

# family fun & learning

Winter 2017

ROSEMOUNT • APPLE VALLEY • EAGAN



# community education

engage • inspire • enrich

## Fabulous Art 1 for Little Doodlers (parents and children ages 2-5)

Picasso, Monet and you! Yes, you can create fabulous art, too! Create a silly monster, watercolor birch trees and paint a colorful abstract scene on a canvas board, using masking tape. *Abrakadoodle is a special art program developed for children. Through imaginative lessons, children develop creativity. Each lesson introduces children to a different material and a different artist or art technique. Create unique masterpieces using tempera paints, markers, oil pastels, clay and other art materials. Most projects are framed.*

Sat | Jan 21-Feb 11 | 9:30-10:15am | 4 ses | \$59 | DVLC | YABFA-W1

## Fabulous Art 2 for Little Doodlers (parents and children ages 2-5)

Clay, paint and creativity, oh my! The elements of art are endless. Discover the process of developing secondary colors, paint ice cream cones, mold a cute pot or basket with clay, and paint with your hands. It doesn't get more fun than that! *Abrakadoodle instructor*

Sat | Feb 25-Mar 18 | 9:30-10:15am | 4 ses | \$59 | DVLC | YABFA2-W1

## **new** Grandparent and Me Messy Time (grandparents and children ages 18 mos-6 yrs)

Grandparents can't say no to watching their grandkids make a mess! Create right along with your special family member, as you eagerly explore four messy stations. Dabble with gooey gunk, play with clay and more. Making a mess is the best! *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. 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! Visit [www.kidcreatestudio.com](http://www.kidcreatestudio.com).*

Tue | Jan 31 | 9:30-10:30am | \$15 | AVCC | YKCGM-W1

## Valentine's Day Craft Party (parents and children ages 18 mos-6 yrs)

Nothing says "I love you" like a homemade Valentine's Day gift! Show your favorite valentine how much you love them by making them a heart themed bowl out of clay. Not only will the bowl be made with love, it will be filled with kisses ... Hershey® Kisses! Yum! Create with your favorite adult helper. *Kidcreate instructor*

Tue | Feb 14 | 9:30-10:30am | \$15  
AVCC | YKVCV-W1

## **new** Humpty Dumpty (parents and children ages 18 mos-6 yrs)

Play along and create art inspired by this famous nursery rhyme. Create a 3D diorama of Humpty Dumpty before his big fall. Humpty Dumpty never looked better! Spend time with your favorite adult helper. *Kidcreate instructor*

Tue | Feb 28 | 9:30-10:30am | \$15  
AVCC | YKCHD-W1



## Super-Duper Messy Art (parents and children ages 18 mos-6 yrs)

Enjoy many super-duper messy experiences while creating fantastic works of art. Paint, sculpt, scribble and giggle your way to discovering mess making at its best. Create along with your favorite adult. *Kidcreate instructor*

Sat | Mar 4-Apr 1 | 9:30-10:30am | 4 ses | \$59  
DVLC | skip Mar 25 | YKCS-D-W1



## **new** Picasso Times Two! (parents and children ages 6-12)

Bring your favorite grown-up and share a memorable day painting your very own acrylic canvas print! Painting is for everyone, no experience necessary, as you will be guided step-by-step in the creation of your own masterpiece. Be amazed at your very own work of art! *Watch Me Draw! instructors provide a progressive, art-enriched experience designed to build solid drawing skills and artistic confidence in every child.*

Location: 20908 Holyoke Ave, Lakeville

Sat | Feb 4 | 10am-12pm  
\$39 adult-child pair, \$13 add'l child | YWDP-W1



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visit [www.district196.org/ce](http://www.district196.org/ce) call 651-423-7920

## 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. *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 | Jan 25-Mar 1 | 5:45-6:45pm  
6 ses | \$49 adult-child pair, \$24.50 add'l child  
DR | APHYC-W1

Wed | Mar 8-Apr 26 | 5:45-6:45pm  
6 ses | \$49 adult-child pair, \$24.50 add'l child  
DR | skip Mar 29, Apr 5 | APHYC-W2

