COMMUNITY EDUCATION
FALL 2017

Family Fun
Take time to connect

What’s for Dinner?
Make healthy meals your family will love

Afterschool Adventures
A kid’s answer to boredom

48 NEW CLASSES

Join the PAC

Stillwater AREA PUBLIC SCHOOLS

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### Contact Us
**General Community Education**
- Central Service Building  |  1875 S. Greeley St.  |  Stillwater, MN 55082
- Email: stillwatercommed@stillwaterschools.org  |  www.stillwaterschools.org/CE

**Early Childhood, Adult Basic Education and English Learner Programs**
- Early Childhood Family Center  |  1111 Holcombe St. S.  |  Stillwater, MN 55082
- Email: ECFC@stillwaterschools.org  |  www.stillwaterschools.org/ECFC

### PAC
- Activities that happen at the Pony Activity Center
- Qualifies as a healthcare reimbursement activity
- NEW Activities we haven’t offered before

### Join the PAC
Be among the first to join the new Pony Activity Center at Stillwater Area High School

Join us for an Open House and tour Friday, Sept. 15

Learn more at stillwaterschools.org/PAC
Community PAC members have access to:
- Indoor walking track
- Cardio equipment
- Weights and strength equipment
- Gym spaces

Adult membership starts at just $10/month for track access only, and $20/month for full access.

**No initiation fee.**

**No long-term commitment.**

Health care reimbursements may apply.

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**PAC Monthly Member Rates:**

<table>
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<tr>
<th>Criteria</th>
<th>Track Only</th>
<th>Youth 12-21*</th>
<th>Senior Citizen</th>
<th>Adult 22-61</th>
<th>2 Adults Living in same household</th>
<th>Family 2 adults and dependents living in same household</th>
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<tbody>
<tr>
<td>District Resident</td>
<td>$10</td>
<td>$10</td>
<td>$15</td>
<td>$20</td>
<td>$30</td>
<td>$40</td>
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<tr>
<td>Non-District Resident</td>
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<td>$15</td>
<td>$20</td>
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<tr>
<td>Daily Rate</td>
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<td>$3</td>
<td>$3</td>
<td>$5</td>
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*Must be at least 14 years old to use equipment. Children under age 12 must be accompanied by an adult.

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**PAC Hours:**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
<th>Walking Track &amp; Strength Equipment</th>
<th>Cardio Room</th>
<th>Weight Room</th>
<th>Gyms</th>
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<tr>
<td>Mon-Fri</td>
<td>5:30-7:30 a.m.</td>
<td>OPEN</td>
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<td></td>
<td>School Day (7:30 a.m. - 2:10 p.m.)</td>
<td>OPEN</td>
<td>Limited access during school day. Check schedule</td>
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<tr>
<td></td>
<td>After-School (2:10- 4:30 p.m.)</td>
<td>CLOSED due to student activities</td>
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<td></td>
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<tr>
<td></td>
<td>Evening (4:30-9:30 p.m.)</td>
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<td>OPEN</td>
<td>Limited access Check schedule</td>
</tr>
<tr>
<td>Sat-Sun</td>
<td>7 a.m. - 7 p.m.</td>
<td>OPEN</td>
<td>OPEN</td>
<td>OPEN</td>
<td>Limited access Check schedule</td>
</tr>
</tbody>
</table>
Zumba® Fitness
Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Boost your energy and get a serious dose of awesome each time you leave class. Wear comfortable clothing and shoes and bring a water bottle.

Stillwater Area High School, Gym
Instructor: Sara MR Thompson
2603-1 Mon 6-6:55 pm Oct 2-Nov 20 8 sessions $69/person
2603-2 Wed 6-6:55 pm Oct 4-Nov 22 8 sessions $69/person
2603-3 Mon 6-6:55 pm Nov 27-Jan 15 6 sessions $60/person
No session Dec 25, Jan 1
2603-4 Wed 6-6:55 pm Nov 29-Jan 24 8 sessions $69/person
No session Dec 27

Not Justa Yoga Class
Yoga is a great antidote to stress. This class is specifically designed to create harmony in your personal and professional life. The focus of the class will change each week, making each class unique. Learn simple strategies and exercises for stress-free living. We will focus on a mind, body and spiritual approach to feel fit, free and fabulous!

Stillwater Area High School, Media Center
Instructor: Julie Stangl-Weisbrod
2614-1 Mon 6-7:15 pm Sep 11-Oct 30 8 sessions $85/person
2614-2 Mon 6-7:15 pm Nov 6-Dec 11 6 sessions $65/person

Yoga Tone
This class will be a combination of many styles of yoga, including Hatha, Core, Flow, Vinyasa and Hot Yoga poses. Emphasis is placed on balance, strength and releasing stress through movement. Some experience with yoga is recommended but not required. Bring a yoga mat.

Stillwater Area High School, Media Center
Instructor: Renee Combs
2505-1 Tue 6-7 pm Sep 19-Oct 24 6 sessions $65/person
2505-2 Tue 6-7 pm Nov 14-Dec 12 5 sessions $55/person

Somatics for Neck and Shoulders
In our culture we frequently text, drive and sit in front of computers, resulting in a culture-wide change in our posture. Head forward, shoulders shrugged and forward, and upper back hunched is typical. If this sounds familiar, join us for this fun, informative and posture changing workshop! Learn the source of your pain and how to unwind it. Somatics is a very gentle form of therapeutic yoga that uses muscular re-education to release chronic pain and tension. No prior experience necessary.

Uncommon Age Studio
Instructor: Uncommon Age staff
2605-1 Sun 2-4 pm Oct 1 1 session $40/person

T'ai Chi for Well-Being
T’ai Chi is an ancient Chinese mind-body exercise practiced for health, mental development, meditation and self-defense. It integrates slow, intentional movements with breathing and mindfulness, aiming to strengthen, relax and integrate the physical body and mind. In this session you will learn a short, continuous routine comprised of a gentle warm up and various postures. At the completion of the session, students will have a solid foundation of the principles and practice of T’ai Chi.

Early Childhood Family Center, Gymnasium
Instructor: Kurt Swanson
2644-1 Wed 5:45-6:45 pm Sep 27-Nov 15 8 sessions $80/person

Fall Paddle and Picnic
Grab a friend or family member and join us for a day on the St. Croix River. Enjoy the cliffs, colors and wildlife during a 3-4 hour downstream kayak. Celebrate our day on the water with a barbecue picnic lunch when we return. Previous kayak experience is preferred. For full details on what this trip includes see online description.

William O’Brien State Park
Instructor: Kerri Kolstad, Wahoo! Adventures
2500-1 Sun 9 am-4 pm Sep 27-Oct 1 1 session $120/person
2500-2 Sun 9 am-4 pm Oct 8 1 session $120/person

Yoga for Better Sleep
Yoga can be used to prepare our body for sleep and calm the mind for rest. A good night’s sleep boosts cognitive skills, our moods and our immune system. Use the power of yoga to fight insomnia and harmonize yourself with better sleep! In this workshop, we will examine our daily routines, what we do and don’t do to prepare for sleep, and then be introduced to new ways to help get a more restful sleep.

Uncommon Age Studio
Instructor: Uncommon Age staff
2566-1 Thur 7:15-9 pm Oct 19 1 session $40/person

Visit stillwater.ce.feepay.com
Aerobics & Strength for Older Adults 55+

Join us for a low-impact, low-intensity workout appropriate for older adults. Each class includes aerobic conditioning, balance, muscle strength and conditioning. Bring a set of light 2-5 lb hand weights and a water bottle. Wear comfortable clothing.

**PAC Stillwater Area High School, Gym 8**
*Instructor: Sheryl Grover*
**2613-1** Tue 8:30-9:15 AM
Oct 3-Nov 21 8 sessions $80/person

Zumba® GOLD

This class is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and to leave empowered and strong. Wear comfortable clothing and shoes and bring a water bottle.

**Early Childhood Family Center, Gymnasium**
*Instructor: Sara MR Thompson*
**2604-1** Wed 9:30-10:15 AM
Oct 4-Nov 22 8 sessions $69/person

**Stillwater Area High School, Gym**
**2604-2** Sat 8:30-9:15 AM
Oct 7-Nov 18 7 sessions $65/person

**Stillwater Middle School, Gymnasium**
**2604-3** Wed 9:30-10:15 AM
Nov 29-Jan 24 8 sessions $69/person
*No session Dec 27*

**2604-4** Sat 8:30-9:15 AM
Dec 2-Jan 27 7 sessions $65/person
*No session Dec 23, 30*

Adult Strength & Conditioning Boot Camp

Ready to get serious about your health and physical fitness? Join our 8-week adult strength and conditioning program! Guided by a certified personal trainer, this boot camp will give you that extra push to reach your goals. Register now to work with others like you and form a new support system to motivate you to live a healthier, more active lifestyle.

**PAC Stillwater Area High School, Weight Room**
*Instructor: Ryan McCauley*
**941-1** M/W/F 5:30-6:30 AM
Sep 6-Oct 20 20 sessions $90/person
**941-2** 2-days/wk* 5:30-6:30 AM
Sep 6-Oct 18 13 sessions $60/person
**941-3** M/W/F 5:30-6:30 AM
Oct 23-Dec 8 20 sessions $90/person
*No session Nov 24*
**941-4** 2-days/wk* 5:30-6:30 AM
Oct 23-Dec 6 14 sessions $65/person
**941-5** M/W/F 5:30-6:30 AM
Dec 11-Feb 2 20 sessions $90/person
*No session Dec 25, 27, 29, Jan 1*
**941-6** 2-days/wk* 5:30-6:30 AM
Dec 11-Jan 31 13 sessions $60/person
*No session Dec 25, 27, Jan 1*

*If you choose the 2-day/week option you can choose your two days between Monday, Wednesday or Friday.

The Change Habit

Tired of big box gyms and not getting the results you want? Get personalized instruction and motivation to reach your fitness & wellness goals. This 12-week small group training program provides 3x/week workouts, personalized goal setting with a health coach and weekly motivation to tweak your daily habits. The workshop includes before and after assessment to track your progress and weekly motivation to make lifestyle changes that will get you the results you want! Create a consistent routine for under $20 per session!

**Uncommon Age Studio**
*Instructor: Uncommon Age staff*
**2653-1** M/W/F 7-7:45 AM
Sep 18-Dec 15 36 sessions $547/person
*No session Nov 20-24*

**2653-2** M/W/F 8-8:45 AM
Sep 18-Dec 15 36 sessions $547/person
*No session Nov 20-24*

Check class availability online 24 hours a day at stillwater.ce.feepay.com
Adult Athletics and Recreation

Adult Recreation Volleyball League
The league encourages fun, recreation & exercise. There will be 8 regular season matches with scores and standings recorded for an end of the season single elimination tournament. There are no officials for this league; each team will call the game.

PAC Stillwater Area High School, Gyms
920-2 Tuesday Oct 3-Dec 19
Game times 7:15, 8 & 9:30 PM
$175/team
No session Oct 31, Nov 7
4-6 teams needed for league to run
Team registration due Oct 11

Adult Men’s Basketball League
This league is intended to be a fun and competitive league for adults. Games are played on Wednesday evenings at Stillwater Area High School in the Pony Activity Center. The league begins on Wednesday, October 25th and consists of a 6-game schedule with a single elimination play-off at the end of the season. One official will be provided per game. Team registration can be found here: http://goponi.es/2sVmyWV.

PAC Stillwater Area High School, Gyms
910-1 Sat Sep 9-Dec 30
17 sessions
Open gym will move to Oak-Land Middle School Nov 18, Dec 2, 9, 16
910-2 Wed Sep 13-Dec 27
16 sessions
No Session Nov 26
910-3 Tue/Thur Oct 3-Dec 28
25 sessions
No Session Nov 23
Oak-Land Middle School-Gym
910-4 Sat Nov 4-Dec 30
9 sessions
No Session Nov 25

Open Gyms - Basketball, Volleyball and Pickleball
There are 3 ways to pay for open gym participation in basketball, volleyball and pickleball:

1. Purchase a monthly PAC membership, this will entitle you to participate in any open gym section of any sport and may apply for healthcare reimbursement.

2. Set up a recurring $10 monthly open gym membership per course section for basketball, volleyball and/or pickleball. There is a $1 registration fee assessed to a credit/debit card when you sign up for this option. Withdrawal from the membership program before the section ends will require a 30 day notice.

3. $5 daily/walk in fee or $3 senior citizens fee.

Adult Open Pickleball
Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Participants will form their own teams to play against others. New players are always welcome. Pickles are provided. You will need to provide your own paddles.

PAC Stillwater Area High School, Gyms
930-5 Tuesday Oct 10-Dec 19
7-9 PM
No Session Nov 7
930-6 Sunday Oct 8-Nov 26
3-5 PM
December dates may be available based on tournament schedules

Adult Open Basketball
Lace up and play basketball! This open gym is for middle school through high school girls and adult women who have played basketball and want to play competitive basketball of varying levels against other females. Teams will be organized at the gym and rotated based on winning teams. Players will be expected to call their own fouls.

PAC Stillwater Area High School, Gyms
912-1 Sunday Oct 1-Nov 26
12-2 PM
9 sessions

Girls & Women Open Basketball

Open Gyms - Basketball, Volleyball and Pickleball
**Pickleball - Adult Beginner Lessons**
The beginner course will introduce pickleball rules, body positioning, footwork, drills and game strategy. Drills and strategy will focus on serve return, dinks and lobs. The last 30 minutes of the course will be organized play. A minimum of 8 participants is needed to register for the course and maximum of 12 participants is allowed in the course. Participants should bring their own paddle or can borrow one.

**PAC** Stillwater Area High School, Gym 8
Instructor: Michael Lammer

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>930-1</td>
<td>Mon</td>
<td>5-7 PM</td>
<td>$15/person</td>
</tr>
<tr>
<td>Sep 11</td>
<td>1 session</td>
<td>$15/person</td>
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<table>
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<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
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<td>930-2</td>
<td>Mon</td>
<td>5-7 PM</td>
<td>$15/person</td>
</tr>
<tr>
<td>Sep 18</td>
<td>1 session</td>
<td>$15/person</td>
<td></td>
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</tbody>
</table>

**Pickleball - Adult Intermediate Lessons**
The intermediate lessons will drill spin serves, drop shots and footwork with an emphasis on winning doubles strategy. The last 30 minutes will be organized play with coaching. A minimum of 8 participants is needed to register for the course and maximum of 12 participants is allowed in the lesson.

**PAC** Stillwater Area High School, Gym 8
Instructor: Michael Lammer

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
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<td>930-3</td>
<td>Mon</td>
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<td>$15/person</td>
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<tr>
<td>Sep 11</td>
<td>1 session</td>
<td>$15/person</td>
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<td>930-4</td>
<td>Mon</td>
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<td>$15/person</td>
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<tr>
<td>Sep 18</td>
<td>1 session</td>
<td>$15/person</td>
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**NEW Family Kickball Tournament**
Gather school and/or neighborhood families for a one day kickball tournament! A team will consist of 3 - 5 adults and children ages 4-12. Uniforms are not required, but similar colored tops are encouraged. The number of teams that sign up will determine the length of each game (3-5 innings) and the tournament format. Adults from each team will be asked to umpire each game. This is a family-friendly tournament with a primary emphasis on FUN! Winning and competition are secondary!

**PAC** Stillwater Area High School, Gym 8

<table>
<thead>
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<th>Course</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<td>810-1</td>
<td>Sat</td>
<td>9:30 AM-3:30 PM</td>
<td>$20/team</td>
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<tr>
<td>Sep 23</td>
<td>1 session</td>
<td>$20/team</td>
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**New Family Relays**
Bring the family to the Pony Activity Center for fun and activity. Races will be organized by families to race, jump, dribble, pass and compete for fun. Older siblings may participate, but this is geared toward 4th grade and lower. Relay races will accommodate varying ages and abilities and may be grouped with other families. At least one adult per family must be with the children to participate in the relays.

