

# La Crescent - Hokah Community Education

What is  
Community  
Education?  
p. 2-3

*Enriching Our Greater Community*



Register online: [www.isd300.k12.mn.us](http://www.isd300.k12.mn.us) - click on "Explore" tab

**February 2021 - May 2021**

## About Us

### What is La Crescent-Hokah Community Education?

The answer can be summed up with the statement that Community Education meets community needs by leveraging its resources!



Community Education is designed to be the connective link between a school district and ALL of its community members, pre-natal through end of life. The overall concept comes from Flint, Michigan, where a teacher named Frank Manley saw the untapped potential in a school building that was largely empty after 4pm daily and all summer long. He convinced philanthropist Charles Steward Motley to support his idea of creating out-of-school time programs that would improve communities by making the local schools a focal point for health, recreation and adult education classes. This evolved into the concept known as the "lighted schoolhouse."

In 1971, Minnesota became the fourth state to pass legislation that brought funding to Community Education in Minnesota. Our mandate is clearly set forth in Minnesota statute 124D.18, PURPOSE OF COMMUNITY EDUCATION PROGRAMS: *"The purpose of sections 124D.18 and 124D.19 is to make maximum use of the public schools of Minnesota by the community and to expand utilization by the school of the human resources of the community, by establishing a community education program."*

There are over 1.7 million youth, 285,000 pre-kindergarten children and 900,000 adults in Minnesota engaged in Community Education annually.

*From the Minnesota Community Education Association publication "50 Years of Service," 2019*



### Something for everyone!

We are proud to serve as the La Crescent and Hokah community link to our school district and to offer programming that engages all members in lifelong learning! In non-pandemic times, we welcome community members into our buildings whether it is to walk the hallways in the winter before or after school, to take a cooking class, or to learn how to use your iPad. We provide youth sports teams with a place to play. We provide arts and cultural experiences in our Fine Arts Center (and sometimes outdoors too).

Our department is responsible for delivering specific programs called for in statute, in addition to our slate of enrichment programming for youth and for adults. Please note all adult enrichment programming is required to generate revenue and to be self-sustaining.



**Early Childhood Family Education (ECFE)** provides families with children birth to age 5 access to a licensed Parent Educator, as well as a licensed childhood teacher to help them connect with others and each other, and to provide the support for parents as a child's first teacher. **Discovery Preschool School Readiness** program provides a high quality, 4-Star Parent Aware Rated, play based educational experience for children ages 3, 4, and 5 years old. This program is an inclusive partner with Semcac Head Start. **Early Childhood Screening** is provided to the entire community's three, four and five year olds before they begin Kindergarten, as required by state statute.

**Kids' Company School Age Childcare** provides child care before and after school, and during summer. **Adult Basic Education/GED/ESL** programming is offered cooperatively with Winona Area Public Schools to help adults earn their GED or increase other academic skills.

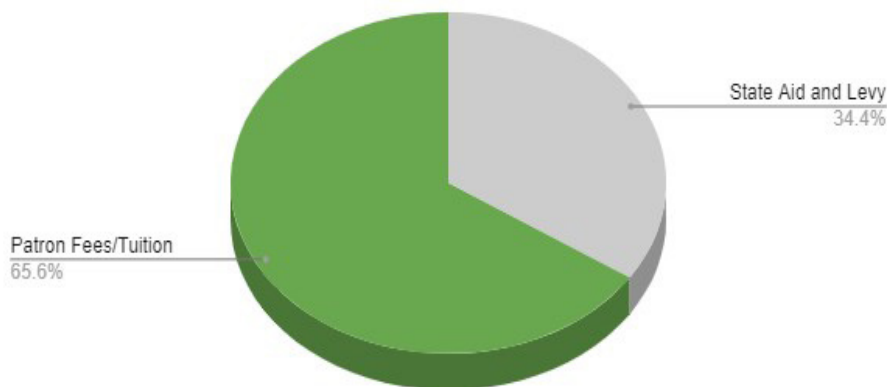
# What is Community Education?

## We Need You.

In an average, typical (a.k.a. NON-pandemic) year, our department relies on patron fees for 2/3 of our annual revenue. As many local businesses and families have been negatively impacted by COVID-19, your Community Education department has also been highly negatively impacted due to restrictions on gatherings and the closure of our preschool programming last school year.

Unfortunately, as a department of the school district, we have been excluded from most of the CARES Act related grant opportunities.

All adult enrichment programs are required by law to generate revenue and be self-supporting.



ISD 300 Community Education sources of revenue, 2018-19 school year. (Pre-pandemic!) Two-thirds is generated through patron fees and tuition.



In order to continue to offer the wide variety of programming we have come to be known for in our area, we need you. We need you to join us in our programs, whether virtually or in person following safety procedures. We need you to purchase gift certificates to participate at a later date if preferred.

We need you to support scholarships for youth to participate in enrichment programming both during the school year and the summer. We need people to join our Advisory Council that meets four times per year to determine community needs and to develop programming direction for our department.



## Lifelong learning doesn't need to stop during a pandemic.

We are here to provide you with a variety of choices for participation and learning, while adhering to MN Department of Health recommendations and guidelines for keeping people safe. Our children and our teachers are learning new ways to safely learn together and preventing the spread of COVID-19. Your Community Education department is also innovating to continue offering important opportunities for positive engagement, as well as personal growth and development.

Here are some things we would like you to know!

- Look at each class offering closely, as many are offering both in person participation OR online virtual participation. (Some classes are ONLY offering online virtual participation!)
- When you sign up for a class, you will receive detailed instructions for how to access your class, whether in person or virtual. For example, when meeting in person, you will be directed to enter a specific door and exit a specific door and instructed to wear a face mask and to bring a water bottle. For a virtual class, you will receive the link to join as well as instructions and contact information for troubleshooting if you have difficulty connecting.
- **If you are sick, please stay home.** We will be flexible to the best of our ability with refunds or providing an alternative method of delivering the class to you.
- Expect plenty of communication from us just prior to your class start date. This will be how we communicate the most updated instructions, based on current COVID-19 transmission status in our community.
- Questions? Concerns? Call us! We'd love to connect with you. 507-895-5150

# Table of Contents

	Page #
What is Community Education?.....	2-3
Hobbies & Home.....	4-7
Health & Wellness .....	8
Fit n’ Fun .....	9-11
Be Prepared .....	12-13
Travel.....	14-15
Online Courses, Certificates, and Adult Education.....	16
Youth.....	17-20
Early Childhood Family Education .....	21
Registration Information .....	23

## Community Education Staff Directory – We are here to help!

General Inquiries, Program Registration, Facility Rental .....	507-895-5150
Beth Theede, Director .....	507-895-5153
Joan Wright, Operations Coordinator .....	507-895-5150
Bernie Windschitl, Registration Secretary.....	507-895-5149
Alex Wilson, School Age Child Care (Kids Company) Coordinator .....	507-895-5156
Kids Company Elementary Site .....	608-780-4594
Karn Schwarthoff, Early Childhood Coordinator .....	507-895-5227

**Community Education Hours: Monday - Friday, 8 am - 4 pm, closed on non-school days**

## YANA Group.... You Are Not Alone!

Wanting to connect with your neighbors and make new friends in your community? **Friends** help us deal with stress, keep us strong, and allow us to rebound from health issues and disease more quickly. Friendship is equally **important** to our mental health. Spending time with positive friends actually changes our outlook for the better.

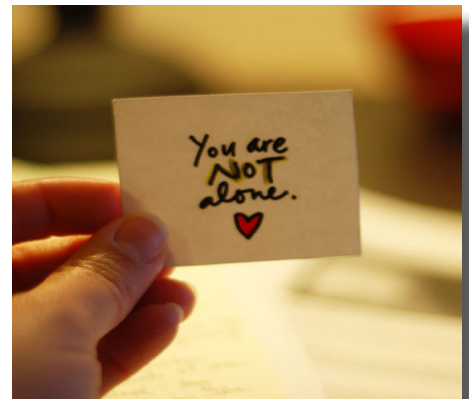
Join live chatroom meetings, lead by a fellow community member, to be held twice a month. Join in on our morning or evening chats or both. Our online facilitator will present weekly topics for discussion. Engaging topics, covering a variety of health, wellness, trivia, and informational talking points, will be presented by our online facilitator or special guests. Grab your cup of coffee or glass of wine to spend time with your neighbors and new friends.

*As COVID restrictions are lifted, our goal is to eventually meet in person.*

0321-07: YANA in the PM will be Tuesday evenings from 7-8:30 pm. The Kick-off Meeting is on 2/9 and the rest of the meetings will be on the 4th Tuesday of each month through May 25.

