p.m., Monday-Friday.

Register Online

www.celearn4ever.org

This secure site is available 24/7, and accepts Visa and MasterCard.

Register In Person

Visit us at the addresses listed.

Office hours are 7:30 a.m.-4 p.m., Monday-Friday.

You will only hear from us in the event of a class change, class cancellation or if the class is full. If you do not hear from us, YOU ARE IN!

General Information

Cancellation • If there is insufficient enrollment for a program, you will be notified by phone or mail and you will receive a full refund. Please include a phone number on your registration form where you can be contacted during the day. Community Education assumes no responsibility for reaching registrants who do not provide a daytime phone number.

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will NOT be called by Community Education.

Refunds • Requests for a refund by individuals who need to cancel **must** be received by our office seven days prior to the first class session. A nominal service charge of \$7 may be added if you must cancel a class. No refunds are issued after the first class session.

Income Tax Deduction and Credit for Education related Expenses • The MN deduction allows parents to subtract from their taxable income up to \$2,500 for qualifying expenses on behalf of each child in grades 7 to 12, and up to \$1,625 for each child in grades K to 6. The legislature expanded the list of qualifying expenses to include all Community Education classes, tutoring, academic summer school and camps, and up to \$200 of the cost of a computer or education-related software.

Fee Assistance • Community Education is committed to serving the residents of our community through affordable learning and enrichment classes. Call Community Education for information.

Tobacco-Free Environment • Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings, district grounds and athletic fields is prohibited.

Attention UCare Members • UCare Minnesota members may take up to a \$15 discount per class on most classes. Members must be on UCare at the time of registration and throughout the duration of the class. Members will need to include their UCare ID number when registering. For more information, call 612-676-3351. If using UCare, you must register by either phone or mail.

Photographs • Photographs, videos and other documentation taken at school or Community Education activities throughout the year may be submitted to newspapers, used on the Districts website or appear in publications. Written requests not to publish photos of specific students will be honored.

Community Education Registration Forms

Community Education Adult Registration	First & Last Name				
	Address		City	State & Zip	
	Home (Area code+number)		Work (Area code+number)		E-Mail Address
	Course Title	Course Number	Location	Course Dates	Fee
Complete if paying by credit card					
Charge card: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard		Credit card no.			
Exp. date /	Amount charged	Signature			
Do you/registrant have any special concerns that the instructor should be aware of? Yes: _____					
Office Use Only: Date: _____ Cash: _____ Check: _____ Amount: _____				UCare Members Only UCare ID# _____	

**Make Checks payable to
Community Education**

Mail to: **For IGH/SSP Classes
Community Education
Family Connections
1515 5th Avenue South
South St. Paul, MN 55075**
or call 651-306-3633 using a credit card.

**For WSP/MH/Eagan Classes
Community Education
District Administrative Offices
1897 Delaware Avenue
Mendota Heights, MN 55118**
or call 651-403-8313 using a credit card.

Community Education Youth Registration	Child's First & Last Name		Grade	School	
	Parent/Guardian First and Last Name				
	Address		City	State & Zip	
	Home (Area code+number)		Work (Area code+number)		E-Mail Address
	Emergency Contact (other than parent/guardian)			Phone (Area code+number)	
Course Title	Course Number	Location	Course Dates	Fee	
Complete if paying by credit card					
Charge card: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard		Credit card no.			
Exp. date /	Amount charged	Signature			
Do you/registrant have any special concerns that the instructor should be aware of? Yes: _____					
Office Use Only: Date: _____ Cash: _____ Check: _____ Amount: _____				UCare Members Only UCare ID# _____	

Independent School District 197
Community Education
1897 Delaware Avenue
Mendota Heights, MN 55118

Something for everyone!

**Community Education offers
something to renew every
member of your family:**

Tiny Tots Swimming
page 46

High Reach Hip Hoppers
page 56

**Cooking is Not
Just for Chefs!**
page 49

Driver Education
page 61

Laughter Yoga
page 12

**Computer Education
for Older Adults**
page 34



**Lifelong learning with
Community Education...**

...a great way to be renewed!

New baby?

New to the area with preschoolers?

Call Early Childhood Family Education (ECFE) in District 6/199 at 651-457-9418 or Information Systems in District 197 at 651-403-7009 to enroll your child on the school district census. Once your child is included in the census, you will automatically receive ECFE and other district mailing, information on Early Childhood Screening and the elementary school in your area will expect your child when it is time for kindergarten.

See pages 42 -44 for additional information on Early Learning Programs.