**Families & children 2-10 years**

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<tr>
<td>Nov 11</td>
<td>1 session</td>
<td>$10/family or PAC Family Membership</td>
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**Other Family Fun Activities...**
Basic Dog Obedience Level 1 ................................................................. pg. 12
Community Fitness Activities ................................................................. pg. 27
Karate for Youth & Adults ....................................................................... pg. 30
Parent/Grandparent & Young Child Activities ........................................ pg. 33 & 37
**Beginner Social Dancing**
This class is for the beginner or for those of you who took lessons “way back when”. Have fun learning the first steps of the Waltz, Fox Trot, Rumba, ChaCha, Samba and Tango. No sense of rhythm necessary.
Lily Lake Elementary, Gym
Instructors: Wanda & Mark Bierbrauer
2517-1 Tue 8-9 PM
Sep 12-Oct 17 6 sessions $75/couple

**Intermediate Social Dancing**
This class is for couples who have completed the bronze/social beginner dancing or for those couples who have taken intermediate classes and want to review before moving on to our advanced class. We will review the first few steps of the Waltz, Fox Trot, Rumba, Cha Cha, Tango and Samba as well as move on to steps 4 & 5.
Lily Lake Elementary, Gym
Instructors: Wanda & Mark Bierbrauer
2511-1 Tue 8-9 PM
Oct 24-Dec 12 6 sessions $75/couple
No session Oct 31, Nov 7

**Beginner Line Dancing**
This line dancing class is intended for beginners and those interested in learning more line dances. This class will get you ready for that upcoming wedding or night out! This is also a really fun way to get in that work out and get your heart pumping! Class will run 1 hour a week for 3 weeks. Each week we will focus on two new line dances. Using step by step instruction, dances are easy and fun to learn!
Gladstone Center
Instructor: Aimee Mabie
2511-1 Mon 6:30-7:30 PM
Oct 9 & 16 2 sessions $30/person

**Advanced Social Dancing**
This class is geared for people who have taken our intermediate class and are looking for additional steps. Although we will be reviewing the intermediate steps of the Waltz, Fox Trot, Rumba, Cha Cha, Tango and Samba, we will concentrate on learning steps 8 and 9 this fall. For senior level dancers, this is a great opportunity to review the steps all while you are advancing your dance repertoire.
Lily Lake Elementary, Gym
Instructors: Wanda & Mark Bierbrauer
2512-1 Tue 7-8 PM
Sep 12-Oct 17 6 sessions $75/couple

**Hip Hop Line Dance**
This class will cover popular hip hop line dances such as the Cupid Shuffle and Cha Cha Slide. It is a really fun way to get in that work out and get your heart pumping! Each week we will focus on new line dances and review previously learned dances. Using step by step instruction, dances are easy and fun to learn!
Gladstone Center
Instructor: Aimee Mabie
2512-1 Mon 6:30-7:30 PM
Oct 9 & 16 2 sessions $30/person

**Open Ballroom**
We’ve chosen four nights to practice the steps you’ve learned throughout the year. We’ll play recorded music for the Waltz, Fox Trot, Rumba, Cha Cha, Tango, Samba and East and West Coast Swing. Instructors will be on hand for individual help if desired.
Lily Lake Elementary, Gym
Instructors: Wanda & Mark Bierbrauer
2513-1 Wed 7-8:30 PM
Sep 13-Dec 6 4 sessions $45/couple
Dates: Sep 13, Oct 11, Nov 15, Dec 6

**Advanced Line Dancing**
This line dancing class is intended for people who have experience with basic line dances and/or a comfort level in following choreography. This class is fast moving and has some complex choreography. It is a fun way to get in that work out and get your heart pumping! Each week we will focus on two new line dances and review previously learned and common dances. Using step by step instruction, dances are easy and fun to learn!
Gladstone Center
Instructor: Aimee Mabie
2513-1 Mon 6:30-7:30 PM
Oct 30-Nov 13 3 sessions $45/person

Check class availability online 24 hours a day at stillwater.ce.feepay.com

**More New Silver Ballroom**
We are adding to our new silver class from last spring! Join us for more steps that move you across the floor. These steps are different from our old silver syllabus but you need not to have finished that syllabus in order to succeed in this class. Contact instructor with questions.
Lily Lake Elementary, Gym
Instructors: Wanda & Mark Bierbrauer
2561-1 Wed 7-8:30 PM
Sep 20-Nov 8 4 sessions $75/couple
Dates: Sep 20, Oct 4, 25, Nov 8

**NEW**

**NEW**

**NEW**

**NOTE TO DANCE PARTNERS:**
Please use the east side gym door.
All Ballroom Dance class fees are per couple.
Please wear smooth-soled shoes.
## Intro to Argentine Tango

The Argentine Tango is a very slow, romantic, interpretive dance dating back to the late 19th century. We will teach the 8-count basic, walks, ochos and the hooks. This is very different from the American Tango! Set yourself apart by learning this cultural and celebrated dance.

**Lily Lake Elementary, Gym**

**Instructors:** Wanda & Mark Bierbrauer  
**2562-1** Wed 7-8:30 pm  
**Sep 27 & Oct 18** 2 sessions $40/couple

## Swing Patterns

Come get in “The Swing” with the East Coast Swing! We will put some basic as well as fun steps in simple patterns that you can dance over and over. Combine patterns to vary your routines even further. Geared toward beginner dancers.

**Lily Lake Elementary, Gym**

**Instructors:** Wanda & Mark Bierbrauer  
**2564-1** Tue 7-8 pm  
**Oct 24-Dec 12** 6 sessions $75/couple  
**No session Oct 31, Nov 7**

## Country Two Step

If there’s one dance you need to know how to do with country music, it’s the Country 2-Step. You can dance the steps to a variety of tempos. We will teach the basics and how to move around the floor, then we will add some fancier steps. You can even wear your boots!

**Lily Lake Elementary, Gym**

**Instructors:** Wanda & Mark Bierbrauer  
**2557-1** Wed 7-8:30 pm  
**Nov 1 & 29** 2 sessions $40/couple

## All About Owls

Many species of owls are in our parks and backyards, though we rarely see them. Learn more about owls, these well-adapted creatures of the night. At the end of the program, we will spend some time outside to listen for these nocturnal birds.

**Stillwater Area High School, Conference Room**

**Instructor:** Kyle Te Poel  
**3030-1** Thur 5:30-6:45 pm  
**Nov 30** 1 session $20/person

## Got Buckthorn?

Buckthorn is that invasive tree and shrub that is harming our native habitats. You will learn how to positively identify both types of buckthorn, as well as techniques for removal. Fall is the best time for buckthorn control, so this presentation will help you get started before the snow flies!

**Stillwater Area High School, D106**

**Instructor:** Paul Richtman  
**3028-1** Wed 6:30-7:30 pm  
**Oct 11** 1 session $20/person

## Houseplant Therapy

It’s time to transition your gardening skills indoors for the winter months! Perhaps you live without room for an outdoor garden but would like to add plants to your indoor spaces. Learn how to care for houseplants plus discover different varieties for you to consider raising. It’s all about keeping your houseplants flourishing! No gardening experience necessary.

**District 622 Skyview Community School**

**Instructor:** Mary-Benton Hummel  
**3033-1** Tue 6:30-8:30 pm  
**Nov 21** 1 session $15/person

## Landscape Garden Maintenance

Work side-by-side with a garden coach who will teach you methods and best practices to get your garden ready for winter. Topics covered will include soil preparation, trimming and pruning and much more as you plan for the cold season. This is a hands-on class in an established garden, so plan to bring your gardening gloves. Come to learn how to improve your gardening skills for year round success.

**Diane Cutler’s Gardens**

**Instructor:** Diane Cutler  
**3027-1** Sat 9-10:30 am  
**Oct 7** 1 session $25/person

## Mysteries of Migration

Everyone knows birds migrate, but many other species make equally impressive journeys in search for food, safety and breeding grounds. Come learn about some magnificent migrations undertaken by birds, whales, antelope, sea lions, butterflies, and other animals—as well as what we can do to help protect our wild neighbors.

**Stillwater Area High School, D108**

**Instructor:** Kyle Te Poel  
**3032-1** Mon 7-8:30 pm  
**Sep-25** 1 session $20/person

## Life of Birds

Birds are our most familiar wild animals; we see them every day, almost everywhere—yet most of us know very little about them. In this three-part class we will learn about bird communication, migration, evolution, adaptations, courtship, threats to their survival, and more. Topics of discussion will include: how and why birds “talk” to each other; the reasons behind their migrations; features that make birds so successful across our entire planet; and conservation successes (and failures).

**Stillwater Area High School, D108**

**Instructor:** Kyle Te Poel  
**3031-1** Wed 6:30-7:45 pm  
**Oct 11-25** 3 sessions $40/person

Visit stillwater.ce.feepay.com
**NEW 5-7-5 Learning to Write Haiku**

Haiku is the beautiful form of Japanese poetry that focuses both the writer and the reader’s attention on the subject matter. Unrhymed, these poems consist of 17 syllables arranged in three lines of 5, 7, 5 respectively. Bring a small notebook and your favorite pen or pencil and try your hand at this unique type of poetry. No experience necessary.

**Gladstone Center**
**Instructor: Mary-Benton Hummel**
3578-1     Tue     6-8 PM
Oct 10     1 Session     $19/person

**Congratulations, You’ve Written a Book! Now What?**

A revolution is taking place in the publishing industry and the traditional gatekeepers are no longer in control. Authors are now able to produce a professional quality book for fewer out-of-pocket expenses and take advantage of new ways to sell their books to a worldwide audience. Learn about every stage of the publishing process: creation, publication, distribution and marketing/sales using time-honored, traditional and cutting-edge strategies.

**Stillwater Area High School, E104**
**Instructor: Sybil Smith**
4009-1     Thu     6:30-8:30 PM
Nov 2     1 Session     $25/person

**How to Write, Publish and Sell Your E-Book**

The e-book phenomenon is good news for authors. E-books are easier to produce and can be more profitable than print books. Authors are able to publish their work, make it visible to a worldwide audience and attract the attention of an agent or traditional publisher. Topics include royalty rates, costs, processes, formats, promotion, sales and the latest in e-reader devices, software and technology.

**Stillwater Area High School, E104**
**Instructor: Sybil Smith**
4009-1     Thu     6:30-8:30 PM
Nov 2     1 Session     $25/person

**Capture Your Story**

Share memorable stories and experiences of your life by writing them down for family, friends or just for yourself. The focus of a life story is perception, feelings, and experiences associated with events and phases of a lifetime. Capture your memories as a precious legacy and discover the key elements to include and the steps to take when telling your story in writing.

**District 622 Skyview Community School**
**Instructor: Gloria VanDemmetraadt**
4008-1     Sat     9-10:30 AM
Oct 28     1 Session     $19/person

**NEW Caring for Your Stuff**

Temperature, humidity and bugs – Oh my! The proper care of family heirlooms, collectibles, photos and important papers begins with understanding the agents of deterioration. This two session class will give you an overview of the main threats to your important items followed by an up close look at the care of a variety of materials including paper and photos, textiles, glass and ceramics, wood, bone, horn, and other natural materials, metals, and modern materials. The required textbook for this class is Saving Stuff, by Don Williams and Louisa Jaggar, (New York: Fireside Press, 2005). It can be purchased on Amazon.com for $13.77. Purchase early so you can skim the chapters that pertain to your collectibles.

**District 622 John Glenn Middle School**
**Instructor: Claudia Nicholson**
2661-1     Mon     6:30-8:30 PM
Oct 23-30     2 Sessions     $35/person

**NEW Public Speaking 101**

Whether your goal is to give more effective speeches and presentations, feel more comfortable leading or contributing to a meeting, or just simply being more at ease when addressing a group, this class is for you! In this class we will explore public speaking do’s and don’ts, correct movement terms, and other helpful tips on effective movement, eye contact and projection exercises. This class will include group activities and is appropriate for both beginners and more experienced presenters.

**PAC Stillwater Area High School, Health Room 1**
**Instructor: Margo Mills**
1034-1     Sat     1-3 PM
Oct 7     1 Session     $25/person

**A System for Life’s Transitions**

Give yourself and those you love the gift of peace of mind. Be ready for the inevitable transitions in your life by having all your important papers and financial information organized and accessible. Learn to use the “Ready or Not” system which helps you not only identify your assets and debts, but also basic needs such as medication, medical records, passwords and end of life requests. It will help you uncover any missing pieces in your overall life plan. An additional family member may attend at no cost. The workbook will be available for purchase at the class for $20.

**Boutwells, Classroom 100, Lower level**
**Instructor: Dick Edstrom**
1015-1     Mon     1-2:30 PM
Oct 16     1 Session     $20/person
NEW Aging By Design (R): Exploring the Possibilities
Join us for this three-part series led by FamilyMeans’ experts to learn how to identify and map out your individual aging-by-design goals. Explore the changes that occur as people age, design your personal path to retirement, and be part of the discussion to break sensitive subjects into workable steps for your future possibilities.

Session 1: Navigating Transitions
Navigating transitions at any age is not always easy. Learning about aging transitions and self-purpose related to work, retirement, health, family and community can help you lead a positive life as you begin to explore the possibilities.

Session 2: Your Future Paycheck
Whether you have little or no knowledge about budgeting for your future, this class provides information to become and remain a successful money manager. Understanding your own financial situation and considering a variety of options will better prepare you for choices you can make as you begin to think about your future retirement.

Session 3: Preparing for the Unexpected
We may not be able to stop crises, but we can be ready to overcome them with confidence. Explore various roles we take on as we age, anticipate what those roles may involve, and look into documents that can help us be prepared for the unexpected.

Stillwater Area High School, E205
Instructor: Family Means staff
2567-1 Tue 6-7:30 PM
Oct 10 - Oct 24 3 Sessions $99/person
Additional Family Member $30

Check class availability online 24 hours a day at stillwater.ce.feepay.com

Body Language Workshop: How to Deal With Difficult People
Dread confrontations? Feeling awkward when someone becomes difficult? Join us to get experience on de-escalating uncomfortable situations like a pro. You will begin working on your nonverbal awareness training for a more fulfilling social life to improve your career, business and relationships.

Stillwater Area High School, D106
Instructor: Josh Gretz
2663-1 Wed 7-9 PM
Oct 25 1 Session $39/person

Organize Your Photos: Print & Digital
Having organized photos assures that your precious memories don’t get misplaced. Learn about a system to organize every printed photo, digital photo and your memorabilia. Learn about scanning for slides, movies, prints.… backing up, cloud storage & scanners. We will also demonstrate easy ways to repair old photos. You’ll leave with a plan for a system that allows you to access every photo you own in literally seconds! A supply fee of $32 is due to the instructor at class for your Power Sort® box. Additional materials will be available for purchase at the class.

District 622 John Glenn Middle School
Instructor: Thom Costa
2662-1 Sat 10 AM-12 PM
Sep 23 1 Session $29/person

Questions?
Call Community Education at 651.351.8300
Back to School with Essential Oils

Join us as we explore the vast therapeutic benefits that essential oils can provide for your family as you transition back into school! During this class you will learn the foundation of essential oil education to begin safely and effectively using them to support your health and improve your wellness. If you are looking for natural solutions for your family, interested in reducing chemicals in your home or looking for ways to simplify your life, essential oils are the answer! If you are looking for natural solutions for your family, interested in reducing chemicals in your home or looking for ways to simplify your life, essential oils are the answer! Essential oils to the rescue! During this class we will explore the vast therapeutic benefits that essential oils can provide for you and your family during the holidays! At the end of class, you can mix your own custom blend of essential oils to take home with you. There is a $5 supply fee payable to the instructor at class.