## Aztec Dancing and Drumming (all ages)

Explore the culture and philosophy of the Aztecs. Learn several dances, songs and drumming techniques. Develop stamina and stronger cardio. First hour is for beginners to learn each dance step by step. The remainder of the class will be spent dancing and practicing all of the new steps. *Socorro Cruz, Leslie Alvarez and Francisco Alvarez have been dancing and teaching for over ten years in the Twin Cities. They have held many workshops and performances at schools, events and celebrations.*

Sat | Jan 14-Mar 18 | 10:30am-12:30pm | 9 ses | Free  
SV | skip Feb 18 | AADD-W1

## Unicycle (ages 6+)

Anyone can ride on two wheels, but riding on one wheel ... now, that's "uni"que! Ages 6 to 96 can learn the basics of riding a unicycle! Unicycling is an awesome individual or family activity that gets everyone moving and having fun! Unicycles are provided. Class meets indoors in the gym. *Twin Cities Unicycle Club holds over 30 national titles and over 15 world championships.*

Wed | Feb 15-Mar 22 | 6:30-7:30pm | 6 ses | \$25  
PW | YTCUNI-W1

## 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.*

Mon | Jan 9-Mar 13 | 5:40-6:25pm | 8 ses | \$69  
RMS | YTAEB1-W1

Tue | Jan 10-Feb 21 | 5:40-6:25pm | 7 ses | \$59  
RMS | YTAEB1-W2

Sat | Jan 14-Mar 4 | 11-11:45am | 8 ses | \$69  
RMS | YTAEB1-W4

Thu | Jan 26-Mar 16 | 5:40-6:25pm | 7 ses | \$59  
RMS | skip Feb 9 | YTAEB1-W3



## Kung Fu

Kung Fu teaches awareness of self and surroundings and improves self-esteem and confidence. Focus on developing concentration, discipline, coordination and leadership skills for a healthy mind and body. Improve your strength, flexibility and endurance. Learn the lifelong benefits of the Chinese art of self-defense and fitness. Uniform and White to Black Belt certification are optional at an additional cost payable to the instructor. *Si-Fu Al Lam is the director of National Treasure Kung Fu, Inc. He has more than 25 years of teaching experience with youth and adults. He has been awarded Instructor of the Year by the U of M Recreation Sports Department.*

Fee: \$79 | 7 or 8 ses

### Beginner-Green Belt (ages 13+)

Thu | Jan 26-Mar 23 | 6:15-7pm | DHMS | skip Feb 9 | YKNGF-W2

Sat | Jan 28-Mar 18 | 9:30-10:15am | TL | skip Mar 4 | YKNGF-W3

Mon | Jan 30-Mar 20 | 6:15-7pm | GL | skip Feb 20 | YKNGF-W1

### 2nd Green-Black Belt (ages 13+)

Thu | Jan 26-Mar 23 | 7-7:45pm | DHMS | skip Feb 9 | YKNGG-W2

Sat | Jan 28-Mar 18 | 10:15-11am | TL | skip Mar 4 | YKNGG-W3

Mon | Jan 30-Mar 20 | 7-7:45pm | GL | skip Feb 20 | YKNGG-W1

### Instruments and Sparring (ages 5-adult)

Thu | Jan 26-Mar 23 | 7:45-8:30pm | DHMS | skip Feb 9 | YKNGE-W2

Sat | Jan 28-Mar 18 | 11-11:45am | TL | skip Mar 4 | YKNGE-W3

Mon | Jan 30-Mar 20 | 7:45-8:30pm | GL | skip Feb 20 | YKNGE-W1

## Explore the Cosmos (families, ages 5+)

Join us as we explore the winter constellations and more, from the Big Dipper to Taurus the Bull and Orion the Hunter. Explore the Pleiades Cluster, the Great Orion Nebula and the red giant star, Betelgeuse. Try to catch a glimpse of the planets Venus and Mars, as they creep back into the evening sky. At least one large telescope will be provided for viewing. Class meets regardless of weather. In the event of cloudy weather, indoor activities are planned. A make-up date for observing with telescopes will be March 3. *Stephen Engel holds a physics degree from the University of Minnesota and enjoys astronomy and computer science.*

