

Warroad Community Education

Winter Flyer

2020-2021



Mark Chamernick, Director 386-6005

Michelle Wyckoff, Administrative Assistant 386-6028

Community Education Advisory Council

*Steve Adams, Melanie Schreiner, Jule Hanson, Deb Landin, Sue Summer, Cara Caravetta,
Della Knutson, Glenda Phillipe, Nancy Fisher, Stephanie Heppner, Brita Comstock,
Meredith Yates, Kris Edman, Tim Fast*

Kid Kare

Della Knutson, Coordinator

386-6100 or 218-689-2841

**IF SCHOOL IS NOT IN SESSION, COMMUNITY EDUCATION CLASSES WILL NOT BE HELD.*

CHANGES OF ANY CLASSES OR ACTIVITIES MAY OCCUR AS A RESULT OF COVID-19.

ALL CLASSES ARE CANCELLED UNTIL DECEMBER 19, 2020.

Registration Information

COMMUNITY EDUCATION REGISTRATION AND CLASS INFORMATION CAN BE FOUND ONLINE AT:

www.warroadpayments.com

NOT ALL CLASSES ARE ONLINE REGISTRATION

PLEASE READ THE REGISTRATION INFORMATION FOR EACH CLASS

ONLINE PAYMENT WEBSITE: www.warroadpayments.com

ONLINE REGISTRATION INFORMATION:

When registering online at www.warroadpayments.com, you will be asked to provide a login name and password. If you do not know these, please call the Community Ed Office at 218-386-6028 to get that information. ****DO NOT** create a new account. Online registration is for credit card or debit card payments only. If you need help please contact the Community Ed Office.

WINTER SPORTS REGISTRATION INFORMATION:

All student athletes are required to have a current physical on file before they're allowed to practice. All incoming 7th graders and new athletes need to pick up a MSHSL physical form to take to the appointment. Physicals are good for 3 years from the date of completion. It is always a good idea to check with the Community Ed Office if you're questioning your physical date.

- ◆ When registering online at www.warroadpayments.com, you're required to fill out MSHSL forms to be eligible for sports. There are four forms: Health Questionnaire, Emergency Card, Eligibility, and Waiver. These forms need to be filled out before athletes are allowed to practice.

Community Ed Office is located in the High School Office

michelle_wyckoff@warroad.k12.mn.us 386-6028



Winter Classes

Warroad Fit

Warroad Fit is a fitness program that will change your life! By its definition, it uses constantly varied, functional movements, performed at relative high intensity. All of our workouts are designed to improve overall flexibility, strength, speed, endurance, and agility. As a truly functional program, the difficulty level of our daily workouts is designed to be increased or decreased., depending upon the individual. This makes them doable by literally anyone! Everyone is intimidated when they start, especially a new class. You don't need to be at your goal weight before walking into our class. You don't need to have pre-existing workout experience. Start where you are, we will meet you there!

When: 4 week sessions, Monday-Friday
5:15pm-6:15pm

Cost: \$100.00

Where: Warroad School Weight Room
Contact: Gus Booth 218-230-4037

Lifecare Medical Center

Offers a variety of health and wellness classes for our community. Please check our website: www.lifecaremedicalcenter.org/classes for dates/times and to register for classes that are being offered. Please note that some classes may be postponed due to current COVID-19 guidelines.

- **CPR/First Aid Classes**— BLS courses are FREE for daycare providers. Contact Heidi Lien for more info at 463-2728 or hlien@lifecaremc.com
- **Prenatal Classes**-preparing for childbirth, caring for your newborn, breastfeeding basics and daddy bootcamp. Contact Dawn Hedlund for more information at 463-4773
- **Nursing Assistant Classes**-classes are run throughout the year. Please contact Karen Dunham at kdunham@lifecaremc.com
- **Freedom From Smoking**— for more information, contact Paula Hedlund at 463-4301 or phedlund@lifecaremc.com
- **Tai Ji Quan**— moving for better balance is being offered virtually through Juniper. To register, visit yourjuniper.org or call 1-855-215-2174.
- **Matter Of Balance**-for more information contact Paula Hedlund at 463-4301 or phedlund@lifecaremc.com

Northern Edge Martial Arts

Warroad class times on Tuesday's
Children ages 5-9: 5:30pm-6:15pm
Junior ages 10-13: 6:30pm-7:30pm
Adult ages 14 and up: 8:30pm-9:30pm

For more information, contact:
Mr. Scott Henrikson

3rd degree black belt in Tae Kwon Do

2nd degree black belt in Hapkido

Phone: 218-242-4562

Email: skhenrikson08@gmail.com

Dog Training

Little Mountains Kennels invites you and your dog to this 9 week class of beginning obedience, where we train you to train your dog to be a well-mannered companion and good citizen.

