



engage • inspire • enrich

Beginner Tae Kwon Do (ages 6+)

Enjoy a family-friendly atmosphere and experience a good physical workout and all the benefits of martial arts training, including respect, focus, discipline, self-control and more. White Belt included. T-shirts and uniforms may be purchased from the instructor. *Phil Tobey*

Mon | Nov 7-Dec 19 | 5:40-6:25pm | 7 ses | \$59
RMS | YTAEB1-F5

Thu | Nov 10-Dec 22 | 5:40-6:25pm | 6 ses | \$52
RMS | skip Nov 24 | YTAEB1-F7

Sat | Nov 12-Dec 17 | 11-11:45am | 5 ses | \$45
RMS | skip Nov 26 | YTAEB1-F8

Tue | Nov 15-Dec 20 | 5:40-6:25pm | 5 ses | \$45
RMS | skip Dec 13 | YTAEB1-F6



Thanksgiving Craft Party (ages 4-9)

Celebrate Thanksgiving early while mom and dad finish the holiday preparations. You make some of the decorations! Create a turkey that will be a wonderful addition to any Thanksgiving table! Great class for siblings to attend together. *Kidcreate instructors visit www.kidcreatestudio.com.*

Sat | Nov 12 | 9am-12pm | \$35 | FRMS | YKCTCP-F1

Gymnastics: Beginner to Advanced (boys and girls ages 5-13)

Learn gymnastics skills from a team of superbly trained instructors. Boys and girls of all abilities will develop skills in vaulting, tumbling, mini-tramp, balance beam and floor exercise. Program is open to youth seeking fun exercise or those wishing to compete. *Jason Passeri*

Students will be grouped by levels:

Beginner (ages 5-13) Develop awareness in flipping, spinning and turning. Class is designed for students with little or no gymnastics experience. Learn the basic skills on floor, bars, beam and vault, including splits, bridges, rolls, cartwheels, pullovers and squat-ons.

Intermediate (ages 7-13) Enhance and develop new skills in tumbling and in all other Olympic events (e.g., uneven bars, beam).

Advanced (ages 7-13) Learn new and complicated skills safely at an advanced level with spotting and instruction.

Mon | Nov 14-Jan 9 | 7:30-8:30pm | 7 ses | \$79
RHS | skip Dec 26, Jan 2 | YGYMNA-F5



TV Cooking Show Fun (grades 6+)

It's *Cupcake Wars* and *Chopped*, live! Learn about food prep, presentation and food descriptions. Compete in teams to plate up some extraordinary cupcakes to be judged for perfection. Also, discover unique ways to combine your mystery basket ingredients into a tasty dish. Time's

up, let's have some fun! *Mitch Dinse is an education major at University of Wisconsin-River Falls.*

Sat | Nov 12 | 9am-12:30pm | \$35 | FRMS | YWNTV-F1

Plan ahead for winter break ...

Unicorns and Fairy Friends Art Camp (ages 4-9)

Tue & Wed | Dec 27-28 | 9am-12pm
2 ses | \$69 | AVCC

Camp Christmas (ages 4-9)

Tue & Wed | Dec 27-28 | 1-4pm
2 ses | \$69, \$65 add'l child | AVCC

Rainforest Journey (ages 3½-6)

Thu | Dec 29 | 9:30-11:30am | \$21 | AVCC

A Day with Monet (ages 5-12)

Thu | Dec 29 | 10am-3pm | \$35 | AVCC



register now

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new LEGO® Super Hero Academy
(dads and boys, grades 3+)

It's a boys night out and time to create something super cool! Build super heroes with LEGO bricks. Explore all the caped crusaders and discover their super powers. Create a fantasy world and protect against all evil arch enemies with custom contraptions made with LEGO bricks. *Bricks 4 Kidz instructor*

Wed | Nov 16 | 6:30-8:30pm | \$29
DHMS | YB4KSH-F1

Champion Youth Karate

Learn safety awareness and self-defense skills and combinations. Reinforce important goals promoted in our schools today: self-control, communication, positive self-esteem, responsible citizenship, drug avoidance and personal safety. Self-discipline and defense, rather than aggressiveness, are promoted. Wear loose-fitting clothes. Uniforms are optional and available from the instructor for \$30. There is no charge for the belt test. *Norm Rolando (Mondays) is an 8th degree Black Belt in Kenpo Karate. He is the owner of Champion Youth Karate and has over 50 years of martial arts experience teaching children and adults. He focuses on human motor learning. Dennis Bechly (Thursdays) is a 2nd degree Black Belt and has over ten years of experience in Kenpo Karate and has coached a wide variety of youth activities.*