Fri | Feb 24 | 7-8:30pm | \$20 family | AVCC | YSEEC-W1



**new** **Do Dads-Hairstyling for Dads (dads and children ages 4+)**

Dads are great at lots of things, now let's add hairstyling to the list. Let a hair brush and fancy bows be your tools for the day. Learn the basics of hair maintenance and design. Discover how to braid, put in pony tails, buns and even detangle properly, while enjoying quality time with your child. Learn tricks from an expert and practice with your child's hair as you learn. *Sandra Bethke has been a hair stylist/teacher for over 30 years.*

Sun | Feb 19 | 1:30-3:30pm | \$49 adult-child pair  
VMS | YSBDD-W1

**Home Alone (parents and children ages 8-11)**

New curriculum, more information! Prepare for being home alone ... for a few minutes, several hours or all day. Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and how to deal with home-alone feelings. Fee includes a *Home Alone* workbook. *Sandra Olson is a school nurse at Oakridge Elementary School.*

Tue | Feb 7 | 6-8:15pm | \$25 adult-child pair SHMS | YPCHA-W1

**new** **Make Your Own Lip Balm (parents and children grades 3-6)**

Never buy lip balm again! Discover the process to create your own lip balms using all-natural ingredients. Make two recipes using herbal and organic ingredients. Take home your own homemade creations. Recipes will be provided so you can create your own to keep or give as gifts. *Tiffany Ralston is a graduate student at the University of Minnesota, pursuing a Masters of Education with an emphasis in sustainability education and enjoys sharing her love of teaching.*

Sat | Feb 25 | 12:30-3:30pm | \$39 | FRMS | YTRLB-W1

**Music Electronics and Recording (ages 10+)**

Have you ever wondered how music is mixed in a studio? Quench your curiosity, and learn about the electronics used to record vocals and make CDs. Discover how to use a mixing board, edit and auto tune bad notes, and how to use different effects to sweeten sound. Understand studio effects, including looper pedals and synthesizers. Make your own CD with music you record and upload your music to the web. Previous musical experience is not required.

Location: Music Magic, 16312 Fishing Ave W, Rosemount

Tue | Feb 7-Mar 14 | 6-7pm | 6 ses | \$45 | YMIME-W1



**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 instructors believe that kids learn best through activities that engage their curiosity and creativity.*

Fri | Feb 17 | 6:30-9pm  
\$39 \$29 register by Mar 15 | DHMS | YB4KSH-W1

**LEGO® Engineering Workshop and Pizza! (moms and girls, grades 3+)**

It's a girls night out! Unleash your curiosity, creativity and reinforce STEM-based engineering principles. Build a variety of theme-based, fun-filled motorized models utilizing LEGO bricks and Technic® elements with themes such as space exploration, cranium contraptions, amazing animals, interesting inventions, construction, transportation, energy is everywhere, exploring the everglades, natural science and factory fun. Activities are designed to enhance self-esteem, self-confidence and trigger the imagination! Pizza will be served! *Bricks 4 Kidz instructor*

Fri | Mar 17 | 6:30-9pm  
\$49 \$39 register by Mar 1 | FRMS | YB4EW-W1

**Cross Country Skiing (families, ages 5+)**

Slide and glide across the trails of Lebanon Hills. Discover your love of the outdoors with your family. Enjoy a lesson guided by a naturalist who will help you get started on a life-long hobby you can enjoy with family members. Ski rental is included. *Expert park naturalists provide hands-on fun while teaching new skills.*

Location: Lebanon Hills Regional Park, Visitor Center, 860 Cliff Rd, Eagan

Sat | Jan 21 | 2-4pm | YLHCC-F1  
\$39 adult-child pair, \$15 add'l person

**Intro to Snowshoeing (families, ages 5+)**

Enjoy an evening together as a family, learning a unique skill with an educated naturalist. Make a familiar hike new again, as you forge through the snowy paths of Lebanon Hills. Snowshoeing is a great physical activity that everyone in the family can enjoy. If you can walk, you can snowshoe! *Expert park naturalists*