Located: In the Early Learner's Gym.

Minimum enrollment of 5 teams.

Register in the Community Ed Office

For more information email:
littlemtkennels@gmail.com





Winter Classes

Camp Title: Code Championship Tournament **Virtual Computer Coding Competition**

Dates: (three separate, 1-day, Saturday classes): Jan 9, Feb 6, Mar 6

Time: 9am-11am

Registrant price: \$27

Grades: 3-9th Grade (we'll divide into groups by age to keep things competitive)

4 student minimum, 8 student maximum -

Location: Online (Virtual) We will share a Google Meet link with registrants two days before the tournament.

Description: Build a computer bot to play head-to-head against other coders! Players will be broken into pools based on age for competitive and fair play. Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. This event will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Please come knowing how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

*****Register online at warroadpayments.com**

Promotional Videos/Pictures: <https://www.codechampionship.com/code-is-sport-gallery/>

Adult Education

Adult Basic Education classes are FREE to ABE Eligible Students.

⇒ 17 or older

⇒ Not currently enrolled in public K-12 school program.

⇒ Demonstrated need for ABE services to successfully participate in secondary education, post-secondary education, or career pathways.

Adult Basic Education address a variety of learner goals. ABE helps learners to:

- Attain employment and/or better their current employment.
- Achieve high school equivalency (GED or Adult HS Diploma).
- Attain skills necessary to enter post-secondary education and training.
 - Exit public welfare and become self-sufficient
 - Learn to speak and write the English language.
- Master basic academic skills to help their children succeed in school.
- Gain self-esteem, personal confidence and sense of personal and civic responsibility.
- Free online programs available to work on from home.

Call: 218-386-6108

Develop your skills today for a better tomorrow!

Located at the Elementary School, door #2, room 228.





Winter Classes



Voice Lessons-Advanced Level

Ms. King is now accepting a limited number of new vocal students interested in advanced music studies.

Students study in the tradition of classical vocal arts, with a focus on technique, musicianship, repertoire, memorization, and performance. All students participate in music festivals and concerts. Lessons are held weekday afternoons. Please contact the instructor for a class description and fee schedule.

Music Lessons

Nancy Fisher - Piano, Voice, Flute
Contact: 218-469-3733 or
nancy_fisher@warroad.k12.mn.us

Trina Billingsley - Piano, Flute, Theory
Contact: 701-277-8011 or
trina_billingsley@warroad.k12.mn.us

Cara Caravetta - Violin, Cello
contact: 218-242-9109 or
cara_caravetta@warroad.k12.mn.us

Double Sharp Strings Club

WANTED: Students in 6th and 10th grade interested in playing violin, viola, or 'cello in an after school club. Beginners welcome; tuition assistance and help finding an instrument are available. We would love to have you be part of the foundation of recreating a student orchestra in Warroad!

Also wanted: student accompanist
(late intermediate to early advanced preferred)

Contact: Cara Caravetta at
cara_caravetta@warroad.k12.mn.us or 242-9109

“Music is the last true voice of the human spirit. It can go beyond language, beyond age, and beyond color straight to the mind and heart of all people.”

Ben Harper



Community Information

AMERICORPS

LEGACY:

For Veterans and Military family members. The primary function is to provide respite service to families in the Clay, Becker, Otter Tail, Red Lake, Polk, Norman, Mahnomen, Pennington, Lake Of The Woods, Kittson, Roseau, and Marshall County areas who provide continuous, ongoing care for adult senior family members and who would benefit from the respite service provided by program members. Time commitment is a one year term of service with a minimum commitment of 450 hours in the year (approx. 10 hrs. per week).
Dates: TBD
Contact: Tara Giese 1-800-488-4146 or tara.giese@lssmn.org

Caring Companions:

Caring companions are adults 50+, who help seniors live independently by assisting with grocery shopping, visiting, transportation, and other daily tasks. They're friends from the community who care. People 50 years and older may be eligible for travel reimbursement, improved quality of life, and other benefits.

Contact: Coordinator Jean Halvorson at 800-584-7020 ext. 2106 or jean.halvorson@tvoc.org

Foster Grandparent Program:

Foster Grandparents volunteer in schools, Head Start, Developmental Achievement Centers, non-profit daycares, and juvenile centers under the supervision of a teacher or childcare professional. They assist children with activities in which they need assistance and mentor children and youth. People 55 years and older receive a tax-free stipend, daily meal, transportation, transportation allowance, ongoing training, and other benefits. The Foster Grandparent Program offers men and women the opportunity to help children develop the skills, confidence and strength to succeed in life.

Contact:

Jean Halvorson 800-584-7020 ext. 2106 or jean.halvorson@tvoc.org

RSVP Programs:

RSVP is a Retired Senior Volunteer Program of The Red River Valley. Serving Kittson, Roseau, Marshall,

Pennington, Polk, Red Lake and Norman Counties. If you're 55 years or older please contact us to get you enrolled as a RSVP Volunteer!

