

District 110  
**Community Education**

Waconia • St. Bonifacius • New Germany



**Community Education & Recreation**

**Fall 2009**



**Community Education - Fall**  
District #110 Community Education & Recreation  
(952) 442-0610  
[www.waconiacommunityed.org](http://www.waconiacommunityed.org)  
516 Industrial Blvd.  
Waconia, MN 55387

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WACONIA, MN 55387

ECRWSS

*A Commitment to Community and Lifelong Learning*

District #110  
Community Education & Recreation  
www.waconiacommunityed.org  
952-442-0610

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Southview Kids' Co Site 952-442-0627

Bayview Kids' Co Site 952-442-0614

St. Boni Kids' Co Site 952-446-9572

Clearwater Kids' Co Site 952-442-0617

# Advisory Council's

## Community Education

### Advisory Council

Barb Kalthoff, Lindsay Schmidt, Barbra Springer, Terrill Anderson, Kent Bloudek, Hugo McPhee, Mary Bishop, Tina Week, & Tiffany Nelson

### Kids' Company

### Parent Connection Board

Joelle & Scott Bolster, Tammy Peterson, Knute Schamber, Annette Hertenberg, Kristine Neumann, Jodi O'Brien, Roberta Gothmann & Julie Loscheider

### ECFE Advisory Council

Kristin Guse, Carli Herold, Vera Lauerhass, Jessica Mevissen, Heather Rodning, Kelly Stei, Jennifer Ulrich, Tiffany Nelson & Marilyn Laulainen

## ISD #110

### Community Education and Recreation Mission Statement

The purpose of this program shall be to bring together community residents of St. Bonifacius, New Germany, and Waconia along with District #110 Community Education staff to plan and direct programs that meet the needs of residents of all ages. These programs offer: enrichment, recreational, academic, family support, and service activities. The program utilizes school district, community and private resources and facilities to promote lifelong learning.



**LIFELONG  
LEARNING**

**It's A Journey**

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### Waconia District #110 School Locations

CE	Community Education 516 Industrial Blvd.
BV	Bayview Elementary School 24 South Walnut Street
SV	Southview Elementary School 225 4th Street West
CW	Clearwater Middle School 1650 Community Drive
WHS	Waconia High School 1400 Community Drive

# 2009 Fall Offerings

## Adult Enrichment Classes

- Aromatherapy for Body, Mind & Spirit
- Drum it Up!!
- Confronting Financial Fear and Worry
- Wire Jewelry
- Celebrating Your Marriage
- Twined Rag Rug Weaving
- Instant Guitar for Hopelessly Busy Adults & Teens
- Deer Cutting for Dummy's
- Dog Training classes
- Introduction to Energy Testing

## ECFE

- Infant and Toddler Classes
- 2 - 5 Year Old Classes
- Special Events

## Youth Enrichment

- Science Explorers
- KidzArt
- Abrakadoodle
- Learn to Sing
- Clay Camp
- Chess Club
- Minnesota Sword Play
- Babysitter's Training
- Snowmobile Safety Training

## Youth Recreation

- Floor Hockey
- Tae-Kwon-Do
- DanceXcess
- Softball Hitting Clinic
- Baseball Pitching Clinic
- K - 6 Team Football
- Youth Volleyball
- Gymnastics
- Basketball Camp
- Kindergarten Hoops
- Gridiron Challenge

## Youth Trips

- Mount Kato Skiing & Snow Tubing
- Minnetonka Orchard
- The Works Museum Workshops

# Early Childhood Family Education



**The Early Childhood Family Center is located at  
520 Industrial Blvd.  
Waconia, MN  
952-442-0613  
[www.waconiacommunityed.org](http://www.waconiacommunityed.org)**

## **What is ECFE?**

Early Childhood Family Education (ECFE) is a District 110 Community Education program of Waconia Public Schools. ECFE provides classes, special events and services for families with children from birth to kindergarten age. All families are welcome. We believe that the family is the first and most important influence on young children. Our mission is to strengthen families through education and support of all parents.

## **The Goals of ECFE**

- To support parents in their child raising efforts
- To offer information about appropriate child development and positive parenting techniques
- To help parents and children communicate in a positive and nurturing way
- To give children opportunities to play, discover and learn in a stimulating and caring environment
- To provide information on community resources available to parents and children

A wide variety of parent-child classes, based on the child's age, are offered each week during the fall session. Most classes meet 1.5-2 hours at a time. Quality childcare is provided for siblings not enrolled in class. A sliding fee scale for classes is found on page 13. No one will be denied participation for inability to pay.

**New babies or families in the area?  
Please help update the school district  
census by calling 952-442-0607.**

Join us for an  
**ECFE OPEN HOUSE**

Thursday, September 10  
5:30-7:00 pm  
Visit the classrooms and meet  
the ECFE Staff

Say "Hello" to Clifford,  
the Big Red Dog

Prizes! Treats! Fun!



# ECFE Infants and Toddlers

## Baby and Me

Come with your new baby to class and get off to a great start together. You and your baby will learn simple songs and games plus you can make a toy for your baby. You will meet other parents and discuss common concerns such as adjusting to parenthood, sleep and feeding issues and infant development. Please bring a blanket for baby to lay on. **Parents and children will stay together the entire class.** Sibling care is provided for a fee of \$20.00.

Registration required. ECFE Room 114

### Newborns-5 months

ECF01 Wednesdays, Sept. 16-Oct. 14

ECF02 Wednesdays, Oct. 21-Nov. 18

11:00-12:30 pm

5 weeks - \$25.00



### 6-12 months

ECF03 Thursdays, Sept. 17-Oct. 22 (No class Oct. 15)

ECF04 Thursdays, Oct. 29-Dec. 3 (No class Nov. 26)

11:15-12:30 pm

5 weeks - \$30.00



### Wee Ones Playtime (10-24 months)

Discover art and sensory play, movement activities, songs and fingerplays with your young toddler in this non-separating class. Come and explore our classroom and meet new friends. This class has no parent discussion time. ECFE Room 114

Tuesdays, Sept. 15-Nov. 17

ECF15 11:00-12:00 pm

10 weeks - \$50.00



## Busy Ones and Toddler Time

A whole new world begins once your child becomes mobile—a toddling little bundle of energy just looking to touch, taste, and test out the world and you! Spend time enjoying music, movement, and lots of exploratory activities with your child. During the parent discussion, we'll share ideas for separation anxiety, setting limits, safety, and other joys and concerns of parenthood. Join us for this special time with your busy toddler. **Class fees are found on page 13.** Sibling care is provided for a fee of \$40.00. Registration required. ECFE Room 114

### Busy Ones

10-24 months (separating gradually)

ECF10 Mondays, Sept. 14-Nov. 23

11:00-12:30 pm

### 10-18 months

ECF11 Tuesdays, Sept. 15-Nov. 17

9:00-10:30 am

### Toddler Time

15-24 months (separating gradually)

ECF12 Mondays, Sept. 14-Nov. 23

9:00-10:30 am

ECF13 Thursdays, Sept. 17-Dec. 3

(No class Oct. 15 & Nov. 26)

9:00-10:30 am

18-24 months (separating gradually)

ECF14 Wednesdays, Sept. 16-Nov. 18

9:00-10:30 am



**The ECFE Registration form & fee scale can be found on pages 12-13.**



# ECFE 2 - 5 year olds

Weekly class for parents of 2-5 year olds. Each class includes:

• Parent/Child Time - Parents and children explore learning stations and activities designed to help children's overall development and give parents ideas for activities to do at home. This time also includes a group "Circle Time" of songs and games. • Parent Discussion Time - A licensed parent facilitator provides resources and guides discussions about child development, parenting techniques, and current issues concerning today's families.

• Child Time - During parent discussion time, a licensed early childhood teacher works directly with children and provides learning experiences, including those that promote sharing, socializing, and relating to friends their own age.

ECFE Room 108 Ages as of Sept. 1, 2009 Class fee scale is found on page 13.

## 2 years

ECF20 Mondays, Sept. 14-Nov. 23  
9:00-10:30 am

ECF21 Wednesdays, Sept. 16-Nov. 18  
8:30-10:00 am

ECF22 Fridays, Sept. 11-Dec. 11  
(No class Oct. 16, Nov. 27 & Dec. 4)  
11:00-12:30 pm



## 2 1/2-4 years

ECF23 Mondays, Sept. 14-Nov. 23  
11:00-12:30 pm

ECF24 Fridays, Sept. 11-Dec. 11  
(No class Oct. 16, Nov. 27 & Dec. 4)  
9:00-10:30 am

## 2-5 years

ECF25 Mondays, Sept. 14-Nov. 23  
6:00-7:30 pm



ECF26 Wednesdays, Sept. 16-Nov. 18  
10:30-12:00 pm

### **Sibling Care Fee**

Quality childcare is available to provide a safe, caring and fun atmosphere for siblings not enrolled in class. Register for childcare for a fee of \$40.00/child per session.

ECFE Room 106



**The ECFE Registration form & fee scale can be found on pages 12-13.**

### **Play 'n Learn**

If you want a shorter classtime or if you just want to spend some "together time" without separation from your child, this class is for you. You and your child can explore creative learning activities, enjoy large muscle play and participate in circle time together. This class has no parent discussion time or sibling care. Registration required. ECFE Room 108

## 2-5 years

ECF27 Tuesdays, Sept. 15-Nov. 17  
6:00-7:00 pm  
10 weeks - \$55.00



### **ECFE Preschool Sept. 15, 2009 - May 25, 2010**

Early Childhood Family Education provides a quality preschool program for 3-5 year old children and their parents. Children have opportunities to learn through their play with others, to participate in music and movement activities and to develop pre-reading and pre-math skills. Parents attend on Tuesdays and are involved in both child activities and a parent discussion group. Sibling care is provided on Tuesdays. The following two sessions are offered in ECFE Room 108. At this time, both sessions are FULL. Call 442-0613 to be put on a waiting list.

ECP30 Tuesday/Thursday 9:00-11:00 am - FULL

ECP40 Tuesday 12:15-2:15 pm and - FULL  
Wed/Thurs 12:15-2:45 pm



# ECFE Special Events

(Special events include 5 year olds who are not in Kindergarten)



## ECFE Open House

Thursday, September 10  
5:30-7:00 pm

Visit the classrooms and meet the ECFE staff.  
Say "Hello" to Clifford, the Big Red Dog  
Prizes! Treats! Fun!

## Grandy Farm Hoe-down

(1-5 years)

Join us for an old-fashioned picnic and hayride at the Dave Grandy Farm north of Waconia. You can feed the goats, play on the playground and enjoy a ponyride. We'll roast hotdogs and s'mores around a campfire too! Remember your cowgirl/cowboy hats and bandanas. We'll have a yippy-yi-yea time. Raindate: September 24



ECSP1 Thursday, Sept. 17 5:15-7:30 pm

\$4.00/person

Meet in the ECFE Parking Lot to load the bus

Registration Required

## Family Safety Fair

(Birth to 6 years)

Meet our community helpers to learn about being safe at home and on the road.

### Waconia Firefighters

- Fire Prevention Safety Presentation including "Stop, Drop & Roll"
- Crawl through a smoke-filled room
- Ride in a fire engine
- Squirt the fire hose
- Meet SPARKY, the Firehouse Dog
- Jump in the Sparky Bounce House



### Carver County Sheriffs

- Receive a Child Information Packet
- Car Seat Safety Information
- Meet McGruff, the Police Dog

### Ridgeview Ambulance Service

- Tour the ambulance
- Receive safety/first aid information
- Bring your teddy bear to get "checked out"



- FACE PAINTING • PRIZES •
- COFFEE, MILK & DOUGHNUTS •

ECSP2 Saturday, September 26

9:30-11:30 am

Waconia Fire Station

Corner of Maple and Main Street

FREE - Pre-registration not required

## Minnetonka Apple Orchard

(2-5 years)

Celebrate the fall season with your child by taking a trip to Minnetonka Apple Orchard located north of Minnetrista. You'll be able to go on a wagon ride through the orchard and tour the apple barn. There will be time for play at the Petting Barn, Corn Crib Fort and Hay Mountain. Pack a picnic lunch to eat there.



ECSP3 Friday, Oct. 2 9:30-12:30 pm

\$6.00/person

Meet in the ECFE Parking Lot to load the bus

Registration Required

## Pumpkin Fun

(2-5 years)

Bring a pumpkin to decorate or carve into a jack-o-lantern and we'll provide the paint and other art materials. Pumpkin songs, stories, face-painting and games will also be part of the fun. You can enjoy a pumpkin cookie for a treat, too. Come in costume if you want. Sibling care is provided.

ECSP4 Monday, Oct. 26 1:30-2:30 pm

ECSP5 Friday, Oct. 30 1:30-2:30 pm

\$6.00/child

\$4.00/child/sibling care

ECFE Room 108

Registration Required



# ECFE Special Events

(Special events include 5 year olds who are not in Kindergarten)

## Remarkable Reptiles

(2-5 years)

Turtles, lizards and snakes, oh my! Mike Burpee from *The Reptile Experience* will share reptiles from all over the world for you to explore up-close. You'll learn many things about these harmless creatures. Join us for this educational and fun event.



ECSP6 Thursday, Nov. 12 5:30-6:15 pm  
 ECSP7 Thursday, Nov. 12 6:30-7:15 pm  
 \$4.00/child ECFE Room 114

Registration Required

**The ECFE Registration form & fee scale can be found on pages 12-13.**

## Gingerbread House

(2-5 years)

Make a holiday gingerbread house using frosting for glue, holiday candies for decorations and each other for fun! There will be building and nibbling, talking and giggling, a story and a song. Make it a holiday tradition with your child. **Sibling care is provided during daytime classes.**



ECSP8 Tuesday, Dec. 1 5:30-6:30 pm  
 ECSP9 Tuesday, Dec. 1 7:00-8:00 pm  
 ECSP10 Wednesday, Dec. 2 9:00-10:00 am  
 ECSP11 Wednesday, Dec. 2 10:30-11:30 am

\$6.00/child ECFE Room 108  
 \$4.00/child/sibling care Registration Required

## Daddy and Me - Build a Reindeer

(3-5 years)

Kids, bring your dad, uncle or grandpa to help you build a wooden reindeer stand to hold holiday cards, treats, etc. Remember to wear painting clothes and bring a hammer and a Phillips screwdriver with you. Mom will just love this new holiday decoration!



ECSP12 Thursday, Dec. 3 5:30-6:30 pm  
 ECSP13 Thursday, Dec. 3 7:00-8:00 pm

\$12.00/kit Bayview Elementary School Cafeteria  
 Registration Required

## Trim the Tree

(2-5 years)

We'll provide a spruce tree top and supplies for you to make a variety of ornaments. You will have your very own personal Christmas tree to take home. Please bring a 2 lb. coffee can with you and we'll fill it with sand to use as a tree stand. Sibling care is provided.