Location: Lebanon Hills Regional Park, Visitor Center, 860 Cliff Rd, Eagan

Fri | Jan 27 | 5:30-7:30pm | YLHSS-F1  
\$39 adult-child pair, \$15 add'l person  
\$29 adult-child pair, \$15 add'l person register by Jan 13

**new Parent Group for Gifted Children (adults)**

Interested in learning more about your Gifted Child? Consider joining a gifted parent group, SENG (Supporting Emotional Needs of the Gifted). Started in 1981, SENG parent groups bring together interested parents of gifted and talented children to discuss such topics as motivation, discipline, stress management and peer relationships. All sessions are organized around the book, *A Parent's Guide to Gifted Children*, which is included for each family. Through skilled facilitation, this group provides a non-judgmental and nurturing atmosphere. You do not need to have a formally identified GT student to participate. Multiple adults per family are welcome. *Pam McDonald is the gifted and talented coordinator for District 196 and Molly Hammell is a gifted and talented specialist at Greenleaf Elementary. They are co-facilitators of the group, both knowledgeable about parenting and about educating gifted and talented children, however, they do not attempt to give expert advice to families.*

Thu | Jan 12-Feb 23 | 6:30-8pm | 6 ses | \$129 | SHMS | ASENG-W1

**new Apps, Texts and Bullying, Oh My! (parents of school age children)**

Are you a little overwhelmed by kids' online use? Learn step-by-step how to tiptoe into this new terrain in a book club discussion of Galit Breen's book, *Kindness Wins*. Discover the most important things to teach your child so that they're prepared for the online world. Remember how grounding it was to sit at the ECFE round table and hammer out naps, schedules and snacks? Consider this the parents of school-age kids version.

- Discover the "secret" things children are doing online that you absolutely need to be prepared for.
- Enrich your older child parenting ... we need each other more than ever while parenting this new stage.
- Explore the online world via your child's eyes ... it looks very different from their point of view!
- Develop an educated parenting stance on raising your digital kids.
- Create an action plan for what topics to discuss with your kids.

*Galit Breen is a best selling author, TEDx speaker, parent educator, teacher, researcher and an Eagan mom of three. She has an MA in Education, was a reading and classroom teacher for ten years and has been freelance writing in print and online for eight years for places including: The Huffington Post; The Washington Post; Brain, Child Magazine; allParenting; Everyday Family; TIME, and more.*

Mon | Feb 6-20 | 7-8pm | 3 ses | \$55 | BHMS | YGBAT-W1

**new Adopting Healthy Food Habits for Life (adults)**

Eating a plant-based, whole foods diet of vegetables, fruits, beans, nuts, seeds and whole grains has been clinically shown to prevent and reverse heart disease, type II diabetes, obesity and decrease risk factors for cancer, stroke and numerous degenerative diseases. Knowing what's healthy and eating healthy are two different things. Discover information, skills, and resources to change your tastes, change your behavior, and gradually yet successfully adopt a plant-based whole foods diet. *Freeman Wicklund has a degree in nutrition from the University of Minnesota and has given hundreds of presentations on diet and nutrition at schools, colleges, and community groups throughout the United States. As a vegan for 28 years, he has kept his total cholesterol below 150 mg/dl, and conquered physical challenges such as hiking all 2,197 miles of the Appalachian Trail and completing five 70.3 Ironman Triathlons.*

Sat | Feb 11 | 1-3:30pm | \$19 | VMS | AFWFH-W1

Thu | Feb 16 | 6:30-9pm | \$19 | VMS | AFWFH-W2



**First Aid (adults)**

Be prepared with lifesaving skills! American Safety and Health Institute certification is valid for two years. This course is equivalent to American Red Cross First Aid. Nurses may apply for CEUs through the Minnesota Board of Nursing.

Mon | Jan 30 | 6-9:30pm | \$7 | BHMS | QFA-201

Mon | Mar 6 | 6-9:30pm | \$75 | BHMS | QFA-202

Thu | Mar 30 | 9am-12:30pm | \$75 | BHMS | QFA-203

**Renewal**

Provide verification of current certification to take the renewal course. Expired certifications must take the full course.

