

Fall 2023



COMMUNITY ED & RECREATION



Waconia Public Schools
Lifelong Learning - Activities for all ages!
Explore your passions...Create your success

Explore your passions... Create your success



**So much to
Experience!
Just look inside...**

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Magnifying Abilities, ABE
Enrichment, Recreation, Trips



**Waconia Public Schools Community
Education and Recreation is proud to bring
back the printed brochure for our families!!**

We want to make sure we are reaching all families within the communities of Waconia, St. Bonifacius, Minnetrista, Victoria, and New Germany as well as the surrounding townships.

In my short time in this community, I am blown away by the amount of support Community Education and Recreation receives from stakeholders. I have worked in many community education programs, and the opportunities and support within the school district are far above other places. We have received more than 2,700 registrations for programs offered this summer alone. There is no doubt in my mind, this truly is a special place to be, so thank you for all of your support.

ISD110 Community Education and Recreation is continually growing. We see the needs of our families and look to provide a wide variety of offerings for you. One new option for families for the 2023-24 school year is a 5-day, full-day preschool option at Laketown Elementary. It will be exciting to see our youngest learners begin preschool in an elementary setting, and watch them explore their passions and create success within the school community.

Community Education was originally established to provide opportunities to all members of the school district. We have been able to help families launch a career by teaching classes, provide support through Kids Company and Early Learning, and build relationships by attending classes or being a part of a team.

The options are endless within our ISD110 community and we look forward to helping you explore our amazing opportunities.

ISD110 Community Education is here for you and we welcome all feedback and ideas. We want to support, and provide for everyone. Like I stated above, this community is truly special and our team is ready to explore with you all.

Thank You,

Steven Jensen, Director of Community Education and Recreation
ISD110 Waconia Public Schools

29th Annual Waconia Nickle Dickle Day

Saturday, Sept 16 10K, 5K Run/Walk & Youth ½ Mile Tickle Run

Fast Results! Chip Timed!

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

Short and long sleeve t-shirts available.

Kids shirts are 50/50 royal blue and

adult sizes are royal blue tri-blend.



Run Entry Information

All runs begins and end at Bayview Elementary School.

5K & 10K Run

*10K Run/Relay starts at 8 am *5K Run/Walk starts at 8:10 am

\$26 with shirt on/before Aug 31 \$31 after Aug 31

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

½ Mile Tickle Run

Race Starts at 10:15 am

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

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



Three Easy Ways to Register

1. Mail

ISD 110 Waconia Community Ed, 516 Industrial Blvd,
Waconia, MN 55387

2. Fax with credit card info

952-442-0619

3. Register/download a form

www.waconiacommunityed.org

Online registration & shirt samples will be available the week of July 25th!



Registration Deadline Wed, July 19

Volunteer coaches are needed for both sports.

Volleyball Grades 5-8

Player review & evaluation followed by coaches meeting, Tues Aug 15. See page 34 for details.

Flag Football

K-Grade 5 + Middle School

Each day is both a practice and a game. 2-3 volunteer coaches needed per team. Coaches meeting, Mon, Aug 14, 7-8 pm. See page 31 for details.



Something for Everyone!

Explore your passions...

Kids Art, Kids Fun Night Out, Babysitter Training, Safe Kids 101, Band Camp, Super Hero Dance, RC Racing, Geocaching S'mores, College Test Prep & Planning, Drivers Ed, Dance, Sports and More!



Adults

ABE, Music, Art, Finance, First Aid, Business, Technology, Safe Driver, Health & Wellness, Trips & Outings, Adaptive Programs



Early Childhood & Preschool

Open House, Classes, Events, Resources, Parent Support, Family Tool Kits, Book Club, Fine Motor Workshop Wildcat, Coffee & Conversations, Screening, Play Packs



10K, 5K & Tickle Runs

September 16

Waconia Kids Triathlon

August 4

Create your success with Community Ed

SIGN UP TODAY!

4 Register at www.WaconiaCommunityEd.org



Register Today!

Online Registration

www.waconiacommunityed.org
or scan the QR code.



Mail, Walk-in or Drop Box

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

Complete a registration form and include check, money order or credit card number and expiration date. We are unable to accept registrations or reserve spots by phone.

Make checks payable to:
District #110 Community Education

Office Hours

School Year Monday-Friday 7:30 am-4 pm
Summer Fridays 7:30 am-1 pm

24 Hour Drop Box Locations

516 Industrial Blvd, Waconia

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

225 4th Street West, Waconia
(by main entrance doors of Southview Elementary)

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 that you are enrolled unless you hear differently.

Assume the course will be held at the time and place indicated. We would call you if the class is canceled 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. Registration form is on page 17.
- ◆ **Kids' Company** - The registration fee is nonrefundable. For more information see the Kids' Company handbook.
- ◆ **Waconia Wildcat Preschool** - 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** - \$25 fee is assessed for canceling

School Closings

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

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.



Join us for ECFE Pop In & Play

See details on page 11

Waconia Community Education & Recreation

Phone 952.442.0610

Fax 952.442.0619

Activities Hotline 952.442.0675



Staff & Program Directory

Director, Steven Jensen 952.442.0615
sjensen@isd110.org

Kids' Company Program Supervisor
Jennifer Merritt 952.442.0618
jmerritt@isd110.org

Recreation Coordinators
Ivan Woyno 952.442.0616
iwoyno@isd110.org

Derek Veldhuisen 952.856.4520
dveldhuisen@isd110.org

Youth & Adult Program Coordinator
Holly Wortz 952.442.0612
hwortz@isd110.org

Administrative Assistant
Shar Husfeldt 952.442.0608
shusfeldt@isd110.org

Main Phone Line 952.442.0610

Early Childhood Supervisor
TBD 952.442.0664

Early Childhood Administrative Assistant
Brenda Buesgens 952.442.0613
bbuesgens@isd110.org

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 & Boards

Community Education Advisory Council

Kelly Amott, Terrill Anderson, Jesse Bergstrom, Paul Ericsson, Steven Jensen, Barb Kalthoff & Lindsay Schmidt

ECFE Advisory Council

Kara Anderson, Brianna Ballard, Erin Foss-Beerling, Lisa Melsha, Rachelle Schaust & Stephanie Schnedler

Baseball Advisory Board

Chris Baso, Peter Brown, Brian Crane, Jon Deming, Steve Fleck, Jeremy Graves, Adam Gregg, Michael Herman, Steven Jensen, Valdie Magstadt, Wade Marsh, Ryan Naughton, Erik Olson & Derek Veldhuisen

Softball Advisory Board

Garren Hamby, Steven Jensen, Ashley Johnson, Jake Saulsbury, Audra Lawson, Maria Saulsbury, Kurt Schutte, Jason Smith, Todd Stejskal & Holly Wortz

Soccer Advisory Board

Anthony Bell, Brian Elliot, Steven Jensen, Kevin Keegan, Trevor Paulson, Justin Pozega & Ivan Woyno

Lacrosse Advisory Board

Elisabeth Doren, Scott Jarmus, Jeff Platzke, Darrin Schroeder, Jennifer Boyum, Christa Ranweiler, Ben Sipe, Rachel Rebman, Ivan Woyno

Waconia District 110 Facilities

WEC Waconia Community Education & Recreation

516 Industrial Blvd, Waconia

BV Bayview Elementary School

24 South Walnut Street, Waconia

SV Southview Elementary School

225 4th St West, Waconia

WMS Waconia Middle School

1400 Community Dr, Waconia

WHS Waconia High School

1650 Community Dr, Waconia

LT Laketown Elementary School

960 Airport Rd, Waconia

WEC Waconia Enrichment Center

520 Industrial Blvd, Waconia



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 and suggests, advocates, encourages and recommends the Community Education concept to neighbors, friends and the community.

If you are interested in becoming part of this council contact Waconia Community Education & Recreation 952.442.0610 sjensen@isd110.org

Volunteering

Volunteers are needed throughout the year for several Waconia Community Education camps, classes, events and activities. Typically our volunteers are Grade 5 to 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 hwortz@isd110.org or 952.442.0612 if you are interested in volunteering your time.

Facility Use

Community members and organizations are invited to use 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 check availability.
2. Fill out the online facility use application at isd110.org
3. Community Ed will verify dates and fees with the user.
4. All changes must be made one week prior to the date of use.



Mission Statement

ISD 110 Waconia Community Education & Recreation

The purpose of this program shall be to bring together community residents of St. Bonifacious, Minnetrista, New Germany, Victoria 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.

Early Childhood Family Center

Welcome to Waconia Public Schools District 110 ECFE

520 Industrial Blvd, Waconia, MN 952-442-0613
www.waconiacommunityed.org



A Typical ECFE Class

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.

Sibling Care Quality childcare is available for siblings not enrolled in class.

Our mission is to strengthen families through education and support of all parents toward healthy growth and development of their children, ages birth to kindergarten.

ECFE offers classes, events and other programs designed by highly qualified teachers, specifically for families with young children,

Most classes meet once a week for 1½-2 hours.

Quality child care is provided for siblings not enrolled in class.

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

ECFE Open House Thursday, August 3, 6-7:30 pm

Registration for Fall (Sept 12-Dec 14) begins August 3 at 8 am

To register, visit www.waconiacommunityed.org and click on the Community Ed tab then go to Registration and Online Registration
See more details & pricing on page 11 & 16.



District 110 Waconia Early Childhood Programs

ECFE Classes

Ages listed are as of Sept 1, 2023. For classes without price listed, see fee scale on page 11



0-24 Months

Little Wonders 0-10 months

First smiles, first belly laughs, first steps! Parents have the opportunity to observe, discover, and discuss with other families who are sharing the same experience. Parent discussions will be research based and tied to your child's development. Parents/caregivers and babies remain together for the entire class. If you are on maternity/paternity leave for a limited time and only able to attend a few classes, let us know and we will prorate your fee. You are welcome to join an infant class at any time during the session as space allows. Sibling care is provided for \$15/child. Registration required. ECFE Room 114

ECF01 M Sept 11-Dec 11 10:45 am-12:15 pm \$30 No class Nov 20
ECF02 W Sept 13-Dec 13 10:45 am-12:15 pm \$30 No class Oct 18, Nov 22

Movers & Shakers 10-24 months

Time to explore, time for parent discussion and time to learn the valuable skill of separation. Your little ones will love exploring in a child-friendly environment discovering developmentally appropriate activities along with songs and movement. Come learn, laugh and connect with other parents/caregivers who are sharing the same experiences. Discussions will be research based and tied to your child's development. This class gradually separates based on children's age and class needs. Sibling care is available. Registration required. Classes are held in ECFE Room 114.

10-18 months

ECF10 M Sept 11-Dec 11 8:45 am-10:15 am No class Nov 20
ECF11 T Sept 12-Dec 12 8:45 am-10:15 am No class Nov 21

18-24 months

ECF12 T Sept 12-Dec 12 10:45 am-12:15 pm No class Nov 21
ECF13 W Sept 13-Dec 13 8:45 am-10:15 am No class Oct 18, Nov 22

Ages 2-5

Discovery Time

2 years

ECF20 M Sept 11-Dec 11
Vanessa 8:30-10:30 am
Room 108 No class Nov 20

ECF21 Th Sept 14-Dec 14
Heather 8:30-10:30 am
Room 114 No class Oct 19, Nov 23

Multi-Age 2-5 years

ECF22 W Sept 13-Dec 13
Room 108 8:30-10:30 am
No class Oct 18, Nov 22

Coming Back for More

2-5 years

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.

ECF23 Th Sept 14-Dec 14
Room 108 11 am-1 pm
No class Oct 19, Nov 23



Early Childhood Family Center



ECFE Bridge to Preschool

A unique blend of parent-child time and peer group interaction offering an introductory preschool experience. Families registered for fall session will be given priority registration for winter/spring session. See fee scale on page 11. **For ages 29 months to 4 years.** Children must be 29 months by Sept 1, 2023 to attend.