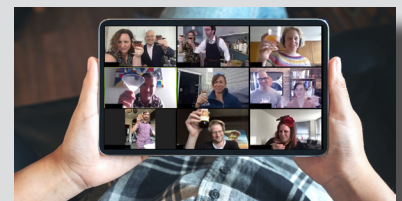
0321-08: YANA in the AM will be Thursday mornings from 9-10:30 am. The Kick-off Meeting is on 2/11 and the rest of the meetings will be on the 4th Thursday of each month through May 27. \$24 for the AM or PM group.

0321-09: YANA Both AM and PM groups! \$40



### Need an iPad to get connected? NIA can help!

Call Sandy Graves at Neighbors In Action to learn more about a new program to check out iPads to seniors to help them stay connected!  
507-895-8123





## HOSTAS.... They're not just green and white!

Did you know that over 8500 Hosta species and cultivars exist! Come learn all about Hostas: sizes, shapes, colors, growing conditions, enemies, and more from Sue Haggerty, who has a collection of over 800 varieties and has grown hostas for more than 19 years. Following her presentation and Q and A session, Sue will give a step by step demonstration of dividing methods for Hostas. AND if that's not enough: Attendees will take home a handout on all that you have learned, a free hosta to add to your garden, and an "Early bird ticket to shop" Sue's annual Hosta Sale!

Class #	Instructor	Location	Time/Date	Fee
0310-10	Sue Haggerty	District Office/Community Ed Building 703 S 11th Street	Thursday, June 3, 5 to 7 PM	\$19

## Backyard Chickens: Q And Egg!

As people are becoming more and more interested in knowing where their food comes from, the trend of raising backyard chickens is growing. Raising backyard chickens can be a rewarding experience and a great way to teach kids about nature, agriculture, and the responsibility of caring for animals. Learn from "spoiled chicken raiser", Stephani Smith, about the basics of how to get started raising chickens in your backyard!



Class #	Instructor	Location	Time/Date	Fee
0363-12	Stephani Smith	High School Art Room	Wed., Feb. 17, 6 to 7 PM	\$15



## Crocheting 101 & Intermediate Crocheting

Have you wanted to learn this forever favorite? OR, do you know a little about Crocheting and want to brush up on your skills? Join Heather Schlichte as she guides you through either the basics of crocheting while making an infinity scarf, or helps you hone the craft by making a throw blanket in the Intermediate class. **Bring along a size L/11 (8mm) hook or larger** (Yarnology Ergonomic Hook recommended for first timers) **and 1 skein (approximately 100 yds) of yarn.** \*Note that your yarn label will recommend a hook size best for your yarn thickness. Youth (grades 3 - 5) are welcome to participate with an adult! Grades 6 and up are welcome to come on their own. (Beginners welcome to also stay for intermediate class time!)

Class #	Instructor	Location	Dates	Class Times	Cost
0604-02	Heather Schlichte	High School Art Room	Thursdays, February 4, 11, 18 and 25	101: 6:00-7:00pm (Infinity Scarf)	\$34
0604-03				Intermediate: 7:00-8:00pm (Throw Blanket)	\$34

## March Madness - Indoor/Outdoor Rummage Sale

Community Education is teaming up the La Crescent High School Junior Class to offer you a chance to clean out your unwanted items and make a profit at the same time.

**Are your closets overflowing with an abundance of unwanted clothing or household items? Or are you a crafter, artist, or product consultant looking for an opportunity to sell your merchandise?** For a \$15 registration fee you will receive an area in the La Crescent Middle School Gym with one large lunchroom table to display your merchandise. Call Community Education to register, space is limited.

**Nothing to sell? Come just to shop – FOR FREE!** There will be tons of great deals on fantastic merchandise!

**Registration deadline March 20.**

Class #	Date	Time	Location	Fee
1101	Saturday, March 27	8:30-12:30am set up will begin at 7 AM	La Crescent Middle School Gym	\$15 per table

We continue to monitor and follow all COVID-19 related guidance from the Minnesota Department of Education, the Minnesota Department of Health, Houston County Public Health, and our local Board of Education, as it continues to evolve and change quickly. At the time of this catalog's printing, this event is TENTATIVE.

### Mandala Garden Pot

These unique garden pots are painted with bright acrylics, your creativity, and Bernie's guidance. What a fun way to jazz up your garden. You will go home with two unique garden pots, all ready for you to start your springtime planting. Makes an adorable gift to give your favorite lady for Mother's Day and one to keep for your garden.

*\*Also available as a take home kit!*



### Canvas Painting with Amoreena

Treat yourself to an art experience this winter with Amoreena Rathke. Relax, unwind, and let your creativity flow. Amoreena will guide you through a painting experience to create your own valentine masterpiece. This class is offered either in person or via ZOOM. An 11x14 canvas and supplies will be provided.



Class #	Instructor	Location	Time/Date	Cost
0404-40	Bernie Windschitl	High School Art Room	Tuesday and Thursday, May 4 and 6, 6:00-7:30pm	\$27

Class #	Instructor	Location	Time/Date	Cost
0320	Amoreena Rathke	High School Art Room	Monday, February 8 5:30-7:30 pm	\$29

## BRAND NEW OPPORTUNITY!

### DIY On-The-Go!

**Your choice of location & project, with your friends or family!**

Artist and DIY whiz, Bernie Windschitl, will bring her crafting and art skills to you and your friends/family. Work with Bernie to pick your DIY project, then you select the location and date for your private class or lesson. Bernie will bring the supplies and the know-how. You gather your friends for a fun night in or out! The price will be determined by the cost of supplies and the time involved.

Contact Bernie at [bernie.windschitl@isd300.k12.mn.us](mailto:bernie.windschitl@isd300.k12.mn.us) or 507-895-5149.



Location is flexible! Your home, a local restaurant's group room... any space will do!

## COMING SOON.... NEW LEARNING OPPORTUNITY!

### Adult Woodworking: Open Shop!

Community Education is excited to be bringing back an "open" shop course to our community members.... In the District's newly completed reconstruction of the shop instructional spaces!

Do you have a project in mind that you have always wanted to tackle or finish? Do you want to try your hand at a simple woodworking project but don't know where to start or have the proper tools or guidance? Dan Norton will be here to assist you with your project from start to finish. Let Dan guide you through picking out the perfect project or bring your own project to class the first day.

We are trying to pick the best dates and times for you. At this time, we are taking names and phone numbers of anyone that may be interested in taking part. Call 507-895-5150. Also, let us know if you are interested in metalworking or welding for future class offerings.



## Painting en Plein Air

Plein air painting is about leaving the four walls of your studio behind and experiencing painting and drawing in the landscape. Join local artist, Hannah C. Heyer, for an art experience as you learn to paint the beauty that is all around you. Class size will be limited so that you will have a lot of one on one interaction with your instructor. Most of the painting supplies will be provided. You will be given a small supply list for additional items needed upon your registration to the class.

You will be introduced to some tips and tools of the trade, how to care for your equipment and the challenges and rewards of painting from life in the outdoors.

Join Hannah as you explore the freedom to paint "en Plein Air," which is the French expression for "in the open air."



Class #	Instructor	Location	Time/Date	Cost
0320-10	Hannah Heyer	Outside at District Office	Wednesdays, May 19, 26, and June 2 (if inclement weather, a makeup date will be scheduled) 4:30-7:00 pm	\$144

## Bernie's Bear

Let Bernie's Bear welcome you home. This cute bear will bring a whimsical touch to your entryway.

Join Bernie Windschitl as she walks you step-by-step through creating this friendly wooden decor for your home. This would also make a great gift to give to someone you love.



Class #	Instructor	Location	Time/Date	Cost
0404-40	Bernie Windschitl	High School Art Room	Tuesday and Thursday, April 13 and 15, 6-8pm	\$34

## Introduction to Voiceovers

Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. Onetime, 90 minute, one-on-one, video-chat class! Learn more: [HTTP://www.voicesforall.com/ooo](http://www.voicesforall.com/ooo)

Requirements: Students must have either Internet Access and Video Chatting capabilities using a method such as Skype (for PC/Mac users) or iChat/FaceTime (for Mac Users) or we can offer this class via telephone if a webcam is not available.



Class #	Instructor	Location	Time/Date	Cost
0202	Professional Voice Actor from Voices for All	Your home!	Determined by the student	\$49

## Crafting Kits for the Family!

Let's get creative! Join Community Education's Crafting Club. These kits include everything you need to create the craft of your choice along with step-by-step instructions. Fun to do on your own, with a friend, or as a family.

**\*\*Kit choices change monthly!\*\***

Some options include:

- \* Snowman Canvas Painting
- \* Bunny Canvas Painting
- \* Woodland Creatures Refrigerator Magnets/Ornaments
- \* Stuffed Sock Bunnies
- \* Mandala Rock Painting

**And more! Check out options on Facebook or contact us for current kit availability!**

0404-50: Individual kits are \$14.

