

family fun & learning

Spring 2017



new **Spectacular Spring Art for Little Doodlers**
(parents and children ages 2-5)

Paint a sunburst, make clay dogs, create colorful fish in their aquarium and more! Springtime is the perfect time to explore art that everyone will love. *Abrakadoodle instructors use imaginative curriculum to introduce children to different materials, artists and art techniques using tempera paints, markers, oil pastels, clay and other art materials. Most projects are framed.*

Sat | Apr 22 | 9:30-10:15am | \$59 | DVLC | YABSS-S1

Mini Masters (parents and children ages 18 mos-6 yrs)

Make friends with Picasso, Monet, Matisse, Van Gogh and other famous artists. Enjoy painting, cutting, scribbling and giggling while creating fantastic works of art. Books and examples of masterpieces will educate and delight your child during this fun-filled class. Create along with your favorite adult. *Kidcreate Studio's instructors help kids 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. Curriculum is age appropriate and designed to inspire.*

Sat | Apr 22-May 13 | 9:30-10:30am | 4 ses | \$59 | DVLC | YKMMM-S1



Playdate with Mommy Art
(parents and children ages 18 mos-6 yrs)

In honor of Mother's Day, spend some creative time with your mom. Create a beautiful, decorative garden stone keepsake together! *Kidcreate Studio instructor*

Thu | May 11 | 9:30-10:30am | \$15
AVCC | YKCPD-S1

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 is certified in martial arts. He is a Black Belt in Tae Kwon Do and has more than 20 years of experience practicing and teaching martial arts.*

Sat | Apr 8-Jun 24 | 11-11:45am
11 ses | \$94 | RMS | skip May 27 | YTAEB1-S4

Mon | Apr 10-Jun 26 | 5:40-6:25pm
10 ses | \$86 | RMS | skip May 15, 19 | YTAEB1-S1

Tue | Apr 11-Jun 27 | 5:40-6:25pm
9 ses | \$77 | RMS | skip May 2, 16, 23 | YTAEB1-S2

Thu | Apr 20-Jun 29 | 5:40-6:25pm
9 ses | \$77 | RMS | skip May 11, 18 | YTAEB1-S3

Cupcake Exchange
(parents and children ages 6+)

Stir up your own batch of cupcakes and share with your class. Homemade frosting, decorations and more will help showcase each cupcake. Use a variety of decorating techniques like: fondant, piping, flowers and more. A great way to sample multiple flavors and techniques. *Kristy Hemphill has an Elementary Education degree and is working towards a Masters in Education. She teaches preschool and family programs throughout Apple Valley.*

Fri | May 5 | 6-8pm | \$39 | SHMS | YKHCE-S1



register now

visit www.district196.org/ce call 651-423-7920



Daddy/Daughter Dance

dads and daughters ages 3-11



Saturday
April 22
6-8pm

\$35 dad and daughter, \$19 add'l child

FRMS | Falcon Ridge Middle School
12900 Johnny Cake Ridge Rd, Apple Valley
East Entrance/Back Lower Level

Enjoy a magical night out with that special little girl in your life!

District 196 Community Education is hosting its tenth annual Daddy/Daughter Dance. Dad not available? Invite your grandpa, uncle or favorite guy as your escort! Princess attire is recommended for girls, but not required. A photo keepsake will be provided for each couple.

A DJ will play your favorite tunes from every era. Face Painting by Tracie will paint girls' faces and girls will have the opportunity to have their fingernails polished - all for a small additional fee. Pretty princess accessories will also be available for purchase and refreshments will be served. Register early, as space is limited.

Proceeds benefit Community Education youth enrichment class scholarships.



Explore the Cosmos (families, ages 5+)

Join us for an evening under the night sky, as we try to catch a view of Mars as it sets soon after sunset while Jupiter is visible all night. Explore the night sky, from Hercules to Leo and Ursa Major (the Great Bear or Big Dipper) - searching out star clusters, nebula and, perhaps, a nearby galaxy. A large telescope will be provided. Class meets outdoors; please dress for the weather. Make-up date is Friday, June 2, if the weather is cloudy. *Stephen Engel holds a physics degree from the University of Minnesota and enjoys astronomy and computer science. Steve has been an instructor for over 20 years and has taught thousands of students.*

