La Crescent - Hokah Community Education

Celebrating
25 years of
Community
Bandl P. 4

Get out and get active!



Register online: www.isd300.k12.mn.us - click on "Explore" tab

June - September 2021

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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 Site	507-895-8455 Option 3
Karn Schwarthoff, Early Childhood Coordinator	507-895-5227

Community Education summer hours: Monday - Friday, 8 am - 4 pm.

Time for a Bicycle Tune Up! Be Ready to Ride!

Get your bike into shape and be ready to ride with the help of a qualified bike technician. Learn skills as the tech goes through your bike with you.

The cost for the class is \$18 plus any new bike parts needed.

Register for the class and we will call and set up at a time that is convenient for you!

Class #	Date/Time	Instructor	Fee
0366	Individually arranged	La Crescent Community Bike Shoppe Techs	\$18 (+ cost of parts if needed)





Open Saturdays, 9 am to Noon
June - August
Tuesday and Wednesday
evenings by calling
608-790-2580

Located at the parking lot behind Wieser Law and Corky's

At the time of this catalog going to print, there are many changes on the horizon in terms of Covid safety protocols and mandates. Please be aware that as a department of La Crescent-Hokah Public Schools, our programming is subject to following guidance from both the MN Departments of Health and of Education. Be assured we will do all that we can to serve as many people as we can, as safely as we can. Please call if you have questions!

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. 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.

Community Summer Band Celebrating 25 Years!

Love to play in a band?! It's time to toot your horn and join the La Crescent-Hokah Community Summer Band. We are in our 25th season and looking forward to getting together with past members and inviting new members to join. Community Summer Band, under the direction of Erik Chapman, is open to anyone who plays any concert band instrument. Youth entering grades 8 and older are welcome to be part of the group – it's intergenerational! The band rehearses one evening per week, beginning in June, and performs two concerts. Some school instruments are available for use, or you can bring your own.

Instructor: Erik Chapman, HS Band Director

Rehearsals: Mondays: June 28, July 5, 12, and 19 Times: 6:30 - 8:00 pm Performances: 7pm, July 25th and 26th (see below)

Location: High School Band Rm #204 (use the southwest entrance #12)

Class Number: 0401 Fee: No Charge, but MUST Register with Community Education



Join us at two FREE concerts to Celebrate 25 Years of Music in the Park!

Sunday, July 25, 7:00pm at Hokah City Park

Monday, July 26, 7:00pm at La Crescent Old Hickory Park

Grab your folding chair or blanket! FREE lemonade and ice cream treats!

CHALKFEST 2021!

Mark your calendars...spread the word! CHALKFEST 2021 will be on Saturday, September 18. All Ages, Singles or Teams are encouraged to take part!

WHAT IT IS:

Imagine La Crescent-Hokah Secondary School Parking Lot overtaken by a firestorm of creativity and positive community energy, culminating in yards and yards of sidewalk space displaying amazing chalk artwork. Artists of all ages can create elaborate, large-scale chalk artwork. Throughout the day, artists will create their work as visitors watch their drawings come to life. That's Chalkfest! It's part art festival and part family-friendly fun.

HOW IT WORKS:

Our school campus has large sidewalks running around the perimeter, where registered artists of all ages and abilities can create elaborate, large-scale chalk artwork. Throughout the day, artists will create their work as visitors watch their drawings come to life. Participants (individuals or groups) need to pre-register to reserve a spot. Winners of the various categories will be announced at 4:30 pm. People's Choice Awards for Youth and Adult will be announced on Monday.

REGISTRATION:

Class #8200 Fee: \$29 Date: Saturday, September 18, 2021 Registration fee includes sidewalk square, chalk palette, gloves, sponges. Additional supplies will be available for purchase should artists run out. Space sizes are determined by the sidewalk seams; there are different sizes in various quantities.

Artists may check in and start prepping and drawing on Friday, September 17 from 2-7 pm.

On Saturday, Artists may check in @ 6:45 am; Judging is at 4 pm; Winners will be announced at 4:30 pm

Check in at Middle School NORTH Entrance, 1301 Lancer Blvd.



Trips



Class #	Time	Date	Fee
0502-01	7:50 AM – 7:10 PM	Sunday, Aug. 22	\$44

Twin Cities Premium Outlet Mall

Join us for all of your back to work or school shopping! The day is yours to spend walking and shopping for all of your fall needs. Whether you are looking for world-class shopping for less or a fun day away, grab your friends and family and join us!

Registration deadline: August 12th.

No refunds after August 12, 2021.

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

Depart from La Crescent High School Parking Lot.

Taylor Falls St. Croix River & Lunch Tour

Take in the fall colors with our combination boat tour and lunch onboard one of our authentic Paddlewheel riverboats. Relax and enjoy lunch while your riverboat pilot and tour guide point out the unique rock formations and the history of the St. Croix River Valley. We will end our trip with a stop at St. Croix's Chocolate Company.

Registration deadline: September 9th. No refunds after September 9, 2021.

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

Depart from La Crescent High School Parking Lot.



Class #	Timo	Data	Fee
Class #	Tillle	Date	ree
0516	9:20 AM - 7:10 PM	Thursday, Sept. 23	\$74



Class #	Time	Date	Fee
0503	8:30 AM – 8:30 PM	Saturday, Oct. 9	\$54

Let's Travel To: Galena

Enjoy the colorful days of fall as you relax on our trip to Galena, Illinois! Galena was a popular, bustling destination in the early 1800's and was the home of Ulysses S. Grant. Today's travelers to northwestern Illinois find treasures in the area's art galleries and studios, local shops and wineries, and enjoying the natural beauty of the rolling hills and gentle valleys. There will be time on your own to shop, dine and take in all of the activities Galena has to offer during their annual Country Fair. We will also make a quick stop along the way to visit the famous Grotto in Dickeyville.

Registrations are due by Sept. 30. No refunds after Sept. 30.

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

Depart from La Crescent High School Parking Lot.

Southern Charm Featuring Charleston, Savannah, and Jekyll Island Coming Fall of 2022!

Embrace the leisurely pace and charming allure of America's southeast as you explore cobblestone streets, historic homes, and unspoiled coastline. Discover antebellum Charleston and the history of Savannah with 2-night stays in each city. Visit Charleston's City Market, one of the oldest public markets in America. Enjoy a trolley tour of Savannah's sprawling

Historic District. Spend two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." Experience the unique charm and singular hospitality of America's "Low Country" in South Carolina and Georgia.

Contact Community Education to learn more about the trip!





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 use of force laws in self-protection situations. Also included are many entertaining, real-world examples and stories. Emphasis is always on SAFETY. 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. Instructor is a retired Law Enforcement Officer of 27 years, Police and USCCA Certified Firearms Instructor and Master Class shooting competitor.

Completion of this course fulfills the training requirements for a Minnesota Permit to Carry a Handgun, valid in twenty-seven states. Also fulfills the training requirement for Wisconsin and Iowa Permits, and for a Florida Permit which adds an additional seven states.

Location	Fee
Winona	\$80
Sportsmen's Club,	no other
22933 Gun Club Rd.,	additional
Winona, MN	fees.



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

Common Sense Self Defense

Join us for a progressive-style 6-week self-defense course. We'll build on each maneuver every week making them instinctual and building a blueprint for personal safety. You'll also learn about self and situational awareness, predator grooming behaviors, trusting your instincts, consent, and much more!

Class #	Dates/Time	Location	Instructor	Fee
0825-09	Wednesdays, June 23-July 28, 6:00pm to 7:00 pm	Wrestling Room	Kelli Sanders	\$74

Back to Campus Safety: Be Prepared and Aware

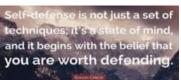
Let Kelli Sanders, Certified Self-Defense Instructor, prepare you for your return to campus, workforce, or raise your awareness just being out and about! This course will include some self-defense maneuvers, and will also have discussions about grooming behaviors, self/situational awareness, date rape, consent and so much more.

