

District 110 Community Education

Waconia • St. Bonifacius • New Germany • Minnetrista • Victoria

Fall 2021



A Commitment to Community and Lifelong Learning

WaconiaCommunityEd.org | 952.442.0610

www.waconiacommunityed.org / www.waconiaareaathletics.com

Waconia Community Education & Recreation

Waconia Community Education & Recreation

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Waconia Wildcat Preschool - 952.442.0613

School Age Child Care

Southview Kids' Co Site 952.442.0627
Bayview Kids' Co Site 952.442.0614
WMS Kids' Co Site 952.442.0617
Laketown Kids' Co Site 952.442.0690

Advisory Councils

Waconia Community Education Advisory Council

Luke DeBoer, Jackie Johnson, Barb Kalthoff, Lindsay Schmidt, Paul Ericsson & Tiffany Nelson

ECFE Advisory Council

Kara Anderson, Brianna Ballard, Erin Foss-Berling, Lynn Irrgang, Taylor Muhlenbruch, Tiffany Nelson & Amanda Vesta

Baseball Advisory Board

Brian Crane, Jon Deming, Joe Duffy, Steve Fleck, Mark Grundhofer, Mike Herman, Bill Koppi, Wade Marsh, Matt Means, Tiffany Nelson, Chris Ohm, Erik Olson & Troy Simonson

Softball Advisory Board

Joe Duffy, Garren Hamby, Jake Saulsbury, Audra Lehrke, Tiffany Nelson, Maria Saulsbury, Kurt Schutte, Jason Smith, Todd Stejskal & Holly Wortz

Soccer Advisory Board

Anthony Bell, Brian Elliot, Kevin Keegan, Tiffany Nelson, Trevor Paulson, Justin Pozega, Cary Sommer & Ivan Woyno

Lacrosse Advisory Board

Jared DeWold, Elisabeth Doran, Larry Doran, Chris Marten, Nicole Meyer, Tiffany Nelson, Crystal Roberts, Rusty Stockinger, Christy Willis & Ivan Woyno



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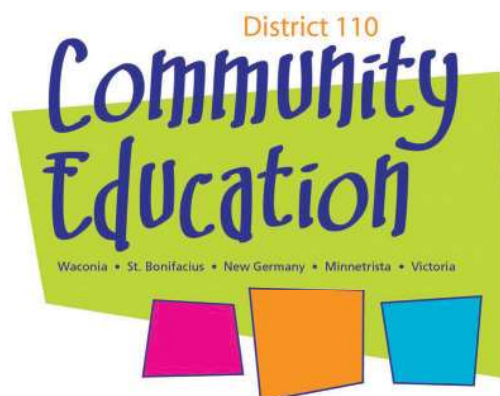
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Waconia District #110 School Locations

WEC	Waconia Community Education 516 Industrial Blvd., Waconia
BV	Bayview Elementary School 24 South Walnut Street, Waconia
SV	Southview Elementary School 225 4th Street West, Waconia
WMS	Waconia Middle School 1400 Community Drive, Waconia
WHS	Waconia High School 1650 Community Drive, Waconia
LT	Laketown Elementary School 960 Airport Road, Waconia
WEC	Waconia Enrichment Center 520 Industrial Blvd. Waconia

Fall 2021

ISD #110

Waconia Community Education & Recreation Mission Statement

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



Registration

Online Registration:

Registrations are now accepted online at www.waconiacommunityed.org

By Mail

Complete a registration form and mail it with your check, money order or credit card number and expiration date to:

ISD #110 Community Education
516 Industrial Blvd.
Waconia, MN 55387

Walk-in

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

Office Hours:

School Year Monday-Friday 7:30am - 4:00pm

Kids' Company & The Verge

Kids' Company Childcare If you are looking for quality child care in a school setting, look no further. Kids' Company offers children the opportunity to thrive in an atmosphere that supports positive growth. Children are given this opportunity starting at the age of three (must be toilet trained) through 5th grade. Kids' Company is open at 6:00 am and our last pick up time is 6:15 pm. We are located at Bayview Elementary School, Southview Elementary School, Laketown Elementary, and Waconia Enrichment Center. Children may attend Kids' Company at the school they attend which means a peace of mind for parents. Kids' Company is available on most school early release days and non-school days. Our belief at Kids' Company is that children need to be in an environment that will enhance their social, academic and positive self image. We accomplish this through exposure to new experiences, freedom of choice and building new friendships. Children are always placed in age appropriate classes. Please see below for our specific site locations and for more details. Please note that times and locations may change due to registration numbers. Please visit our website at www.waconiacommunityed.org for more information.

Bayview, Southview & Laketown Elementary Schools

Hours: 6:00am-8:00am & 2:30pm 6:15pm | K-5th grade

Kids' Company 2021-2022

Virtual Parent Meeting

Thursday, August 26 at 6pm

Waconia Enrichment Center

(504 Industrial Blvd. Waconia)

Hours: 6:00am-6:15pm | Pre-K



For more information about the Kids' Company or The Verge program please contact Jenny Merritt. jmerritt@isd110.org 952-442-0618



The Verge - at Waconia Middle School for 6th-8th

Graders. The Verge Student Hang Out is a place for 6th - 8th grade students to hang out after school or if they need a place to go before or after an activity. This is a supervised option for Waconia Middle School students from 3:10pm - 6:30pm on school days. Students are welcome to drop in anytime during the open time frame and use their punch card (15 times for \$75) or pay a daily rate of \$7. Daily free time will consist of hanging out with friends, playing the Wii, study time, open gym time, playing games, etc, the choice is up to the students. This area has been created to give students the opportunity to spend supervised time hanging out. Punch cards are available for purchase at the Waconia Community Ed office and The Verge Student Hang Out. Students may also attend by paying a daily rate in cash or check. Punch cards may be kept by the students or at The Verge.

Calling All Preschoolers!

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

Registration Information:

Registration is online. If you are placed on a waiting list please email Jenny Merritt @ jmerritt@isd110.org and let her know.



District 110 Early Childhood Family Education

Early Childhood Family Center

520 Industrial Blvd. Waconia, MN

952-442-0613

www.waconiacommunityed.org

REGISTRATION
BEGINS
AUGUST 18

ECFE OPEN HOUSE
Thursday, September 2
5:30-7:00 pm

Welcome to ECFE

Early Childhood Family Education (ECFE) is a District 110 Community Education program of Waconia Public Schools. All families with children ages birth to kindergarten are welcome. Our mission is to strengthen families through education and support of all parents as their child's first and most important teacher.

ECFE offers classes, special events and other programs designed to give parents information, resources and skills that support their child's growth and development. Most classes meet once a week for 1.5-2 hours at a time. Quality child-care is provided for siblings not enrolled in class.

A sliding fee scale is provided to help make classes affordable for all families. No one will be denied participation for inability to pay.

ECFE 0 - 24 months

Incredible Infants

0-6 months

Having a new baby is both exciting and challenging. This relaxing and informative class helps you to get off to a great start with your baby. You will meet with other parents to discuss common concerns such as adjusting to parenthood, sleep and feeding issues, calming techniques and infant development. **Parents and children will stay together the entire class.** You are welcome to join an infant class at any time during the session as space allows. Sibling care fee is \$15.00. Registration required. ECFE Room 114



ECFo1	0-6 months	Wed. Sept. 15-Oct. 13	10:45-12:00 noon	\$15.00
ECFo2	0-6 months	Wed. Nov. 3-Dec. 8 No class Nov. 24	10:45-12:00 noon	\$15.00

6-12 months

Your baby is growing and changing, which takes different parenting strategies. This supportive and informative class helps you confidently parent your older infant. You will discuss common concerns such as safety now that the baby is moving, nutrition as solid foods are introduced, confident parenting, sleep patterns and much more. **Parents and children will stay together the entire class.** You are welcome to join an infant class at any time during the session as space allows. Sibling care fee is \$15.00. Registration required. ECFE Room 114 **Ages as of September 1, 2021**

ECFo3	6-12 months	Mon. Sept. 13-Dec. 13	10:45-12:15 pm	\$30.00
		No class Nov. 22		

View and plan your class selections when you receive the brochure. If you are new to ECFE or Community Education, go to www.waconiacommunityed.org and click on the Community Ed tab then go to Registration and Online Registration to view the online catalog and to create an account. The online shopping cart will be available on Wednesday, August 18 at 8:00 am. Mailed or faxed registrations will be processed beginning August 18 also.

Terrific Toddlers

A whole new world begins once your child becomes mobile--a toddling little bundle of energy just looking to touch, taste, and test out the world and you! Spend time enjoying music, movement, and lots of exploratory activities with your child. During the parent discussion, we'll share ideas for separation anxiety, setting limits, safety and other joys and concerns of parenthood. Toddler classes will gradually separate based on age and development of children. Join us for this special time with your busy toddler. Sibling care is available. **Class fees can be found on page 7.** Registration required.

ECFE Room 114 **Ages as of September 1, 2021**

ECF10	10-18 months 8:45-10:15 am	Tue. Sept. 14-Dec. 14 No class Nov. 23
ECF11	10-18 months 8:45-10:15 am	Wed. Sept. 15-Dec. 15 No class Oct. 20, Nov. 24
ECF12	18-24 months 10:45-12:15 pm	Tue. Sept. 14-Dec. 14 No class Nov. 23
ECF13	18-24 months 8:45-10:15 am	Thur. Sept. 16-Dec. 16 No class Oct. 21, Nov. 25



ECFE 2 - 5 year olds

Check out the next page for more class options!



A Typical ECFE Class includes:

- Parent/Child Time - Parents and children explore age-appropriate activities designed to enhance learning. Parents gain new ideas for things to do together at home with their children. This time includes a group "Circle Time" of songs and games.
- Parent Education - Licensed parent educators provide resources and guide group discussions about child development, parenting techniques and current issues concerning today's families.
- Children's Classroom - During parent discussion, children play in a stimulating and caring environment with licensed early childhood teachers. They enjoy music, stories, group games and creative play as they interact with other children their age. Registration Required. ECFE Room 108 **Ages as of September 1, 2021**
- Sibling Care - Quality childcare is available to provide a safe, caring and fun atmosphere for siblings not enrolled in daytime classes.

Discovery Time

ECF20	2 years	Mon. Sept. 13-Dec. 13 No class Nov. 22	8:30-10:00 am
ECF21	2 years	Wed. Sept. 15-Dec. 15 No class Oct. 20, Nov. 24	8:30-10:00 am

Discovery Extended

This class offers a longer parent/child interaction time and parent discussion time.

2 hour class fee--Waive/\$78/\$123/\$162/\$195 Sibling care fee--\$65/\$91

ECF22	2-4 years	Mon. Sept. 13-Dec. 13 No class Nov. 22	10:30-12:30 pm
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Coming Back for More

Are you returning to ECFE as a second, third or fourth time parent? This class is designed for parents with multiple-age children. Topics will focus on information and support to parent all of your children.

2 hour class fee--Waive/\$78/\$123/\$162/\$195 Sibling care fee--\$65/\$91

ECF23	2-5 years	Wed. Sept. 15-Dec. 15 No class Oct. 20, Nov. 24	10:30-12:30 pm
ECF24	2-5 years	Thur. Sept. 16-Dec. 16 No class Oct. 21, Nov. 25	8:30-10:30 am

ECFE Class Fee Schedule

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

Annual Income	1.5 hour classes Sliding Fee Scale
1. under \$35,000	Waived fees, call 442-0664 to register
2. \$35,000-\$49,999	\$59.00
3. \$50,000-\$74,999	\$91.00
4. \$75,000-\$99,999	\$124.00
5. \$100,000-above	\$156.00
Sibling Care	
Level 2-3	\$52.00/child
Level 4-5	\$78.00/child

District 110 Early Childhood Family Education



Registration begins Wednesday, August 18 at 8:00 am
Register online or use the ECFE registration form found on page 13.

ECFE 29 months - 4 year olds

ECFE Bridge to Preschool

A unique blend of parent-child time and peer group interaction offering an introductory preschool experience. Fall session starts with a Thursday parent/child class, a Tuesday child only day will be added for the winter and spring sessions. **Families are strongly encouraged to continue participation for the full school year and will be given priority registration winter/spring session.**

Thursdays - The Parent-Child Day: This day each week is a parent-child playtime together followed by a separated parent discussion. Sibling care is available for this day each week.

Tuesdays - The Child-Only Day Begins Winter Term: The second day each week is just for your child to interact with peers, led by a licensed early childhood teacher and an assistant. An introduction to following directions, self-regulation and peer interactions, along with music, a story and gym time are included each day.

Parents **must** attend the parent-child class on Thursdays in order to have their child attend the Tuesday child-only day beginning winter session. See our web page for more cost details for Winter/Spring. Children working towards toilet training are welcomed to attend. Parents must send a bag lunch to eat during class. ECFE Room 108. **Child must be 29 months by September 1, 2021 in order to attend this class.**

2 hour fall class fee--Waive/\$78/\$123/\$162/\$195 Sibling care fee--\$65/\$91

ECF27 29 mo-4 years Thur. Sept. 16-Dec. 16 (No class Oct. 21, Nov. 25) 11:00-1:00 pm



Evenings with Dad & Private Group Classes

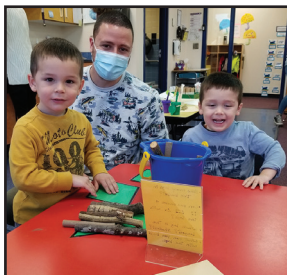
Navigating Fatherhood Together



This class meets 6 times in the fall and is just for Dad's or a special male role model. An opportunity for quality time to learn and boost your parent bond through planned activities, circle time, music, gym time and

more. Relax and enjoy the separate parent discussion time that focuses on the joys and struggles of fatherhood. This is a family class for children ages 2-8 years, however it is an early childhood offering, so one child must be between the ages of 2-5 years.

All children attending must be registered. Select the payment level for the 2-5 year old child and select \$0 for the siblings. This class has no separate sibling care. ECFE Room 108
Ages as of Sept. 1, 2021



ECF25 2-5 years

Mondays, Sept. 20, Oct. 4 & 18, Nov. 1, 15 & 29
6:00-7:30 pm

Class fee for one 2-5 year old--Waive/\$26/\$42/\$57/\$72

Private Group One Time ECFE Classes

Calling all MOMS club, MOPS, homeschool groups and other friend pods! Do you feel more comfortable attending a class with a group of people you frequently socialize with? This is an opportunity to join together in an ECFE format with a parent educator and an early childhood teacher leading your small, mixed age groups. Class sizes are limited to 10 children. Have a spokesperson sign up your group. The children's names and birthdates along with adult names in your group will be required at the time of registration. This is a separating class with a parent component. Register under Special Events for one or more sessions.

\$120.00/group ECFE Room 108 Registration Required

ECGroup10

Friday, Oct. 1

9:00-10:30 am

ECGroup20

Friday, Dec. 17

9:00-10:30 am

Kindergarten/1st Grade Lunch & Learn

An offering for parents of Kindergarten and 1st grade children. The Elementary Schools of District 110 invite you to have lunch with your child and learn with us!

We are hosting three separate parent connection events, each covering different topics. Parents of kindergartners and 1st graders will visit their elementary school and have a 20 minute lunch with their child. When the students go to recess, the parents go to learn... meaning parents will meet with our District 110 Parent Liaison to learn about ways to support their Kindergarten and 1st grade learners as they make their way through school milestones.



Registration is **FREE** through Early Childhood Family Education/School Age Offerings. Sibling care provided \$5.00/child. Registration Required. School lunch is an extra cost for adults who choose this option. Lunch costs will be added to the students lunch account.

KINDERGARTEN SAVE THE DATES

ECKLL10 Friday, Oct. 8 - Laketown ECKLL20 Friday, Oct. 15 - Bayview ECKLL30 Friday, Nov. 5 - Southview	10:50 am - 12:30 pm	Understanding the Kindergarten Mind Understanding development is the first step in understanding how to support our children's continued growth. Let's talk and get your concerns addressed.
ECKLL40 Friday, Jan. 7 - Southview ECKLL50 Friday, Jan. 14 - Laketown ECKLL60 Friday, Feb. 25 - Bayview	10:50 am - 12:30 pm	Building Social Competence & Friendships Supporting Positive Social Skills, Conflict Resolution & Communication. We will discuss how to collaboratively and proactively manage challenges of social situations. Get your questions answered.
ECKLL70 Friday, April 1 - Southview ECKLL80 Friday, April 8 - Laketown ECKLL90 Friday, April 22 - Bayview	10:50 am - 12:30 pm	Executive Functioning Allows us to access information, think about solutions & implement those solutions. It requires Working Memory, Flexible Thinking & Inhibitory Control. These skills help in school and in everyday life--let's learn how to build these!

