



*Elmwood School District  
Community Education  
Fall 2019*

## Recreation & Fitness

### Ongoing Fitness Opportunities

**Hall Walking** – Available school days  
6:15-7:15 a.m. and 5:00-7:00 p.m.

**Open Weight Room** – Available school mornings 6:15-7:15. See school website for details

**Adult Open Gym** – Wednesday evenings beginning in January (upon request – adults only)



### Karate by Team Ikaika Karate

Karate lessons are run through Team Ikaika Karate. Lessons will be offered for ages 6 and over. Students will learn the techniques and curriculum of karate, and will also be eligible to promote through the belt ranks if they would like. Test notifications will be handed out to students when they are ready for promotion, outlining test date, time, and fees.

A non-refundable registration fee is required at sign up. For new members, the registration fee covers the cost of their first traditional Karate uniform required for the classes. If you have any questions, please contact Ms. Drenckhahn at danandlisa1998@sbcglobal.net. Please register through Community Ed. **\*\*MONTHLY FEE IS DUE BY THE 1<sup>ST</sup> OF EACH MONTH PAYABLE TO ELMWOOD SCHOOL.**

**Dates: Mondays beginning October 7** (except when school is not in session)

Time: 3:30-4:30

Location: High School Band Room

*Registration Deadline: Mon., Sept. 30*

Cost: Registration Fee \$35 (new students) \$15 (returning students) + \$27 Monthly Fee per student or \$49 for two family members **(5 students needed to hold classes)**

### **Mrs. Durrence's Dance Class for Kids**

Mrs. Durrence's Dance offers an affordable dance program that will be teaching ballet, tap and jazz dance. For more information please contact Jasmine Durrence at 715-928-2671 or via email at durrencesdance@hotmail.com.

**Mondays** (starts September 9th)

Pre Beginners (4K, K, 1st grade) 5:00-5:45pm

**Tuesdays** (starts September 10th)

Pre Beginners (4K, K & 1st Gr.) 4:15-5:00pm

Tiny Tots (age 2 & 3) 5:00-5:30pm

Pre Beginners (4K, K & 1st Gr.) 5:30-6:15pm

Beginners (2nd - 4th grade) 6:15-7:00pm

Intermediate (5th & 6th Gr.) 7:00-7:45pm

Fee: \$35/month

Location: Spring Valley Elementary Music Room

## Yoga

Yoga changes the way you do everything else! We improve our balance, core strength, spinal alignment and joint stability which means that everything else we do for work or play becomes safer, easier and more fun. We become more resilient! Mark your calendars now and join certified yoga instructor, Andrea Gerasimo, for yoga in Spring Valley. Andrea brings 20 years of teaching experience to the classroom and holds a certification from Kripalu Center in Massachusetts, an internationally known center for yoga and health.

Sessions run every three months: Jan./Feb./Mar., Apr./May/June, July/Aug./Sept., and Oct./Nov./Dec. with four class times to choose from.

Please indicate times you would like.

Monday – 4:00-5:30pm

Monday – 6:00-7:30pm

Wednesday – 4:00-5:30pm

Wednesday – 6:00-7:30pm

Fee: \$12 per class when you register for the whole session.

\$17 for drop-in participants (previous students only, if there is room)

Location: Spring Valley Municipal Building – Community Room A

Register Now: Contact Andrea Gerasimo at 715-231-9000 or email [andrea@thirdmountain.com](mailto:andrea@thirdmountain.com).

## Arts and Crafts

### Drop in and Draw

Drawing is one of the most important skills to develop as an artist. In Drop in and Draw we will work on building skills and confidence all while having fun. Students in grades K-12 will work on drawing in a variety of styles that are suitable for any skill level. We will work with pencils to develop shading techniques and use markers or colored pencils to make eye catching cartoon images. The class fee is \$15.00 which includes an art supply kit of a sketchbook and drawing pencils, at the end of the session these supplies will be sent home. *Maximum number of students 15.*

*Registration Deadline: September 26*

Location: Art Room

Instructor: Mrs. Knegendorf

Time: After School-4:15

Cost: \$15 for art kit supplies

**Dates: Thursdays, October-January** (class will not be held on no school days)



### Art Club

Creativity is a skill that benefits people beyond the art room. In art club students will explore the ideation process by planning and executing projects of their own. At the completion of a project, students will create an artist statement and hang their artwork for an art show display. Art Club is open to students in grades K-12, as an independent advanced level class this will not be a good fit for all students. With the \$30 Mrs. Knegendorf will keep art club supplies stocked with a variety of materials to encourage creativity. Maximum number of students 12.