Class #	Date/Time	Location	Instructor	Fee
0825-10	Tuesday, July 27th, 6:00-8:30 pm	HS Art Rm & Wrestling Room	Kelli Sanders	\$29

Trigger warning: Some dialogue and maneuvers can be triggering for assault survivors.

Please email Kelli Sanders at sanderskelli1@gmail.com with specific questions regarding class content.





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 2020 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:
lacfiretraining@cityoflacrescent-mn.gov

Class#	Time/Date	
0813-03	9 to 11am, Sat. July 24	
0813-04	9 to 11 am, Sat. Sept 25	

Registration Deadline: Two Weeks Prior to Class

Payable to Community Education upon registration: CPR/AED or First Aid class ONLY: \$59 Combo CPR/AED & First Aid: \$69 *Additional online fee of approx. \$30 paid online*

ATV Safety - (Ages 11 & Up)

Please note class locations.

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 certificate of completion before attending class. Bring along registration form with parent signature to the class.

Firm registration deadline of 1 week before class date.

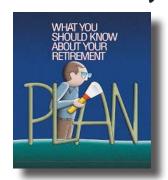
Location and Date:

Class #0827-03, Saturday, September 18, 2021 Rushford Snowmobile Club, Highway 43 N (Building near M & M) Rushford, MN

Instructor: Bluff Country ATV Club

Time	Fee	
Registration 9:00 am. Class	\$10 per student at time of registration	
held 9:30am- 3:00pm (finish time	Plus \$24.95 paid to the DNR upon	
depends on number of students)	completion of course (online payment)	

Social Security: What You Need to Know as You Plan for Retirement



Are you planning to retire within the next few years? Do you want to know how you can maximize your social security benefit? Should you wait until you are 70 to retire? Financial security in retirement is a concern for every potential retiree. In this class, Mike will discuss social security benefits, when you should apply and how you can maximize your benefit. Join us for this interesting and informative class.

Class#	Instructor	Location	Time/Date	Fee
0313-10	Mike Ott, Social Security Administration	Secondary School Conference Room	Tuesday, August 10, 7 pm to 8:30 pm	\$6

Defensive Driving

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

Instructor	Location	Fee
DeWayne Severson, National Safety Council	La Crescent Community Bldg (Fire Station)	\$29

0810-20 Monday and Tuesday, July 19 & 20, 5:30 – 9:30pm Registration deadline: July 12

Defensive Driving Recertification

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.

When registering, we will need your driver's license number. Registration deadline is one-week prior to the class.

Instructor	Location	Fee
DeWayne Severson, National Safety Council	La Crescent Community Bldg (Fire Station)	\$20

0811-05	Monday, June 14, 1:30 – 5:30pm, Registration deadline: June 7
0811-06	Monday, June 28, 5:30 - 9:30pm, Registration deadline: June 21



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 a "Early bird ticket to shop" Sue's annual Hosta Sale!



Class #	Instructor	Location	Time/Date	Fee
0310-10	Sue Haggerty	District Office / Community Education Building	Thursday, June 3, 5 pm to 7 pm	\$19

You Can Grow That! **Plant Propogation**

Come learn how you can create a garden on a low budget, grow your own culinary ingredients, or simply have an excuse to play in

the dirt. Honor DiDonato will show you how to grow flowers, herbs, and vegetables from various propagation techniques. Honor will demonstrate growing annuals from seed, vegetables & herbs from cuttings, and perennials from division. Plant propagation is a fun and rewarding hobby that's perfect to do with your kids or for the kid in you.

"This very moment is a seed from which the flowers of tomorrow's happiness grow." –Margaret Lindsey

**This class fee will be donated toward improving the District's Nature Trail and Outdoor Classroom Area!

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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 reward-

ing 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	Cost
0363-12	Stephani Smith	High School Art Room	Tuesday, June 29 6:00-7:00pm	\$15

Class #	Instructor	Location	Time/Date	Cost
0310-08	Honor DiDonato, Master Gardener	High School Art Room	Tuesday, June 22 5:30-7:30pm	\$16**

Adult Open Shop: Woodworking

Community Education is excited to be bringing back an "open" shop course to our community members. 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.

This 6-night course will allow beginners to advanced students to learn the basics of woodworking and/or add to their knowledge while making their own personal project(s). **May also register for a SINGLE class - must arrange with Comm Ed in advance.

Dan will contact you in advance in order to maximize your time. Dan will discuss how the class works, and help you choose your project so you will be ready the first night to work on your wood piece.



Important Notes:

- *This is NOT a refinishing class.
- *Wood supplies/materials purchased by the student either on your own or through Dan.
- *Must attend the first night of the session.
- *Wear long pants, closed-toe shoes, and safety glasses (if you wear glasses; side shields are permissible)

Class #	Cost	Date/Time	Location	Instructor
0356	\$77	Tuesdays/Thursdays June 8-24, 5:30-7:30pm	HS Industrial	Dan
0356-01	\$14	Arrange with Comm Ed	Technology Classroom	Norton

Soak Up the Rain: Rain Barrels

Rain barrels capture water from a roof and hold it for later use such as on lawns, gardens, or indoor plants. Collecting roof runoff in rain barrels reduces the amount of water that flows from your property. It's a great way to conserve water and it's free water for use in your landscape. You will complete the construction of a rain barrel for use at your home or residence-all supplies provided! Course instructed by Jason Ludwigson, Sustainability Coordinator, City of La Crescent.

FIRM: The registration deadline is June 16!

Class # Instructor		Location	Time/Date	Cost
0306-08	Jason Ludwigson	HS Industrial Technology Classroom	Thursday, July 1, 6 to 7 pm	\$98



Introduction to Crystals

Interest in rocks and crystals has exploded over the past few years. Learn what it's all about. Learn how to put crystals to use in your daily life and improve your mood, environment, and well-being. Explore the curative effects of stones and what they can bring to you and your daily life. Class will be held at The Spirited Medium, 33 South Walnut Street, #130 (Wieser Law Building)



Class #	Instructor	Location	Time/Date	Cost
0360- 10	Lisa Mikkelsoml	The Spirited Medium	Monday, August 2 6-8pm	\$25

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-bystep 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-	Bernie	High School	Tuesday and Thursday,	\$34
40	Windschitl	Art Room	August 17 and 19, 6-8pm	

Sidewalk Chalk Drawing Clinic Ages 12 and Up... Adults welcome too!

Fascinated by the Sidewalk Art that you have seen? Want to learn the insider's tricks and secrets? Join art teacher Nicole Greener as she demonstrates techniques for using chalk as a medium. Be inspired to create your own piece of sidewalk chalk art and spread happiness! You will be ready to take part in La Crescent's 4th Annual Chalkfest this coming September! All materials needed are provided for this class.





Learn techniques for your Chalkfest creation! 4th Annual Chalkfest coming this September!

Class #	Instructor	Place	Time/Date	Fee
8200-01	Nicole Greener, Art Teacher	MS Art Room	Thursday, August 19th 1:00-3:00pm	\$17



"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. Attend Sassy Core, Sweaty Dance Party, Zumba, Yoga, Get-Fit Boot Camp, H20 Fitness, Raise the Barre, Tai Chi.

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.

Finess:

Class# 0830 \$70

Help Needed!

La Crescent-Hokah Community Education is looking to add Fitness Instructors in order to build on our already wonderful fitness program!

We need instructors for Pilates and Morning H2O Fitness!!

Interested? Please contact us ASAP at 507-895-5150 or joan.wright@isd300.k12.mn.us!