Beginners (ages 5-12)

Mon | Nov 28-Jan 30 | 6-6:40pm | 8 ses | \$55
BHMS | skip Dec 26, Jan 2 | YCHMPA-F3

Thu | Dec 1-Feb 2 | 6:10-6:50pm | 8 ses | \$55
CP | skip Dec 22 | YCHMPA-F4

Advanced (ages 5-12)

Mon | Nov 28-Jan 30 | 7:40-8:20pm | 8 ses | \$55
BHMS | skip Dec 26, Jan 2 | YCHMPC-F3

Thu | Dec 1-Feb 2 | 7:50-8:30pm | 8 ses | \$55
CP | skip Dec 22 | YCHMPC-F4

Returning (ages 5-15)

Mon | Nov 28-Jan 30 | 6:50-7:30pm | 8 ses | \$55
BHMS | skip Dec 26, Jan 2 | YCHMPR-F3

Thu | Dec 1-Feb 2 | 7-7:40pm | 8 ses | \$55
CP | skip Dec 22 | YCHMPR-F4

Swim Lessons

Every child deserves a chance to learn to love the water. Learning to swim with District 196 Community Swim Lessons is the place to start! Our caring and dedicated instructors are trained by the American Red Cross to help your child enjoy developing swimming and water safety skills in our positive learning environment. *Be Water-Smart* safety topics are included in all classes including basic water safety, healthy swimming, safe water entry, helping yourself and others in an emergency, use of lifejackets, safe weather conditions for swimming and waterpark safety. Group lessons have five students per instructor, semi-private and private lessons available.

Mon & Wed | Nov 28-Dec 21
45 minute lessons from 5:15-8:35pm
8 ses | \$77 | BHMS

Tue & Thu | Nov 29-Dec 22
45 minute lessons from 5:15-8:35pm
8 ses | \$77 | SHMS



Key Log Rolling: A Traditional North Woods Pastime

Take a Class to Develop Your Skills!

Sat | Nov 12-19 | 1-2pm | 2 ses | \$21 | BHMS | QLOG-104

Sun | Nov 13-20 | 5:30-6:30pm | 2 ses | \$21 | SHMS | QLOG-114

Introduction to Competitive Swimming

Experience competitive swimming at an entry level participating in REvolution swimming practices. Practices are held Monday through Thursday evenings and focus on drills to develop proper technique as well as strength and endurance for competitive swimming. **Choose two days per week that fit your schedule.** Participants are invited to participate in a swim meet and the end of the session. Sorry, no early bird discount.

Mon, Tue, Wed & Thu | Nov 7-Dec 3 | skip Nov 8, 23, 24, 26
All practices Nov 14, 15 & 17 at DHMS

End of Session Swim Meet Sat | Dec 3 | 12-2pm | VMS

Grades 3 & 4 | Mon-Thu | 6:15-7:30pm | \$55 | DHMS | QIREVF34D-202

Grades 3 & 4 | Mon-Thu | 6:15-7:30pm | \$55 | VMS | QIREVF34V-202

Grades 5 & 6 | Mon-Thu | 6:15-7:45pm | \$65 | DHMS | QIREVF56D-202

Grades 5 & 6 | Mon-Thu | 6:15-7:45pm | \$65 | VMS | QIREVF56V-202

Parents ... be the best parent you can be!

Executive Functioning and Self-Regulation Skills: What They are and Why You Should Care

Does your child struggle with controlling his or her behavior, attention or emotions? Are teachers telling you your child is struggling to organize school work and work independently? Not sure how to help? Discover strategies and activities you can use at home or school on a daily basis. *Meets criteria for Occupational Therapy and Minnesota teacher licensure renewal in Positive Behavior and is approved for 2 CEUs. Paige Hays is an occupational therapist with extensive experience working with children with developmental needs.*

Wed | Nov 16 | 6-8pm | \$19 | FRMS | APPEF-F1



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