Location: Art Room

Instructor: Mrs. Knegendorf

Time: After School-4:15

Cost: \$30

*Registration Deadline: Sept. 24*

**Dates: Tuesdays, October-January** (class will not be held on no school days)

# Technology

## Intro to Google

Google Docs Suite is a set of productivity tools that include the ability to create, edit, share, and collaborate, anytime and anywhere using a tablet, computer, or mobile device. Documents, spreadsheets, and presentations can be accessed and edited offline or online and shared to one or many. This class will be an introduction to Google Docs, Google Spreadsheet, and Google Calendar.



Dates: Google Calendar - **Wed., Oct. 23**  
Google Sheets - **Wed., Nov. 6**  
Google Docs – **Wed., Nov. 13**

Time: 5:00-6:00 p.m.  
Location: MS/HS Computer Lab  
Instructor: Becky Baier  
Cost: Free

*Registration Deadline: one week prior to each class*

# Cooking

## Freezer Meal Make and Take

Freezer meals are a perfect way to be more organized and spend less money on dining out! Register for this class and leave with five meals in your hand, ready to freeze or use immediately. (some will require minimal ingredients to finish) Meals will serve 4-6 people. Meals will include chicken pot pie soup, Tex-Mex Lasagna, Angel Chicken Pasta, and a couple of surprises! Cap of 9 people.

**Date: Wednesday, October 23**  
Time: 5:30-7:30 p.m.  
Cost: \$55.00

Instructor: Sara Asher  
Place: Consumer Education Room  
*Registration Deadline: Wed., Oct. 16*

# Community

## CPR Classes

How would you like to learn a life saving measure....Elmwood Area Ambulance Service is offering CPR classes to the community!

We offer Basic Life support classes as well as renewal, as well as Lifesaver CPR. The classes take approximately 3 hours.

Cost is \$40 for the class.

Contact Renee Obermueller if you are interested in a class at 715-772-4416.

## Trips –

### Minnesota Twins vs. Kansas City Royals

Grab your baseball hats and gloves and hop on the bus to Target Field to catch the Twins' last home game of the season. The school bus will leave Elmwood and take you and your family to and from Target Field for a Sunday afternoon baseball game. Take advantage of this: inexpensive tickets to a professional baseball game, transportation to and from the game, no hassle trying to find parking, and a great time with family and friends. Cost includes game ticket, bus ride, and light refreshments on the ride home. Youth under 16 must be accompanied by an adult to go on the trip. **REGISTER TODAY!** Minimum of 15 needed to go.



Date: Sunday, Sept. 22

Time: 1:10 game (bus leaves Elmwood at 10:30)

Cost: \$25 per person

Location: Target Field, Minnesota

Registration Deadline: Friday, Sept. 13

### Minnesota Renaissance Festival



This Renaissance Festival is an interactive outdoor event which focuses on recreating the look and feel of a fictional 16th Century "England-like" fantasy kingdom. "A Celebration of Nature, Art, and Life!" This celebration has grown to be the largest Renaissance Festival in the United States with an annual attendance of 300,000. The festival includes: live armored combat jousting, 7 full themed weekends, 16 stages of live entertainment, 250 artisan booths for endless shopping, food, drinks & more! Cost of the trip includes coach bus, ticket, and light refreshments on returning bus. Need 30 people to go.

Date: Sunday, September 29

Bus Departure: 9:00 a.m. – Elmwood School

Cost: \$55

Bus Return: around 5:00 p.m.

