

FOR IMMEDIATE RELEASE

For More Information Contact:
Lisa Beytien-Carlson, Communications Coordinator
651-423-7701

(April 21, 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 23-May 26, 2009

April 23

Find the Right Hairstyle for You Learn what to look for and what to avoid in choosing the right look for yourself. 6-9 p.m. Thu. April 23. \$49. 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 651-683-6879.

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.

April 30

Gut Reaction: Restore Digestive Health through Nutrition Learn how the right foods and selected supplements can restore intestinal health. 7-9 p.m. Thu. April 30. \$35. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register 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.

Power Sort Your Photos Learn how to locate any photo you own within seconds. 7-9:30 p.m. Tue. May 5. \$29. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online 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.

Microsoft Excel: Databases (Sorting, Summing, Subtotals and More!) Once data is on a spreadsheet, learn to manipulate it in many ways to serve your information needs. 7-9 p.m. Wed. May 6. \$35. Rosemount Middle, 3135-143rd St. W., Rosemount. 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

Lay Rescuer CPR-Adult, Child and Infant Learn skills that can save a life. Earn American Red Cross certification. 1-4 p.m. Sat. May 9 & 16. \$85. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register at www.district196.org/ce or call 651-683-6879.

May 11

Beginner Little Ninjas (ages 4-5) Enjoy a family-friendly atmosphere and get a full martial arts experience in a fully equipped studio. Two class times per week: 5-5:30 p.m. Mon.-Thu. or 5-6:15 p.m. Mon. & Wed. May 11-June 4. \$56. Northwest Martial Arts Studio, 14537 Dodd Blvd, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

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.

Lifeguard Instructor (ages 17 and up) Become certified to teach American Red Cross Lifeguarding. 5-10 p.m. Mon.-Thu. May 18-June 1. \$275. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-683-6879.

May 20

Microsoft Excel: More Functions and Formulas Learn several common functions: logical text functions, lookup and reference and date and time functions. 7-9 p.m. Wed. May 20. \$35. Rosemount Middle, 3135-143rd St. W. Rosemount. 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.