Parent & Child Day

There is one Parent/Child day per week when parents attend with their children. The first hour is an opportunity for play, modeling social interactions, and participating in your child's learning. The second-hour parents separate for fun, educational parent discussions around supporting their child's development. Sibling care is available.

Child Only Days

This is a drop-off day where your child will interact with peers led by a licensed early childhood teacher. An introduction to basic skills along with music, a story, and gym/outdoor time are included each day.

Children will follow a typical preschool schedule and learn basic routines and expectations in preparation for preschool. Children working toward toilet training are welcome to attend. Parents will need to send a nut-free snack and drink to the morning Tuesday, Thursday class and a nut free lunch and drink for the afternoon Monday, Wednesday, Friday class.

2 day

Parent & Child Day - Tuesday

Child Only Day - Thursday

Payment 1 class fee due at registration

Waive/\$66/\$96/\$135/\$174 Sibling care fee \$30/\$42

Payment 2 class fee processed Oct 24

Waive/\$66/\$96/\$135/\$174 Sibling care fee \$30/\$42

ECF27 T/Th Sept 12-Dec 14
8:30-10:30 am Room 108
No class Oct 19, Nov 21, 23

3 day

Parent & Child Day - Monday

Child Only Days - Tuesday & Wednesday

Payment 1 class fee due at registration

Waive/\$96/\$138/\$195/\$252 Sibling care fee \$30/\$42

Payment 2 class fee processed Oct 24

Waive/\$96/\$138/\$195/\$252 Sibling care fee \$30/\$42

ECF28 M/T/W Sept 11-Dec 13
11 am-1 pm Room 108
No class Oct 18, Nov 20-22



ECFE Sliding Class Fees

Prices for classes on pages 9 & 10

Use the table below to determine your fee category for classes. Choose the category based on your annual gross income and the length of the class. 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	1½ hour	2 hour
1. under \$35,000	Waived fees, call 442-0664 to register	
2. \$35,000-\$49,999	\$54	\$72
3. \$50,000-\$74,999	\$84	\$108
4. \$75,000-\$99,999	\$114	\$150
5. \$100,000-above	\$144	\$192

ECFE Sibling Care Fee

1.5 hour classes	2 hour classes
Level 2-3 \$48/child	Level 2-3 \$60/child
Level 4-5 \$72/child	Level 4-5 \$84/child

ECFE Non-Separating Classes

Pop-In and Play

Birth-5 years

Come join us for Pop-In and Play! Come at the beginning and stay until the end, or pop in and out when it is convenient for you. Sensory and art experiences will vary. Families can make social connections in a casual, fun setting. ECFE teachers will be on hand to join in on the fun and answer any child development questions you may have. No preregistration is necessary.

1-5 years \$5 9-11 am Room 108
PPF01 F Sept 15 & 29, Nov 10
Vanessa

0-2 years \$5 11-1 pm Room 114
PPF02 Th Sept 14 & 28, Oct 5, Nov 9
Heather

0-5 years \$5 9-11 am Room 108 & 114
PPF03 Vanessa & Heather
Thur, Aug 31 Wed, Sept 6 Tues, Dec 19



Family Yoga

2½-5 years with an adult

Enjoy play-based yoga while building self-regulation skills, increasing mindfulness, and enhancing breathing techniques. Come dressed to move and play. We will use movement, games, songs, stories, postures, and breath work during our time together. The last 15-20 minutes of our time is using the gym equipment for free play. Please no more than 2 children per adult. Sibling care is not available.

ECF50 F Oct 13, Nov 10, Dec 8
Christine \$12 per child/per time
11:30 am-12:15 pm
Early Childhood Center play gym
Registration required

Children's Book Club

2½-5 years

A non-separating ECFE opportunity for young children focused on the joy of stories. Each week we will read a new story and you will have opportunities to play with your child, using those opportunities to support their development and learning. Activities will support communication, comprehension, vocabulary, and other pre-literacy skills. Resources will be provided to support you in understanding how our play transforms into development and ways you can continue the learning at home. Sibling care is not available.

ECF51 W Sept 13 & 27, Oct 11 & 25
Christine \$32 2-3 pm
Room CS121
Registration required

Early Childhood Family Center

Elementary Parent Offerings

Register for these classes online at www.waconiacommunityed.org

Go to Community Ed - Registration - Online Registration - Browse Catalog - Early Childhood Family Education - School Age Offerings.

Kindergarten Lunch and Learn Fridays

The elementary schools of District 110 invite you to have lunch with your Kindergarten child and learn with us!

Whether this is your first time parenting a kindergarten student or you have done this all before, come meet other parents. Join your child for a school lunch or bring your own. When children join their friends for recess you join other kindergarten parents for discussion. Learn how to support your child as they learn to manage: new routines, expectations, the need to be independent, making friends, problem solving and conflicts to name a few. If you are having challenges or have specific concerns, bring your questions so you may get answers and ideas.

Registration is FREE through Early Childhood Family Education/School Age Offerings. Sibling care provided \$6 per 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.

SAVE THE DATES

Topic: Starting off Successful

ECKLL10	Oct 27	Laketown	11:15 am-12:35 pm
ECKLL20	Nov 3	Southview	11:25 am-12:45 pm
ECKLL30	Nov 17	Bayview	10:50 am-12:10 pm

Topic: Social and Emotional Skill Building

ECKLL40	Jan 26	Southview	11:25 am-12:45 pm
ECKLL50	Feb 9	Bayview	10:50 am-12:10 pm
ECKLL60	Feb 23	Laketown	11:15 am-12:35 pm

Topic: Using Discipline as a Teaching Tool

ECKLL70	April 5	Southview	11:25 am-12:45 pm
ECKLL80	April 12	Laketown	11:15 am-12:35 pm
ECKLL90	April 19	Bayview	10:50 am-12:10 pm



Next Steps

Elementary School Parents

A discussion group focused on parenting your elementary-age children. Bi-weekly meetings to discuss the development of school-age children and parenting strategies that support their growth.



These discussions are facilitated by a licensed parent educator around topics selected by the group.

ECE10 Th 8:45-10:15 am
Sept 14, 28, Oct 12, 26, Nov 9, 30, Dec 14
Christine \$49 Room 103 Registration Required
Childcare available for Infant-5 years \$42

Parent Support

Parents of birth-3rd graders One-On-One Parent Coaching

Do you have parenting questions or need resources? Maybe you want to develop some specific strategies for parenting your child and need some support.

This is a wonderful opportunity for parents to meet with a licensed parent educator either in person or virtually to gain insight, strategies and support, while becoming the best version of yourself as parents.

Fill out the online Parent Coaching form and one of our friendly, knowledgeable parent educators will be in touch to set up a meeting. Each session is up to one hour in length.

Free to Parents of birth-3rd graders enrolled at ISD 110 or reside within the district boundaries.

No registration required

\$50 a session for parents that reside outside of the ISD 110 boundaries.

Register online

ECFE Parent Only Classes

Class Code: EC40

What a great deal for some professional coaching!

Family Tool Kits

New for Families!

Is your child going through a big change in their life? Early childhood parent and child educators have put together these kits to ease the transition with books, resources, research-based tips, and supplies. New kit topics will be added as needed. Purchase anytime.

Available topics:

New Sibling

Separation Struggles
(daycare, ECFE, babysitter, etc.)

EC41 \$20 per kit

Parents Only Offerings



ECFE Parent Book Club

Bring a lunch and join the discussion focused around ideas presented in some of the newer parenting books on the market. Parents with children of any age are welcome to join. Each book will be divided into 3 segments. You will be informed which pages of the book we will be discussing at each meeting. Reading is recommended but not required for participation. Books can be reserved from the library or purchased on Amazon or your preferred book seller. Our Fall selection is *Good Inside* by Becky Kennedy

PEF10 T Sept 19, Oct 24, Nov 28
Christine \$30 11:45 am-1 pm Room 103
Registration required
Childcare available for Infant-5 years \$18

Wildcat Coffee & Conversations

Parents/caregivers of children birth-3rd grade

Join us at the downtown Mocha Monkey location to engage in conversation with other parents about parenting and family life. Laugh, share, support, and learn how to navigate your parenting journey. Space is limited; registration is required 48 hours prior to the event to confirm numbers with the venue. No childcare is available. Children can attend, bring toys and distractions as necessary. \$7 per time.

PEF11 F Sept 22, Oct 6, Nov 3, 17, Dec 1
Christine \$7 9-10:30 am
Meet at Mocha Monkey
Registration required



Move Mindfully

Strategies for Families to Use at Home

Learn practical mind-body strategies to use at home. Design your family's toolkit with simple practices to use to feel more peaceful and connected. CEUs will be offered.

What you will learn:

1. Strategies to add to your morning routine.
2. Ways to reconnect after school.
3. Bedtime routine for better sleep for everyone.

PEF12 Th Oct 5 Free
Kathy Flaminio 6:30-7:30 pm Bayview Elem Theater
Registration required for planning purposes
Childcare available for Infant-3rd grade children for \$6

Fine Motor Workshop

for Parents and Caregivers

Push, pull, pinch, and press! ISD 110 District occupational therapists will spend time teaching you how to support fine motor skill development used for self-care, play, and learning tasks in young children. Be prepared to learn fun activities that can easily be done at home to develop fine motor skills in hands-on and engaging ways. CEUs will be offered

PEF13 T Nov 7 Free
Molly Wingert & Toni Van Eyll 6-7 pm
Bayview Elem Theater Registration required for planning purposes
Childcare available for Infant-3rd grade children for \$6



Early Childhood Family Center

Special Events Open to 5 year olds who are not yet in Kindergarten

ECFE Open House - Barnyard Boogie

Join us Thursday, August 3, 6-7:30 pm at the ECFE Center

Dance to a DJ, visit the petting zoo, play in the park, check out our ECFE classrooms, meet the staff, and make a farm animal craft. Cookie Dough Bliss food truck will be on-site if you would like to purchase a sweet treat.

This event is geared toward families with children 0-5 years old. Have questions about a class or need help on how to register? Staff will be available to answer your questions. No registration required



Pumpkin Fun

2-5 years

Bring a pumpkin to decorate and we'll provide paint and other art materials so your child can transform their pumpkin into a masterpiece!

We'll sing some pumpkin songs, read a pumpkin story, and enjoy a special treat. Sibling care is available for the daytime class.

Vanessa \$8 Room 108

Registration required. Sibling care \$6/child

ECSP2 Th Oct 12 6-7 pm

ECSP3 F Oct 13 9-10 am

Fall Science Night

2½-5 years

Tinkering stations will be set up for children and adults to try magnets, squish slime, create Lego challenges, discover cloud dough, investigate fall seeds, acorns and more! 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!

Th Nov 9 \$10/child

Heather Room 108

ECSP4 5 pm

ECSP5 5:30 pm

ECSP6 6 pm

ECSP7 6:30 pm

Trim the Tree

2½-5 years

We'll provide a spruce tree top and supplies needed for you to make a variety of ornaments. At the end of this class, your child will have their very own decorated tree to take home. Please bring a small container with you and we'll fill it with sand to use as a tree stand. Sibling care is available for the daytime class.

Heather \$25 Room 108

Registration required. Sibling care \$7/child

ECSP8 Th Dec 7 5:30-7 pm

ECSP9 F Dec 8 9-10:30 am

Build a Reindeer Card Holder

2½-5 years

Grab your hammer and Phillips screwdriver and get ready to build and paint! During this class, you and your child will build and paint a reindeer card holder. This is sure to be a family holiday keepsake for years to come! Sibling care is available for the daytime class.

