

FOR IMMEDIATE RELEASE

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(April 28, 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 30-June 2, 2009

April 30

Totally Digital Discuss the features of digital cameras, storage media, resolution, white balance, shutter/aperture priority, filtration and image editing. 6:30-9 p.m. Thu. April 30. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-423-7920.

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 2

Lay Rescuer CPR Challenge-Adult, Child and Infant Renew your CPR certifications for adult, infant and child CPR. Earn American Red Cross certification, valid for one year. 9-11:30 a.m. Sat. May 2. \$50. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register at www.district196.org/ce or call 651-683-6879.

Latin Sampler Learn a wide array of Latin dances including the Salsa, Cha-Cha, Tango, Rumba and more. 3-4 p.m. Sat. May 2-June 6. \$45; \$35 add'l adult. Oak Ridge Elementary, 4350 Johnny Cake Ridge Rd., Eagan. 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.

Lay Rescuer CPR-Child and Infant Learn to care for breathing and cardiac emergencies for infants and children. 6:30-9 p.m. Mon. May 4 & 11. \$70. Black Hawk

Middle, 1540 Deerwood Dr., Eagan. Register at www.district196.org/ce or call 651-683-6879.

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.

Crochet - Start to Finish (All Skill Levels Welcome) Use a large hook and thick yarn to create a one-of-a-kind look. 6:30-9 p.m. Wed. May 6-13. \$29. The Yarn Garage, 2980 145th St. W., Rosemount. 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 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 14

How to Talk to Anyone About Anything! (Adults and Teens Welcome) Jill Spiegel offers insights on "instant rapport" and effective rules for small talk. 7-9 p.m. Thu. May 14. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register 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.

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.

May 28

Fairy-Fab Fun with Tinkerbelle! (parents and children ages 3 1/2 to 6) Join Tinkerbelle from "Once Upon A Star" and become a fairy for the day! 10-11 a.m. Thu. May 28. \$10 parent & child. Apple Valley Community Center, 14603 Hayes Road, Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

May 30

Standard First Aid Be prepared by learning to recognize and deal with emergencies including injuries and sudden illnesses. 1-4 p.m. Sat. May 30. \$55. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register at www.district196.org/ce or call 651-683-6879.

June 1

Fitboxing for Strength Kickboxing helps you burn calories and improve your balance, flexibility and muscle tone. 7-8 p.m. Mon-Fri. and 8-9 a.m. Sat. June 1-August 29. \$89.

Minnesota Valley Martial Arts Studio, 5480 141st Street, Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Golf IV Short Game School - The Scoring Advantage (Ages 16+) Learn to hit it high and land it softly right next to the cup. 7-8 p.m. Mon. June 1-22. \$80. Emerald Greens Golf Course, 14425 Goodwin Avenue, Hastings. 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.