0404-51: Pick 3 kits for only \$38.

Contact Community Education to register, pick your kit, and set up a pick-up or delivery (if in the cities of La Crescent or Hokah).



## Health & Wellness

### The (Himalayan) Salt Fix

Experience the Salt Fix Vitality Center, home to the area's ONLY therapeutic Himalayan Salt Cave. Enjoy the 90-minute experience where you will receive a full tour of the unique facility and learn about all of the Holistic modalities offered including; Salt Therapy, Biomats, Reiki, Hypnosis, Yoni Steaming, Integrated Energy Therapy, Infra-red Himalayan Salt Sauna, and Access Bars. The tour ends with a **45 minute Himalayan Salt Cave session** followed by time to explore the salt-filled gift shop.

Accepting individuals or groups (up to 4 people in the group per session).  
**Did you know that salt therapy can be beneficial for children, too?**



Instructor	Location	Class #/Date/Time		Cost
Carrie Bossinger	Salt Fix Vitality Center, 608 4th St. S., La Crosse, WI (Parking is on the south of the building.)	<b>Saturday, March 20</b>	<b>Saturday, April 17</b>	\$35 per session per person
		0375-02 Session 1: 2pm-4pm	0375-05 Session 1: Noon-2pm	
		0375-03 Session 2: 4pm-6pm	0375-06 Session 2: 2pm-4pm	
		0375-04 Session 3: 6 pm-8pm	0375-07 Session 3: 4pm-6pm	

### The Miracle of Breath (at the Salt Fix Vitality Center)

Experience an hour of facilitated breathwork and guided imagery at the Salt Fix Vitality Center! The benefits of Halo (Salt) Therapy, combined with empowering and healing breathing techniques will support you in being the strongest, most resilient YOU. Experience the "Himalayan Salt Fix" and learn some new breathing techniques to strengthen your lungs and immune system. Luxuriate in the deep peace and relaxation that comes from this powerful combination! Accepting individuals or groups (up to 5 people in a group per session).  
**Did you know that salt therapy can be beneficial for children, too?**



Instructor	Location	Class #/Date/Time			Cost
Denise Keenan	Salt Fix Vitality Center, 608 4th St. S., La Crosse, WI (Parking is on the south of the building.)	<b>Saturday, February 6</b>	<b>Saturday, March 13</b>	<b>Saturday, April 3</b>	\$39 per session per person
		0375-20 Session 1: 12pm	0375-23 Session 1: 12pm	0375-26 Session 1: 12pm	
		0375-21 Session 2: 2pm	0375-24 Session 2: 2pm	0375-27 Session 2: 2pm	
		0375-22 Session 3: 4pm	0375-25 Session 3: 4pm	0375-28 Session 3: 4pm	

### Self-Healing for Optimum Well-Being

In this time of fear and confusion about the future, Denise Keenan is inspired to offer a series of classes that will encourage and uplift you. Our bodies are magnificent, miraculous vessels, and there are many ways that you can build a stronger immune system, create more energy, and generally feel more empowered and in touch with your source of radiant health within.



Let Denise teach you guided imagery, breathing techniques, and gentle movements to bring you back home to your body. Explore heart-centered practices that will remind you that your body is a place of refuge – you can trust yourself to be resilient and strong. Take back responsibility for your body by bringing changes to your neurological, limbic, digestive, and hormonal systems. In order to have any healing, you must first feel safe in your body, your "home".

*Denise is a health coach, healer and teacher and has helped thousands of people with issues such as confusion and fear about the future;*

Class #	Instructor	Location	Time/Date	Cost
0375-15	Denise Keenan, Cht, Lnt, HBCE Owner of Keenan Wellness	High School Art Room	Wednesdays, April 7, 14, and 21 6:30-7:30pm	\$49

### Getting Off the SUGAR ROLLERCOASTER

Are you struggling to lose excess weight? Have a short attention span? Do you ride the blood sugar roller coaster? Have you been told you need to balance your blood sugars? Are you struggling with hormonal weight gain? If you answered yes to any of these questions, you may want to learn about how sugar can be causing these issues. The good news is there are ways to reduce sugar without giving up sweets. Let me show you the 7 ways to kick the sugar habit.



Class #	Instructor	Location	Date/Time	Fee
0374-05	Anna Slaback, Health and Life Coach, Essential Habits for Wellness, LLC	High School Art Room	Wednesday, April 28, 5:30pm	\$9





## "Try It!" Fitness Open House

Want to try something new?  
Not sure what fitness class works for you?

We invite you to attend the first day of any fitness class. This gives you a chance to try a class and see if it's right for you. If you enjoy the class and would like to continue, you may sign up for the entire session as advertised in this catalog. Go ahead and give it try! We hope to see you there!

• Zumba • HIIT Get Fit Boot Camp • Sweaty Dance Party • Yoga • Sassy Core • Raise the Barre

## Fitness On-the-Go Card!

Too busy to commit to a rigid work-out schedule? Take advantage of this opportunity to attend fitness classes when they fit into your busy schedule. The Fitness On-The-Go Card is good for 10 fitness classes of your choice. Mix it up, try them all! What a great way to try a new workout routine!

Please call or stop in to Community Education to register and pick up your card. Cards will expire six months from purchase date.

Class# 0830 \$70



## Snowshoe Rental for Individuals, Families or Community Groups! A Naturally COVID-19 Safe Winter Activity!\*

Community Education has youth and adult size snowshoes available for rent to district families!

Snowshoes, including (optional) poles, will be available for rent for \$5 per pair (plus a refundable deposit) at the Community Education Office,

703 South 11th Street, La Crescent, MN throughout the winter months.

Rentals available weekends and select weekdays (when not in use by Phy Ed classes).

To find out more about snowshoe rentals or available pairs of snowshoes, call 895-5150.

**GROUP RENTALS** (example: scouting, school, church groups): Contact us for group rates and times.

\*Contactless pick up and drop off available. Maintaining 6 feet of space between non-household members is still recommended.

Free hiking trail maps from La Crescent Area Healthy Community Partnership available!

These snowshoes were purchased through the efforts of Houston County Public Health and a Minnesota SHIP (Statewide Health Improvement Program) Grant.

## Help Wanted!

La Crescent-Hokah Community Education is looking for Fitness Instructors. In order to build on our already wonderful fitness program, we are looking for additional instructors in:

Pilates, Core or combo type-class instructor, and Tai Chi.

Interested? Please contact us at 507-895-5150!



# GET FIT BOOTCAMP

Get Fit. Get Healthy. Get Moving.

## HIIT: Get Fit Boot Camp!

Get motivated! Be held accountable! Join our High-Intensity Interval Training (HIIT) Boot Camp to achieve your fitness goals. All shapes, sizes, and abilities are welcome. You WILL get a workout to achieve your goals! Cardiovascular and strength work will be incorporated into a variety of workouts.

**\*\*This class offered in person or live via Zoom\*\***

Instructor	Location	Time/Date
Kelly Sheehan	Hokah City Center Gymnasium, 211 Main St	5:30 – 6:30pm Mondays &/or Wednesdays

0826	Session 1: Mondays, February 15-April 12	\$56.25
0826-01	Session 2: Mondays, April 19-May 24 (No class 5/31)	\$37.50
0826-10	Session 1: Wednesdays, February 17-April 14	\$56.25
0826-11	Session 2: Wednesdays, April 21-June 2	\$43.75

## SWEATY DANCE PARTY!

*With Zumba inspired dance moves!*

Jonathan Lamb is throwing a Zumba inspired SWEATY DANCE PARTY, and he is inviting you! Who's ready to shake their boots to some fun music and sweat up a storm while you're at it?

NO dance experience needed and any movement is appreciated. Let's get our bodies moving to some great music.

Instructor	Location	Time/Date
Jonathan Lamb	Hokah City Center Gymnasium 211 Main Street	5 to 6 pm Tuesdays
0829-08	February 16-April 13 (Off 2 days TBD)	\$43.75
0829-09	April 20-June 1 (Off 2 days TBD)	\$31.25

## Zumba Fitness

ZUMBA fuses hypnotic Latin rhythms and easy-to-follow dance moves. Our goal is simple: We want you to want to work out, to love working out, and get hooked. The routines feature fast and slow rhythms that will tone and sculpt your body while burning fat. Add some Latin flavor into the mix and you've got a ZUMBA class.



**\*\*This class offered in person or live via Zoom\*\***



Instructor	Location	Time/Date
Kelly Sheehan	Hokah City Center 211 Main St	5:30 to 6:30 pm, Thursdays
0829-06	Session 1: Thursdays, Feb 18-April 15	\$56.25
0829-07	Session 2: Thursdays, April 22-June 3	\$43.75

## SASSY CORE!

Move, Build, and Shake your way to a Sassy Core. A little bit of dancing, some focus on muscles, and a whole lot of fun. Arms, Legs, Butts and Guts will all get moving to some awesome music.