Vanessa \$20 Room 108

Registration required. Sibling care \$7/child

ECSP10 Th Dec 14 5:30-7 pm

ECSP11 F Dec 15 9-10:30 am



Power of Play Packs

18 months-5 years

Would you like to connect with your child and encourage their development using fun-themed activities at home?

These special play-based bags are created by ECFE licensed educators. In addition to developmentally appropriate fun activities, the bags include tools and strategies to support early learning.

Registration required. \$15/pack

Registration closes 1 week before the bags are ready to be picked up.

The bags can be picked up at the Early Childhood Center.

ECSP12 The week of Sept 25
Farm Families

ECSP13 The week of Oct 30
Loose Parts

ECSP14 The week of Nov 27
Building Readers

ECSP15 The week of Dec 11
Family Traditions



Help Me Grow

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

Tues, Aug 15 8 am-2:30 pm

Wed, Aug 16 10 am-5 pm

Thurs, Sept 21, Oct 26, Nov 16, 30 2:30-5 pm

Fri, Sept 22, Oct 6, 27, Nov 3, 17, Dec 1 8 am-1:15 pm

Register online at www.waconiacommunityed.org.

Click on Community Ed, go to Programs and scroll down to Early Childhood Screening. Call 952-442-0613 for more information.

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.

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.



Early Childhood Family Center



4 Easy Ways to Register

1. **Online** at www.waconiacommunityed.org

2. **Mail registration form and payment**

District 110 ECFE 520 Industrial Blvd, Waconia, MN 55387

3. **Drop off registration form and payment**

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

Make checks payable to Dist. 110 Community Education
Questions? Call 952-442-0613

The online shopping cart will be available on Thursday, August 3 at 8 am when registration begins
Unless the fee is stated, use the sliding fee scale on page 11 to determine class fee.

If you are new to ECFE or Community Ed, create an account at www.waconiacommunityed.org. Click on Community Ed at the top of the page then go to Registration. You will receive an e-mail confirming your registration.

A full refund is issued for cancellations before the session begins, minus a \$10 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 will waive one class fee for income-eligible families per session. Call 952-442-0664 to register.

Fees for special events will not be waived.

Fall 2023 Classes at a Glance

Mon

8:30-10:30 am
2 years

8:45-10:15 am
10-18 months

10:45 am-12:15 pm
0-10 months

11 am-1 pm
3 day Bridge Parent Day
29 mo-4 years

Tues

8:30-10:30 am
2 day Bridge Parent Day
29 mo-4 years

8:45-10:15 am
10-18 months

10:45 am-12:15 pm
18-24 months

11 am-1 pm
3 day Bridge Child Day
29 mo-4 years

Wed

8:30-10:30 am
2-5 years

8:45-10:15 am
18-24 months

10:45 am-12:15 pm
0-10 months

11 am-1 pm
3 day Bridge Child Day
29 mo-4 years

Thur

8:30-10:30 am
2 years

8:30-10:30 am
2 day Bridge Child Day
29 mo-4 years

11 am-1 pm
2-5 years

ECFE Fall Class Registration 2023

Parents Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

School District: _____ E-Mail: _____

Family Classes

Class Number-Day & Time Name of Child in Class/Date Of Birth Name of Child in Sib Care/Date Of Birth

Special Events

Event-Number & Title Parent(S) Attending Children's Name Event Fee

Payment (circle one): Cash Check # _____ Waived Fee Date Rec'd _____



Credit Card # _____ Credit Card- Visa, MC, Discover, AE

Signature _____ Expiration Date _____ Total Fee _____

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 immunizations 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 canceled due to inclement weather, all Early Childhood classes and events are also canceled. 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 Family Center



Early Childhood Education Staff

Steven Jensen, Community Education Director
TBD, Early Childhood Supervisor
Brenda Buesgens, Administrative Assistant

ECFE Teachers

EC=Early Childhood Teacher, PE=Parent Educator

Heather Carlson - EC
Lauren McQuillan - PE
Christine Pedretti - PE
Vanessa Schultz - EC

ECFE Teacher Assistants

Amie Hunt
Alicia Piotter
TBD

Preschool Teachers

Lindsay Hackman
Dawn Hughes
Laura Jaede
Grace Kelly
Mary Weber

Preschool Assistants

Andrea Mathwig
Trisha Molinari
Melissa Rabe
Megumi Thompson
Karen Whalen

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 Brianna Ballard Erin Foss-Beerling
Lisa Melsha Rachelle Schaust Stephanie Schnedler

Community Resources

Arc-Hennepin/Carver 952.920.0855

Development Disabilities

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 612.839.5101

Temporary childcare during a crisis

District 110 Special Education Services 952.442.0637

Information on 3-5 yr overall growth and development

ECFE Home Visit 952.442.0664

Discussions may include care of newborns, activities for young children, child development, parenting issues, community resources.

Early Childhood Screening 952.442.0613

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

First Street Center 952.442.4437

Offers a comprehensive range of mental health services

Head Start/CAPP Agency 952.496.2125

Help Me Grow - Early Intervention 952.567.8210

Information on Birth-3 yr overall growth and development
helpmegrowmn.org

LaLeche League 952.472.6493

Support for breastfeeding

Library - Call for storytimes

- Waconia 952.442.4714
- St. Bonifacius 952.446.1418

Macaroni Kid Carver County 952.201.0429

<http://carver.macaronikid.com>

MN Sure 952.361.1600

Health Insurance for income eligible families

Ridgeview Medical Center 952.442.2191

Education - Breastfeeding, Sibling Preparation
Birthing Center, Pediatrics, Pediatric Rehab Services

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 952.496.2125

Free nutrition program for women, infants and children at East Creek Family Center, Chaska

Preschool & Childcare

Early Childhood Preschool Programs



At ISD 110, our mission is to allow students to explore their passions and create their success. In early childhood we give children a high quality preschool experience in partnership with parents. We strive to educate, collaborate, challenge, empower and support families, nurture development and treat all with respect.

Waconia Wildcat Preschool

Wildcat Preschool uses a combination of Creative Curriculum, Second Step and Foundations to create a well-rounded educational experience for the youngest learners.

Wildcat Discovery Park offers children a nature-based outdoor playground experience.

Waconia Preschool programs are an inclusion preschool and open to all children.

2023-24 Preschool

Days	Time	Ages
T/Th	8:30-11 am	3, early 4
M/W/F	8:30-11 am	3 & 4
M/W/F ext	8:30-1:30 pm	4 & up
M-Th	12-2:30 pm	4 & up
M-F	8:30-11 am	4 & up
M-F	12-2:30 pm	4 & up
M-F full day	7:55 am-2:30 pm	4 & up



Family Connection Nights



This is a free opportunity to meet families in our Wildcat Preschool community. Show your support for school and learning. Enjoy time with your preschool child at play.

Each night we experience the types of play-based experiences your child has during their day to build skills and knowledge.

Thur 6-7:30 pm
FREE but registration required for planning purposes

- PFC01 Sept 28
Wildcat Clap Night-meeting our school community
- PFC02 Oct 26
Friendship Night-learning how to be friends
- PFC03 Nov 30
Problem Solving-learning how to problem solve in play



Kids' Company Childcare Age 3-Grade 5

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. 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. Times and locations may change due to registration numbers.

Please visit www.waconiacommunityed.org or contact Jenny Merritt at jmerritt@isd110.org or 952-442-0618 for more information.

Bayview, Southview & Laketown Elementary Schools

Before & after school for K-Grade 5

Children may attend Kids' Company at the school they attend which means a peace of mind for parents.

Available school days 6-8 am & 2:30-6:15 pm

Kids' Company is also available on most school early release and non-school days.

Waconia Enrichment Center Calling All Preschoolers, Age 3-PreK!

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 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. Children must be toilet trained. **Open 6 am-6:15 pm school days**
504 Industrial Blvd, Waconia

RIISING STAR DANCE ACADEMY

MAKING *dreams* COME TRUE...ONE *tutu* AT A TIME!



Session Program



Session classes are a great way to dance for the first time or try a new style with a shorter time commitment. They are offered multiple times a year and do not participate in a recital.

Recreational Program



Being part of a recital class at a young age teaches self-esteem, confidence, and responsibility - all while having fun in a group setting!

Inclusive Program



Our Rhythm Works program is a special education inclusive dance program for students with individual learning differences and other special needs.

Performance Team

All Stars is a jazz & pom program that meets once a week. As a non-competitive program it offers more performance opportunities including a Timberwolves performance.



Pre-Comp Team

This program is for dancers ages 5-8 years who want to learn at an accelerated pace. They will attend one spring competition.



Competition Team

Team Auditions Start July 24
Contact us for more info!



SCAN FOR CLASS SCHEDULE



www.rising-star-dance.com

info@rising-star-dance.com

(952) 442-1350



For The Past 10 Years!

Youth Enrichment



Mrs. C's After School Art Class

Entering K-Grade 5

If your student will be missing that time to be creative and explore different art mediums, sign them up for a 4-week class with Mrs. C!

Former Bayview Art Teacher, Mrs. Clemensen, is bringing an after school Art Class to each elementary building during one of the two trimesters Art won't be offered.

Each week, students will create artwork to take home!
Students can go straight to class after the school day is over for their hour of Art!

Led by Ms. Ashley Clemensen

2:35-3:35 pm \$50 Min 12/Max 28

Trimester 1 at Laketown Elementary

F-100	K-Grade 1	Thur, Aug 31-Sept 21	Register by Aug 24
F-101	Grade 2-3	Thur, Sept 28- Oct 26	Register by Sept 21
F-102	Grade 4-5	Thur, Nov 2-30	Register by Oct 26

Trimester 2 at Southview Elementary

F-103	K-Grade 1	Thur, Dec 7-Jan 4	Register by Nov 30
F-104	Grade 2-3	Thur, Jan 11-25 & Wed Jan 31	Register by Jan 4
F-105	Grade 4-5	Thur, Feb 8-29	Register by Feb 1

Trimester 3 at Bayview Elementary

F-106	K-Grade 1	Thur, Mar 14-Apr 4	Register by Mar 7
F-107	Grade 2-3	Thur, Apr 11-May 2	Register by Apr 4
F-108	Grade 4-5	Wed, May 8 & Thur, May 16-30	Register by May 2

Homemade Holiday Gifts from the Heart

Abrakadoodle - All New Gifts! Entering Grade K-5

Get a head start on the holidays with this fun gift making class. This year we'll paint a fancy gingerbread house on canvas board, sculpt a silly snowman, create a mosaic evergreen tree and more. These projects are perfect gifts for your friends and family or keep them for yourself! Our most popular class of the year!

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.

F-123 Mon, Nov 20 (Non-School Day)
9:30 am-12 pm \$45
Waconia Community Ed Rm #CS118 (Hall)
Min 7 / Max 20 Register by Nov 13



Youth Enrichment

Kidcreate Studio Art Classes

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.



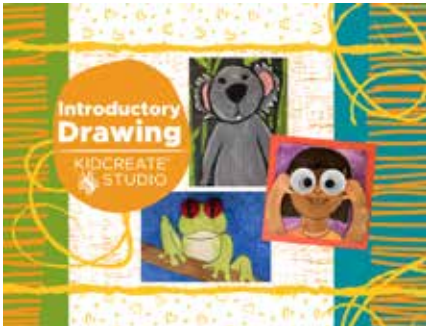
Introductory Drawing

Age 5-12

Calling all doodlers! Are you ready to take your drawings to the next level? We've got the perfect class for you! In this advanced class designed specifically for older artists, we'll learn and master a simple step-by-step method to truly fantastic drawings. From cute koalas to radiant sunsets to a lighthouse that really glow-in-the-dark, we'll hone our drawing skills as we create unique masterpieces any burgeoning artist would be proud of! Please pack a nut free snack and drink for your child each day.