Fri | May 26 | 8:30-10pm | \$20 family
BHMS | YSEEC-S1

Family Yoga (parents and children grades K-5)

Have fun with the whole family! Learn simple breathing techniques, yoga poses, games to develop social/emotional skills, relaxation techniques and storytelling that will benefit everyone. Learn together and develop healthy habits for a lifetime of wellness. Reduce stress, increase attention and create calmer homes and more productive school environments. Bring a yoga mat or towel and wear comfortable clothing. *Anna Hayek is a certified yoga instructor and is skilled in a variety of yoga forms including gentle, hatha, vinyasa and kids' yoga. She is also a Yoga Calm Certified Youth Instructor.*

Wed | May 3-24 | 5:45-6:45pm
4 ses | \$35 adult-child pair, \$17.50 add'l child
DR | APHYC-S1

Golf Lessons (parents and children ages 5-14)

It's tee time! Develop the skills to learn a life-long sport to enjoy with that special adult in your life. Lessons are designed to provide a solid introduction to the game of golf for a junior golfer and adult. Practice putting, chipping, full swing I and II, safety, terminology and etiquette. Emphasis is on helping you feel comfortable and competent on the golf course. Fee includes: four, one-hour lessons, a three-hour on-course lesson, use of all equipment, a youth t-shirt and a bag tag. Makeup for rainout days in the May session will be held on June 17. *Barry Wallin, PGA golf professional, is a two-time MN State High School Golf Coach of the Year. He and his select staff of experienced instructors are excellent at working with youth golfers.*

Sat | 5 ses | \$40 per person
May 13-Jun 10 | skip May 27

1:30-2:30pm YBWPCG-S1
2:30-3:30pm YBWPCG-S2
3:30-4:30pm YBWPCG-S3
4:30-5:30pm YBWPCG-S4

and a 3 hour course lesson on Jun 19, 20 or 24 at 6pm



Learn to Love to Swim: Swim Lessons for All Ages and Abilities

Learn to swim in District 196 Community Swim Lessons. Our caring and dedicated instructors are Red Cross-trained to help you and/or child enjoy developing swimming and water safety skills in our positive learning environment. Community Swim Lessons are offered for children ages six months and older, teens and adults. Lessons are also available in formats for youth with special needs and in a women-only format.

Mon & Wed | May 3-31 | evening | skip May 29 | BHMS

Tue & Thu | May 9-June 8 | evening | skip May 18, 25 | SHMS

Rent
the Pool
for a Group
Experience!
call
952-431-8777



Open Swims

Bring your friends and family for fun in the pool. Locker rooms will be available for changing.

- We are not responsible for any lost or stolen articles. Please leave valuables at home.
- All swimmers unable to swim the width of the pool must be accompanied in the water by an adult or be able to stand on the bottom of the pool (48").
- Only U.S. Coast Guard approved floatation devices may be used in district pools.
- No inner tubes, air mattresses, full-face masks, or snorkels are allowed at open swims.
- Additional pool regulations may be posted at the pools.
- Family rate applies to parents/guardians and children. This rate does not apply to extended family.
- Pay lifeguard at the pool (cash, check, credit card or money order).

For more information visit www.district196.org/swim or call 952-431-8777.

Fees

Ages 3 and under.....	Free
Ages 4 & 5.....	\$6
Ages 6+	\$7
Family	\$18
Ten Individual Passes	\$55
Learn to Log Roll	\$5
Log Rolling Wristband	\$3

Schedule

Fri | Apr 7-May 12 | 6:30-8pm
SHMS | skip Apr 14, 21

Sat | Apr 8-May 13 | 2:30-4pm | SHMS

Sun | Apr 2-May 14 | 1-2:30pm
BHMS | skip Apr 16

Women Only Open Swims

Sun | Apr 2-Jun 4 | 1-2:30pm
FRMS | skip Apr 16, May 28

Log rolling! (ages 7-adult)



Calling all lumber Jacks and lumber Jills ... experience the fun and challenge your log rolling skills! Improve core strength, balance, footwork, agility and cardio, but mostly it's just fun! With the help of the yellow resistance fins (like training wheels) no prior skill or experience is necessary. Wear swimwear or spandex style athletic wear. Participants must be comfortable being in the water.

Learn to Log Roll at Open Swim (limited to 10)

\$5 wristband for 30 minutes instruction plus one hour of rolling time.
\$3 wristband for one hour of rolling time.