1ST GRADE SAVE THE DATES

EC1LL10 Thursday, Sept. 30 - Southview EC1LL20 Thursday, Oct. 7 - Laketown EC1LL30 Thursday, Oct. 14 - Bayview	11:05 am - 12:45 pm	Discover typical traits of first graders and common concerns of first grade caregivers. Learn how you can help support their development and help your child bloom!
EC1LL40 Thursday, Jan. 6 - Southview EC1LL50 Thursday, Jan. 13 - Laketown EC1LL60 Thursday, Jan. 20 - Bayview	11:05 am - 12:45 pm	Help your child foster healthy friendships, navigate growing independence, and manage effective communication with your child's expanding school, activity, and social circles.
EC1LL70 Thursday, April 14 - Laketown EC1LL80 Thursday, April 21 - Bayview EC1LL90 Thursday, April 28 - Southview	11:05 am - 12:45 pm	Learn how to support your child as their responsibilities expand. Help them with tools to manage these expectations at home and school. We will address functions such as self-regulation, motivation, self-awareness, and working memory.



Elementary Age Parent Education

Next Steps

The elementary years are an exciting time for parents and children alike. Trying new opportunities, learning, exploring, and going through changes. We get to applaud their accomplishments and help them work through frustrations or disappointments.

Growth like success is not a direct path. There will be starts and stops, challenges and successes. Join other parents from our community to celebrate, problem solve and learn how to support our elementary aged children. Discussions are facilitated by a licensed Parent Educator. This is a fun time to focus on how we want to raise our children.

We meet 1.5 hours every other week. Childcare is available for younger siblings who are not in school so that parents can focus without distraction. Topics are selected by group request. Popular topics have been: problem solving daily life, teaching skills of independence, friendships and social conflicts, bullying, and teaching children to be organized.

ECE10 Tuesdays, Sept. 14, Sept. 28, Oct. 12, Oct. 26, Nov. 9, Nov. 30 & Dec. 14 8:45-10:15 am
\$54.00/adult \$28.00/child/childcare Registration Required
Early Childhood Family Center Room 103

Please register online at www.waconiacommunityed.org (go to Community Ed - Registration - Online Registration - Browse Catalog - Early Childhood Family Education - School Age Offerings).

ECFE Special Events

Register online or use the ECFE registration form found on page 13

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

ECFE Open House

You are invited to celebrate the beginning of the school year at this ECFE kick-off event! You can meet the ECFE staff, play in the classrooms and explore the outdoors at Wildcat Discovery Park, our nature-based playground. Join us to see old friends and meet new ones!

ECSP1 Thursday, September 2 5:30-7:00 pm ECFE Center FREE Pre-registration not required



Pumpkin Fun



(2-5 years)
Bring a pumpkin to decorate and we'll provide the paint and other art materials. Pumpkin songs, stories, face-painting and games will also

be part of the fun. You can enjoy a pumpkin cookie for a treat, too. Come in costume if you want. Sibling care is available during **daytime** classes.

ECSP2 Thursday, Oct. 14 6:00-7:15 pm
ECSP3 Friday, Oct. 15 9:00-10:15 am
\$7.00/child ECFE Room 108
\$4.00/child/sibling care Registration Required

Science Night

(2 1/2-5 years)

Tinkering stations will be set up for children and adults to build pumpkin volcanoes, try magnets, Lego challenges, discover cloud dough, investigate fall seeds, acorns, pinecones and build and blow bubbles together. Sign up for a start time that works best for your family. It will take about an hour to get through all the stations. Try one station or all of them, it's up to you! **Bring an empty 20 oz plastic bottle and one sock (can be any sock that covers the end of the plastic bottle) to class.**

Registration Required

Tuesday, Nov. 9 \$7.00/child ECFE Room 108
ECSP4 4:30 pm ECSP7 6:00 pm
ECSP5 5:00 pm ECSP8 6:30 pm
ECSP6 5:30 pm ECSP9 7:00 pm

ECFE Special Events

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

Indoor Gym Playtime

(1-5 years)

Looking for an indoor space to run and play? Come to the indoor playground at the Waconia Enrichment Center and ride a trike, play basketball and climb the gym play structure. **Enter the ECFE entrance at 520 Industrial Blvd.** Sign up for one or more sessions. Registration Required \$2.00/child/day

Fridays, 11:00-12:00 pm

ECSP10 October 29
ECSP11 December 3



Trim the Tree

(2 1/2-5 years)

We'll provide a spruce top and supplies for you to make a variety of ornaments. You will have your very own decorated tree to take home. **Please bring a coffee can/container with you** and we will fill it with sand to use as your tree stand. Sibling care is available during **daytime** classes.



ECSP12 Thursday, Dec. 9 6:00-7:30 pm
ECSP13 Friday, Dec. 10 8:30-10:00 am
ECSP14 Friday, Dec. 10 10:30-12:00 pm

\$15.00/child ECFE Room 108
\$4.00/child/sibling care Registration Required

Power-of-Play Packs

(18 months-5 years)

Create a special play-based ECFE experience to try at home. Connect with your child and encourage their development with fun themed activity bags. Included in the bags will be tools and strategies to support early learning from a licensed Parent Educator. Bags can be picked up at ECFE.

ECSP15	The week of Sept. 13	Farm Animals
ECSP16	The week of Oct. 11	Loose Parts
ECSP17	The week of Nov. 15	Building Readers
ECSP18	The week of Dec. 13	Family Traditions

\$10.00/pack Registration Required



Parents Helping Parents

This class strengthens families experiencing stress through mutual self-help parent support. Please contact Amanda at 952-442-0664 or avesta@isd110.org for more details.

Some children need extra help to learn and grow. *Help Me Grow* is a Minnesota state initiative that connects children with developmental delays and disabilities and their families to free, local early intervention services.

If you have a concern about a child's development, you can refer the child through *Help Me Grow* for a free screening or evaluation. Services are free to eligible children ages birth-5, regardless of income or immigrant status.

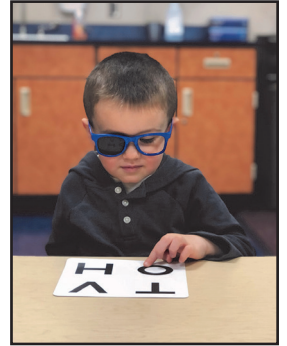
Help Me Grow's website, helpmegrowmn.org, offers valuable information to help parents and caregivers understand a child's development. Resources include developmental milestones, strategies to encourage development and information about referrals. To refer a child, visit helpmegrowmn.org or call 866-693-GROW (4769).



Early Childhood Screening

Is your child 3 years old?

The early childhood years are an important time of rapid learning and growth. Early Childhood Screening is a **FREE** service offered by District 110 that will check a child's overall development and health. Children are screened by a licensed early childhood teacher and a school nurse. Results of the screening help identify any learning or health concerns that may require attention before a child enters kindergarten. **In Minnesota all children are required to complete Early Childhood Screening before kindergarten entrance, however, it is not a test for kindergarten.** The preferred age to screen is between the ages of 3 and 4 years old.



Early Childhood Screening includes:

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


Screenings take place at the Early Childhood Family Center, 520 Industrial Blvd. **Register online at www.waconiacommunityed.org.** Click on Community Ed, go to Programs and scroll down to Early Childhood Screening. Please call **952-442-0613** to receive more information.



8:00-1:15 pm		2:30-5:00 pm
Tue. Aug. 17 8 am-2:30 pm	Fri. Sept. 24	Fri. Nov. 5
Wed. Aug. 18 10 am-5 pm	Fri. Oct. 8	Fri. Nov. 19
Thurs. Aug. 19 12pm-5 pm	Fri. Oct. 29	Fri. Dec. 3
		Thurs. Sept. 23
		Thurs. Oct. 28
		Thurs. Nov. 18
		Thurs. Dec. 2

If your child has been screened by another school district, Early Childhood Special Education or Headstart, your child does not need to be screened again, but a summary copy must be on file with the current school district your child will be attending. Contact the ECS office at 952-442-0613 for information on how to have screening records forwarded to the school district.

Early Childhood Family Center Fall 2021 classes at a glance September 13-December 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:30-10:00 am</u> 2 years	<u>8:45-10:15 am</u> 10-18 months	<u>8:30-10:00 am</u> 2 years	<u>8:30-10:30 am</u> 2-5 years		
<u>10:30-12:30 pm</u> 2-4 years	<u>10:45-12:15 pm</u> 18-24 months	<u>8:45-10:15 am</u> 10-18 months	<u>8:45-10:15 am</u> 18-24 months		
<u>10:45-12:15 pm</u> 6-12 months		<u>10:30-12:30 pm</u> 2-5 years	<u>11:00-1:00 pm</u> 29 mo-4 years		
<u>6:00-7:30 pm</u> Dads class 2-5 years		<u>10:45-12:00 pm</u> 0-6 months			
				 Like us on Facebook	
				District 110 Early Childhood Family Education	

ECFE Registration

4 Easy Ways to Register:

1. **Online** Register online at www.waconiacommunityed.org
2. **Mail** Registration form and payment to:
District 110 ECFE
520 Industrial Blvd.
Waconia, MN 55387
3. **Drop off** Registration form and payment at:
 - ECFE Office - 520 Industrial Blvd.
 - Community Education Office - 516 Industrial Blvd.
 - 24-hour Drop Box - located outside Bayview & Southview
4. **Fax** Registration form with credit card number, expiration date and signature to: 952-442-0619

Unless the fee is stated, use the sliding fee scale on page 7 to determine class fee. Make checks payable to Dist. 110 Community Education. We accept Visa, MasterCard, Discover and AmExpress.

Registration begins on Wednesday, August 18 at 8:00 am.

Questions? Call 952-442-0613

REGISTRATION POLICIES

• The online shopping cart will be available on **Wednesday, Aug. 18 at 8:00 am**. If you are new to ECFE or Community Ed, create an account at waconiacommunityed.org. Click on Community Ed at the top of the page then go to Registration. Register for **one** class per child. Registration for a second class for the same child opens on Tuesday, September 7. You will receive an e-mail confirming your registration.

• **ECFE will waive** one class fee for income-eligible families per session. Please call 952-442-0664 to register. Fees for special events will not be waived.

• **Refund Policy** - A full refund is issued for cancellations before the session begins, minus a \$10.00 processing fee. After the first week, refunds are prorated. There are no refunds midway through a session or for missed class days. Special Event refunds will only be given with a 5-day advance notice.



ECFE FALL REGISTRATION 2021

PARENTS NAME: _____ HOME PHONE: _____
ADDRESS: _____ CELL PHONE: _____
SCHOOL DISTRICT: _____ E-MAIL: _____

FAMILY CLASSES

CLASS NUMBER	DAY/TIME	CHILD NAME IN CLASS	DATE OF BIRTH	CHILD NAME SIBLING CARE	DATE OF BIRTH	CLASS FEE

SIBLING CARE FEE _____

SPECIAL EVENTS

EVENT - NUMBER & TITLE	PARENT(S) ATTENDING	CHILDREN'S NAME	EVENT FEE

Payment: ☐ Cash ☐ Check # _____ ☐ Waived Fee Date Rec'd _____ **TOTAL FEE** _____
Credit Card # _____ ☐ Credit Card (Visa, MC, Discover, AE)
Signature _____ Expiration Date _____

COMMUNITY RESOURCES

Arc-Hennepin/Carver <i>Development Disabilities</i>	952-920-0855
Carver County Public Health Services	952-361-1329
Carver County Social Services	952-361-1600
Child Care Aware of MN	952-402-9824
Crisis Nursery <i>Temporary childcare during a crisis</i>	612-839-5101
Dist. 110 Special Education Services <i>Information on 3-5 yr overall growth and development</i>	952-442-0637
ECFE Home Visit <i>Discussions may include care of newborns, activities for young children, child development, parenting issues, community resources.</i>	952-442-0664
Early Childhood Screening <i>Required health and developmental screening for 3-4 year old children prior to kindergarten entrance. Go to www.isd110.org/community-ed/programs to schedule an appointment</i>	952-442-0613
First Street Center <i>Offers a comprehensive range of mental health services</i>	952-442-4437
Head Start/CAPP Agency	952-496-2125
Help Me Grow - Early Intervention <i>Information on Birth-3 yr overall growth and development</i>	952-567-8210
LaLeche League <i>Support for breastfeeding</i>	952-472-6493
Library - call for storytimes <ul style="list-style-type: none"> • Waconia • St. Bonifacius 	952-442-4714 952-446-1418
Macaroni Kid Carver County http://carver.macaronikid.com	952-201-0429
MN Sure <i>Health Insurance for income eligible families</i>	952-361-1600
Ridgeview Medical Center <i>Education - Breastfeeding, sibling preparation</i> Birthing Center Pediatrics Pediatric Rehab Services	952-442-2191
Sexual Violence Center 24-hour helpline	952-448-5425
Southern Valley Alliance for Battered Women	952-873-4214
Waconia United Food Shelf	952-442-3878
WIC <i>Free nutrition program for women, infants and children at East Creek Family Center, Chaska</i>	952-496-2125

Early Childhood Education Staff

Tiffany Nelson, Community Education Director
Amanda Vesta, Early Childhood Supervisor
Brenda Buesgens, Administrative Assistant

ECFE Teachers

Heather Carlson - EC
Lauren McQuillan - PE
TBD - EC
Christine Pedretti - PE

ECFE Teacher Assistants

Amie Hunt
Megumi Thomson
Karen Whalen

Preschool Teachers

Melissa Otto
Michelle Rist
Mary Weber
TBD

Preschool Assistants

Andrea Mathwig
Trisha Molinari
Michelle Rabe
TBD

(EC=Early Childhood Teacher, PE=Parent Educator)

Early Childhood Advisory Council

The Advisory Council meets five times throughout the school year to develop goals, help plan and volunteer at events and provide feedback for the program. Free childcare is offered during the meetings.

Kara Anderson

Taylor Muhlenbruch

Brianna Ballard

Tiffany Nelson

Erin Foss-Berling

Amanda Vesta

Lynn Irrgang

Is your family included on the School District Census?

Has there been a birth in your family? Have you recently moved into the area? Is there a new family in your neighborhood? District 110 wants all families to know about the programs and activities that are offered.

Being on the School District Census insures that you will automatically receive information about Early Childhood Screening, preschool and kindergarten.

To be added to the census, please call the School District Census Office at 952-442-0607.

HAS YOUR CHILD HAD IMMUNIZATIONS?

Minnesota law requires that all children attending District 110 Early Childhood classes have their immunizations up to date. Proof of immunization must be presented. If you need information on low cost or free immunizations for your child, call Carver County Public Health Services at 952-361-1329.

WEATHER EMERGENCY POLICY

When District 110 K-12 classes are cancelled due to inclement weather, all Early Childhood classes/events are also cancelled. If there is a late start, the 8:30 and 8:45 am classes will not be held, but the classes later in the day will be in session. District Weather Line 952-442-0640.

Early Childhood Preschool Programs

District 110 Preschools use *Opening the World of Learning* (OWL) curriculum and assessment. Foundations is a supplemental framework used to enhance teaching phonetic awareness and the written word. This research-based curriculum meets the state and federal standards for high quality early childhood programs, including the Minnesota Early Learning Standards, Parent Aware and the Early Childhood Indicators of Progress.

The curriculum, which has a strong focus on literacy and math skills, is organized around units and Foundations adds the elements of phonetics and writing. Learning is differentiated based on developmental level and is standards based. The daily schedule includes group circle time activities, center time activities, large muscle play, snack and small group time. Center time activities allow children to make choices in play and to practice social skills in a variety of learning stations. They include block play, dramatic play, sensory play, toys and manipulatives, art and learning readiness small group activities.



Wildcat Discovery Park offers children a nature-based outdoor playground experience. An early childhood edible garden, a fort building area, a unique sand box created out of logs and traditional play equipment are available.

Waconia Wildcat Preschool is inclusive and open to all children.

2021 - 2022 Waconia Wildcat Preschool Sessions

Tuesdays/Thursdays
Sept. 7, 2021-May 26, 2022
Ages 3 and early 4
 8:30-11:00 am
 WWP Session 1 & 2

Mon/Tue/Wed/Thur
Sept. 7, 2021-May 26, 2022
Ages 4 and 5
 11:45-2:15 pm
 WWP Session 5 & 6

Mon/Tue/Wed/Thur
Sept. 7, 2021-May 26, 2022
Ages Kindergarten Readiness
 8:30-1:30 pm
 WWP Session 9

Mondays/Wednesdays/Fridays
Sept. 8 2021-May 27, 2022
Ages 3 and 4
 8:30-11:00 am
 WWP Session 3 & 4

Mon/Tue/Wed/Thur/Fri
Sept. 7, 2021-May 27, 2022
Ages 4 and 5
 8:30-11:00 am & 11:45-2:15 pm
 WWP Session 7 & 8



Families who are registered for Preschool should plan to visit us anytime on **Thursday, September 2** between 5:30 pm and 7:00 pm for the Early Childhood Program Open House. Explore our classrooms, meet our staff, enjoy hands on creative projects and activities. **We are excited to begin a new year and meet each of you!**

Preschool Parents Connect

Would you like to get to know other parents who have preschool age children? Wildcat Preschool parents are invited to a preschool parents connect opportunity that will meet once a month. Parents of preschoolers will come together to share joys, concerns and learn in a fun and relaxing atmosphere. There will be topics of interest to discuss and learn about, but mostly this will be a time for open sharing to get to know each other. The group will be led by our parent liaison and the Early Childhood Program Supervisor will join in the fun too. Childcare is offered for a fee. Register under District 110 Preschool Programs.