Stillwater Area High School, E122
Instructor: Katie Gruba
2547-1 Tue 7-9 PM
Sep 26 1 session $25/person

Essential Oils for Emotional Well-being

Learn how to use essential oils to support your emotional health and well-being. During this class we will focus on a range of emotions, the physical responses to emotions and how we can use essential oils to calm, invigorate and uplift our moods. You will have an opportunity to mix your own custom blend of essential oils to take home with you. There is a $5 supply fee payable to the instructor at class.

Stillwater Area High School, E122
Instructor: Katie Gruba
2552-1 Mon 7-9 PM
Dec 11 1 session $25/person

Healthy Through the Holidays with Essential Oils

Do the holidays bring you more stress, additional worry, and extra chaos? Would it be more enjoyable if you were to sleep better, reduce stress, and stay healthy? What if you had beautiful, simple gifts to share, customized for each individual? Essential oils to the rescue! During this class we will explore the vast therapeutic benefits that essential oils can provide for you and your family during the holidays! At the end of class, you can mix your own custom blend of essential oils to take home with you. There is a $5 supply fee payable to the instructor at class.

Stillwater Area High School, E122
Instructor: Katie Gruba
2548-1 Mon 7-9 PM
Nov 6 1 session $25/person

Introduction to Winter Camping

So the temps are getting cooler and snow will soon be on the ground. You don’t have to wait until summer to experience the great outdoors with a camping adventure. This class will provide you with the tools you need to plan a winter camping trip. We will discuss gear, food, travel methods, safety, and navigation for winter travel. Students will learn with a detailed and expert level checklist and plan for your newest winter adventure!

Stillwater Area High School, D106
Instructor: Laura Greenlee-Karp
2660-1 Thu 6-7:30 PM
Nov 9 1 session $20/person
$25/family

Basic Dog Obedience Level 1

This class teaches training concepts and gives participants a clear understanding of how to teach basic obedience skills such as sit, down, wait, stay, come and heel. Owners will work with their dog in class to successfully perform each command with the help of a trainer. Dog must be over 6 months old. Families are welcome, but handler must be an adult. First week is NO DOGS and meets until 8 PM.

Stillwater Area High School, E205
Instructor: Aimee Mabie
3038-1 Wed 6:30-7:30 PM
Sep 13-Oct 4 4 sessions $89/person

Addressing Canine Behavior Problems and Etiquette

This class will teach participants how to train polite, obedient dogs. Participants will learn to address simple problem behaviors such as submissive urination, jumping up, counter surfing, barking at the door/window, mouthing, door etiquette, prey drive and possessiveness. Car safety is a major concern, especially in the summer months. We will discuss restraint, temperature and distractions. Dogs do not attend this class.

Stillwater Area High School, E205
Instructor: Aimee Mabie
3039-1 Wed 6:30-8:30 PM
Dec 6 1 session $35/person

Canine First Aid and CPR

Canine companions depend on their humans to take care of them and it is important to be prepared for an emergency. You will learn about common injuries in dogs and how to provide quick and easy first aid. You will also receive hands-on experience performing CPR and the Heimlich maneuver on dogs. This class is for humans only. No dogs will be harmed during this class - stuffed animals will be used for demonstration and practice.

Stillwater Area High School, E205
Instructor: Aimee Mabie
3036-1 Wed 6:30-7:30 PM
Dec 6 1 session $25/person

Check class availability online 24 hours a day at stillwater.ce.feepay.com
New Fearless Stovetop Pressure Cooking

Become acquainted with the many advantages of the contemporary stovetop pressure cooker. Learn the four rules for safe pressure cooking so you can roll out delicious, quick dishes in minutes instead of hours. Combine vegetables with high-protein, low-cost, healthy dried legumes and your favorite meats for satisfying dinner/salads. Learn what to look for and what to avoid in buying a pressure cooker. If you have a stovetop pressure cooker you've been avoiding, bring it to class and learn to cook with it. Food cost of $10 payable in class. Bring sponge and towel for clean-up plus containers for leftovers. This class covers Stovetop Pressure cookers only.

District 622 John Glenn Middle School
Instructor: Jan Zita Grover
1544-1  Thur 6-9 PM  Nov 30  1 session $25/person

Fresh Spring Rolls

Meet the owner of Bambu’ Restaurant in Maplewood as she shares the secret to making fresh spring rolls, one of the restaurant's best sellers. Although they are considered simple, they can be challenging to get right and it takes a zen-like balance to really make them memorable. Once you learn, you will be able to pass on Yin’s lovely, elegant recipe and technique for generations of your own family! Make 4 spring rolls plus take home a bottle of the amazing Bambu’ Peanut Sauce.

Bambu’ Restaurant
1715 Beam Ave, Maplewood, MN
Instructor: Yin Thong
1540-1  Tue 6-7:30 PM  Sep 19  1 session $25/person
1540-2  Tue 6-7:30 PM  Oct 17  1 session $25/person
1540-3  Tue 6-7:30 PM  Nov 14  1 session $25/person

Power Bowls

A Power Bowl is an entire meal in a great gathering of flavors and textures. Also known as a Healthy Bowl or a Buddha Bowl, it contains a whole grain, a mixture of raw vegetables, a protein, a delicious sauce, and something crunchy on top. We will cut, cook, assemble and eat four very different bowls and learn the framework for creating our own favorites at home. We will discuss the wide variety of choices that can go into making a fresh, healthy, appealing bowl. Students will go home with handouts that describe how they can mix and match in order to create meals they and their families will enjoy. A $15 supply fee is due to the instructor at class.

Stillwater Middle School, W180
Instructor: Debra O’Connor
1546-1  Wed 6-9 PM  Sep 20  1 session $35/person

Wilderness Cooking

Tired of packing hot dogs and trail mix for your camping trips? Instead, imagine loaded baked potato chowder with biscuits and cast iron cobbler. Learn how to make delicious and easy to pack meals that are cooked over a campfire and using a back country stove. Receive recipes for some of the instructor’s favorites, and also learn about packing and animal management of food in the back country. Food cost of $5 per person payable at class.

Oakdale Discovery Center
4444 Hadley Ave N, Oakdale
Instructor: Laura Greenlee-Karp
2659-1  Sat 9 AM-12 PM  Oct 14  1 session $25/person

Secrets of Memorable Soups

With cold weather approaching, it's time to take your soup-making to the next level! Learn to pick the best meats and vegetables for hearty autumn-winter soups and how to build soups by layers. Discover which pots and kitchen tools are best for making soup preparation more efficient and enjoyable. You will make three soups during class. Bring your favorite soup pot, dishcloth, chef’s knife and three closed containers for leftovers. $10 food fee is payable in class.

District 622 John Glenn Middle School
Instructor: Jan Zeta-Grover
1545-1  Thur 6-9 PM  Oct 12  1 session  $25/person

Fun with Fall Veggies

Terrific vegetables are in season in the fall, so we will make butternut squash ravioli, cauliflower crust pizza, and Brussels sprouts with apples and prosciutto. In addition, we will also roast fall vegetables to make a great stock. Students will learn to roll out pasta and make ravioli by hand, shred cauliflower to make a nutritious pizza crust, saute Brussels sprouts along with apple chunks and top with prosciutto shavings. Students will take home handouts detailing recipes and procedures. A $15 supply fee is due to the instructor at class.

Stillwater Middle School, W180
Instructor: Debra O’Connor
1547-1  Mon 6-9 PM  Oct 16  1 Session $35/person
Truffles! Chocolate Candies for All Occasions

You’ve tried the rest, now try the best! Nancy has taught thousands of students how to make these rich, decadent delicacies. You will learn to make truffles for all those special occasions—from graduations to weddings. We will make five different recipes in class, and each student will take home a box with 15-18 truffles. A $12 supply fee is collected in class by the instructor. Optional truffle/candy kit is available for $18 for future candy making projects.

Stillwater Middle School, W180
Instructor: Nancy Burgeson
1535-1  Mon 6-9 PM
Nov 6  1 session  $30/person

Merry Mocktails!

With the holidays coming up, there’s so much to celebrate! But festive drinks don’t have to include alcohol. Learn to make six craft “mocktails” with great garnishes. Students will make their own fruit syrups and herbal infusions and mix them with other liquids such as seltzers and teas. They will experiment with making their own garnishes from a variety of materials and they will learn the framework recipes for creating their own “signature mocktails” at home. This material will be presented in handouts they can take home. Please bring your favorite glass for trying samples! A $10 supply fee is due to the instructor at class.

District 622 John Glenn Middle School
Instructor: Debra O’Connor
1548-1  Thu 6-9 PM
Dec 7  1 session  $25/person

Cast Iron Cookery

For many cooking purposes, cast iron cookware is the best you can use. Create tastier sears, superior pan sauces, lighter corn breads, better pizzas, and extraordinary scones. Learn how to season and care for cast-iron, how and when to look for old pieces and where to shop for new cast-iron. Cook up some old favorites that you simply cannot duplicate in the newer pots and pans: cheesy cornbread, roasted vegetables and chicken, and crisp-on-the-outside, creamy-on-the-inside scones. Extensive handouts provided. Food cost of $12 is payable to the instructor at class. Bring a cast-iron skillet 10” or smaller if you have one, containers for leftovers and towels for clean-up.

District 622 John Glenn Middle School
Instructor: Jan Zita Grover
4113-1  Thu 6-9 PM
Nov 2-9  2 sessions  $35/person

Iris Folding Paper Craft

Create beautiful cards or package toppers and watch a demonstration on creating unique iris patterns. Learn to layer folded paper in a swirl to the center, like the iris of your eye or the shutter of a camera lens. Participants will take home 1-2 completed cards, three standard patterns and creative ideas for iris folding fun! Bring your own scissors, pencil and ruler.

Stillwater Area High School – C102
Instructor: Renee Reinardy
4027-1  Tue 6:30-9 PM
Sep 19  1 session  $55/person

Monogram Pallet Sign Painting

Create a unique and personalized piece of home décor! The wood slats are hand assembled into a 14” x 24” staggered pallet-style sign and you get to make it your own! Several options of stain and paint colors will be available to make your custom work of art. We will provide all the materials and take you through the process step by step. No experience is needed.

Stillwater Area High School – C102
Instructor: Sharon Grover
4013-1  Mon 6-8:30 PM
Oct 2-9  2 sessions  $45/person

Low Tech Spinning: Beautiful Yarn and the Ancient Spindle

Learn how to spin on the ancient drop spindle, a challenging but extraordinary tool. All equipment and materials are provided for you, including a beautiful, midweight maple spindle. Although you will not leave class an expert, you will be producing yarns that will be a pleasure use knitting and show to your friends. The instructor will also share terrific local resources on fiber farmers, regional mills, spinning groups and other artisans who can help you refine your art. An $18 supply fee for spindle and wool is payable to the instructor in class.

District 622 John Glenn Middle School
Instructor: Jan Zita Grover
4113-1  Thu 6-9 PM
Nov 2-9  2 sessions  $35/person

Mosaic Glass & Tile Workshop

This class is a great opportunity to learn the craft of applying glass to tile. Each participant will design and make a 6 by 6 inch tile. At the second class, we will learn how to grout the tiles and finish the piece. Feel free to bring your own beads or found items for your unique piece. These make great gifts and garden or window art.

Stillwater Area High School, C102
Instructor: Sharon Grover
4013-1  Mon 6-8:30 PM
Oct 2-9  2 sessions  $45/person

Questions? Call Community Education at 651.351.8300
**Weave a Farmer’s Market Basket**

Years ago, all farm produce was transported from the fields in farmer’s market baskets. This historic reproduction was designed to serve many additional purposes. This natural, unstained basket measures a 10.5” x 16.5” base with 6.5” tall sides woven around a 14” market D hardwood handle for extra strength. All materials except finishing stain will be provided to complete this project. A $38 supply fee is due to the instructor at class. No experience necessary!

Stillwater Area High School, C114
Instructor: Danielle Kling
4026-1 Sat 9 AM-1 PM
Sep 23 1 session $20/person

**NEW** The Art of Milk Painting

Used for thousands of years, milk painting is an excellent technique to create authentic reproductions and replicas of antique furniture, paintings and more! Learn all of the basics needed to tackle your own painting or furniture flipping projects! Dabble in mixing, applying, and finishing milk paint. You will create your own painted and distressed 5x7 picture frame during this casual and engaging workshop. A $10 supply fee is due to the instructor at class. No experience necessary!

Stillwater Area High School, A106
Instructor: Laura Greenlee-Karp
4005-1 Thur 6-8 PM
Sep 21 1 session $25/person

**NEW** Wreaths Made Easy

Working with deco mesh ribbon is so “mesh” fun and easy to learn! Once you make one of these beautiful wreaths you will want to make one for every holiday and occasion. This class will include instruction on two methods of mesh wreath making, then you can choose which method you prefer for your creation! Class includes a 16” wreath form, various colors and sizes of mesh, fabric ribbon and fun embellishments such as beads, feathers, flowers and more. Feel free to bring any of your own items to add to the personalization of your wreath. Bring a cutting mat and roller cutter if you have one.

Stillwater Area High School, E120
Instructor: Renee Reinardy
4029-1 Tue 6:30-8:30 PM
Oct 17 1 session $45/person

**Driver Improvement**

The Driver Improvement Program, from the State of Minnesota Safety Division, provides older adults with instruction that refines existing skills and develops safe, defensive driving techniques. Completion of these classes may qualify drivers 55 and older for a 10% discount on their auto insurance. To qualify for the insurance discount, an initial 8-hour class is required. After completion of an 8-hour class, the discount may be maintained by either repeating the 8-hour class or taking a 4-hour refresher class every three years. See registration information below. Class minimum: 15.

Instructor: Franny Hyde

Registrations for Driver Improvement are not taken through Community Education.
To register, call 1.888.234.1294

**8-Hour Defensive Driving**

2 Sessions • $26
Boutwells Landing Auditorium
Oct 17 & 18 . . . . . . . . . . . . . . . . . . . . . . . . . . . 5:30-9:30 PM

**4-Hour Refresher**

1 Session • $22
Boutwells Landing Auditorium
Sep 6 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 5:30-9:30 PM
Sep 7 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 12:30-4:30 PM
Oct 4 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 12:30-4:30 PM
Nov 2 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 12-4 PM
Nov 9 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 5:30-9:30 PM
Dec 5 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 12:30-4:30 PM

Check class availability online
24 hours a day at
stillwater.ce.feepay.com

**Visit stillwater.ce.feepay.com**
**AI Comes Home: Home Assistants with Artificial Intelligence**

This class introduces students to two popular home assistants on the market today: Amazon’s Echo and Google’s Google Home Assistant. These helpful devices use voice control to streamline a variety of tasks. All you have to do is ask! Bring your questions and get answers on the what, why and how of two of the hottest gadgets of the season.

**Boutwells, Technology Learning Center**
Instructor: Elise d’Entremont

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**Facebook for Beginners**

In this class we will discuss what Facebook is and how to create an account. We will cover privacy settings, creating your profile, finding friends, understanding your news feed, uploading pictures and more. This class will answer your questions about how to keep your Facebook profile safe and secure from scams and identity theft. If you need to set up an account, please arrive 30 minutes early.

**Boutwells, Technology Learning Center**
Instructor: Scott Baerman

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**Savvy Facebook Ads**

Learn how to make a Facebook ad to be seen on a potential customer’s Facebook page. Leverage the power of social media to effectively target consumers and spur revenue growth. Come find out if this form of advertising is right for you or your business.

**Boutwells, Technology Learning Center**
Instructor: Elise d’Entremont

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**Googlize Your Life: Docs & Sheets**

Learn how the tools of Google can transform your life. This class covers how to use Google’s free web-based software to create and share documents or spreadsheets from any computer or mobile device with internet access. This class will focus on Google Docs and Sheets, the popular alternatives to Microsoft Word and Excel. If you do not have a Gmail account please arrive 15 minutes early. You may bring your own fully charged laptop or use a computer in our computer lab.

