

FOR IMMEDIATE RELEASE

For More Information Contact:
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(April 14, 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.

Calendar: April 16-May 19, 2009

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 or call 651-423-7920.

PiGa: Pilates/Yoga Combine pilates and yoga to perform daily movement with greater ease and elegance. 6:15-7 p.m. Thu. April 16-June 4. \$79. Rosemount Elementary, 3155-144th St. W., Rosemount. Register online at 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 or call 952-431-8740.

April 18

Musical Safari Series: Join our music series and go on a Musical Safari. The singing, dancing and instrument playing are designed for families. **Banana Babies (birth-17 mo. and parents)** 9-9:45 a.m.; **Twocans/Chimpanthrees (18 mo.-3 yrs and parents)** 10-10:45 a.m.; **Family Safari (birth-5 and parents)** 11-11:45 a.m.; **Grandpa and Grandma and Me (18 mo-5 yrs and older friend)** 12-12:45 p.m. Sat. April 18. \$14 adult-child pair; \$7 add'l child. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

Showtime! The Wizard of Oz (ages 5-7) Build skills in acting, voice and movement while recreating key moments in scene and song from the classic movie musical. 9-10:15 a.m. Sat. April 18-May 16. \$19. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

Abakadoodle: 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 or call 651-423-7920.

Preschool Gymnastics: Beginners (ages 3-5) Learn tumbling, balance, safety and combination skills. 1:15-2 p.m. Sat. April 18-May 30. \$59. Rosemount High School, 3335-142nd St. W. Rosemount. Register at www.district196.org/ce or call 651-423-7920.

Daddy/Daughter Dance (daughters ages 3-11) Be your daughter's Prince Charming. The District 196 CE Youth Connection Council (YCC) is hosting its third annual Daddy/Daughter Dance. Dad not available? Invite your grandfather, uncle or favorite family friend as your escort! Princess attire is recommended for girls, but not required. 6:30-8:30 p.m. Sat. April 18. \$30; \$15 add'l child. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at 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 or call 651-423-7920.

Emotional Freedom Technique (EFT) for Weight Loss Do you find yourself sabotaging your weight-loss efforts? 6:30-8 p.m. Mon. April 20. \$19. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register at www.district196.org/ce or call 651-423-7920.

The How-Tos of Custom Framing Use state of the art tools and preservation materials to complete a simple framing project. Complete one small project using in stock materials. 6:30-9 p.m. Mon. April 20 & 27. \$55. FastFrame, 1960 Cliff Lk. Rd., Eagan. Register at www.district196.org/ce or call 651-423-7920.

Introduction to Tatting Learn to form rings, use a shuttle, make a chain, combine a shuttle and ball, read patterns and sew finished lace. 7-9 p.m. Mon. April 20-May 18. \$49. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

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 or call 651-683-6879

April 21

Hypnosis to Control Weight Make behavior changes that stop cravings and obsessions with food. 6-9 p.m. Tue. April 21. \$59. Diamond Path Elementary, 14455 Diamond Path, Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

April 22

Smart Home Buying or Building in Today's Market Avoid costly mistakes homebuyers make navigating the complex process of home buying or building. 6:30-9 p.m. Wed. April 22. \$15. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

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 or call 651-423-7920.

April 23

Defensive Driving 55+ Series: Refresher (4 Hours) Renew your 10 percent, three-year car insurance discount by taking this state-approved course. 5:30-9:30 p.m. Thu. April 23. \$25. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Employment Opportunities: Find the Job You Want and Get It! (ages 14-18) Gain confidence, sharpen your interviewing skills, learn what works and what doesn't in searching for a job, and nail that next job interview. 6:30-8:30 p.m. Thu. April 23. \$15. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

April 24

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 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 or call 651-423-7920.

Microsoft Word: Document Formatting 2 Learn the formatting skills the pros use! 1-3 p.m. Mon. April 27. \$35. School of Environmental Studies, 12155 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

Selling on eBay Learn the basics and more.. 6:30-9:30 p.m. Mon. & Wed. April 27 & 29. \$59; \$10 add'l adult. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

April 28

First Aid and CPR for Dogs Being prepared could make a lifesaving difference. 6:30-9 p.m. Tue. April 28. \$50. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at 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 or call 651-423-7920.

Seated Chair Massage Rejuvenate the body's energies with touch therapy. 6-9 p.m. Wed. April 29. \$45; \$22 add'l adult. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at 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 or call 651-423-7920.

May 2

Family Yoga (parents and children ages 3-8) Create a playful learning environment with animal yoga poses, stories, games and relaxation. 11:15 a.m.-12 p.m. Sat. May 2-June 6. \$39. Greenleaf Elementary, 13333 Galaxie Ave., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

May 3

Basic Dog (and Owner) Obedience Training Learn how to teach your dog basic obedience exercises including sit, down, stand, stay, recall and heel. 7-7:50 p.m. Sun. May 3-June 28. \$96. Rio Gran 16440 Fischer Ave., Hastings. Register online at 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 or call 651-423-7920.

Intro to Dog Agility Agility is a sporting event in which one dog and one human work together so that the dog successfully navigates a series of obstacles arranged in a random course. 7-7:50 p.m. Mon. May 4-June 29. \$110. Rio Gran 16440 Fischer Ave., Hastings. Register online at www.district196.org/ce or call 651-423-7920.

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 or call 651-423-7920.

May 6

Introduction to Swedish Massage Learn to give a basic massage to release tension, relieve backaches and increase energy. 6-9 p.m. Wed. May 6. \$45; \$22 Add'l adult. Scott Highlands Middle School, 14011 Pilot Knob Rd., Apple Valley. Register online at 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 or call 651-423-7920.

May 9

Lifeguarding for Pools and Waterparks (ages 15 and up) Become certified in American Red Cross Lifeguarding, Waterpark Lifeguarding, First Aid, and CPR/AED for the Professional Rescuer. 9 a.m.-6 p.m. Sat & Sun. May 9-17. \$225. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-683-6879.

May 13

Defensive Driving 55+ Series: Basic (8 hours) This defensive driving series has a proven record of reducing accidents and traffic violations. 5:45-9:45 p.m. Wed & Thu. May 13 & 14. \$29. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

Microsoft Excel: Analyzing and Summarizing Data with Pivot Tables Learn when and why to use a pivot table or a pivot chart to analyze and summarize data. 7-9 p.m. Wed. May 13. \$35. Rosemount Middle, 3135-143rd St. W. Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

May 16

Musical Safari Series: Join our music series and go on a Musical Safari. The singing, dancing and instrument playing are designed for families. **Banana Babies (birth-17 mo. and parents)** 9-9:45 a.m.; **Twocans/Chimpanthrees (18 mo.-3 yrs and parents)** 10-10:45 a.m.; **Family Safari (birth-5 and parents)** 11-11:45 a.m.; **Grandpa and Grandma and Me (18 mo-5 yrs and older friend)** 12-12:45 p.m. Sat. May 16. \$14 adult-child pair; \$7 add'l child. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

May 18

Microsoft PowerPoint: Formatting Presentations Do your presentations capture your audience's attention? 1-3 p.m. Mon. May 18. \$35. School of Environmental Studies, 12155 Johnny Cake Ridge Rd., Apple Valley. Register online at 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.