RSVP Signature Programs

Stay Active and Independent for Life...SAIL: A strength and balance fitness class for older adults. Half hour of exercise 2 times a week.

RSVP Groceries To Go: Is a grocery shopping and delivery service for seniors age 60 or over.

RSVP Handyman: Volunteers can do minor home repair and maintenance work for seniors age 60 or over.

RSVP Reading Buddy Program: Volunteers work in classrooms for an hour per week, giving young readers a boost with more reading time and practice.

To sign up as a volunteer or to request service please contact:

Tammy Frohlich, Director 218-281-8289 or email tsykes@umn.edu

Jennifer Erdman, Program Coordinator 218-281-8288 or email jkerdman@umn.edu

Roseau County

Law Library:

The Law Library offers free legal resources to all residents of Roseau County. We're located in the Roseau County Courthouse - 605 5th Ave SW, Roseau Minnesota.

Legal Advice Clinic:

On the first Wednesday of the month from 2:00pm-4:00pm and all other Wednesday's of the month from 9:00am-11:00am.

Self-Help Center:

Free to use computer and printer. Pick up the phone and you will be connected directly to the Minnesota Course Self-Help Center.

Online Legal Research:

Free to use computer, access a robust legal research tool in the form of WestLaw. The Law Library subscription allows access to all Minnesota case law and statutes, as well as much more.

Print Resources:

Our print collection focuses on material that represent common issues faced by pro se litigants; child custody, divorce, conciliation court, landlord/tenants, property, wills and more.

For more information contact: Roseau County Administration at 218-463-2541





Warroad Information

ToastMasters

THE ART OF SPEAKING- Does public speaking terrify you? Welcome to the club! Many people have this fear and are still either required or encouraged to do public speaking for their job. No pressure, no grades, the local

Star of the North Toastmasters club can help you develop confidence to speak for up to two minutes on a spontaneous topic and speak for 5-7 minutes on a prepared topic in the form of speech.

Star of the North Toastmasters Club meets: 2nd Tuesday of the month at the Warroad Senior Living and the 4th Tuesday of the month at the Roseau City Center Library Conference room from 7:00 pm to 8:30 pm.

For more information call:

Kim Hrubka at 218-452-0204

Also, the membership no longer includes manuals, all education is online.

\$50.00 includes access to Toastmasters Pathways Learning System, etc.

Backpack Program

Every Friday, during the school year, bags of food are placed in the lockers for 80-100 elementary students. The bags contain 5 pounds of nutritional, non-perishable food. If you would like to donate to help feed a Warroad School child, please send your donation to:

Warroad BackPack Program

Attn: Heidi Schaum at

510 Cedar Ave NW

Warroad, MN 56763

If you or your organization would like more information, please call Glenda Phillipe 202-997-9085 to schedule a presentation.

Paul Bunyan Transfer

Paul Bunyan transit provides a safe, friendly, efficient and economical delivery of public transit service to residents within Roseau and Lake Of The Woods counties and the cities of Roseau, Warroad, and Baudette.

Services offered: Roseau and Warroad-4 mile radius from center of each city. We travel between Greenbush, Badger, Warroad and Roseau during the week, daily. Baudette is in town service only.

Dial A Ride Reservations: 218-463-3238 or

toll free 844-452-0407

Dispatch Hours: Monday-Friday 7:30am-4:00pm busses run as late as 5:00pm. Please call 24 hours in advance to schedule a ride and let them know if you need wheel chair assistance.

Adult Fare: \$1.50 (within 4 miles of Roseau or Warroad)

\$2.25 Roseau to Badger

\$3.00 Roseau to Warroad

\$3.00 Roseau to Greenbush

\$1.00 Baudette (in-town service)

Food Shelf

Warroad Food Shelf serves all families within the Warroad Area who are in need of food. Families can receive food one time per month. Families can call 386-2336 and leave a message that they would like to pick up food that week. Any special requests that they may have such as personal care products, or items they need such as flour, etc. can be left on the message. Pick up time is on Thursday's from 8:30 am to 10:30 am and on Friday from 4:00 pm to 6:00 pm.

Medicine Disposal

The Warroad Police Department is pleased to announce the installation of a secure collection drop-box in the lobby of the Public Safety Building. This is a large, secure metal box designed and manufactured by Heatmor in Warroad. Residents are encouraged to bring any unwanted or expired medications/prescription drugs to this drop box for correct disposal. All medications may be turned in anonymously and at no cost. Unwanted, unused or expired prescription drugs have been determined to present substantial risk to our community by either falling into the wrong hands, or by damaging our environment through improper disposal. Liquids should be enclosed in a secure container before depositing. The Warroad Police Department is NOT ACCEPTING needles, thermometers, or any biohazard materials. Please contact the Warroad Police Department at 386-2053 with any questions.