**Boutwells, Technology Learning Center**
Instructor: Elise d’Entremont

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**Microsoft Power Point**

Power Point is a great tool, yet many of its best features are not widely known or used. In this class we will explore how to use this Microsoft platform to its full advantage. You will learn how to design slide and notes masters, customize bullets, use SmartArt and express your creativity with slide transitions and animations.

**Boutwells, Technology Learning Center**
Instructor: Margo Mills

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**Visual Basic for Applications**

Visual Basic for Applications (VBA) is a programming language that gives users power in a program. In the class, we will explore using VBA in Microsoft Excel, understand the vocabulary and edit VBA code. After taking this class, students will be able to understand concepts of a macro and record absolute and relative reference macros. Come take your Excel skills to the next level!

**Boutwells, Technology Learning Center**
Instructor: Margo Mills

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>4547-1</td>
<td>Wed</td>
<td>6:30-8:30 PM</td>
<td>$49/person</td>
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<tr>
<td>Dec 6-13</td>
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</tbody>
</table>

Questions? Call Community Education at 651.351.8300

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**ed2go Online Certificate Courses Now Available**

See page 19 for more information
Taking Digital Photos Beyond Automatic
Want to make the most of your digital camera? Ready to move beyond the basic “automatic” settings? Learn some basic tips on how to get a properly exposed photo via manual mode, aperture priority mode and shutter priority mode. When used correctly, these three settings can dramatically enhance the look of your photos. This class is for users of DSLR cameras, not “point and shoot” cameras. Bring your camera and get ready to shoot!

Lake Elmo Elementary, Computer Lab
Instructor: Dale Peterson
4515-1 Wed 6-8:30 PM
Oct 11 1 session $35/person
4515-2 Wed 6-8:30 PM
Nov 15 1 session $35/person

iPad Beginner
Learn about the basic iPad features and the native apps that come with it. We’ll discuss general settings, wallpaper, sounds and more. We will cover creating an Apple account and downloading more apps and media. This class is a lecture and screen demonstration, but if you own an iPad bring it with you to class. Please have your IOS updated to the most current version and know your Apple ID and password.

Boutwells, Technology Learning Center
Instructor: Scott Baerman
4551-1 Tue 6:30-8:30 PM
Oct 3 1 session $35/person
4551-2 Tue 6:30-8:30 PM
Dec 5 1 session $35/person

MONEY SENSE
Manage your money and become fiscally fit

Moving Mom & Dad: 5 Common Mistakes and How to Avoid Them
Many baby boomers are facing the tough decision of finding appropriate housing options for their aging parents. Moving mom and dad is often a challenge, especially when they are reluctant. In this class, you will get a brief overview of the housing market and learn the five common mistakes children of aging parents make and how to avoid them. Topics include:

- Conversation starters for discussing late-life housing choices
- Solutions for remodeling homes for aging-in-place
- Descriptions of senior living options
- Key questions for assisted living and long-term care communities
- Tips for hiring key service providers
- Facts about estate sales and auctions

Access to preferred service providers and discount coupons are provided to all attendees. The guide is valued at $24.95. Additional family member may attend at no cost.

Stillwater Area High School, Health Room
Instructor: John Mazzara
1021-1 Wed 7-9 PM
Oct 25 1 session $20/person

Downsizing in the Current Market
Thinking about downsizing but not sure where to start? We will provide you with an overview of the current market and cover the five easy steps to a successful move. We will cover the most frequently asked questions about downsizing. You will receive the Downsizing Made Easy guide - a $24.95 value. Access to preferred service providers and discount coupons is provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home. Additional family member may attend at no cost.

Stillwater Area High School, Health Room
Instructor: John Mazzara
1023-1 Wed 7-9 PM
Dec 6 1 session $20/person

iPad Beginner
Learn about the basic iPad features and the native apps that come with it. We’ll discuss general settings, wallpaper, sounds and more. We will cover creating an Apple account and downloading more apps and media. This class is a lecture and screen demonstration, but if you own an iPad bring it with you to class. Please have your IOS updated to the most current version and know your Apple ID and password.

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Stillwater Area High School, Health Room
Instructor: John Mazzara
1023-1 Wed 7-9 PM
Dec 6 1 session $20/person
Empowering Women with Their Finances

Financially empowered women make better decisions for themselves and their families, increasing their economic security and well-being. This presentation will give you the tools to confidently take ownership over the many financial, legal, and emotional challenges facing women today. This class is ideal for women who have been recently divorced or widowed, have inherited assets, started a business, or those who simply want to be more involved in their family’s financial decisions.

Stillwater Area High School, E120
Instructor: Damien Cannaday
1003-1 Mon 6-7:30 PM
Nov 20 1 session $20/person

NEW Understanding How to Gift Your Money

If you would like to gift your assets to a family member or an organization, there is a proper way to do it. We will discuss pros and cons of gifting your money, including the who, what, when, where and why of gifting. We will also cover how to leverage your gift, tax deductible rules and how to control the gift after death. You will gather a better understanding of how to properly control your monetary gift.

Gladstone Center
Instructor: Steve Ledin
1036-1 Thu 10-11:30 AM
Sep 21 1 session $15/person
1036-2 Thu 6:30-8 PM
Nov 9 1 session $15/person

Real Estate Investing
- How to Win with Investment Properties

This class will show you how to take precise, profitable action, buying great rental properties NOW. You will learn where the best deals are, how to buy property without changing your lifestyle, how to avoid common owner pitfalls and much more! All attendees will receive the link to the PDF version of “Reality Based” Real Estate Investing, written by the instructor. After taking this class, you will have the tools needed to start investing in real estate.

Stillwater Area High School, Health Room
Instructor: John Mazzara
1042-1 Thur 7-9 PM
Sep 28 1 session $20/person

Keeping the Cabin in the Family

Who will pay the taxes? What if one family uses it more? How can I ensure my children receive equal inheritance? What effect will estate taxes have? Get the answers to these and other questions and learn how to keep the cabin, farm or property in the family without driving the family apart. An additional family member may attend at no additional charge.

Stillwater Area High School – E120
Instructor: Damien Cannaday
1026-1 Mon 6-7:30 PM
Dec 4 1 session $20/person

Ten Things Boomers Need to Know About Social Security

Many baby boomers will look to Social Security as a major source for their retirement income. Yet the program is on shaky ground. While you can’t control how the program will be fixed, you can educate yourself on Social Security to help maximize your benefits. Bring your questions to this interactive workshop, which will be led by local financial advisor and CFP® practitioner Mike Enright. This workshop is ideal for those nearing retirement age. An additional family member may attend at no additional charge.

Stillwater Area High School, Health Room
Instructor: Mike Enright
1029-1 Tue 7-8:30 PM
Oct 3 1 session $20/person

You’re Retired (or Almost) … Now What?

You’ve worked your entire life for your money, now it’s time to make it work for you. If you are recently retired or within a few years of retirement, local financial advisor and CFP® practitioner Mike Enright will teach you how to convert your wealth to income. The strategies you used to grow your investments are much different than the strategies you’ll need to generate your retirement income. Bring your questions to this interactive workshop. An additional family member may attend at no additional charge.

Stillwater Area High School, Health Room
Instructor: Mike Enright
1028-1 Tue 7-8:30 PM
Oct 10 1 session $20/person

Visit stillwater.ce.feepay.com
Online Certificate Courses Now Available

Certificate in Nutrition, Chronic Disease and Health Promotion
Gain an understanding of the role food and water play in health, and see how making appropriate changes in one’s diet can have powerful effects on health throughout life. Examine how chronic diseases are rapidly increasing worldwide as traditional, plant-based diets are being replaced by high-fat, animal based diets. Great for both healthcare professionals and those wishing to enter the fields of nutrition, health promotion, and lifestyle or wellness coaching.
www.ed2go.com/stillwater

Certificate in Legal and Ethical Issues in Healthcare
Explore the legal and ethical risks that result from factors in the medical industry, including ever-shrinking resources, shorter lengths of stay, diverse patient populations, and the use of technology. The course provides an overview of the legal and ethical issues that are common in the world of medical care. You will examine issues that arise from on-the-job situations such as medication errors, organ donation, and workplace violence.
www.ed2go.com/stillwater

Certificate in Project Management
Gain the skills, tools and templates to confidently develop and maintain a project. Project management is universally recognized as a strategic competence that is invaluable to business success. Align yourself with this skill set to improve your career prospects and opportunities.
www.yougotclass.org/catalog.cfm/Stillwaterschools

Certificate in Data Analysis
Data analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio and make a difference in the success of your organization by acquiring data analysis skills.
www.yougotclass.org/catalog.cfm/Stillwaterschools

Social Media for Business Certificate
Social media is an effective means to communicate with your customer base in an efficient yet affordable way. Obtain a skill set and receive a firm foundation for working and managing different social media platforms such as Twitter, LinkedIn, and Facebook. Learn how to harness the power of the web, then leave with a plan to integrate social networks into your own business initiative.
www.yougotclass.org/catalog.cfm/Stillwaterschools

Learn from the comfort of home!

Full course description and pricing is listed on the partner website.

Take your career to the next level!

More business, career enrichment and health certificate programs are available.
Visit ed2go.com/stillwater and yougotclass.org/catalog.cfm/Stillwaterschools to enroll.

Ed2Go classes start monthly and run for 6-12 weeks depending on the course.

UGotClass Certificate programs consist of 2-3 courses that begin periodically through the year. Each course must be completed to earn the Certificate.

Questions?
Call 651.351.8300

Full course description and pricing is listed on the partner website.
**Minnesota Starwatch**

We start with an indoor orientation then move outside to see The Big Bear, Orion the Hunter, Leo the Lion, and hear some of their great stories. We will use two giant 20 inch reflector microscopes that are among the biggest mobile telescopes in Minnesota for close up views of planets, the moon, star clusters, and other wonders in our skies. Handout package with star maps and constellation charts, websites, a telescope-buying guide, and more will be provided. Bring a chair and blanket and dress for outdoors. Children under the age of 16 must be accompanied by a paying adult.

**Afton-Lakeland Elementary, Cafeteria**  
**Instructor:** Mike Lynch  
**3505-1**  
**Wed 6:30-8:30 pm**  
**Nov 1 1 session $45/family $24/person**

**Spanish for Travelers**

Do you have aspirations to travel to a Spanish speaking country? Students learn basic conversation skills to navigate a Spanish-speaking country with greater ease. The class will include helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Each week will include a travel related theme and will get students up and out of their seats with real world Spanish! The class will conclude with a trip to a Spanish speaking restaurant or store.

**Stillwater Area High School, D106**  
**Instructor:** Futura Adventures Staff  
**3575-1**  
**Tue 6:30-8:30 pm**  
**Nov 6-Dec 11 6 sessions $149/person**

**Bones and Stones**

Discover more than you probably wanted to know about the early history of Saint Paul as seen through its cemeteries. Your instructor knows where the bodies are buried and tells all with special attention paid to the more prominent of the settlers. You will get to admire a wide range of tombstone designs from the elegant and opulent to the entertaining.

**District 622 Skyview Community School**  
**Instructor:** Mary-Benton Hummel  
**3577-1**  
**Tue 6:30-8:30 pm**  
**Sep 26 1 session $15/person**

**The Pilgrimage of Camino de Santiago**

The Camino de Santiago (the Way of St. James) is a large network of ancient pilgrim routes stretching across Europe and meeting together at the tomb of St. James in Santiago de Compostela in north-west Spain. Join Scott as he shares the incredible experiences of his 500 mile hike this past year. He will talk about equipment options, show photos of his journey and encourage discussion.

**Stillwater Area High School, D205**  
**Instructor:** Scott Baerman  
**3507-1**  
**Tue 6:30-8:30 pm**  
**Oct 10 1 session $20/person**

**Great Trains & Grand Canyons**

**Travel Dates: April 22-27, 2018**

Experience the majestic beauty of Sedona, AZ, an upscale resort, retirement and artist community set amid the red-hued rocks of Oak Creek Canyon. Create unforgettable memories at one the world’s most recognizable natural wonders, the Grand Canyon. This awe-inspiring national park welcomes around 5 million visitors a year. Learn about the history of this area at Montezuma’s Castle National Monument, the old mining town of Jerome and guided trolley tour through Sedona. Experience this unique piece of America by bus, train and trolley!

**Per Person Rates:** Single $3,070, Double $2,395

**Want to learn more?**

Come to meet a Premier World Discovery Specialist who will give a free informational presentation about the trip, answer questions and be available to collect down payments.

**9999-1**  
**Tuesday, September 12**  
**6:30-7:30 pm**  
**PAC Stillwater Area High School**  
**Register at stillwater.ce.feepay.com**

If you have questions prior to the presentation, please contact Sarah Carlton, Adult Enrichment Coordinator at 651-351-8484.
ADULT BASIC EDUCATION

ABE provides free educational programs and services for students who wish to receive their GED or brush up on basic skills. Our EL program provides English lessons for adults with limited English ability.

Program Schedule

Early Childhood Family Center
1111 Holcombe St. S., Stillwater
Monday through Thursday mornings ........................................... 9:30 AM-12 PM
Monday through Thursday afternoons ....................................... 1-3 PM

Brookview Elementary
1111 Holcombe St. S., Stillwater
Thursday evenings ....................................................................... 5:30-7:30 PM

Family Means Building at Cimarron
Friday Mornings .......... 9:30 AM-12 PM

Childcare and transportation are available on a limited basis.
Call for more information.

For information or to register, call 651.351.4000
or 651.351.4031

Habla Español? 651.351.4019

Building skills to help adults of all ages along their education and career path.

Programs Available

ABE
Adult Basic Education
Improve Skills in
Math
Reading
Writing
Spelling

Gain Confidence in
Test-taking
Completing job applications
Filling out forms

Prepare for
Employment Tests
Accuplacer Test

GED®
General Educational Development
Pretest the four GED® test areas
Assess needs
Receive tutoring in problem areas
Practice test-taking
Now Available
GED® online tutorial
Call 651.351.4031 for information

EL
English Learners
Informational instruction in life skills
Listening
Conversation
Reading
Writing
Understanding American culture

English Learning
Parents with children, ages birth to 5 years, can attend a special ECFE class on Monday mornings, during the EL class time. Contact Kim at 651.351.4000 to register.
Adults with Disabilities FRIENDS Program

The FRIENDS Program provides Community Education and recreation experiences for teens and adults with developmental disabilities. Assistance may also be provided for those who wish to participate in other scheduled Community Education classes. To have your name added to the Community Education mailing list, please call 651.351.8300.

Outdoor Exploring & Games!
Join us for some fun outdoor activities at a beautiful, privately-owned acreage in Lakeland. There is plenty of land for all to partake in activities such as tennis, bocce ball, badminton, bean bag toss and hiking! Dress for the weather and outdoor activity. A healthy snack will be provided.

LePage Family Residence
2015-1 Thu 5:30-7:30 pm
Sep 14 1 session $8/person

A”MAZE”ing Fun!
Enjoy some time together with friends at Country Sun Farm, named one of the 10 Best Pumpkin Patches in Minnesota! Wind your way through the corn maze, take a picture of a haunted house, enjoy adorable animals in their petting zoo, and more! Meet at the Farm and explore as a group. Snack provided.

Country Sun Farm
11211 60th Street North
2014-1 Thu 5:30-7:30 pm
Oct 12 1 session $10/person

Hudson Theater Night Out
Join us to see Disney’s Madagascar Jr., A Musical Adventure, at the Phipps Center for the Arts in Hudson. Come along with Alex the lion, Marty the zebra and of course, those crazy penguins as they escape the Central Park Zoo and embark on a wild adventure. This is a matinee performance with bus transportation to and from the show. Friends and family are welcome to come along! Bring money for a snack if desired. Meet in front of Stillwater Area High School*.