Take a Class to Develop Your Skills!

Key Log Rolling: A Traditional North Woods Pastime

Sat | Apr 8-15 | 1-2pm | 2 ses | \$21 | BHMS | QLOG-301

Sat | Apr 29-May 6 | 1-2pm | 2 ses | \$21 | BHMS | QLOG-302

parents learn it for your family

ADHD Tools and Techniques

Learn tools and techniques to support those with ADHD, from preschool age to adulthood. Discuss ADHD, treatment options and how to implement potential positive results within household dynamics and schoolwork assignments. Each age group requires different interventions and support. Discover clear guiding principals of support and interventions to help individuals of all ages become successful. **Meets criteria for Minnesota teacher licensure renewal in Differentiation and is approved for 1.5 CEUs.** *Judith Richardson-Mahre holds a master's degree in marriage and family counseling, and is a practicing parent and ADHD coach with Partners in Parenting. She co-facilitates the SE Metro ADHD Connection and is passionate about helping people with ADHD see their strengths and abilities while supporting them through their struggles.*



Tue | Apr 11 | 6:30-8pm | \$19 | FRMS | ARMTT-S1

new Organized and Smart Kids

Do you know the three highly effective habits of organized kids? Learn the five things that kids need to bring to school every day, good time management for yourself and your child, and how to help your kids create schedules, homework and quiet study spaces. Also, learn how to make and set rules for cell phones, iPads and computers. **Meets criteria for Minnesota teacher licensure renewal in Positive Behavioral Intervention and is approved for 1.5 CEUs.** *Gail Marek is a member of the National Association of Professional Organizers and has degrees in Business Management and Speech Communications from St. Cloud State University. She has been organizing offices and papers since 1989 and speaking in front of groups for six years.*



Thu | Apr 20 | 6:30-8pm | \$19
RMS | AGMOK-S1

Emotions! Helping Children Identify, Share and Cope

Acquire information and tools to help children identify and communicate their emotions. Identify coping strategies that can assist children in understanding how to deal with their emotions. Learn tangible new strategies that can be implemented immediately. Focus is on children ages two to ten years old and is on education, not therapy. **Meets criteria for Minnesota teacher licensure renewal in Positive Behavioral Intervention and is approved for 1.5 CEUs.** *Sarah Leitschuh is a licensed marriage and family therapist. She has over five years therapy experience working with children, adolescents and their families. Sarah currently practices therapy in Eagan.*



Mon | Apr 24 | 6:30-8pm | \$19 **\$15 register by Apr 17**
FRMS | ASEHC-S1

new Electronic Addiction: How To Break Free From Battles Over Screens

Have you ever tried to limit electronics, but then gave in because your child wouldn't stop badgering you? Do you feel guilty for sometimes "giving in" so your child is entertained rather than complaining? There is a real "addictive" quality to electronics and a proven, step-by-step protocol to restore health and harmony to families. Receive solutions from the *Free Your Family From Electronic Addiction* protocol that are key to having a calmer, more cooperative child with healthy boundaries around electronic usage. *Barb Andrus, BS, CAPS, is a certified Mad2Glad Parent Coach whose passion is teaching practical ways to achieve peace and harmony within families. As a child and family specialist for over 35 years, she is skilled at helping parents understand how the brain works and improving relationships with their children.*



Thu | May 11 | 6:30-8pm | \$19 **\$15 register by May 4**
FRMS | ABAEA-S1



register now

visit www.district196.org/ce call **651-423-7920**

District 196 does not discriminate in employment or in any of its programs and activities, including vocational opportunities, on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, familial status, membership or activity in a local human rights commission, disability, sexual orientation, age or genetic information. District 196 provides equal access to designated youth groups. The Director of Human Resources, Tom Pederstuen (651-423-7859 – tom.pederstuen@district196.org) has been designated to respond to employment-related inquiries regarding the non-discrimination policies. The Director of Elementary Education, Sally Soliday (651-423-7782 – sally.soliday@district196.org) and the Director of Secondary Education, Dr. Mark Parr (651-423-7712 – mark.parr@district196.org) have been designated to respond to student-related inquiries regarding the non-discrimination policies. The Director of Special Education, Mary Kreger (651-423-7629 – mary.kreger@district196.org) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068