PPC1 Fridays 8:45-10:15 am Sept. 24, Oct. 29, Nov. 19, Dec. 17, Jan. 28, Feb. 25, March 25, April 29, May 13

PPC2 Tuesdays 12:00-1:30 pm Sept. 28, Oct. 26, Nov. 30, Dec. 14, Jan. 25, Feb. 22, March 29, April 26, May 10

FREE - Registration Required Childcare: \$63.00 per child Early Childhood Family Center Room 103

Youth Enrichment

Kids' Fun Night Out (Parents' Night Out!)

Do your kids ages 3-12 want a fun place to go when you are out for a Friday evening? Drop your kids off at Laketown Elementary School gym on Friday night! We'll have free time in the gym (or on the playground April-Aug) to begin, then break for a snack and finish with a projected movie. Please pack a snack and labeled water bottle. You may also want to bring a pillow, sleeping bag and pajamas for the movie. Children must be toilet trained to attend. Please note that once you register we are not able to transfer/refund/credit from that date without six business days' notice. This program is supervised by Community Education Staff, Holly Wortz. Please enter and exit door #5 at Laketown each night.

Friday Nights: 6:00pm-9:30pm

SU-103: August 20

F-500: September 24

F-501: October 8

F-502: November 5

F-503: December 3

F-504: January 7

Minimum: 10 / Maximum: 40

Fee: \$14 per child per night and \$8 for each additional child per family per night. Please complete your registration at least one week before each date for staffing purposes. May fill prior.



5th Grade Beginning Band Camp

5th grade (2021-2022) bands will have their annual beginning start up camp. This 3-day camp is the beginning of instruction for 5th grade band students - ALL first year band students should attend this camp. Students will receive a one hour class in like-instrument groups each day for 3 days. District 110 band directors will teach each class, assisted by WHS band students. Students will learn how to assemble and care for their instruments, correctly hold the instrument, produce a characteristic sound & play several notes. At the end of the camp, students will be able to take their instruments home and practice to be ready for band when school starts. If you have questions about the Beginning Band Startup Camp, please email Mr. Esterberg @ jesterberg@isd110.org

Monday, Tuesday & Thursday - August 23, 24 & 26

F-505: 3:00 - 3:50 p.m.

Trumpet, Saxophone, Oboe

F-506: 4:00 - 4:50 p.m.

Clarinet, Trombone, Percussion

F-507: 5:00 - 5:50 p.m.

French Horn, Baritone/Tuba, Flute

Laketown Music Rooms, Cafeteria & Gym

Fee: \$30

Jacob Esterberg & Staff

Minimum: open / Maximum: open

Register By: August 13



Youth Enrichment

Kidcreate Studio's award-winning art classes allow kids to explore art in an environment full of giggles and grins. Kids create fridge worthy masterpieces while learning art concepts and experimenting with different art materials. The curriculum is age appropriate and designed to inspire. Classes provide a fun, self-esteem building atmosphere full of "I did it" moments. Making a mess is the best with Kidcreate Studio! For more information about Kidcreate Studio visit www.kidcreatestudio.com.

Paint on Canvas- Reindeer Games

Come join in on the reindeer games! Artists will learn to draw a cool cartoon reindeer, then paint him on a real canvas board.

F-508: Friday, December 3 5:30pm-6:30pm

F-509: Monday, December 6 6:45pm-7:45pm

Ages 5-12

Laketown Art Room

Fee: \$20

Kidcreate Studio

Register By: November 24

Min: 7 / Max: 20



Holiday Ornament Making Party

*All New Ornaments! Join us for an ornament making party. We will set up 3 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! Please pack a nut free snack and drink for your child.

F-510: Friday, December 3

6:45pm-7:45pm

F-511: Monday, December 6

5:30pm-6:30pm

Ages 5-12

Laketown Art Room

Fee: \$20

Kidcreate Studio

Register By: November 24

Minimum: 7 / Maximum: 20



Parent & Child Create Night- Christmassy Craft

In this class, we'll learn to paint a wintry wonderland-landscape on a real canvas board! Artists will use blending techniques to create a forest covered with glittery snow. And best of all, the most famous reindeer of all will be added to your Christmas craft. We promise you'll want to hang this masterpiece up every Christmas for years to come.

F-512: Thursday, December 9

5:00pm-6:30pm

F-513: Thursday, December 9

6:35pm-8:05pm

Ages 5-12

Laketown Art Room

Fee: \$44 (per pair)

Kidcreate Studio

Register By: December 2

Minimum: 7 / Maximum: 10



**Nickle Dickle Day 10K, 10K Relay,
5K Run/Walk &
Youth 1/2 Mile Tickle Run
Saturday, September 18, 2021**
Fast Results! Chip Timed! The best shirts, entertainment, treats and volunteers in the area! The run starts and ends at Bayview Elementary School.

Register online or print off a registration form at
WaconiaCommunityEd.Org

10K Run starts at 8:00 am

5K Run/Walk starts at 8:10 am

1/2 Mile Youth Tickle 10:15am

all @ Bayview Elementary School

Youth Enrichment

Sewing basics for Kids

Want to learn to sew? This basic sewing class is designed for kids ages 9 and up! Week one you will learn how to operate a sewing machine, thread the needle, load the bobbin, adjust tension, change needles and learn all the different functions of a sewing machine. You will learn to sew straight lines, turn, back stitch and how to adjust the settings on a machine. Week two is all about seams! Some of the seams we will cover in class are plain seams, French seam, flat felled seams and more. Week three is a buttonhole and zipper workshop, where you will learn how to install a zipper, and how to stitch a buttonhole with ease. Week four you will be working on finishing your class project. If you bring your own machine, please make sure it is in good working condition, has thread and bobbins and extra needles that are for your machine. If you are not sure how to operate your machine, please touch base with me, so I am able to review the Manual before your child attends class. Please indicate at the time of registration if you are able to bring your own machine. **Advanced** classes are for kids who have already taken basic sewing and are interested in learning how to improve sewing skills. In this class students will use all class time in making an easy breezy tote bag by combining different fabrics and stitches!

(Supply package \$20) This packet is mandatory, includes all supplies needed for class project. Please bring your cash/check payment on the first day of class.

- F-517: Thursdays, September 9, 16, 23, & 30 (Beginner)
F-518: Tuesdays, September 14, 21, 28, Oct 5 (Advanced)
F-519: Thursdays, October 14, (skip 21), 28, November 4 & 11 (Beginner)
F-520: Tuesdays, October 12, (skip 19), 26, Nov 9 & 16 (Advanced)

Fee: \$130
Min 2 / Max 4
5:30pm - 7:00pm

Beverly Huggett
Waconia Middle School FACS Room
Register By: September 2 / October 5



Abrakadoodle Art education offers creative and fun art classes and camps! Students are introduced to a wide variety of mediums from watercolor to sculpture, paint, clay, collage, drawing, pastels, paper mache, mosaics and more in a fun and supportive environment where kids are encouraged to make art their own. Lessons, taught by professional and caring art teachers, are colorful, engaging, and fun. And, best of all, you get to leave the mess with us! Voted best art program in the Twin Cities by GoCityKids.com and Minnesota Monthly. www.abrakadoodle.com

Homemade Gifts with Abrakadoodle

All new gifts! – Get a head start on the holidays with this fun gift making class. This year we will paint/decoupage snowy pine tree scene with colorful northern lights on canvas board, sculpt a snowman luminary, create a canvas featuring penguins in the snow and more. These projects are perfect gifts for your friends and family or keep them for yourself! Our most popular class of the year! All new gifts for 2021.

F-514: Friday, November 12th (Non-School Day)
Waconia Community Education Room #CS118 (Hall)
Abrakadoodle
Min 7 / Max 20

9:30am-12:00pm
Grades K-5
Fee: \$45
Register By: November 5



Youth Enrichment

Babysitters Training

When your student is certified with Babysitting 101, you'll know they've been trained by the best! Training designed to engage and inform the aspiring babysitter. It gives 11 year olds and older everything they need to know, from getting started, to dealing with parents and children, to key safety, caregiving, and first aid tips. Course highlights include: Fundamental information about Babysitting and creating your business, Leadership: You're in charge, but not the parent and conflict resolution, Basic Caregiving Skills: Feeding, Diapering, Holding, Safe sleep practices, Play Time: Keeping children entertained and active safely, Safety and Injury Prevention: Telephone safety, SIDs awareness, Environmental, weather and preventable hazards, First Aid and CPR: Recognizing an emergency, Caring for an ill or injured victim, Wounds and Burn care, Choking and CPR Please pack pen, paper and snack/meal. Guide book included! Must be 11 years of age at start of class.

F-522: Friday, October 1 (2 Hour Early Release Day)

1:15pm-5:15pm

Waconia Middle School D-110

Fee: \$52

Register By: September 24

Shelly Nahan - RN, BSN, PHN

Minimum: 6 / Maximum: 30



SafeKids 101

Preparing Kids to Stay Safe at Home and in the Community! Does your child ages 8 - 12 want to stay home alone after school? Get your children trained with SafeKids 101 and both of you will feel more confident about their safety at home and in the community. This program is full of important safety principles. This program teaches what all parents want their children to know about safety! Topics include: Staying home alone, Answering the door or the telephone, Basic First Aid; burns, wounds & bandaging, poisonings, and choking emergencies, Storm and fire emergency training, Dog emergencies... Four steps to staying safe, Stranger danger...straight talk with honest answers, Fun, safe activities to do while home alone, Create fun, healthy – safe snacks! (Please indicate any food allergies!)

F-525: Tuesday, Sept.14 - Bayview Media Center

F-526: Thursday, Nov. 4 - Laketown Media Center

2:30pm-4:45pm

Fee: \$30

Register By: Sept. 7 / Oct 28

Minimum: 4 / Maximum: 30

Shelly Nahan - RN, BSN, PHN



Chess Club with Pat LaVone

Whether you've never played chess and want to learn the basics or if you've played some and want to improve your skills, this is the place to be. Research shows that kids who play chess often see increases in scholastic performance especially in math and reading. Best of all, kids love it! Students will learn: value of pieces, the difference between check, check mate; and stalemate; basic checkmate patterns, opening principles and general strategic concepts. There will be instruction given, but also open play time where kids can try out their own strategies. Chess sets will be provided. Pat has been teaching chess for about 22 years, was voted SCA chess coach of the year and led Eden Prairie High School to State Championship.

Thursdays - October 7, 14, (skip 21), 28, November 4, 11, 18 (skip 25) & December 2 & 9

F-523: K-6th

F-524: 7th-12th

Waconia Middle School Media Center

6:30pm-7:45pm

Fee: \$64

Pat LaVone

Min: 12 / Max: 30

Register By: September 30



Mother-Son Superhero Dance

You are invited to the 7th Annual Mother-Son Superhero Dance!! Calling all super moms and their superhero sons! (If mom cannot attend then bring your Grandma, Aunt or another special lady!) This awesome night will include dancing to your favorite songs, cupcakes and fun! Casual attire is recommended for moms although in years past several choose to wear some type of superhero apparel or costume too. Boys are encouraged to wear their non-violent superhero costume. Pre-registration is required to attend.

F-527: Friday, November 12

6:15pm-8:00pm

Ages 3 - Grade 5 (with Mom)

Bayview Gym (Enter the North Doors)

\$15 per couple (\$4 for each additional son)

Register By: October 29





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Youth Enrichment

Drivers Education Behind the Wheel

Participants, who have successfully completed classroom training sessions and have been issued a permit, are eligible for 6 hours of behind the wheel training.

To register for behind the wheel training, the registration form should be submitted, in person, along with payment and the letter verifying completion of the 30 hours of classroom instruction to the CE office. The blue card will then be issued. Students need this card in order to complete a computerized permit test at the DMV. The date of their 16th birthday, along with the date of registration, will determine their priority on the waiting list. Please do not schedule your driver's test before you start your 6 hours of behind the wheel. If you are in an after school activity, please be aware that this limits your scheduling availability with the instructors.

#BTW: Fee: \$348 - Payment Options:

1. The entire fee paid at the time of registration.
2. \$174 at the time of registration and \$174 prior to your last behind the wheel lesson.



Need-to-know Changes to the College Planning Process

This past year has resulted in some of the most significant changes to the college planning process in decades. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships.

Recent legislation included substantial changes to the FAFSA and college financial aid, and behind-the-scenes rules have changed on how colleges can recruit students and award scholarships.

Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid. If you are the parent of a HS student in grades 9-11, this is incredibly important info you will not want to miss. Register today!

F-528 - Wednesday, October 13 7:00pm-8:00pm
Virtual Class College Inside Track
Fee: \$10 Min 1 / Max 20
Register By: October 6



Nickle Dickle Day 10K, 10K Relay, 5K Run/Walk & Youth ½ Mile Tickle Run *Saturday, September 18, 2021*

Fast Results! Chip Timed! The best shirts, entertainment, treats and volunteers in the area!

The run starts and ends at Bayview Elementary School.

Register online or print off a registration form at WaconiaCommunityEd.Org

**10K Run starts at 8:00 am | 5K Run/Walk starts at 8:10 am | ½ Mile Youth Tickle 10:15am
all @ Bayview Elementary School in Waconia**

Youth Recreation

HappyFeet Soccer

HappyFeet is an exciting soccer clinic for children ages 2 - 5. Using our proven, fun "Story Time With A Soccer Ball" approach, HappyFeet will surely be your child's favorite weekly activity. We are committed to helping children form healthy exercise habits using the world's most popular game, soccer! The HappyFeet goal is that each and every child has fun, improves their fitness, increases their enjoyment of fitness activities, achieves a higher self concept, and gains advance skill! Register now, and let your little one meet the HappyFeet soccer ball called "Bob the Bobcat"!

HappyFeet Little Toes: Two and three year olds

6:00pm - 6:30pm

F-530: Thursdays, September 9, 16, 23 & 30

F-531: Thursdays, October 7, 14, (skip 21), 28 & Nov 4

F-532: Thursdays, November 11, 18, (skip 25),
December 2 & 9

HappyFeet Big Toes: Four and five year olds

6:30pm - 7:00pm

F-533: Thursdays, September 9, 16, 23 & 30

F-534: Thursdays, October 7, 14, (skip 21), 28 & Nov 4

F-535: Thursdays, November 11, 18, (skip 25),
December 2 & 9

SV Elementary Fields/Dining Gym

*Outdoors at Southview in the fall weather pending.

*No cleats in the gym!

Fee: \$45

Minimum: 5 / Maximum: 12

Register By: Sept. 2 / Sept. 30 / Nov. 4



Amazing Athletes

Let's get active while learning new sports and skills! Develop your child's motor skills, hand-eye coordination, cardiovascular fitness and more through Amazing Athletes. In this course we will cover 10 sports: baseball, volleyball, lacrosse, football, basketball, soccer, golf, hockey, tennis and track and field. Each class encompasses two different developmental sports, muscle identification and nutrition lessons, using fun activities so they can build their skills, at their own pace, in a non-competitive atmosphere. Parent participation is needed to help enforce the social distance rules with the coaches.

F-536: September 14, 21, 28, Oct 5, 12

F-536.5: October 19, 26, Nov 2, 9, 16

6:15pm - 6:45pm

Ages 3-5 (preschool)

Gym TBD

Fee: \$81

Register By: Sept 7 / Oct 12



Amazing Athletes Tots

Get moving with Amazing Athletes Tots! This discovery-based program is designed to get your toddler moving. Enjoy physical challenges and organized exploration activities that increase major motor development. Explore and learn 10 sports: baseball, volleyball, lacrosse, football, basketball, soccer, golf, hockey, tennis and track and field. Each 30-minute class encompasses a developmental sport, muscle identification and nutrition lessons, using fun activities that highlight motor-development skill building.

F-537: September 14, 21, 28, Oct 5, 12

F-537.5: October 19, 26, Nov 2, 9, 16

5:30pm-6:00pm

Ages 18m-2 years

Gym TBD

Fee: \$81

Register By: Sept 7 / Oct 12



Waconia Nickle Dickle Day

10K, 10K Relay, 5K Run/Walk & Youth ½ Mile Tickle Run *Saturday, September 18, 2021*

Fast Results! Chip Timed!

The best shirts, entertainment, treats and volunteers in the area.