Warroad Area

Community Center

- Blood Sugar and Blood Pressure check on the 4th Friday of each month at 11:00am
- Distribution of Food Commodities from Food Bank on the 3rd Thursday of each month
- TOPs held each Monday at 5:30 pm
- Matter of Balance Classes held twice weekly for 4 weeks

Warroad Women

Of Today

The Warroad Women Of Today is a nonprofit organization that works to raise money for local needs, offer social events to members, and the public. We work to promote personal growth among its members.

Meeting times: 1st Monday of each month at 5:30 pm at the DD Hub Suite D

Warroad Public Library

Open to the public on the following days and time:

Sunday 1:00 pm to 4:00 pm

Monday, Wednesday, Friday and Saturday- 10:00 am to 5:00 pm

Tuesday and Thursday- 10:00 am to 8:00pm

Contact: Kelly Benjamin, Librarian 386-1283

Website: <http://nwrlib.org/warroad/>

Or Facebook for upcoming events and times.



Warroad Information

Nutrition Assistance Program For Seniors

NAPS is a nutrition program sponsored by USDA and the MN

Department of Health. Women and men 60 years or older who are providing food for themselves. Participants have to be a

Minnesota resident. Household income guidelines are set by NAPS.

Once a month qualified recipients receive a free, large box of food containing everything from

American cheese, canned fruits, canned vegetables, canned meats, peanut butter, dry milk to cereal and pasta. Boxes are delivered to the Warroad Area Community Center, Young Manor, and the

Discovery Hub

The Discovery and Development Hub (DD Hub) is a co-working space to ideate, innovate and create opportunities for the vitality of the Warroad Chamber of Commerce and the Warroad Area Convention & Visitors Bureau is also located at the DD Hub, which also serves as a Tourist Information Center. The DD Hub is located in downtown Warroad at 201 Lake Street, Suites D-EG. Hours are from 8:00 am to 5:00 pm Monday through Friday. Additional hours may be available upon request. To learn more visit www.DD-Hub.com, call 218-386-4148 or find us on Facebook @ DDHubWarroad

Little Brother/Little Sister Program:

This program is based on the concept that young people can benefit from having the influence of a consistent, positive, role model in their life. The program helps youth between the ages of 4 to 14 by matching suitable adults, who become volunteer Mentors, with boys and girls in the community. This relationship will help in meeting the young person's need for acceptance, understanding and offer positive guidance.

To become a volunteer Big Brother or Big Sister, please request and fill out the Mentor application. The application includes a free background check and asks for three-character referrals. You will need to commit to spending just 4 hours a month with your Little. The benefit of this program is enormous-you will be making a positive influence in the life of a child!

For more information, please contact Madeline Waage at 218-528-3258
Or mwaage@nwcaa.org

Share and Care Thrift Store

We are a non profit business and all of our staff are volunteers.

We sell: clothing, books, houseware, and miscellaneous
Hours: Wednesday's and Friday's 1:00pm to 5:00pm
Located on 111 Lake Street NW in Warroad, across the street from the T-shirt Barrel. We share the same building as the Warroad Food Pantry.

Weight Watchers

Weight Watchers is all about success, both on and off the scale. Whether you want to fit into a certain pair of pants, become more active, or simply feel better inside and out, we'll help you get there. We offer affordable plans. Online Plus: Meetings Online Plus; and Personal Coaching. For more information please visit our website:

weightwatchers.com

Meetings in Roseau on Wednesday at 6:00 pm in the Four Season Senior Center.

Warroad Senior Nutrition

Come warm up this winter by joining us for a delicious meal and fabulous company! Meals are served at 5:00 pm on Monday and Wednesday evenings and at Noon on Tuesday's, Thursday's and Friday's at the Warroad Area Community Center.

All are welcome!

Contact: Betty or Dayna at 386-4403

To make reservations or if you have any questions. Cost: \$7.65 for those under 60 years of age, \$4.00 suggested donation for Seniors ages 60+.

We look forward to dining with you!

SERVSAFE®

ServSafe® Food Safety Certification Course Options offered through Adult Basic Education. Certified ABE Instructors and Proctors are available to help in the following communities: Warroad, Roseau, Thief River Falls and other areas. For more information contact: ABE ServSafe® Instructor/Proctor: Mike Reeves, 218-333-6688 or ABE Coordinator Kirsten Fuglseth at 218-681-0900 ext 117. There are fees for training, but they also have opportunities for free training for qualified Individuals. Call for more information.