ECSP14 Monday, Dec. 7 9:00-10:30 am  
 ECSP15 Monday, Dec. 7 11:00-12:30 pm

\$10.00/child ECFE Room 108  
 \$4.00/child/sibling care  
 Registration Required

## Indoor Gym Playtime

(1-5 years)

Looking for an indoor space to run and play? Come to the indoor playground at Bayview Elementary and ride a trike, play basketball and climb the gym play structure. Enter the south door off of First Street and take the first left inside the building. Sign up for one or more sessions. \$3.00/child/day



Mondays 11:15-12:15 pm  
 ECSP17 December 7  
 ECSP19 December 14

Wednesdays, 11:15-12:15 pm  
 ECSP16 December 2  
 ECSP18 December 9



# ECFE Special Events

(Special events include 5 year olds who are not in Kindergarten)

## Christmas Around the World

(2-5 years)

Come with us as we travel the world in our imaginations and discover holiday traditions from Germany, Scandinavia, Holland, England and Mexico. We will dance and sing and make treats from around the world! Sibling care is provided.

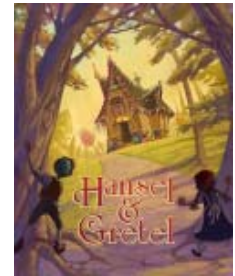


ECSP20 Wednesday, Dec. 9  
9:00-10:30 am  
\$6.00/child  
\$4.00/child/sibling care  
ECFE Room 108  
Registration Required

## Hansel & Gretel

(3-5 years)

Who will Hansel and Gretel meet in the woods? Enjoy this classic fairy tale as it comes alive on the stage of the Old Log Theatre in Excelsior. We will plan to eat lunch at Culver's in Chanhassen following the performance. Join us for this special holiday outing with your child. Registration deadline: December 3



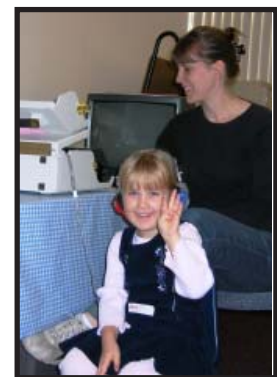
ECSP21 Monday, Dec. 14  
9:15-1:00 pm  
\$10.00/person  
Meet in the ECFE Parking Lot to load the bus

# Early Childhood Screening

In Minnesota all children are required to complete Early Childhood Screening before they enter kindergarten. **It is recommended that the screening take place just before the child's fourth birthday.** The screening is a FREE service offered by District 110 that will check a child's overall development and health. Children are screened by a licensed early childhood teacher and a school nurse. Results of the screening help identify health or learning concerns that may require special attention before a child enters kindergarten. The screening may also be performed by your physician.

## Early Childhood Screening includes:

- A look at your child's development
- Vision and hearing checks
- Height and weight measurements
- Immunization and health history review



Screenings are offered throughout the school year, 8:15-2:45 pm at the Early Childhood Family Center, 520 Industrial Blvd. The fall dates are Tuesday Sept. 1 (12:00-6:00 pm), Wednesday Sept. 2 and Fridays Sept. 25, Oct. 9 & 23, Nov. 6 & 20 and Dec. 11. Please call 442-0613 to receive more information and to schedule an appointment for your child.



If your child has been screened by another school district, Early Childhood Special Education or Headstart, your child does not need to be screened again, but a summary copy must be on file with the current school district your child will be attending. Contact the ECS office at 442-0613 for information on how to have screening records forwarded to the school district.

# Parent-Only Classes

## How can I be an effective parent?

Effective parenting needs to meet multiple goals:

- 1) To teach and support the values you want your children to internalize
- 2) To alter or eliminate unwanted behaviors
- 3) To acknowledge and reaffirm desirable behaviors
- 4) To build a positive relationship with your child

Here are a few simple guiding principles that can help:

- Talk with your children *often* when no discipline is needed.
- Provide all children with clear, simple, consistent limits.
- Children thrive with patience, love and understanding.
- Through your discipline, model the behaviors you want your children to use.
- Choose discipline techniques that support your values.

## Discipline That Connects... with your child's heart

*Connected Families* of Chaska is offering a three-session workshop on Saturday, Sept. 26, 9:00-12:00 pm at the Chaska Community Center. The workshop is free with limited number of childcare openings for a fee. A total of six workshop options will be available.

*Connected Families* specializes in working with challenging children and teens. For more information call 952-448-3625 or email [info@connectedfamilies.com](mailto:info@connectedfamilies.com).

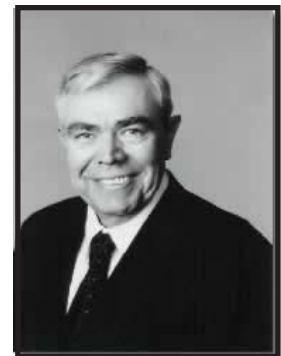


## Corwin Kronenberg Teaching Kids to be Responsible

Corwin Kronenberg will present techniques for teaching children to be responsible. His presentation will include:

- Disciplining With Unconditional Love - The Foundation of Responsibility
- Making Rules and Delivering Consequences - That Teach Responsibility
- Implementing Restorative Consequences - The Key to Responsibility
- Dealing With Behavioral Con Games - The Child's Attempt to Avoid Responsibility
- Holding Children Responsible - A Process For Teaching Responsibility

Corwin Kronenberg is a parent, teacher, author and a highly sought after expert and speaker in the areas of self-concept and discipline. Thousands of parents and educators have attended his workshops giving him excellent evaluations and standing ovations for his dynamic presentations. He presents his topic with enthusiasm, drama, humor and credibility. Corwin has gained recognition as a national speaker due to his entertaining style and the usefulness of the information presented.



Corwin has developed a behavior management system that works. He will explain this system during his presentation. His workshop will be an opportunity for you to laugh while you learn some practical techniques for teaching children to be more responsible. This workshop will change the way you work with your children and it will make the job of parenting just a little easier. You will leave this presentation feeling empowered and ready to use some parenting strategies that work.

Thursday, Nov. 5 7:00-8:30 pm Ridgeview Medical Center Auditorium  
This event is co-sponsored by the physicians of Ridgeview Medical Center and District 110 ECFE.  
To register for this FREE event, go to [www.ridgeviewmedical.org/events](http://www.ridgeviewmedical.org/events) or call 952-442-8084.

# ECFE Registration

## HOW TO REGISTER

1. **Fill out** the form below and make checks payable to:  
District 110 Community Education
2. **Unless the fee is stated**, use the sliding fee scale on page 13 to determine class fee.
3. **Mail** Registration form and payment to:  
District 110 ECFE  
520 Industrial Blvd.  
Waconia, MN 55387  
**OR**
4. **Drop off** Registration form and payment to:  
• ECFE Office - 520 Industrial Blvd.  
• Community Education Office - 516 Industrial Blvd.  
• 24-hour Drop Box - located outside Bayview & Southview  
**OR**
5. **Fax** Registration form with credit card number, expiration date and signature to: 952-442-0619



**We will begin processing registrations on  
Monday, August 24 8:00 am**

**Questions? Call 442-0613**

## REGISTRATION POLICIES

- **Register Early** as classes can fill quickly. All registrations received by **8:00 am on August 24th** will be processed first by a random drawing. Registrations received after that time will be processed as they are received.
- **Parent/child classes** may be limited to one class per family based on the demand for enrollment. Register and pay for your first choice class. Plan to attend that class/event as scheduled. You will be notified **only** if the class/event is filled or cancelled. Call on September 1st for availability on an additional class.
- **ECFE will waive** one class fee for income-eligible families per session. Fees for special events will not be waived.
- **Non-district residents** - ISD 110 residents have priority for enrollment. Registrations for out-of-district families will be accepted on **September 8, 2009**.
- **Refund Policy** - A full refund is issued for cancellations before the session begins, minus a \$10.00 processing fee. After the first week, refunds are prorated, including the processing fee. There are no refunds midway through a session or for missed class days. Refunds for Special Events will only be given with a 5-day advance notice.

## ECFE FALL REGISTRATION 2009

PARENT'S NAME: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

SCHOOL DISTRICT: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

Date Rec'd \_\_\_\_\_

Date Entered \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

### FAMILY CLASSES

CLASS NUMBER	DAY/TIME	CHILD NAME IN CLASS	DATE OF BIRTH	CHILD NAME SIBLING CARE	DATE OF BIRTH	CLASS FEE
1st Choice						
2nd Choice						

**Sibling care fee is \$20.00/child/session for 5-6 week class**

**\$40.00/child/session for 10-11 week class**

SIBLING CARE FEE \_\_\_\_\_

### SPECIAL EVENTS

EVENT - NUMBER & TITLE EVENT FEE	PARENT(S) ATTENDING	CHILDREN'S NAME
1. _____		
2. _____		
3. _____		
4. _____		

5. Payment:  Cash  Check # \_\_\_\_\_  Waived Fee **Total Fee** \_\_\_\_\_

Credit Card # \_\_\_\_\_  Credit Card (MC, Visa, Discover)  
Expiration Date \_\_\_\_\_

12 Signature \_\_\_\_\_

# COMMUNITY RESOURCES

Arc-Hennepin/Carver <i>Development Disabilities</i>	920-0855
Carver Co. Community Health Services	361-1329
Carver Co. Community Social Services	361-1600
Child Care Resource and Referral	402-9824
Crisis Nursery <i>Temporary childcare during a crisis</i>	612-839-5101
Double Talk - Mothers of Multiples	442-8694
ECFE Home Visit <i>Discussions may include care of newborns, activities for young children, child development, parenting issues, community resources.</i>	442-0664
Early Childhood Screening 442-0613 <i>Required health and developmental screening for four year old children prior to kindergarten entrance. Call for an appointment.</i>	
First Step <i>Information on your child's overall growth and development</i>	368-0160
First Street Center <i>Offers a comprehensive range of mental health services</i>	442-4437
Head Start	496-2125
Library - call for storytimes • Waconia • St. Bonifacius	442-4714 446-1418
Parents Forever- <i>Divorce Education Workshop</i> 466-5300	
Parent Warm Line 813-6336 <i>Support and practical advice for child development and behavior issues from Children's Hospital</i>	612-4620
Ridgeview Medical Center Education - <i>Breastfeeding, sibling preparation</i> x6111	442-2191
Birthing Center - <i>ECFE newborn visits M-W-F 11:30</i>	x5250
Pediatrics	1-800-967-4620 x5320
Pediatric Rehab Services	x6068
Sexual Violence Center <i>24-hour helpline</i>	448-5425
Southern Valley Alliance for Battered Women 873-4214	
WIC <i>Free nutrition program for women, infants and children at 110650 Village Road, Chaska</i>	960-9700

## Early Childhood Family Education Staff

Tiffany Nelson, Community Education Director  
Marilyn Laulainen, Coordinator  
Brenda Buesgens, Secretary

### Teachers

Heather Carlson  
Marilyn Laulainen  
Kristie Niebeling  
Cheri Parkinson  
Christine Pedretti  
Laurel Swanson-Moore

### Teacher Assistants

Susan Dertinger  
Sonny Erenstein  
Andrea Mathwig  
Karen Whalen  
Deb Willsey

## ECFE Advisory Council

The Early Childhood Family Education Advisory Council meets five times throughout the school year to develop goals and planning for the District 110 ECFE program. Free childcare is offered during the meetings. The fall meetings are scheduled for Wednesdays, Aug 26 and Oct. 21 at 3:30-4:45 p.m.

Jamie Bergstrom  
Cheryl Dore  
Kristin Guse  
Carli Herold  
Vera Lauerhaas

Tiffany Nelson  
Heather Rodning  
Jamie Sheldon  
Kelly Strei  
Jennifer Ulrich

## ECFE Class Fee Schedule

Please use the table below to determine your fee category for classes. Choose the category based on your annual gross income. The information you provide will be treated confidentially. All families are welcome at ECFE. **No one will be denied participation due to inability to pay fees.**

Annual Income	Sliding Fee Scale
under \$25,000	Waived fees, call ECFE coordinator to register, 442-0613
\$25,000-\$49,999	\$50.00
\$50,000-\$74,999	\$70.00
\$75,000-\$99,999	\$90.00
\$100,000 and above	\$110.00

Sibling care is provided for \$40.00/child per 10-11 week session.

• **HAS YOUR CHILD HAD IMMUNIZATIONS?** Minnesota law requires that all children attending ECFE extended programs have their immunizations up to date. Proof of immunization must be presented at the **first session of class**. If you need information on low cost or free immunizations for your child, call Carver County Community Health Services at 952-361-1329.

### • WEATHER EMERGENCY POLICY

When District 110 K-12 classes are cancelled due to inclement weather, ECFE classes/events are also cancelled. If there is a late start, the 9:00 am ECFE class will not be held, but the classes later in the day will be in session. District Weather Line 952-442-0640.

# Adult Enrichment

## F-400 You're On the Air...(How to Really Make it in Voiceovers)

VoiceOvers are hot today. With such notable talent as James Earl Jones, Linda Hunt and Donald Sutherland lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. Not so! You'll learn about an exciting, new way to get around the competition and actually turn voice-overs into a thriving full or part-time business. You'll watch this informative and state of the art high tech class from the comfort of your own home. All that you'll need is a computer with an internet connection. You'll learn from Dan Levine and Heather Costa via a video webcast from Dan Levin's studio in Vermont. You'll interact and have your questions answered with Heather via a toll free teleconference call. You'll even get a personal evaluation of your voice from Heather after the end of the class. This is a webcast class.

Class Minimum: 4                                      Class Maximum: 15  
 Thursday, October 8                                7:00 pm - 8:00 pm  
 Fee: \$19    Register by: October 1

## F-401 Aromatherapy for Body, Mind & Spirit

In this class you will learn how the essential plant oils can enhance your life and well being. Experience the oils in class and you will be able to take home a personal aromatherapy spray that you created. You will also learn the history of aromatherapy, methods of extraction, basic oils and their healing properties, safety and precautions.

Class Minimum: 5                                      Class Maximum: 10  
 Tuesday, October 27                                6:00 pm - 8:00 pm  
 Clearwater Room B129                            Cheri Bunker  
 Fee: \$27  
 Register by: October 20

## F-402 Fun and Easy Melt and Pour Soapmaking

Learn how to create your own beautiful soaps for yourself or to use as gifts for friends and family. You will be taking home six bars of soap with you. Students will also learn tips on how to package your soap, and adding different botanicals. Recipes for your own soaps will be handed out.

Class Minimum: 5                                      Class Maximum: 10  
 Wednesday, October 7                            8:00 pm - 9:00 pm  
 Clearwater Room B129                            Cheri Bunker  
 Fee: \$25  
 Register by: September 30  
 14    Fridays, Sept. 18, Oct. 30 & Nov. 18  
     ECF16 9:15-9:45 am  
     3 weeks - \$15.00

## Music with Me (18 months - 3 years)

Come with your child to sing, chant, listen and move to music. Both learning and fun will take place as we use rhymes and fingerplays. ECFE Room 114

## F-403 Drum it Up!!


Discover your own personal rhythm. No experience is necessary or instrument is required. Group drumming is an evidence based wellness program filled with fun and laughter. An introduction to drumming will take place along with wellness exercises and guided imagery.

Class Minimum: 5                                      Class Maximum: 10  
 Mondays, September 28, October 5, 12 & 19  
 7:00 pm - 8:30 pm                                      CW Media Center  
 Fee: \$42    Cheri Bunker  
 Register by: September 21

**Community Education Office**  
 516 Industrial Blvd., Waconia, MN 55387

**Santa is Coming to CE**  
**Tuesday, December 1**

Come to the Winter Wonderland at Waconia Community Education between the hours of 4:30 pm and 6:30 pm on Tuesday, December 1st and see Santa! Bring your own camera and our staff will snap a couple of photos for you! Enjoy a complimentary sleigh ride down Industrial Blvd with Rock Isle Farms. There will also be a chance to create holiday crafts and enjoy some christmas treats. Please consider bringing a non-perishable food item to donate to a local food shelf.