Sweaty Dance Party with the volume turned up. Sassy Core with a whole lot of heart.

Pre-register OR drop in for Individual Class Rate of \$7 - Call 895-5150 to register for individual classes.



Instructor	Location	Time/Date	Fee
Jonathan Lamb	Hokah City Center Gymnasium 211 Main Street	9 to 10 am Saturday	\$31.25
0812-04	Saturdays, February 13, 27, March 20, April 10, May 15		



## Raise the Barre!

NEW!!!! Ballet is not only great for your posture, but it also tones all areas of your body. Jonathan Lamb will work you through a barre experience to tone legs, arms, behind, and more.

As always, you will love Jonathan's music and fun personality. No dance experience needed to join our ballet fun!

Class #	Instructor	Location	Time/Date	Fee
0827	Jonathan Lamb	Hokah City Center 211 Main Street	9 to 10 am Saturdays, February 20, March 6, April 24, and May 1	\$25

Pre-register OR drop in for Individual Class Rate of \$7 - Call 895-5150 to register for individual classes.

# Yoga

## Morning Yoga with Farrah

Wake up with Farrah and Yoga! This class aims to create freedom and balance in our bodies, encouraging functional movements with accessible poses. Through building mindful movement awareness, we strengthen mind/body connection and can re-educate our muscles to relax, hence gaining freedom.

Please wear comfortable clothing. Bring a yoga mat and supplies if you have them.

Instructor	Location	Class #	Time: 9:00-10:00am **NEW TIME!	Fee
Farrah Thrush	<i>Nicole's School of Dance, 1120 So. Oak, La Crescent</i>	0808-23	Mondays, Feb 15-April 15	\$50
		0808-24	Mondays, April 12-May 24	\$43.75
		0808-25	Wednesdays, Feb 17-April 7	\$50
		0808-26	Wednesdays, April 14-June 2	\$50

## Chair Yoga with Sam

Do you have a hard time getting up and down from the floor? This gentle Chair Yoga class uses modifications for those less flexible to derive the benefits of Yoga practice while seated.

Chair Yoga will move your whole body through a complete series of seated and standing Yoga poses designed to increase your flexibility, balance and range of movement. All you need is some comfy clothes and a water bottle!



Class #	Instructor	Location	Time: 9:00am-10:00am	Fee
0808-20	Sam Newburg	<i>Nicole's School of Dance, 1120 So. Oak, La Crescent</i>	Tuesdays, March 9-April 13	\$37.50
0808-21			Tuesdays, April 20-June 1	\$43.75



## Vinyasa Flow Yoga with Sam

This class will focus on simple stretching postures and flows with the breath, to help develop flexibility and relaxation. Perfect for a mid-week restoration. Come join us! All levels are encouraged and welcome. Give yoga a try or continue your yoga practice.

Class #	Instructor	Location	Time 6 to 7:15 pm	Fee
0808-10	Sam Newburg	<i>1120 So. Oak St - Formerly WSU - North Entrance</i>	Tuesdays, Feb. 16-April 13	\$60.75
0808-11			Tuesdays, April 20-June 1	\$47.25

## Yoga for EveryBODY!

Discover your strength and increase flexibility and mobility in this vinyasa style class designed to accommodate all ages, body types, and experience levels. We will use props, pose modifications, and breathing techniques to make yoga accessible for all. This class focuses on alignment, strength, balance, and flexibility and ends with a guided shavasana or relaxation period.

Class #	Instructor	Location	Time 6:00 pm	Fee
0808-45	Amoreena	<i>1120 S. Oak St - Formerly WSU - North Entrance</i>	Thursdays, Feb 18-April 8	\$50
0808-46	Clark-Rathke		Thursdays, April 15-June 3	\$50

## Just for the Health of It: 30 Day Wellness Challenge

Join Jonathan Lamb as he takes you through 30-Day Challenges, one month at a time. We will meet on the 1st Monday of the month to get your physical and lifestyle challenges. Our group will meet for check-in, a physical challenge lesson (wear comfortable clothes), and the monthly lifestyle challenge. You will also be part of an online support group to keep you motivated, share ideas, and give support.

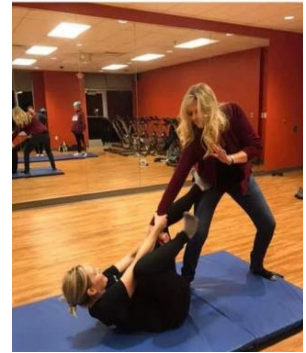
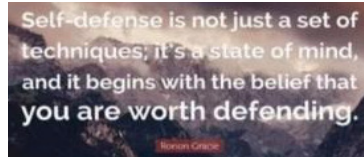
Jonathan will keep it fun and exciting with challenges like "strong arms," "eat your veggies-have less wedgies", "an apple a day keeps the doctor away," "wall sits and planks", "picture perfect," "jumpin' jack flash," and more. It's your future. Be there, happy and healthy!

Class #	Instructor	Location	Time/Date	Cost
0834	Jonathan Lamb	High School Art Room	Mondays, March 1, April 5, May 3, and June 7 (in person) 5:00-6:00pm <i>Online meeting dates/times will be determined by the group.</i>	\$44

## Be Prepared

### Common Sense Self Defense

Common Sense Self Defense, taught by certified instructor Kelli Sanders. Offers intuitive and easy to recall defensive maneuvers specific to violence against women. Learn basic striking, defense from choking, being taken to a secondary location, situational awareness, following your intuition and more! Safe and open practice environment suitable for all physical abilities. COVID precautions will be in place, and a mask is required. Trigger warning: Some dialogue and maneuvers can be triggering for assault survivors. Please email Kelli Sanders at [sanderskelli1@gmail.com](mailto:sanderskelli1@gmail.com) with specific questions regarding content.



Class #	Date/Time	Location	Fee
0825-02	Wednesday, February 24, 6:30 to 8 pm	Middle School Gym	\$25
0825-03	Wednesday, March 3, 6:30 to 8 pm		

### Heartsaver® CPR/AED & First Aid Certification 6th grade and up

Courses we offer:

- Basic Life Support (BLS) CPR & AED Training for Healthcare Professionals
- Heartsaver CPR/AED
- Heartsaver First Aid
- Heartsaver First Aid/CPR/AED
- Heartsaver Pediatric First Aid/CPR/AED



The La Crescent Fire Department is offering a blended learning class in which you will complete the online content of your desired class on your own time with the need to only come in to perform hands-on skills on the day of class. You will receive online instructions after signing up for the class. Plan for a few hours to complete the online content before the scheduled hands-on class. You will need to show proof of online completion at the time of the hands-on class (screenshot or print certificate is acceptable)

Learn to save a life! Learn critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. Based on the course you select, students learn skills such as how to perform high-quality CPR, use of an AED, and how to recognize and respond to various types of illnesses and injuries. Course Curriculum follows the 2015 AHA Guidelines. CPR face mask will be available for purchase if you would like one.

La Crescent Fire Station Training Room Contact instructor Cassie Buehler with any questions: <a href="mailto:lacfiretraining@cityoflacrescent-mn.gov">lacfiretraining@cityoflacrescent-mn.gov</a>		
Class #	Time/Date	Registration Deadline: Two Weeks Prior to Class
0813-01	9 to 11am, Sat. Mar. 13	
0813-02	9 to 11 am, Sat. May 8	
To register: \$69 payable to Community Ed Additional fee - Approximately \$30 - for online course portion		

### About Boating Safely: Ages 12 and up

About Boating Safely is designed to appeal to hunters, anglers, personal watercraft operators, and other boaters who cannot find time for a full, comprehensive course. The course addresses the following topics: Introduction to Boating; Boating Laws; Boat Safety Equipment; Safe Boating; Navigation; Boating Problems; Trailering, Storing and Protecting Your Boat; Hunting and Fishing; Water-skiing and River Boating.

Some insurance companies will offer a discount on boat insurance to those boaters who complete the course and successfully pass an exam. An individual who completes the course and exam is awarded a U.S. Coast Guard Auxiliary certificate and is recognized by the U. S. Coast Guard and approved by the National Association of State Boating Law Administrators (NASBLA).

Students, age 12-16, who attend the course and successfully pass the test, may submit an Application for Minnesota Watercraft Operator's Permit.

This class will meet via Zoom or Google Meet. Let us know the method preferred.

When registering, please provide an email address so that the class link can be emailed to you. Register early, so that the necessary supplies are delivered in time. **Registration deadline: Feb. 22**

Family discounts available - call Community Education at 895-5150.