Phipps Center for the Arts
2000-1 Sat 12:15-4 pm
Nov 11 1 session $20/person

PAC Activity Night
Have you seen the new Pony Activity Center? Join us on this special night when we have a portion of the gym all to ourselves to play and be active. We may play pickleball, ride scooters, shoot some hoops, play floor hockey or just try to hula hoop. The possibilities are endless and will depend on the interests of the group. While there, you will get a tour of the new PAC facility and all it has to offer. At the end of the night, we will meet to share some holiday treats and cheer! Bring a friend!

Stillwater Area High School, Gym
2013-1 Thu 6:30-8 pm
Dec 7 1 session $8/person

*We must have a minimum of 10 registered participants and riders for the events that include transportation. You will be contacted by Community Education if you will need to provide your own transportation.

Classes are facilitated by Susan Johnson

Questions? Call Community Education at 651.351.8300
Secondary Opportunities

Driver Education
Stillwater Community Education partners with Safeway Driving School to offer a convenient teen driver education program in our schools. All instructors are licensed through the Minnesota Dept of Public Safety. The program is divided into two phases:

Classroom Phase: This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving. Make-up lessons can be completed in any other Stillwater Community Education or Safeway classroom session. Students can take the class at age 14½ but cannot take their permit test until age 15.

Behind-the-Wheel Phase: After students pass the permit test, they are required to complete six hours of driving lessons. The lessons are provided in three, two-hour lessons. Lessons can be scheduled online at safewaydrivingschool.com or by calling the Safeway office at 651.351.9150. Students will be picked up and dropped off at Stillwater Area High School.

Parent Involvement: It is critical that parents plan to practice regularly with their newly permitted drivers. Safeway offers detailed information on its web site to assist parents with understanding MN laws and requirements for student drivers. There is also a bi-monthly Parent Class offered at Safeway’s Stillwater classroom.

Safeway strongly encourages all parents to review its Parent Information section at safewaydrivingschool.com. There is also a bi-monthly Parent Class offered at Safeway's Stillwater classroom . Students can take the class at advantage at 612-222-5108. For questions/information, contact Advantage at 612-222-5108.

$389/person
Includes classroom instruction, materials and behind-the-wheel training. Permit and road exam fees are not included.

Stillwater Area High School-B114
Monday-Thursday • 2:30-5:30 PM • 10 sessions • $389/person
300-1.................................Sep 11-26
300-2..........................Oct 2-17
300-3......Oct 30-Nov 15 (No session Nov 2)
300-4..............................Nov 27-Dec 12
300-5.......Jan 8-25 (No session Jan 15, 16)
300-6...........Feb 5-21 (No session Feb 19)
300-7...............Feb 26-Mar 13
300-8....Mar 26-Apr 11 (No session Mar 29)
300-9..............................April 16-May 1
300-10.......May 7-23 (No session May 14)

Advantage Education – Evening ACT Preparatory Courses
Improve your test-taking skills and overall scores on the ACT (American College Test). Focal points of this twelve-hour class include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, science reasoning, concentration improvement, overcoming test anxiety and time management. Tuition is $140 with all class materials included. Students who participate in an Advantage course may repeat the course as often as they wish in any of our winter/spring, summer or fall classes – FREE OF CHARGE.

For questions/information, contact Advantage at 612-222-5108.

Stillwater Area High School-D106
304-1 Monday 5:45-8:45 PM
Sep 18-Oct 9 4 sessions $140/person
304-2 Tuesday 5:45-8:45 PM
Sep 19-Oct 10 4 sessions $140/person
304-3 Tuesday 5:45-8:45 PM
Nov 7-Dec 5 4 sessions $140/person
No session Nov 21

ZAPS – Saturday ACT Seminar
Many colleges require an ACT test score as one of their criteria for admission. This seminar gives students a chance to become more familiar with the ACT and work on improving their score. This test preparation course offered by ZAPS Learning Company includes:

- Five hours of test preparation seminar
- A comprehensive study guide
- Six practice tests per subject covered on the ACT (24 total practice tests).

The optional essay portion of the test will also be covered. Students should bring two pencils and a calculator to the seminar. There will be a 45 minute lunch break in which students are responsible for their own lunches.

Stillwater Area High School-D205
303-1 Saturday 9 AM-3 PM
Sep 30 1 session $90/person

Be the Change- Day of Service
Want to do something good for others? Spend one of your days off in service! We will volunteer in small groups with several different non-profit organizations on this day. The $15 fee helps to cover the cost of lunch and transportation to service sites. Nonprofit organizations we will volunteer with serve different community needs such as; hunger, homelessness, elder care and youth programming.

Stillwater Area High School-Cafeteria
299-1 Friday 8 AM-3:15 PM
Nov 3 1 session $15/person

Babysitter's Training
See page 31
Youth Athletics and Fitness

Youth Fall Tennis Lessons
Participants will develop basic tennis skills in a group setting. Classes will be taught with a focus on grip, ground strokes, volleys and footwork. The participants will have the opportunity to develop skills in a lifelong sport that not only develops physical conditioning, but also sportsmanship and etiquette. Participants should wear tennis shoes and provide their own tennis racket. This class is five sessions.

Stillwater Area High School - Gym
Instructor: Dave Kahl

Grades K-2
599-1 Sunday 12-1 PM
Oct 22-Nov 19 5 sessions $50/person

Grades 3-5
599-2 Sunday 1-2 PM
Oct 22-Nov 19 5 sessions $50/person

Grade 6-8
599-3 Sunday 2-3 PM
Oct 22-Nov 19 5 sessions $50/person

Pony Boys Basketball Fun on the Outdoor Courts
Join new SAHS head coach Brady Hannigan on four fun nights of outdoor basketball! The gyms will only be used if bad weather forces the group inside otherwise plan on playing fun games on the outdoor courts. Each participant receives a t-shirt.

Grade K-3
Instructor: Brady Hannigan
Rutherford Elementary - Gym/Outdoor Courts
518-5 Tuesday 6-7 PM
Sep 5-26 4 sessions $40/person

Poms and Cheer
Cheerleading camp teaches young athletes the essential skills to lead crowds and support the home team. This entry-level cheer program ensures that each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting—just a big focus on fun while each cheerleader learns important life skills such as team building and leadership. The week concludes with a choreographed performance. This is not a competitive cheer camp, but is a fun way to learn cheer techniques. Fee includes t-shirt, pom-poms and merit award.

Oak-Land Middle School - Field/Gym
Instructor: Skyhawks Staff

Ages 5-9
504-1 Thursday 6:30-7:15 PM
Sep 21-Nov 9 7 sessions $99/person
No session Oct 19

Ages 5-9
504-2 Thursday 7:30-8:15 PM
Sep 21-Nov 9 7 sessions $99/person
No session Oct 19

Soccer Shots
Soccer Shots is a leader in youth soccer development for children ages 2-5. This program offers a high energy, fun, age-appropriate introduction to the wonderful game of soccer. Our innovative curriculum emphasizes both soccer skills and character development. Our goal is simple: to leave a lasting, positive impact on every child we serve. Join us and see why tens of thousands of children throughout North America have benefited from the Soccer Shots experience! This is a parent and me class. Wear gym shoes and bring a water bottle. These sessions include a $15 jersey.

Instructor: Dan Larson

Early Childhood Family Center - Gym
Mini – Ages 2-3
512-1 Saturday 11:30-12 PM
Sep 9-Nov 11 10 sessions $125/person

512-3 Monday 4:45-5:15 PM
Sep 11-Nov 13 10 sessions $125/person

512-5 Monday 5:55-6:25 PM
Sep 11-Nov 13 10 sessions $125/person

Classic – Ages 3-5
512-2 Saturday 12:05-12:35 PM
Sep 9-Nov 11 10 sessions $125/person

512-4 Monday 5:20-5:50 PM
Sep 11-Nov 13 10 sessions $125/person

512-6 Wednesday 5-5:30 PM
Sep 13-Nov 15 10 sessions $125/person

512-7 Wednesday 5:35-6:05 PM
Sep 13-Nov 15 10 sessions $125/person

512-8 Wednesday 6:10-6:40 PM
Sep 13-Nov 15 10 sessions $125/person

Oak-Land Middle School - Cafeteria/Field
Mini – Ages 2-3
512-6 Wednesday 5-5:30 PM
Sep 13-Nov 15 10 sessions $125/person

Classic – Ages 3-5
512-8 Wednesday 6:10-6:40 PM
Sep 13-Nov 15 10 sessions $125/person

Questions? Call Community Education at 651.351.8300
Pony Beginner Gymnastics
This class is for girls who are interested in learning beginning gymnastics. The participants will be introduced to the vault, uneven bars, balance beam and floor exercise, while learning basic gymnastics safety skills. This is a great way to get an introduction to gymnastics in a safe, friendly, positive environment. Classes will be led by SAHS Coaches and Gymnasts.

Grades K-6
Instructor: Traci Swenson
PAC Stillwater Area High School - Gymnastics Gym
580-1 Tuesday 6:45-7:45 PM Sep 26-Oct 31 6 sessions $80/person
580-2 Monday 6:15-7:15 PM Nov 20-Feb 5 10 sessions $139/person
No session Dec 25, Jan 1
580-3 Wednesday 5:45-6:45 PM Nov 22-Jan 31 10 sessions $139/person
No session Dec 27

Additional gymnastics classes may be added.
Check back this fall for a complete list.
stillwater.ce.feepay.com

As a safety precaution, please understand that parents are not allowed in the gymnastics gym as space is limited and the students are focusing on the instructors. Wear appropriate workout apparel for gymnastics activity.

For more information, contact: Traci Swenson at swensont@stillwaterschools.org

Pony Advanced Beginner Gymnastics
This class is for gymnasts who are developmentally ready to learn skills to build towards being ready for competition. Enrollment requires a coach recommendation for registration.

Grades K-7
Instructor: Traci Swenson
PAC Stillwater Area High School - Gymnastics Gym
582-1 Thursday 6:45-7:45 PM Sep 28-Nov 2 5 sessions $69/person
No session Oct 19
582-2 Tuesday 6:15-7:15 PM Nov 21-Jan 30 10 sessions $139/person
No session Dec 26

Pony Gymnastics Little Ponies Team Camp
This class is for gymnasts who participated on the Little Ponies team in 2016-2017, and gymnasts who are developmentally ready to potentially participate on the team in 2017-2018 MAGA season (Midwest Amateur Gymnastics Association). We will focus on building skills on vault, bars, beam and floor in the winter season. Enrollment requires a coach recommendation.

Grades K-8
Instructor: Traci Swenson
PAC Stillwater Area High School - Gymnastics Gym
583-1 Tue/Thur 5:30-7 PM Sep 26-Nov 2 11 sessions $215/person
No session Oct 19
583-2 Monday 7-8:30 PM Wednesday 6-7:30 PM Nov 20-Jan 31 25 sessions $379/person Includes Entry Fees
No session Dec 25, 27, Jan 1

Spikers Volleyball League
Do you enjoy playing volleyball? Then join Spikers Volleyball today! You’ll practice once a week and play matches on Saturdays against kids from other school districts. Matches take place in Maplewood, mid-September to early-November, between 9 a.m. - 5 p.m. Match schedules are provided the first week of practice. Practices take place at Oak-Land Middle or Rutherford Elementary and will be scheduled based on number of teams within the published program time frame. Teams are lead by volunteer coaches and fee includes team t-shirt. If you have a volleyball (we suggest Baden or Tackikara) please bring it to each practice and make sure it is properly identified. This program fills fast. The registration deadline this year is August 25th.

Oak-Land Middle School - Gym and Rutherford Elementary - Gym
Grades 3-4
507-34 Tuesday 6-8 PM Sep 12-Nov 7 9 sessions $85/person
Grades 5-6
507-56 Thursday 6-8 PM Sep 14-Nov 9 9 sessions $85/person

If you are interested in volunteer coaching please attend a volunteer coach meeting on August 30 from 6:30-7:30 p.m. at Oak-Land Middle School.

Girls & Women Open Basketball
See page 6
Aquatics

Swimming Lessons for Grades K and up
Co-sponsored by the American Red Cross Twin Cities Chapter

Oak-Land Middle School Pool  
Saturday • Sep 9-Oct 14  
6 sessions • $70/person

- Level 1 – Introduction to Water Skills  
  7020-OMS1  ....  9-9:45 AM
- Level 2 – Fundamental Aquatic Skills  
  7021-OMS1  ....  9-9:45 AM
- Level 3 – Stroke Development  
  7022-OMS1  ....  9:50-10:35 AM
- Level 4 – Stroke Improvement  
  7023-OMS1  ....  9:50-10:35 AM
- Level 5/6 – Stroke Refinement, Swimming & Skill Proficiency  
  7017-OMS1  ....  10:40-11:25 AM

Stillwater Middle School Pool  
Monday/Wednesday • Nov 27-Dec 13  
6 sessions • $70/person

- Level 1 – Introduction to Water Skills  
  7020-SMS1  ....  6-6:45 PM
- Level 2 – Fundamental Aquatic Skills  
  7021-SMS1  ....  6-6:45 PM
- Level 3 – Stroke Development  
  7022-SMS1  ....  6:50-7:35 PM
- Level 4 – Stroke Improvement  
  7023-SMS1  ....  6:50-7:35 PM
- Level 5/6 – Stroke Refinement, Swimming & Skill Proficiency  
  7017-SMS1  ....  7:40-8:25 PM

Stillwater Community Education is an Authorized Provider of American Red Cross Learn-to-Swim Aquatics Programs.

Not sure which level your child should be in?
Check out the American Red Cross Learn to Swim descriptions for each level at stillwaterschools.org/CE/Aquatics.html

If you have further questions, please contact Sarah Carlton at 651.351.8484.

Beginner Synchronized Swimming Camp
This class is for girls that would like to try the sport of synchronized swimming. Students will learn basic skills and techniques such as sculling, egg-beatering, figures and breathing. Participants should be able to swim the length of the pool without assistance or passed American Red Cross Level 4. Please bring suit, towels and nose plugs.

Oak-Land Middle School Pool  
Instructor: Sophia Ogaard, Grace Zimmer  
7026-OMS1  Saturday • Sep 9-Oct 14  
6 sessions • $80/person

Stillwater Middle School Pool  
7009-OMS1  Saturday • Sep 9-Oct 14  
6 sessions • $105/person

American Red Cross Preschool Aquatics
Preschool aquatics will teach basic aquatics skills, which children continue to build upon into the Learn-to-Swim levels. The instructors will encourage children to develop good attitudes and safe practices around the water. They will work on locomotion skills in the water and on using simultaneous and alternating arm and leg actions. Before moving to the Learn-to-Swim program, students should have more independence in the water.

Ages 3-5
Oak-Land Middle School Pool  
7012-OMS1  Saturday • Sep 9-Oct 14  
6 sessions • $65/person

Stillwater Middle School Pool  
7012-SMS1  Monday/Wednesday • Nov 27-Dec 13  
6 sessions • $65/person

Private Swimming Lessons
Level 1-6
This is a private 30-minute session with your child to work on water safety, stroke enhancement or specific skills that need work. This is a great option for children that need the extra one-on-one time with an instructor. Preschool and Levels 1-6 are welcome. FOR SEMI PRIVATE LESSONS, CALL THE COMMUNITY ED OFFICE TO REGISTER.

Oak-Land Middle School Pool  
7009-OMS1  Saturday • Sep 9-Oct 14  
6 sessions • $105/person

Stillwater Middle School Pool  
7009-SMS1  Monday/Wednesday • Nov 27-Dec 13  
6 sessions • $105/person

Water Safety Instructor Course
This course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program. Students develop their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants’ progress. A blended-learning format for this course will be offered, which includes 7-hours of mandatory online coursework prior to instructor-led pool and classroom time. Bring a lunch or snack, water bottle, swim suit and towel each day. Attendance at all classes is required.