## Wanted! Community Education Instructors

Community Education is looking for individuals to teach Adult and Youth Enrichment classes. The primary qualifications are thorough knowledge of specific subject matter, good communication skills, a belief in learning for life and an interest in working with people. If you are interested in a rewarding and challenging opportunity contact:

#110 Community Education  
 516 Industrial Blvd.  
 Waconia, MN 55387  
 952-442-0610  
 hwortz@waconia.k12.mn.us

**Visit us on-line @**  
**www.waconiacommunityed.org**

# Adult Enrichment

## F-404 Seasonal Container Decorating

The Master Gardener will demonstrate ideas for interesting window boxes, tubs and other containers. The instructor will cover many ideas for both indoors and outdoors. Learn to use natural and everyday items to create "sparkling", seasonal arrangements. **This class takes place at Central High School in Norwood Young America.**

Class Minimum: 5                      Class Maximum: 10  
Tuesday, October 20                      7:00 pm - 8:30 pm  
Central High School Home EC Room  
Carver/Scott Master Gardener                      Fee: \$15  
Register by: October 13

## F-405 The Best Biscotti Ever!

Make over 10 different kinds of Biscotti and learn how to make many more variations. Expect to taste each biscotti. Biscotti compliments coffee, tea or wine for an impressive dessert or snack. We will divide the remaining biscotti (approx. 1 - 2 dozen per person) to take home. Bakery prices exceed \$1.00 each...so enjoy sharing your economical creations with family, friends and yourself! Bring containers. Food fee of \$9 is payable to the instructor at class. Laurel Severson is a home economist with over 15 years of experience in teaching cooking classes, food service, recipe testing and editing. **This class takes place at Central High School in Norwood Young America.**

Class Minimum: 5                      Class Maximum: 10  
Saturday, November 7                      9:00 am - 12:00 pm  
Central High School Home EC Room  
Laurel Severson  
Fee: \$20  
Register by: October 30



Community Education...  
"A Commitment to  
Lifelong Learning"

## F-406 Confronting Financial Fear & Worry

Are the wheels starting to come off your emotions due to financial worries? Dealing with the fear of a layoff, or a sudden financial setback causes anxiety, stress, loss of sleep, lack of focus and concentration, and in extreme cases, even clinical depression. The human mind is capable of astounding accomplishments, when free of clutter and at peace. However, when the mind is preoccupied with financial fears and worries, your mental performance plummets. Fortunately, learning simple techniques can ease your suffering and help you cope. This class provides tools and insights into how to control and focus your thoughts to bring some normalcy to your life. Read lessons, participate in exercises, hold discussions with fellow students, plus receive personal coaching from the instructor. This is a self paced six week course. Complete the lessons on your timetable. Course requirements include intermediate PC skills. For more information visit [www.gsinet.org](http://www.gsinet.org). Be sure to include your email with the registration. The classroom is open 24 hours per day.

Tuesdays, September 29 - November 10  
Fee: \$62  
Register by: September 22

### Course Benefits

- Designed so that you can learn at your own pace*
- Recommended resources that enhance your learning*
- Expert-led interactive lessons and engaging content*
- Assessment tools to help track your progress*
- Member forums to share experiences and connect with other like-minded members*



*the path to success starts here!*

## F-407 How to Earn a Living Freelancing

Do you fear being downsized? Millions of people prosper as independent contractors. How successful could you become? This online class provides mentoring and step-by-step techniques and strategies to achieve success. Topics include: Who hires freelancers - What skills do you need - Finding the work - The hot markets - How to market yourself - How to establish your fees - Tax deductions - How to get started - how to incorporate for under \$50. This is not a construction class. Read lessons, participate in exercises, and hold live interactive discussions with instructor and fellow students in your on-line classroom. This is a self paced six week course. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit [www.gsinet.org](http://www.gsinet.org). Be sure to include your email with the registration. The classroom is open 24 hours per day.

Tuesdays, September 29 - November 10  
Fee: \$62  
Register by: September 22

# Adult Enrichment

## F-408 Deer Cutting for Dummy's

This class will teach you the basic skills to cut your own deer. We will show you the proper care of the deer from field dressing, skinning and cleaning of the carcass. Next we will show you how to cut your deer, from pulling back straps for chops to tips for roasts and trim for ground venison to sausage. We will have a road kill deer for hands-on experience. Included in this class is a basic step book for quick reference. We will have some deer cutting supplies available to buy, everything you need to cut your own deer. Finally, we will do field dressing for a live visual experience like no other.

Class Minimum: 6	Class Maximum: 25
Monday, October 26	7:00 pm - 9:00 pm
CW Room B137	Kerry Swendsen
Fee: \$39	
Register by: October 19	

## F-409 Selling Online via eBay, Amazon, Craigslist and a do-it-yourself website

This class is offered by Joel Karsten, a Certified eBay Education Specialist with vast experience having sold over 500,000 items on eBay, Amazon, Bonanzle, Craigslist, and through a network of customized private do-it-yourself websites. The class begins by teaching new users the basics, such as how to set up accounts, and covers every subject required to become a successful online seller. Topics covered in the class include: safe trading, pricing, photography, titles, descriptions, search engine optimization, policies, shipping, returns, feedback and selling strategies. A detailed workbook is available for each student, and is very helpful as a step-by-step guide for reference after the class to help learn new users through their first eBay selling experience with ease. Basic computer knowledge is recommended to understand some of the material discussed, however students WILL NOT be working on computers during the class. \*\*There is an optional \$15 work book fee. Students can purchase one from the instructor the night of class or use the workbook during the class and return it after the class is over.

Class Minimum: 12	Class Maximum: 30
November 3 & 5	6:30 pm - 9:30 pm
CW Media Center	Joel Karsten
Fee: \$55	
Register by: October 27	



## F-410 Instant Guitar For Hopelessly Busy Adults and Teens

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. **Please bring your acoustic guitar along to class.** Class is limited to 15 students. For ages 13 and older. For more information go to [www.instantguitarnow.com](http://www.instantguitarnow.com). **Required materials fee of \$29 will be collected in class by the instructor for the workbook and practice DVD.**

Topics include:

- \* How chords work in a song
- \* How to form the three main types of chords
- \* How to tune your guitar
- \* Basic strumming patterns
- \* How to buy a good guitar (things to avoid)
- \* How to play along with simple tunes.

Class Minimum: 6	Class Maximum: 15
Monday, November 9	7:00 pm - 9:30 pm
WHS Media Center	Matt Riley
Fee: \$25	Register by: Nov 2

**Need to cancel?**  
Please review our refund policy  
on page 39. Thank you

## F-443 Style Tips to Flatter Your Figure

Women know that "one size does NOT fit all"! We've all tried on styles that look simply dreadful on us but look amazing on others. In this fun, interactive class you will learn how to select clothing that enhances YOUR best features and draws attention away from parts that tend to shift with age. We'll explore just what lines, proportions, textures and styles will actually flatter different body types. Multiple resource materials (style guides) will be provided by instructor. This two part class is created with women over 40 in mind, but all are welcome! This is a 2 part class. Class one is about the principles of design for flattering different figure types and class 2 is individual consultations (15 - 20 minutes per student).

Class Minimum: 5	Class Maximum: 12
Mondays, September 21 & 28	7:00 pm - 9:00 pm
WHS D110	Marilyn Adams Maiser
Fee: \$35	Register by: Sept 14

# Adult Enrichment

## F-411 Wire Jewelry

This class is designed for beginner or intermediate students who are interested in learning techniques in making wire jewelry. Students will learn the tools and techniques for making a twisted wire and beaded bracelet and earring set and will complete these two in class.

Class Minimum: 4  
Tuesday, October 20  
BV Media Center  
Fee: \$18  
Register by: October 13

Class Maximum: 10  
6:00 pm - 9:00 pm  
Christie Larson

## F-412 Beginning Jewelry Making

This class is for those who are interested in making their own jewelry but need to learn the basics of beading. Students will make their own necklace, bracelet and earring set in class and will have the skills to create more on their own.

Class Minimum: 4  
Thursday, November 12  
BV Media Center  
Fee: \$23  
Register by: November 5

Class Maximum: 10  
7:00 pm - 9:00 pm  
Christie Larson

## F-413 Twined Rag Rug Weaving

Learn the fine art of twined rag rug weaving...a great way to recycle old clothing or extra fabric. In the first class you will assemble a loom, wrap it and learn weaving techniques. At the second class, we will discuss removal of the rug from the loom and finishing touches. You will leave the class with a loom, your very first twined rag rug and the knowledge to create beautiful pieces for your home, family and friends. Bring a sharp scissors and a yard of any type of fabric to class. Some sample fabric will be supplied by the instructor. A \$25 supply fee will be collected at the first night of class.

Class Minimum: 6  
Thursdays, October 22 & 29  
CW Media Center  
\$40; plus a \$25 supply fee paid to the instructor  
Register by: October 15

Class Maximum: 12  
6:30 pm - 8:30 pm  
Mary Perbix

## F-414 Celebrating Your Marriage

The purpose of this workshop is to have couples look at why they got married and what values they bring to the marriage. What can people do as individuals and as couples to make the marriage better. Information will be given about marriage, looking at your values and getting to know your spouse again. The five love languages will be discussed: Word of Affirmation, Quality Time, Receiving Gifts, Acts of Service and Physical Touch. Lastly - Celebrate Your Relationship.

Class Minimum: 5  
September 14, 21, 28 & October 5  
WHS Media Center  
Fee: \$50 per couple  
Register by: September 8

Class Maximum: 12  
7:00 pm - 9:00 pm  
Valerie Wagner

## Community Education 952-442-0610

## F-415 Fishin' School on Ice Grades K - Adults

This class will take a multi-species approach. Walleye fishing will be covered by taking a look at finding and catching aggressive, early ice fish and then shift focus to the mid-winter season when walleye fishing can be more difficult. Panfish species like crappies, perch, and bluegills will also be covered. A mid-winter approach will be described for these fish. In addition late-winter, after-the-game fish season closes, is when the panfish bite through the ice often peaks. Mike will provide instruction on finding and catching these fish during this popular fishing time as well. Sonar use has become a very important and popular aspect of winter fishing. This class features actual hands-on instruction utilizing fully powered sonar units. Mike will also have other ice fishing equipment on hand to show and provide instruction. This class also shows fast action video footage from the popular Fishing the Midwest with Bob Jensen television series. Mike Frisch is a professional fisherman from Fergus Falls. Mike is a multi-species fishing guide and tournament angler.

Class Minimum: 30  
Class Maximum: 50  
Monday, December 7  
6:00 pm - 9:00 pm  
WHS D110  
Mike Frisch  
Fee: \$9 per person  
Register by: November 30



# Adult Enrichment

## Saving Money In Our Tough Economy

In this class you will learn how to cut costs and save money by using coupons, rebates/refunds, the internet along with other sources provided by local companies. In this class there will also be a discussion on the basics of selling on Craigslist.

Class Minimum: 5	Class Maximum: 15
F-416 Thursday, September 17	6:30 pm - 8:00 pm
F-417 Monday, October 12	6:30 pm - 8:00 pm
WHS Media Center	Jessica Lundgren
Fee: \$9	
Register by: September 10 / October 5	

**F-418 Skin Brushing**  
 Brushing is not just for your hair and teeth! Come and learn the benefits and technique for dry skin brushing. Our skin is an organ that needs attention too. With dry skin brushing, the benefits are endless. You can stimulate your circulation, increase cell renewal, strengthen your immune system, cleanse the lymphatic system and more. By learning the benefits and process you can help the body's system to perform at peak efficiency along with enjoying it's relaxing effects.

Class Minimum: 6	Class Maximum: 12
Monday, October 26	6:30 pm - 8:00 pm
WHS Media Center	Susan Stubson
Fee: \$21	Register by: Oct 19



**F-419 Introduction to Energy Testing**  
 Come and learn whether certain foods, medicines, supplements and products are good for you or not, or if you can metabolize them through energy/muscle testing. Every body responds differently. You will become more in tune with your own body's messages and improve your health. You can also use these basic techniques for testing others. It's a wonderful technique to use with children. Take control by learning the basics of energy testing and become one step closer to improving and maintaining your own health. Bring any food, medicine, product or supplement you would like to test.

Class Minimum: 6	Class Maximum: 12
Monday, November 16	6:30 pm - 8:30 pm
WHS Media Center	Susan Stubson
Fee: \$21	Register by: Nov 9
18	

## F-420 You Can Really Do It Yourself: Simple household maintenance solutions that save money and increase safety

This class will teach you how to deal with those maintenance projects that you have needed help with in the past. Hands on instruction. New skills that you will be able to use immediately. Reasons to take the class:

- \* Minimize costly errors, preventative maintenance
- \* Decrease the need for outside service repair calls
- \* Improve safety and security
- \* Easy do it yourself projects including: sheetrock repair, caulking and basic plumbing and electrical work.

A manual will be given to each attendee that can be individualized for your needs. **This class will be held at Mount Olivet Church West Campus basement. The address is 7150 Rolling Acres Rd, Victoria, MN**

Class Minimum: 6	Class Maximum: 20
Monday, October 5	6:00 pm - 9:00 pm
Victoria, MN	Peter Madsen
	Lee Lemke

Fee: \$60  
 Register by: September 28

**Need to cancel?**  
 Please review our refund policy on page 39. Thank you

## F-421 Truffles - Chocolate Candies for all Occasions

Just in time for the holiday and all those special occasions. The perfect handmade gift, these candies are smooth, rich and melt in your mouth. Best of all they are easy to make! Each student will take home a classy candy box packed with about one pound of these yummy treats to give as a gift (if you can part with it!). A \$10 supply fee will be collected in class by the instructor. Optional truffle kits are available for purchase for future candy making projects. Price of the kit is \$16 **This class takes place at Central High School in Norwood Young America.**

Class Minimum: 5	Class Maximum: 10
Thursday, November 12	6:00 pm - 9:00 pm
Central High School Home EC Room	
Nancy Burgeson	Fee: \$15
Register by: November 5	

# Adult Enrichment

## Paws Insight Training - Puppy

This class will help you gain insight into your puppy's behavior and body language and how it affects every day life. Topics that will be covered are sit, down, off, socialization, biting, chewing and house training. Open to dogs ages 8 weeks to 6 months with no previous training. **Classes take place at Paws Inn Resort located at 8127 Yale Avenue in New Germany.**

**F-422** Wednesdays, September 16, 23, 30 & October 7

7:00 pm - 8:00 pm

Brie Piller

Fee: \$65

Register by: September 9

**F-423** Wednesdays, November 18, 25, December 2 & 9

7:00 pm - 8:00 pm

Brie Piller

Fee: \$65

Register by: November 11

**Lifelong Learning**



**Stay green and growing!**

## F-424 Therapy Dogs

A therapy dog is a dog trained to provide affection and comfort to people from schools to retirement homes. Therapy dogs come in all sizes and breeds as long as they are patient, friendly, confident and at ease in all situations. They must also enjoy human contact and be content to be petted and handled. Therapy classes will consist of 2 hour sessions once a week for 6 weeks. To be certified as a Therapy dog, dogs must have prior obedience training and be proficient in all training areas. **Classes take place at Paws Inn Resort located at 8127 Yale Avenue in New Germany.**

Mondays, September 21, 28, October 5, 12, 19 & 26

6:30 pm - 8:30 pm

Sherry Eddy

Fee: \$155

**Nickle Dickle Day  
Saturday, September 19  
Don't miss out on the fun!!**

## F-425 Paws Insight - Level 1

This class is designed to help you better control and understand your dog's behavior in everyday situations. We will expand upon basic commands plus learn some fun new commands. Topics that will be covered are sit/down/stay with distractions, coming when called, loose leash walking and off command. Open to dogs 6 months or older with some basic training. **Classes take place at Paws Inn Resort located at 8127 Yale Avenue in New Germany.**

Wednesdays, September 30, October 7, 14, 21, 28, Nov 4

6:45 pm - 7:45 pm

Jodi Theis

Fee: \$95

Register by: September 23

## F-426 Agility Obstacle 1

Agility is a great confidence builder for you and your dog. A wonderful way to exercise together. Plus, agility is fun team building. Four levels of agility instruction are available: Obstacles I & II, Sequencing, and Competition. Must start with Obstacle 1. Topics covered will be introduction to obstacles used in agility. **Classes take place at Paws Inn Resort located at 8127 Yale Avenue in New Germany.**

Mondays, September 21, 28, October 5, 12, 19 & 26

7:45 pm - 8:45 pm

Jodi Theis

Fee: \$65

Register by: September 14

**Visit us on-line @  
[www.waconiacommunityed.org](http://www.waconiacommunityed.org)**

## KPAWS (Kids Pet Animals With Safety)

This class is for kids age 3 & up - no dogs, please. Have you or your kids ever learned:

- \* What to do when a strange dog runs up or chases you?
- \* How to safely meet a dog for the first time?
- \* Ways to tell if a dog is safe or not?
- \* Fun and safe ways to play with a dog?
- \* How to feed and clean up after the new dog?
- \* Why puppy training is so important?