H20 Fitness: Water Aerobics for Adults

Dive right into our aqua classes! Water exercise is a fun way to boost your cardiovascular health and strength. It is also a great way to work on flexibility. The water's buoyancy and resistance allow you to exercise in a low-impact environment. Water exercise can be an excellent form of exercise for individuals who have back pain, arthritis, and diabetes. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level, from beginning exercisers through elite athletes, swimmers, and non-swimmers alike. Classes are held in La Crescent's beautiful, state-of-theart aquatic center.

Like La Crescent-Hokah Community Education and La Crescent Aquatic Center on Facebook for class cancellations and updates.

Instructor	Place	Class #	Time/Date	Fee
TDDI	LaCrescent	0807- 02	Tuesdays, June 15-August 17, 6:30-7:15am (2 Days Off TBD)	\$48
TBD!	Center	Aquatic Center 0807-	Thursdays, June 17-August 19, 6:30-7:15am (2 Days Off TBD)	\$48



Instructor	Place	Class #	Time/Date	Fee
Jonathan	LaCrescent	0807	Mondays, June 14-August 16, 8:00-8:45pm (2 Days Off TBD)	\$48
Lamb	Aquatic Center	0807- 01	Thursdays, June 17-August 19, 8:00-8:45pm (2 Days Off TBD)	\$48

Fit n' Fun 11



Instructor	Location	Time/Date
Kelly	Middle School Gym	5:30 – 6:30pm Mondays
Sheehan	(or Facebook Live)	&/or Wednesdays

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 Facebook

0826	Session 1: Mondays, June 14-August 2	\$50
0826-01	Session 2: Mondays, August 9-October 4 (No class 9/6)	\$50
0826-10	Session 1: Wednesdays, June 16-August 4	\$50
0826-11	Session 2: Wednesdays, August 11-October 6	\$56.25

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/I	Date
Jonathan Lamb	Hokah City Center 5:30 to 6:30 pm Gymnasium Tuesdays 211 Main Street NEW TIME!		lays
0829-08	June 8-August 3 (Off 1 day TBD)		\$50
0829-09	August 10-October 5 (Off 1 day TBD)		\$50

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 Facebook





Instructor		Location	Time/Date	
Kelly Sheehan		MS Gym or Facebook Live	5:30 to 6:30 pm, Thursdays	
0829-06 Session 1: Thursdays, June 17-A		August 5	\$50	
0829-07 Session 2: Thursdays, August 12-October 7		\$56.25		

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.



Saturday

Instructor	Location	Time/Date	Fee		
Jonathan Lamb	Hokah City Center Gymnasium 211 Main Street	9 to 10 am Saturday	\$25		
0812-04	Saturdays, June 12, July 3, August 7	Saturdays, June 12, July 3, August 7, September 11			



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 June 19, July 17, August 21, September 18	\$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 - Mondays and/or Wednesdays!



Wake up with Farrah and Yoga! This class aims to create freedom and balance in our bodies, encouraging functional movements with accessible poses. By building mindful movement awareness, we strengthen mind/body connection and 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
	Nicole's	0808-23	Mondays, June 7-July 26 (1 Day Off TBD; No class 8/2)	\$43.75
Farrah	School of Dance, 1120 So. Oak, La	0808-24	Mondays, August 16-October 4 (1 Day Off TBD; No class 8/10, 9/6)	\$37.50
Thrush		0808-25	Wednesdays, June 9-July 28 (1 Day Off TBD; No class 8/4)	\$43.75
	Crescent	0808-26	Wednesdays, August 18-October 6 (1 Day Off TBD; No class 8/11)	43.75

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		Nicole's School of	Tuesdays, June 8-July 27 (2 Days Off TBD; No class 8/3 and 8/10)	\$37.50
0808-21	Sam Newburg	Dance, 1120 So. Oak, La Crescent	Tuesdays, August 17-October 5 (2 Days Off TBD)	\$37.50



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	Middle/High	Tuesdays, June 8-August 3 (1 Day Off TBD)	\$54
0808-11	Newburg	School Media Center	Tuesdays, August 10-October 5 (1 Day Off TBD)	\$54

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	Middle/High School	Thursdays, June 10-August 5 (1 Day Off TBD)	\$50
0808-46	Rathke	Media Center	Thursdays, August 12-October 7 (1 Day Off TBD)	\$50



Tai Chi! Building a Strong and Healthy Mind, Body, and Spirit!



Meditation belongs to everyone! Tai Chi is generally known as a style of relaxing moving meditation, but its associated roots within global health practices and martial arts extend more than three thousand years. The basic fundamentals of meditation practice are: focused breathing, functional movement, and conscious awareness. Every culture has practices with these precepts, whether it be dance, prayer, difficult work, or dangerous challenges. Within this class, students will find elements of classical Tai Chi, Yoga, Aikido concepts, and sitting/ standing meditation. Subjects covered around potential health outcomes, such as pain management, reduction of physical falls / increased agility, aerobic capacity, and decreased anxiety/depression are all sourced from peer-reviewed medical journals. All practices are 100% adaptable and safe to

any student's age and associated physical, mental, emotional, and spiritual needs. The primary goal of this course is for every student to find their own adaptable meditation style that fits their needs, whether that be an athlete looking to more easily induce the flow state, or an elder wanting to make sure they maintain their healthy autonomy through preventative practice. At the very least, this class is a place that for 1-2 hours a week, you can be quiet around mostly quiet people, genuinely attempting to relax, without a distraction, other than being reminded to take another deep breath. We ask that a mask be worn during indoor instruction, given current MN DHS guidelines.

Now offering a morning session AND an evening session!

Evening Sessions

Instructor	Class #	Location	Date/Time	Fee
Daniel	0802	Middle/High School	Session 1: Mondays, June 7 to August 1 (1 Day Off TBD) 6:45-7:45pm	\$50
Chihak	0802- 01	Media Center	Session 2: Mondays, August 9-October 4 (1 Day Off TBD) 6:45-7:45pm	\$50

Morning Sessions

Morning	Sessions	5		
Instructor	Class #	Location	Date/Time	Fee
Daniel	0802-02 Nicole's School of Dance,	Session 1: Thursdays, June 10 to Aug 5 (1 Day Off TBD) 7:45-8:45am	\$50	
Chihak	0802-03	1120 So. Oak S, La Crescent	Session 2: Thursdays, Aug 9-October 4 (1 Day Off TBD) 7:45-8:45am	\$50





Family Yoga with Farrah!

Farrah is very excited to share her passion for yoga with the families in our community! This is a special class that connects the body, brain, and breath for total balance. Family Yoga is a time to practice breathing techniques, and yoga

poses, as a family. Please wear comfortable clothing. Bring a yoga mat/beach towel and supplies if you have them!

This class is best suited for families with older children (ages 8 and up), tweens, and teens.



Class #	Instructor	Location	Date/Time	Fee
1105-	Farrah	Kistler Park	Saturday, June 12	\$6/person
05	Thrush	(If Rain: MS Gym)	10:00-11:00am	\$12/family

Family Sweaty Dance Party!

Jonathan Lamb is throwing a ZUMBA INSPIRED Sweaty Dance Party for your family. This family class is a fusion of fun and upbeat music, utilizing dance moves that create an

exciting, fitness program effective enough for parents but fun enough for kids. Family Sweaty Dance Fitness is sure to get your cardio going. Come as a family: Ages 6 and up! No dance experience required.

Wear comfy clothing, tennies and bring a bottle of water!



Class #	Instructor	Location	Date/Time	Fee
1105-	Jonathan	Fine Arts Center	Monday, July 12	\$6/person
04	Lamb	Parking Lot	5:30-6:30pm	\$12/family

Get Outside!