Class #	Instructor	Date/Time	Location	Fee
0825	US Coast Guard Auxiliary Members	Saturday, March 6 and 13, 8 AM-Noon	Online via Zoom or Google Meet	\$29

### ATV Safety Training: Ages 11 and up

This class is for ATV riders ages 12 and up. (\* 11-year-olds may also attend the class, but their certificate cannot be registered until their 12th birthday.) Learn valuable skills to make you a safe rider. This is a required course for youth to ride on state lands and trails. Students must wear sturdy shoes or boots, long pants, and a DOT helmet to participate in class. (ATV's will be supplied by M&M Lawn & Leisure of Rushford for the outdoor training course.)

All students must pre-register and must view and complete the online self-study DNR Safety Training, take the quizzes, and print a certificate of completion before attending class. Bring along the registration form (with the parent's signature) to the class.

**Firm registration deadline of 1 week before the class date.**

Instructed by the Bluff Country ATV Club		
Class #	Location / Date	Time
0827-01	Plainview - April 17	Registration 9:00 am. Class held 9:30 am- 3:00 pm (finish time depending on the number of students)
0827-02	Rushford - May 15	
0827-03	Rushford - September 18	
Fee	\$10 due at registration; \$10 paid to DNR after course completion	

# Be Prepared

## Defensive Driving with DeWayne Severson, National Safety Council

All drivers 55 years and older are encouraged to enroll in this eight-hour course. The Defensive Driving class will prepare you for a new awareness of traffic safety and sharpen your driving skills. You must attend all eight hours to receive your certificate, which will entitle you to a 10% discount on your auto insurance. You will not need to take a test. Space is limited, so please register in advance.

Registration Deadline: **One week before class**

When registering, we will need your driver's license number.



## Defensive Driving Recertification with DeWayne Severson, National Safety Council

This four-hour course is available to participants who have taken the eight-hour course Defensive Driving Course within the last three years and need to renew their insurance certification. You will not need to take a test. Space is limited, so please register in advance.

Registration Deadline: **One week before class**

When registering, we will need your driver's license number.

Class #	Date/Time	Location	Fee
0810-10	Mon. & Tues., April 26 & 27, 5:30 - 9:30pm	La Crescent Community Building (Fire Station)	\$29

Class #	Date / Time	Location	Fee
0811-04	Monday, Mar. 22, 1:30 - 5:30 pm Registration deadline: Mar. 15	La Crescent Community Building (Fire Station)	\$20
0811-03	Wednesday, Feb. 17, 5:30 - 9:30 pm Registration deadline: Feb. 10	La Crescent Community Building (Fire Station)	\$20

## Basic Firearms and Permit to Carry a Handgun Training

This is a one-day basic course for men or women with little or no experience with firearms, as well as for more experienced shooters. Included are explanations of ammunition function and nomenclature, differences in various types of handguns, legal aspects of acquiring, possessing, and using firearms, and the practical application of the use of force laws in self-protection situations. Also included are many entertaining, real-world examples and stories. Emphasis is always on SAFETY. Completion of this course fulfills the training requirements for a Minnesota Permit to Carry a Handgun, honored in twenty-seven states. It also fulfills the training requirement for Wisconsin and Iowa Permits, and for a Florida permit honored in an additional seven states.

The live-fire shooting exercise includes one-on-one coaching. Handguns and ammunition are provided, as well as ear and eye protection. An enclosed, heated shelter is provided for shooting in inclement weather. Refreshments are provided but students may wish to pack a lunch. The instructor is a retired Law Enforcement Officer of 27 years, Police and USCCA Certified Firearms Instructor and Master Class shooting competitor.

Abbreviated refresher classes for renewing Permit holders and private classes are also available. For information or support, contact Fred Petersen, Alpha Fox Enterprises LLC at 507/689-2657-H 507/450-4455-M, [alphafox@charter.net](mailto:alphafox@charter.net) or visit us on Facebook.

Saturdays	Sundays	Location	Fee
10 am - 4 pm	10 am - 4 pm	Winona Sportsmen's Club, 22933 Gun Club Rd., Winona, MN	\$80 no other additional fees.
02/20/21 - # 0837-06	02/28/21 - # 0837-01		
03/20/21 - # 0837-02	03/28/21 - # 0837-03		
04/17/21 - # 0837-04	04/25/21 - # 0837-07		
05/22/21 - # 0837-08	05/30/21 - # 0837-09		
06/19/21 - # 0837-10	06/27/21 - # 0837-11		

For further details contact:  
Fred Petersen @ (507) 689-2657  
[alphafox@charter.net](mailto:alphafox@charter.net)  
Alpha Fox Conceal Carry on Facebook or Community Ed. @  
507-895-5150



## ONLINE Adult Basic Education Classes with Winona Adult Literacy

Due to Covid-19, all of our classes are "hybrid" classes until it is safe to go back to our regular in-person classes. Our hybrid classes have set times that meet online as a class; however, we are allowed to meet with students face-to-face individually or in small groups with all mandatory health precautions (i.e., masks, social distancing, staying home if feeling ill, etc.). If a student has health issues that keep them home, we can also work with students virtually until it is deemed safe to return. All students also have access to online distance learning platforms so they can work outside of class whenever it is convenient.

Please contact Chris Dahlke at 507-494-0924 or [chris.dahlke@winona.k12.mn.us](mailto:chris.dahlke@winona.k12.mn.us) if you have any questions.

All classes are subject to change based on local and national health expert recommendations.

**ALL CLASSES ARE FREE!**

### GED/ABE Classes

AM GED Hybrid Class: Mondays through Thursdays, 8:30am-11:30am

CSI Hybrid Class: Mondays and Wednesdays, 3:00pm-5:00pm

PM GED Hybrid Class: Mondays and Wednesdays, 6:00pm-8:00pm

### ESL Classes

AM ESL Hybrid Class: Mondays through Thursdays, 9:00am-12:00am

PM ESL Hybrid Class: Mondays and Wednesdays, 6:00pm-8:00pm

## Spring in the Cities Thursday, May 20th

Enjoy the first blooms of spring, as you join us on our trip to the Cities to see acres and acres of floral, gift, garden, and home ideas. Enjoy Bachman's; one of the largest traditional floral and nursery operations in the world. Besides a beautiful place to shop, you will be treated to a delicious lunch, furnished by Patrick's Bakery and Café Restaurant. The last stop of the day will be a tour of the Marjorie McNeely Conservatory at the Como Park Zoo and Conservatory. Here you will attend a guided tour of the conservatory. There will be time on your own to shop and take in all of the activities these special places have to offer.

Price includes; coach bus, a tour of the Marjorie McNeely Conservatory, and box lunch from Patrick's.

Reservations are due by May 1. No refunds after May 1. When making your reservation we will ask you which lunch options you would prefer. We will leave from the La Crescent High School parking lot at 7:15 a.m. and return by 8:30 pm. An itinerary will be sent to you approximately one week prior to the trip with all the specifics of your day.

Class #	Date	Time/Date	Fee
0500	Thursday, May 20	Bus Pick up in High School Parking Lot (by South 14th Street and Fine Arts Center)  7:15am - 8:30pm	\$69



## Dubuque Arboretum & Botanical Gardens & National Mississippi River Museum & Aquarium Thursday, June 17th

Join us as we travel to Dubuque, Iowa for this amazing experience! We will begin our trip to the National Mississippi River Museum & Aquarium where you will be free to explore the exhibits and dine on your own at their restaurant or cafe. We will then head to the Dubuque Arboretum and Botanical Gardens for a walking tour of their beautiful gardens which include the award-winning Rose Garden; Knot Herb and Japanese Gardens; Greenhouse; The largest public hosta garden in the U.S. including 700 varieties; Nationally recognized conifer collection; and special collections of iris, dahlia, and true lilies.

Reservations are due by June 1. No refunds after June 1.

An itinerary will be sent to you approximately 1 week prior to the trip with specifics of the day.

Class #	Date	Time/Date	Fee
0505	Thursday, June 17	Bus Pick up in High School Parking Lot (by South 14th Street and Fine Arts Center)  8:00am - 7:00pm	\$59



## Worldwide Travel with Collette Tours Webinar: Nashville & Alaska!

For over 100 years, Collette has been showing people the world designing the best travel experiences possible! Collette handles all logistics, make all of your accommodations and hand crafts your tours to provide you the perfect balance between must-sees, cultural experiences and free time.

For information on world travel experiences, plan on viewing this FREE special travel presentation!

The web link will be sent to you, before the webinar, and can be viewed at your convenience or live with David.