Kids learn this and more through interactive activities and role playing.

**F-427** Tuesday, September 22 6:30 pm - 8:00 pm

**F-428** Wednesday, November 11 6:30 pm - 8:00 pm

**F-429** Saturday, January 9 10:00 am - 11:30 am

Fee: \$19 per session

# Adult Enrichment

## F-430 Microsoft Office for Beginners

If you don't have much experience with Microsoft Office, this is the class for you!. In this class we will cover the basics of the Microsoft Office Suite. Such as Word, Excel and Powerpoint. I will teach you how to find answers when you run into problems. There will be shortcuts discussed that will make working with Microsoft Office much easier and quicker. Class 1: Word & Powerpoint; Class 2: Excel & Review from first class; Class 3: Review and more advanced topics.

Class Minimum: 5  
Mondays, October 5 & 12  
WHS Computer Lab  
Fee: \$30  
Register by: September 28

Class Maximum: 12  
6:00 pm - 7:30 pm  
Jeremy Augustin

## Community Education 952-442-0610

## F-431 Microsoft Office for Advanced Users

If you've had experience with Microsoft Office 2003, but you would like to unlock more of it's potential, this will be an excellent class for you. In this class we will cover Word, Excel and Powerpoint. There will be many simple yet powerful techniques given. The shortcuts that are covered will help you become more efficient. You will also get a preview of Microsoft Office 2007. Class 1: Word & Powerpoint; Class 2: Excel and Review; Class 3: Review and more advanced topics and Microsoft Office 2007.

Class Minimum: 5  
Mondays, October 19 & 26  
WHS Computer Lab  
Fee: \$30  
Register by: October 12

Class Maximum: 12  
6:00 pm - 7:30 pm  
Jeremy Augustin

## Youth Recreation Deadlines

Kindergarten Football  
1st & 2nd Flag Football,  
3rd & 4th Flag Football,  
4th Grade Tackle Football  
5th & 6th Bantam Football,  
5th & 6th Volleyball  
3rd & 4th Girls Soccer

Friday, August 14

## F-432 When Everyone Isn't Minnesota Nice!

Kids' going to college? This six-hour seminar is a great class for students going off to college this fall. We also recommend it for teens, business travelers, working professionals, or anyone who may find themselves alone during the day-to-day activities. The course topics include awareness, decision-making, assailant traits and psychology, victim behavior, situation-response analysis, psychology of deterrence, attack management and emergency responses.

The information presented is based on solid research and technology which result in reliable outcomes. Attendees will learn to evaluate environmental and behavioral clues that will reduce personal risk. This seminar is grounded in the framework of Minnesota Statutes, providing understanding of your legal authority as well as a clear definition of responsibility. The instructor, Terry Hipp, has 30 years of experience in the criminal justice system and private security and 25 years as an instructor in self-defense, firearms and understanding violence. Participants should wear comfortable clothing and bring a bag lunch. Participants will also receive a DVD with the training techniques that are taught in class.

Class Minimum: 10  
Saturday, September 26  
CW Media Center  
Fee: \$99 per person  
\$49 for each additional person  
Register by: September 18

Class Maximum: 30  
9:00 am - 3:00 pm  
Terry Hipp

## F-433 Harnessing the Web

Have you ever been searching the web and find yourself looking at a bunch of websites that didn't have anything to do with what you were looking for in the first place? This class is for anyone who wants to learn ways of unleashing the power of the web. Topics that will be covered will be google advanced search, google alerts, the deep web, visual search engines and mind mapping.

Class Minimum: 5  
Class Maximum: 12  
Monday, November 2  
6:00 pm - 7:30 pm  
WHS Computer Lab  
Jeremy Augustin  
Fee: \$10  
Register by: October 26



## District 930 Carver-Scott Educational Cooperative

### GED Preparation and Adult Basic Education

Make an appointment for a FREE assessment

- 2 locations to choose from

Mondays, 1:00 pm

Thursdays, 5:30 pm

Valley Green Workforce Center

792 Canterbury Road, Shakopee

OR

Wednesdays, 5:30 pm

Carver-Scott Ed Coop

401 East 4th Street, Chaska



After you complete registration and assessment:

You may be referred to the GED testing center in Chaska or Shakopee. GED test fee is \$100 or you may be referred to FREE classes

### GED On-Line

Do you want to earn your GED, but have a hard time attending it to a class? Work on GED Preparation from the convenience of your home.

Is GED-i online right for you?

Can you...

Take a reading test and score at approximately a 9th grade reading level.

Use a computer (keyboard, email, internet, word processing).

Access a computer with internet.

Work independently

For more information call 952-403-7674

### English Language Classes

Fall classes begin Tuesday, September 8, 2009

#### Chaska:

Monday - Friday; 9:00 am - 12:00 pm

Registration Tues & Thurs at 12:00 pm

District #112 Education Center

11 Peavey Road, Chaska

Monday, Wed & Thurs; 5:30 pm - 8:30 pm

Registration Wednesdays

Carver-Scott Educational Cooperative

401 East 4th Street, Chaska

#### Shakopee:

Monday - Friday; 9:00 am - 12:00 pm

Registration Tuesdays & Thursdays; 5:30 - 8:30 pm

(Registration Mondays)

Valley Green Workforce Center

792 Canterbury Road, Shakopee

#### Mound

Mondays, Tuesdays, Wednesdays

1:00 pm - 3:30 pm and 4:00 pm - 7:00 pm

Shirley Hills School

2450 Whilshire Blvd

Contact: Mary Hurley @ 952-491-8463

Classes to be announced in Jordan, Belle Plaine and Savage.

Adult Basic Education services are offered in partnership with Community Education programs in the following districts: District 108 Norwood Young America; District 110 Waconia; District 112 Chaska; District 277 Westonka; District 716 Belle Plaine; District 717 Jordan; District 719 Prior Lake-Savage; District 720 Shakopee; District 721 New Prague.

District 930 Carver-Scott Educational Cooperative does not discriminate in admission to, access to, or operations of its programs, services, activities or employment on the basis of race, creed, religion, national origin, gender, sexual orientation, disability, age, marital status, or status with regard to public assistance.

# Adult Enrichment

## F-434 Absolutely Abdominals (Mid-Section Make-Over)

We all have four layers of abdominal muscles, each with fibers running in a different direction. This criss-crossing pattern shapes your mid-section and supports the lower back. There are many reasons why the abs can weaken and lose shape: past pregnancies, abdominal surgery, sitting for hours a day at a desk, to name a few. In this workshop you will:

- \* Strengthen all 4 layers of ab muscle without getting on the floor.
- \* Re-shape your waistline.
- \* Check for Diastasis Rectus - overstretched abdominal connective tissue from pregnancies one year or decades ago. If you have this, it will change how you need to do abdominal exercises because common crunches will only serve to weaken muscles further.
- \* Show you how to correct this problem.
- \* Regain control of abdominal muscles that have been cut from surgery.
- \* Strengthen abdominals from the inside out.
- \* Anywhere/anytime abdominal exercises that fit into even the busiest of schedules.
- \* Get a tummy tuck without surgery.
- \* Relieve lower back discomfort.

Don't waste your time doing normal abdominal crunches. Come and learn how to strengthen and flatten your abdominals quickly, effectively and in a very functional way. Come prepared to exercise and bring an exercise mat. Supplies included in the tuition fee.

Class Minimum: 6                      Class Maximum: 20  
Thursday, October 29                6:00 pm - 7:30 pm  
BV Media Center                      Janice Novak, M.S.  
Fee: \$25  
Register by: October 22

### Community Ed. Drop Box Locations:

- > **516 Industrial Blvd., Waconia**  
(outside of Education Center building near CE office entrance)
- > **24 South Walnut Street, Waconia**  
(north end of Bayview Elementary School building)
- > **225 4th Street West, Waconia**  
(outside main entrance doors of Southview Elementary School)

## F-435 Hips, Thighs & Otherwise

If you've noticed hip/thigh/butt spread, you are not alone and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous "10 Minute Miracle Exercise" series to strengthen lower body muscles quickly and in the process increase metabolism and bone density; decrease weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have time/money/inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. Come prepared to exercise and bring a mat.

Class Minimum: 6  
Tuesday, November 3  
BV Media Center  
Fee: \$25  
Register by: October 27

Class Maximum: 20  
6:00 pm - 7:30 pm  
Janice Novak, M.S.

**Need to cancel?**  
Please review our refund policy  
on page 39. Thank you

## Waconia Community Education Is Going Green!!

Beginning with the 2009-2010 school year Waconia Community Education and community schools will no longer be distributing paper flyers in the weekly folders. Important information and registration deadline information on your recreation, youth enrichment, adult enrichment classes, camps, leagues and events will all be available for you to view online! Online registration is tentatively set for the Fall of 2009. District #110 student's weekly flyers will be available on the Infinite Campus' messenger service when you provide your email address at your student's open house in September. Beginning in August there will be a link on our website to view the "Tuesday Flyers" at [www.waconiacommunityed.org](http://www.waconiacommunityed.org). Anyone can join the Waconia Community Weekly Email Tuesday Updates list by providing us with your email and you will then receive the "Tuesday Flyer" right to your email. Email [hwortz@waconia.k12.mn.us](mailto:hwortz@waconia.k12.mn.us) to be put on the email updates list at anytime. Simply state that you would like to be added to the Tuesday Flyer Distribution list and you'll be notified each Tuesday.

# Defensive Driving

## F-436 Defensive Driving - 8 Hour Course

If you are 55 years or older you can save money and become a better driver. Minnesota law requires insurance companies to offer a 10% reduction for 3 years if you complete a National Safety Council's course taught by certified instructors. This course is 2 sessions of classroom training. No driving test is required. You will receive a certificate of completion to provide to your insurance company.

Class Minimum: 15 November 2 & 4 WHS Media Center Fee: \$21	Class Maximum: 30 5:30 pm - 9:30 pm MN Safety Council Register by: Oct 26
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Registrations for all defensive driving classes must be in person or through the mail. Registrations must be complete with name, address, license number and payment. Registration deadline is 7 days prior to the class.

## Defensive Driving - 4 Hour Course

If you have taken the 8 hour course in the past, you can renew your 3 year, 10% discount by taking this state approved 4 hour course. There is no driving test required. You will receive a certificate after completion to provide to your insurance company.

Class Minimum: 15 F-437 Tuesday, October 13 WHS Media Center Fee: \$19	Class Maximum: 50 5:30 pm - 9:30 pm MN Safety Council Register by: Oct 6
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Class Minimum: 15 F-438 Monday, December 7 WHS Media Center Fee: \$19	Class Maximum: 50 5:30 pm - 9:30 pm MN Safety Council Register by: Nov 30
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# CPR/Lifesaver Courses

## F-439 American Red Cross: Adult CPR

You need to know what to do in an emergency before medical help arrives. Since you may be faced with an emergency in your lifetime, it's important that you know how to recognize an emergency and know how to respond. This course is designed for individuals to learn how to provide care for breathing and cardiac emergencies; including performing adult rescue breathing and CPR. Upon successful completion of the course, you will receive an American Red Cross Adult CPR certificate.

Class Minimum: 6 Thursday, September 24 Fee: \$40 American Red Cross	Class Maximum: 25 6:00 pm - 10:00 pm BV Media Center Register by: Sept 17
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## F-441 American Red Cross: First Aid

You may be faced with an emergency in your lifetime, it is critical that you know how to recognize and respond to:

- ~ Bleeding control and splinting
- ~ Care for shock, burns and splinting
- ~ Care for sudden illness
- ~ Care for heat and cold related illnesses
- ~ Contents of a first aid kit

Class participants will receive an American Red Cross Certificate.

Class Minimum: 6 Monday, November 16 Fee: \$40 American Red Cross	Class Maximum: 25 6:00 pm - 9:00 pm BV Media Center Register by: Nov 9
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## F-440 American Red Cross: Infant & Child CPR

If your child stops breathing or chokes, do you know what to do? You and your family can learn how to act quickly and effectively in a life threatening situation involving respiratory or cardiac emergencies affecting infants and children from birth to 8 years old. This course teaches rescue breathing, CPR, and First Aid for choking, as well as how to reduce their risk of injury and illness. Upon successful completion of the course, you will receive an American Red Cross certificate. This course meets the requirements for Rule #3 for CPR training for Child Care employees.

Class Minimum: 6 Tuesday, October 20 Fee: \$50 American Red Cross	Class Maximum: 25 6:00 pm - 10:00 pm SV Media Center Register by: October 13
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# Adult Enrichment

## F-442 Introduction to Healing Touch and the Chakra Connection

Healing Touch is a biofield/energy-based therapy which was developed by an RN and uses touch/non-touch to influence the energy system thus affecting physical, emotional, mental, spiritual health, and balance to the energy system to assist with self healing. This class will use the major energy field and energy centers. It will teach you a balancing technique which will open and balance your chakras and enhance your flow of energy to reduce anxiety and stress. Please wear comfortable clothes and bring a pillow or mat with you.

Class Minimum: 6  
Monday, October 5  
WHS Media Center  
Fee: \$22

Class Maximum: 12  
6:30 pm - 8:30 pm  
Susan Stubson  
Register by: Sept 28

### Carver County Area Senior Expo

Thursday, October 15

8:00 am - 1:30 pm

Waconia High School

Fee: \$10 per person

This event promotes the value of Carver County Area Senior Citizens and anyone planning for retirement or is already retired through a day event of education, exhibits, entertainment and fellowship. Stan Tekela will be there talking about Bird Watching and the CHAN-O-Laries will be on hand to provide some entertainment after lunch. Lunch and coffee and donuts are included in the \$10 fee. Registrations can be mailed to Waconia Community Education. Don't miss out on this great event. For more information call 952-442-0610.