Couch to 5K Running Program Family friendly!

Get off the couch and onto the road with our Couch-to-5K program. Anyone who has the motivation can run a 5K! Our family friendly La Crescent Running Group includes



children, teens, and adults. Support, encouragement, and fun are a part of our beginner program. Both adults and kids will encourage you along the way.

This running group will meet for the first time on Monday, June 7. The goal of this program is to help you develop a love for running.



Class #	Instructor	Place	Time/Date	Fee
0814	Janice Schreier & La Crescent Running Group	Kistler Park	Mondays & Thursdays, June 7- July 22 @ 6:30pm	\$16 per person
0814-01	"We Run This Town" T-Shirt	Pre-order only	Select Size: YS YM YL AS AM AL AXL AXXL	\$15 each shirt

Biking Friends

Make friends and bike together! Bikes, E-Bikes/trikes welcome. This biking class is designed for adults interested in biking locally around town. Class includes biking, bike safety, getting to



know each other, and developing a biking routine. We may include optional community service activities (like stopping at area shut-ins and singing happy birthday or delivering flowers from your gardens). Bike rides start at the middle school parking lot in front of door number 8. Please wear your safety helmet. Participants will ride to destinations such as Old Hickory Park, Wieser Park, and the Wagon Wheel Trail. Let's go exploring and see where our rides take us!



Class#	Instructor	Place	Time/Date	Fee
0368	Diane Rud and Maureen Norris	1st Day: HS Art Room; All other days: Middle School Parking Lot, by entrance #8	Wednesdays, June 9-30. Rain Date; July 7	\$9

Let's Get Hiking: La Crescent

Join Greg and his co-leaders for a beginner hiking group in La Crescent. La Crescent has many hidden gems to explore and we want to show you the way. Trails will be in La Crescent and the surrounding area and will be 5 miles or less in length. Sturdy shoes (no flip-flops!), a hat, and water are required. Sunscreen and bug repellent are highly encouraged. Subsequent hiking locations will be announced. Bring a camera! We will take time to enjoy our surroundings.

Let's go exploring and see where our walks take us.

Class #	Instructor	Place	Time/Date	Fee
0368-10	Greg Watson	1st mtg: Vetsch Park Other locations TBD	Tuesdays, June 1-29 @ 9:00am (Canceled if raiing)	\$14



Kicking off the Friday Family Night at the Movie Series with an OUTDOOR Movie!

Looking for a fun family activity on a Friday night? Look no further! By popular demand, we are kicking off this fun family event series! We will show great familyfriendly movies.

Admission is FREE! Concessions will be available for purchase.

Proceeds from the concessions will go toward the purchase of a new automatic screen for the Fine Arts Center.

Pro-Parent Tip: For the little ones, when we are indoors, you're welcome to bring a backless booster seat so that your littlest moviegoers are able to sit comfortably and have an unobstructed view!





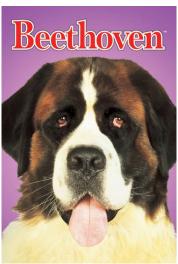
Outdoor showing time begins at 8:30pm July 30: Onward - Special Outdoor Presentation!

Location is TBD, please look on our Facebook page or call Community Education for location site. (Rain date is 8/6)

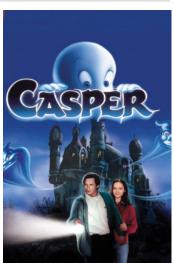
At the Fine Arts Center, Movies Start at 6:00 pm:
August 20: Beethoven
September 24: UP

October 22: Casper (wear your costume and join in the Halloween fun)









Create Happy T-Shirts for My Grown Up and Me!

Parent, Grandparent, Special Adult: Bring your favorite kiddo to this special



screen printing class where you and your pal will create your own t-shirts. Choose from a couple of preselected summer or patriotic designs.

Kelly, from "Create Happy", will walk you through the design and screen printing process.



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Class #	Instructor	Location	Date/Time	Fee
0404- 37	Kelly Gardner, Create Happy	HS Art Room	Monday, June 21 6:00pm	\$29 for Adult & Child; \$16 per addt'l child



Dancer Canvas Trio for Mommy and Me!

Mom, Grandma, Aunt, Special Adult: Bring your favorite girl to this special class where you and your special friend will create a trio of canvases to decorate your little dancer's living space. Bernie Windschitl walks you through the process to create this cute personalized decor.



Class #	Instructor	Location	Date/Time	Fee
0404-39	Bernie Windschitl	HS Art Room	Tuesday and Thursday, July 27 & 29 6:00pm	\$29 for Adult & Child; \$16 per addt'l child

Check out page 13 for Family Yoga and Family Sweaty Dance Party!

Crafting Kits for Family Fun

Let's get creative! Crafting 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. Kits make a great activity for your child's birthday party or get-together.

Kit choices change throughout the season. Some options include:

- *Canvas Painting Kit
- *Rock Art
- *Bug Pot Trio

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

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).

Kit Type	Class #	Location/Date/Time	Fee
Individual	0404-50	\A/lagranger and take measure and a second	\$14
Pick 3	0404-51	Wherever and whenever you choose!	\$38





Youth Offerings

GYMNASTICS!

PreK-Grade 6

Community Education is excited to once again bring this summer program favorite! We look forward to another great year with current and former Lancer gymnasts coaching the program.

Our program's focus is on building gymnastics skills in an age-appropriate and fun environment. Classes will be offered by grade level, and students will be assessed and grouped according to their abilities for safety.

Children will develop skills in the following areas:

Mental Skills: confidence, concentration, listening skills, poise, determination, and perseverance. Physical Skills: strength, coordination, agility, balance, flexibility, and rhythm. Social Skills: taking turns, watching others, helping others, and encouraging others.



Program dates: MONDAYS and WEDNESDAYS, June 7th- July 21st (No class July 5th & 7th) Location: MIDDLE School Gym ***ONLY FOR SUMMER 2021 DURING CONSTRUCTION! Fee (Sparklers Only): \$70.00 (includes T-Shirt) Fee (all other Levels): \$84.00 (includes T-Shirt)

Program Director: Jordan Peterson Coaches: Current & former Lancer Gymnasts!

Level	Ages	Times	Class #
Sparklers I	Age 4-Kindergarten	8:15-8:55am	3302
Firecrackers	1st-2nd Grades	9:00-9:55am	3302-02
Stars	3rd-5th Grades	10:00-10:55am	3302-03
Firecrackers II	1st-2nd Grades	11:00-11:55am	3302-01



Couch to 5K Running Program

Family friendly!

Get off the couch and onto the road with our Couch-to-5K program. Anyone who has the motivation can run a 5K! Our family friendly La Crescent Running Group includes



children, teens, and adults. Support, encouragement, and fun are a part of our beginner program. Both adults and kids will encourage you along the way.

This running group will meet for the first time on Monday, June 7. The goal of this program is to help you develop a love for running.



Class #	Instructor	Place	Time/Date	Fee
0814	Janice Schreier & La Crescent Running Group	Kistler Park	Mondays & Thursdays, June 7- July 22 @ 6:30pm	\$16 per person
0814-01	"We Run This Town" T-Shirt	Pre-order only	Select Size: YS YM YL AS AM AL AXL AXXL	\$15 each shirt

Let's Get Movin

Grades 4K & K

Elementary Phy Ed teacher Carl Ekern will get kids moving this summer with fun activities designed to activate your child's developing gross motor skills.

Kids will work on balance and coordination while playing games and having fun with friends!