This year we are highlighting the following travel experiences:

1. Spotlight on Nashville (Departing April, 2021) - Booking #1009369
2. Alaska Discovery Land and Cruise (July, 2021) - Booking #1034998



Class #	Location	Time	Date
0515	Webinar	2:00pm <b>OR</b> On demand	Tuesday, February 16 <b>OR</b> On demand

### Spotlight on Nashville Trip will depart on April 18, 2021

- 5 Days • 7 Meals: 4 Breakfasts, 1 Lunch, and 2 Dinners
- Double Occupancy starts at \$2,029
- Booking #1009369

#### Highlights:

- Country Music Hall of Fame • RCA Studio B
- George Jones Museum • Ryman Auditorium • Wildhorse Saloon • Grand Ole Opry Show • Historic Town of Franklin • Carnton

Downtown Nashville is the city at its best – live music on every block, restaurants doubling as concert halls, art studios painted in vibrant colors, local boutiques and record shops, and inventive cuisine that will excite your palate. With a hotel located in the heart of the area, you will have every opportunity imaginable to immerse yourself in this dynamic destination. During free time, head out and explore the neighborhood on your own. Perhaps you will wander into the Johnny Cash Museum or order a flight at a local brewery. As the night rolls in, there is no shortage of adventures to be had – you'll find blues venues, dueling piano bars, barbeque hangouts, rooftop bars, old-fashioned saloons, comedy clubs, and, of course, infinite live performances.



#### Culinary Inclusions:

- Enjoy breakfast at the famous Ellen's Stardust Diner, featuring a singing wait staff.



### Alaska Discovery Land & Cruise Trip Trip will depart on July 31, 2021

- 12 Days • 25 Meals: 11 Breakfasts, 6 Lunch, and 8 Dinners
- Double Occupancy rates start at \$5729
- Booking #1034998

#### Highlights:

Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

Traverse the Pacific coast by land and sea aboard one of Princess Cruise Lines' lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Cruise the Sternwheeler Discovery and encounter Alaska's diverse culture and rich history. In a modern saloon, enjoy local dishes inspired by Fannie Q, the famed Alaskan pioneer. Enjoy three nights at stunning Princess lodges and hotels. Ride a luxury domed rail car from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel deep into Denali National Park for the best opportunities to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. Visit Ketchikan, the "Salmon Capital of the World." This is Alaska as you always imagined.

#### Our Worry-Free Travel Protection Plan

Sometimes life happens, and your carefully-made plans have to change on the fly. With Collette's worry-free Travel Protection Plan, you can cancel your trip for any reason right up until the day prior to departure and receive a full refund (less the cost of insurance). You're also covered on tour – if you have to return home early, need medical assistance, are delayed on tour for more than 12 hours, or lose your baggage, you're covered. This is just one of the ways we are with you at every step of the journey – even before it begins. Learn more at [gocollette.com/guided-travel#no\\_worries\\_waiver](http://gocollette.com/guided-travel#no_worries_waiver)

## NEW! Online Learning - Certificates and Courses



La Crescent-Hokah Community Education is now partnering with UGotClass to offer online certificates and courses to our community members! These are a few of the most popular courses, and we will have a full online course listing available soon! Contact us for more information or to get registered! 507-895-5150

### CERTIFICATE IN DATA ANALYSIS

CEUs/ILUs: 4.8 Length (in hours): 48  
Certificate Fee: \$495.00 Individual Course Fee: \$195

#### Introduction to Data Analysis

2/1/21 - 2/26/21

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. This course will give you a basic understanding of how to analyze data in a business setting. Businesses look for candidates with an understanding of how to analyze the data they have been collecting; this course will help you start on that journey.

#### Intermediate Data Analysis

3/1/21 - 3/26/21

Many of your business decisions involve comparing groups for differences. For example, would men and women prefer different product features? In addition, you may look at relationships between variables. Does product recognition relate to subsequent product purchase? This Intermediate Data Analysis course will introduce you to the statistics behind these group differences and relationships. In addition, you'll learn how to work with ratings, graphs and user-friendly reports of statistical results.

#### Advanced Data Analysis

4/5/21 - 4/30/21

After taking this Advanced course in Data Analysis, you will be able to perform inquiries that will be useful to your business or organization and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Take the guesswork out of important company decisions and make decisions based on the statistically significant information. Whether your business is home-based or a large company, this class will take you to the next level where important decision-making is concerned.

### SOCIAL MEDIA FOR BUSINESS CERTIFICATE

CEUs/ILUs: 4.8 Length (in hours): 48  
Certificate Fee: \$495.00 Individual Course Fee: \$195

#### Introduction to Social Media

2/1/21 - 2/26/21

Get involved in the move from in-person to online communication. Learn what social media are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube. For anyone interested in social media.

#### Marketing Using Social Media

3/1/21 - 3/26/21

Develop a two-way communication and marketing strategy for your organization using social media. Let your instructor guide you in exploring major social media, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You'll find out the advantages and disadvantages of each, and learn what's right for your work and kind of organization.

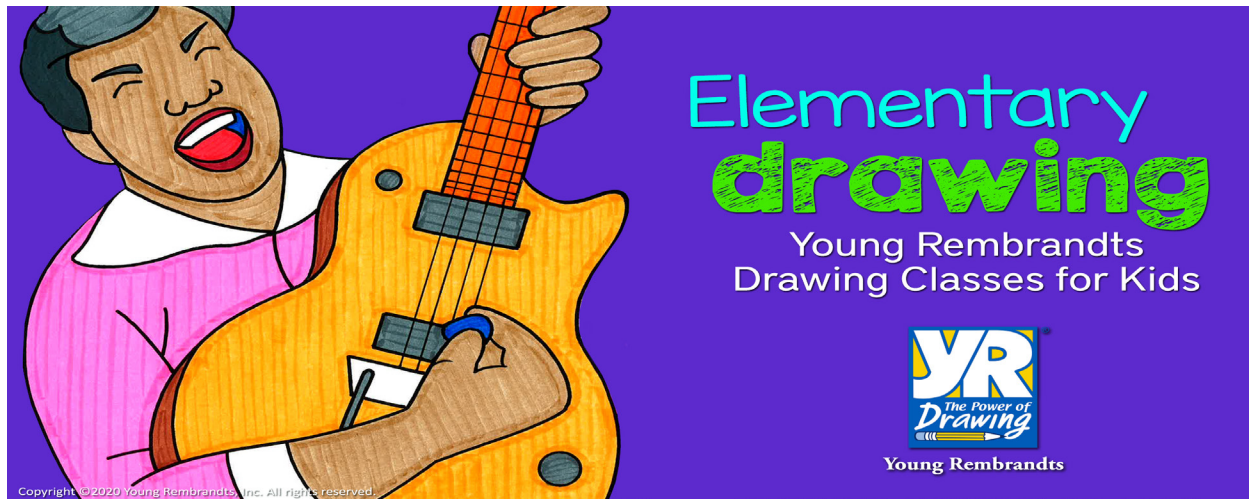
#### Integrating Social Media Into Your Organization

4/5/21 - 4/30/21

Take away a practical strategy and techniques for implementing a social strategy for your organization or business. Learn the top five considerations when starting a social network as well as tips to manage an online community. Discover how to create your own private social network using the Ning platform. Discuss the top tools to use to manage your social media life and build integration into your website. See how Google Docs and Calendars work and how to use online video to further your business goals. Hear about mobile check-in applications and how companies are using coupon and deal sites. Get your company listed properly on local search engines so more customers can find you. Discuss how web design has changed and get feedback on your website while discovering usability testing and user interface design. Finally, learn how to manage this influx of information created by the new media revolution. Develop a manageable workflow and get productivity tips to be more efficient. Learn what you might be doing wrong in social media as well as essential policies to have in place for your employees and company. See what trends are on the horizon and where your goals fit with those new trends.







**Draw with Young Rembrandts!  
On-Demand Classes when you want or LIVE Online Weekly Classes.  
Register directly through Community Education!**

Young Rembrandt instructors will teach your child how to draw. But along with this skill comes incredible development in many other areas such as; fine motor skills, social skills, academics, creativity, intellectual skills, and out-of-the-box thinking. Young Rembrandt's students are exposed to a wide variety of subject matter, artistic concepts, art history, and mastery of their materials.

*Supplies needed: 8.5 x 11-inch paper, pencil, Crayola broad tip markers, eraser, black Sharpie marker*

**10 On-Demand Web Lessons (Pre-recorded)**

Join in on 10 drawing sessions, each with a unique set of lessons designed to teach basic to advanced drawing skills, art techniques, and vocabulary to students age 6-12.

Unique links will be sent to the email address used to register. You can access the video by logging in with your email address. Students will be able to watch the video at their convenience, pausing when needed. Video can be viewed up to five times. Register anytime. Lesson links for all classes that have already been released will be sent to you.

Course fee is for 10 On-demand lessons; register directly with Community Education.