## F-444 Everything You Need to Know About Meridians

Eastern medicine has worked with meridians for centuries. Meridians are part of our "subtle" or unseen energy system that is throughout and surrounds our body. Acupuncturists and acupressurists use the meridians to clear blockages and open our flow of energy, or Chi, allowing us to heal and remain healthy. This class will teach you what you need to know about our energy system and the meridians, how you can test for blockages, and how to correct those blockages for maximum healing potential. It is not a substitute for but works well with traditional medical care. It is helpful but not mandatory to take Intro to Energy Testing prior to this class.

Class Minimum: 6  
Monday, November 30  
WHS Media Center  
Fee: \$22

Class Maximum: 12  
6:30 pm - 8:00 pm  
Susan Stubson  
Register by: Nov 23

## Fall Harvest

Saturday, October 10

3:00 pm - 7:00 pm

### Clearwater Middle School & Edible Classroom

Come out and join this first time family event. There will be plenty of activities that will be planned. Such as a hay jump, petting zoo, paint-a-pumpkin, face painting and plenty of other treats. Don't miss out on this great night!! For information will be on the School District and the Community Education website in September.



### Community Ed. Drop Box Locations:

#### > 516 Industrial Blvd., Waconia

(outside of Education Center building near CE office entrance)

#### > 24 South Walnut Street, Waconia

(north end of Bayview Elementary School building)

#### > 225 4th Street West, Waconia

(outside main entrance doors of Southview Elementary School)

### Santa is Coming to CE Tuesday, December 1

Come to the Winter Wonderland at Waconia Community Education between the hours of 4:30 pm and 6:30 pm on Tuesday, December 1st and see Santa! Bring your own camera and our staff will snap a couple of photos for you! Enjoy a complimentary sleigh ride down Industrial Blvd with Rock Isle Farms. There will also be a chance to create holiday crafts and enjoy some christmas treats. Please consider bringing a non-perishable food item to donate to a local food shelf.



### "Lunch with the Looney Lutherans" Saturday, October 3 at 12:00 pm Good Samaritan Society, Westview Acres 333 West Fifth Street, Waconia

Tickets are \$10 which includes a fabulous hot dish lunch and the show. Tickets go on sale August 31 and can be purchased or reserved by calling 952-442-7130. For more information visit [www.good-sam.com](http://www.good-sam.com) or [www.thelooneylutherans.com](http://www.thelooneylutherans.com).





# Youth Enrichment

## F-106 Hay Ride at Rock Isle Farms

This outing is for all 5th - 8th graders! Join us at Rock Isle Farms on Sunday, October 25 from 5:45 pm - 8:30 pm. We will be going on an hour long hay ride and then come back to a warm campfire to enjoy hotdogs and campfire treats. Parents should drop off their kids at Rock Isle Farm at 5:45 pm and pick them up at 8:30 pm. Cost includes one hour hay ride, campfire dinner and adult supervision. Rock Isle Farms is just east on Hwy 5 just out of Waconia.

Class Minimum: 15                      Class Maximum: 25  
Sunday, October 25                      5:45 pm - 8:30 pm  
Fee: \$12  
Register by: October 20

### Destination Imagination

Destination Imagination is the world's largest creative problem solving program for Kindergarten through college-aged learners, going strong in 50 states and over 40 countries. Teams of up to 7 members solve one of six different Challenges, which they perform in front of appraisers at tournaments. DI participants develop life skills while solving challenges through their unique hands-on experiences in the sciences, technology, mechanics, engineering, theater, improvisation, goal setting, time and budget management, team building, and leadership. Our ultimate goal is to teach participants that through their creativity, teamwork, and perseverance, they can develop creative solutions to complex problems completely on their own! For more information on all DI's programs, see the DI, Inc. website at [www.idodi.org](http://www.idodi.org).

This is a new program that Waconia Community Education would like to offer during the the 2009-2010 school year. This program requires a lot of parent support and leadership. Please call or email Holly at 952-442-0612 or [hwortz@waconia.k12.mn.us](mailto:hwortz@waconia.k12.mn.us) by Wednesday, September 23 to be put on a list of interested participants.

### Hola! Spanish Fiesta Fun!

Learn Spanish with Yanket! We will be doing a lot of fun activities such as learning numbers, different foods, traditions, culture, music and the alphabet. Beinvenido ala fiesta!

Class Minimum: 8                      Class Maximum: 16  
Saturdays, November 7, 14, 21, December 5, 12 & 19  
F-144 Ages 3 - Kindergarten                      8:00 am - 9:30 am  
F-145 Grades 1 - 4                      9:30 am - 11:00 am  
BV Kids' Company Room (Please enter thru the doors by the bus lanes:  
Fee: \$33                      Register by: Oct 29

## F-107 Abrakadoodle - Fantastic Fall Art Grades K - 4

A fun, imaginative art program for kids. Abrakadoodle introduces children to a wide variety of art materials and art techniques. Abrakadoodle inspires kids to reach beyond and create unique art. This fall we'll learn about mono printing. We will do watercolor, learn about perspective and how to use chalk pastels. Kids' will also learn about LeRoy Neiman and paint a lion using a unique painting technique. We'll also sculpt African masks with clay. We'll also try out one of our new drawster lessons to sharpen our drawing skills. Our featured artists are Winslow Homer, Heinz Kirchner and Natasha Wescoat. There will be lots of paint and chalk and model magic to create some colorful masterpieces. All new lessons for 2009!!

Class Minimum: 5                      Class Maximum: 20  
Mondays, Sept 28, Oct 5, 12, 19, 26, Nov 2, 9 & 16  
BV 2nd Grade Commons                      2:45 pm - 3:45 pm  
Fee: \$101                      Abrakadoodle  
Register by: September 21



## F-108 Abrakadoodle - Fantastic Fall Art Grades K - 4

A fun, imaginative art program for kids. Abrakadoodle introduces children to a wide variety of art materials and art techniques. Abrakadoodle inspires kids to reach beyond and create unique art. This fall we'll learn about mono printing. We will watercolor and we'll learn about perspective and how to use chalk pastels. Kids' will also learn about LeRoy Neiman and paint a lion using a unique painting technique and we'll sculpt African masks with clay. We'll also try out one of our new drawster lessons to sharpen our drawing skills. Our featured artists are Winslow Homer, Heinz Kirchner and Natasha Wescoat. There will be lots of paint and chalk and model magic to create some colorful masterpieces. All new lessons for 2009!!

Class Minimum: 5                      Class Maximum: 20  
Mondays, November 23, 30, December 7 & 14  
SV 2nd Grade Commons                      2:45 pm - 3:45 pm  
Fee: \$57                      Abrakadoodle  
Register by: November 16

# Youth Enrichment

## F-109 Science Explore's Mixture Madness Ages 3 - 5

Pour, mix, measure and stir. In Mixture Madness you will be exploring the world of chemistry by mixing together safe ingredients. You will create slime while learning about polymers, combine primary colors to create secondary colors, and have fun with magical crystals while learning about absorptions. Be sure to dress so you can get messy as we explore these and other fascinating mixtures. Please enter through the North doors at Bayview Elementary School.

Class Minimum: 8

Class Maximum: 10

Saturdays, November 7, 14 & 21

9:30 am - 10:45 am

Science Explorers

BV 1st Grade Commons

Fee: \$31

Register by: October 30



## F-110 Science Explore's Dynamite Dinosaurs Ages 3 - 5

Enter the Science Explorers' time machine and journey back to a world where dinosaurs ruled the earth. Learn about big and small dinosaurs, as well as other animals that roamed the earth long before people. You'll have a dynamite time studying fossils, participating in hands-on experiments, creating art projects, playing games and much more as we journey back in time. Please enter through the North doors at Bayview Elementary School.

Class Minimum: 8

Class Maximum: 10

Saturdays, December 5, 12 & 19

9:30 am - 10:45 am

Science Explorers

BV 1st Grade Commons

Fee: \$31

Register by: October 30

## F-111 Science Explore's Great Reactions Grades K - 4

Join Science Explorers as we discover the fascinating world of chemistry. We will investigate the difference between a chemical reaction and a physical change by creating several intriguing experiments. Please dress so you can get messy for this fun, hands-on class.

Class Minimum: 10

Class Maximum: 16

Friday, December 4

9:30 am - 11:30 am

BV 2nd Grade Commons

Science Explorers

Fee: \$17

Register by: November 24

## F-112 Science Explorers Chemical Concoctions Grades K - 4

Calling all junior chemists and other curious explorers! Join Science Explorers as we discover the fascinating world of chemistry. Be sure to wear old clothes as we get messy learning about solids, liquids and gases. We will also create cool chemical reactions, explore density, make polymers, and create cabbage juice as an indicator to identify acids, bases and neutrals. This class is more than hands-on, it's hands-in as we experiment with these and other safe compounds.

Class Minimum: 10

Class Maximum: 16

Tuesdays, November 3, 10, 17 & 24

2:45 pm - 4:00 pm

Science Explorers

BV 3rd Grade Commons

Fee: \$44

Register by: October 27

## Nickle Dickle 5K & 10K Run & 1/2 Mile Tickle Run for Youth - Saturday, September 19, 2009

Fast Results! Chip Times. The best shirts, caps, entertainment, treats and volunteers in the metro area. A registration form can be found at [www.waconiacommunityed.org](http://www.waconiacommunityed.org)

### 5K & 10K Entry Information:

Race starts at 8:30 am @ Waconia High School

\$22 with shirt on/before September 9

\$28 with shirt after September 9

\$15 on/before September 9 (No T-shirt)

\$20 after September 9 (No T-shirt)

### 1/2 Mile Youth Entry Information:

Race starts at 10:30 am @ Trinity Lutheran

\$18 with T-shirt / \$8 without

Late fee after September 9 is \$20 / \$10

All fees are non-refundable.



Three Easy Ways to Register:

1. Mail registration to:

ISD #110 Community Education

516 Industrial Blvd.

Waconia, MN 55387

2. Fax with credit card info. to: 952-442-0619

3. Register on-line @ [www.active.com](http://www.active.com)

# Youth Enrichment

## Kids' Fun Night Out

Ages 3 - 12

Do your kids want a fun place to go when you are out for a Friday evening? The night begins with the kids having free time in the Southview Elementary Kids' Company room playing with a variety of games, toys and coloring sheets! Then we will go outside to the Southview School playground. Finally we will finish the evening with a movie. Feel free to bring a snack, water bottle, pillow, sleeping bag and pajamas! You may sign up for as many dates as you would like, but register early as there are a maximum number of children per session. Children must be toilet trained. Please complete your registration form at least one week before each date. This program is supervised by Community Education's Youth Programmer, Holly Wortz. Please call or email Holly at [hwortz@waconia.k12.mn.us](mailto:hwortz@waconia.k12.mn.us) or 952-442-0612 if you have any other questions. Please enter the building through the front office at Southview.

Class Minimum: 12	Class Maximum: 30
Fridays	6:30 pm - 10:30 pm
F-113 September 25	F-115 October 16
F-114 November 6	F-116 November 20

Fee: \$14 per child per night  
 \$6 for each additional child per family per night  
 Registrations must be completed AT LEAST one week before each date! Thank you.



## Drivers Education: Behind the Wheel

After a student has completed their 30 hours of classroom instruction they may register for their Behind the Wheel at the Community Education office. You will need to bring with you: 1) the letter of verification of classroom instruction 2) a completed BTW registration form (available in the CE office) and 3) payment. You will then receive the blue card which is needed to take the permit test. The fee is \$270. You will be contacted by one of our instructors for your 6 hours of Behind the Wheel. Contact Community Education at 952-442-0610 with any questions.



**LIFELONG  
LEARNING**  
**It's A Journey**

## YOUTH DEVELOPMENT COUNCIL CLUB GRADES 5 - 8

Looking for a fun and exciting way to kick off the school year? Join the YDC Club! YDC creates opportunities for younger generations in School District #110. A few headline events that you could participate in throughout the year are "Youth Talent Show Contest," "Father-Daughter Dance," and 5th & 6th Grade Basketball Tournament. Helping with these ongoing events along with creating new events is what the YDC Club is all about. If you have any questions please contact Holly Wortz at Community Education at 952-442-0612 or attend the first meeting. Hope to see you there!

- Middle School YDC Meeting:

**Tuesday, September 15 @ 3:00 pm in the  
Clearwater Middle School Cafetorium.**

## Nickle Dickle 5K & 10K Run & 1/2 Mile Tickle Run for Youth - Saturday, September 19, 2009

Fast Results! Chip Times. The best shirts, caps, entertainment, treats and volunteers in the metro area. A registration form can be found at [www.waconiacommunityed.org](http://www.waconiacommunityed.org)

### 5K & 10K Entry Information:

Race starts at 8:30 am @ Waconia High School

- \$22 with shirt on/before September 9
- \$28 with shirt after September 9
- \$15 on/before September 9 (No T-shirt)
- \$20 after September 9 (No T-shirt)

### 1/2 Mile Youth Entry Information:

Race starts at 10:30 am @ Trinity Lutheran  
 \$18 with T-shirt / \$8 without  
 Late fee after September 9 is \$20 / \$10

All fees are non-refundable.



Three Easy Ways to Register:

1. Mail registration to:  
 ISD #110 Community Education  
 516 Industrial Blvd.  
 Waconia, MN 55387
2. Fax with credit card info. to: 952-442-0619
3. Register on-line @ [www.active.com](http://www.active.com)

# Youth Enrichment

## F-139 Improv! Grades 1 - 4

Improv is the magical art of creating something out of nothing. Every unscripted, unrehearsed conversation we have every day is improv! Using basic improv games and activities, kids learn to think on their feet in a supportive, non-competitive environment. Children learn the basics of improv, and may learn to bring an audience to laughter using skills they didn't even know they possessed. Also, included are tips on the do's and don'ts of performing and putting on your very own show. The Young Performers goal is to ensure children have a positive first and lasting impression of the theatre arts.

Class Minimum: 6                      Class Maximum: 12  
Thursdays, October 1, 8, 22, 29 & November 5  
2:45 pm - 3:45 pm  
Fee: \$65                                  Young Performers &  
BV Music Room F111                      Old Log Theatre  
Register by: September 24

## F-118 Learn to Sing! Grades 1 - 4

Kids will focus on developing the singing voice with natural technique. They will learn the elements of breathing, projection, range and control, with special emphasis on learning how to "act" the song and interpret the lyrics. Parents and others are invited to the last class/performance. Young Performers keys to success are their instructors!

Class Minimum: 6                      Class Maximum: 12  
Tuesdays, October 6, 13, 20, 27 & November 3  
2:45 pm - 3:45 pm  
Fee: \$65  
Young Performers &  
SV Music Room A101  
Old Log Theatre  
Register by: September 24



### Community Ed. Drop Box Locations:

- > **516 Industrial Blvd., Waconia**  
(outside of Education Center building near CE office entrance)
- > **24 South Walnut Street, Waconia**  
(north end of Bayview Elementary School building)
- > **225 4th Street West, Waconia**  
(outside main entrance doors of Southview Elementary School)

## Clay Camp Grades 1 - 4

Pottery and sculpture handmade by your child will truly capture their imagination. Students will be given 1.5 pounds of red and white earthenware clay and taught basic handbuilding techniques. Glazes are food safe, so projects may include covered jars, baskets, mugs, bowls or a sculpture reflecting your child's interest. The artwork will be fired and glazed by the instructor and returned back to school within four weeks. Dress for a mess!! Parents - you can register and make a project also.