Class #	Instructor	Place	Time/Date	Fee
3730- 10	Carl Ekern	Eagle Field 2	Tuesdays and Thursdays June 15, 17, 22 & 24 8:00-8:45am	\$19

Crafting ClubGrades K-1st

Let's Get the creative juices flowing! Join Bernie for our "CRAFT-ING CLUB," where each week is a SUPRISE project for your child to complete! It could be anything... painting, clay creation, weaving, or much more! All materials will be provided for students, and each class session will produce a special



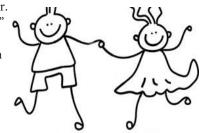
treasure (or gift to give!) for your student to bring home!

Class #	Instructor	Place	Time/Date	Fee
3100- 03	Bernie Windschitl	HS Art Room	Tuesday-Thursday July 27, 28, 29 10:00am-Noon	\$39

Wee Play Games! Ages 3-5 (Not entering K)

Have a blast at this active and quick paced program! Get those little feet moving while we learn and play all sorts of games like soccer and kickball. We will also learn and play old favorites

like "What Time is it Mr. Fox?," "Mother May I?," and "Simon Says." We will even put a new spin on Red Light, Green Light!



Class #	Instructor	Place	Time/Date	Fee
3804	Beth Theede & CE Staff	Abnet Field	Mondays, 5:45-6:30pm August 2, 9, 16, 23	\$24

Edible Art Grades K-2nd

Who says you can't play with your food? In this class, children will create artful masterpieces that are good enough to eat! Children will "paint" with food and make mini-sculptures and collages that not only look good, but in some cases, even TASTE delicious! *Space is limited! Register early!

Class #	Instructor	Place	Time/Date	Fee
3124	CE Staff	MS Art Room	Wednesday, July 7 1:00-2:00pm	\$12

Keep It Up with Apple Learning Center! Grades 1st-3rd

Don't let yourself fall down the "SUMMER SLIDE"! Help keep up with your hard earned reading and math

progress and skills this summer with Ms. Paige as she makes learning fun with reading, educational games, and great activities! Join Apple Learning Center owner, licensed teacher, and former MN Reading Corps tutor Ms. Paige Schoepel to keep those skills fresh! Sign up for one of two classes per week per session!

*Space is limited! Register early!

Each day meets 9:00am-11:00am

	Instructor	Place	Class#	Time/Date	Fee	
	Paige Schoepel, Teacher & Owner, Apple Learning Center	3372-10		Session 1: June 15-July 1, Tuesdays OR Thursdays - 1 Day/Week	\$38	
			Corky's	3372-11	Session 1: June 15-July 1, Tuesdays AND Thursdays - 2 Days/Week	\$76
		. ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '	Session #2: July 13-July 29, Tuesdays OR Thursdays - 1 Day/Week	\$38		
			3372-13	Session #2: July 13-July 29, Tuesdays AND Thursdays - 2 Days/Week	\$76	

Family Fitness Fun!

~Yoga for Everybody~

Farrah is very excited to share her passion for yoga with the families in our community! This is a special class that connects the body, brain, and breath for total balance. Family Yoga is a time to practice breathing techniques, and yoga poses, as a family.

This class is best suited for families with older children (ages 8 and up), tweens, and teens.

Class #	Instructor	Place	Time/Date	Fee
1105- 05	Farrah Thrush	Kistler Park (MS Gym if rain)	Saturday, June 12 10:00-11:00am	\$6/person; \$12/family

~Family Sweaty Dance Party!~

Jonathan Lamb is throwing a ZUMBA INSPIRED Sweaty Dance Party for your family. This family class is a fusion of fun and upbeat music, utilizing dance moves that create an exciting, fitness program effective enough for parents but fun enough for kids. Family Sweaty Dance Fitness is sure to get your cardio going. Come as a family: Ages 6 and up! No dance experience required. Wear comfy clothing, tennies and bring a bottle of water!

Class #	Instructor	Place	Time/Date	Fee
1105- 05	Jonathan Lamb	Auditorium Park- ing Lot (MS Gym if rain)	Monday, July 12 5:30-6:30pm	\$6/person; \$12/family

Let's Get Movin'! Grades 1st-4th

Elementary Phy Ed teacher Carl Ekern will get kids moving with activities designed to improve your upper elementary student's physical coordination, strength, and agility. Great opportunity for young athletes, as well as any kid who loves being physically active!



Class #	Instructor	Place	Time/Date	Fee
3730	Carl Ekern	Eagle Field 2	Tuesdays and Thursdays June 15, 17, 22 & 24 9:00-10:30am	\$29

Future Lancer Basketball Camp Grades 1st-4th

Join the Lancer Boys and Girls Basketball teams this summer for



some exciting time on the court! All kids interested in basketball are invited to join us! Players will learn basic skills, fundamentals and techniques of the game; such as shooting, passing and ball handling along with team concepts, all while having fun! This camp is co-ed. Bring water bottles!

Class #	Instructor	Place	Time/Date	Fee
3713- 03	Varsity Basketball Teams	Middle School Gym	Monday-Thursday, August 2nd-5th 4:30-6:00pm	\$30

{YEL!} Track and Field Camp Grades 1st-4th

Javelin, discus, shot put, long jump, relay race, hurdles and much more. This high-octane decathlon class is designed for beginners and experienced track and field athletes. Safety is our first priority. We use foam padded javelins and hurdles,



as well as lightweight safety shot put and discus materials. Get pumped and primed to get your face on the next Wheaties* box.

Class #	Instructor	Place	Time/Date	Fee
3731	Youth Enrichment League	HS Track	Monday-Thursday August 2nd-5th 1:00pm-2:30pm	\$64

Future Lancer Wrestling Camp Grades 1st-6th

The Lancer Wrestling Club, the high school wrestling team and coaches, as well as Mat Club Youth coaches, are once again

teaming up to bring young wrestlers the chance to sharpen their grappling skills! The young wrestlers will have a chance to learn and refine basic skills and fundamentals of the sport, as well as sportsmanship and the impor-



tance of a team. All kids interested in wrestling are welcome! Bring a water bottle!

Class #	Instructor	Place	Time/Date	Fee
3716-02	HS Wrestling Team & Mat Club	HS Wrestling Room	Monday-Thursday, August 2nd-5th 6:00-8:00pm	\$20

YEL! Junior Coding and Video Games with Scratch Grades 2nd-5th

STEM Video Game Enrichment for the 21st Century learner. This class follows four basic components:

TEACH IT! Students learn different video game and storytelling design techniques (movement blocks,

control blocks, basic animation, adding scores, etc.)

CODE IT! Students use Scratch® to code their own story and video games.

EXPLORE IT! Students write their own story and video game code, experiment with it and test new

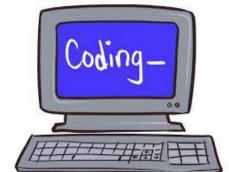
options. Our collaborative environment encourages students to learn from each other.

KEEP IT! Students keep their stories and video games online with

Scratch® and can access it and expand upon it at anytime.

Scratch® is an MIT created and monitored, kid-safe web interface. It uses a drag and drop programming interface to teach students of all levels coding practices. Your child will receive a Scratch user name and password so they can access their projects from any computer at anytime.

Class #	Instructor	Place	Time/Date	Fee
3902- 01	Youth Enrichment League	HS/MS Media Center	Monday-Friday, August 2nd-6th 9:00am-Noon	\$135



{YEL!} Destination Mars Rocketry

Grades 2nd - 5th

Join this dynamic course to learn a dynamite inst Launch and watch your very own rocket speed

300 feet into the air! Then it is yours to take home! Students will make and take home multiple rockets of varying difficulty throughout this session. We will use these rockets and airplanes to investigate basic aeronautical concepts including propulsion, thrust, lift, drag, and more. We will also hypothesize about travel in outer space, how to get a United States astronaut to Mars, and



life on Mars. Do you have the right stuff? Please visit YouthEnrichmentLeague.com for more information. NOTE: Parents will be asked to contribute two, 2-liter soda bottles (empty) for 2 different experiments. The fee includes an \$18 materials fee.