The run begins and ends at Bayview Elementary School.

A registration form can be found at www.waconiacommunityed.org

Run Entry Information:

*10K Run/Relay starts at 8:00 am @ Bayview Elementary School

*5K Run/Walk starts at 8:10 am @ Bayview Elementary



5K & 10K Run Fees:

T-Shirt choices include; Long sleeve 50/50 Cotton/Poly Blend & short sleeve Cotton/Poly Blend

\$26 with shirt on/before August 31 - \$31 after August 31

\$16 No T-shirt on/before August 31 - \$21 after August 31

5K & 10K Run Fees:

\$46 Both people with T-shirt on/before August 31 - \$51 after August 31

\$26 Both people without T-shirt on/before August 31 - \$31 after August 31

*Register by 8.31.21 to be guaranteed your T-shirt size!



½ Mile Tickle Youth Entry Information:

Race Starts at 10:15am @ Bayview Elementary School

\$18 with T-shirt / \$10 without T-shirt

After August 31 is \$20 with T-shirt / \$12 without T-shirt

Three Easy Ways to Register:

1. Mail registration to:

ISD #110 Waconia Community Education

516 Industrial Blvd, Waconia, MN 55387

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

3. Register online at www.waconiacommunityed.org



Youth Recreation

Dance Xcess

Dance Xcess gives children the opportunity to experience the art and joy of dance. This dance program specializes in basic ballet technique and jazz. Dance Xcess is dedicated to providing a fun learning environment while experiencing the art of dance. This is a great way to give your child a taste of dance. Instructor Kris Lamkin has been a dance instructor for 22 years. All classes are Monday nights listed below. Preschool 1 is for first year students (at least 3 years old by first class date please.) Preschool 2 is for second year students. There will be a mini dance showcase on the last day for family and friends to watch the dances the girls have learned. (There is a formal recital in the spring session.) Black dance shoes are recommended and form fitting dance wear is encouraged.

F-538: Preschool 1 (Age 3 & 4)	5:30pm-6:00pm	\$40
F-539: Preschool 2 (Age 4 & 5)	6:00pm-6:30pm	\$40
F-540: Grades K-2	6:30pm-7:15pm	\$60
F-541: Grades 3-6	7:15pm-8:00pm	\$60
F-542: Teens	8:00pm-9:00pm	\$80



Mondays, September 20, 27, October 4, 11, 18, 25, November 1, 8, 15, (skip 22), 29 & December 6

Min: 4 / Max: 14

Laketown School Cafeteria

Register By: September 3

Kris Lamkin

Tae-Kwon-Do Korean Karate - Ages 6+

Ages 6 & up! Students of all ranks and levels will learn self-defense techniques and the history of Tae-KwonDo. Lessons are for students Kindergarten (2021-2022) and older. No prior experience is necessary. Beginning students on up to green belts should register for Level B. Green Belts on up should register for Level A. Classes will be held in the Bayview Cafeteria. Enter through the loading dock doors in back of Bayview, the door has a few steps leading into it and they face the football field. Please register BEFORE attending your first class.

July 26, August 2, 9, 16, 23 & 30

S-919: Level B (Beginners) 6:30pm - 7:30pm

S-920: Level A (Advanced) 7:35pm - 8:35pm

September 13, 20, 27, October 4, 11 & 18

F-543: Level B (Beginners) 6:30pm - 7:30pm

F-544: Level A (Advanced) 7:35pm - 8:35pm

October 25, November 1, 8, 15, 22, 29

F-545: Level B (Beginners) 6:30pm - 7:30pm

F-546: Level A (Advanced) 7:35pm - 8:35pm

December 6, 13, 20, (Skip 27) January 3, 10 & 17

F-547: Level B (Beginners) 6:30pm - 7:30pm

F-548: Level A (Advanced) 7:35pm - 8:35pm

Minimum: 6 / Maximum: 24

Linda Kroells Fee: \$42

Register By: One week prior to start

Bayview Cafeteria (enter loading dock doors)



Youth Recreation

Girls Fall Softball Sessions

Join us to develop or improve your softball skills this fall! We will have fun while working on fielding progressions, hitting, base running and much more! Please bring your glove and if you have your own bat bring it with, and a water bottle.

Sundays October 17, 24, (skip 31), November 7 & 14
F-549: Grades 2nd-3rd 5:30pm-6:30pm
F-550: Grades 3rd-5th 6:35pm-7:35pm

Waconia Middle School Gym
Fee: \$32
Holly Wortz
Minimum: 8 / Maximum: 18
Register by: October 8



Girls Fall Softball Scrimmage Sessions

Birth years 2010, 2009, 2008 & 2007 (12U/14U) are welcome to join us to develop or improve your softball skills this fall in a competitive scrimmage setting. Arrive to the gym each date and warm up throwing beginning at 7:35pm. We'll begin scrimmaging at 7:45pm and play until 8:45pm. To best work on situational defense and to keep the game moving along we'll utilize a batting tee or soft toss for the hitters rather than live pitching. New teams will be created each date and we'll provide the pinnies. Please bring your gym shoes (no cleats), helmet with cage, fielders mask, bat, glove and water bottle.

F-551: Sundays Oct. 17, 24, (skip 31), Nov. 7 & 14
Girls 12U/14U 7:35pm-8:45pm
Waconia Middle School Gym Fee: \$36
Holly Wortz Min: 8 / Max: 20
Register by: October 8



{YEL!} Junior Soccer

Get outside and get kickin'! We teach the fundamentals of dribbling, passing, receiving and scoring. Emphasis is on teamwork, fundamentals, safety and fast-paced action. Get your pulse pounding today. Meet in the gym after school and we'll head out to the fields to play soccer. If weather doesn't permit, we'll move indoors to the gym.

F-552: September 20, 27, October 4 & 11 @ Southview
Southview Fields/Green Gym

F-553: September 22, 29, October 6 & 13 @ Bayview
Bayview Diamond Field 2/Gym

F-700: September 24, 1, October 8 & 15 @ Laketown
Laketown North Field/Gym

Grades K-3
2:45pm-3:45pm
Fee: \$50
Min 10 / Max 20
Register By: September 13



Fall Baseball Defensive Instructional Camp

Defense in baseball is a learned trait, and this camp is designed to maximize each individual's potential to the fullest. In this camp, proper footwork, glove work, and ball transfer will be taught for both infield and outfield positions, along with proper throwing/receiving mechanics. Bill Koppi and Steve Fleck bring along years of baseball experience to enhance your son's experience. Earn your spot on the team by becoming a solid defender! Bring your glove, cleats/spikes and appropriate baseball apparel.

F-554: Sundays, September 12, 19, October 3 & 10
Grades 5th - 8th 12:00pm-1:30pm
Brook Peterson 8 Min 10/max 20
Fee: \$90 Register By: September 3

F-555: Sundays, September 12, 19, October 3 & 10
Grades 9th -12th 2:30pm-4:30pm
WHS West A Field Min 10/max 20
Fee: \$100
Register By: September 3





VELOCITY Aquatics teaches competitive swimming while emphasizing fun, friendships, and teamwork!

Once your child has completed Red Cross swim lessons, we invite you to **VELOCITY Aquatics** to have your child try out for swim club! Practices are held at Safari Island Community Center pool. Stop by the pool anytime during the season to learn about **VELOCITY Aquatics** and meet the coaches and swimmers!

For More information:

Website: velocityaquatics.org

Facebook: www.facebook.com/VELOCITYAquatics

Or contact Coach Linda at

linda.velocityaquatics@gmail.com



Rebecca Baudoin, MD



Sarah Bot, PA-C



Gina Edison, FNP



Heidi Edsill, MD



Jennifer Finger, CNM



Sarah Freitas, MD



Andraya Huldeen, MD



Shawn Johnson, CNM



Dennis Mohling, MD



Katelyn Neufeld, CNM



Louise Ou-Yang, MD



Leah Schroeder, CNM



Michael Valley, MD

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Youth Recreation

Floor Hockey After School

After school floor hockey is a very popular after school program! Both boys and girls are welcome to register and play pick-up style floor hockey after school. Each day we meet new teams will be formed for floor hockey fun. Younger and older kids will be split up. Come to the gym after school, have a snack from 2:30-2:45pm and we'll start at Floor Hockey at 2:45pm. Students from other schools are welcome to attend. Register for as many sessions as you'd like! Floor hockey sticks are provided.

F-556: Tuesdays, September 21, 28, October 5 & 12

F-557: Wednesdays, September 22, 29, October 6 & 13

F-558: Thursdays, Sept. 23, (skip 30), October 7, 14 (skip 21) & 28

Laketown Elementary Gym - Holly

Southview Elementary Green Gym - Joe

Laketown Elementary Gym - Holly

F-559: Fridays, September 10, (skip 17) 24, October (skip 1) 8 & 15

F-560: Tuesdays, October 26, November 2, 9 & 16

F-561: Tuesdays, November 30, December 7, 14 & 21

Bayview Elementary Gym - Joe

Bayview Elementary Gym - Holly

Bayview Elementary Gym - Ivan

F-562: Wednesdays, November 10, 17 (skip 24), December 1, 8

F-563: Thursdays, November 11, 18, (skip 25), December 2 & 9

F-564: Fridays, November 5, (skip 12), 19, December 3 & 10

Bayview Elementary Gym - Joe

Southview Elementary Green Gym - Ivan

Bayview Elementary Gym - Joe

F-565: Tuesdays, October 12, (skip 19) 26, November 2 & 9

F-566: Wednesdays, November 10, 17 (skip 24), December 1, 8

F-567: Thursdays, November 4, 11, (skip 18 & 25), December 2 & 9

Southview Elementary Gym - Joe

Southview Elementary Gym - Joe

Bayview Elementary Gym - Holly

Grades 1st-5th

2:30pm - 4:00pm

Fee: \$28

Minimum: 12 / Maximum: 20

CE Staff: Holly Wortz / Joe Duffy / Ivan Woyno

Register by: One week prior to start date



Waconia Youth Fall Sunday Soccer Clinic

This youth clinic is offered for K-4th graders who want to play soccer this fall. There are several USSF nationally licensed coaches, including HS Coaches, running this clinic for our youth to keep them involved after the spring/summer seasons have ended. The clinic follows the play-practice-play model incorporated by US Youth Soccer. Equipment needed: Soccer ball (size 3 ball - PreK/K/1st, size 4 ball - 2nd-4th grade), water bottle, cleats and shin guards. Two rain dates are built into the schedule on Oct 24th and 31st.

F-568: Sundays (8 weeks) September 12, 19, 26 October 3, 10, 17, 24, 31

September Dates will be: 6:00pm-7:00pm

October Dates will be: 5:00pm-6:00pm

Fee: \$95

Waconia HS East Field 4 (by the tennis courts)

Minimum: 12 / Maximum: 100

Ty Seim & Lindsey Seim

Register By: September 3



Athletic Apparel Online Order

Soccer, Football, Volleyball and General Waconia Wildcat Apparel

Waconia Area Athletics / Waconia Community Education & Recreation partners with Universal Athletic to offer apparel for; football, soccer, volleyball and basketball players, parents and fans! Items include team bags, hats, jackets, sweatshirts, shorts, shirts and much more! View all of the items available for purchase by going to the website listed below. All ordering must be done online and by the specific deadlines. Please view the sites for all the apparel options, sizing, personalization information and more details. Please provide a reliable email when you order as you will receive confirmation once the items arrive to the Waconia Community Education & Recreation office.

Football, Volleyball, Soccer & General Ordering deadline is July 25 at 11:59pm, with items arriving to the CE office on August 22. There will be a 2nd and FINAL order on August 8 at 11:59pm with items arriving to the CE office on September 7. **Order HERE:** <https://wcedathletics21.itemorder.com/>

Basketball & General: Ordering deadline is September 29 at 11:59pm, with items arriving to the CE office on October 28. There will be a 2nd and FINAL order for basketball apparel on November 10 at 11:59pm with items arriving to the CE office on December 9.

Basketball & General **Order HERE:** <https://wcedathletics21.itemorder.com/>



WILDCATS



Back-to-School Vaccine Clinics

Walk-ins welcome but appointments preferred. COVID-19 vaccine will be available.

Clinic Time/Dates

August 9: 3:00-5:00 pm

August 25: 9:00-11:30 am

August 18: 11:00 am-6:00 pm

September 8: 2:00-6:00 pm

Clinic Location

Carver County Government Center

Public Health, 2nd Floor

600 East 4th Street

Chaska, MN 55318

**Please call (952) 361-1329 to
schedule your child's appointment.**

Minnesota requires all students enrolled in early childhood programs, school and college settings to show they have received immunizations or show an exemption to vaccination.



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Girls Big West Fastpitch Softball

Full Information &
registration will open at
the end of July 2021.



Save the Date!

Evaluations for the Summer 2022 season will take place on the evening of **Monday, August 23, 2021.**



Girls Big West Fastpitch Softball

Evaluations will take place on **Monday, August 23 (Outdoors) & Sunday, January 23 (Indoors)**

You must attend one evaluation, however, we strongly recommend attending both evaluation dates. The August eval will be held at the WHS Varsity Softball Fields (purple dugouts) and WHS East Diamonds #3 & #4. Bring your glove, bat & wear your cleats. The January evaluation will take place in the Waconia Middle School Gym. (Wear gym shoes.) Teams will be decided by February 4th, 2022.

Evaluations

10U, 12U, 14U, 16U, 18U Teams

Birth year 2010, 2009..... 5:00pm-6:30pm

Birth year 2012, 2011, 2008, 2007, 2006, 2005, 2004, 2003, 3rd+..... 6:45pm-8:15pm

Monday, August 23

Sunday, January 23

3:00pm-5:00pm

5:00pm-7:00pm



Summer 2022

2012/2011 Birth Year - 10U

2010/2009 Birth Year - 12U

2008/2007 Birth Year - 14U

2006/2005 Birth Year - 16U

2004/2003 Birth Year - 18U





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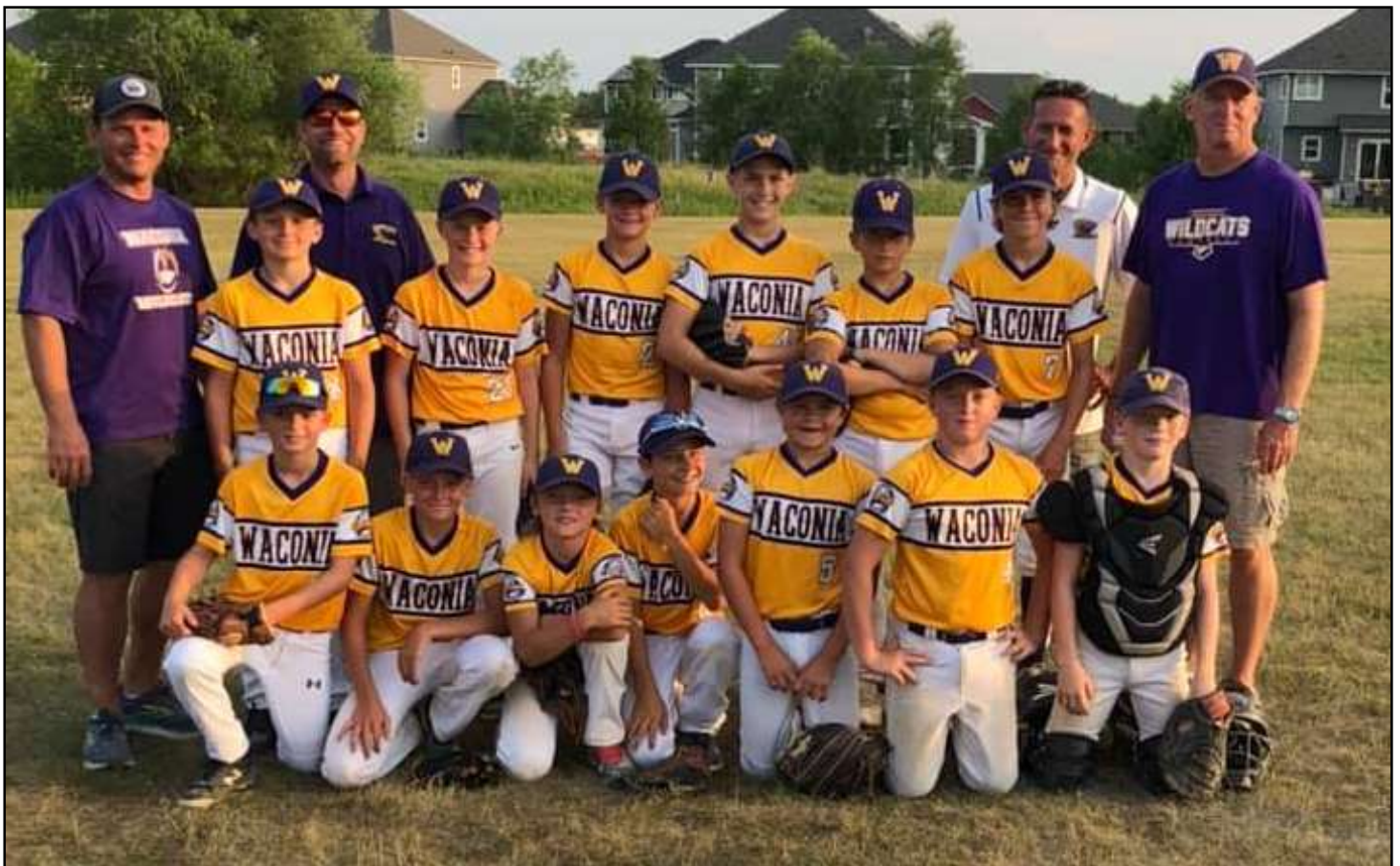
Boys Metro Baseball

Team Formation Birthday Information

- #509 9YO/3rd gr.+ team if your birthday is on or between May 1, 2012 & April 30, 2013.
- #510 10 year old team if your birthdate is on or between May 1, 2011 & April 30, 2013.
- #511 11 year old team if your birthdate is on or between May 1, 2010 & April 30, 2011.
- #512 12 year old team if your birthdate is on or between May 1, 2009 & April 30, 2010.
- #513 13 year old team if your birthdate is on or between May 1, 2008 & April 30, 2009.
- #514 14 year old team if your birthdate is on or between May 1, 2007 & April 30, 2008.
- #515 15 year old team if your birthdate is on or between May 1, 2006 & April 30, 2007



Full Information
coming soon for the
2022 summer season.