Warroad Boy Scouts

Every Monday at 6:00 pm in the Warroad Area Community Center.
For more information
www.beascout.scouting.org

Warroad Cub Scouts

The 1st, 3rd, and 4th Thursday's during the school year. Also will meet once during the summer at 6:00 pm in the Warroad Area Community Center.
Contact: Clubmaster,
Amanda Larson 218-242-5308

Warroad Girl Scouts

Girl Scouts meet during the school year at various locations and instructors.
For more information contact:
Bobbie Erickson at— 218-242-3879 or email: bobbierickson@yahoo.com





Youth Information

BLAST Babysitting Class

For more information contact:
Paula Hedlund at 463-4301 or
phedlund@lifecaremc.com

Team EPIC Youth Coalition

Open to all Warroad High School students, Team Epic works to create a community that supports youth to be substance free by creating positive programs, policies, and healthy alternative activities to combat alcohol, tobacco, and other drug use. There are many ways you can be involved in the WHS EPIC Youth Coalition!

During the school year, we meet at 7:15am on the second Wednesday of each month. Summer meeting dates, times, location TBD. We have an overnight youth leadership retreat in the first week of June, EPIC Family Fun Nights on select Tuesdays this summer, a booth at the fair, and many other activities where you can

volunteer! Let us know if you're interested by texting: EPIC to 218-242-0375 or email Steph Heppner at steph.teenjourney@gmail.com

Team EPIC-Warroad Action Team

The Warroad action Team is a group of passionate community members who work to support a safe and healthy environment where the youth of Warroad can prosper and grow. Meetings are held the 2nd Wednesday of each month at noon in the WHS District Conference Rm. This team also represents the Warroad community in the work of Team EPIC, which is a county-wide collaborative, working to reduce substance use and associated problems among youth through community collaboration, education, support, intervention, healthy alternatives, and building assets among students, families, and the community. The county-wide

Gyil/Xylophone Ensemble

The Gyil/Xylophone Ensemble is open to 17 current 5th and 6th grade students. Students will learn African songs by watching and imitating Director, Mrs. Christine Prusak playing the African Gyils. The ensemble will work with Sowah Mensah for a week in May 2021, in which students will learn and perform the "Welcome Song." Rehearsals will be held each Thursdays, February 4th-May 13th from 3:10pm-4:00pm. Following COVID restrictions in the elementary music room. The \$20.00 fee will cover the cost of a small celebration after the final performance. Sowah Mensah will work with all Warroad Elementary students during a week long residency May 17th- May 21, 2021.

To register and pay:
<http://warroadpayments.registryinsight.com/>

Awana Club

Weekly Kids club featuring handbook awards, awesome stories, contest, and amazing games.
Meets Wednesday's during the school year from 6:00 pm—7:30 pm.
Location: Woodland Bible Church
*No registration required

Roseau County 4-H

CURIOSITY GROWS HERE!!

Learn more about how we're empowering young people in your community with skills to lead for a lifetime.

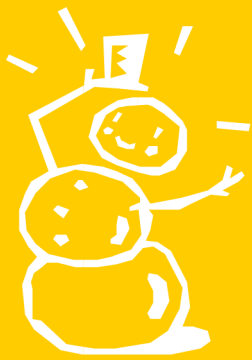


Visit www.extension.umn.edu/youth/mn4-H or call the local 4-H program at 218-463-1052 or email: weila006@umn.edu



The youth of today are the leaders of tomorrow.

Nelson Mandela



Early Childhood Family Education

Welcome to Early Childhood and Family Education

Classes and Activities for You and Your Child

Early Childhood Family Education (ECFE) recognizes that parents are a child's first and most important teachers. ECFE can support you in this important work. Warroad ECFE offers quality learning opportunities and resources for families with children from birth to entering kindergarten age, regardless of financial circumstances. We work to strengthen families and enhance the ability of all parents to provide the best possible environment for the healthy growth and development of their children.

Kinds of ECFE Classes:

* **Monday Evening:** 5:30pm-7:00pm in the ELC Sunroom and Gym (unless otherwise noted). First Monday's of the month that there is school; are pool events. *This is a non separating class.

* **Wednesday Morning:** 10:00am-10:45am at the Warroad Public Library *Currently held in Ms. Meredith's classroom (Rm 423 due to COVID restrictions at the library).

* **Friday Morning:** 9:00am-10:30am in Ms. Megan's classroom (Rm 421) *This is a separating class.

Separating Classes: During Parent Discussion parents move to a nearby room while the children remain with the early childhood teacher in the classroom. Classes on Friday mornings.

Each Friday Morning ECFE class consists of the following:

Parent-Child Interaction Time: During the first 30 minutes, parents and children explore and play with activities that are intentionally designed to foster your child's social emotional, cognitive, physical, and language development.

Circle Time: Everyone joins together to enjoy music, movement activities, and stories.

Parent Discussion Time: Our parenting educator leads discussion on the many joys and challenges of parenting. Discussions are centered around child development and parent selected topics.