Class #	Instructor	Place	Time/Date	Fee	
3904	Youth Enrichment League	Industrial Tech Classroom	Monday-Friday, August 9th-13th 9:00am-Noon	\$135	

YEL! Varsity Builders Camp



Grades 1st - 5th

For engineers and builders ready for a challenge using LEGO® bricks! We've saved our most challenging engineering projects for this summer camp. Students build a robotic DogBot, a motorized BugBot, geared up Racer and a scary Bat...all challenging for any connoisseur of LEGO® bricks. Students then use these projects (and more) to investigate engineering concepts. We keep it fun too with open ended, creative projects for the students. Unshackle the ball and chain of summer brain drain. Sign up today. Visit YouthEnrichmentLeague.com for sample pictures and more details.

LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Class #	Instructor	Place	Time/Date	Fee
3901- 10	Youth Enrichment League	HS/MS Media Center	Monday-Thursday, August 9th-12th 1:00-4:00pm	\$94

Explore the Driftless Outdoor Adventure Camp

Grades 3rd-5th

Experience our area in a new, adventurous way! Elementary Phy Ed teacher Carl Ekern will lead four outdoor adventures during this camp. Campers should be prepared for exploration by wearing closed toed shoes and sunscreen and by bringing plenty of water. Campers should also pack a sack lunch for a picnic at the end of each exploration. A detailed itinerary and description of drop off and pick up location will be sent to all participants. Space is limited!



Day 1: Biking areas and the Bike Shoppe

Day 2: Fishing at Pettibone Park

Day 3: Hiking & Orienteering at Eagle's Bluff Park

(Old Hickory entry point)

Day 4: Hiking at Vetsch Park

Class#	Instructor	Place	Time/Date	Fee
3328	Carl Ekern	Varies	Tuesdays and Thursdays June 15, 17, 22 & 24 11:00am-1:00pm	\$40

Beginner Guitar with Emma Blank!

Grades 1st & Up

Join this dynamic course to learn a dynamite instrument! Players will learn the basics of music including reading music, rhythm, melody and meter. We keep the class fun while making the instrument easily accessible for all students. Let the music play! NOTE TO PARENTS: Please supply your child with a six-string guitar. Contact Emma at emmalea@acegroup.cc if you would like recommendations for purchasing a guitar. mind your child to bring guitar to each class. There will be a mini-recital on August 23 at 6 pm. Parents are invited to attend.



Class #	Instructor	Place	Time/Date	Fee
3901-05	Emma Blank	MS Art Room #184	Mondays, August 2-23 9:00am-Noon	\$78

Future Lancer Football Camp Grades 3rd-6th

Non-contact camp. No previous football experience necessary! Join Varsity head coach Ryan Vinzant and the varsity players for



this camp! The focus is on teaching proper fundamentals and technique for both offensive and defensive positions.

Campers should wear t-shirts and shorts, with cleats or tennis shoes. Bring water bottles!

Class#	Instructor	Place	Time/Date	Fee
3714- 04	Varsity Football Team	Practice Football Field	Wednesdays, August 18, 25, Sept 1 5:00-6:30pm	\$24

Future Lancer Volleyball Camp Grades 3rd-6th

Join returning Varsity Head Coach Nicki Johnson and her team to learn the basic skills of volleyball and practice teamwork. The camp provides a great opportunity to improve basic skills and participate in fun volleyball games and activities.



Players need gym/volleyball shoes, shorts, knee pads, water bottle, and lots of spirit!

Class#	Instructor	Place	Time/Date	Fee
3323-10	Varsity Volleyball Team	High School Gym	Monday-Thursday August 23rd-26th 12:00pm-1:30pm	\$30

Crafting ClubGrades K-1st; Grades 2nd-3rd

Let's Get the creative juices flowing! Join Bernie for our "CRAFTING CLUB," where each week is a SUPRISE project for your child to complete! It could be anything...painting, clay creation, weaving, or much more!

All materials will be provided for students, and each class session will produce a special treasure (or gift to give!) for your student to bring home!

Instructor	Place	Class #	Time/Date	Fee
Bernie Windschitl	HS Art	K-1st 3100-03	Tuesday-Thursday July 27, 28, 29 10:00am-12:00pm	\$39
	HS Art Room	2nd -3rd 3100	Tuesday-Thursday July 20, 21, 22 10:00am-12:00pm	\$39

Edible Art! Grades 3rd-5th

Who says you can't play with your food? In this class, children will create artful masterpieces that are good enough to eat! Children will "paint" with food and make minisculptures and collages that not only look good, but in some cases, even TASTE delicious!

*Space is limited! Register early!



Class #	Instructor	Place	Time/Date	Fee
3125- 01	CE Staff	MS Art Rm	Wednesday, August 18 2:30-3:30pm	\$14

Aspiring Chef's Club Grades 3rd-5th

Returning Favorite!

Hey, kids! Come learn how to cook some great tasting food! This is a new class being offered to children grades 3-5. Aspiring Chef's will learn basic culinary skills and be introduced to various kitchen tools and techniques. They will measure and combine ingredients, work together in a group setting, develop their palates with new and exciting flavors, and get their imaginations working. Join our new instructor, former Executive Pastry Chef and Sous Chef, Ann Kennebeck-Sylvester, to get going in the kitchen!

When registering, please let us know of any food allergies.

Summer Chess Club Grades 2nd-6th

Let's play chess together.... while safely distanced! Join Dr. Farnen for this great club to learn how to play chess utilizing technology until it is safe to be playing over the board chess together again. The first 30 minutes of each class will consist of a chess lesson, and the remaining 90 minutes are reserved for playing games! Students will each re-



ceive a membership to www.chesskid.com to be able to utilize Chromebooks to play against their classmates. (Students may bring their own Chromebook or one will be provided.)

Class#	Instructor	Location	Date/Time	Fee
3711	Ann Kennebeck- Sylvester	HS FACS Kitchen	Monday-Thursday, July 26-29 8:30-10:00am	\$49

Class #	Instructor	Place	Time/Date	Fee
3901- 15	John Farnen, M.D.	MS Art Rm	Fridays, June 4th - August 6th 9:00-11:00am	\$24

Keep It Up with Apple Learning Center! Grades 4th-6th

Don't let yourself fall down the "SUMMER SLIDE"! Help keep up with your hard earned reading and math progress and skills this summer with Ms. Paige as she makes learning fun with reading, educational games, and great activities! Join Apple Learning Center owner, licensed teacher, and former MN Reading Corps tutor Ms. Paige Schoepel to keep those skills fresh! Sign up for one of two classes per week per session! *Space is limited! Register early! **Each day meets 9:00am-11:00am**

Instructor	Place	Class#	Time/Date	Fee	
Paige Schoepel, Teacher & Owner, Apple Learning Center		3372-14	Session 1: June 14-June 30, Mondays OR Wednesdays - 1 Day/Week	\$38	
	er, Banquet			Session 1: June 14-June 30, Mondays AND Wednesdays - 2 Days/Week	\$76
		Session #2: July 12-July 28, Mondays OR Wednesdays - 1 Day/Week	\$38		
	1100111	3372-17	Session #2: July 12-July 28, Mondays AND Wednesdays - 2 Days/Week	\$76	

Summer Lego Camps!

Grades 4-5; Grades 6-8

FIRST: For Inspiration and Recognition of Science and Technology The FIRST Mission:

- Entice kids to think like engineers
- Build self-esteem and confidence
- Provide hands-on learning
- Teach kids to experiment and overcome obstacles



NOTE: If you're entering 5th grade, and have participated in Lego League, and feel strong on basics, you may register for SumoBots Camp.