There is an additional fee of $35 paid directly to the Red Cross for the online portion of the course. Registration closes Monday, January 1.

Oak-Land Middle School Pool  
Instructor: Melinda Fierro

Ages 16 and older
7003-OMS1  Monday/Wednesday • Jan 8, 10-12  
6 sessions • $225/person
7003-SMS1  Monday/Wednesday • Jan 15, 17-12  
6 sessions • $225/person
7003-OMS1  Saturday 9-12  
6 sessions • $225/person
**Lifeguard Training Course**

The purpose of American Red Cross Lifeguarding program is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. A blended-learning format for this course will be offered, which includes 7.5 hours of mandatory online course work prior to instructor-led pool and classroom time. More detailed information will be provided one week before class. Bring a lunch or snack, water bottle, swimsuit and towel. Attendance at all classes is required. **There is an additional fee of $35 paid directly to the Red Cross for the online portion.** Registration closes Wednesday, November 8. Pre-course test requirements are listed with the online course description.

**Oak-Land Middle School Pool**

**Instructor: Melinda Fierro**

**Ages 15 and older**

- 7004-OMS1 3 sessions $225/person
  - Nov 16 Thursday 6-8 PM
  - Nov 17 Friday 5-9 PM
  - Nov 18, 19 Sat/Sun 9 AM-6 PM

**Lifeguard Review Course**

This course is for people already holding Red Cross Lifeguarding certification who need to renew their certification. All participants must be over age 15, be able to perform the lifeguard pre-course skills test, and show a certificate that is still current the day of the review course. Lifeguarding skills, including pool entries, rescues, and CPR/AED will be reviewed in this course. Bring a lunch or snack, water bottle, swimsuit and towel. **Discount available for current district staff, call 651.351.8484 for promo code.**

**Oak-Land Middle School Pool**

**Instructor: Emily Warner**

**Ages 15 and older**

- 7005-OMS1 1 session $135/person
  - Dec 9 Saturday 8 AM-7 PM

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**Early Childhood Family Center**

Join us at the Early Childhood Family Center for open gym activities designed just for families with toddlers and preschoolers.

- 900-FC6* Saturday, Nov 18 9-11 AM
- 900-FC9 Saturday, Dec 16 9-11 AM

**PAC Stillwater Area High School**

Families and adults will have access to the gyms, indoor walking track, cardio and weight room**. Children under 10 must be accompanied by an adult.

- 900-PAC1 Friday, Oct 13 6-8 PM
- 900-PAC2 Friday, Oct 20 6-8 PM
- 900-PAC4 Saturday, Nov 4 2-4 PM

**Stillwater Middle School**

The pool, rock climbing wall, weight room** and gym activities are available to families and adults. Children under 10 must be accompanied by an adult.

- 900-SMS3* Friday, Oct 27 6-8 PM
- 900-SMS5* Friday, Nov 17 6-8 PM
- 900-SMS7 Friday, Dec 1 6-8 PM
- 900-SMS8* Friday, Dec 15 6-8 PM

**No rock climbing**

Pre-registration for Community Fitness Activities (formerly Pony Community Activities) must be completed by 12:00 PM. Registration after 12:00 PM will require you to pay $10 per family.

* Special activities sponsored by PowerUp. There will be no charge on these nights regardless of if you pre-register or walk-in.

** Weight room and cardio users must be 14 years old with required training.

Register online at stillwater.ce.feepay.com
Afterschool Elementary Opportunities

Standout with Spanish!

*Give your child a skill for life … SPANISH!*

Our five-year, dynamic theme-based Spanish program ensures that your child will fall in love with the language. Using songs, games, and hands-on activities, this sixteen-week class will teach your child to describe and ask questions about their families, talk about likes and dislikes, as well as how to discuss their school days. Every day will be filled with fun and learning in this Vamos con la familia y Vamos con la musica class. (Let’s go with families and Let’s go with music).

Grades K-5 • 16 sessions • $229/person
Instructor: Futura Language Professionals Staff

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<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 12, 26, Nov 2, 9, 16, 30, Dec 7, 14, Feb 15, 22, Mar 1, 8, 15, 29, Apr 5, 12</td>
<td>3:15-4:15 PM</td>
</tr>
</tbody>
</table>

New Junior Robotics

Junior Robotics combines LEGO engineering projects with a computer interface. Using LEGO bricks, students will be taught basic STEM engineering concepts and then use those concepts to build an alligator, a race car and more! Once built, students will use a drag and drop icon-based software to program their project to race, chew or make noise. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Grades 1-5 • 4 sessions • $55/person
Instructor: Youth Enrichment League Staff

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<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Oct 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, Feb 14, 21, 28, Mar 7, 14, 28, Apr 4, 11</td>
<td>3:15-4:15 PM</td>
</tr>
</tbody>
</table>

Grandmasters of Chess

Learn strategy, tactics and valuable problem solving skills with the game of chess! Learn different chess concepts and moves, practice positions, solve complex chess puzzles and test your skills against other students. Coaches often feature in-class tournaments throughout the session. Class fee includes: Chesskid.com membership for the chess sessions, prizes and puzzle sheets. New and returning students invited.

Grades K-5 • 6 sessions • $85/person
Instructor: Youth Enrichment League Staff

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<tbody>
<tr>
<td>Oct 4-18</td>
<td>3:15-4:30 PM</td>
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</tbody>
</table>

Visit stillwater.ce.feepay.com

Youth Advantage is a local nonprofit organization that provides access to arts, athletics, and educational-enrichment experiences by providing scholarships and the necessary equipment to eligible youth (grades K-12) who qualify based on his/her family’s financial needs.

If your child receives (or financially qualifies to receive but is not currently participating in) free or reduced-fee lunch, or if your family has experienced a recent financial hardship, your child may qualify for a Youth Advantage scholarship. Learn more at youthadvantage.org or by calling 651.342.1266.
Sense-ational Science
Light up your imagination as you blend and separate light, and trick your eyes with mirrors and optical illusions. Discover how to manipulate sound, harness the power of air, heat and static electricity. Explore food science as you practice chemistry in the kitchen and figure out how to craft the perfect meal. And of course, you’ll get a great signature Mad Science take-home every day!

Grades 1-5 • 4 sessions • $72/person
Instructor: Mad Science staff

224-AL Afton-Lakeland Elementary
Tuesday Sep 26-Oct 17 3:15-4:15 PM

224-AN Andersen Elementary
Monday Nov 13-Dec 4 3:15-4:15 PM

224-BV Brookview Elementary
Wednesday Oct 4-Nov 1 3:15-4:15 PM
No session Oct 25

224-LE Lake Elmo Elementary
Thursday Nov 30-Dec 21 3:15-4:30 PM

224-LL Lily Lake Elementary
Tuesday Nov 7-28 3:15-4:30 PM

224-RU Rutherford Elementary
Wednesday Sep 27-Oct 18 3:10-4:10 PM

224-SB Stonebridge Elementary
Thursday Sep 28-Nov 2 3:20-4:20 PM
No session Oct 19, 26

Minecraft: Creative
Ignite your student’s imagination with this class. At its core, Minecraft is an open world that promotes creativity, collaboration, and problem-solving. We will be using Minecraft for the PC in creative mode. This class explores design and building challenges within the game of Minecraft. Students should bring their love of Minecraft, and be ready for fun and educational challenges.

Instructor: Computer Explorers
Grades K-3 • 4 sessions • $65/person

335-AL Afton-Lakeland Elementary
Monday Oct 30-Nov 20 3:15-4:30 PM

335-AN Andersen Elementary
Monday Sep 18-Oct 9 3:15-4:30 PM

335-BV Brookview Elementary
Tuesday Nov 7-28 3:15-4:30 PM

335-LE Lake Elmo Elementary
Tuesday Sep 19-Oct 10 3:15-4:30 PM

335-LL Lily Lake Elementary
Wednesday Sep 20-Oct 18 3:15-4:30 PM

335-SB Stonebridge Elementary
Tuesday Sep 19-Oct 10 3:20-4:35 PM

Awesome Drawings with Young Rembrandts
Learn about the fascinating world of color, pattern, and design. Say farewell to summer in our detailed still life drawing of a beach. Explore color usage and composition in our chameleon and fire truck drawings. Our stylized fall leaf drawing challenges our techniques and color scheme. Students will learn cultural themes as they draw and color Kawaii inspired art. All this and more awaits your child in a Young Rembrandts classroom! Sign up today!

Ages K-5 • 5 sessions • $59/person
Instructor: Young Rembrandts staff

244-AL Afton-Lakeland Elementary
Monday Sep 18-Oct 16 3:15-4:15 PM

244-AN Andersen Elementary
Wednesday Nov 8-Dec 6 3:15-4:15 PM

244-BV Brookview Elementary
Tuesday Sep 19-Oct 17 3:15-4:15 PM

244-LE Lake Elmo Elementary
Tuesday Nov 7-Dec 5 3:15-4:15 PM

244-LL Lily Lake Elementary
Wednesday Sep 20-Oct 18 3:15-4:15 PM

244-RU Rutherford Elementary
Thursday Sep 21-Nov 2 3:10-4:10 PM
No session Oct 19, 26

244-SB Stonebridge Elementary
Monday Sep 18-Oct 16 3:20-4:20 PM

Questions? Call Community Education at 651.351.8300
Check class availability online 24 hours a day at stillwater.ce.feepay.com
**Masters in Clay**

Be inspired by art created by Vincent Van Gogh, Claude Monet, Edward Munch and Claes Oldenburg. We will recreate famous works of art like Monet’s Water Lilies, Munch’s The Scream, Oldenburg’s Spoonbridge and Cherry and many others, all in clay! Make room to display these masterpieces. The projects your child creates in this class are going to be amazing!

**Grades K-5 • 5 sessions • $72/person**
**Instructor: Kidcreate Studio Staff**

- **232-AL** Afton-Lakeland Elementary  
  Thursday  
  Nov 16-Dec 21  
  3:15-4:15 pm
  No session Nov 23

- **232-BV** Brookview Elementary  
  Monday  
  Oct 30-Nov 27  
  3:10-4:10 pm

- **232-LE** Lake Elmo Elementary  
  Thursday  
  Sep 21-Nov 2  
  3:15-4:15 pm
  No session Oct 23, 26

- **232-LL** Lily Lake Elementary  
  Tuesday  
  Sep 19-Oct 17  
  3:15-4:15 pm

- **232-RU** Rutherford Elementary  
  Thursday  
  Nov 9-Dec 14  
  3:10-4:10 pm
  No session Nov 23

- **232-SB** Stonebridge Elementary  
  Monday  
  Oct 30-Nov 27  
  3:20-4:20 pm

**Sylvan Writing Camp**

Strong writing skills are essential for success both in and out of the classroom. Writing camp will help your child learn strategic and creative writing techniques to boost confidence not only in Language Arts, but in all subject areas. Our expert teachers coach your child through a complete essay where they develop skills to compose, edit, publish their work with proper grammar, spelling, and mechanics.

**Grades 3-5 • 4 sessions • $125/person**
**Instructor: Sylvan Learning Center Staff**

- **226-AL** Afton-Lakeland Elementary  
  Thursday  
  Sep 21-Oct 12  
  3:15-4:45 pm

**Jazz & Hip Hop**

Explore popping, locking and floor work, and the technique behind jazz and hip hop dance. Get ready to move and groove to some fast and funky tunes! We will provide developmentally age-appropriate choreography and music.

**Grades 1-5 • 5 sessions • $79/person**
**Instructor: IPAC (Inspiration Performing Arts Center)**

- **480-RU** Rutherford Elementary  
  Tuesday  
  Nov 21-Dec 19  
  3:10-4:10 pm

**Beginning Karate for Youth & Adults**

Students will be introduced to the basic techniques of Japanese Wado-Kai Karate. Through training, students will learn the importance of physical and mental discipline, while experiencing Japanese culture.

**PAC Stillwater Area High School - Gym**
**Instructor: Dan Larson**

**Ages 5 and up**

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Days &amp; Times</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>508-1</td>
<td>Mon 6-7 PM</td>
<td>Monday Oct 19-Dec 17 3:15-4:15 pm</td>
</tr>
<tr>
<td>508-2</td>
<td>Mon 6-7 PM</td>
<td>Monday Oct 19-Dec 17 3:15-4:15 pm</td>
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**Home Alone Safety Class**

Is your child ready to be alone for short periods of time? This class will prepare them to stay safe when home alone. Students will learn to prevent and prepare for emergencies, personal and home safety, phone and internet safety, basic first aid, what to do in severe weather, easy snack ideas, appropriate activities and more! Parents are invited to join us for the last 15 minutes of class to hear about topics for further family discussion.

**Early Childhood Family Center, Conference Room 3 and 4**
**Instructor: Community Education Staff**

**Ages 9-12**

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Days &amp; Times</th>
<th>Description</th>
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</thead>
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<tr>
<td>311-1</td>
<td>Mon 9-12 AM</td>
<td>Monday 5-6 PM $25/person</td>
</tr>
<tr>
<td>311-2</td>
<td>Mon 9-12 AM</td>
<td>Monday 5-6 PM $25/person</td>
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</tbody>
</table>

**Glitter and Slime**

Glitter and slime are oh so fine! Come explore the messier side of art in this fun filled class. We will roll up our sleeves and make a mess as we mix up a batch of glitter slime and create an oh-so silly jar to store it in. Making a mess is the best, especially when you leave the mess with us! Please pack a nut free snack and drink for your child.

**Grades K-3 • 1 session • $35/person**
**Instructor: Kidcreate Studio**

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<tr>
<th>Registration Code</th>
<th>Days &amp; Times</th>
<th>Description</th>
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<td>312-RU</td>
<td>Mon 9-12 AM</td>
<td>Monday Oct 23 3:15-4:15 pm</td>
</tr>
<tr>
<td>312-BV</td>
<td>Mon 9-12 AM</td>
<td>Monday Oct 23 3:15-4:15 pm</td>
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</tbody>
</table>
Babysitter’s Training

Babysitting is often a teenager’s first business. Babysitter’s Training from the American Red Cross brings the best in child development and safety training. It builds confidence to hold, feed and care for infants and toddlers, work with children safely, and deal with emergencies. It also teaches lifelong entrepreneurial and career development skills. Please bring a lunch and a beverage with you to class.

Early Childhood Family Center
Instructor: Community Education Staff
Ages 10-15
310-1 Tuesday 8:30 AM-4 PM $99/person
Oct 24 1 session

310-2 Friday 8:30 AM-4 PM $99/person
Nov 3 1 session

Birthday Parties at the Pony Activity Center and Early Childhood Family Center

Bring your child and up to fourteen of his/her friends to celebrate their birthday at the Pony Activity Center (PAC) or Early Childhood Family Center (ECFC). Birthday groups will have access to one gym for 1.5 hours plus 30 minute reserved space for cake and refreshments. Staff will be on site to assist with set-up of equipment and answer any questions you may have during the party. Two adults must be present for the duration of the party to supervise the group of children. All food and refreshments are provided by the hosting birthday party group. Tables and chairs will be provided for food and refreshments.

Birthday Party Guidelines:

- The cost per birthday party is $90.
- Registration must be completed 14 days prior to party date.
- Cancellations must be made 2 weeks prior to the party to receive a refund minus the cancellation fee.
- An agreement regarding facility use, set-up and clean-up will be discussed in advance with the host group.
- All children attending the birthday party will need a signed waiver turned in before the birthday party begins.
- Latex balloons are not allowed for birthday parties due to allergies.

Please call Facilities to set up a reservation or discuss potential dates - 651-351-8037 or email loeblein-leckerj@stillwaterschools.org.