Youth Soccer

Come join us for some fun rec soccer in the fall! Players will learn fun soccer moves and use them in small sided games. Practices and games take place on the same nights and you are guaranteed 6 game dates. Shin guards are required. Soccer cleats are not required but preferred. Each player will receive a team T-shirt to keep. Coaches Needed: 1-2 per team, if you sign up to coach and pass a background check please plan on attending the virtual coaches meeting. Parent coaches needed ** High School Athletes will assist coaches with demonstrations and practices ** Sorry, we cannot offer a refund after the coaches meeting has been held. Boys and girls must play in their age appropriate group.

#120: Kindergarten Soccer

Ages:	Kindergarten 2021-2022
Division:	Co-Rec (boys & girls on the same team)
Roster Size:	7-9 players per team (pending registration numbers)
Days of Play:	Monday and Wednesday.
Game Dates:	August 9, 11, 16, 18, 23, 25, 30 & September 1.
Times:	During the week, times vary between 6:00pm-8:00pm
Sites:	Waconia East Complex
Fee:	\$70
Register By:	July 21 / Late Fee: \$10 (if space is available)
Coaches Meeting:	Monday, July 26th at 8pm in the Bayview Gym - Enter North Doors



#121: 1st & 2nd Grade Soccer

Ages:	Grades 1 & 2 (2021-2022 school year)
Division:	Co-Rec (boys & girls on the same team)
Roster Size:	7-9 players per team (pending registration numbers)
Days of Play:	Monday and Wednesday.
Game Dates:	August 9, 11, 16, 18, 23, 25, 30 & September 1.
Times:	During the week, times vary between 6:00pm-8:00pm
Sites:	Waconia East Complex
Fee:	\$85
Register By:	July 21 / Late Fee: \$10 (if space is available)
Coaches Meeting:	Monday, July 26th at 8pm in the Bayview Gym - Enter North Doors

Youth Flag Football

Players will be called by their coach with their first game site and time after the coaches meeting. These programs are open to boys and girls (typically we have under 5 girls that participate, however, girls ARE welcome!) All dates and locations are subject to change based on registration numbers. Volunteer coaches are needed for this program. Playing up policy: No child younger than Kindergarten age may play-up into flag football, however, 1st grade and above may play-up one grade level IF a parent coaches. Registration deadline is Wednesday, July 21 / Late Fee: \$10 after July 21. Limited spots available after the deadline. Sorry, we cannot offer a refund after the coaches meeting has been held.

#100: Kindergarten Flag Football

Each player receives a T-shirt. 2-3 volunteer coaches needed per team. Coaches are the quarterback.

Ages: Going into Kindergarten in the Fall of 2021
Starts: Saturday, August 28 - 1st Practice/Game & Photo Day
Days of Play: Saturdays - Aug. 28, Sept (skip 4), 11, (skip 18), 25, Oct. 2 & 9
Rain outs could extend the season.
of Dates: 5 / Each day is both a practice/game (75 minutes each)
Game Time: Mornings/early afternoon, pending on the # of teams
Sites: Waconia / St. Boni
Fee: \$55
Register By: Wednesday, July 21 / Late Fee: \$10 (if space allows)
Coaches Meeting: Thursday, August 12, 7:30pm-8:15pm via Zoom



#101: 1st Grade Flag Football

#102: 2nd Grade Flag Football

Each player receives a T-shirt. 2-3 volunteer coaches needed per team. Coaches are the quarterback.

Ages: Going into 1st Grade in the Fall of 2021
Starts: Saturday, August 28 - 1st Practice/Game & Photo Day
Days of Play: Mondays & Saturdays
Dates: August 28, Sept. (skip 4, 6), 11, 13, (skip 18), 20, 25, 27, October 2, 4, 9 & 11
2 Rain dates are built into the schedule
of Dates: 10 / Each day is both a practice/game (1 hour)
Game Time: Mondays start after 5:30pm; Saturdays - mornings/early afternoon
Sites: Waconia / St. Boni
Fee: \$70
Register By: Wednesday, July 21 / Late Fee: \$10 (if space allows)
Coaches Meeting: Thursday, August 12, 7:30pm-8:15pm via Zoom



#103: 3rd Grade Flag Football

Each player receives a T-shirt. 2-3 volunteer coaches needed per team. Coaches are the quarterback.

Ages: Going into Grade 3 in the Fall of 2021
Starts: Saturday, August 28 - 1st Practice/Game & Photo Day
Days of Play: Thursdays and Saturdays
Dates: August 28, Sept. 2, (skip 4) 9, 11, 16, (skip 18) 23, 25, 30, Oct. 2 & 7
2 Rain dates are built into the schedule
of Dates: 10 / Each day is both a practice/game (1 hour)
Game Time: Thursdays start after 5:30pm; Saturdays - mornings/early afternoon
Sites: Waconia / St. Boni
Fee: \$70
Register By: Wednesday, July 21 / Late Fee: \$10 (if space allows)
Coaches Meeting: Thursday, August 12, 7:30pm-8:15pm via Zoom



Youth Flag Football

Players will be called by their coach with their first game site and time after the coaches meeting. All dates and locations are subject to change based on registration numbers. Volunteer coaches are needed for this program. Playing up policy: 3rd grade and above may play-up one grade level if a parent coaches. These two grade levels could be combined. Registration deadline is Wednesday, July 21 / Late Fee: \$10 after July 21. Limited spots available after the deadline.

#104: 4th Grade Flag Football

#105: 5th Grade Flag Football

Each player receives a team DRI-FIT Team T-shirt. Volunteer coaches needed: 1-2 per team.

Kids are the quarterback for this league.

Ages: Going into Grades 4 & 5 in the Fall of 2021.
Starts: Saturday, August 28 - 1st Practice/Game & Photo Day
Days of Play: Thursdays and Saturdays
Dates: August 28, Sept. 2, (skip 4) 9, 11, 16, (skip 18) 23, 25, 30, Oct. 2 & 7
2 Rain dates are built into the schedule
of Dates: 10 / Each day is both a practice/game (1 hour)
Game Time: Thursdays start after 5:30pm; Saturdays - mornings/early afternoon
Sites: Waconia / St. Boni
Fee: \$75
Register By: Wednesday, July 21 / Late Fee: \$10 (if space allows)
Coaches Meeting: Thursday, August 12, 7:30pm-8:15pm via Zoom



Middle School Flag Football

The competitive and fun flag football program is growing in the Waconia area for older kids! Continue your love of the game without the full gear and tackling. We are in our 5th year with 79 participants last year! Players will be called by their coach with team information after the coaches meeting. All dates and locations are subject to change based on registration numbers. Grade levels may be combined pending enrollment. Volunteer coaches are needed for this program. Participants must be grade level appropriate for this league. Registration deadline is Wednesday, July 21 / Late Fee: \$10 after July 21. Limited spots available after the deadline.

#106: 6th Grade Flag

#107: 7th Grade Flag

#108: 8th Grade Flag

Each player receives a team DRI-FIT Team T-shirt. Volunteer coaches needed: 1-2 per team.

Kids are the quarterback for this league.

Ages: Going into Grades 6th-8th in the Fall of 2021.
Photo Day: Saturday, August 28 - 1st Practice/Game & Photo Day
Days of Play: Tuesday nights (Practice) and Saturdays (Games)
Dates: Aug. 28, 31, , Sept (skip 4), 7, 11, 14, (skip 18), 21, 25, 28, Oct. 2, 5, 9, 12 & 16
2 Rain dates are built into the schedule
Times: Tuesdays after 5:30pm (1 hour);
Saturdays - mornings/early afternoon (1-2 hours)
Sites: Waconia / St. Boni
Fee: \$80
Register By: Wednesday, July 21 / Late Fee: \$10 (if space allows)
Coaches Meeting: Thursday, August 12, 7:30pm-8:15pm via Zoom



Youth Tackle Football

#109: 4th Grade Tackle Football

Each player receives a team jersey to keep. Volunteer coaches needed: 2-3 per team. Coaches will also need to be present at the player review and draft. The player review is a practice in which the coaches evaluate the player to divide the teams up equally. **Parents are responsible for providing their participant with a helmet (most participants have white but other colors are fine), shoulder pads, cleats and mouth guard.** WAA is providing black football pants for rental but other colors are fine to wear. Weigh in and pants try on can take place at anytime during regular office hours **before July 30th**. Stop by the CE office. We will have extended office hours on **Wednesday, July 28 until 7pm** to stop in for weigh-in's and pants try on as well. Please contact Joe Duffy @ jduffy@isd110.org with questions. A participant can only be weighed in 1 time. Sorry, we cannot offer a refund after the registration deadline.

Ages:	Going into Grade 4 in the Fall of 2021
Weigh in/Pants	Extended office hours on Wednesday, July 28 until 7pm to stop in.
Player Review:	Monday, August 9 @ 6:30pm-8pm at Waconia High School East Complex 1 & 2. Coaches Attend! *In the event of rain the player review will be held indoors at Waconia Middle School. (no cleats)
Days of Play:	Tuesdays and Saturdays beginning August 28
Dates:	August 31, Sep. (skip 4), 7, 11, 14, (skip 18), 21, 25, 28, October 2, 5 & 9 (Rain Date 10/16)
Photo Day:	Saturday, August 28
Game Time:	Tuesdays start after 5:30pm; Saturdays - mornings/early afternoon
Sites:	Brook Peterson and Waconia Middle/High School Fields
League/Pants Fee:	\$150, includes a reversible jersey to keep fee plus a \$30 deposit for black football pants. Upon the return of the pants when the season has ended, you will be refunded \$15. If the pants are not returned to the CE office by October 29 the \$15 will be voided. Football pants rental fee will be charged to your debit/credit on 8/27.
Register By:	Wednesday, July 21 / Late Fee: \$10 (if space allows)
Coaches Meet/Draft:	Wednesday, August 11 at 6:00pm Community Education Office - Conference Room A



Youth Tackle Football

#110: 5th & 6th Grade Tackle Football

Each player receives a team jersey to keep. Volunteer coaches needed: 2-3 per team. Coaches will also need to be present at the player review and draft. The player review is a practice in which the coaches evaluate the player to divide the teams up equally. **Parents are responsible for providing their participant with a helmet (most participants have white but other colors are fine), shoulder pads, cleats and mouth guard.** WAA is providing black football pants for rental but other colors are fine to wear. Weigh in and pants try on can take place at anytime during regular office hours **before July 30th**. Stop by the CE office. We will have extended office hours on **Wednesday, July 28 until 7pm** to stop in for weigh-in's and pants try on as well. Please contact Joe Duffy @ jduffy@isd110.org with questions. A participant can only be weighed in 1 time. Sorry, we cannot offer a refund after the registration deadline.

Ages:	Going into Grades 5 & 6 in the Fall of 2021
Weigh in/Pants	Extended office hours on Wednesday, July 28 until 7pm to stop in
Player Review:	Monday, August 9 @ 6:30pm-8pm at Waconia High School East Complex 1 & 2. Coaches Attend! *In the event of rain the player review will be held indoors at Waconia Middle School. (no cleats)
Days of Play:	Saturdays, August 28, September 11, 25, October 2, 9 & 16. Rainouts could extend the season.
Practices:	August 17, 19, 24, 26, 31, September 2, 7, 9, 14, 16, 21, 23, 28, 30, October 5, 7, 12 & 14
Game Time:	Mornings/early afternoon, pending on the # of teams
Sites:	Waconia, Jordan, Belle Plaine, Norwood Young America & possible other towns.
League/Pants Fee:	\$170, includes a reversible jersey to keep fee plus a \$30 deposit for black football pants. Upon the return of the pants when the season has ended, you will be refunded \$15. If the pants are not returned to the CE office by October 29 the \$15 will be voided. Football pants rental fee will be charged to your debit/credit on 8/27.
Register By:	Wednesday, July 21 / Late Fee: \$10
Coaches Meet/Draft:	Wednesday, August 11 @ 7:30pm Community Education office.





Waconia Wrestling Club Youth Programs

The Waconia Wrestling Club wants YOU in the room this year! Open to all local Waconia area youth (boys and girls) across grades PreK (age 4+) to 6th grade. We have a great youth & high school wrestling tradition in Waconia and want to introduce your family to a sport that will leave your child forever changed from developing character, strong relationships, leadership, determination, work ethic, "grit", physical/mental strength, and self-confidence. Waconia Wrestling Club is an official USA Wrestling affiliated club serving approximately 100 (PK-6th grade) kids in the program annually.



**** FREE Introductory Wrestling Clinic & Youth Program Open House ****

Mark your calendars for September 20th @ 7:00pm @ WHS Main Gym

We will be hosting a free PreK – 6th grade clinic, for all youth families who are interested in their child (boys and girls) coming out for wrestling this year. This clinic is geared for kids/families that are brand new to the sport or curious about our program here in the Waconia area. No registration is necessary, just show up and come see what our local youth wrestling program is all about. Kids, parents, brothers/sisters are all welcome to attend. The clinic will include an introductory technique session and fun workout for the kids along with a presentation and Q&A session for parents and family members. The clinic is expected to last about 1 hour. Returning wrestlers and families are also encouraged to attend to meet new families.

Available Fall/Winter Programs

- **Junior Grapplers:** This is an introductory program for all PreK – Kindergarten kids aimed at building athleticism and a passion for the sport while having fun and learning functional wrestling movements through games and physical activity. Practices will be 1x per week from November – January.
- **Novice / Intermediate Youth:** This program is for 1st - 6th graders that are either brand new ("Novice" wrestlers) or those with a few years of experience ("Intermediate" wrestlers) and is geared toward working on the basics and fundamental techniques to aid the individual development of each kid. Practice groups will be determined based on grade, weight, skill level and experience to group practice partners appropriately. Practices will be 2x per week from November - January.
- **Advanced Youth:** For 2nd - 6th graders that have 3+ years of experience, our Advanced program will provide more detailed techniques, positions, and a more challenging pace to practice advancing each kid to the next level of their development. Practices will be 2-3x per week from November – early April.

Registration will begin in August and go through the end of September 2021 for our winter programs.

Visit www.waconiawrestling.com for details and how to register and more info about the program!

For any questions, contact Jeff Katherman at jdkatherman@gmail.com or 612-968-5488.

Waconia Clay Target Club

- *CURRENT MEMBER (participated Spring 2021 team) opens online/in person 7:30am-4pm Monday, 11/8/21
- *NEW MEMBER registration 10th-12th opens online/in person 7:30am-4pm Thursday, 11/11/21
- *NEW MEMBER registration Grades 8th-9th opens online/in person 7:30am Friday, 11/12/21

If you participated on the Spring 2021 team OR you want to be a parent volunteer coordinator allowing your student "Current Member" enrollment you MUST do so when registration opens on Monday, November 8th with Waconia Community Education & Recreation either in person or online at www.waconiacommunityed.org . (Call Holly in late October at 952-442-0612 to discuss the parent/volunteer coordinator position prior to November.) Registrations are on a first come first-serve basis. This club is expected to fill fast!!

