

FOR IMMEDIATE RELEASE

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**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: May 7-June 9, 2009**

**May 7**

**Basic Dog (and Owner) Obedience Training** Learn how to teach your dog basic obedience exercises including sit, down, stand, stay, recall and heel. 10-10:50 a.m. Thu. May 7-July 2. \$96. Rio Gran 16440 Fischer Ave., Hastings. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**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, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://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](http://www.district196.org/ce) or call 651-683-6879.

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

**May 13**

**Defensive Driving 55+ Series: Basic (8 hrs.)** 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](http://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](http://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](http://www.district196.org/ce) or call 651-423-7920.

#### May 16

**Ethics, Defensive Driving and Accident Avoidance Training** Master ethics and techniques of defensive driving to prevent costly accidents, reduce insurance premiums and save lives. 9 a.m.-5 p.m. Sat. May 16. \$159. Other convenient times available. Public Safety Training Bldg, 1300 145th St. E., Rosemount. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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

#### May 18

**Microsoft Excel: Analyzing and Summarizing Data with Pivot Tables** Need to analyze data? 10 a.m.-12 p.m. Mon. May 18. \$35. School of Environmental Studies, 12155 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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

#### May 27

**Golf I: New Golfer Lessons (ages 16+)** Learn to feel comfortable and competent out on the course whether for business or recreation. 5-6 p.m. Wed. May 27-June 17. \$80.

Emerald Greens Golf Course, 14425 Goodwin Ave., Hastings. Register online at [www.district196.org/ce](http://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 Rd., Apple Valley. Register online at [www.district196.org/ce](http://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](http://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. (five times per week maximum) June 1-August 29. \$89. Minnesota Valley Martial Arts Studio, 5480 141st St., Apple Valley. Register online at [www.district196.org/ce](http://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 Ave., Hastings. 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).