Child Time: While the parents/caregivers are in discussion time, children will enjoy snack and activities with their peers and teacher and/or paraprofessional.

Sibling Care: Childcare for class participant's siblings is provided by our trained volunteers. Register for sibling care with your ECFE class registration. Classes are Monday evenings. ***WE ARE NOT OFFERING SIBLING CARE AT THIS TIME, BUT HOPE TO RESUME AT A LATER DATE**

ECFE Class Routines:

ECFE classes meet weekly and are 1 1/2 hours long depending on the age group. Three sessions are offered throughout the school year.

Register for 1, 2, and or all 3 sessions!

Class fees are based on a sliding fee scale; no one is turned away for an inability to pay. For a small additional fee, childcare is available for siblings not enrolled in the class.



Early Childhood Screening

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Minnesota Law requires each child attend a health and developmental screening before starting school. The purpose of Early Childhood Screening is to identify possible health or learning concerns, so that children can get help before they start school. Screening is highly recommended between the ages of 3 1/2—4 years old.

Waiting until a child is starting kindergarten may be waiting too long.

When your child attends Early Childhood Screening, a trained professional will check large and small muscle development, thinking, language and communication skills, social and emotional development, vision, hearing, and immunization records.

Upcoming screening dates:

TBD; due to COVID-19.



*Opportunities for You and Your Child to
Learn and Grow Together
Classes, Activities, and Services for families with children
ages birth-kindergarten.*

Discover what's available at the Warroad Early Learner's

*Center or online at
warroad.k12.mn.us*

*Most classes and activities are held at the Warroad Early
Learner's Center.*



Wee Warriors



Early Learners' Extended Enrichment Program

Wee Warriors provides safe and enriching programming for early learners beyond the school day. Learning experiences offered occur in a positive environment which nurtures caring relationships contributing to the social, physical, academic, and emotional development of all learners.

Enrollment: Exploratory play & experiential learning program for learners ages 4 & 5 participating in full-day Early Learners' Center programs. Program participants must have proof of immunizations or provide documentation of immunization exemption.

Wee Warriors' programming begins September 8, 2020, and ends May 27, 2021. Wee Warriors is not in session October 15 & 16, November 26 & 27, December 24-January 1, February 15, March 5, April 2, and April 5.

Registration is limited. Registration is available by contacting the Warroad Public Schools' Community Education office.

Hours:

Monday: 3pm-5:30pm
Tuesday: 3pm-5:30pm
Wednesday: 12:00pm-5:30pm
Thursday: 3pm-5:30pm
Friday: 7:30am-5:30pm

Staff: All staff meet the mandated requirements for School Age Care programs in Minnesota.

Location: Warroad Public Schools' Elementary/Early Learners' Center Spaces

Meal/Snacks: Snacks are provided. School lunch is available for purchase each Friday.

Cost:

Monday-Thursday: \$5.00/day
Friday: \$20.00/day

***** **Starting January 1, 2021 cost for Wee Warriors will be:**

Monday- Thursday: \$8.00/day
Friday: \$25.00/day



Kid Kare



Program Facts:

Registration:

School Year: Registration for Kid Kare begins at the end of July before the start of the school year. Registration for Kid Kare continues throughout the school year.

Summer: Registration begins April, and all registration policies apply for the summer session.

Days of Operation:

School Year: Kid Kare operates each day that school is in session. If school is closed, the program is also closed. Kid Kare also offers full day programming on school release days (i.e. conferences and staff development days) to families currently enrolled in the program. We have a separate registration process for these days, and notification is by email and flyers.

Summer: Kid Kare summer hours begin the Tuesday after the last day of school. The last day of Kid Kare summer hours is the Friday before Labor Day weekend.

Hours of Operation: On a school day, Kid Kare operates from 6:00 am until 7:45 am and from school, 3:00 pm until 5:30 pm. The schedule for the school release days and the summer session is from 6:00 am - 5:30 pm.

Location: Kid Kare is offered in the Warroad Elementary Cafeteria

Transportation: The Kid Kare program does not provide transportation for any children.

Contact Information:

Listed below are telephone numbers you may need, to contact the Kid Kare Staff. Direct your questions about Kid Kare to the coordinator. Billing questions should be directed to the Community Education Office. Remember that you must contact the coordinator if there is a change in your child's attendance.

Kid Kare and Community Education Director:

Mark Chamernick

School: 218-386-6005

Email: mark_chamernick@warroad.k12.mn.us

Kid Kare Coordinator:

Della Knutson

School: 218-386-6023

Cell: 218-689-2841

Email: della_knutson@warroad.k12.mn.us

Community Education Office (Located in the High School Office):

Michelle Wyckoff

School: 218-386-6028

Email: michelle_wyckoff@warroad.k12.mn.us

Address: Kid Kare

Attn: Michelle Wyckoff

510 Cedar Ave NW

Warroad, MN 56763



Pool Information

Aqua-Paracourse

Circuit Training—maintain your physical fitness and health. The Aqua-Paracourse is a series of fitness stations, which are performed in the pool using the water for resistance. Available on a daily basis during pool hours. Grab a list as you sign in.