Register Online at WaconiaCommunityEd.org

Boys and Girls are encouraged to register for the Waconia High School Clay Target Club. This is a Minnesota High School Club/Sport that will challenge you to be the best you can be at the sport of Trap Shooting. This club is affiliated with the Minnesota State High School Clay Target League and will follow their rules and regulations. There is a maximum of 50 students allowed to participate on the team and will first open to current team members. The team will shoot at our home location each week. The scores will then be posted online for virtual competitions against the other schools in our conference. There will be a State Championship on the first weekend in June in Alexandria, MN and a Minnesota State High School League's State Tournament on the second weekend in June. The season will consist of several practice rounds at the beginning of the season, 6 competition rounds and a fun round added in to complete the season. Competition and Practice rounds are once a week on Thursdays from 3:30 to 6:30pm. Each shoot will consist of two (2) rounds of 25 clays. This club will run from mid-March until the second week in June and will conflict with other spring activities! High School Athletic Letters will be awarded to participants achieving a predetermined average. Items needed to participate are a Firearms Safety Certificate, hearing & sight protection, and any 12ga or 20ga Shotgun. The shooting vest, rounds of clays and shells are provided in the fee structure. Absolutely NO GUNS OR SHELLS will be allowed on District #110 property. Other fees may apply for training sessions, apparel, etc. Clay Target Club is expected to fill fast and go to a waitlist of students. Check out the league information at <http://mnclaytarget.com>

Parents/Volunteers: This will be a student/parent sport. Involvement by parents is required, this is not a drop off sport due to certain regulations that must be followed. Volunteer coaches and safety monitors are needed to allow this program to take place. Please contact Mr. Aeling before the registration deadline if you are able to coach at daeling@isd110.org . Coaches, volunteers and safety monitors are required to pass a background check. There will be 3 mandatory safety meeting that will need to be completed in order to participate.

Refunds/Eligibility: There will be no refunds, credits or transfers given after December 1st. Please be sure of your participation and commitment level at this time. To register for the Clay Target Club you need to have passed Firearms Safety Training and be 12 years old by November 10, 2021. If you do not have a Firearms Safety Certificate # you will not be able to register. Check out the league at <http://mnclaytarget.com>

F-CLAY22: Waconia Clay Target Club Fee: \$100 (\$10 late fee after December 1st if space available)

Maximum Amount of Members: 50

Leader: Dan Fulkerson & Todd Williams

Thursdays

First practice end of March/beginning of April.(Weather dependent)

Times: 3:30PM

Site: Carver County Sportsman's Club – Near Patterson Lake



Local League Youth Volleyball

#106: 5th Grade Girls Volleyball

#107: 6th Grade Girls Volleyball

Volunteer coaches needed: 2-3 per team. Coaches will also need to be present at the player review and draft. The player review is a practice in which the coaches evaluate the players to divide the teams up equally. See below for more information on apparel. Registration deadline is Wednesday, July 21. Sorry, we cannot offer a refund after the coaches meeting has been held.

- Ages:** Girls going into Grades 5 & 6 in the Fall of 2021.
- Starts:** Player Review - Tuesday, August 17 from 6:30pm - 7:30pm at Laketown Elementary School Gym
- Days of Play:** Saturdays, September 11, (skip 18), 25, October 2, 9, 16, (skip 23), 30 & November 6
- Practices:** Tuesdays & Thursdays, starts August 24 - Practices will be between 5:30pm-8pm.
Aug. 24, 26, 31, Sept. 2, 7, 9, 14, 16, 21, 23, 28, 30, Oct. 5, 7, 12 & 14, (skip 19, 21), 26, 28, Nov (skip 2) & 4
- Photo Day:** August 24 at practice
- Tournament:** 5th Grade Tournament on October 30, 6th Grade Tournament on November 6 (TBD)
- Game Locations:** Teams could travel to, Lester Prairie, New Prague, NYA, Cologne, DC, HLWW, Orono, Hutchinson, Annandale and Glencoe. There may be other communities added as well.
- Practice Sites:** Waconia Schools TBD
- Fee & Uniform Top:** \$85, plus a \$30 deposit for volleyball jersey top. Upon the return of the jersey top when the season has ended, you will be refunded \$15. If the jersey is not returned to the CE office by November 12th the \$15 will be voided. If you are paying by credit or debit card your card will be charged on September 3rd for the jersey rental.
- Register by:** Wednesday, July 21 / Late Fee: \$10
- Coaches Meeting:** Tuesday, August 17 player review, coaches attend and evaluate at 6:30pm and meet after until 8pm in the Laketown Elementary Cafeteria.
- Volleyball Shorts:** Black team spandex volleyball shorts are available for purchase in our apparel line order by July 25th or you can purchase shorts on your own. Volleyball Shorts: Black team spandex volleyball shorts are available for purchase in our apparel line order by July 25th or you can purchase shorts on your own. Please view the sizing guide online prior to ordering. Other optional apparel is available to order online as well. Other optional apparel is available to order online as well.



5th/6th Grade Volleyball Jamboree!

Are you playing 5th & 6th grade volleyball this fall and just can't get enough!? Join us Friday night for a Waconia teams only Volleyball Jamboree! Exact schedule TBD pending registration numbers. Volunteer coaches are needed from the fall program to make this event a success! Ideally we would have all Waconia 5th/6th grade participants attend for a fun night of volleyball. Please email Holly Wortz at hwortz@isd110.org if you can volunteer. **Be sure to register by the deadline to be guaranteed a tie-dye event T-shirt!** Shirt sizes YS - AXL are available.

F-569: Friday, October 15 5:30pm-8:00pm
Waconia Middle School Fee: \$25 (Includes T-shirt)
Min: 24 / Max: 70 Register By: September 24



Youth Recreation

Carlson Tennis Lessons

Our mission with Junior Tennis is to provide a tennis pathway for kids from learning how to play to applying it in match play. Our Stars Program is for both beginner and those that have played. Please contact Dan Carlson with any questions. dan@carlsontennis.com or check out their website: www.carlsontennis.com - Register for these classes with Waconia Community Education & Recreation.

Tennis Little Stars (Ages 4-6)

This class is for our youngest players. We emphasize agility, balance, and coordination. Movement and tracking skills will give the kids the ability to properly handle a racquet and ball. We feel that this foundation will be instrumental in their long term success playing tennis. FUN and SUCCESS is our goal!

F-570: Thursdays - Oct. 7, 14, (skip 21), 28, & November 4
F-571: Thursday - November 11, 18, (skip 25), December 2 & 9
Minimum: 4 / Maximum: 12
5:30pm-6:00pm
Fee: \$45
Southview Green Gym



CARLSON
t e n n i s

Tennis Rising Stars (Ages 7-8)

The goal of this class is control. We will split this group into two levels, past players and beginners. The kids will enjoy playing games and rallying the ball back and forth while working on technique and tactics. These kids will play games with rallying by the 2nd lesson and the final day will be full of games and competitions.

F-572: Thursdays - Oct. 7, 14, (skip 21), 28, & November 4
F-573: Thursday - November 11, 18, (skip 25), December 2 & 9
Minimum: 4 / Maximum: 12
6:00pm-7:00pm
Fee: \$65
Southview Green Gym



Tennis Future Stars (Ages 9-11)

We will split this group into two levels based on ability; however everyone will be rallying from the first day. Our emphasis for these kids is to get them to rally the ball and understand the fundamentals of the forehand and backhand groundstrokes, volleys, and serve. If you have any questions about Carlson Tennis programs please contact Dan Carlson.

F-574: Thursdays - Oct. 7, 14, (skip 21), 28, & November 4
F-575: Thursday - November 11, 18, (skip 25), December 2 & 9
Minimum: 4 / Maximum: 8
7:00pm-8:00pm
Fee: \$65
Southview Green Gym



Youth Recreation

WHS Co-Ed Dodgeball League

We typically get 8-12 teams each year! Dodgeball League is open to WHS students in 9th-12th Grade. There should be 10 participants per team that of which are no more than 5 boys and 5 girls. Teams will be assigned a color and you will need to order your own or create your own team T-shirts. The shirts MUST be numbered #1-#10 on the FRONT of the shirt. If your team does not come wearing a numbered shirt each night of play with your team color, you will be given a numbered pinny for the night to wear. Rules and information will be emailed after the registration deadline. Championship tournament will be held on the last day and league champions earn a T-shirt! Minimum of 4 teams needed for league to be held. Register online.

F-576: Nov. 1, 8, 15 (skip 22), 29, December 6 & 13
7:00pm - 9:00pm

Fee: \$200 per team

(\$20 per person for team of 10)

Register by: October 15

Waconia Middle School East Gym



WHS Intramural Basketball

Games will be played on Monday nights at Waconia Schools TBD. Rosters are limited to 10 players per team and you may only participate on one team during the season. This league typically is 100% boys, however, in 2019 we did have a full girls team and girls ARE allowed to participate. Game times are after 6:45pm and could go until 9:45pm. Good sportsmanship, being respectful and fair play is required to be part of this league. Your team will be assigned a team color after registration closes.

Each team is required to provide one parent/guardian to keep score clock/time for each date.

There will be a 9th/10th league and a 11th/12th league. A 9th/10th grader may join the 11th/12th league, however, a 11th/12th grader may not play in the 9th/10th league. If we do not have enough teams in both league they will be combined. At least 4 teams are needed and we will cap at 12 teams. Register online early! League Champions earn a T-shirt.

Mondays: January 3, 10, (skip 17), 24, 31, February 7, 14, (skip 21) & 28

F-577: 9th/10th Grade Teams

F-578: 11th/12th Grade Teams

Fee: \$300 Per Team (\$30 per person for a team of 10)

Register By: December 10



Nickle Dickle Day 10K,
10K Relay, 5K Run/Walk &
Youth ½ Mile Tickle Run
Saturday, September 18, 2021

Register online or print off a registration form at
WaconiaCommunityEd.Org

Youth Recreation

DRIBBLE! SHOOT! PLAY!

Kevin Lynch Basketball Camp

This Fall basketball Camp is run by former Gopher and NBA player Kevin Lynch. It's designed to get your young player ready for the upcoming Winter basketball season. The main skills that are worked on at camp will be shooting and dribbling – but also being taught is passing, rebounding, footwork, offensive moves, to name a few. So whether your son or daughter is already a good player, or if they've just begun to play, this camp can help. All young players need to address their weaknesses, and improve their strengths. Kevin has 2 objectives for each kid that comes to his camp, #1 is learn/improve at the fundamentals of the game in a challenging environment, and #2, HAVE SOME FUN! So put down the technology, get off the couch and let's run, sweat, learn, compete, meet new kids, shake off the rust, and SMILE! Hope to see you there!

F-579: Grades 3-6 Mon, Oct. 25, Nov. 1, 8 & 15
F-580: Grades 1-3 Thurs., Oct. 28, Nov. 4, *11 & *18

Laketown Elementary Gym
(Nov 11 & 18 at WMS GYM)

5:30pm-7:30pm

Kevin Lynch

Fee: \$65 (Includes T-shirt)

Minimum: 20 / Maximum: 35

Register By: October 18



Basketball Officials Clinic Grades 9 & up

This clinic is an annual necessity for current officials and a must for new officials. Students will learn officiation techniques and brush up on new basketball rules and changes. There is only one opportunity to attend. If you intend to officiate for Community Education this year, you must attend.

F-581: Monday, October 25
6:30pm-9:00pm

Bayview Gym

Fee: \$15

(Includes clinic, T-shirt & whistle)

Register By: October 15



Pre-School Age Basketball Camp (with adult helper)

Join the fun at this basketball camp for boys and girls age 3–5 years old. Kids will learn and practice the fundamental skills of basketball! Instructions on shooting, dribbling and passing will be taught skills along with fun games and basketball drills. *We invite participants that have turned 3 years old by August 31st please.* A parent/guardian/adult or older sibling (12+) must attend camp with their student each session to be their "helper."

F-582: Thurs. November 11, 18, (skip 25), Dec. 2 & 9

5:40pm-6:10pm

Laketown Gym

Fee: \$20

Register by: November 4

Min: 15 / Max: 50

Holly & Tyler Wortz



Kindergarten Basketball Camp

Join the fun at this popular basketball camp for Kindergarten boys and girls! Kids will learn and practice the fundamental skills of basketball! Instructions on shooting, dribbling and passing will be taught skills along with fun games and basketball drills. Come join the fun in this popular camp for kindergartners!

Thurs., November 11, 18, (skip 25), December 2 & 9

F-583: 6:15pm-7:00pm

F-584: 7:00pm-7:45pm

Laketown Gym

Fee: \$36

Register by: November 4

Min: 15 / Max: 40

Holly & Tyler Wortz



Youth Recreation

Waconia HS Intramural Co-Ed Volleyball

Waconia High School boys & girls are encouraged to sign up for this volleyball league. NEW for 2021, there will be a 9th/10th league and a 11th/12th league. A 9th/10th grader may join the 11th/12th league, however, a 11th/12th grader may not play in the 9th/10th league. If we do not have enough teams in both leagues, they will be combined. Games will be played on Monday nights in the Waconia High School or Middle School Gyms. Rosters are limited to 8 players (4 boys, 4 girls) per team and you may only participate on one team during the season. Game times are after 7pm. Good sportsmanship, being respectful and fair play is required to be part of this league. Your team will be assigned a team color after registration closes. At least 4 teams are needed and we will cap at 12 teams. Register online early!

Mondays: September 20, 27, October 4, 11, 18 & 25

F-585: 9th/10th Grade Teams

F-585.5: 11th/12th Grade Teams

Fee: \$160 Per Team (\$20 per person for a team of 8)

Pat Hayes

Register By: September 3

1st-3rd Grade Girls Volleyball Camp

Girls will be introduced to the exciting and fun sport of volleyball with instruction on passing, setting, serving and a very basic intro to over hand attacking will be taught. While we won't play 6 on 6 games, we will play games at stations to develop and introduce skills using balloons as a slower training method to work on form. The balloons are a great way to teach and work on form! On the second day the girls will be able to try-out their skills with volleyball lite volleyballs. Space is limited, register early!

F-587: Sundays November 7 & 14

4:00pm-5:00pm

Waconia MS Gym

Fee: \$18

Register by: November 1

Holly Wortz

Min: 15 / Max: 40



4th Grade Girls Volleyball Camp

4th grade girls are encouraged to sign up for this volleyball camp! Fundamentals and techniques on passing, setting, attacking and serving will be covered. Participants should remember to bring their athletic clothing and shoes with them each day to school to change into after school for camp. If your participant attends Southview or Laketown Elementary school she may participate in this volleyball league by arranging bus transportation with Koch Bus Company by calling 952-442-3370 or by having a parent transport her. Students attending other area schools will need to provide their own transportation to Laketown Elementary School.

F-586: T/W/TH - September 7, 8, 9, 14, 15 & 16

3:00pm-4:30pm

Laketown Elementary Gym

Fee: \$60

Minimum: 14 / Maximum: 28

Jenny Merritt

Register By: August 27th



Youth Basketball

1st & 2nd Grade Basketball

Monday Night League - #108-Boys & #109-Girls

Saturday Morning League - #110-Boys & #111-Girls

Each player receives a team T-shirt. Coaches Needed: 1-2 per team. Each date will be both a practice and a game. Sorry, no refunds after the coaches meeting has been held. ***You may only register for ONE of these 1st/2nd leagues. Monday & Saturday leagues limited to 80 kids, may fill prior to the registration deadline**

Ages: Grades 1st & 2nd Fall of 2021. (Kindergartners 2020-2021 are NOT eligible to play up.)
Photo Day: Saturday, December 4 OR Monday, December 6 *With your first practice/game.
Days of Play: Monday nights 5:55pm or 7:00pm **OR** Saturday morning/afternoon
Locations: Waconia Schools
Monday Dates: December 6, 13, 20, January 3, 10, (Skip 17), 24, 31, & February 7
Saturday Dates: December 4, 11, 18, (Skip 25, January 1), 8, (skip 15), 22, 29, February 5 & 12
Fee: \$70
Register By: Wednesday, October 13 / Late Fee: \$10 (If space allows)
Coaches Meeting: Monday, November 8 @ 7:00pm-8:00pm via Zoom



Girls & Boys Basketball - Grade 3 & 4

#112: 3rd Grade Boys

#113: 4th Grade Boy

#114: 3rd Grade Girls

#115: 4th Grade Girls

Each player receives a rented purple/white reversible uniform top. Coaches Needed: 2-3 per team. Matching purple/white shorts can be purchased separately through the CE online at <https://wcedbb21.itemorder.com/> Before the registration deadline, please come into the CE office to try on a jersey top for sizing purposes. Sorry, no refunds after the coaches meeting has been held. 2nd graders may play up with 3rd graders and 3rd graders may play up with 4th graders in these leagues if a parent volunteers to coach prior to the registration deadline.