My FIRST Lego Camp Grades 4-5

Design, build and program with the Lego EV3 robots. Students will learn the basics of building and programming a robot.

Class #	Instructor	Location	Date/Time	Fee
3704	Cyndy Reichgelt	MS Lab 4	Monday-Friday June 14th-18th 1:30pm-3:30pm	\$55

SUMO BOTS Camp Grades 6-8

Sumo Bots are a modern twist on the ancient Japanese sport of Sumo Wrestling. You will build a small robot and compete in a ring, attempting to push another robot out of the ring. We will work on design and programming skills to create your champion bot!

Class#	Instructor	Location	Date/Time	Fee
3704-01	Cyndy Reichgelt	MS Lab 4	Monday-Friday June 28th-July 2nd 10:00am-12:30pm	\$65

Aspiring Chef's Club Grades 6-8



Hey, aspiring chefs! Come and see how fun and easy cooking can be! Learn to make delicious recipes, from main courses to desserts and snacks, with plenty of tasting along the way. Join our new instructor, former Executive Pastry Chef and Sous Chef, Ann Kennebeck-Sylvester, to get going in the kitchen! This class is geared to kids in grades 6-8 and will involve more advanced recipes and cooking techniques to get them excited to practice cooking at home!

When registering, please let us know of any food allergies.

Class#	Instructor	Location	Date/Time	Fee
3711-02	Ann Kennebeck-Sylvester	HS FACS Kitchen	Monday-Thursday, July 26-29 10:30am-12:00pm	\$49

Summer Band Lesson Opportunities!

Intro to Your Instrument 5th grade (*or brand new to band*)

This 'Intro to Your Instrument' program is for 5th grade (or new) students who will be joining band for the first time in the fall. This is a two session program that will help you learn to get comfortable handling, assembling, and positioning your new instrument, as well as learn the proper posture and hand-positioning.

Class #	Instructor	Place	Time/Date	Fee
3701- 03	Erik Chapman	HS Band Room	Individually scheduled, 2 meetings in August 25 minutes each	\$34.50

Ongoing Individual Lessons 6th grade and up

Any existing band student entering grades 6th and up is welcome to register for this special summer session of individual band lessons. Students will meet twice per week for three weeks, for a 25 minute lesson. These lessons are scheduled individually. Students are to provide their own instruments and band lesson books used during the school year.

Class #	Instructor	Place	Time/Date	Fee
3701- 04	Erik Chapman	HS Band Room	Individually scheduled, in August, 6 lessons 25 minutes each	\$90

Youth Offerings

La Crescent-Hokah Community Education and Appleseed Community Theatre Present:

Camp Kids On Stage!

A dynamic youth program to introduce our youngest community members to the world of theatre!

Community Education and Appleseed Community Theatre have teamed up once again to bring this unique experience to kids ranging in age from *entering FIRST through entering ninth grade*.

This summer, participants will present the musical

Dear Edwina, Jr!



Program participants will begin this three week immersion program learning both basics of the theatre, common terminology, and will get started with learning about the production. Next, the kids will learn about the audition process, and then will audition for their part in the show. Class time will then focus more specifically on learning the script as well as the music. Participants will be divided into smaller groups by age.

Students will meet 1:00-4:00 daily.



All children receive a Camp T-Shirt, their own script book, and two tickets to the show!

This unique show highlights many actors in key roles!

Classes meet 1:00-4:00pm daily, Mondays-Fridays, August 9th-August 28th High School Fine Arts Center

Fee: \$85

Grades 1st-4th Class #0409; Grades 5th-9th Class #0409-01 (*Includes Camp T-shirt, script book, and two tickets to the show!*)

A team from Appleseed, high school theatre students, musicians, choreographers, Community Education staff and more will all be assisting with this program!

Shows: Friday, August 27th, 7:00pm & Saturday, August 28th, 2:00pm Tickets are \$10 - adults and \$5 - children 3-17; General Admission Available at Community Education or at the door

Youth Offerings

Future Lancer Basketball Camps - Boys and Girls Grades 5-8

Join the Lancer Varsity Basketball team staff and players (respectively) this summer to take your basketball skills to the next level! Learn, refine, and improve overall fundamental basketball and cooperative skills through skill work and team play.

Bring water bottles!

BOYS

GIRLS

Cla	ass#	Instructor	Place	Time/Date	Fee
37	717	Varsity Boys Basketball Team	HS Gym	Monday-Thursday August 2nd-5th 6:00-7:30pm	\$30

Class #	Instructor	Place	Time/Date	Fee
3712	Varsity Girls Basketball Team	MS Gym	Monday-Thursday August 2nd-5th 6:00-7:30pm	\$30

Fishing Camp!

Grades 5-8

Cast your line and hook the big one! Join La Crescent Elementary PE teacher, Carl Ekern, to learn basic fishing skills like tying knots, baiting hooks, finding fish, and cleaning fish. Bring your own fishing pole and gear, but if you don't have one, we'll find one you can use.

This year's Fishing Camp will be held at Pettibone Lagoon. Plan to meet each day at the first shelter on the left. Campers will learn about fishing laws and techniques. We've invited the local DNR representative to join us to share his expertise, and then we'll do some catching and releasing. Each day campers will work on fishing techniques and skills.

Campers should bring water bottles and life jackets each day.

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Class	#	Instructor	Place	Time/Date	Fee
Session 1 Session 2:		Carl Ekern	Pettibone Lagoon 1st Shelter on Left	Monday-Thursday, June 7th-10th Session 1: 9:00-Noon Session 2: 1:00-4:00	\$65

Archery Grades 5-8

Are you interested in learning the basics of archery? Or would you like to become more advanced in your archery skills? Join Phy Ed teacher Carl Ekern this summer to learn more about this lifetime recreational sport. Archers will learn and practice safety skills, learn proper techniques for using archery equipment. *DUE TO CONSTRUCTION AT SCHOOL, THIS CAMP WILL BE DIFFERENT THIS YEAR. Day 1 - Classroom instruction at middle school; Days 2 and 3 at La Crosse Archery.

Class #	Instructor	Place	Time/Date	Fee
3045	Carl Ekern	MS 184 & LaX Archery	Monday-Wednesday July 12th-14th 12:30-2:00pm	\$55



Lancer Leos Ages 12-18



A strong emphasis of the Lancer Leos is to develop valuable leadership skills. Lancer Leos coordinate several community service events annually, and also will be serving as mentors to elementary and early childhood students.

School year meetings are at the Prince of Peace church on the

2nd and 4th Sundays, 4:30-5:30 - join anytime! Summer meetings help at the Lunch Wagon! Leaders: Lion Summer Thorson and Lion Shelly Reining

Crafting ClubGrades 6th-8th

Let's get the creative juices flowing! Join us for our new "Crafting Club," where each week is a SURPRISE project for each student to complete! It could be anything... painting, clay creation, pottery, weaving, or much more!

All materials will be provided for students, and each class session will produce at least one special treasure (or gift to give!) for your student to bring home! *-SPACE IS VERY LIMITED*

Class #	Instructor	Place	Time/Date	Fee
3100- 02	Bernie Windschitl	HS Art Room	Tuesday-Thursday June 22nd-24th 10:00am-12:00pm	\$39

Elevate Volleyball Camp - Advanced

Grades 7th-9th

This is a great opportunity to learn more about the game of volleyball and to continue building a good foundation of skills. Whether you're new to the game or have played on a middle school team you can benefit from this camp! Participants will learn the basic skills of volleyball and practice teamwork. Players need gym/volleyball shoes, knee pads, water bottle, and lots of spirit! T-Shirt included! **REGISTRATION DEADLINE: JULY 14 Indicate T-shirt size when registering!**

Class #	Instructor	Place	Time/Date	Fee
3323- 02	JK Elevate Volleyball	High School Gym	Monday-Wednesday, August 9-11 12:30-2:30pm AND Thursday, August 12 - 3:00-5:00pm	\$85

For Driver's Education Class Enrollment, go to www.EnhancedDrivingInstitute.com/lacrescent



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 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.