Registration Deadline: Friday, Sept. 20

### St. Croix Riverboat Cruise

Relax and enjoy the beautiful fall scenery along the St. Croix River on a Sunday afternoon jazz cruise. Our school bus will transport guests to and from Stillwater River Boats where we will board and take a 2-hour cruise along the scenic St. Croix River. Lunch is being served on the cruise for you to enjoy while listening to The Emperors of Jazz. You will enjoy a buffet of tender beef pot roast, herb roasted chicken and garlic mashed potatoes, served with fresh fruit and salad with an assortment of fresh baked rolls. An assortment of gourmet cookies complete the meal. The cruise sails rain or shine. **BONUS:** We are arriving early so there will be time to walk and visit the unique shops in downtown Stillwater. Minimum of 15 people needed to go.



Date: Sunday, October 6

Bus leaves Elmwood school at 9:30 a.m. Cruise begins sharply at 1:30p.m.

Cost: \$35 (includes bus, cruise, and lunch) beverages, etc. not included in cost

Reservation Deadline: Friday, September 27

## Ripcord - Masonic Heritage Center

An uproarious new comedy best described as Golden Girls meets The Odd Couple. When cantankerous Abby is forced to share her room in a retirement home with endlessly chipper Marilyn, a feud between the mismatched roommates results in a bet to determine who stays and who goes. Things quickly escalate into a hilarious game of practical jokes and one-upmanship.



**“Zany, whacky, wildly inventive and hysterically funny!”** - New York Magazine

Bus will leave Elmwood at 9:15 a.m. with pick ups in Spring Valley and Baldwin. Lunch is served at 11:30 a.m. Lunch includes: cold salad (Chef's choice) chicken breast in herb and wine cream sauce, seasonal vegetables, rolls, parsley potatoes, dessert, coffee/tea (Special dietary meals available upon request.) The performance is at 1:00. The theater is general admission seating. Doors open ½ hour prior to the performance. We have 45 tickets reserved. Hold your spot by sending a \$30 deposit ASAP, but no later than October 11. Remaining balance due on November 1. Minimum of 30 people needed to go.

**Date: Wednesday, November 20**

Time: Depart Elmwood 9:15

Cost: \$80 - includes coach bus ride to and from Masonic Heritage Center, lunch, show, tax & gratuity (any additional beverages will be an additional cost payable at the event)

*Registration Deadline: Friday, November 1*

## Rotary Lights Display - La Crosse



Rotary Lights is an annual gift to the Coulee Region as a cooperative effort among the area's Rotary Clubs, numerous other non-profit groups and volunteer organizations, sponsors, and last but not least - the amazing individuals that make up a Steering Committee and Board. This annual display began in the year of 1995 and has grown tremendously since then due to the fantastic support from the greater La Crosse community. Nearly 160,000 visitors

per year enjoy this holiday tradition while driving, walking or taking a carriage ride through Riverside Park. Admission is FREE but visitors are encouraged to make voluntary contributions of cash and/or non-perishable food items as they exit the park via street or sidewalk.

**Date: Saturday, December 14**

3:00pm - Depart Elmwood

4:30pm - Dinner - Culvers in Winona (on your own)

6:00pm - View Lights Display

9:00pm - Return to Elmwood

**Minimum of 30 people needed to go**

Fee: \$35.00 – includes coach bus, light refreshments on the bus home

*Registration Deadline: Monday, December 9th*

# Youth Sports

## 5<sup>th</sup> and 6<sup>th</sup> Grade Basketball



Boys and girls interested in participating in basketball should fill out the Basketball Registration Form and return it to school by **Wednesday, September 11**. Further information will be given to those participating once schedules are set. Fee: \$25

We are looking for instructors for our spring session. Please indicate on the registration form, or contact Becky Baier at [baierb@elmwood.k12.wi.us](mailto:baierb@elmwood.k12.wi.us) if you are interested in teaching a class.

## 5<sup>th</sup> and 6<sup>th</sup> Grade Basketball Registration Form

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Parent's Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

*Please include \$25 with this registration form. Payable to Elmwood School*

I am interested in helping with coaching this season. Please contact me.

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## Elmwood Community Education Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Yes, add me to Community Education email list

Class/Activity: \_\_\_\_\_ Fee: \_\_\_\_\_

\_\_\_\_\_

Make checks payable to: **Elmwood School**

For office use: Paid \_\_\_ cash \_\_\_ check # (     )