Ages: Grade 3rd & 4th Fall of 2021. (3rd/4th graders may need to combined pending registration numbers.)
Photos: Team & Individual photos will take place Thursday, December 2nd
Practices: Begins the week of November 30th | Tuesday and/or Thursdays after 5:30pm
Game Dates: December 11, 18, (skip 25 & January 1) January 8 (skip 15) 22, 29, February 5, 12 (skip 19) & 26
Saturday Sites: Waconia Schools (may travel to surrounding towns on Saturdays for 4th grade (or if combined) including; NYA, Watertown, Big Lake, Hutchinson, Annandale, Glencoe, Lester Prairie & others.
Fee: \$95 plus a \$50 jersey deposit. Upon the return of the jersey when the season has ended, you will be refunded \$35. If the jersey is not returned by March 13 the \$35 will be voided. Uniform top rental fee will be charged to your debit/credit on 12/1/21
Register By: Wednesday, October 13 / Late Fee: \$10 (If space allows)
Coaches Meeting: Monday, November 8 @ 7:00pm-8:00pm via Zoom

Youth Basketball

Girls & Boys Basketball - Grade 5 & 6

#116: 5th Grade Boys

#117: 5th Grade Girls

#118: 6th Grade Boys

#119: 6th Grade Girls

Each player receives a rented purple/white reversible uniform top. Coaches Needed: 2-3 per team. Matching purple/white shorts can be purchased separately through the CE online at <https://wcedbb21.itemorder.com/> Before the registration deadline, please come into the CE office to try on a jersey top for sizing purposes. Sorry, no refunds after the coaches meeting has been held. 2nd graders may play up with 3rd graders and 3rd graders may play up with 4th graders in these leagues if a parent volunteers to coach prior to the registration deadline

Ages:	Going into Grades 5 & 6 in the Fall of 2021
Practices:	Begins the week of November 30th Tuesday and/or Thursdays after 5:30pm
Photos:	Team & Individual photos will take place Thursday, December 2nd
Game Dates:	December 11, 18, (skip 25 & January 1) January 8 (skip 15) 22, 29, February 5, 12 (skip 19) & 26
Player Review:	Tuesday, November 9th - 6:15pm-7pm Laketown Elementary Gym - Coaches attend!
Coaches Meeting:	6pm-7:30pm on Tuesday, November 9th - Please attend the player review and coaches will meet after.
Saturday Sites:	Teams may travel to other towns such as NYA, Watertown, Belle Plaine, Big Lake, Hutchinson, Annandale, Glencoe, Lester Prairie & etc.
Fee:	\$110 plus a \$50 jersey deposit. Upon the return of the jersey when the season has ended, you will be refunded \$35. If the jersey is not returned by March 13 the \$35 will be voided. Uniform top rental fee will be charged to your debit/credit on 12/1/21
Register By:	Wednesday, October 13 / Late Fee: \$10 (If space allows)





**WACONIA HOCKEY
ASSOCIATION**

FREE ROOKIE CAMP

FALL 2021

WACONIA HOCKEY ASSOCIATION IS EXCITED TO OFFER A FREE ROOKIE CAMP FOR GIRLS AND BOYS AGES 4 THRU 3RD GRADE TO TRY HOCKEY FOR THE FIRST TIME, NO EXPERIENCE SKATING OR PLAYING HOCKEY IS REQUIRED AND LOANER GEAR IS AVAILABLE AT NO ADDITIONAL COST. COME JOIN THE FUN!

ROOKIE CAMP WILL BE HELD BEFORE THE WINTER HOCKEY SEASON BEGINS.

Registration opens August 2021.

For more information, visit www.waconiahockey.org



2021-2022 MYSA / TSL Soccer



Waconia Soccer Club
WaconiaAreaAthletics.com
Ivan Woyno - iwoyno@isd110.org



Youth Recreation

Girls Futsal (Small Sided Soccer)

Futsal is an exciting, fast-paced small sided soccer game that is played across the world and is officially recognized by both FIFA and UEFA. Why play Futsal? Futsal is played in an environment that motivates players and is conducive to learning. The small sided format allows players to have lots of touches on the ball and learn and use different soccer moves to attack and defend. Because Futsal is played with a low bouncing ball, players develop great footwork and can transition what they learn to both recreational and competitive soccer programs. Format: Players spend the first ½ of the session learning and mastering soccer skills. The second ½ of the session is spent playing the game of Futsal. The Futsal skills practiced and learned are very similar to those taught at Coerver or Pura Vida but offered locally and at a fraction of the cost.

Futsal: Allows players to frequently touch the ball, Presents many opportunities to score goals and score goals often, Maximizes active participation and minimizes inactivity and boredom, Focused on individual player development & Focus on the game by eliminating complicated rules

Girls Ages: 7, 8, 9 and 10 Year Old's | Session Times: 6:00pm - 7:00pm

F-587: Session I: 7 Mondays, November 8, 15, 22, 29, Dec 6, 13, & 20

F-588: Session II: 7 Mondays, Jan. 3, 10 (Skip 17), 24, Feb. (skip 7), 14, (Skip 21), 28, March (Skip 7) 14 & 21

F-589: Sessions I & II November 8, 15, 22, 29, Dec 6, 13, & 20 January 3, 10 (Skip 17), 24, February (skip 7), 14, (Skip 21), 28 & March (Skip 7) 14 & 21

Girls Ages: 11 and 12 Year Old's | Session Times: 7:10pm - 8:10pm

F-590: Session I: 7 Monday's, November 8, 15, 22, 29, Dec 6, 13, & 20

F-591: Session II: 7 Mondays, Jan. 3, 10 (Skip 17), 24, Feb. (skip 7), 14, (Skip 21), 28, March (Skip 7) 14 & 21

F-592: Sessions I & II November 8, 15, 22, 29, Dec 6, 13, & 20 January 3, 10 (Skip 17), 24, February (skip 7), 14, (Skip 21), 28 & March (Skip 7) 14 & 21

Girls Ages: 13 and 14 Year Old's | Session Times: 6:00 pm - 7:00 pm

F-593: Session I: 7 Friday's, November 12, 19, December 3, 10, 17, January 7 and 14

F-594: Session II: 7 Friday's January 21 and 28, February 4, 11, 18 and 25, March 18

F-595: Session I and II: Friday's Nov. 12, 19, Dec. 3, 10, 17, Jan. 7, 14, 21 and 28, Feb. 4, 11, 18 and 25, March 18

Girls Ages: 15 and Older | Session Times: 7:10pm - 8:10pm

F-596: Session I: 7 Friday's, November 12, 19, December 3, 10, 17, January 7 and 14

F-597: Session II: 7 Friday's January 21 and 28, February 4, 11, 18 and 25, March 18

F-598: Session I and II: Friday's Nov. 12, 19, Dec. 3, 10, 17, Jan. 7, 14, 21 and 28, Feb. 4, 11, 18 and 25, March 18

Bayview Elementary Gym

Register by: November 5, 2021

Instructor: Ivan Woyno

Fee includes a dry fit futsal shirt:

Session I and II - \$180 (14 weeks) November - March

Session I - \$105 (7 weeks) November - Early January

Sessions II - \$105 (7 weeks) Mid January - March



Waconia Nickle Dickle Day

10K, 10K Relay, 5K Run/Walk & Youth ½ Mile Tickle Run *Saturday, September 18, 2021*

Fast Results! Chip Timed! The best shirts, entertainment, treats and volunteers in the area. The run begins and ends at Bayview Elementary School. A registration form can be found at www.waconiacommunityed.org

Run Entry Information:

*10K Run/Relay starts at 8:00 am @ Bayview Elementary School

*5K Run/Walk starts at 8:10 am @ Bayview Elementary

5K & 10K Run Fees:

T-Shirt choices include; Long sleeve 50/50 Cotton/Poly Blend & short sleeve Cotton/Poly Blend

\$26 with shirt on/before August 31 - \$31 after August 31

\$16 No T-shirt on/before August 31 - \$21 after August 31

5K & 10K Run Fees:

\$46 Both people with T-shirt on/before August 31 - \$51 after August 31

\$26 Both people without T-shirt on/before August 31 - \$31 after August 31

*Register by 8.31.21 to be guaranteed your T-shirt size!

½ Mile Tickle Youth Entry Information:

Race Starts at 10:15am @ Bayview Elementary School

\$18 with T-shirt / \$10 without T-shirt

After August 31 is \$20 with T-shirt / \$12 without T-shirt



Three Easy Ways to Register:

1. Mail registration to: ISD #110 Waconia Community Education, 516 Industrial Blvd, Waconia, MN 55387
2. Fax with credit card info to: 952-442-0619
3. Register online at www.waconiacommunityed.org

Adult Shirt sizes come in
long sleeve or short sleeve!

50/50 Cotton/Poly Blend
and so soft.



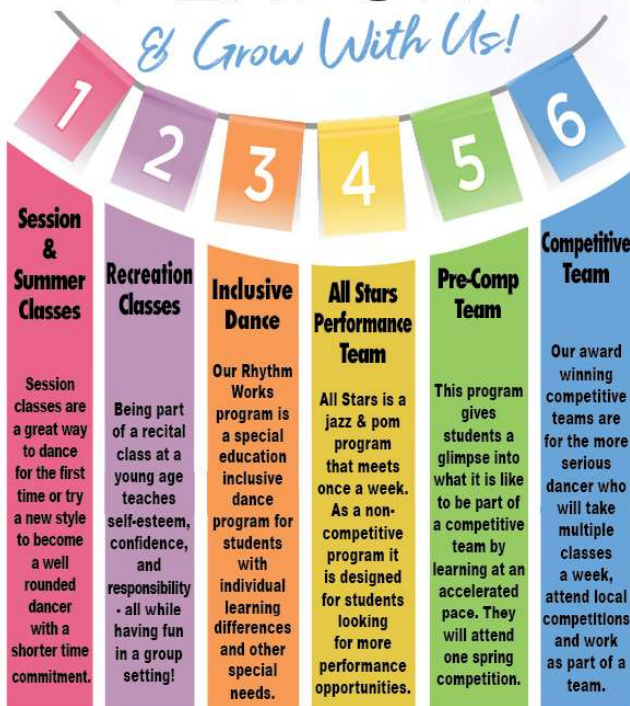
RISEING STAR DANCE



Do you LOVE to dance?

PERFORM

& Grow With Us!



Fall Session Classes

Session classes are a great way to try dance with a shorter time commitment.
30 Minute Classes - \$85 per session (Sept 13-Oct 27)

Mini & Me - Age 2.5 - 4
Monday 5:40 pm

Preschool Dancemix - Age 3-5
Wednesday 5:00 pm

Princess Ballet - Age 3-5
Tuesday 4:30 pm

Unicorn & Rainbows - Age 4-6
Wednesday 6:20 pm

Hip Hop Dance Party - Age 5-8
Wednesday 6:55 pm

Recreational Classes

Classes run September - May with a holiday performance and spring dance recital. Classes meet one day a week, choose your class day and time from the list below.

Ballet & Basics - Ages 3-4

30 Minute Class - \$46 per month
Monday 5:30 pm Thursday 5:15 pm

Ballet & Tap - Ages 3-5

40 Minute Class - \$49 per month
Tuesday 5:05 pm Tuesday 5:50 pm Thursday 5:50 pm

Jazz, Tap & Ballet - Ages 5-7

40 Minute Class - \$49 per month
Tuesday 6:35 pm Wednesday 5:35 pm Thursday 6:35 pm

Jazz & Tumble - Ages 5-8

40 Minute Class - \$49 per month
Monday 7:00 pm

Jazz, Tap & Ballet - Ages 6-10

55 Minute Class - \$57 per month
Monday 6:10 pm

Jazz, Tap & Lyrical - Ages 8-14

55 Minute Class - \$57 per month
Tuesday 7:20 pm

Hip Hop - Ages 6 & Up

40 Minute Class - \$49 per month
Monday 7:05 pm (Ages 6-10)
Thursday 6:05 pm (Ages 10-14)
Monday 7:45 pm (Boys Only Age 6-14)

Jazz & Pom - Ages 6 & Up

40 Minute Class - \$49 per month
Thursday 5:20 pm (Ages 6-9)
Thursday 6:50 pm (Ages 10-14)

Lyrical Contemporary - Ages 10 & Up

40 Minute Class - \$49 per month
Thursday 7:35 pm

**Celebrate
your Birthday
at Rising Star!**



Inclusive Dance - Ages 6-17

30 Minute Class - \$50 per month
Monday 4:45 pm

All Stars Performance Team - Ages 7-17

60 Minute Class - \$75 per month
Thursday 6:50 pm

Interested in Competitive Dance?

Call us for more info on our pre-comp and competition teams.



Register Online Today
www.rising-star-dance.com
(952) 442-1350

FREE Pair of Dance Shoes



When you register for a Fall Dance Class starting in September (up to \$28 Value)
*New Students Only. May not be combined with other offers.

Expires 8/21/2021

Adult & Youth Enrichment

Waconia Area Gaming Society

48+ members strong, come join the fun! Have you ever piloted a spaceship in a desperate battle to save humanity? Hunted orcs in the wild? Built a railroad empire? Visited the third moon of Zantos, or held the hot gates against the Persians with a small band of Spartans? We have! Join us for a monthly dose of fun, dice rolling, and adventure! The Waconia Area Gaming Society (WAGs) offers a once-a-month opportunity to do something different! We are a group of local board and strategy game fans who enjoy any excuse to break out our table-top, role-playing, and miniature games with friends old and new. Some of the games we have played in the past: Risk, Pathfinder, Firefly, Heroclix, Settlers of Catan, FUDGE, Battletech, Axis and Allies, Agricola, and Arkham. We meet the first Saturday of the month and usually decide a month ahead of time what we will play on game day. Due to the complexity of some of the games we may play, we ask that attendees be at least ten years old. Our only other requirements are that you abide by our three simple rules: 1) All attendees will bring a drink and snack to share. 2) The judge appointed for the game has the final say-no arguments. 3) Have fun! We hope that you will come and join us on our grand adventures through time, space, and... pizza! Caution: Getting involved in this group may cause you to laugh, smile and have a good time. Your spirits may be raised. You may make new friends. Please note, the Waconia Area Gaming Society is not responsible for spaceship crashes, goblin invasions, or outbreaks of Munchkinitis. No helmets necessary.

F-602: September 2021-August 2022

*For January WAGS will meet on 1/8

Ages 10-Adult

Fee: \$25 per person for the year.

Bayview Cafeteria

(Enter loading dock doors in back of the school)

3pm-9pm first Saturday of each month.

Register By: August 27

Group Leader: Rodney Golden



Mike Lynch Minnesota Star Watch Party Event!

Ages 5 - Adult are invited to bring lawn chairs to make yourself comfy! Make the stars your old friends as we watch the great celestial show in the skies over Waconia. We'll have giant telescopes aimed at Jupiter, Saturn, star clusters, galaxies, and more. Live video telescopes will also be available. Get to know constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured!

Mike Lynch is a retired WCCO meteorologist and has been hosting star watch parties and teaching astronomy classes since 1972. He also writes a weekly stargazing column for the St. Paul Pioneer Press and is the author of the book "Stars, a Month by Month Tour of the Constellations." It'll be available for purchase at a discount. Super cool glow-in-the-dark star shirts will also be available for sale. Make the Stars Your Old Friends!

F-599: Thursday, November 11

6:30pm-8:30pm

Fee: \$8

Bayview Cafeteria & Field

Mike Lynch

Register By: November 4

Min: 40 / Max: 60



Adult & Youth Enrichment

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. You will also receive a recording of the class for your review whenever needed. The course is partly lecture/demonstration and partly hands on instruction.

Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid “counting”
- How to simplify over 12,000 complex chords

F-603: Monday, September 27 6:30pm-9:30pm

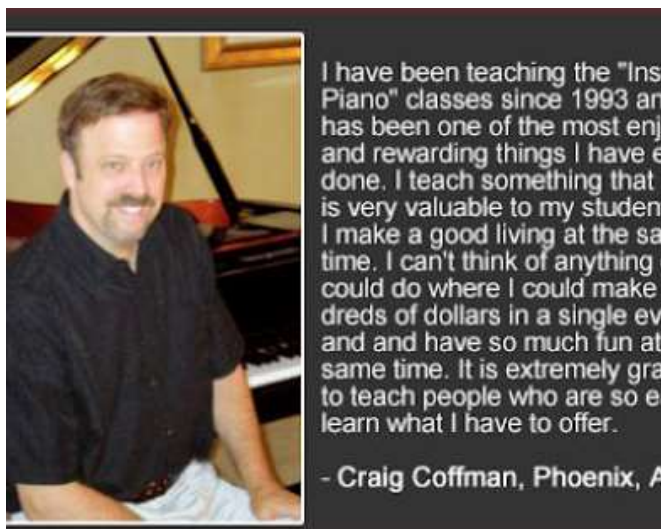
Register By: September 20 Fee: \$59

Chords are Key for Piano-

Craig Coffman

Virtual via Zoom

Minimum: 6 / Maximum: 20



Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. You will also receive a recording of the class for review whenever needed. Class limited to 15 students. For ages 13+.