Lifeguard Class

Class will run from 8:00 am until all material is covered each day. The cost of the Lifeguard training is \$160.00, which includes materials. Individuals must be able to swim 500 yards (20 laps there and back) in less than 10 minutes. Please make sure you're able to do this before signing up as there are no refunds and you will not pass if you're unable to do this. Participants must be at least 15 years old by the last day of course.

Hot Tub/Spa

Warm water therapy in hot tub spas help individuals heal. Heat, buoyancy, and massage create an experience that is both relaxing and healthy. Hot tub hydrotherapy on a regular basis provides physical health benefits that go much deeper than just relaxation and pleasure. If you're experiencing joint or muscle pain, having trouble sleeping, or just plain stressed out, spending time in the hot tub spas can provide therapeutic benefits for just about everyone. Available on a daily basis during pool hours.

Sauna and Steam Room

Sauna and Steam rooms cleanse and rejuvenate skin. Mental and physical relaxation is also a major benefit of sauna and steam room use. In addition, saunas and steam rooms relax sore muscle and help in relieving stress and

Indoor Pool Closed

- Labor Day— September 7, 2020
- Thanksgiving Day— November 26 & 27, 2020
- Christmas Holiday— December 24 & 25, 2020
- New Year's Holiday— December 31, 2020 & January 1, 2021
- President's Day— February 15, 2021
- Good Friday— April 2, 2021
- Prom— May TBD
- Graduation— May 28, 2021
- Memorial Day— May 31, 2021
- Independence Day— July 4, 2021
- Labor Day— September 6, 2021

Water Walking

February— Monday and Wednesday
3:15pm to 4:15 pm
5 individuals or more must sign up in order for the program to run.

Water Aerobics

March— Monday and Wednesday
3:15 pm to 4:15 pm.
5 individuals or more must sign up in order for the program to run.

Indoor Pool Hours

Morning Fitness	6:30 am—7:45 am	Mon, Wed, Fri
Senior Fitness	10:00am—11:00 am	Mon, Wed, Fri
WOW Swim Team	3:15pm to 4:15 pm	Tues & Thur
Evening Fitness/Open Swim	6:00pm to 8:00 pm	Mon-Fri
Evening Fitness	2:00 pm to 5:00 pm	Sat
Open Swim	7:00 pm to 9:00 pm	Sat

Indoor Pool Prices

Single Admission
0-15 years: \$2.50
Age 60 and over: \$2.50 Senior Citizen
Adult (16 and older): \$2.75

Pool Punch Card

Senior Citizen and Student Age 15 and under

Adult

10 punch for \$19.00	10 punch for \$24.00
15 punch for \$27.75	15 punch for \$35.75
20 punch for \$36.50	20 punch for \$46.50
25 punch for \$45.25	25 punch for \$59.75
30 punch for \$54.00	30 punch for \$69.00

Winter 2021 Swim Lessons

ONLY SWIM LESSONS LEVEL 1, LEVEL 2, AND MOMMY/DADDY AND ME WILL BE OFFERED

Session W1: ONLY OFFERING LEVEL 1—

January 18— January 29, 2021
3:15 pm to 4:15 pm

Session W2: ONLY OFFERING LEVEL 2—

February 4— February 12, 2021
3:15 pm to 4:15 pm

Session W3: ONLY OFFERING MOMMY/DADDY & ME

January 4— January 15, 2021
9:15 am to 9:45 am— Mon, Wed, Fri

Children age 4 and under, parent required to be in water.

***Must pre-register 2 weeks prior to the start of each session. Child must be 3'5" (41 inches) or 5 years old to sign up for swim lessons. If they don't**

SCHOOL SESSION OF WOW

W.O.W. Warroad Outstanding Warriors

This is a competitive swim program that utilizes the Warroad Pool. Swimmers must be able to swim 25 yards of freestyle with rhythmic breathing without stopping and have passed level 6 in swimming lessons.

Swimmers Learn:

- Strokes and Skills
- Goal Setting
- Organizational Skills
- Commitment and Sportsmanship
- How to be part of a team!

Team Workouts: Tuesday and Thursday

Starting March 2nd ending May 27th, 2021

From 3:15 pm to 4:15 pm

Starting June 1st practice is from 8:00 am –9:00 am

(No practice on May 31st– Memorial Day)

USA Swimming is allowing seasonal membership this year to start in April.