F-118 9 am-12 pm \$96
Wed, Oct 18 & Thur, Oct 19
*Non-school days

Waconia Community Education Office
Min 8 / Max 20 Register by Oct 11



Parent & Child-Van Gogh's Starry Night

Age 5-12 with an adult

Create a masterpiece with your child! Prepare for an evening filled with fun! You and your child will follow easy step-by-step instructions as you create matching replicas of Van Gogh's Starry Night painting. Each parent and child will create their own masterpiece on a real canvas board.

F-119 Tues, Dec 5
6:30-8 pm \$46 (per pair)
Laketown Elementary Art Room
Min 8 / Max 15 Register by Nov 28



Let's Draw

Age 5-12

If it's drawing, sketching, and cartooning you're after, then this is the class for you! In this introductory drawing class, we'll learn basic techniques and principles of drawing as we create puppies, ponies, people, and more. The kids will master a simple step-by-step method that is essential to creating memorable drawings. Each child will receive their own take-home How to Draw booklet! Please pack a nut free snack and drink for your child each day.

F-120 Wed, Oct 18 & Thurs, Oct 19
*Non-school days 1-4 pm \$96
Waconia Community Education Office
Min 8 / Max 20 Register by Oct 11



Parent/Adult & Child Advent Calendar

Age 5-12 with an adult

Christmas is coming, Christmas is coming, CHRISTMAS IS COMING! Prepare for the holiday season as you and your child work together to create a cute, colorful advent calendar. You'll love creating together, then counting down to the holiday as you add a handmade ornament to your calendar each day in December. Register early for this class, it's going to fill up fast and space is limited!

F-121 Tues, Nov 28
6:30-8 pm \$50 (per pair)
Laketown Elementary Art Room
Min 8 / Max 15 Register by Nov 21





Kids' Fun Night Out... Parents' Night Out!

Age 3-12

Do your kids 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!

To begin we'll have free time in the gym (or on the playground), 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.

Fri 6-9:30 pm \$14 per child per night, \$8 for each additional child per family per night Min 10 / Max 40

Complete your registration at least one week before each date for staffing purposes. May fill prior.

F-109 Sept 8	F-110 Oct 6
F-111 Oct 27	F-112 Nov 10
F-113 Dec 8	F-114 Jan 5

Babysitters Training

Must be age 11+ at start of class

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 a pen, paper and snack/meal. Guide book included!

F-124 Wed, Sep 20
3:15-6:15 pm @ WMS D-110

F-125 Thur, Nov 9
5-8 pm @ BV Media Center

SafeKids 101

Age 8-12

Preparing Kids to Stay Safe at Home and in the Community! Does your child 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!)

\$30 Register by Sept 20 / Nov 2

Min 4 / Max 30

Shelly Nahan - RN, BSN, PHN

F-128 Wed, Sept 27
Southview Commons C-125
(2 hr early release date!) 12:45-2:45 pm

F-129 Thur, Nov 9
Bayview Media Center 2:45-4:45 pm



Youth Enrichment



5th Grade Beginning Band Startup Camp

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 your student does not have an instrument lined up, please contact Mr. Esterberg so he can help you do that!

Led by Ms. Wilmes, Mr. Snyder, Mr. Hansberry & Mr. Esterberg.
Register by July 31.

Mon, Tues & Thur Aug 21, 22 & 24 \$30
Laketown Elementary Music Rooms & Dining/Gym

F-115: 3-3:50 pm Alto Sax, Oboe, Trumpet

F-116: 4-4:50 pm Clarinet, Trombone, Percussion

F-117: 5-5:50 pm French Horn, Baritone/Tuba, Flute

VIP Super Hero Dance!

Age 3-Grade 5 (with Mom)

You are invited to the 10th Annual VIP 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, though 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. Preregistration is required to attend.

F-130 Fri, Nov 17 6-7:45 pm Bayview Gym (Enter the North Doors)
\$15 per couple (\$5 for each additional son) Register by Oct 27



Party Crashers RC Racing Event

Grade K-8

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. Participants will leave with a better understanding and get some time testing out their driving skills on a few different types of RC Cars. Participants can use the RC Cars provided or their own on approval.

Mon, Sept 11 Bayview Gym \$23
Min 10 / Max 12 Register by Sept 1

F-131 6-7:10 pm

F-132 7:20-8:30 pm





ZAPPING the ACT Test

Ages 16+

ACT Test Preparation. Provider: Doorway to College. ZAPS test-preparation seminars are carefully designed to help each student do his or her personal best on the ACT.

Students who complete the ZAPS seminar—and practice our tips and strategies at home—typically raise their ACT scores by 2 to 4 points.

In the five-hour ZAPS seminar, students will learn strategies for improving in all four sub tests, take shortened practice tests that mirror the actual testing experience, and get suggestions for individualized study in the days leading up to the ACT test.

Attendees receive a comprehensive Study Guide and 24 practice test workouts with detailed answer explanations. Students should bring a calculator and two pencils to the seminar.

F-133 Mon/Tues Nov 13-14
6:30-9 pm Register by Nov 6



Need-to-know Changes The College Planning Process

Virtual via Zoom

This past year has resulted in some of the most significant changes to the college planning process in decades.

Admission trends have changed. There are substantial changes to the FAFSA and college financial aid that may make college more expensive. Schools have gone ACT/SAT optional, but not necessarily when they 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.

Bio: Cozy speaks nationally about college, and is passionate about educating families about the process to find the right fit and dispelling myths that cost families money! She is a mom of 5 kids with very different goals for college so she is no stranger to the challenges herself.

F-122 Mon, Oct 2 7-8 pm \$10
Min 1 / Max 50 Register by Sept 25

Drivers Education Behind the Wheel

Participants who have successfully completed classroom training sessions are eligible for 6 hours of behind the wheel training. This is an opportunity for students to receive additional driving experience with a certified driving instructor.

To register for Behind the Wheel Training, the registration form should be submitted, in person, along with payment, parent signature and the letter verifying completion of the 30 hours of classroom instruction at the Community Ed office. The blue card will then be issued. Students will 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.

We encourage students to register early. Please do not schedule your driver's test before you start your 6 hours of Behind the Wheel. If you are participating in an after school activity, please be aware that this limits your scheduling availability with the instructors.

\$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.



Youth Recreation



HappyFeet Soccer

Ages 2-7

HappyFeet is an exciting soccer clinic for children. 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"!

*Shin guards required for ages 6/7.

Southview Elementary Fields/Dining Gym
*Outdoors at Southview in the fall weather pending. *No cleats in the gym!

Thurs \$45 No soccer Oct 19, Nov 23
Register by Aug 31 / Sept 28 / Nov 2
Min 5 / Max 12

Ages 2-3 6-6:30 pm
F-134 Sept 7-28
F-135 Oct 5-Nov 2
F-136 Nov 9-Dec 7

Ages 4-5 6:30-7 pm
F-137 Sept 7-28
F-138 Oct 5-Nov 2
F-139 Nov 9-Dec 7

Ages 6-7 7-7:30 pm
F-140 Sept 7-28
F-141 Oct 5- Nov 2
F-142 Nov 9-Dec 7

After School Archery Club

Ages 9-14

Hone your archery skills through our Youth Archery Series! Practice makes perfect, and participants will have plenty as they use compound and recurve bows to grow their archery skills through fun games and experiential learning. Students learn the basics of range safety and proper stance, aim, and release techniques from our trained instructors.

The last session will take place at the Carver Archery Range in Victoria. All equipment provided. Archery Club is offered in partnership with Carver County Parks.

S-316: Tues Sept 12-26 4:30-5:30pm
Waconia Regional Park w/ CCP \$30
Min TBD / Max 8 Register by Sept 5



Youth Geocaching for S'mores

Ages 7-13

We're looking for aspiring treasure hunters to join us on a quest for treasure—s'mores! After a brief training on the history and use of GPS navigation, participants use GPS units to seek out secret caches hidden throughout Lake Waconia Regional Park. Each cache contains s'more ingredients—marshmallows, graham crackers, and chocolate—which are enjoyed by the fire after the adventure is over. All equipment provided. This program is offered in partnership with Carver County Parks.

F-143 Thur, Oct 5 4:30-5:30pm
Waconia Regional Park w/ CCP \$12
Min TBD / Max 6 Register by Sept 28

Tae-Kwon-Do Korean Karate

Ages 6+

Students of all ranks and levels will learn self-defense techniques and the history of Tae-Kwon-Do. 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.

Linda Kroells Master &/OR

Tessa Kroells-Hagen 3rd Degree Black Belt

Mon \$54 Bayview Cafeteria

(enter loading dock doors) Min 8 / Max 40
Register by one week prior to start

July 17-Aug 21

S-308: Level B (Beginners) 6:30-7:30 pm
S-309: Level A (Advanced) 7:35 - 8:35 pm

Aug 28-Oct 9 (skip Sept 4)

F-151: Level B (Beginners) 6:30-7:30 pm
F-152: Level A (Advanced) 7:35-8:35 pm

Oct 16-Nov 20

F-153: Level B (Beginners) 6:30-7:30 pm
F-154: Level A (Advanced) 7:35-8:35 pm

Nov 27-Jan 15 (skip Dec 25, Jan 1)

F-155: Level B (Beginners) 6:30-7:30 pm
F-156: Level A (Advanced) 7:35-8:35 pm



Linda Kroells
Master Instructor





SHiNE Dance Fitness for Kids

K-Grade 5

Do you find your kiddo moving to the beat whenever a song is on? Then this class is for him or her!

SHiNE Dance Fitness for Kids is a 45 minute class, where we use the first 15 minutes to learn a few Dance combinations from our 30 minute play list. Then, we press "PLAY" on a fun, motivating and inspirational Playlist of hit music your child will recognize. Each song has a choreographed routine that is instructor lead.

SHiNE Dance Fitness routines are rooted in ballet, jazz and hip hop. No dance background is needed. During class, we talk about body positivity, students will gain appreciation for what their body can do and also be more confident in themselves.

This class is for every BODY - the students will not only get a physical dance workout, but they will have a chance to free their mind in a safe, positive environment!

Jackie Boyer, SHiNE Dance Fitness Instructor

Tues 2:45-3:30pm

Min 3 Max 10

Register by Aug 29, Oct 3, Nov 7

F-174 Sept 5-Oct 3

Laketown Commons D-204

F-175 Oct 10-Nov 7

Bayview Commons D-109

F-176 Nov 14-Dec 19 (skip Nov 21)

Southview Music Room A-103

Dance Xcess

Age 3-Teens

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.

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.

Kris Lamkin has been a dance instructor for 24 years.

Mon, Sept 18-Dec 4 (skip Nov 20)

Laketown School Cafeteria

Min 4 / Max 14 Register by Sept 6

F-146 Preschool 1 Age 3 & 4
5:30-6 pm \$40

F-147 Preschool 2 Age 4 & 5
6-6:30 pm \$40

F-148 Grade K-2 6:30-7:15 pm \$60

F-149 Grade 3-6 7:15-8 pm \$60

F-150 Teens 8-9 pm \$80



Kids Triathlon

Ages 4-12

The Waconia Kids Triathlon is perfect for kiddos looking for a way to "TRI" the sport of triathlon or tune up their skills for a larger race. The race will offer kids a safe and fun environment for racing.

To encourage participation and enjoyment for all, the Waconia Kids Triathlon is a non-timed event. However, we do have awesome finisher medals that look just like the medals they've seen parents collect over the years!

We encourage every child to do their best and practice racing in a supportive environment. We encourage parents to manually time their child if they are interested in a time for their race. After swimming, racers continue to bike and then run portions of race.

\$35 per child. There will be no race day registration.

Please register by July 14 to guarantee a t-shirt.