Topics include:

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

F-604: Tuesday, September 28 6:30pm-9:00pm

Fee: \$59

Register By: September 21

Chords are Key for Piano-

Craig Coffman

Virtual via Zoom

Minimum: 6 / Maximum: 20



Adult Trips

"I Am He Said" - Celebrating the Music of Neil Diamond Trip

This performance is outstanding...and we've got tickets! We'll begin with an included buffet lunch at the Coyote Moon Grille and then for the St. Cloud Paramount Theatre for "I AM He Said" - Celebrating the Music of Neil Diamond. Matt Vee, along with cousins Jeff and Tommy Vee, local music scene veterans and sons of the legendary Bobby Vee, join forces with their family and friends as The Killer Vees to celebrate the music from a timeless catalog.

F-605: Friday, August 27 Fee: \$87
Pick up: 9:00 am / Drop off: 5:45 pm
Mackenthun's parking lot near Hometown Bank
Register by: August 13 (May fill prior)

Nickle Dickle Day
10K, 10K Relay, 5K &
Youth ½ Mile Tickle Run
Saturday, September 18,
2021
WaconiaCommunityEd.org

A Bench in the Sun Trip

The grandkids are back in school, and fall will soon be here! After an included buffet lunch at DayTrippers Dinner Theatre, it's time for A Bench in the Sun. Harold and Burt, longtime friends, live in a retirement home and spend their days on a bench in the garden bickering. A once famous actress has just moved in, giving them something new to argue over. When they learn that the home is about to be sold and they will have to find a new residence, the three join forces to prevent this upsetting development.

F-606: Wednesday, September 15 Fee: \$80
Pick up: 11:15 am / Drop off: 4:15 pm
Mackenthun's parking lot near Hometown Bank
Register by: September 1 (May fill prior)

Linda & Company: The Music of Linda Ronstadt, Dolly Parton, Emmylou Harris & Others Trip

Our destination is the Ives Auditorium in Bloomington where we'll begin with included roast beef and gravy, roadside potatoes, vegetables du jour, caesar salad, dinner roll, dessert, coffee and tea. Then we'll head for the theatre for Linda & Company: The Music of Linda Ronstadt, Dolly Parton, Emmylou Harris & Others. Experience Linda Ronstadt, the rock 'n' roll star with a voice that soared. Linda & Company features songs spanning the entirety of her career in folk, rock, jazz and country, plus her legendary collaboration with other artists, including Dolly Parton and the Eagles. Featured songs include "Different Drum" and "You're No Good" to "When Will I Be Loved" and "To Know Him Is To Love Him."

F-607: Thursday, September 23
Fee: \$86
Pick up: 10:30 am
Drop off: 4:00 pm
Mackenthun's parking lot near Hometown Bank
Register by: September 9 (May fill prior)

Branson Country Christmas Trip

We'll begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Branson Country Christmas. Direct from Branson, the Ozark Jubilee features comedian and champion fiddle player Doofus Doolittle (alter ego Randy Newman) and an all-star cast of Branson's top entertainers. This year they'll celebrate 25 years of Christmas shows with all of your favorites and a tribute to veterans.

F-608: Wednesday, November 3
Fee: \$81
Pick up: 9:10 am
Drop off: 5:45 pm
Mackenthun's parking lot near Hometown Bank
Register by: October 20 (May fill prior)

Adult Enrichment

Janice Novak Janice has a Masters degree in Health Education . She is an author, speaker and wellness consultant who teaches seminars for hospitals, schools, corporations and professional organizations. Janice empowers people to take action toward attaining better health with her easy-to-use tips and techniques. She gives simple steps that lead to huge changes in how you look and feel.

Posture & Osteoporosis Workshop:

Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. We'll talk about how to reduce the risk of osteoporosis and related injuries and how to re-gain bone mass. We'll discuss the latest research findings on nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will want to have a resistance band or tube for some of the posture exercises'. They can be purchased at Target or any sporting goods store or from ImproveYourPosture.com. All levels of fitness WELCOME!

F-608.5: Thursday, October 21

Virtual Via Zoom

Register By: October 14

Minimum: 1 / Maximum: 45

6pm-7:30pm

Janice Novak

Fee: \$25

Women, Weight & Hormones

Are you finding that fat is collecting around your mid-section and no matter how well you watch what you eat or how much you exercise that weight is not budging? If this is your story, your inability to lose weight probably has more to do with your hormone levels than anything else. Until you discover and correct any imbalances, trying to lose weight will be like shoveling sand against the tide. In this workshop you will learn 7 key strategies for fighting fat and losing weight, including: concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; ten simple things you can do every day to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems for you and what to do about it; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain; and how to help your body begin to lose weight again.

F-610: Tuesday, October 26

6:00pm-7:30pm

Virtual via Zoom

Janice Novak

Register By: October 19

Fee: \$25

Minimum: 1 / Maximum: 45



Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss: how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor.

F-609: Tuesday, November 2

Janice Novak

Min: 1 / Max: 45

6:00pm-7:30pm

Register By: October 28

Virtual via Zoom

Fee: \$25



Adult Enrichment

The Art Of De-Aging: Peel Years Off Your Bio Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well all of your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.

F-611: Wednesday, November 10 6pm-7:30pm
Virtual Via Zoom Janice Novak
Register By: November 3
Fee: \$25
Minimum: 1 / Maximum: 45

Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

F-612: Thursday, November 11
6pm-7:30pm
Virtual Via Zoom
Janice Novak
Register By: November 4
Fee: \$25
Minimum: 1 / Maximum: 45



Avoid the Pitfalls (and Weight Gain) of Perimenopause/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

F-613: November 30 6pm-7:30pm
Virtual Via Zoom Janice Novak
Register By: November 23
Fee: \$25
Minimum: 1 / Maximum: 45

Is Your Waistband Too Tight Today? Strategies to win the battle of a bulging belly.

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline and supporting your lower back. And we will do this without getting on the floor.

F-614: Wednesday, September 29 6pm-7:30pm
Virtual Via Zoom
Janice Novak
Register By: September 22
Fee: \$25
Minimum: 1 / Maximum: 45



Adult Enrichment

Acupressure to Assist Weight Loss

Acupressure is An Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

F-615: Monday, October 4
Virtual Via Zoom
Register By: September 27
Minimum: 1 / Maximum: 45

6pm-7:30pm
Janice Novak
Fee: \$25

Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

F-617: December 1
Virtual Via Zoom
Register By: November 24
Fee: \$25
Minimum: 1 / Maximum: 45

6pm-7:30pm
Janice Novak



Mudras: The Ancient Art of Hand Yoga

Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and so many more.

F-619: Tuesday, November 16
Virtual Via Zoom
Register By: November 9
Fee: \$25
Minimum: 1 / Maximum: 45

6pm-7:30pm
Janice Novak



Accupressure to Relieve Sinus Problems, Headaches & More

Accupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

F-620: Tuesday, November 9
Virtual Via Zoom
Register By: November 2
Minimum: 1 / Maximum: 45

6pm-7:30pm
Janice Novak
Fee: \$25

Abdominal Strengtheners That Won't Make You Get On the Floor

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor.

F-618: Thursday, October 7
Register By: September 30

6pm-7:30pm
Fee: \$25

Virtual Via Zoom
Min: 1 / Max: 45

Janice Novak

Adult Enrichment

Acupressure to Relieve Stress, Anxiety, Insomnia & More

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

F-616: December 9
6pm-7:30pm
Virtual Via Zoom
Janice Novak
Register By: December 2
Fee: \$25
Minimum: 1 / Maximum: 45



Just Breathe!

Techniques to Calm, Center & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and actually help strengthen your back and abs from the inside out. The simplest and most powerful technique for optimum health of mind and body is absolutely free and literally right under your nose.

F-621: December 6
6pm-7:30pm
Virtual Via Zoom
Janice Novak
Register By: November 29
Fee: \$25
Minimum: 1 / Maximum: 45



Defensive Driving 8 Hour Course (Virtual)

If you are 55 years or older you can save money and become a better driver. Minnesota law requires insurance companies to offer a 10% reduction for 3 years if you complete a National Safety Council's course taught by certified instructors. This course is 2 sessions of classroom training. No driving test is required. You will receive a certificate of completion to provide to your insurance company. Registrations for Defensive Driving may be done by phone with a credit card by calling 952-442-0610. Registrations must be completed with name, address and payment. Registration deadline is 7 days prior to the class.

F-650: November 10 & 11, 5:30pm-9:30pm
F-651: December 8 & 9 8:30am – 12:30pm
Minimum: 20 / Maximum: 30
Virtual Via Zoom
Fee: \$26
Register By: Nov. 3 / Dec. 1
MN Safety Council



Defensive Driving - 4 Hour Refresher

If you have taken the 8-hour course in the past you can renew your 3 year, 10% discount by taking this state approved 4-hour course. There is no driving test required. *How to get to room D-110: Enter the main doors of Waconia Middle School and proceed to your left down the hall. Take another left by D125, then a right and D-110 will be on your left.

F-652: Tuesday, October 5 5:30pm-9:30pm
F-653: Thursday, November 4 5:30pm-9:30pm

Minimum: 15 / Maximum: 50 Fee: \$24
Waconia Middle School D110
Register By: 9/28 & 10/28



Adult Enrichment

Voice Overs...Now is Your Time

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

F-654: Wednesday, October 6th
6:30pm-8:30pm
Such a Voice
Waconia MS D-110
Fee: \$38
Min 4: / Max: 25
Register By: September 29



such a voice
VOICE OVER TRAINING & DEMO PRODUCTIONS

Have you been told you have
a great speaking voice?

**"Voice-Overs...
Now is
Your Time!"**

Attend our two hour class about this
lucrative industry **AND** find out if you
have what it takes!

"Follow the Bone" Deer Cutting

This class will teach you the basic skills to cut your own deer and Cook your deer. We will show you the proper care of the deer –do the actual field dressing, skinning, and cleaning of the carcass. Next we will show you how to cut your deer, from pulling back straps for chops, to the hind for roasts and jerky and trim for ground venison to sausage. We have added cooking to our classes –This 2- hour class has about 45 minutes dedicated to cooking. We show each primal and talk about how to cut it and cook it-what the best practice for each piece to cook it for the best end results. Identifying what's better on the grill and tips on how to not over cook venison on the grill to avoid the dry steak. We will have a road kill deer for hands-on experience. Included in this class is our DVD also to take with you-60 minutes cut into 10+ chapters. We will have some deer cutting supplies available to buy; everything you need to cut your own deer.

F-655: Thursday, October 28
7:00pm – 9:00pm
Waconia Middle School-Tech Room F103
Fee: \$30
Register By: October 18
Kerry Swendsen - Owner Deerdummy.com



Adult Enrichment

First Aid CPR/AED Training

HEARTSAVER First Aid CPR Training. Would you know what to do in a cardiac, breathing or first aid emergency? The right action could help you save a life! With an emphasis on hands-on learning, this First Aid/CPR/AED course gives you the skills to save a life. Training meets OSHA's Best Practices for Workplace First Aid Training for the infant, child and adult. 2 year certification. Skills include how to respond to cardiac and breathing emergencies in all ages. CPR, use of Automated External Defibrillators (AED) and choking. First Aid will include wounds and bandaging, burns, head, muscle, bone and joint injuries, heat and cold emergencies, poisonings and sudden illnesses.

Certified - First Aid CPR/AED Training:

F-656: Wednesday, September 15

F-657: Wednesday, November 3

Waconia Middle School D-110

6:00pm-8:30pm

Fee: \$55

Register By: Sept 8 / Oct. 27

Min: 4 / Max: 20

Shelly Nahan - RN, BSN, PHN



Non Certification

First Aid CPR/AED Training:

Would you know what to do in a cardiac, breathing or first aid emergency? The right action could help you save a life! With an emphasis on hands-on learning, this CPR course gives you the skills to save a life. A great class to learn how to respond to emergencies without the cost and need of certification!

F-658: Wednesday, September 15

F-659: Wednesday, November 3

Waconia Middle School D-110

6:00pm-8:00pm

Fee: \$30

Register By: Sept 8 / Oct. 27

Min: 4 / Max: 20

Shelly Nahan - RN, BSN, PHN



Planning For the Future: Balancing Today and Tomorrow

In this course we will learn about ways to make the most of the resources available to you today to help you live your best life now and in the future. We will discuss strategies to balance short and long term goals such as managing your lifestyle and preparing for retirement. Your situation is complex, increase your likelihood of success and plan for it.

S-660: Wednesday, August 18

6:30pm-7:30pm

Fee: \$10

Virtual via Zoom

Min 1 / Max 10

Thomas Scheck / Financial Advisor

Register By: August 11

Women and Wealth

Women, own your financial future! This course is designed to empower you as an investor by addressing common financial considerations faced by women today and how to plan for them. We will discuss how to be financially secure by organizing and prioritizing your financial goals, protecting everything you have worked for and feeling confident about investing. Your goals are important and unique to you, walk away with actionable steps to help confidently grow your wealth.

S-661: Wednesday, September 29

6:30pm-7:30pm

Fee: \$10

WMS D-110

Min 1 / Max 10

Thomas Scheck / Financial Advisor

Register By: August 11



The Five Key Risks of Retirement

Before you can embark on building a practical road map to financial security, you need to understand five key risks that can potentially derail a lifetime income plan. In this class we will highlight things to keep in mind to help make the golden years financially successful.

F-662: Wednesday, October 20

6:30pm-7:30pm

Fee: \$10

WMS D-110

Min 1 / Max 10

Thomas Scheck / Financial Advisor

Register By: August 11

For Your Information

Is your family included on the School District Census?

Has there been a birth in your family? Have you recently moved into your neighborhood? Is there a new family in your neighborhood? District 110 wants all families to know about the programs and activities it has to offer. Being on the School District Census insures that you will automatically receive information about Early Childhood Screening, Preschool, Kindergarten and all of the opportunities offered by Community Education. To be added to the census, please call the School District Census office at 952-442-0607. Thank you

Waconia District #110 School Locations

WEC	Waconia Community Education 516 Industrial Blvd., Waconia
BV	Bayview Elementary School 24 South Walnut Street, Waconia
SV	Southview Elementary School 225 4th Street West, Waconia
WMS	Waconia Middle School 1400 Community Drive, Waconia
WHS	Waconia High School 1650 Community Drive, Waconia
LT	Laketown Elementary School 960 Airport Road, Waconia
WEC	Waconia Enrichment Center 520 Industrial Blvd. Waconia



Volunteering

Volunteers are needed throughout the year for several Waconia Community Education camps, classes, events and activities. Email Holly at hwortz@isd110.org to be put on the volunteer email list. Typically our volunteers are aged from Grade 5 - adult. This is perfect if you are a Waconia High School National Honor Society member! We hope that you'll take advantage of these opportunities to help the community. Please contact Holly Wortz at 952.442.0612 if you are interested in volunteering your time .

Wanted! Community Education Advisory Council Members

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

#110 Waconia Community Education & Recreation
516 Industrial Blvd.
Waconia, MN 55387
952.442.0610
tnelson@isd110.org

Scholarship Information

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



Facility Use

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

- 1) Contact the Community Education office to obtain a facility use application or to see if an area is open for you to use.
- 2) Fill out, sign and return the application to the Community Education office.
- 3) Community Education will verify dates and fees with the user.
- 4) All changes must be made one week prior to the date of use.

Registration Information

How to Register

Online Registration:

Registrations are now accepted online at www.waconiacommunityed.org

By Mail

Complete a registration form and mail it with your check, money order or credit card number and expiration date to:

ISD #110 Community Education
516 Industrial Blvd.
Waconia, MN 55387

Walk-in

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

Office Hours:

School Year Monday-Friday 7:30am - 4:00pm
Summer See website for 2021

24 Hour Drop Box Locations:

> 516 Industrial Blvd., Waconia
(outside of Education Center building near CE office entrance)

> 24 South Walnut Street, Waconia
(north end of Bayview Elementary School building)

> 225 4th Street West, Waconia
(outside main entrance doors of Southview Elementary School)

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

Checks Payable To:
Dist. #110 Community Education

A Commitment to Community
and Lifelong Learning

Registration Policies

Register Early

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

Are you registered?

Assume the course will be held at the time and place indicated. Assume that you are enrolled unless you hear differently. We would call you if the class is cancelled or if the dates, times or locations have changed.

Refunds/Cancellations

Notification to the Community Education office at least 6 working days or more prior to the start of the class/program is necessary to receive a full refund/credit (less a \$10 processing fee). No refunds or credits will be issued for vacation, illness or injury. Classes are not prorated.

- ECFE - Same as above.
- Kids' Company - The registration fee is nonrefundable.

For more information see the Kids' Company handbook.

- Waconia Wildcat Preschool - The registration deposit and supply fee is non-refundable. Class cancellations need to be received in the Community Education office two weeks prior to withdrawal or participant will be required to pay the difference.
- Behind the Wheel - A \$35 fee is assessed for cancelling out of this program.

School Closings

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