In order to become a Seasonal US Member, you will need to join the USA Swimming Association for \$38.00 and fill out the following paperwork that is attached. Signatures are required.

The USA Swimming Association provides a

limited amount of insurance for those that are members.

THIS IS A ONE TIME FEE paid once a year. Following are fees for April and May.

Monthly Fees: Non US Member

\$45.00 for 2 times a week

Monthly Fees: US Member

\$25.00 for 2 times a week

Summer W.O.W. Program

June and July will be Monday-Thursday

8:00am until 9:00 am

SUMMER SESSION WOW 2021

W.O.W. Warroad Outstanding Warriors

This is a competitive swim program that utilizes the Warroad Pool.

We encourage participation as much or as little as your personal schedule and commitment will allow.

Swimmers must be able to swim 25 yards of freestyle with rhythmic breathing without stopping and have passed level 6 in swimming lessons.

Swimmers Learn:

- Strokes and Skills
- Goal Setting
- Organizational Skills
- Commitment and Sportsmanship
- How to be part of a team!

Team Workouts: Monday– Thursday

Starting May 31st ending July 23rd, 2021

From 8:00 am - 9:00 am

Monthly Fees: Non US Member

\$45.00 for times a week

\$57.00 for 3 times a week

\$66.00 for 4 times a week

Non US Member family rate: 1st child full price and any children after that are half the price.

Monthly Fees: US Member

\$25.00 for 2 times a week

\$33.00 for 3 times a week

\$39.00 for 4 times a week

US Member family rate: 1st child full price and children after that are half the price.

In order to become a US Member you need to join the USA Swimming Association for \$38.00. The USA Swimming Association provides a limited amount of insurance for those that are members.

THIS IS A ONE TIME SEASONAL FEE. EACH MEMBER OF YOUR FAMILY NEEDS TO PAY FOR THE MEMBERSHIP IN ORDER TO GET THE US MEMBERSHIP RATE.

Warroad City Council

2nd and 4th Monday of the month

Warroad City Hall at 4:30 pm

Airport Commission

1st Monday of the month

Warroad International Memorial Airport

At 5:00 pm

Police Commission

2nd Wednesday of the month

Warroad City Hall at 5:15 pm

Roseau County Board of Commissions

2nd and 4th Tuesday of the month

Roseau County Courthouse at 8:30 am

Warroad Chamber of Commerce

1st Thursday of the month

Public Safety Building at 12:30 pm

Warroad Am Legion Post 25 and Am Legion Auxiliary Unit 25

3rd Monday of the month

Warroad American Legion at 7:00 pm

Warroad VFW Post 4930

2nd Monday of the month

Warroad American Legion at 7:00 pm

Warroad Eagles Aerie

1st and 3rd Monday of the month

Warroad Eagles Club at 6:00pm

Warroad Watershed Board

4th Wednesday of the month

Watershed Office; 307 Lake St. NE at 5:30 pm

Warroad School Board

3rd Monday of the month

Warroad District Conference Room at 5:15 pm

Warroad Laotian Liaison

Chindavone (Joy) Sprester

Cell: 612-240-5201

Email: joy@laocenter.org

Warroad Crochet 7 Knit Club

3rd Sunday of the month

Warroad Senior Living Center

South lobby, 1:00 pm to 4:00 pm

Roseau County Veterans Service Office

Martin A. Howes, Veterans Service Officer

Roseau County Courthouse

606 5th Ave SW, Room 120

Office: 218-463-3308 Cell: 218-242-0886

Veterans Support Group and Veterans Caregiver Group

3rd Thursday of the month

Roseau County Courthouse at 3:30 pm to 5:00 pm

Warroad Public Library Board

2nd Thursday of the month

Warroad Public Library Community Room, at 7:00 pm

Alcoholics Anonymous

Warroad

Tues: St. Mary's Catholic Church at 7:00 pm

Wed: Marvin Conference Room at 7:00 pm

Fri: St. Mary's Catholic Church at 7:00 pm

Baudette

Tues/Fri: Cornerstone Assembly Church at 7:00 pm

Williams

Mon: St. Joseph's Catholic Church at 8:00 pm

Al-Anon

Warroad

Fri: St. Mary's Catholic Church at 7:00 pm

Star of the North Toastmasters Club

2nd and 4th Tuesday of the month

Warroad Senior Living Center Lodge 7:00pm to 8:00 pm

For more information, call Kim Hrubka at 218-469-0204

Alzheimer's Disease/Dementia Support Group

1st and 3rd Monday of the month

Roseau City Center Library Conference Rm. At 7:00pm

For more information, call Vangie at 218-469-0890

Inter-County Community Council

Aimee Berger— Job Counselor

Cell: 218-689-4350

Fax: 218-796-5175

Email: aberger@intercounty.cc.org

Web: www.intercountycc.org