PAC Birthday Parties are intended for children ages 4-12 years of age. Gym games and activities may include: basketball, volleyball, floor hockey, wiffle ball, football and more. The staff does not organize or direct party games. Parties available on select Saturdays and Sundays.

Saturday, Oct 14 11:30am-1:30pm, 2-4pm PAC Gym 5 & 6
Sunday, Nov 5 11:30am-1:30pm, 2-4pm PAC Gym 5 & 6
Sunday, Nov 19 11:30am-1:30pm, 2-4pm PAC Gym 5 & 6

ECFC Birthday Parties are intended for children ages 2-6 years of age. Gym games and activities include: hula hoops, scooters, trikes, play balls, small basketball hoops, gymnastics mats for tumbling, and access to our move and learn climbing town.

Parties available on select Saturdays. Time of birthday party is dependent on building schedule.

A special access fee of $40 per hour (2 hour minimum), will be applied if a custodian is not working at the time of the party at ECFC.
Welcome to our School Community!

The foundation for learning begins in the home. Your child’s experience in our early childhood education program is an opportunity to build on this foundation. Your participation, ideas and enthusiasm for education help your children develop a love for learning at home and at school.

We offer families several ways to get involved with our early childhood programs:

• Join us for an Early Childhood Family Education (ECFE) class
• Check your child’s development after their 3rd birthday by scheduling an Early Childhood Screening
• Enroll your child in one of our quality preschool classes
• Attend one of our special family events!
• Contact us with any questions or concerns about your child’s development

Adult education is also provided at the Early Childhood Family Center. Adult Basic Education and English Learner classes are available weekly throughout the school year. See page 21 for more information.

Special ECFC Event!

Family Safety Fair at the Early Childhood Family Center

The Early Childhood Family Education (ECFE) Parent Advisory Council is sponsoring a NEW special event at the Family Center for families with young children. You are invited to attend the first annual ECFE Safety Fair! There will be Safety tips and information for the whole family, crafts and activities, guest presenters and more!

Friday, October 13  •  5:30-7:30 PM
Early Childhood Family Center
$5/family suggested donation at the door

Teddy Bear Band

Join the fun at the Early Childhood Family Center on Saturday, November 4 when the Teddy Bear Band returns for their annual family concert. The band has been inspiring movement, imagination and fun for children since 1985. Kids are encouraged to BYOTB (Bring Your Own Teddy Bear!)

Saturday, November 4  •  10-10:45 AM
Early Childhood Family Center
$5/family suggested donation at the door

We look forward to sharing learning experiences with you and your family!
**Grandparent and Me – Dino Discovery with Kidcreate Studio**

Is your grandchild dazzled by dinosaurs? This is their chance to create fantastic dinosaur art. Your young artist will create their own diorama complete with a toy dinosaur. Come ready to get messy while you play right along with your grandchild. (This class is not limited to just grandparents and their grandchildren. Parents, caregivers, or other adults are welcome to attend.)

**18 months - 6 years with a parent/caregiver**

Early Childhood Family Center – Classroom 2
Instructor: Kidcreate Studio Staff

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Session</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Oct 14</td>
<td>Saturday</td>
<td>9:30-10:30 AM</td>
<td>$15/child</td>
</tr>
</tbody>
</table>

**Ornament Party with Kidcreate Studio**

All new ornaments! Join us for an ornament making party. We will set up 4 stations, each with a different ornament project. These ornaments will make great keepsakes or holiday gifts! This is a great class for siblings to attend together! Come and create ornaments right along with your child. Children must be accompanied by a caregiver.

**18 months - 6 years with a parent/caregiver**

Early Childhood Family Center – Conference Room 2
Instructor: Kidcreate Studio Staff

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<tr>
<th>Date</th>
<th>Time</th>
<th>Session</th>
<th>Price</th>
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<tbody>
<tr>
<td>Dec 9</td>
<td>Saturday</td>
<td>9:30-10:30 AM</td>
<td>$15/child</td>
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</table>

**Music Together: Music and movement classes for babies, toddlers and preschoolers—and the grownups who love them!**

Music Together is an award-winning early childhood music and movement program for children from birth to kindergarten and their accompanying adults. Share the fun as you sing, play rhythm instruments and move along with your child or children, experiencing this joyful, research-based curriculum that supports children’s cognitive, social, physical, verbal AND musical development. Classes are mixed-age so siblings can participate together.

Receive an illustrated songbook filled with music-making ideas and two matching CD’s—one for home and one for on-the-go—and access to download or stream the music, along with educational material for parents on early childhood music development.

Contact Clarice at (651) 439-4219 or visit MusicTogetherClasses.org for more information about Music Together.

**Monday mornings: Sep 18-Nov 20**

Early Childhood Family Center, Conference Room 1

<table>
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<th>Date</th>
<th>Time</th>
<th>Session</th>
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<tr>
<td>153-1</td>
<td>Mondays</td>
<td>9:15-10 AM</td>
<td>Class 1</td>
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<tr>
<td>153-2</td>
<td>Mondays</td>
<td>10:15-11 AM</td>
<td>Class 2</td>
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**Wednesday evenings: Sep 20-Nov 29 (No class Nov 22)**

Early Childhood Family Center, Classroom 5

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<td>Wednesdays</td>
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<tr>
<td>153-4</td>
<td>Wednesdays</td>
<td>6:15-7 PM</td>
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</table>

**10 class sessions – $143 first registered child and adult(s) $99 additional siblings (8 months and older)**

Infant siblings under 8 months are free. Cutoff date for an infant sibling: January 17, 2016. A $42 mandatory supply fee will be collected on the first day of class. Cash, checks and credit cards accepted. One fee per family.
Stillwater Area Preschool Program

Stillwater Area Public Schools preschool program brings young children together in a safe, nurturing and enriched classroom. The licensed preschool teachers use a variety of methods to help children develop their social and emotional skills as well as early literacy and math skills. Each class day includes music and movement, sensory exploration, story time, block play, dramatic play, outdoor play, snacks and group circle time activities.

Why Choose Stillwater?

• Licensed teachers and staff who make early childhood education their priority.
• Integrated classrooms that serve all children, regardless of skills or abilities.
• District-aligned curriculum
• Full-day and half-day options
• Free bus transportation
• Financial assistance
• Located at all district elementary schools and the Early Childhood Family Center

Parent Involvement

Parent involvement is an important component of our preschool program. We recognize this as a key element of children’s success in preschool and future school experiences. Preschool parents will choose from a variety of parent involvement options offered throughout the year by our licensed parent educators.

“‘The program will meet your child’s needs wherever they are at and make it a place where they will be successful.’”

– Ebba Holladay, parent

Questions? Call 651.351.4000

Four Stars For Excellence

The state of Minnesota has recognized Stillwater Area Public School’s preschool program with a Four Star Parent Aware Rating. This top rating indicates the quality of our preschool program, preparing children for success in kindergarten and beyond. Find out more about Parent Aware at parentawareratings.org.

Early Childhood Screening

What is Early Childhood Screening?

Any child who will go to school in the state of Minnesota must have an Early Childhood Screening record. It involves a simple, easy method of finding out how a child between the ages of 3 and 4 is growing and developing. The screening process is meant to identify any possible health or learning concerns so that they may be addressed before a child enters school.

Appointments are held at the Early Childhood Family Center
1111 Holcombe Street South
Stillwater, MN 55082
Appointments typically last one hour.

Registration Online at stillwaterschools.org/ec-screening or call 651.351.4022

Census Information

Do we have everyone? If you have children newborn to kindergarten in your home, please be sure all of your children are included on the school district census! To have your child included in the census please call Adam at 651.351.8412.
2017-2018 Preschool Schedule  *(Start/end times may be subject to slight changes.)*

Most of our 2017-18 preschool classes are full, but we are keeping wait lists. Please call 651-351-4000 for details.

**Preschool at Elementary School Locations**

In our elementary schools, families can choose preschool 4 half-days/week or 4 full-days/week. On full preschool days following lunch, teachers will expand on the morning activities, enhancing the learning experience for children. Childcare is available through Adventure Club before and after the full-day classes.

- **Full-Day Preschool**
  - Monday-Thursday (8:40 AM-3:10 PM) .......................................................... $540/month

- **Half-Day Preschool**
  - Monday-Thursday (8:40-11:10 AM) .......................................................... $260/month

**Friday Play Days at the Elementary Schools**

For families who would like a 5th day for their preschoolers, we offer “Friday Play Days”. These classes are supervised by our preschool classroom assistants and provide a positive social setting in which children can explore and play. Activities will expand on themes studied in the preschool classes.

- **Friday Play Days**
  - (8:40 AM-3:10 PM) ............... $130/month

Register online at stillwaterschools.org/preschool

2017-2018 Preschool classes begin Tuesday, Sept. 5, 2017

**Preschool at the Early Childhood Family Center**

All preschool classes at the Family Center are half-day classes. Morning classes meet from 9:30 to noon. Afternoon classes meet from 1:00 to 3:30 p.m. All children attending preschool at the Early Childhood Family Center are eligible to attend Adventure Club at the ECFC before and after their preschool class. Students can also attend Adventure Club for full-days on their non-preschool days. Families can choose a variety of care options to best meets their needs.

**Three School Classes for 3 years olds**

- 2 half-days/week ........... $150/month
- Mon/Wed ...................... 9:30 AM-12 PM
- Mon/Wed ............................1-3:30 PM
- Tue/Thur ...................... 9:30 AM-12 PM
- Tue/Thur .............................1-3:30 PM

**Preschool Classes for 4 years olds**

- 4 half-days/week ........ $260/month
- Mon-Thur ...................... 9:30 AM-12 PM
- Mon-Thur .............................1-3:30 PM

Financial Assistance

If you are unable to afford our rates, please contact us. Depending on your family income, you may be eligible for discounted or free services. Please call the Early Childhood Family Center (651-351-4018) if you would like more information about preschool tuition assistance.

Free Transportation

Where space permits, transportation to and from our full-day preschool classes is available on regular school bus routes. Children can also ride buses to morning preschool classes if they live in the attendance area of the elementary school. No mid-day busing is available.

Transportation request forms are available at the Early Childhood Family Center. Requests will be kept in the order they are received. Transportation is not available for preschool classes held at the Early Childhood Family Center.
Welcome to First Semester of Early Childhood Family Education (ECFE)
Sept 11-Dec 22, 2017

Early Childhood Family Education provides young children and their parents a place to learn and grow in a welcoming and safe setting.

Today, parenting information can easily be found in books and online, but our ECFE classes offer parents the chance to talk with other parents; asking questions and developing new friendships for themselves and their children. We have teachers licensed in both early childhood and parent education. These staff will provide fun activities for you and your children as well as current research regarding a variety of parenting topics.

Registration
• Online registration for ECFE classes is found at: Stillwater.ce fee pay.com/courses/ecfe
• Your child’s age on Sept. 1st is the age guideline for classes.
• ECFE class fees are based on a sliding scale. Please contact the ECFC office (651.351.4000) if any additional support is needed.

New Parent Connection Birth to 12 months
Parents and babies can enjoy time together – whenever your schedule allows you to attend! ECFE teacher will have activities ready and lots of topics related to having a new baby in the family. Stop in, check it out and get a free onsie for your baby!
Thursdays • 11 AM-12:15 PM • FREE

Busy Babies Newborns to 12 months
A consistent and caring world is important for babies. In ECFE, children build trust, security and strong relationships as they grow and learn along side each other. Parents and infants do not separate in these classes.

Tender Twos
Parenting a two year old can be so rewarding and challenging at the same time. Spend time with your two year old, encouraging and challenging their learning. Share time with other parents talking about parenting styles, teaching your child to be independent, setting limits, and preventing power struggles and temper tantrums.

Mixed Ages 1-4 years
Children learn so much when they explore the world together. This is especially true in these classes that encourage and challenge language development, social interaction and physical development across ages. Parent discussion may include topics such as: sleep issues, fostering child creativity, behavior guidance, activities encouraging early literacy and math skills.

First semester ECFE classes begin the week of Sept 11, 2017
STEAM (Science, Technology, Engineering, Arts, Math)

Young children are natural explorers! These classes will focus on helping young children and parents discover science, technology, engineering, art and mathematics! Weekly activities will revolve around these STEAM topics. Join this class for a fun semester of observing and interacting with the world around us.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>#131A</td>
<td>3-5 years</td>
<td>Thur</td>
<td>1-3 PM</td>
</tr>
<tr>
<td>#130A</td>
<td>3-5 years</td>
<td>Fri</td>
<td>9:30-11:30 AM</td>
</tr>
</tbody>
</table>

Grandparents and Grandkids

This ECFE class is designed for Grandparents and their Grandkids! Whether you are a full-time caregiver grandparent or are just looking for a weekly outing with your grandchild, this class is meant for you!

<table>
<thead>
<tr>
<th>Class #</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>#129A</td>
<td>1-4 years</td>
<td>Tue</td>
<td>10:45 AM-12:15 PM</td>
</tr>
</tbody>
</table>

Parenting Children with Unique Needs

Parenting sometimes comes with unique challenges. We have an ECFE class designed for families who have young children with special needs. This class is co-taught by Early Childhood Special Education and ECFE teachers. Whether or not your child has an identified special need, anyone with unique parenting challenges is invited to attend this class!

<table>
<thead>
<tr>
<th>Class #</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>#999A</td>
<td>1-5 years</td>
<td>Fri</td>
<td>11:15 AM-12:45 PM</td>
</tr>
</tbody>
</table>

Questions? Call 651.351.4000

“Adventures” at the Early Childhood Family Center

These 3-week sessions of ECFE classes for parents and children (ages 3-5) have a different theme each month. Register for as many as you like!

Ages 3-5 years • Tuesdays • 1-2:30 PM • Class Fee: $20/child

Budding Picasso

Parents and children will enjoy a wide variety of art experiences! We will use our senses to expand and develop creative thinking. The importance of promoting curiosity and creativity in young children will be part of parent discussion time.

#SEPA…………………………September 12, 19, 26

Book Bunch

Learn about the “Big 5” in early literacy while playing fun games with your child! Parent discussion time will focus on ways to enhance your child’s early literacy development and love for reading!

#OCTA…………………………October 3, 10, 17

Fun with Food

Activities and topics for these 3 weeks will include: Healthy Nutrition, Healthy Eating Habits, Good Manners, Smart Grocery Shopping and Child Friendly Recipes! Participants will make and taste easy and healthy snacks. Come and enjoy our fun with food adventure!

#NOVA ……………………………Nov 7, 14, 28

Science Discoveries

Explore, question, and discover wonders in the world around us! Weekly activities and parent discussions will focus on encouraging children’s curiosity and logical thinking.

#DECA ……………………………Dec 5, 12, 19

Can’t make it to a weekly ECFE class? Try a Drop-In Class

Drop in and Play at the Early Childhood Family Center!

Birth to 5 (not yet in kindergarten)

Come when you can and join the fun! Parents and children will enjoy a variety of activities planned by the early childhood teacher. Grandparents and other caregivers are welcome!

Wednesdays • 1-2:30 PM

$5/day or $25 for 6 Day Punch Card.
ECFE Registration Procedure and Fee Schedule

Register online at stillwaterschools.org/ECFE-register

ECFE Fees
Your ECFE fees are based on your income level (see fee schedule on right). Checks, VISA and MasterCard are accepted.

Fee Assistance
All families are welcome in the ECFE program. We will find a way for you to participate based on individual circumstance and/or financial need. Call 651.351.4018 to make arrangements.

Immunizations
All children registered in ECFE sessions need to have a record of immunizations on file. Children in sibling care also need these records on file. No registration is complete without an immunization form.

Our youngest babies may not have started their shots when they are registered. When that is the case, please make a note on your registration form and bring in the immunization form when shots have been started.

Waiting Lists
If all class choices are filled, families will be placed on a waiting list when they register and called if an opening occurs or a new class is formed.

Wisconsin Residents
Wisconsin fees reflect a non-resident rate.