Class Minimum: 8                      Class Maximum: 20  
**F-119** Tuesday, November 24                      2:45 pm - 4:15 pm  
SV Art Room                                  Fee: \$22  
Laura "The Potter" Lounsbury                      Register by: Nov 17

Class Minimum: 8                      Class Maximum: 20  
**F-120** Monday, December 7                      2:45 pm - 4:15 pm  
BV Art Room                                  Fee: \$22  
Laura "The Potter" Lounsbury                      Register by: Nov 30



**Don't miss out  
on the fun!  
Register early!**

## ARTASTIC! by Young Rembrandts Grades 1 - 4

Create amazing drawings! Discover drawing techniques like perspective and how to use warm and cool colors to deliver cool artistic effects. You will build artistic skills with step-by-step instructions from an enthusiastic and talented teacher. This class will expand your knowledge in art.

Class Minimum: 8                      Class Maximum: 20  
**F-121** Mondays, Sept 28, Oct 5, 12, 19, 26, Nov 2, 9 & 16  
2:45 pm - 3:45 pm                      Fee: \$88  
SV 3rd Grade Commons  
Register by: Sept 21

Class Minimum: 8                      Class Maximum: 20  
**F-122** Tuesdays, Oct 27, Nov 3, 10, 17, 24, Dec 1, 8 & 15  
2:45 pm - 3:45 pm                      Fee: \$88  
BV Art Room  
Register by: Oct

# Youth Enrichment

## F-123 Snowmobile Safety Training

The Department of Natural Resources along with Carver County Snow Runners and ISD #110 Community Education are offering safety training sessions for students 12 - 15 years of age only. Students must be 12 years old as of November 21, 2009. NO EXCEPTIONS. Certification to operate a snowmobile is issued upon completion of the course. Students must be present all three nights of class. Class maximum for this course is 35 students. There is also a driving test for this course that is held at a later date. **Note:** Parents must register in person in the Community Education office. There is a specific form that needs to be filled out for this class. There is no online registration for this class. Thank you.

Monday, November 16	5:00 pm - 8:00 pm
Tuesday, November 17	5:00 pm - 8:00 pm
Thursday, November 19	5:00 pm - 6:30 pm
BV Multi Purpose Room	Scott Wakefield
Fee: \$15	

**Registration for Snowmobile Safety class begins in the Community Education office on Tuesday, October 6 at 7:45 am.**

## Wanted!

### Community Education Instructors

Community Education is looking for individuals to teach Adult and Youth Enrichment classes. The primary qualifications are thorough knowledge of specific subject matter, good communication skills, a belief in learning for life and an interest in working with people. If you are interested in a rewarding and challenging opportunity contact:



#110 Community Education  
 516 Industrial Blvd.  
 Waconia, MN 55387  
 952-442-0610  
 hwortz@waconia.k12.mn.us

**Community Education  
 516 Industrial Blvd., Waconia, MN  
 952-442-0610**

## F-124 Babysitters Meet & Greet

Parents do you need a babysitter? Babysitters do you need families to babysit for? If so, this is the place for you!! Babysitters will be at tables and parents will rotate casually around and get to know the babysitters. These mini-interviews will last about 5 minutes, much like a "speed dating" concept. Parents will have the chance to meet sitters in the community and hopefully find great childcare. Babysitters will also get the chance to briefly ask about the family as well as exchange contact information for future babysitting opportunities. This event is open to babysitters ages 12 and up and families in the community. Parents of babysitters are welcome to attend with their student. The \$3 registration fee is required for both the families and the babysitters. At the time of registration all participants should provide a brief bio about themselves or their families. This information will go into the meet and greet pamphlet that each person will receive at the event. **Pre-registration by September 21 is required.**

Monday, September 28  
 7:00 pm  
 WHS Cafeteria  
 Fee: \$3  
 Register by: September 21



**Need to cancel?  
 Please review our refund policy  
 on page 39. Thank you**

## Babysitter's Training

This American Health & Safety Institute accredited program stresses the priority to keep you and the children you care for safe. Boys and girls ages 11+ learn skill training and information that is necessary in caring for infants and children. This program will teach the importance of responsibility, recognizing an emergency, emergency action steps, personal, fire, and water safety, infant/child basic care, and also, responding to an unconscious victim, rescue breathing, CPR, choking management and basic first aid. Upon successful completion, participants will earn the American Health & Safety Institute Child and Babysitting Safety certification card. Please bring a pen, paper and a lunch and beverage to class.

Class Minimum: 6	Class Maximum: 20
F-142 Saturday, October 3	8:00 am - 1:30 pm
F-143 Saturday, December 5	8:00 am - 1:30 pm
BV Media Center	American Red Cross
Fee: \$30	

# Youth Enrichment

## F-138 Chess Club Grades K - 12

Whether you've never played chess and want to learn the basics or if you've played some and want to improve your skills, this is the place to be. Research shows that kids who play chess often see increases in scholastic performance, especially in math and reading. Best of all kids love it! Students will learn: value of pieces; the difference between check, checkmate; and stalemate; basic checkmate patterns; opening principals and general strategic concepts. There will be instruction given, but also open play time where kids can try out their own sets. Some chess sets will be provided, however, students are encouraged to bring their own sets if they have one. No class on October 15 and November 26.

Class Minimum: 16                      Class Maximum: 30  
Thursdays, October 8, 22, 29, November 5, 12, 19 &  
December 3                              6:45 pm - 7:45 pm  
WHS D110                                  Pat LaVone  
Fee: \$39  
Register by: October 1

## F-415 Fishin' School on Ice Grades K - Adults

This class will take a multi-species approach. Walleye fishing will be covered by taking a look at finding and catching aggressive, early ice fish and then shift focus to the mid-winter season when walleye fishing can be more difficult. Panfish species like crappies, perch, and bluegills will also be covered. A mid-winter approach will be described for these fish. In addition late-winter, after-the-game fish season closes, is when the panfish bite through the ice often peaks. Mike will provide instruction on finding and catching these fish during this popular fishing time as well. Sonar use has become a very important and popular aspect of winter fishing and this class features actual hands-on instruction utilizing fully powered sonar units. Mike will also have other ice fishing equipment on hand to show and provide instruction with. This class also shows fast action video footage from the popular Fishing the Midwest with Bob Jensen television series. Mike Frisch is a professional fisherman from Fergus Falls who is a multi-species fishing guide and tournament angler.

Class Minimum: 30                      Class Maximum: 50  
Monday, December 7                      6:00 pm - 9:00 pm  
WHS D110                                      Mike Frisch  
Fee: \$9 per person  
Register by: November 30

## Minnesota Sword Play Grades 1 - Adult

Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude for self discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self-protection techniques with the sword. Attacking, defense, timing and intense tactics are all integrated into this beginning class. Whether your fencing for a good work out or gaining points for the Olympics, fencing is fun for the whole family. We provide everything needed to fence (mask, jacket, glove and weapon). The fencer needs to come dressed comfortably (for freedom of movement) including sweat pants and running shoes.

Our new program introduces children to the fundamentals of fencing with the foil weapon. Our children's classes are performed in a non-threatening environment. With an emphasis on skill building, concentration, self discipline and fun. Classes are designed to enhance motor skills, social and perceptual growth by teaching safe age appropriate foil fencing skills to each child. Fencing can help children improve concentration and develop self-control through fun and organized activities that are developmentally correct. Registration deadline is one week prior to each session starting.

Class Minimum: 11                      Class Maximum: 50  
**F-128** Session 1: Tuesdays, Sept 22, 29, Oct 6, 13, 20 & 27  
**F-129** Session 2: Tuesdays, Nov 3, 10, 17, Dec 1, 8 & 15  
6:00 pm - 7:00 pm                      Fee: \$66  
CW Cafetorium  
Register by: September 15 / October 27

## Waconia Lanes Bowling League

Have fun bowling with your friends in this new after school league at the Waconia Lanes, located at 16 W 1st Street. League fee includes show rental and one complimentary fountain beverage. Call Holly at Community Ed before the deadline to be put on the after school bus transportation list, if enough students show an interest we may try to offer bussing to Waconia Lanes after school. Parents also have the options of dropping their child off at the Waconia Lanes or arranging other transportation. Sign up for one or both!

Class Minimum: 6                      Class Maximum: 36  
**F-146** Tuesdays, Sept 22, 29, Oct 6, 13, 20 & 27  
**F-147** Tuesdays, Nov 3, 10, 17, 24, Dec 1 & 8  
3:15 pm - 5:45 pm                      Waconia Lanes  
Fee: \$24  
Register by: September 15 / October 27

**16th Annual Youth Talent Show Contest**  
**Sunday, January 31st at Waconia High School at 4:00 pm**  
**Hosted by Waconia Community Education**

This event is for children Preschool Age - 8th Grade. We welcome a wide variety of talents to our stage including; vocal, musical instrument, acting, performing, dancing and much more! This is a fun opportunity for kids to perform on stage either solo or in a group of up to 4 friends. The top 1st, 2nd and 3rd place prize winners in each category will be presented a medal and a cash prize. All participants will receive a participation ribbon. Register with Waconia Community Education by January 20 by filling out this form and enclosing or attaching the entry fee of \$5 per person or \$10 per group. We can't wait to see your talent!!

Participant Name (s): 1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_

Circle Category:      Ages 3 - Kindergarten      1st - 3rd Grade      4th - 6th Grade      7th - 8th Grade  
(You may only enter ONCE as a soloist or group act. Group act participants must all be in the same age category.)

Type of Talent: \_\_\_\_\_

Name of Piece/Song: \_\_\_\_\_  
(Please do not leave this space blank as we must know how to list your talent. Performances should be about 1 - 3 minutes in length)

Please circle what equipment you will need for your performance:

1 or 2 pianos                      1 or 2 microphones                      CD Player

\*\* Any other special requests must be confirmed with Holly Wortz before the registration deadline.\*\*

Group Leader Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Group Leader Email:(for preshow info) \_\_\_\_\_

Payment:      Cash      Check                      Credit Card (Visa, Discover, Mastercard)                      Fee: \$5 or \$10

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Youth Talent Show Registration Deadline is Wednesday, January 20.**

If you have any questions please contact Holly Wortz at 952-442-0612 or hwortz@waconia.k12.mn.us



# Youth Recreation

## F-210 Floor Hockey Grades 5 - 8

Join us in this fast paced league! This league is for those of you that still like to play the game of hockey, but not in the cold weather. There will be 5 - 8 players per team depending on how many kids sign up. Teams will be determined after the registration deadline.

November 2, 4, 9, 11, 16 & 18

3:00 pm - 4:00 pm

Clearwater Middle School Gym

Fee: \$18

Register by: October 26

## Need to cancel?

Please review our refund policy on page 39. Thank you

## F-236 Kindergarten Hoops

This camp is designed for Kindergarten boys and girls to have fun while learning the fundamental skills of basketball!!! Instructions on simple rules and skills will be given along with fun games and drills. There is a maximum of 50 kids in this camp. Come hoop it up with us!!

Sundays, November 1, 8, 15 & 22

3:00 pm - 4:00 pm

Waconia High School Gym

Fee: \$30

Register by: October 23



## F-233 Sharp Shooter Basketball Clinic Grades 1 - 4

Come and join former Minnesota Golden Gopher basketball player Kevin Lynch for basketball camp. Camp will emphasize the fundamentals of basketball to make a more complete player. Instruction on the basic fundamentals will be taught along with a variety of drills and games.

Sundays, November 1, 8, 15 & 22

4:00 pm - 6:00 pm

Waconia High School Gym

Kevin Lynch

Fee: \$60

Register by: October 23



## Tae-Kwon-Do - Korean Karate Ages 5 & up

Instructor Linda Kroells will teach students of all ranks and levels. Students will learn self-defense techniques and the history of Tae-Kwon-Do. Lessons are for students 5 years and older. No prior experience is necessary. Beginning students on up to white belt should register for Level B. Gold belts on up should register for Level A. Classes will be held in the Bayview Elementary School Cafeteria.

### Session One: Mondays for 6 weeks

September 28, October 5, 12, 19, 26 & November 2

F-211 Level B (beginners) 6:30 pm - 7:30 pm

F-212 Level A (advanced) 7:30 pm - 8:30 pm

Fee: \$36

### Session Two: Mondays for 6 weeks

November 9, 16, 23, 30, December 7 & 14

F-213 Level B (beginners) 6:30 pm - 7:30 pm

F-214 Level A (advanced) 7:30 pm - 8:30 pm

Fee: \$36

### Session Three: Mondays for 6 weeks

December 21, January 4, 11, 25, February 1 & 8

F-215 Level B (beginners) 6:30 pm - 7:30 pm

F-216 Level A (advanced) 7:30 pm - 8:30 pm

Fee: \$36

## F-217 High School Dodgeball League Grades 9 - 12

This Co-Ed Dodgeball league is for WHS students in grades 9 - 12. There should be 10 participants per team that of which are no more than 5 boys and 5 girls. Teams will be assigned a color and this includes the option of using their team color in T-shirts, shoes, shorts, headbands, face paint, etc. Homemade team uniforms with your designated team color and number are also encouraged. Rules will be given out in advance to the team captains and are enforced by Waconia Community Education staff. Game times will begin at 7:00 pm and could go until 9:00 pm. Game schedules will be provided after the deadline. Championship tournament will be held on December 14 and league champions will receive a T-shirt! Minimum of 4 teams needed for league to be held. Registration forms can be found at [www.waconiacommunityed.org](http://www.waconiacommunityed.org) or in the Waconia High School main office.

Dates of play: November 9, 16, 23, 30, December 7

Waconia High School Gym 7:00 pm - 9:00 pm

Fee: \$100 per team

Register by: December 14



# Youth Recreation

## Shooting Stars Gymnastics

Shooting Stars Gymnastics is for girls and boys ages 3 & up. Class level descriptions can be found on our website at [www.waconiacommunityed.org](http://www.waconiacommunityed.org). Please use Activities Entrance D at Clearwater Middle School. Leotards are suggested (boys shorts & T-shirt) and hair pulled back away from their face. All children must be toilet trained in order to register for a class.