Class #	Instructor	Location	Time/Date	Fee
3108-10	Young Rembrandts	Your home!	Anytime the student wants to draw!	\$39

**Live Interactive Drawing Class**

Young Rembrandt's instructor will present four drawing lessons that encompass a fascinating world of characters, patterns, and color. Students will never repeat a lesson and once a month a drawing will be inspired by a famous artist or style.

You can enroll anytime. Classes are live from 4:00-5:00pm, Monday-Friday. Simply pick a day of the week and join the fun!

Course fee is for 4 live-at-home web lessons; register directly with Community Education.

Class #	Instructor	Location	Time/Date	Fee
3108-11	Young Rembrandts	Your home!	4:00-5:00pm, Monday through Friday Students select their desired day of the week!	\$39

At the time of this catalog's printing, guidance from the Minnesota Department of Education, the Minnesota Department of Health, Houston County Public Health, and our local Board of Education continues to evolve and change quickly. It is our hope that we can bring back many of our other favorite annual programs, such as Future Lancers Basketball Camp, Tiny Tumblers, Elementary Spirit Night, and more. Watch our Facebook page for updates or "pop-up" programs we may still be able to host!

## Interactive Stem Kits from 4-H

Expand your child's learning, hands-on, at home! Try a project kit through Houston County 4-H! Everything that your child will need to create these fun, interactive projects will be included in their monthly kits. Kits will be available for pick-up from your child's school or the district office each month and are available to youth of all ages. No limit on the number of kits purchased.



**The kits are \$11.00 each. All 3 kits are \$27.**

3032-01: All Three Kits = \$27 (Order by March 1)

3032-02: March - Basket Weaving - In this kit, youth will learn, step-by-step how to weave their own basket!

3032-03: April - Bird Feeder - This kit will teach youth how to build their own bird feeder! The wood, instructions, and supplies will be provided. Tools are not provided.

3032-04: May - Propagation Kit - This kit will provide some easy tools and materials so you can start a new plant from an existing plant (ex: rose bush, tree, etc).

## Book Club with Ms. Paige Grades 2nd-4th

Get ready for exciting new adventures at Book Club with Ms. Paige! Students will get to vote on which book they will read. Books will come alive for students through engaging activities and games that support the theme of the story. A snack is provided.

Ms. Paige has 18 years of teaching experience, a master's in Special Ed. and a former Minnesota Reading Corps Tutor at La Crescent-Hokah Elementary. SPACE IS LIMITED! \*Zoom accommodation can be provided! Indicate when registering.



Class #	Instructor	Location	Time/Date	Fee
3007-10	Ms. Paige	ES Room 108	Thursdays, April 1, 15, 22, 29 3:00 to 4:00 pm	\$19

## Crafting Club Multi-age, based on each location!

Let's get the creative juices flowing! Join us for our "Crafting Club", where each day is a SURPRISE project for your child to complete! It could be anything...painting, clay art, upcycled creations, food art, or more!

All materials will be provided for students. You will produce special treasures (or gift to give) to bring home. Bernie Windschitl will come to the schools to lead these creativity-based projects. If we are unable to meet in person, kits (including supplies and directions) will be sent home with the child.



Instructors: Bernie Windschitl and Joan Wright			
Class #	Location	Dates/Times	Fee
3100-01	La Crescent Middle School, HS Art Room 50	March 9 and 11; 3:15-4:30pm	\$28
3100	La Crescent-Hokah Elementary (Room TBA)	March 30 and April 1; 3:00-4:15pm	\$28
3100-02	La Crescent Montessori & STEM School - E1	April 20 and 22; 3:00-4:15pm	\$28
3100-06	La Crescent Montessori & STEM School - E2	April 27 and 29; 3:00-4:15pm	\$28
3100-03	Crucifixion School	May 11 and 13; 3:00-4:15pm	\$28
3100-04	St. Peter's School, Hokah	May 25 and 27; 3:00-4:15pm	\$28
3100-07	TAKE HOME CLUB KIT	Call 895-5150 to arrange pick up time	\$28



Kids' Company is a school-aged child care service offered through the Community Education department of La Crescent-Hokah Public Schools.

Hours of operation are Mondays-Fridays, 6:30am until beginning of school day and then from the end of the school day until 6:00pm. Also open on select non-school days (pre-registration required).

**Questions?** Contact Alex Wilson, Kids' Company Coordinator at 507-895-5156 (office), 608-780-4594 (Kids' Co cell phone) or [alex.wilson@isd300.k12.mn.us](mailto:alex.wilson@isd300.k12.mn.us)

## Babysitting Clinic

Let us prepare you to be the best sitter in your neighborhood. Through hands-on experience and role plays, we will cover age-appropriate toys, making babysitting kits, good business practices, basic first aid, safe cooking, safety and emergency action, and parent expectations. Start your babysitting business on the right foot and learn how to be a safe, professional, and reliable sitter. If needed (due to COVID restrictions), this class will be offered via ZOOM. Class size is very limited.



Class #	Instructor	Ages	Location	Time/Date	Cost
3006	Rebecca Paulson, Houston County 4-H Coordinator	5th Grade and up	High School Art Room	Monday & Tuesday, March 15-16 3:15-5:15pm	\$27

## Crocheting 101



Have you wanted to learn this forever favorite? Join Heather Schlichte as she guides you through the basics of crocheting while making an infinity scarf. **Bring along a size L/11 (8mm) hook or larger** (I recommend Yarnology Ergonomic Hook for first timers) **and 1 skein (approximately 100 yds) of yarn.** \*Note that your yarn label will recommend a hook size best for your yarn thickness. Youth (grades 3 - 5) are welcome to participate with an adult! Grades 6 and up are welcome to come on their own.

Class #	Class #	Location	Time/Date	Cost
0604-02	Heather Schlichte	High School Art Room	Thursdays, Feb. 4, 11, 18 and 25, 6-7 pm	\$34



# APPLE LEARNING CENTER

29 South Walnut Street, Suite 300, La Crescent, MN • 218-760-2913



**La Crescent Youth Soccer Association LYSA**  
 Spring Soccer for PreK-8th grade  
 Fall Soccer for PreK-5th grade

**REGISTER TODAY!**  
[www.lacrescentsoccer.org](http://www.lacrescentsoccer.org)

LYSA SPRING REC SOCCER: March-May

*Registration Opens in January*

LYSA FALL REC SOCCER: August - October

*Registration Opens in August*

LYSA WINTER SOCCER: February-March

*Registration Opens in November*



Check us out on Facebook...  
 La Crescent Lightning Youth Soccer

**Mississippi Valley Storm Soccer Club**



Competitive Teams for U10 - U19: May - July  
 Winter Training for U9-U19: November - March

**REGISTRATION to OPEN SOON**

<https://www.lacrescentsoccer.org>



Check us out on Facebook...  
 Mississippi Valley Storm -  
 MVS Soccer Club



## About Boating Safely: Ages 12 and up

About Boating Safely is designed to appeal to hunters, anglers, personal watercraft operators, and other boaters who cannot find time for a full, comprehensive course. The course addresses the following topics: Introduction to Boating; Boating Laws; Boat Safety Equipment; Safe Boating; Navigation; Boating Problems; Trailering, Storing and Protecting Your Boat; Hunting and Fishing; Water-skiing and River Boating. Some insurance companies will offer a discount on boat insurance to those boaters who complete the course and successfully pass an exam. An individual who completes the course and exam is awarded a U.S. Coast Guard Auxiliary certificate and is recognized by the U. S. Coast Guard and approved by the National Association of State Boating Law Administrators (NASBLA).

Students, age 12-16, who attend the course and successfully pass the test, may submit an Application for Minnesota Watercraft Operator's Permit.

This class will meet via Zoom or Google Meet. Let us know the method preferred.

When registering, please provide an email address so that the class link can be emailed to you. Register early, so that the necessary supplies are delivered in time. **Registration deadline: Feb. 22**

Family discounts available - call Community Education at 895-5150.

Class #	Instructor	Date/Time	Location	Fee
0825	US Coast Guard Auxiliary Members	Saturday, March 6 and 13, 8 AM-Noon	Online via Zoom or Google Meet	\$29

## ATV Safety Training: Ages 11 and up

This class is for ATV riders ages 12 and up. (\* 11-year-olds may also attend the class, but their certificate cannot be registered until their 12th birthday.) Learn valuable skills to make you a safe rider. This is a required course for youth to ride on state lands and trails. Students must wear sturdy shoes or boots, long pants, and a DOT helmet to participate in class. (ATV's will be supplied by M&M Lawn & Leisure of Rushford for the outdoor training course.)

All students must pre-register and must view and complete the online self-study DNR Safety Training, take the quizzes, and print a certificate of completion before attending class.