Refunds
Withdrawal must be done one week prior to the first class in order to receive full tuition refund. Reduced refund after one week, no refund after three weeks. All refunds require a $15 processing fee. Refund policy applies for each semester. (Credit coupon given for refunds $10 or less.)

Registration is not complete without immunization record.
Immunization records can be faxed directly from a medical clinic to 651.351.4053.

First semester classes begin Sept 11, 2017

Class Fee Schedule

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>$120,000 and over</td>
<td>$ 274</td>
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<tr>
<td>$100,000-119,999</td>
<td>$ 224</td>
</tr>
<tr>
<td>$80,000-99,999</td>
<td>$ 184</td>
</tr>
<tr>
<td>$60,000-79,999</td>
<td>$ 139</td>
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<tr>
<td>$40,000-59,999</td>
<td>$ 94</td>
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<tr>
<td>$20,000-39,999</td>
<td>$ 49</td>
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<tr>
<td>$19,999 or less</td>
<td>$ 24</td>
</tr>
<tr>
<td>WI Residents</td>
<td>$ 290</td>
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</table>

Sibling Care Fee Schedule

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Semester</th>
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<tbody>
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<td>$ 125</td>
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<tr>
<td>$100,000-119,999</td>
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<td>$ 45</td>
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<tr>
<td>$20,000-39,999</td>
<td>$ 25</td>
</tr>
<tr>
<td>$19,999 or less</td>
<td>$ 10</td>
</tr>
<tr>
<td>WI Residents</td>
<td>$ 140</td>
</tr>
</tbody>
</table>

Early Childhood Family Education Programs are on Facebook!
"Like us" for updates on ECFE classes, events and preschool programs. Updates will pertain primarily to families with pre-K students. facebook.com/834ECFE

ECFC Office: 651.351.4000
ECFC Fax: 651.351.4053
**District Map and Locations**

**Afton-Lakeland Elementary School**
475 St. Croix Trail S., Lakeland

**Alternative Learning Center**
5701 Stillwater Blvd. N., Stillwater

**Andersen Elementary School**
309 North Fourth St., Bayport

**Early Childhood Family Center**
1111 Holcombe St. S., Stillwater

**Lake Elmo Elementary School**
11030 Stillwater Blvd., Lake Elmo

**Lily Lake Elementary School**
2003 W. Willard St., Stillwater

**Brookview Elementary School**
11099 Brookview Road, Woodbury

**Oak-Land Middle School**
820 Manning Ave. N., Lake Elmo

**Rutherford Elementary School**
115 Rutherford Road, Stillwater

**Stillwater Area High School and Stillwater Middle School**
5701 Stillwater Blvd. N., Stillwater

**Stillwater Area High School and Stillwater Middle School**
523 West Marsh St., Stillwater

**Stonebridge Elementary School**
900 N. Owens St., Stillwater

**Attendance Areas**
- Afton-Lakeland
- Andersen
- Brookview
- Lake Elmo
- Lily Lake
- Rutherford
- Stonebridge

**Middle School Feeder System:**
- Afton-Lakeland, Andersen, Lake Elmo and Brookview to Oak-Land
- Rutherford, Lily Lake and Stonebridge to Stillwater

**Other Class Locations**

- **Bambu’ Restaurant**
  1715 Beam Ave., Maplewood

- **Boutwells Landing**
  13575 58th St N, Oak Park Heights

- **Country Sun Farms**
  11211 60th St. N., Lake Elmo

- **Diane Cutler's Gardens**
  1102 2nd St S, Stillwater

- **Gladstone Center**
  1945 Manton St, Maplewood

- **Jaycee Fields**
  Stillwater

- **John Glenn Middle School**
  1560 County Rd B E, Maplewood

- **Oakdale Discovery Center**
  4444 Hadley Ave. N., Oakdale

- **Skyview Community School**
  1100 Heron Ave N, Oakdale

- **Uncommon Age Studio**
  450 Main St. N, Stillwater

- **William O’Brien State Park**
  19074 St Croix Trail, Marine on St. Croix
School Building and Facility Use

It is the policy of I.S.D. 834 that the Board of Education encourages the public use of school facilities and grounds. I.S.D. 834 subscribes to the principle that the public schools are owned and operated by and for its patrons and that the schools are an integral part of the community.

Stillwater Area Public Schools encourages the use of facilities for community use, including but not limited to neighborhood groups, youth groups, athletic associations, civic organizations, community non-profit groups, businesses and religious/worship organizations.

School facilities available for rent include, but are not limited to, small meeting rooms, large meeting and lecture rooms, cafeteria, pools, auditoriums, gymnasiums, athletic fields and parking lots.

As you plan and prepare for your meetings and space needs for upcoming meetings, events, practices, or games, please consider a school in your neighborhood.

Stillwater Area Public Schools’ facilities are available for use by community organizations provided they can produce proof of adequate insurance and agree to adhere to the policies and procedures outlined in the Facility Use Guidelines. If your organization is interested in renting space, visit our website: stillwaterschools.org/facility-use for rates and to submit a request.

Questions? Call 651.351.8037 or visit stillwaterschools.org/facility-use

Advisory Council

Stillwater Area Public Schools
Community Education strives to promote citizen involvement and to provide lifelong learning opportunities for district residents at every age. We gain insight on what opportunities would benefit area citizens by engaging a group of representative community members on our advisory council. The Community Education Advisory Council (CEAC) meets several times throughout the school year to discuss current and future trends for the educational and enrichment interests of our community.

Members
Dave Bucheck Shelley Pearson
Barb Diederichs Robert Rutscher
Marilyn Forseth Kary Thelander
Bob Gray Traci Thompson
Michele Hanson Sandra Weaver
Christy Hlavacek Kristen Winegar

CEAC meets at 6:30-7:30 p.m. on the second Tuesday of Sept., Oct., Nov., Jan., Feb. and April at the Central Services Building, 1875 South Greeley Street, Stillwater. The meetings are open to the public. Questions and feedback can be shared with CEAC members by emailing: ceac@stillwaterschools.org

If you are interested in becoming a member or you would like more information, please contact the Director of Community Education, Annette Sallman at 651.351.8322 or sallmana@stillwaterschools.org
Community Resources

American Red Cross .......... 651-439-0031 redcrossmn.org
ArtReach St. Croix .......... 651-439-1465 artreachstcroix.org
Boy Scouts of America
Northern Star Council ....... 651-224-1891 northernstarbsa.org
Campfire USA .................. 651-647-4407 campfireusa-mn.org
Century College – Continuing Education Registration .............. 651-779-3341 century.edu
Meadowlark Organic Community Garden
lizzy4design@gmail.com
Community Thread ............ 651-439-7434 communitythreadmn.org
Courage Kenny Kids
Stillwater Family Center .... 651-241-3830 allinahealth.org/couragekenny
FamilyMeans .................. 651-430-3307 (Support for families) familymeans.org
Friends of Stillwater Parks .... 651-439-7102
Girl Scouts of Minnesota and Wisconsin River Valleys ............... 651-227-8835 girlscoutsrv.org
Head Start ...................... 763-783-4300 (Preschool Program) accap.org
Canvas Health .................. 651-777-5222 canvashealth.org
Lakeview Hospital ............ 651-430-4520 Community Relations lakeview.org
Phipps Center for the Arts ... 715-386-2305 ThePhipps.org
St. Croix Family Medical Clinic ...................... 651-430-1880 southsidechs.org
St. Croix Rockhounds ....... 651-777-6371
St. Croix Blazers Equestrian Team .................. 651-351-5125 stcroixtrailblazers.org
St. Croix Valley Croix Chordsmen (Barbershop Chorus) ............. 651-439-4527 stcroixvalleychapter.com
St. Croix Valley Community Thread Senior Center
Stillwater ...................... 651-439-7434 Bayport ...................... 651-275-8907 communitythreadmn.org
Senior Tennis Playing Club
seniortennismn.com
Solid Ground .................... 651-773-8401 (Transitional Housing) solidgroundmn.org
Stepping Up Moving Forward (The CCP Foundation) ................. 651-356-1013 connectwc.org
Stillwater Toastmaster Club stillwatertm.toastmastersclubs.org
Stillwater Visitors Bureau discoverstillwater.com
Tubman Family Alliance .... 651-770-0777 tubman.org
United Way of Washington County - East .......................... 651-439-3838 uwwe.org
Vallee de Croix (Sweet Adelines)
Performing Chorus ............ 651-739-8635 715-483-1061 valleedecroix.org
Valley Friendship Club ...... 651-491-6486 valleyfriendshipclub.org
Warner Nature Center ...... 651-433-2427 smm.org/warnernaturecenter
Washington County Child Care Resource & Referral .............. 651-641-0305 Washington County 4H .... 651-430-6800 fourh.umn.edu
Washington County Foster Care .................................. 651-430-6455
cω.washington.mn.us/info_for_residents/community_services/foster_care_licensing
Youth Advantage .................. 651-342-1266 youthadvantage.org
YMCA Southeast Area ...... 651-731-9507 ymcatwincities.org
Youth Service Burea ........ 651-439-8800 ysb.net

Public Libraries
Bayport Public Library ........ 651-275-4416 bayportlibrary.org
Lake Elmo Public Library .... 651-773-4926 lakeelmo.publiclibrary.org
Stillwater Public Library .... 651-275-4338 stillwaterlibrary.org

Washington County Branch Libraries
cω.washington.mn.us/library
Marine Library .................. 651-433-2820
Valley Branch (Lakeland) ... 651-436-5882
R.H. Stafford (Woodbury) ... 651-731-1320

Youth Sports
Lake Elmo Baseball Association (Ages 10-15) .............. 651-770-3526 lakeelmo.baseball.org
St. Croix Soccer Club ....... 651-436-8631 stcroixsoccer.org
St. Croix Swim Club ....... 612-384-1604 silverrays.com
St. Croix Valley Athletic Association (VAA) .............. 651-439-9589 scvaa.org
St. Croix Valley Baseball Association .... 651-436-6805 stcroixvalleybaseball.org
St. Croix Valley Recreation Center ........ 651-430-2601 stcroixreccenter.com
Special Olympics – St. Croix Valley Lumberjacks .............. 651-430-3712 stcroixvalleylumberjacks-public.sharepoint.com
St. Croix Valley Trailblazers .......... 651-230-2581 stcroixtrailblazers.org
Stillwater Area Hockey stillwaterareahockey.net
Stillwater Girls Basketball ................................ ponygb.com
Stillwater Girls Fastpitch Assoc. stillwaterfastpitch.org
Stillwater Swim Club ........ 651-439-0893
General Information

Class Confirmations
All class confirmations are sent via email. On your registration, please provide a current email address for your confirmation. If you do not have an email address, assume you are in the class and that it will be held at the time and place indicated. We will contact you by mail or phone if there is a change. Please list a daytime phone number so we can reach you if a class is canceled. Community Education assumes no responsibility for reaching those who do not provide a daytime telephone number.

Register Early
Many sessions fill quickly. Sessions will be canceled one week prior to the start date if sufficient enrollment is not received. Help us avoid the disappointment of class cancellations by registering early.

Senior Discounts
Lifelong learners over the age of 65 may receive a 15% discount on all Community Education sessions.

I.S.D. No. 834 Notice of Check Cashing
Checks returned unpaid will be recovered electronically by Paytek Solutions along with a state allowed recovery fee.

Financial Assistance
Community Education financial assistance may be available for district residents. Eligible youth classes include enrichment, aquatics, and sports activities. Fee assistance may also be available for adults in our community in need of career related classes. Call 651.351.8300 for details.

Cancellation Policy
If you need to cancel a registration, you must notify us at 651.351.8300 at least three full working days before the class begins. We will refund the class fee minus a $5.00 processing fee. Full refunds will be issued for classes that are canceled by Community Education. Refunds will not be given within three working days of the start date or after the class has started. This policy is necessary for us to provide the best service to our customers. We purchase supplies and commit to our instructors based on our enrollment.

Tax Credits and Deductions
Many Community Education youth activities may be eligible for Minnesota tax credits and deductions.

UCare Minnesota
UCare members may be eligible for a $15 discount on most classes in this catalog. If a class is less than $15, the member may take the class free of charge. UCare for Seniors members are limited to one $15 discount per year. Members must be on UCare at the time of registration, and through the duration of the class(es). Members need to include their UCare ID number when registering. This discount does not apply to the following classes: private lessons, hypnosis, homeopathy, personal fitness trainers, and high risk activities.

Inclement Weather
Unless you are notified of a cancellation, plan on attending. Weather related announcements will also be listed on our website at stillwaterschools.org.

School Closings
School Closings, Delays or Early Releases Notifications:
Local TV and Radio Stations, District 834 Emergency Hotline: 651.351.8099 or District Website: stillwaterschools.org

If inclement weather forces Stillwater Area Public Schools to start late, close, or dismiss early, one of the following announcements will be made:

Two Hour Late Start – means morning classes in Early Childhood and Community Education will be cancelled. Afternoon and evening classes and activities will meet as scheduled.

No School – means all Community Education and Early Childhood Family Education classes, activities and facility use will be cancelled.

Early Dismissal – means all Community Education and Early Childhood Family Education classes and activities and facility use for the balance of the day are cancelled.
Registration for Adult and Youth Classes

Mail or deliver to: Stillwater Area Schools Community Education Registration, 1875 South Greeley Street, Stillwater, MN 55082
Fax: 651.351.8401  Website: stillwaterschools.org/CE  Questions: 651.351.8300

<table>
<thead>
<tr>
<th>Name of Participant</th>
<th>Date of Birth</th>
<th>Youth Only Grade 2017-18</th>
<th>Gender</th>
<th>Class Title</th>
<th>Class #</th>
<th>Fee</th>
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</thead>
<tbody>
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</tbody>
</table>

Adult Participants: Age group must be checked below. Date of birth must be provided above for senior discount (over 65) to apply.

Payer Name __________________________ Age Group: □ Adult (19-54) □ Adult (55-64) □ Adult (65+)

Address: __________________________________________ Street __________________ City ______ State ______ Zip Code ______

Phones (include area code) __________________ Home __________________ Work __________________ Cell __________________

Email address for Registration Confirmation______________________________

Special Needs of Participant (e.g., allergies)______________________________

I, the parent/guardian, grant Stillwater Area Public Schools permission to use photographs/video of the registered child for public relations and/or informational purposes. □ YES □ NO

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation of this class and any associated class activities. Stillwater Area Public Schools assumes no responsibility of injuries received during activities. Any changes in participant’s current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

METHOD OF PAYMENT □ Cash/Check (payable to ISD 834) □ Credit/Debit Card

Card holder name: __________________________

Account number: _______ - _______ - _______ - _______

Expiration Date: _____ / _____ 3 digit security code ______

Signature: __________________________

4 Ways to Register.....

1 Online – stillwater.ce.feepay.com

2 Mail
Mail the registration form with a check or credit card number.

3 By Fax – 651.351.8401
Simply fill out the registration form (or print one from our department website at stillwaterschools.org/CE) and fax it to 651.351.8401.

4 In-Person
We welcome in-person registrations at our office Monday through Friday, 8 AM to 4 PM.
New learning spaces ready just in time for the new year

We’ve been hard at work for the past two years to make our schools even better places to learn – thanks to you! Residents approved a bond request in May 2015 to fund a variety of projects designed to improve academic opportunities for our students.

Students will benefit from new and/or renovated learning spaces at Stillwater Area High School and Oak-Land Middle; HVAC systems have been updated at Afton-Lakeland, Lake Elmo, Lily Lake, Oak Park, Oak-Land and Stillwater Middle; Special Education spaces have been enhanced at several different buildings, and a new elementary school – Brookview - has been constructed in Woodbury.

Construction is wrapping up just in time for the start of the 2017-2018 school year.

Want to see other improvements made across the district? Contact the school to request a tour.