S-500: Ages 10-12

S-501: Ages 7-9

S-502: Ages 4-6

Schedule

7:30 am: Packet pickup, transition area opens at Safari Island

8:50 am: Pre-race meeting outside pool area

9:00 am: 1st swim wave: 10-12 years

9:15 am: 2nd swim wave: 7-9 years

9:30 am: 3rd swim wave: 4-6 years

10:15 am: Post-race snacks

10:30 am: Approximate conclusion of Waconia Kids Triathlon

Youth Recreation



Athletic Waconia Wildcat Apparel Online Order

Waconia Area Athletics / Waconia Community Education & Recreation partners with Game One 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, and provide a reliable email when you order as you will receive confirmation once the items arrive to the Waconia Community Education & Recreation office. Order your apparel at WaconiaAreaAthletics.com

Football, Volleyball & General

Order deadline July 23 at 11:59 pm, with items arriving to the CE office around August 21. There will be a 2nd and FINAL order on August 6 at 11:59 pm with items arriving to the CE office around September 5.

Basketball & General

Order deadline September 24 at 11:59 pm, with items arriving to the CE office around October 23. There will be a 2nd and FINAL order for basketball apparel October 29 at 11:59 pm with items arriving to the CE office on November 27.

Waconia Wildcats Sports Performance Middle School Fall Session

Grades 6-8 Max 30 Athletes per group Register by Sept 5

Our Training HAUS Coach Waconia team is excited to bring continuity and new training opportunities to Wildcat middle schoolers this fall. Matthew Montplaisir will continue leading speed and strength sessions, and we will be providing more training opportunities; we are expanding morning sessions to afternoons as well, and offering a girls only lifting group. The growth we have seen from athletes who have put in the work this past year has been phenomenal, and we are excited to continue investing in these great kids!

Program Values Learning | Teamwork | Accountability | Fun

Athletes who participate in our program are there to learn how to move, with and without weights, at a highly efficient level. Our team will challenge athletes to grow through moving at a high level, and expand upon their movement capacities over time. Athletes are expected to actively participate in learning new movements, and do their best to execute at a high level. Teamwork is naturally tied into everything we do - from spotting to competing, and everything in-between, a successful speed and strength session only results when athletes work together. Iron Sharpens Iron - we expect athletes to push one another to grow together. We emphasize to our athletes they're 100% accountable for the results of their training, from the work, focus and intensity they bring to each session.

Our coaches will teach, motivate and challenge athletes to raise their best - it is their responsibility to work hard and work intentionally. Lastly, we emphasize having fun through training. Middle school athletes should be enjoying movement, especially movement which prepares them to excel in their sport. If an athlete works hard and has fun doing it, they're going to improve, and have a strong desire to continue pushing for growth! Please connect with us at MatthewMontplaisir@TrainingHAUS.com or JoshAnderson@TrainingHAUS.com if you have any questions about training. Thank you!

Program Benefits Enhanced Movement Quality, Increased Power, Strength & Speed, Reduced Injury Risk, Teamwork, Accountability, Confidence & Discipline

Strength Tues & Thu, Sept 12-Dec 14 (Skip Oct 19, Nov 21, 23) Weight Room \$190

F-157 Morning 7-7:45 am
F-157.5 After School 3:20-4:05 pm

Strength Wed & Fri, Sept 13-Dec 15 (Skip Oct 18, 20, Nov 22, 24) \$190

F-158: Morning Girls (NEW) 7-7:45 am

Speed & Agility Mon, Sept 11-Dec 11 (Skip Nov 20) Gym \$95

F-159 Morning 7-7:45 am
F-159.5 After School 3:20-4:05 pm

Sign up for both Strength Training and Speed Training at the same time and SAVE \$60!

F-160 Morning Both Strength & Speed Mon, Tue, Thu 7-7:45 am \$225

F-162 After School Both Strength & Speed Mon, Tue, Thu 3:30-4:05 pm \$225

F-161 Morning Girls Both Strength & Speed (New) Mon, Wed, Fri 7-7:45 am \$225

Girls who register for this session will participate with the large group of Monday morning speed, and then be apart of the girls only lifting Wed & Fri morning.

Waconia Youth Fall Sunday Soccer Clinic

K-Grade 4

This youth clinic is for kids who want to play fall soccer! USSF nationally licensed coaches, including HS Coaches, run this clinic to keep youth players 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. October 29 is a rain date and will be canceled if not used.

Ty Seim & Lindsay Seim

F-163: Sun (7 weeks) Sept 10-Oct 2

Rain date if needed Oct 29

6-7 pm \$95

Waconia HS East Field 4
(by outdoor tennis courts)

Oct 8-22 will be on the WHS Stadium Turf
Min 12 / Max 100
Register by Sept 7

Amazing Athletes

Ages 3-5 (Preschool)

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.

Tues Nov 14-Dec 19 (skip Nov 21)

Southview Green Gym

\$81 Register by Nov 7

F-164 5:15-5:45 pm

F-165 5:50-6:20 pm



Minnesota Sword Play

Age 7+

Come learn real fencing skills while having fun in our special Musketeers Fencing class! Our new program introduces children to the fundamentals of fencing with the foil weapon.

This class is performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline and fun. Classes are designed to enhance motor skills, social and perceptual growth by teaching safe, age appropriate foil fencing skills to each child. Fencing may help improve concentration while developing self-control through fun and organized activities that are developmentally correct.

We provide everything needed to fence (mask, jacket, glove and weapon). The fencer need only to come dressed comfortably (for freedom of movement) including long sweat pants and running shoes.

MN Sword Play

F-166 Mon, Nov 6-Dec 18 (skip Nov 20)

6:30-7:30 pm \$88

Southview Dining/Gym

Min 8 / Max 20 Register by Oct 30



Floor Hockey After School

Grades 1-5

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 if numbers allow.

Come to the gym after school, have a snack from 2:30-2:45 pm and we'll start at Floor Hockey at 2:45 pm.

Students from other schools are encouraged to attend. If you would like to ride the bus over, please contact Koch Bus on what bus to ride. 952-442-3370.

Register for as many sessions as you'd like! Floor hockey sticks are provided.

CE Staff: Holly Wortz / Ivan Woyno / Derek Veldhuisen

2:45-4 pm \$30

Bayview Elementary School Gym

Min 12 / Max 20 Register by one week prior to start date (may fill prior)

F-167 Tues, Oct 10-Nov 14 (skip Oct 17, 31)
Holly

F-168 Mon, Nov 6-Dec 4 (skip Nov 20)
Derek

F-169 Thur, Nov 9-Dec 7 (skip Nov 23)
Holly

F-170 Tues, Nov 28-Dec 19 Holly

Youth Recreation

Kids Yoga

Grades 2-5

Class typically involves a series of gentle and playful yoga postures, breathing exercises, mindfulness activities, and relaxation techniques. The class is designed to be fun and engaging, encouraging kids to use their imaginations and creativity while improving their strength, flexibility, and balance. The teacher incorporates music, stories, games, and visual aids to make the class more interactive and enjoyable for the children.

The focus is not on achieving perfect alignment or mastering advanced poses, but rather on having fun, learning new skills, and developing a positive attitude towards physical activity and mental health. Class may also include elements of mindfulness and meditation to help kids develop self-awareness, concentration, and emotional regulation.

This is a fun and beneficial way for children to explore their bodies, calm their minds, and foster a sense of well-being. Your child should bring a snack and water bottle - mats will be provided or you can bring your own!

Come to the designated space after school. At 2:30 pm we'll have a snack and start yoga at 2:45 pm. Students from other schools are encouraged to attend. If you would like to ride the bus over, contact Koch Bus on what bus to ride. 952-442-3370. Register for as many sessions as you'd like!

*Kristal Turner, Certified Yoga Alliance
RYT-200 Yoga Teacher, Owner of
Warrior Too Yoga & Wellness*

Tues 2:45-3:30 pm

\$80 per session, \$65 each for two siblings

Min 3 / Max 10

Register by Aug 29, Oct 3, Nov 7

F-171 Sept 5-Oct 3 Bayview E-101

F-172 Oct 10-Nov 7 Laketown D-204

F-173 Nov 14-Dec 19 (skip Nov 21)
Southview C-237



Skyhawks Sports Grades K-5

Skyhawks offers fun, skill-intensive programs designed with the beginning to intermediate player in mind. Using our progressional curriculum, our staff focus on the whole player, teaching your child the skills and sports knowledge needed both on and off the field/court to be a better athlete - all presented in a fun and positive environment. Go to www.skyhawks.com for more detailed information.

Flag Football Skyhawks

This camp is the perfect introduction to "America's Game" or a great refresher those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

2:30-3:30pm \$79

Min 10 / Max 20 Register by Sept 11

F-177 Mon, Sept 18-Oct 9

Bayview Elementary Field #2/ Rain Site Gym

F-178 Wed, Sept 20-Oct 11

Laketown Elementary North Fields
(behind school) / Rain Site Gym



Soccer Skyhawks

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world's most popular sport. Camp focuses on dribbling, passing, shooting, and ball control.

F-181 Mon, Oct 23-Nov 13 2:30-3:30

Bayview Field / Rain Site Gym \$79

Min 10 / Max 20 Register by Oct 16

Basketball Skyhawks

Each day will start with a "skill of the day" and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

2:30-3:30pm \$79

Min 10 / Max 20 Register by Nov 20

F-179 Mon, Nov 27-Dec 18

Southview Gym

F-180 Wed, Nov 29-Dec 20

Bayview Gym

Flag Football

Each day is both a practice/game. 2-3 volunteer coaches needed per team. Coaches Meeting Monday, August 14, 7-8 pm in WMS Auditorium. Registration deadline is Wednesday, July 19

These programs are open to boys and girls (typically we have under 5 girls that participate, however, girls ARE welcome!) 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. Late Fee: \$10 after July 19. Limited spots available after the deadline. No refunds after the coaches meeting.



K-Grade 3 Flag Football

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. Coaches are the quarterbacks. Includes T-shirt.

#100: Entering Kindergarten Flag Football

Sat, Aug 26 - 1st Practice/Game & Photo Day
Days of Play: Sat, Aug 26-Oct 7 Rain Date (Oct 14)
Games mornings/early afternoon, depending on the # of teams
5 sessions (75 minutes each) Waconia \$55

#101: Entering 1st Grade

#102: Entering 2nd Grade

Sat, Aug 26 - 1st Practice/Game & Photo Day
Practice & Games Mon & Sat Aug 26-Sept 30 (skip Sept 2, 4, 16)
Oct 2 & 7 Rain dates
Games Mon after 5:30 pm; Sat mornings/early afternoon
10 sessions (1 hour) Waconia \$75

#103: Entering 3rd Grade

Sat, Aug 26 - 1st Practice/Game & Photo Day
Practice & games Thur & Sat August 26-Oct 5 (skip Sept 2, 16)
2 Rain dates are built into the schedule
Games on Thur after 5:30 pm, Sat mornings/early afternoon
10 sessions (1 hour) Waconia \$75

4th/5th Grade Flag Football

3rd grade and above may play-up one grade level if a parent coaches. These two grade levels could be combined. Each player receives a team DRI-FIT Team T-shirt. Players are the quarterbacks.

#104: Entering Grade 4

#105: Entering Grade 5

Sat, Aug 26 - 1st Practice/Game & Photo Day
Practice & games Thur & Sat, August 26-Oct 5 (skip Sept 2, 16)
2 Rain dates are built into the schedule
Games Thurs after 5:30 pm, Sat mornings/early afternoon
10 sessions (1 hour) Waconia \$75

Middle School Flag Football

Entering Grades 6-8

The competitive and fun flag football program continues to grow in the Waconia area for older kids! Continue your love of the game without the full gear and tackling. We can expect around 80 participants for this league. Players will be called by their coach with team information after the coaches meeting. Grade levels may be combined pending enrollment. Participants must be grade level appropriate for league. Each player receives a team DRI-FIT Team T-shirt. Players are the quarterbacks.