Bring along the registration form (with the parent's signature) to the class. **Firm registration deadline of 1 week before the class date.**

Instructed by the Bluff Country ATV Club		
Class #	Location / Date	Time
0827-01	Plainview - April 17	Registration 9:00 am. Class held 9:30 am- 3:00 pm (finish time depending on the number of students)
0827-02	Rushford - May 15	
0827-03	Rushford - September 18	
Fee	\$10 due at registration; \$10 paid to DNR after course completion	

## Enhanced Driving Institute – Driver's Education

EDI is providing our Complete Driver's Education package through La Crescent – Hokah Community Education. EDI has been providing peace of mind to parents of Teen Drivers for over a decade and is the top driving school in SE Minnesota. Not only does EDI raise the bar in education, but we also make it fun and interesting for teens. We partnered with Community Education three-years ago providing road training for area students and now we have the privilege of training all-new driver's in the classroom and on the road.

*EDI's strength and success in building a new generation of safer drivers fall on our partnership with parents. We welcome all parents to attend the final half of lesson 10 where we develop a game plan that will start the course to a safe, responsible, and educated new driver.*

**Who can take driver's ed?** You must be 14 and up to take the classroom course. However, you cannot take your permit test until you are 15 so we recommend taking the course when you are 15 or close to.

**How do I sign up?** See our website below. From the home page, click the La Crescent-Hokah link and you'll see the full class schedule and the option to register. \$100 is needed to hold your seat for the class. You can pay this at the time of registration online or mail payment to our Rochester Office.

**WWW.ENHANCEDDRIVINGINSTITUTE.COM**

Students and Parents will receive an email 2-3 days before class starts with information pertaining to the class. You will only need to bring a notebook and writing utensil. EDI provides the rest.



**Classes are held Monday through Friday in the Auditorium:**

**March 29-April 9 at 3:30-6:30 pm**

**June 14-June 24 at 2-5 pm; and June 25 4:30-7:30**

*Parents attend with their student the last 1.5 hour of last day of class.*

Founder/Instructor – Adam Newbloom  
adam@enhanceddrivinginstitute.com

Instructor – Travis Mayer  
travis@enhanceddrivinginstitute.com

Office Admin – Janet Hernandez  
janet@enhanceddrivinginstitute.com

## Driver's Education Parent Meeting 2021

Meet Travis Mayer, from EDI, and learn more about La Crescent-Hokah's Driver's Ed program. Parents are encouraged to attend the Driver's Education Parent Meeting if your child will be attending Drivers Education during 2021. Learn what will be covered in their child's Driver Education course, and to refresh some of your own knowledge and driving habits to set a good example for responsible behind the wheel driving. Parents that attend the meeting will receive a certificate for completing the class, and will also have the option of reducing the required 50 hours of behind the wheel driving with their student to 40 hours. Please register for this with Community Education prior to the date of the class.

### Parent Meeting Information:

Class #	Location/Time/Date	Cost
3401-06	HS Auditorium, Friday, June 4, 2021, 7pm	\$10

### Time to *Virtually* Connect (Birth to age 5)

We can hardly wait until we're able to connect with all of you and your children in person again, but for now we still need to do our best to make our connections over the distance of computer screens.

Every other week we will have a story for you and your children to watch and enjoy together on our ECFE Facebook Page. On alternating weeks, we will come together as adults on Zoom to talk about the shared experience with your child/children and then connect with other caregiver adults in the community. There will be a zoom link, date and time included, attached to each Facebook activity post.

**Children's stories will post to La Crescent-Hokah ECFE Facebook and be available every-other Wednesday (January 6 - May 19)**

**Adult Zoom meetings will take place at 1:30-2:15pm (link to post on Facebook) (January 13 - May 26)**

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### Early Childhood Screening Information

We were able to welcome many children in the community to Early Childhood Screening in October. Given the current contexts, however, we are not able to plan with certainty for another public screening event this Spring. If you have a child about whom you have developmental or speech concerns, the state of Minnesota collaborates with school districts across the state to operate the Help Me Grow website. This site provides resources for families to understand developmental milestones and learn if there are concerns. It also has links for caregivers to refer a child about whom you have concerns. Those referrals are funneled directly to your school district of residence. Please visit [helpmegrowmn.org](http://helpmegrowmn.org) for more information, or you can call Karn Schwartzhoff, Early Childhood Coordinator, with questions about the process or website at 507-895-5227.



### Kindergarten Registration Online "Round Up"

La Crescent-Hokah Elementary is

"Rounding-Up" Kindergartners for fall 2021!

If you have a child that turns 5 years of age on or before September 1, 2021, it is time to register for Kindergarten! Due to COVID-19 and construction at the elementary school, we will NOT be hosting an in person event this February.

Please enroll your student online by the end of February 2021 on our District Website - [www.isd300.k12.mn.us](http://www.isd300.k12.mn.us)

Click on Explore; then Enrollment; then New Student Registration. Questions? Call Theresa at 507-895-5124!

### Discovery Preschool Registration Information for 2021-22!

Discovery Preschool is looking forward to the 2021-2022 school year in the newly remodeled Elementary School building!

General Enrollment will open to the public on Thursday, March 18.

2021-2022 tuition rates and course offering information is available on the ISD 300 District website and Discovery Preschool Facebook page.

We will have two informational Zoom meetings so that you can ask any questions or seek additional information. Zoom links will be available on the website and Facebook page the day before each meeting.

Thursday, Feb 11, at 6:30pm  
Monday, Feb 25, at 6:30pm

**Questions? Contact Early Childhood Coordinator Karn Schwartzhoff at 507-895-5227 or [karn.schwartzhoff@isd300.k12.mn.us](mailto:karn.schwartzhoff@isd300.k12.mn.us)**



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## La Crescent Neighbors Day 2021 - To Be Determined



Our plans are on hold for 2021 as we await safety guidelines. Watch for updates or feel free to contact us at or call Betsy Knowles at 895-8866

La Crescent Neighbors Day is a partner program of La Crescent Area Healthy Community Partnership (HCP), cosponsored by City of La Crescent and La Crescent Applefest, and partners with ISD #300 Community Education.

"A Healthy Community Working Together"  
A HEALTHY COMMUNITY PARTNERSHIP PROGRAM

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# Register Now!

We encourage early registration and payment is needed with registration. Register early to prevent class cancellation. This can easily be accomplished in the following ways:

## Virtual Class:

This symbol indicates a class is being offered completely or partially virtually.



## Online:

[www.isd300.k12.mn.us](http://www.isd300.k12.mn.us) - click on the "Explore" tab, click on Community Education. Call 895-5150 with questions.



## By Mail:

Mail registration form with check payable to ISD 300 or VISA/Mastercard information to Community Education, 703 So. 11th Street, La Crescent, MN 55947



## By Phone:

Call 895-5150 to register by phone using your VISA/Mastercard. Phone registrations are taken Monday – Friday, 8:00 am–4:00 pm, following the school calendar.



## Facebook:

Check us out on Facebook for new/more information. LaCrescent-Hokah Community Ed.



## In Person:



Community Education is located at 703 So. 11th Street, La Crescent. Office hours are 8:00 am – 4:00 pm, Mondays through Fridays. The office is closed on non-school days. Cash, checks, Visa, Mastercard and are all accepted when you pay in person.

## Cancellation Policy

We realize that schedules are busy, but your early registration assures that your class is a "Go."

### Class Cancellation Policy and Refunds Prior to Start

**Date:** Class cancellation must be made a minimum of 3 working days prior to the class start date for a **FULL REFUND** (unless otherwise noted).

If you cancel with less than 3 days notice, you will be issued a refund, minus a \$5.00 processing fee and any costs incurred (supplies, food etc.).

If you do not notify Community Education prior to start of the class that you will not be attending, you will not be issued a refund.

## Scholarships

Scholarships are available to students who qualify for the school district free and reduced lunch program. We offer a 75% reduction for those who qualify for free lunch and a 50% reduction for anyone qualifying for the reduced lunch program. There are some exceptions to this policy. Contact Education office with your questions.

## Substitutes

If you are unable to attend the class, event or trip that you registered for, please call us at 895-5150. We may have a waiting list, so please do not find your own substitutes.

## UCare

Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare member ID number when registering for class. Limits and restrictions may apply. Include UCare ID number when registering. If you have any questions about the eligibility of specific classes, call (507) 895-5150.

## Registration Form

Return to: Community Education,  
703 S. 11th St., La Crescent, MN 55947

Name \_\_\_\_\_

Address \_\_\_\_\_

Day & Evening Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

Name	Age	Course #	Title	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total Enclosed \$ \_\_\_\_\_

UCare ID # \_\_\_\_\_

Make check payable to ISD 300.

If paying by credit card, fill out below or email to:  
[joan.wright@isd300.k12.mn.us](mailto:joan.wright@isd300.k12.mn.us)

Charge my:

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"Explore," then "Community Education" or  
call (507) 895-5150

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