### Session One

September 12, 19, 26, October 3 & 10  
5 week session Beverly Huggett

#### Preschool 1

F-600 Saturdays 10:00 am - 10:45 am \$38

#### Preschool 2

F-601 Saturdays 10:45 am - 11:45 am \$50

#### Level 1 & 2

F-602 Saturdays 12:00 pm - 1:30 pm \$75

#### STAR (must have at least passed Level 2)

F-603 Saturdays 1:30 pm - 3:00 pm \$75

### Session Two

November 7, 14, 21, December 5 & 12  
5 Week Session Beverly Huggett

#### Preschool 1

F-700 Saturdays 10:00 am - 10:45 am \$38

#### Preschool 2

F-701 Saturdays 10:45 am - 11:45 am \$50

#### Level 1 & 2

F-702 Saturdays 12:00 pm - 1:30 pm \$75

#### STAR (must have at least passed Level 2)

F-703 Saturdays 1:30 pm - 3:00 pm \$75

### Session Three

September 14 - October 8  
4 week session Stephanie Swensen

#### Toddler Time

F-800 Tuesdays 4:00 pm - 5:00 pm \$40

#### Level 1

F-801 Tuesdays 5:00 pm - 6:00 pm \$40

#### Level 2 & 3

F-802 Tuesdays 6:00 pm - 7:00 pm \$40

#### Level 4

F-804 Thursdays 3:15 pm - 5:15 pm \$80

#### Pre Team

F-805 Mondays 5:00 pm - 8:00 pm \$120

### Session Four

October 12 - November 5  
4 week session Stephanie Swensen

#### Toddler Time

F-806 Tuesdays 4:00 pm - 5:00 pm \$40

#### Level 1

F-807 Tuesdays 5:00 pm - 6:00 pm \$40

#### Level 2 & 3

F-808 Tuesdays 6:00 pm - 7:00 pm \$40

#### Level 4

F-809 Thursdays 3:15 pm - 5:15 pm \$80

#### Pre Team

F-810 Mondays 5:00 pm - 8:00 pm \$120

### Session Five

November 9 - December 10  
(No class November 23 - 26) 4 week session Stephanie Swensen

#### Level 1

F-811 Tuesdays 6:00 pm - 7:00 pm \$40

#### Level 2 & 3

F-812 Tuesdays 7:00 pm - 8:00 pm \$40

#### Level 4

F-813 Thursdays 5:00 pm - 7:00 pm \$80

#### Pre Team

F-814 Mondays 5:00 pm - 8:00 pm \$120

### MAGA Competition Teams

MAGA Competition Teams includes gymnasts ages 6 years and older. Registration for this competitive team must take place the first session in September. MAGA is a continuous season requiring payment before each session begins. The meet schedule begins in January. Specific guidelines will be outlined at the first parent meeting. Classes take place on Mondays, Wednesdays and Thursdays.

Fee: 1 day per week, per session is \$150  
2 days per week, per session is \$250  
3 days per week, per session is \$350

#### Session One

F-1000 September 14 - October 23  
(No class on 10/15 - makeup on 10/23)  
3:15 pm - 6:15 pm

#### Session Two

F-1001 October 26 - December 3  
(No class on 11/25 & 11/26 - makeup on 10/30 & 11/6)  
3:15 - 6:15 pm

#### Session Three

F-1002 December 7 - January 14  
(No class on 12/24 & 12/25 - makeup on 12/21 & 12/22)  
5:00 pm - 8:00 pm

# Youth Recreation



## F-200 Flag Football ~ Grade 1

Flag football is open to both boys and girls in first grade. This program is designed to teach first graders the basics of the game, no tackling allowed. Teams will have 6 - 8 players each. Parents - you are the quarterbacks and the coach. The registration deadline is Friday, August 14. A T-shirt will be given to each participant. The **coaches meeting** will be at 7:30 pm on Tuesday, September 1 in the Community Education office. Photo day is Saturday, September 12.

The following are the practice and game dates:  
September 12, 14, 21, 26, 28, October 3, 5 & 10  
Day/Times: Monday evenings & Saturday  
St. Boni Bonifacius Field/Brook Peterson Park  
Fee: \$45, \$10 late fee after August 14

## F-201 Flag Football ~ Grade 2

Flag football is open to both boys and girls in second grade. This program is designed to teach second graders the basics of the game. Flag football only. Teams will have 6 - 8 players each. Parents - you are the quarterbacks and the coach. The registration deadline is Friday, August 14. A T-shirt will be given to each participant. The **coaches meeting** will be at 6:30 pm on Tuesday, September 1 in the Community Education office. Photo day is Saturday, September 12.

The following are the practice and game dates:  
September 12, 14, 21, 26, 28, October 3, 5 & 10  
Day/Times: Monday evenings & Saturday  
Brook Peterson Park  
Fee: \$45, \$10 late fee after August 14



## F-202 Flag Football ~ Grade 3 & 4

In-house Flag Football for grades 3 & 4. This is a no tackle league. There will be 6 - 8 players per team and 14 - 18 teams in the league. Coaches will act as the quarterback and give directions on the field. The first night's practice, rules meeting and team orientation will be on Tuesday, September 8 at 6:30 pm at Brook Peterson Park. The registration deadline is Friday, August 14. A T-shirt will be given to each participant. The **coaches meeting** will be at 7:30 pm on Tuesday, September 1 in the Community Education office. Photo day is Saturday, September 12.

The following are the practice and game dates:  
September 8, 12, 15, 22, 26, 29, October 3, 6 & 10  
Day/Times: Tuesday evenings & Saturday  
Brook Peterson Park  
Fee: \$48, \$10 late fee after August 14



## F-206 Tackle Football - Grades 4

**NEW!!** Tackle Football is for grade 4. The registration deadline is Friday, August 14. Teams need to be divided, leagues organized, equipment and uniforms ordered, and coaches recruited. **There is a mandatory weigh-in and pants check-out on Monday, August 17 in the CE office. Last name starting with:**

- Q - Z from 5:45 pm - 6:30 pm
- K - P from 6:30 pm - 7:15 pm
- A - J from 7:15 pm - 8:00 pm

Practices and games will be on Saturdays and also 1 - 2 nights a week. The practice and game nights are September 12, 17, 24, 26, October 1, 2, 8 & 10. The **coaches meeting** will be on Monday, August 24 at 7:15 pm in the CE office. Community Ed. will provide a jersey (to keep) and black pants (to be returned). Photo day is Saturday, September 12.

Fee: \$55 plus a \$50 deposit for black football pants. Upon the return of the pants when the season has ended, you will be refunded \$50. If pants are not returned to the CE office by November 20 the \$50 will be voided.

## F-203 Tackle Football - Grades 5 & 6

Tackle Football is for grades 5 & 6. The registration deadline is Friday, August 14. Teams need to be divided, leagues organized, equipment and uniforms ordered, and coaches recruited. **There is a mandatory weigh-in and pants check-out on Monday, August 17 in the CE office. Last name starting with:**

- Q - Z from 5:45 pm - 6:30 pm
- K - P from 6:30 pm - 7:15 pm
- A - J from 7:15 pm - 8:00 pm

Practices and games will be on Saturdays and also 1 - 2 nights a week. The season runs through October 27. **Players first practice and review** will be on Wednesday, August 19 from 6:00 pm - 7:30 pm at the Bayview Football Field. Please wear helmet, mouth guard, shorts and T-shirt. The **coaches meeting** and player draft will be on Thursday, August 20 at 6:00 pm in the CE office. Community Ed. will provide a jersey (to keep) and black pants (to be returned). Photo day is Saturday, September 12.

Fee: \$85 plus a \$50 deposit for black football pants. Upon the return of the pants when the season has ended, you will be refunded \$50. If pants are not returned to the CE office by November 20 the \$50 will be voided.

# Youth Recreation

## F-209 Youth Volleyball Grades 5 & 6



Community Education is in its fourth year offering a youth volleyball league.

In this league, teams from Waconia will be playing other teams from the area, including Holy Trinity-Winsted, St. Michael's-Prior Lake, Our Lady of the Lake, St. Joseph's, Lester Prairie, New Prague and Norwood Young America. Each team will have one or two practices per week along with two games on Saturdays. Practices will be held on Tuesdays and Thursdays and games will be played on Saturday mornings. The 5th grade games dates are: September 12, 26, October 3, 10 & 31. The 6th grade game dates are: September 12, 26, October 3, 10 & 24. There will be an end of the year tournament held at St. Joseph's. The 5th grade tournament will be held on Saturday, October 24 and the 6th grade tournament will be held on Saturday, October 31. There will be a player review held on Monday, August 31 at 6:00 pm in the Clearwater Middle School gym. Following the player review at 7:15 pm there will be a coaches meeting and player draft. The number of participants determines if there will be separate 5th and 6th grade teams. Volunteer coaches are needed for this program. The registration deadline is Friday, August 14. Black shorts are available for purchase for \$12 at the time of registration.

Fee: \$50, \$10 late fee after August 14

Visit our website at  
[www.waconiacommunityed.org](http://www.waconiacommunityed.org)  
for more information

## F-204 Fall Girls Soccer - Grades 3 & 4

Fall soccer is for girls in grades 3 & 4. Girls will be divided evenly on as many teams that are needed. Practices and games are on Thursdays and Saturdays. Practice and games are played at Brook Peterson Park. The registration deadline is Friday, August 14. A T-shirt will be given to each participant. Shin guards are required. The **coaches meeting** will be at 6:00 pm on Monday, August 31 in the Clearwater Cafetorium. Photo day is Saturday, September 12.

The following are the dates of play: September 10, 12, 17, 24, 26, October 1, 3, 8 & 10.

Thursday evenings & Saturday  
Brook Peterson Park

Fee: \$48, \$10 late fee after August 14



## F-205 Kindergarten Flag Football

**NEW!!** This program is offered for boys and girls. The program is designed to teach Kindergarteners the game basics of flag football, no tackle. Teams will have 6 - 8 players each. Parents - you are the quarterbacks and the coach. The registration deadline is Friday, August 14. A T-shirt will be given to each participant. The **coaches meeting** will be at 7:30 pm on Tuesday, September 1 in the Community Education office. Photo day is Saturday, September 12.

The following are the practice and game dates:

September 12, 26, October 3 & 10

Day/Times: Saturdays

St. Boni Bonifacius & Brook Peterson Park

Fee: \$35, \$10 late fee after August 14

## Youth Wrestling

The Community Education Wrestling program is for kids in grades K - 6. The registration deadline is Wednesday, October 14. There will be a parent meeting and pictures on Tuesday, November 24 at 6:30 pm in the Waconia High School Cafeteria. There will be open registration nights on October 12 & 13 from 6:30 pm - 8:00 pm at Waconia High School. At registration night parents and kids can meet the coaches, try on a singlet and ask questions about the upcoming wrestling season. Practices will take place in the WHS Wrestling room and at Community Education. Practices will be held on Monday and Thursday evenings beginning November 30 and going through January 28. Waconia will be hosting a tournament on Saturday, January 16 at the Waconia High School. Practice times are as follows:

Grades K - 2      6:00 pm - 7:00 pm

Grades 3 - 6      7:15 pm - 8:30 pm

All participants will receive a T-shirt. Please choose one of the three options listed below:

**Option 1:** T-shirt plus, the purchase of a Wildcat singlet - \$80

**Option 2:** T-shirt plus, the season rental of a Wildcat singlet - \$90 (Participation fee = \$50; Singlet rental and deposit = \$40...upon the return of the rented singlet you will receive \$25 of the \$40 back.)

**Option 3:** T-shirt (already own a Wildcat singlet) - \$50

### Additional Fees:

\$10 Late fee after October 14

Parent T-shirt: circle size and include an extra \$15.

# Youth Recreation

## F-260 Grade 3 Boys Basketball

All boys will have the benefit of practice and game times. Games and practices will take place at Bayview and Southview on Tuesdays or Thursdays and Saturdays. During the season week practices will be primarily spent on skill development. Saturdays will be dedicated to in-house games. The registration deadline is October 14. The season runs from November 2 - December 19. The coaches meeting will be on Tuesday, October 27 from 6:00 pm - 7:00 pm in the Clearwater Middle School Cafetorium.

Fee: \$35 plus a \$50 one time jersey deposit. Upon the return of the jersey when the season has ended, you will be refunded \$50. If the jersey is not returned by March 26 the \$50 will be voided. There will be a \$10 late fee after October 14.

## F-262 Grade 3 & 4 Girls Basketball

All girls will have the benefit of practice and game times. Games and practices will take place at Bayview and Southview on Tuesdays or Thursdays and Saturdays. During the season week practices will be primarily spent on skill development. Saturdays will be dedicated to in-house games. The registration deadline is October 14. The season runs from November 2 - December 19. The coaches meeting will be on Tuesday, October 27 from 6:00 pm - 7:00 pm in the Clearwater Middle School Cafetorium.

Fee: \$35 plus a \$50 one time jersey deposit. Upon the return of the jersey when the season has ended, you will be refunded \$50. If the jersey is not returned by March 26 the \$50 will be voided. There will be a \$10 late fee after October 14.

## F-218 Boys & Girls Intramural Basketball Grades 9 - 12

High School boys and girls are encouraged to sign up for this competitive basketball league. The season will begin on Sunday, November 2. Games will be played on Monday nights in the Waconia High School Gym. There will be a boys and girls league if enough teams sign up. Rosters are limited to 10 players per team. Game times will either be 6:30 pm or 7:30 pm. **This league will have referees.** Registration forms can be found at [www.waconiacommunityed.org](http://www.waconiacommunityed.org) or in the Waconia High School main office.

Dates of play: January 4, 11, 25, February 1, 8 & 22  
Waconia High School Gym  
Fee: \$100 per team  
Register by: December 14



## 5 & 6 Grade Basketball League

This basketball league is for 5th & 6th gr. boys and girls. In this league teams from Waconia will be playing other teams from the surrounding towns such as NYA, Watertown, Delano, Glencoe and Howard Lake. Each team will have two practices per week along with two games on each Saturday. There will be an end of the year tournament in Waconia on February 27 & 28, 2010. There will be a mandatory player review at Clearwater Middle School gym on Tuesday, October 27 from 6:00 pm - 7:00 pm. The coaches meeting and player draft will be from 7:15 pm - 8:30 pm on October 27 in the Clearwater Media Center.

F-234 6th Grade Boys    F-236 6th Grade Girls  
F-235 5th Grade Boys    F-237 5th Grade Girls

Fee: \$70 plus a \$50 jersey deposit. Upon the return of the jersey when the season has ended, you will be refunded \$50. If jerseys are not returned to the CE office by March 26 the \$50 will be voided. The registration deadline is October 14. There will be a \$10 late fee after October 14.

## F-269 Grade 4 Boys Basketball

All boys will have the benefit of practice and game times. Games and practices will take place at Bayview and Southview on Tuesdays or Thursdays and Saturdays. During the season week practices will be primarily spent on skill development. Saturdays will be dedicated to in-house games. The registration deadline is October 14. The season runs from November 2 - December 19. The coaches meeting will be on Tuesday, October 27 from 6:00 pm - 7:00 pm in the Clearwater Middle School Cafetorium.

Fee: \$35 plus a \$50 one time jersey deposit. Upon the return of the jersey when the season has ended, you will be refunded \$50. If the jersey is not returned by March 26 the \$50 will be forfeited. There will be a \$10 late fee after October 14.

Visit us on-line @  
[www.waconiacommunityed.org](http://www.waconiacommunityed.org)

## Residents Not Residing in District #110

All participants not residing in District #110 will be assessed an additional fee of \$20 per youth recreation season. The four seasons of assessment are spring, summer, fall and winter. If you have any questions please call your City Administrator, township board member or Community Education.



# Youth Trips

**F-300 Mount Kato Snow Tubing**  
**Wednesday, December 30**  
**Grades K - 12**

Come and enjoy the powder at Mount Kato! Snow Tube with Waconia Community Education on Wednesday, December 30 (non-school day K - 12). We will leave Bayview Elementary School (24 South Walnut Street) by the school bus lanes at 9:30 am and arrive in Mankato at 11:00 am where we'll tube for approximately 3 hours. We will leave Mankato around 2:30 pm and return to Bayview Elementary School between 4:00 - 4:30 pm. The fee includes tubing rental, bus transportation and adult supervision. The refund policy will be followed and no refunds will be given on the day of the trip. It is highly unlikely that we would cancel the trip due to cold weather. If Mount Kato is open, we'll be going. Children 10 years and under must be accompanied by an adult or older sibling. There is a \$10 late fee after the December 22 registration deadline.