#106: Entering Grade 6

#107: Entering Grade 7

#108: Entering Grade 8

Aug 26-Oct 7 (skip Sept 2, 16)
Sat, Aug 26 - 1st Practice/Game & Photo Day
Tues nights after 5:30 pm (1 hour Practice)
Sat mornings/early afternoon (1-2 hour Games)
2 rain dates are built into the schedule Waconia \$80



Youth Recreation



West Metro Prowlers

**Fall Ball Softball 2023
& Summer Softball 2024
14U, 16U & 18U**

Register by July 26, 2023

NEW! A player's age as of Aug 31 is the age in which they are eligible to play

This is a competitive, skills, community based traveling league and an evaluation is used.

Fall Ball: Games will be played on Sundays at neutral host sites on August 20, 27, Sept 10, 17 & 24. The Fall Ball State Tournament is Sunday, September 24.

Summer Ball: League games will be played one or two nights per week, Mon-Thursday after May 28. The league plays double headers on game nights. Tournaments will be on some weekends in June & July.

14U, 16U & 18U Evaluations

Mon, July 31 6:30-8 pm
WHS East Diamond #1 & #2
(Rain Site WMS Gym)

Sun, Jan 7 7:15-8:45 pm WMS Gym

Full Details on our website:
WaconiaAreaAthletics.com

Age Guidelines:

<https://mnsoftball.com/pages/cms/age-calculator>

Waconia Wildcats Fall Ball Softball & Spring/Summer Softball 2024

10U & 12U

Register by July 26, 2023

NEW! A player's age as of Aug 31 is the age in which they are eligible to play

This is a competitive, skills, community based traveling league and an evaluation is used.

Fall Ball: Games will be played on Saturdays for 10U and Sundays for 12U at neutral host sites. Dates include; Aug 19/20, 26/27, Sept 9/10, 16/17 & 23/24. The Fall Ball State Tournament is last weekend noted on your respective age groups day of the week.

Spring/Summer Ball: League games will be played one or two nights per week, Mon-Thur beginning in May. The league plays double headers on game nights. Tournaments will be on some weekends in May, June & July

10U & 12U Evaluations

Mon, July 31, 2023 @ WHS East Diamonds #1 & #2 (Purple Dugouts)

Rain Site WMS Gym

(12U) 5-6:30 pm (10U) 6:30-8:30 pm

Sunday, Jan 7, 2024 @ WMS Gym

(12U) 4-5:30 pm (10U) 5:45-7:45 pm

Full Details on website:

WaconiaAreaAthletics.com

<https://mnsoftball.com/pages/cms/age-calculator>

Waconia Wildcats Metro Baseball

9U-15U 2024 Season - Tryouts will be held mid to late Sept

Metro Baseball is a competitive and skills based traveling league and players may be cut after the tryout process. Please look online for specific dates your child's tryouts will take place.

All participants must attend their age appropriate player evaluation. Games can start as early as mid-April and go through the month of July.

Players cannot play in both Metro and one of our recreational leagues.

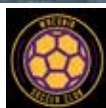
Registrations for playing up with your grade need to be pre-approved by contacting Recreation Coordinator Derek Veldhuisen at 952-856-4520.

For more information follow the link below to go to the Waconia Metro Baseball Website:
WaconiaAreaAthletics.com





Waconia Soccer Club Competitive Traveling Soccer



For boys and girls born Jan 1, 2005 - Dec 31, 2016

Waconia Soccer Club is offering a competitive (traveling) soccer league play. Participants will be divided with boys and girls on separate teams. Player evaluations will take place in July and rosters will be announced for both the Fall (2023) and Summer (2024) seasons. Players unable to attend an evaluation may not be placed on a team or may be placed on a lower competitive team.

*This is a competitive, traveling league. Commitment is mandatory to participate. This league conflicts with traveling baseball, softball, volleyball and football and it is not always possible to participate in both.

Please contact Director of Coaching - Ivan Woyno
iwoyno@isd110.org with questions regarding the evaluation and rostering process.*

Teams are formed by the Director of Coaching based primarily on evaluation scores and previous year evaluations. Players are assigned to teams based on level of play, skill and/or registration numbers. Roster size depends on age group and registration numbers. As a competitive program, player cuts can occur.

For more information visit the Waconia Soccer Club website at: www.waconiasoccerclub.com

Players may select one of three registrations

Trying out does not guarantee placement on a team
Fall Season Only Aug-Oct

Summer Season Only May-July (Includes Dome Training Jan-Mar)

Year Round Soccer** Aug-July (Includes Fall, Dome and Summer season)

WHS Co-Ed Dodgeball League

WHS Students in Grade 9-12

We typically get 8-12 teams each year! 10 participants play per team that of which are no more than 5 boys and 5 girls on the court during a game. 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. 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-205: Oct 30-Dec 18 (skip Nov 21 & 27) 7-9 pm Register by Oct 13
\$200 per team (\$20 per person for team of 10)
Waconia Middle School East Gym



2023



Friday,
August 4th
9am
Cost: \$35

Join us for the Waconia Kids Triathlon!
This fun race is open to 4-12-year-olds and is a great beginner race. No experience necessary! All participants will receive a T-Shirt and a finishers medal!

AGES 4-6:
SWIM 25 YARDS (1 LENGTH OF THE POOL)
BIKE 1/2 MILE
RUN 1/4 MILE

AGES 7-9:
SWIM 50 YARDS (2 LENGTHS OF THE POOL)
BIKE 1 MILE
RUN 1/2 MILE

AGES 10-12:
SWIM 75 YARDS (3 LENGTHS OF THE POOL)
BIKE 1.5 MILE
RUN 1 MILE

Life jackets are allowed. Lifeguards will be present in each lap lane, to assist if needed.

Register Today:
www.waconiacomed.com/insight/registry/classlist.asp?catID=61398



See more details on page 27

Youth Recreation

Girls Volleyball

Registration deadline Wednesday, July 19. \$10 late fee for registrations received after deadline.

A deposit for the volleyball jersey is included in the fee. Upon the return of the jersey when the season has ended, you will be refunded \$15. If it is not returned to the CE office by November 10 the \$15 will be voided. If you are paying by credit or debit card your card will be charged around September 1 for the jersey rental. Please purchase solid black volleyball shorts for your participant. Many participants choose to wear black spandex, however, any style of shorts or leggings work to participate. Sorry, we cannot offer a refund after the coaches meeting has been held. Practices to be held at Waconia Schools TBD. **Grades are based on the grade your child will enter in the 2023-24 school year.**



Player Review & Evaluation Followed by Coaches Meeting Tuesday August 15 at WMS Gym

Volunteer coaches needed: 1-3 per team

Coaches will 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.

Grades 5-6 5:30-6:30 pm

Followed by coaches meeting until 7 pm

Grades 7-8 7:15-8:15 pm

Followed by coaches meeting until 8:45 pm

Girls Grade 5-6 Volleyball

#106: Entering Grade 5

#107: Entering Grade 6

Friend requests for this league may or may not happen because of the nature of the player review. Please note at the time of registration if your participant has conflicts with other fall activities that take place on Tue/Thur/Sat. Please check our website WaconiaAreaAthletics.com to order optional apparel by Sunday, July 23rd

Days of Play: Sat, Sept 10-Nov 5, (skip Sept 17, Oct 22)

Practice Tue & Thur,

Aug 22-Nov 2 (skip Oct 17, 19, 31) between 5:30-8 pm

Photo Day: Aug 22 or 24 at practice

\$90, plus a \$30 deposit for volleyball jersey top
Jersey return deadline Nov 10

TBD Tournament: 5th Grade Oct 28, 6th Grade Nov 4

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.

Girls Grade 7-8 Volleyball

#700: Entering Grade 7

#800: Entering Grade 8

2-3 practices per week TBD beginning the week of Aug 22

Fee & Uniform Top \$90, includes a \$30 deposit for jersey top. Jersey return deadline Nov 10

Potential Game Days: Mon-Fri (evenings)
& Sat (morning/early afternoon TBD)

Potential Game Locations: St. Joes, Cologne Academy, Zion Lutheran. Other potential communities are possible.

Photo Day TBD

Potential St. Joes Tournament Oct 28



Volleyball Camp

Girls Entering Grade 1-3

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 volley-lite volleyballs.

Space is limited, register early! Sign up for one or BOTH sessions! Camp led by Holly Wortz.

7:05-8:05 pm Laketown Gym \$20

Min: 15 / Max: 50 Register by Oct 27

F-207: Thur, Nov 9 & 16

F-208: Thur, Nov 30 & Dec 7

Volleyball Camp

Girls Entering Grade 4

4th graders of all levels 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 Bayview Elementary school they may participate in this volleyball camp by arranging bus transportation with Koch Bus Company by calling 952-442-3370 or by having a parent transport them.

Students attending other area schools will need to provide their own transportation to Laketown Elementary School. Camp led by Jenny Merritt.

F-206: T/W/Th Sept 19-28 2:45-4:15pm \$60

Laketown Elementary Gym Min 14 / Max 28 Register by Sept 2

DRIBBLE! SHOOT! PLAY! Basketball Camp

with Kevin Lynch

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 two 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!

5:30-7:30 pm \$75 (Includes T-shirt) WMS Gym

Min 20 / Max 30 Register by Aug 29 / Sept 26

Boys & Girls Grades 3-6

F-192: Tues, Sept 5-26

F-193: Thur, Oct 5-Nov 2 (skip Oct 19)

Boys & Girls Grades 1-3

F-194: Thur, Sept 7-28

F-195: Tues, Oct 3-24



Youth Recreation

Basketball



Basketball Skills Training with Kevin Lynch

Grade 6-8 After School

These fall basketball skills training sessions are run by former MN Gopher and NBA player Kevin Lynch.

It's designed to get your competitive Middle School basketball player ready for the upcoming Winter basketball season.

The main skills we will focus on at camp will be shooting and ball handling – but we will also cover passing, rebounding, footwork and offensive moves, to name a few. The goal of these sessions is to compete, work hard and sweat.

The local basketball scene is becoming more competitive and intense everyday. So come focused and ready to go! 5-on-5 scrimmaging will end each session.

3:15-5:15pm \$75
Waconia Middle School Gym
Min 20 / Max 30
Register by Aug 29 / Sept 26

Girls

F-198: Tues, Sept 5-26
F-199: Thur, Oct 5-Nov 2 (skip Oct 19)

Boys

F-200: Thur, Sept 7-28
F-201: Tues, Oct 3-24

Basketball Officials Clinic Grades 9 to Adult

Students will learn from Minnesota Youth Athletic Services Director of Officials - Tom Schrepfer. Including; Hand signals for fouls, Most common fouls seen in youth basketball, Proper positioning on the court in both a one and two official system & How to manage a game properly & more! There is only one opportunity to attend. If you intend to officiate for Waconia Community Education this year, you must attend.

Laketown Elementary Gym Register By: Oct 20

F-196 Mon, Oct 23 6:30-9 pm
\$15 (Includes MYAS Cert., T-shirt & whistle)

F-197 Mon, Oct 23 6:30-9 pm
\$5 (Includes clinic, MYAS Cert.)

WHS Intramural Basketball

Grades 9-12

Limited to 10 players per team. 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 even within a team of boys.

Game times are after 6 pm and could go until 9:45 pm. 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. At least 4 teams are needed and we will cap at 12 teams. Register online early! League Champions earn a T-shirt.

F-202: Mon, Jan 8-Feb 26 (skip Jan 15, Feb 19)
Games at Waconia Schools TBD
\$300 Per Team Register by Dec 8
(\$30 per person for a team of 10)



Pre-School Age Basketball Camp

Boys & Girls Age 3-5 with adult helper

3 years old by August 31, 2023

Join the fun! Kids will learn and practice the fundamental skills of basketball! Instructions on shooting, dribbling and passing will be taught along with fun games and drills. A parent/guardian/adult or older sibling (12+) must attend camp with their student each session.