Sat | Mar 18 | 10-10:30am | \$35 | BHMS | QFAR-201

**CPR/AED for the Lay Rescuer - Adult, Child and Infant (adults)**

Be prepared with lifesaving skills! American Safety and Health Institute CPR/AED certification is valid for two years. This course is equivalent to American Heart Association Heart Saver or American Red Cross CPR for Lay Rescuer. Nurses may apply for CEUs through the Minnesota Board of Nursing.

Mon | Jan 23 | 6-9:30pm | \$85 | BHMS | QCPR-201

Mon | Feb 27 | 6-9:30pm | \$85 | BHMS | QCPR-202

Wed | Mar 29 | 9am-12:30pm | \$85 | BHMS | QCPR-203

**Renewal**

Provide verification of current certification to take the renewal course. Expired certifications must take the full course.

Sat | Mar 18 | 9-10am | \$55 | BHMS | QCPRR-201

## Be Happy and Organize your Home with the KonMari Method (adults)

The New York Times best seller, *The Life-Changing Magic of Tidying Up*, introduced the KonMari Method and motivated thousands of people to organize their homes, resulting in a less chaotic, happier life. Learn analytical perspectives and the process of the KonMari Method. Explore the benefits of an organized home and life. Learn the essentials of how to begin this journey to an organized life and gain motivation that will lead the way. Handouts include pointers for how to begin organizing, and how to make decisions on what to decide to do with things you find along the way. *Alicia Barevich has a master's degree in archiving and is a professional personal home organizer.*

Sat | Feb 25 | 10-12pm | \$29 | FRMS | AOHKM-W1

## Writing Your Own Will (adults)

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Don't let this happen. Learn about estates and wills, and prepare a legal will in class. Receive instructions and a professionally prepared form, have access to witnesses and a notary public. Prior to class, review the information forwarded to you. The will form is designed for individual use; couples cannot share this form (each person must register individually). Appropriate for people who have an estate of less than \$700,000, including life insurance, and do not own a business. Sorry, no discounts apply. *Teresa Molinaro, graduate of Hamline University School of Law, is an estate planning and probate attorney at the law firm of Molinaro Davis Law PLLC. She has extensive experience advising clients regarding their estate plans.*

Thu | Jan 19 | 6:30-9pm | \$49 | SHMS | ATMWW-W1

## Keeping the Cabin, Business and Farm in the Family (adults)

Division of the estate can lead to bitter battles between siblings and impact their relationships forever. Who will pay the taxes? What if one family member uses it more or does all the work? How can you ensure your children receive equal inheritance? What effect will estate taxes have? Get the answers to these and other questions and learn how to keep the cabin, business, farm or other property in the family without driving the family apart. As a financial professional with *Principal@*, *Tom Jacobson works with businesses and individuals to educate and guide them in helping to achieve their financial goals. His focus is on helping families preserve their heritage and transfer their legacy.*



Thu | Feb 16 | 6:30-8pm | \$15 | FRMS | AKCBFF-W1

Be the best parent you can be!

## Women and Money (adults)

Women often face unique financial challenges and circumstances throughout their lives, so our Women's Resource Center looks at financial topics from a woman's perspective. Topics include: money management, navigating the workplace, the financial implications of marriage and raising a family, as well as retirement, investment and estate planning. *Amy Nielsen is a Financial Associate with Thrivent Financial. Amy specializes in strategies to help grow your assets to preparing for retirement. She is a certified fitness instructor with 20+ years of experience. She fuses wellness into your plan.*



Tue | Feb 21 | 6:15-7:45pm | \$19 | SHMS | AANWM-W1

## new Crush Self Sabotage Now & Forever! (adults)

Do you put off getting stuff done? Feeling overwhelmed with everything you have to do? Join us to get a jump-start on checking off all of your post-it notes and piles of lists. You will begin working on a practical and creative process toward obtaining all the things you want in your life. What would really happen if you acquired all the goals you set this year? *Josh Gretz shows people how to get what they want in their career, business, personal relationships, love life and anything else that involves communicating or interacting with people. He writes about strengthening relationships, communication, body language, networking and growth mindset. He has given keynote speeches and custom workshops helping companies create the work culture they want.*



