

FOR IMMEDIATE RELEASE

For More Information Contact:  
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(April 7, 2009)

**District 196 Community Education Classes Just For You!**

Hundreds of wonderful learning choices for all ages ... for more information call 651-423-7920 or visit [www.district196.org/ce](http://www.district196.org/ce).

**Calendar: April 9-May 12, 2009**

**April 11**

**Fitness Yoga for Beginners and Intermediates** Discover how to quiet the mind while increasing energy and concentration. 9-10 a.m. Sat. April 11-June 6. \$79. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**April 13**

**Beginner Little Ninjas (ages 4-5)** Enjoy a family-friendly atmosphere. 5-6:15 p.m. Mon-Thu. April 13-May 7. \$56. Northwest Martial Arts, 14537 Dodd Blvd., Rosemount. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Haidong Gumdo** Learn a non-contact martial art that is suitable for anyone. 6:30-7:30 p.m. Mon. & Wed. April 13-May 20. \$89. Deerwood Elementary, 1480 Deerwood Dr., Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Joy of Photography** Learn the mechanical and artistic aspects of photography. 6:30-9:30 p.m. Mon. April 13-May 11. \$79. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Tai Chi: Mental, Emotional and Physical Health** Learn a gentle form of exercise that stretches the whole body while enhancing strength, balance and circulation. 7-8 p.m. Mon. April 13-May 18. \$59. Rosemount Middle, 3135-143rd St. W., Rosemount. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**April 14**

**Tribute to Veterans Tour: Monuments, Landmarks and More** Join Stan Turner, noted news broadcaster and WW II historian, in viewing war memorials, commemorative monuments, landmarks and more. 9 a.m.-4:30 p.m. Tue. April 14. \$55. Departure and return: Apple Valley American Legion (parking lot), 14521 Granada Dr., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**April 15**

**High Reach Hip Hoppers (ages 7-12)** No previous dance experience needed. 6:15-7 p.m. Wed. April 15-May 27. \$49. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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#### **April 15 (cont.)**

**Unicycle (ages 6+)** Ages 6 to 96 can learn the basics of riding a unicycle! 6:30-7:30 p.m. Wed. April 15-June 3. \$29. Pinewood Elementary, 4300 Dodd Rd., Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Aromatherapy: Going Beyond Fragrance** Discover the international uses of essential oils. 6:30-8:30 p.m. Wed. April 15. \$19. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **April 16**

**Container Garden Design Using Proven Performing Plants (Go Green)** Want beautiful, healthy and colorful container gardens? 7-8:30 p.m. Thu. April 16. \$19. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **April 17**

**Parenting with Wit and Wisdom** Barbara Coloroso is a popular national speaker and author of *Parenting With Wit & Wisdom, Kids Are Worth It!* and *Giving Your Child the Gift of Inner Discipline*. Come and enjoy an evening of humor and great parenting strategies followed by dessert reception and book signing. 7-9 p.m. Fri. April 17. In advance: \$10; \$5 add'l adult; at the door: \$15; \$5 add'l adult. Shepherd of the Valley Church, 12650 Johnny Cake Ridge Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 952-431-8740.

#### **April 18**

**Twined Rag Rug Weaving (Go Green)** Build your own loom and discover the fine art of twined rag rug weaving. 9 a.m.-12:30 p.m. Sat. April 18. \$79. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**AbraKadoodle: Twosy Doodler Art Fun (parents and children, ages 2-3)** Through imaginative lessons, children develop creativity. 9:30-10:15 a.m. Sat. April 18-May 9. \$56 adult-child pair; \$49 add'l child. Greenleaf Elementary, 13333 Galaxie Ave., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **April 20**

**Movers and Shakers (ages 3-4)** Participate in fun games and fitness activities. Learn healthy living skills that will last a life time. 4:30-5:30 p.m. Mon & Wed. April 20-29. \$39. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Rain Barrels Made Easy (Go Green)** Construct and take home a refurbished 60 gallon rain barrel. 6:30-9 p.m. Mon. April 20. \$49. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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**April 20 (cont.)**

**Lay Rescuer CPR-Adult, Child and Infant** Learn skills that can save a life. Earn American Red Cross certification. 6:30-9:30 p.m. Mon. April 20-27. \$85. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879

**April 22**

**Knitting from Start to Finish (All Skill Levels Welcome)** Do chunky funky knitting with the "Glitter Rock Knitter." 6:30-9 p.m. Wed. April 22-29. \$29. The Yarn Garage, 2980 145th St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**April 24**

**Mother/Son Bowling for Fun (moms and sons ages 6-12)** Join us at Cedarvale Lanes in Eagan for unlimited bowling, pizza, pop and prizes. 6:30-8:30 p.m. Fri. April 24. \$30 pair; \$15 add'l child. Cedarvale Lanes, 3883 Cedar Grove Parkway, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Swing and Social Ballroom Dancing: Level I** Learn to become comfortable on the dance floor. 8-9:30 p.m. Fri. April 24-May 15. \$49. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**April 27**

**Microsoft Excel: Formatting Spreadsheets** Learn to apply the following formatting techniques to enhance the presentation of your data. 10 a.m.-12 p.m. Mon. April 27. \$35. School of Environmental Studies, 12155 Johnny Cake Ridge Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**April 29**

**Beginner Western Horsemanship (ages 19)** Learn everything about horses - from grooming and tacking up your horse, to riding at a walk, trot and lope. 5:30-6:30 p.m. Wed. April 29-May 20. \$159. Lone Rock Ranch, 17690 Clayton Ave., Rosemount. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Let's Hike!** Join us for fitness walking, a healthy diet and much more. 7-8:30 p.m. Wed. April 29. \$15. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**May 4**

**Microsoft Word: Mail Merge (Letters, Labels and More)** Learn to use Word to manage mailing tasks such as form letters, envelopes and labels. 1-3 p.m. Mon. May 4. \$35. School of Environmental Studies, 12155 Johnny Cake Ridge Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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**May 5**

**Buying Your First Home** Learn the step-by-step process of purchasing a home. 6:30-8:30 p.m. Tue. May 5. \$19. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**May 7**

**Best Plants for Tough Sites (Go Green)** Dry shade, slopes, raingardens and crevices are just a few of the locations that call for durable, tough plants. 6:30-8:30 p.m. Thu. May 7. \$19. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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District 196 Community Education provides quality lifelong learning opportunities for more than 60,000 participants of all ages. District 196 serves more than 27,000 students in grades K-12 and includes all or part of Rosemount, Apple Valley, Eagan, Burnsville, Coates, Inver Grove Heights, Lakeville and Empire and Vermillion townships. For more information, visit [www.district196.org/ce](http://www.district196.org/ce).