F-203: Thur Nov 9-Dec 7 (skip Nov 23)
5:40-6:10 pm Lake-town Gym \$24
Min 15 / Max 50 Register by Nov 2
Holly & Tyler Wortz



Basketball Camp

Kindergarten Boys & Girls

Come join the fun in this popular camp for kindergartners! Kids will learn and practice fundamental skills. Instructions on shooting, dribbling and passing will be taught along with fun games and drills. This session typically fills fast so register early!

F-204: Thur Nov 9-Dec 7 (skip Nov 23)
6:15-7 pm Laketown Gym \$36
Holly & Tyler Wortz
Min 15 / Max 50 Register by Nov 2



Girls & Boys Basketball

1st & 2nd Grade

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.
Leagues are limited to 80 kids, and may fill prior to the registration deadline

Waconia Schools \$70
Register by Tuesday, Oct 17
Late Fee: \$10 (If space allows)

Coaches Meeting Mon, Nov 13
5:45-6:15pm
Waconia MS Commons/lunch

Monday Night League

#108-Boys #109-Girls
5:55-6:55 pm or 7-8 pm
Dec 4-Feb 12 (skip Dec 25, Jan 1, 15)
Photo Day Mon, Dec 4

Saturday Morning League

#110-Boys #111-Girls
Dec 2-Feb 10 (Skip Dec 23, 30, Jan 13)
Photo Day Sat, Dec 2

3rd-6th Grade Girls & Boys Basketball

Coaches needed: 2-3 per team. Each player receives a rented purple/white reversible uniform top. Deposit for that jersey is included in the fee. Upon the return of the jersey when the season has ended, you will be refunded \$35. If the jersey is not returned by March 15, the \$35 will be voided. Uniform top rental fee will be charged to your debit/credit on Dec 1. Matching purple/white shorts can be purchased separately online at <https://wcedbb22.itemorder.com/> Before the registration deadline, please come into the CE office to try on a jersey top for sizing purposes. No refunds after the coaches meeting has been held.
Register by Tuesday, Oct 17 / Late Fee: \$10 (If space allows).

Practice begins Nov 28/30 | Tues and/or Thur after 5:30 pm
Games Dec 9-Feb 24 (skip Dec 23 & 30, Jan 13, Feb 17)

#112: 3rd Grade Boys #113: 4th Grade Boys
#114: 3rd Grade Girls #115: 4th Grade Girls

2nd graders may play up with 3rd grade and 3rd graders may play up with 4th grade in these leagues if a parent volunteers to coach prior to the registration deadline. Grades may need to be combined pending registration numbers.

Team & Individual photos Thurs, Nov 30

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.

\$100 plus a \$50 jersey deposit. Jersey return deadline March 9
Coaches Meeting Mon, Nov 13 @ 6:30-7:30pm. Waconia MS Commons/Lunch

#116: 5th Grade Boys #117: 5th Grade Girls
#118: 6th Grade Boys #119: 6th Grade Girls

Team & Individual photos will take place Thur, Dec 1

Teams may travel to other towns such as NYA, Watertown, Belle Plaine, Big Lake, Hutchinson, Annandale, Glencoe, Lester Prairie & etc.

\$120 plus a \$50 jersey deposit. Jersey return deadline March 15.

5th & 6th Grad Player Review Tues, Nov 14, 5:45-6:45 pm at WMS Gym

Coaches attend! The player review is an evaluation to create equal teams for the league if more than one Waconia team is needed at that particular grade level.
Coaches Meeting: 5:45-7:30pm on Tues, Nov 14 - Please attend the player review and coaches will meet after in the WMS Commons/Cafeteria.

7th and 8th Grade Basketball

Entering Grade 7 & 8

The 7th & 8th Grade community education recreational traveling basketball teams will be playing in the Southwest Basketball League this year. Regular season games will be played on Saturdays December 2 through February 18, 2024. The league end tournament is currently scheduled for March 2 and 3. Practices for this season will begin mid to late November. A player review will be held if there are enough players to make 2 teams in the same grade.

For more information follow the link below to go to the Waconia Area Athletics Basketball: WaconiaAreaAthletics.com / Registration deadline Sat, Sept 30.

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. **No Lessons Oct 19 & Nov 23.**



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!

Thur 5:30-6 pm \$45
Southview Green Gym Min 4 / Max 12

F-209: Oct 5-Nov 2
F-210: Nov 9-Dec 7

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.

Thur 6-7 pm \$65 Southview Green Gym
Min 4 / Max 12

F-211: Oct 5-Nov 2
F-212: Nov 9-Dec 7

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.

Thur 7-8 pm \$65 Southview Green Gym
Min 4 / Max 8

F-213: Oct 5-Nov 2
F-214: Nov 9-Dec 7



Wildcat Middle School Fall Tennis Camp

Boys & Girls entering Grades 6-8

Participants should bring their own age appropriate tennis racket and water bottle with them each day. We will focus on the basics of tennis, groundstrokes, volleys, overheads, serves, scoring, match play, as well as having fun interactive and competitive games.

There will also be a tournament/ match play the last week of camp. If weather does not permit, the back-up location will be the WHS Field House (Safari) Gym. *1 rain cancellation allowed, when the 2nd occurs, TBD. Camp is led by Coach Terri Bessire.

WHS Tennis Courts 1-12 (East of WHS)
Min 12 / Max 40 Register by Aug 4

F-215 Aug 13-Sept 25
Sun 4:30-6 pm Mon 5-6 pm
Camp on Sept 18 will meet 6-7 pm
No Camp Sept 3 & 4 \$120

Girls Futsal (Small Sided Soccer)

Futsal is an exciting, fast-paced small sided soccer game that is played across the world. 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. Led by Coach Ivan Woyno, Coach Keegan & Coach Sommer.

\$110 for Session 1 or 2 (Includes T-shirt). Discounted fee for Both Sessions: \$200

To be guaranteed a shirt, register by: Oct 15 (Session 1) / Dec 16 (Session 2)



Sunday WHS Main Gym (meet at Bayview Feb 4)

Girls Age 7, 8, 9 and 10 5-6 pm

F-217: Session 1 Nov 5-Dec 17 (skip Nov 26)
F-218: Session 2 Jan 14-Feb 25 (skip Feb 18)
F-219: Both Sessions 1 & 2

Girls Ages 11, 12 and 13 6:10-7:10 pm

F-220: Session 1 Nov 5-Dec 17 (skip Nov 26)
F-221: Session 2: Jan 14-Feb 25 (skip Feb 18)
F-222: Both Sessions 1 & 2

Girls Ages: U-14 and Older 7:15-8:15 pm

F-223: Session 1 Nov 5-Dec 17 (skip Nov 26)
F-224: Session 2 Jan 14-Feb 25 (skip Feb 18)
F-225: Both Sessions

**JOIN
OUR
WILDCAT
TEAM!**





LET'S PLAY HOCKEY!
**REGISTRATION FOR THE 2023-2024
SEASON OPENS SOON!**

A NEW FUN SEASON AWAITS:

**FREE ROOKIE CAMPS
FOR AGES 4 AND UP**

**GIRLS AND BOYS COMPETITIVE
AND NON-COMPETITIVE TEAMS**

**VISIT OUR WEBSITE FOR ALL
THE UPCOMING HOCKEY FUN!
GO WILDCATS!**

WWW.WACONIAHOCKEY.ORG



Youth Recreation



Waconia Clay Target Club

Spring 2024 Team for Boys & Girls Grade 8-12

Please note that this is a SPRING SPORT and it will not work for your participant to be in both Clay Target Club and another WHS Spring sport.

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 2nd weekend later 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 Thur 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.

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. 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.

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>

Even though we only shoot on Thursday's, students cannot be in other spring sports with Clay Target. It simply does not work. Many folks have tried and end up losing their money due to too many conflicts.

Registration

Registration Opens at 7:30 am

WaconiaCommunityEd.org

CURRENT MEMBER

Participated Spring 2023 team
Mon, Nov 6

NEW MEMBER

Grade 10-12 Wed, Nov 8
Grade 8-9 Fri, Nov 10

F-CLAY24: Waconia Clay Target Club

\$100 Club Fee

\$10 late fee after Dec 15 if space available

Maximum number of Members: 50

Leader: Dan Fulkerson & Todd Williams

First practice end of March/beginning of April. (Weather dependent) 3:30 pm

Parent/Volunteer Coordinator

If you participated on the Spring 2023 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 6 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.

Refunds/Eligibility

There will be no refunds, credits or transfers given after Dec 15, 2023. 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 Nov 3, 2023. If you do not have a Firearms Safety Certificate # you will not be able to register. Check out the league at <http://mnclaytarget.com>



Magnifying Abilities

For adults with unique learning abilities



**social
engagement**

**creative
expression**

physical fitness

**educational
enrichment**



Magnifying Abilities is a social/recreational program for persons with intellectual and physical disabilities. The program is designed to enhance community involvement and lifelong learning of adults with disabilities.

Some activities include: parties, game night, crafts, yoga, dance, book club, bingo, bowling, sporting events, tours and more!

Magnifying Abilities also welcomes participants ages 16-17 to join our events when accompanied by a caregiver.

ce4all.org/programs/adults/magnifying-abilities

SOUTHWEST METRO INTERMEDIATE DISTRICT 288 ADULT EDUCATION CLASSES

GED Preparation • Family Literacy & PACE • English as a Learned Language (ELL) • Citizenship • Computer & Professional Skills



REGISTER ONLINE

Scan the square using the camera app on your smartphone to be directed to the form.

CONTACT **JENNIFER HENNES**
(952) 567-8128 | JHENNES@SWMETRO.K12.MN.US



| @SWMETRO
VISIT | SWMETRO.K12.MN.US



More online & career-focused classes!

CHASKA | PRIOR LAKE | SHAKOPEE | ONLINE

Adult Basic Education Services are offered through SouthWest Metro Intermediate District 288 whose members include Community Education programs from the following school districts: District 108 Central, District 716 Belle Plaine, District 720 Shakopee, District 110 Waconia, District 717 Jordan, District 721 New Prague, District 112 Eastern Carver County Schools, and District 719 Prior Lake-Savage.

Adult Enrichment

Art & Music

Art Classes with Natalia Malyugina

Projects are very unique, creative and fun! \$10 supply fee of payable to the instructor at 1st class. Classes held in Southview Art Room.



Autumn Polymer Clay Mug and Spoon

Creating beautiful fall flower arrangements in pumpkin from polymer clay on a mug, and spoon. You will have a chance to learn how to make flowers and berries. It is safe to drink from these mugs (hot or cold beverages).

6-8 pm \$39 Min 5 / Max 15

F-238: Oct 3 & 5 Register by Sept 26
F-239: Nov 27 & 29 Register by Nov 20

Autumn Polymer Clay Jewelry (Adults)

Creating beautiful custom bracelets from polymer clay. You will have chance to create your own flowers and berries from scratch, and assemble bracelets in your own creative design.

F-240: Nov 14 & 16 6:30-8:30 pm \$39
Min 5 / Max 20 Register by Nov 7

Christmas Tree Class

Ages 12+ to Adult

Creating a beautiful Christmas tree using pine cones, flowers, tree bark, Christmas ornaments, beads and more.

F-241: Tues, Nov 28 6:30-8:30 pm \$19
Min 5 / Max 20 Register by Nov 21



Painting Barn Quilts

is a popular, lively, and rewarding 4 hour class of guided instruction which will take you through the process of barn quilt painting from beginning to completion. You will learn how to create a barn quilt that looks professional and leave with your own masterpiece, ready for hanging, excellent conversation piece and unequivocal admiration.