Mon | Feb 20 | 6:30-8:30pm | \$39 | FRMS | AJGCS-W1

## new Discover Your Motivational Triggers (adults)

What is it that drives you to get your stuff done? Discover the emotional drivers that trigger us to move with meaning and purpose. Walk away from class knowing your own unique set of motivating drivers and how to use them to acquire what you want most in your life. *Josh Gretz*

Thu | Mar 9 | 6:30-8:30pm | \$39 | FRMS | AJGDM-W1

## new Four Weeks to Wellness (adults)

With the stress of work, life, family demands, societal demands and more the concept of wellness gets lost in the shuffle. However, wellness is an essential component to living a good, healthy, happy life. Find out about holistic wellness with focus on applying the concepts of wellness to various areas of your life in an easy to understand and apply manner. Take home a detailed binder to apply the learned material in day-to-day living. Diminish stress and live a life you deserve. *Natalie Septer has a Master of Arts in psychology and a decade of experience working in the field. She is pursuing a health coaching certification through the American Council on Fitness. Natalie is a mental health practitioner in a local school district.*

Tue | Feb 21-Mar 14 | 6:30-7:30pm | 4 ses | \$29 | FRMS | ANSWW-W1

## Ignite Your Inner Power (adults)

Tired? Stressed? Emotional? Each person carries power within four fields: physical, mental, emotional and spiritual. Learn to harness your true power. Maintain balance within you and around you. By doing so, change how you see and experience the world. *Suzanne Worthley is a visionary leader with holistic skills: spiritual, mental, physical, emotional, oral and telepathic. She is a respected integrative energy specialist, offering her skills in hospice, and is a teacher, speaker and presenter.*



Thu | Feb 23 | 7-9pm | \$25 | FRMS | ASWIP-W1

register now

visit [www.district196.org/ce](http://www.district196.org/ce) call 651-423-7920

# Log rolling! (ages 7-adult)



Experience the fun and challenge! Log rolling improves core strength, balance, 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 rash guards or spandex style athletic wear. Participants, ages seven and up, must be comfortable being in the water.

## Try it Out at Open Swim! Learn to Log Roll

Learn the basics during the first half-hour of open swim. Fee includes a wristband to participate in log rolling for the last hour of open swim. \$5 (limited to 10)

## Log Rolling Wristbands

Purchase a wristband to log roll the last hour of open swim. \$3 (limited to 10 including log rolling class participants)

## Take a Class to Develop Your Skills!

### Key Log Rolling:

### A Traditional North Woods Pastime

Sun | Jan 22-29 | 5:30-6:30pm | 2 ses | \$21 | SHMS | QLOG-211

Sat | Feb 4-11 | 1-2pm | 2 ses | \$21 | BHMS | QLOG-201

Sun | Feb 5-12 | 5:30-6:30pm | 2 ses  
\$21 | SHMS | QLOG-212

Sat | Feb 18-25 | 1-2pm | 2 ses  
\$21 | BHMS | QLOG-202

Sun | Feb 19-26 | 5:30-6:30pm | 2 ses  
\$21 | SHMS | QLOG-213

Sat | Mar 4-11 | 1-2pm | 2 ses | \$21 | BHMS | QLOG-203

Sun | Mar 5-12 | 5:30-6:30pm | 2 ses | \$21 | SHMS | QLOG-214

Rent the Pool for a Group Experience!



# Open Swims

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

- Family rate applies to parents/guardians and children. This rate does not apply to extended family.
- 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 flotation 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.

For more information visit [www.district196.org/swim](http://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

## Schedule

Fri | Jan 13-Mar 17 | 6:30-8pm | SHMS

Sat | Jan 14-Mar 18 | 2:30-4pm | SHMS

Sun | Jan 22-Mar 12 | 1-2:30pm | BHMS

## Spring Break

Tue, Wed, Thu | Mar 28-30 | 2-4pm | SHMS

## Women Only Open Swims

Sun | Jan 22-Mar 12 | 3:30-5pm | SHMS

# register now

visit [www.district196.org/ce](http://www.district196.org/ce) call 651-423-7920



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