Wednesday, December 30  
 9:30 am - 4:00 pm  
 Fee: \$20  
 Register by: December 22



**F-301 Mount Kato Skiing & Snowboarding**  
**Tuesday, December 29**  
**Grades K - 12**

Come and enjoy the powder at Mount Kato! Ski and snowboard with Waconia Community Education on Tuesday, December 29 (non-school day K - 12). We will leave Bayview Elementary School (24 South Walnut Street) by the school bus lanes at 8:30 am and arrive in Mankato at 9:45 am where you can ski/snowboard and enjoy the great outdoors. You can get fitted for skis, snowboards, boots and poles when you arrive. We will ski for approximately 5 to 6 hours and will leave Mankato around 4:00 pm and return to Bayview Elementary School between 5:00 - 5:30 pm. The refund policy will be followed and no refunds will be given on the day of the trip. It is highly unlikely that we would cancel the trip due to cold weather. If Mount Kato is open, we'll be going. There is a \$10 late fee after the December 22 registration deadline line.

Tuesday, December 29                      8:30 am - 5:00 pm

Fees:	Adults 18+	Lift Only	\$32
	Adults 18+	Lift & Rental	\$52
	17 & Under	Lift Only	\$26
	17 & Under	Lift & Rental	\$46

Register by: December 22

**F-302 Minnetonka Orchard**  
**Thursday, October 15**  
**Grades K - 6**

Fall is just around the corner and visiting an orchard is one of the best things to do in the fall season. There is so much to do at the Minnetonka Orchard. We will board a hay wagon which we will wind up near the Northwoods play area where we can visit the petting barn, corn crib fort, giant train and hay mountain.

Thursday, October 15  
 Departs from BV Kids' Co Room at 9:00 am  
 Returns to BV Kids' Co Room at 12:30 pm  
 Fee: \$15  
 Register by: October 8

**F-303 The Works Museum Workshop**  
**"Mixture Molecules"**  
**Friday, December 4**  
**Grades K - 3**

Does mixing a bunch of liquids and other ingredients together to make a concoction that glows. Sound like fun? Then you should become a chemist for a day. Come and do hands on projects while learning about molecules and what happens when they are mixed together. Kids will be combining all kinds of experiments of friendly chemical properties, states of matter and coloring mixtures that are found in most kitchens to create a slimy polymer that glows.

Friday, December 4  
 10:30 am - 11:30 am  
 BV Cafeteria  
 Fee: \$10  
 Register by: November 30



**F-304 The Works Museum Workshop**  
**"Catapults"**  
**Friday, December 4**  
**Grades 3 - 6**

Does constructing your very own wooden catapult that will launch marshmallows forcefully threw the air sound cool? Come and use real tools to build a catapult while learning about levers, pivots, and the mechanical advantage in this action packed workshop.

Friday, December 4  
 12:30 pm - 2:30 pm  
 BV Cafeteria  
 Fee: \$15  
 Register by: November 30



# Kids' Company

## Kids' Company

If you are looking for quality child care in a school setting look no further. Kids' Company offers children the opportunity to thrive in an atmosphere that supports positive growth. Children are given this opportunity starting at the age of three (must be toilet trained) through sixth grade. Kids' Company is open at 6:00 am and our last pick up time is 6:15 pm. We are located at Bayview Elementary School, Southview Elementary School, Clearwater Middle School and a convenient site in St. Bonifacius. Children may attend Kids' Company right at the school they attend which means a piece of mind for parents. Kids' Company is available on most school release days.

Our belief at Kids' Company is that children need to be in an environment that will enhance their social, academic and positive self image. We accomplish these things through exposure to new experiences, freedom of choice and building new friendships. Children are always placed in age appropriate classes. Please see below for our specific site locations and for more details. Please note that times and locations may change due to registration numbers.

### Bayview Elementary School

952-442-0614

Hours: 6:00 am - 6:15 pm

Grades: 3 years old - 4th grade

5th & 6th grade may also attend before school

### Southview Elementary School

952-442-0627

Hours: 6:00 am - 8:00 am

Grades: Kindergarten - 4th grade

5th & 6th grade may also attend before school

### Clearwater Middle School

952-442-0617

Hours: 2:45 pm - 6:15 pm

Grades: 5th & 6th grade

### St. Bonifacius Old City Hall

952-446-9572

8655 Kennedy Memorial Drive

Hours: 2:45 pm - 6:15 pm

Grades: Kindergarten - 6th grade

### Kinder Ready

Kids' Company now enrolls children that are 3 years of age and older at our Bayview Site. This program is available to all children in the area and is also a collaborative effort between Rainbow Preschool and Kids' Company. Therefore, transitions between programs will be safe and supervised. We offer a school based atmosphere for children that is both safe and enriching.

**For more information about the Kids' Company program please contact Jenny at 952-442-0618**

### Kinder Reach

Kids' Company offers care for half day Kindergarten students at Bayview Elementary site depending on enrollment and potentially at Southview as well. This program is available to all children in the area who need care either before or after their Kindergarten class. We are very fortunate to be located on site so it can be an easy transition from school to the Kids' Company environment. This program offers Kindergarteners the opportunity to have a relaxed and fun environment with some academic structure.



**Kids' Company**  
**2009-10 PARENT MEETING**

**THURSDAY, SEPTEMBER 3**

**BAYVIEW MULTI PURPOSE ROOM**

Daycare will be provided.

Meet & Greet from 5:30 pm - 6:30 pm

44 Parent Meeting from 6:30 pm - 7:30 pm

# Rainbow Preschool

## Rainbow Preschool

Community Education Rainbow Preschool program offers a variety of classes to fit your child's academic and social growth. Rainbow Preschool is an inclusion preschool program open to all 3, 4 & 5 year old boys and girls. We have specifically designed classroom sessions to meet children each age.

### Session 1 & 2

**Tuesday & Thursday**

**8:45 am - 10:45 am**

We have created a classroom environment to meet students who are 3 and early 4 year olds both academically and socially. We strive to assist your child in making choices that will create an environment that is conducive to learning while paving a road for academic growth. We will emphasize activities in all areas of enrichment in order to install a love for lifelong learning.

### Session 9

**Monday, Tuesday, Wednesday, Thursday & Friday**

**8:45 am - 11:15 am**

NEW!! Let's get your child prepared for their Kindergarten experience. For this class we look forward to working with children that will start Kindergarten in the following Fall. The curriculum is designed to assist the child in mastering the academics they will need at the start of Kindergarten. We will also introduce ideas and concepts they will be working with once they enter Kindergarten. Children in this class should be able to handle social aspects of a classroom in order to be able to concentrate more on the academic activities that will be offered.

### Session 5, 6, 7 & 8

**Monday, Wednesday & Friday**

**8:45 am - 11:15 am (Session 5 & 6)**

**12:00 pm - 2:30 pm (Session 7 & 8)**

This classroom was created for children that are late four and early 5 year olds. Our goal is to assist the students in their academic growth while keeping the class balanced with social opportunity. In this class we will concentrate on building your child's self confidence in a learning environment.

## Rainbow Preschool Instructors

Your child's learning experience will start with a licensed teacher with an experienced assistant for all full size classes. They will all offer your child in building self-esteem, independence and a curiosity for learning.

## Transportation

Rainbow Preschool now offers bussing for the afternoon classes. Please contact Community Education for more information.

## Open House



FAMILIES WHO ARE REGISTERED FOR THE FALL ARE WELCOME TO VISIT US ANYTIME ON **WEDNESDAY, SEPTEMBER 2ND** BETWEEN **4:00 P.M.—8:00 P.M.** FOR THE RAINBOW PRESCHOOL OPEN HOUSE. THE ROOMS WILL BE READY AND THE STAFF IS LOOKING FORWARD TO YOU AND YOUR CHILD'S VISIT. THE OPEN HOUSE WILL BE HELD AT BAYVIEW ELEMENTARY SCHOOL LOCATED AT 24 SOUTH WALNUT STREET, WACONIA IN ROOMS B113, B115 AND A103 (ENTER AT THE SOUTH END OF THE BUILDING).

# For Your Information

Please call the census at 952-442-0600 if...

- You are a new resident to District #110
- Your family status has increased
- Your address or phone number has changed within District #110.

District #110 census numbers help determine the amount of levy funding that our school district receives from the State of Minnesota. These funds determine the level of services that District #110 is able to offer families in our community.

Plus, by registering with the census, your family is included in School District mailings and Community Education catalogs. If you have any questions please call the District office at 952-442-0600.

## Volunteering

Volunteers are such an important part of life for both those that offer and those that receive the act of kindness. Whether it's one day a month, or an hour every day, your involvement with the community may be a turning point in someone's life including your own. Waconia Community Education would like to offer you some opportunities to get involved with your own community. Some volunteer possibilities include:

- Reading to or with kids after school
- Nickle Dickle 5K, 10K & 1/2 mile Tickle
- Assisting in concession stands at certain events

We hope that you'll take advantage of these opportunities to help the community. Please contact the Community Education office at 442-0610 if you are interested in contributing your time and effort. Thank you.

## Wanted! Community Education Advisory Council Members

Community Education is looking for individuals to serve on the Advisory Council. The Advisory Council helps direct the growth and development of the Community Education and Recreation program along with suggest, advocate, encourage and recommend the Community Education concept to neighbors, friends and the community. If you are interested in becoming part of this council contact:

#110 Community Education & Recreation  
516 Industrial Blvd.  
Waconia, MN 55387  
952-442-0610  
tnelson@waconia.k12.mn.us

## Scholarship Information

Individuals or families who live in School District #110 and meet certain income eligibility guidelines may qualify for a fee reduction on ECFE, Rainbow Preschool and team recreation programs. Scholarship requests must be made at the time of registration. Scholarship forms are available at the Community Education office.

## Facility Use

Community members and organizations are invited to use the district facilities. The following guidelines must be followed before facility use will be available. All facility rental must be made 10 days in advance.

- 1) Contact the Community Education office to obtain a facility use application.
- 2) Fill out, sign and return the application to the Community Education office.
- 3) Community Education will verify dates and fees and return a copy of the application to the user.
- 4) All changes must be made one week prior to the date of use.

## Lifelong Learning



Stay green  
and growing!

# Registration Information

## How to Register

### By Mail

Complete a registration form and mail it with your check, money order or credit card number and expiration date to:  
ISD #110 Community Education  
516 Industrial Blvd.  
Waconia, MN 55387



### Walk-in

Visit the Community Education office located at 516 Industrial Blvd. in Waconia.

Monday - Friday: 7:30 am - 4:00 pm.

Summer Office Hours: June 4 - August 24

Mon-Thurs: 7:30 am - 4 pm; Friday: 7:30 am - 1 pm

### By Fax



Fill out a registration form including your credit card number, expiration date and signature and fax it to 952-442-0619.



### 24 Hour Drop Box Locations:

- > 516 Industrial Blvd., Waconia  
(outside of Education Center building near CE office entrance)
- > 24 South Walnut Street, Waconia  
(north end of Bayview Elementary School building)
- > 225 4th Street West, Waconia  
(outside of entrance doors of Southview Elementary School)

*We are unable to accept registrations or reserve spots by phone.*

## Checks Payable To: Dist. #110 Community Education

### Waconia District #110 School Locations

CE	Community Education 516 Industrial Blvd.
BV	Bayview Elementary School 24 South Walnut Street
SV	Southview Elementary School 225 4th Street West
CW	Clearwater Middle School 1650 Community Drive
WHS	Waconia High School 1400 Community Drive

## Registration Policies

### Register Early

Classes fill up quickly. Please register at least one week in advance so we can make class enrollment decisions. We will accept registrations as long as there is space available in the class.

### Are you registered?

Assume the course will be held at the time and place indicated. Assume that you are enrolled unless you hear differently.

### Refunds/Cancellations

Notification to the Community Education office at least 6 working days or more prior to the start of the class/program is necessary to receive a full refund/credit (less a \$5 processing fee). No refunds or credits will be issued for vacation, illness or injury.

- ECFE - Same as above.
- Kids' Company - The registration fee is non-refundable. For more information see the Kids' Company handbook.
- Rainbow Preschool - The registration deposit is non-refundable. The supply fee is non-refundable after August 1st. Class cancellations need to be received in the CE office two weeks prior to withdrawal or participant will be required to pay the difference.
- Behind the Wheel - A \$25 fee is assessed for canceling from the program.

### School Closings

If school is canceled or closes during the day due to bad weather, Community Education must cancel all youth activities. Adult activities may or may not be canceled. The CE office will call all adults if classes are to be canceled. Cancellation information will be posted on the Community Education website, [www.waconiacommunityed.org](http://www.waconiacommunityed.org).

### Satisfaction Guarantee

If you are not satisfied with a Community Education class, program or event, please call us for a full refund.



**A Commitment to Community  
and Lifelong Learning**

## ISD #110 Community Education & Recreation Registration Form

*Mail/Make Checks Payable To:* District #110 Community Education, 516 Industrial Blvd., Waconia, MN 55387  
Phone: 952-442-0610 / Fax: 952-442-0619

Participant Name: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Receive Updates: Yes No

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street Address City Zip

Age Category: (please circle) 0-5 6-18 19-54 55+ Gender: M F Age: \_\_\_\_\_ Grade: \_\_\_\_\_

My child attends Kids' Company: (please check one)  Yes  No

Does your child have any physical or behavior disabilities that may cause them to need extra support to participate in the class/activity?  Yes  No

Driver's License # (for Defensive Driving class registrations only): \_\_\_\_\_

Method of Payment: (please circle) Cash Check Credit Card (Visa - Mastercard - Discover)

Credit Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Class #: \_\_\_\_\_ Class Title: \_\_\_\_\_ Fee: \_\_\_\_\_

Class #: \_\_\_\_\_ Class Title: \_\_\_\_\_ Fee: \_\_\_\_\_

Parent/Guardian Permission: I fully recognize that certain risks are involved when participating in these activities. In case of injury, I will not hold ISD #110 Community Education or its employees liable.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## ISD #110 Community Education & Recreation Registration Form

*Mail/Make Checks Payable To:* District #110 Community Education, 516 Industrial Blvd., Waconia, MN 55387  
Phone: 952-442-0610 / Fax: 952-442-0619

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E-Mail Address: \_\_\_\_\_ Receive Updates: Yes No

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street Address City Zip

Age Category: (please circle) 0-5 6-18 19-54 55+ Gender: M F Age: \_\_\_\_\_ Grade: \_\_\_\_\_

My child attends Kids' Company: (please check one)  Yes  No

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Driver's License # (for Defensive Driving class registrations only): \_\_\_\_\_

Method of Payment: (please circle) Cash Check Credit Card (Visa - Mastercard - Discover)

Credit Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Class #: \_\_\_\_\_ Class Title: \_\_\_\_\_ Fee: \_\_\_\_\_

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Parent/Guardian Permission: I fully recognize that certain risks are involved when participating in these activities. In case of injury, I will not hold ISD #110 Community Education or its employees liable.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_