Materials included for class: 2' x 2' Aluminum Composite. It is a premium grade material that professional sign makers use. It will never rust or rot. It is light weight and easy to hang but very sturdy and great to work on. 70 plus fabulous paint colors to choose from of the highest quality Behr Marque exterior paint, 3M tape, aprons, hair dryers and a dance off for unusually odd prizes.

There will be minimum of 16 patterns pre-drawn on to gridded paper to choose from.

Cynthia Buchholz - Bitter Sweet Barnquilts

F-244: Oct 10 \$95 5:30-9:30 pm
Register by Oct 3
Waconia MS Cafeteria/Commons

\$30 due at sign up
+ \$65 Supply fee due the beginning of class
This includes all of the materials needed to complete an amazing barn quilt!

Parent & Child Advent Calendar

Age 5-12 with an adult

Prepare for the holiday season as you and your child work together to create a cute, colorful advent calendar. You'll love creating together, then counting down to Christmas as you add a handmade ornament to your calendar each day in December. See page 22 for details.

Piano & Guitar Lessons

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment, and you won't have to take private lessons to do it! Classes held online with ZOOM so you will be able to sit at home with your guitar or piano and take the class without any pressure at all. Includes an online book and online follow-up video lessons, so you can continue your practice and study on your own. An optional periodic online question and answer session is also included. You will receive a recording of the class for your review whenever needed. *Led by Chords are Key, Craig Coffman.*



Instant Piano for Hopelessly Busy People

Learn to play piano the way professionals do—using chords. 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-228: Sat, Nov 11 9 am-12 pm \$59
Min 6 / Max 20 Register by Nov 3
Virtual via Zoom

Instant Guitar for Hopelessly Busy People

Age 13+

Have you ever wanted to learn the guitar but simply find it difficult to find the time? This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

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-229: Sat, Nov 11 1-3:30 pm \$59
Min 6 / Max 15 Register by Nov 3
Virtual via Zoom



First Aid CPR AED Training



HEARTSAVER First Aid CPR

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.

Min 4 / Max: 20 Register by Sept 13 / Oct 25
Taught by Shelly Nahan - RN, BSN, PHN

Certified

6:30-9 pm \$55

F-253: Wed, Sept 20 @ Waconia MS D-110

F-254: Wed, Nov 1 @ Bayview Media Center

Non Certification

A great class to learn how to respond to emergencies without the cost and need of certification!

6:30-8:30 pm \$30

F-255: Wed, Sept 20 @ Waconia MS D-110

F-256: Wed, Nov 1 @ Bayview Media Center

Adult Enrichment

Finance, Business & Technology



Grow Your Business with Instagram

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. You'll learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

Nickie Welsh - Social Club Simple

F-226: Tues, Sept 12 12-1pm \$20 Online via Zoom
Zoom Link: <https://us02web.zoom.us/j/84961942887>
No password required. Min 1 / Max 20 Register by Sept 5

My Kid Wants To Be a YouTuber - Help!

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel. You'll learn how this hobby can become a practical career, safety practices, and even create fun videos! Parents will leave the class with helpful guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2023. Please note, children must be age 13 and have parental permission to start a YouTube channel.

Nickie Welsh - Social Club Simple

F-226.5 Thur, Oct 5 12-1pm \$20
No password required
Min 1 / Max 20 Register by Sept 28
Online via Zoom
<https://us02web.zoom.us/j/86282067957>



High School Grad/College Students Financial Literacy

An educational workshop hosted by a Certified Financial Planner™ to improve financial confidence in young adults. Learn how to speak the language, tips on how to get started now, and insights on how to make the most of your finances for the rest of your life. By the end of the workshop you will be ready to take control of your money confidently.

Dan Monahan - Financial Advisor

F-242: Sept 12 & 19 6-7 pm \$10 Bayview Media Center
Min 2 / Max 15 Register by Sept 5



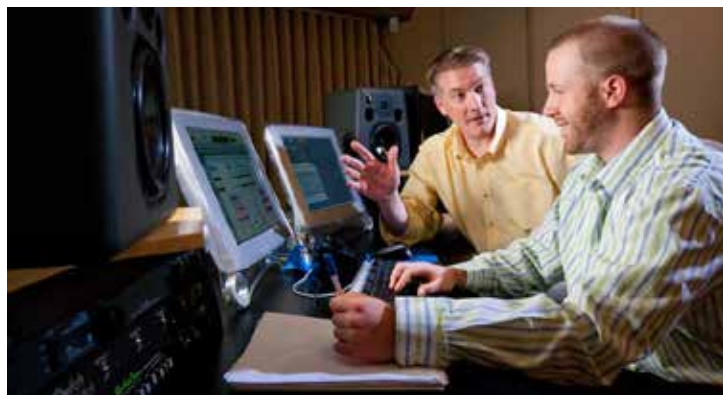
Need-to-know Changes in the College Planning Process Virtual Zoom

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. 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!

Cozy Wittman speaks nationally about college, and is passionate about educating families about the process to find the right fit and dispelling myths that cost families money! She is a mom of 5 kids with very different goals for college so she is no stranger to the challenges herself.



F-222: Mon, Oct 2 7-8 pm \$10 Online via Zoom
Min 1 / Max 50 Register by Sept 26



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.

Such a Voice

F-245: Tues, Oct 17 6:30-8:30 pm \$20 Bayview Media Center
Min 4 / Max: 20 Register by Oct 10

Business Owners Financial Literacy

An educational workshop hosted by local experts to discuss important steps to take when starting, growing, or selling a business. We will discuss best practices for each phase in the life of a business while also highlighting common mistakes to avoid.

Dan Monahan - Financial Advisor

F-243: Oct 3 & 10 6-7pm \$10 Bayview Media Center
Min 2 / Max 15 Register by Sept 26

Let' Talk About Medicare

As you get closer to 65, the amount of information you receive concerning Medicare can make the process of applying very confusing. This is an educational meeting about Medicare and Medicare insurance that will answer your questions. We will discuss what Medicare covers, what it costs, and how and when to enroll. We will also review the types of Medicare insurance available and the factors to consider when deciding what type of plan is best for you.

Tom Hill and Jill Ehrman, True Partners Insurance Brokers

F-246: Mon, Oct 23 6-7:30 pm \$5 WHS B-107
Min 2 / Max 20 Register by Oct 16

Seasoned Driver Training Programs

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.

8 Hour (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.

MN Safety Council

F-247: Oct 11 & 12 1:30-5:30 pm

F-248: Nov 8 & 9 5:30-9:30 pm

\$230 Min 20 / Max 30 Register by Oct 4, Nov 1

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.

F-249: Sept 19 5:30-9:30 pm

F-250: Oct 10 5:30-9:30 pm

F-251: Nov 2 5:30-9:30 pm

F-252: Dec 19 1-5 pm

\$30 Min 15 / Max 50 Register by Sept 12, Oct 3, 26, Dec 12



Adult Enrichment

Trips & Outings

Pick up: 10:30 am, Drop off: 4 pm at Mackenthun's parking lot, by Hometown Bank.

Trips may fill prior to the deadline listed. Special dietary meals available by request ahead of time



Beat Boom

Thurs, August 17

The British Are Coming! Our destination is the Ives Auditorium in Bloomington where we'll begin with an included lunch of Quartered Rotisserie Chicken, Teriyaki Salmon, served with Garlic Mashed Potatoes, Roasted Vegetables, Orange Poppy Seed Salad, Dinner Rolls, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea. Then we'll head to the theatre for Beat Boom: A British Invasion Celebration.

Pop culture in the U.S. was forever changed with the debut of the Beatles on the Ed Sullivan Show in 1964. Within a week, British pop music swept across America and dominated the charts. Beat Boom showcases your favorite Sidekick Theatre musicians performing iconic songs from the British Invasion, including "You Really Got Me" (The Kinks), "Satisfaction" (The Rolling Stones), and "Do Wah Diddy Diddy" (Manfred Mann).

F-230 \$98 Register by Aug 10

Church Basement Ladies: A Mighty Fortress Is Our Basement

Wed, September 27

Back by popular demand! The Church Basement Ladies are at it again! After an included lunch buffet at Q. Cumbers, which features a 50 foot long salad bar, a variety of hot entrees, soup and ice cream/desert bar, we're on our way to the Ames Center in Burnsville for A Mighty Fortress Is Our Basement!

It's 1960 and Beverly gets her first pair of high heels for confirmation, Pastor announces his impending nuptials, Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money, and Mrs. Engelson embarks on a spontaneous driving lesson. In the rural church basement in the spring, a reformation is underway, and your favorite Church Basement Ladies are facing it head-on. Through it all these "bulwarks never failing" stand strong in their faith and in their friendships.

F-231 \$98 Register by Sept 20



The Marvelous Wonderettes

Wed, October 25

We saw this show at the Plymouth Playhouse in 2017. I'm excited to see it at the Ives Auditorium in Bloomington where we'll begin with an included lunch of Creamy Chicken Breast, served with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea. Then we'll head to the theatre for The Marvelous Wonderettes.

This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet Betty Jean, Cindy Lou, Missy, and Suzy, four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves the girls serenade us with classic '50s hits including "Lollipop," "Dream Lover," "Stupid Cupid," and "Lipstick on Your Collar." In act two, the Wonderettes reunite to take the stage and perform at their ten-year reunion. We learn about the highs and lows the girls have experienced in the past decade and are charmed to find that no matter what life throws their way, they will conquer it together. Featuring over 30 classic '50s and '60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane!

F-232 \$92 Register by Oct 18

Honky Tonk Holiday

Thurs, December 7

Our destination is the Ives Auditorium in Bloomington where we'll begin with an included lunch of Cranberry Roast Chicken, Cheesy Potatoes, Green Bean Amandine, Winter Salad, Dinner Roll, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea.

Then we'll head to the theatre for Honky Tonk Holiday. 'Tis the season for a hootenanny! Celebrate the most wonderful time of the year with this funny, heartwarming musical extravaganza.

It's the perfect way to get into the spirit of the holiday season. Whether you enjoy good old-fashioned country Christmas songs or you like contemporary holiday tunes with a distinctly Nashville twist, you won't want to miss out on our Honky Tonk Holiday!

F-233 \$98 Register by Nov 30



Online Health & Wellness

Classes meet 6-7:30 pm \$25 per class Min 1 /Max 25



With 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.

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-234: Tues, Sept 26 Register by Sept 19

De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

F-235: Tues, Oct 30 Register by Oct 23

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-236: Tues, Nov 28 Register by Nov 21

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 more.

F-237: Wed, Dec 13 Register by Dec 6

**District #110 Community Education & Recreation**

(952) 442-0610

www.waconiacommunityed.org

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Waconia, MN 55387

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WACONIA, MN 55387

ECRWSS

Waconia Nickle Dickle Day

Saturday, September 16

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

10K, 5K Run/Walk & Youth ½ Mile Tickle Run

Online registration & shirt samples will be available the week of July 25th!

Short and long sleeve t-shirts available. Kids shirts are 50/50 royal blue and adult sizes are royal blue tri-blend.



Run Entry Information

All runs begin and end at Bayview Elementary School

5K & 10K Run

10K Run/Relay starts at 8 am

5K Run/Walk starts at 8:10 am

Race packet pick up in the gym 6:30-7:45 am

\$26 with shirt on/before Aug 31 \$31 after Aug 31

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

½ Mile Tickle Run

Race Starts at 10:15 am

Race packet pick up in the gym 8:45-9:45 am

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

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



Register Today!

Mail or Drop Off ISD 110 Waconia Community Ed, 516 Industrial Blvd, Waconia MN 55387

Fax with credit card info 952-442-0619

Register/download a form www.waconiacommunityed.org

or scan the QR code