Class #3401-06 Friday, June 4, 2021, 7:00pm High School Auditorium, fee \$10



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

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 selected, 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 illness and injuries. Course curriculum follows the 2020 AHA guidelines. Optional CPR facemask will be available for purchase.

Courses Offered:

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

The La Crescent Fire Department is offering a blended learning class in which you will complete online content of your desired class on your own time with the need to only come in to perform hands-on skills 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 prior to the scheduled hands-on class. You will need to show proof of online completion at the time of the hands-on class. (Screenshot or printed certificates are acceptable.)

Saturdays 9 am - 11 am 07/24/21 - # 0813-03 09/25/21 - # 0813-04 Registration Deadline is 2 weeks prior to class

Location	Fee
La Crescent Fire Station Training Room, 336 S. 1st St Use FD Entrance Instructor: Cassie Buehler Questions? lacfiretraining@cityoflacrescent-mn.gov	Payable to Community Education upon registration: CPR/AED or First Aid class ONLY: \$59 Combo CPR/AED & First Aid: \$69 *Additional online fee of approx. \$30 paid online*



Strength & Conditioning Grades 7th-12th

Attention ALL students in grades 7-12... Whether you are an athlete or not! Join one or both of these three week training sessions to gain strength and to get yourself into peak condition in a positive and supportive environment. Participants receive individualized goal and/or sport specific workouts. Proceeds from this program support our students by ongoing improvements to the weight room facility.

<<Mondays, Tuesdays, and Thursdays are workout days, and Wednesdays are enrichment activity days.>>

T-shirt included for session finishers! Indiate your size at registration.

*All 7th-12th students are welcome at either class time; however 7th-9th are encouraged to register for 8:00-9:30am while 10th-12th grades are encouraged to register for 6:00-7:30am. Students must consistently attend their registered section for contact-tracing purposes.

Instructors	Place	Time	SESSION 1 June 14th-July 1st	SESSION 2 July 12th-29th	Fee
Out Du		_6:00-	3718-00 - Girls	3718-04 - Girls	\$55 per
Cody Braun and Lancer	High School Gym, Weight Room,	7:30am	3718-01 - Boys	3718-05 - Boys	Session,
Coaching Staff	and Track	8:00-	3718-02 - Girls	3718-06 - Girls	or \$90 for
		9:30am	3718-03 - Boys	3718-07 - Boys	BOTH!

Elevate Volleyball Camp - Elite Grades 10th-12th

This is a great opportunity to learn more about the game of volleyball and to continue building a good foundation of skills. Participants will practice and fine tune basic skills of volleyball and practice teawork. Players need gym/volleyball shoes, knee pads, water bottle, and lots of spirit! T-Shirt included! **REGISTRATION DEADLINE: JULY 14 Indicate T-shirt size when registering!**

Class	#	Instructor	Place	Time/Date	Fee
3323-	03	JK Elite Volleyball	High School Gym	Monday-Wednesday, August 9-11 9:00-11:30am AND Thursday, August 12 - 5:30-7:30pm	\$114



Sidewalk Chalk Drawing Clinic Ages 12 and Up... Adults welcome too!

Fascinated by the Sidewalk Art that you have seen? Want to learn the insider's tricks and secrets? Join art teacher Nicole Greener as she demonstrates techniques for using chalk as a medium. Be inspired to create your own piece of sidewalk chalk art and spread happiness! You will be ready to take part in La Crescent's 4th Annual Chalkfest this coming September! All materials needed are provided for this class.





Learn techniques for your Chalkfest creation! 4th Annual Chalkfest coming this September!

Class #	Instructor	Place	Time/Date	Fee
8200-01	Nicole Greener, Art Teacher	MS Art Room	Thursday, August 19th 1:00-3:00pm	\$17

Early Childhood Family Education

Welcome to Community Education's Early Childhood Programs!

Do you have a child ages birth-five years old?

Make sure we know about your child(ren) so you can receive information about our exciting upcoming programs! Call Community Education at 895-5150.

Community Story Walk: <u>City Shapes</u> by Diana Murray

Bring your marking pencil. This is a self-guided walk from page to page with a pigeon as she soars around our city finding shapes everywhere. Start by getting a blank scavenger hunt list from the Little Free Library near the Southeast corner of Elm and S 3rd. Follow the trail described on the card to find the shapes. End at the library to get your free book from ECFE!

Instructor	Place	Fee
Family led!	Little Free Library near the Southeast corner of Elm and S 3rd. Follow the trail described on the card to find the shapes. End at the library to get your free book from ECFE!	FREE

ECFE In The Park!

It's been such a long time since we could gather, but this is outdoors, so we'd like to invite you for some socially-distanced fun. We'll have a craft to enjoy and a book we can share, but you can choose just to enjoy the equipment, friends, and sunshine, too. Come when you're able, and leave as you need!

Fridays, 9:30-11:00am June 11 & 25, July 9 & 23, August 6 & 20

No registration necessary!

Class #	Instructor	Place	Time/Date	Fee
8106	Karn Schwartzhoff, Parent Educator	Old Hickory Park	(See above for dates) 9:30-11:00am	FREE

Parent & Tot Swim.... For Ages 1 & 2! (Not yet in "Little Mates")

Get in the water with your little kiddo this summer for some aqua-fun! There will be songs, water-acquaintance activities for the toddlers, beginning swimming skills for the older children, and plenty of splashing and water fun! Sign up early because space is very limited!

TUESDAYS 5:30-6:00 or 6:00-6:30

Instructor	Place	Time/Date	Fee
La Crescent	La Crescent	Tuesdays	\$39
Aquatic Center	Aquatic	June 8, 15, 22, 29	
Staff	Center	July 6, 13	

Class #8209- 5:30-6:00pm Class #8209-01- 6:00-6:30pm WEDNESDAYS 5:30-6:00 or 6:00-6:30

Instructor	Place	Time/Date	Fee
La Crescent	La Crescent	Wednesdays	\$39
Aquatic Center	Aquatic	June 9, 16, 23, 30	
Staff	Center	July 7, 14	

Class #8107- 5:30-6:00pm Class #8107-01- 6:00-6:30pm

Wee Play Games! Ages 3-5 (*Not entering K*)

Have a blast at this active and quick paced program! Get those little feet moving while we learn and play all sorts of games like soccer and kickball. We will also learn and play old favorites like "What Time is it Mr. Fox?," "Mother May I?," and "Simon Says." We will even put a new spin on Red Light, Green Light!

Class #	Instructor	Place	Time/Date	Fee
3804	Beth Theede & CE Staff	Abnet Field	Mondays, 5:45-6:30pm August 2, 9, 16, 23	\$24



Have an idea for a Community Ed class?

Interested in serving on the Community Education
Advisory Council?
Let us know!
Call us at 895-5150.



HOURS:

TUE – 2-7PM WED – 11AM-6PM THU – 2-7PM FRI – 2-6PM SAT – 11AM-3PM SUN – CLOSED

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Lizfest: Sat. August 14

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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 - 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.

Return to:		nunity Education, 11th St., La Crescent, MN 55947
Name		
Address		
Email Address_		
Name	Age	Course # Title Fee
Total Enclosed		
Total Enclosed UCare ID # Make check pay	vable to ISE	\$ 0 300. I out below or email to:
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"Community" tab or call (507)



Postal Patron

Community Education Summer Hours: Monday - Friday, 8 am - 4 pm.

