

FOR IMMEDIATE RELEASE  
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(May 12, 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: May 14-June 16, 2009**

#### **May 14**

**How to Talk to Anyone About Anything! (Adults and Teens Welcome)** Jill Spiegel offers insights on "instant rapport" and effective suggestions 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**

**Lifeguarding for Pools and Waterfronts (ages 15 and up)** If you want to work as a lifeguard at a pool or beach, this course is for you! 9 a.m.-6 p.m. Sat.; 12-8 p.m. Sun; 4-9 p.m. Mon-Thu. May 16-21. \$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.

**Jungle Book** Performed by District 196 Community Education students, ages 8-14, directed and coached by Homeward Bound Theatre. Sat. May 16. Two performances: 11a.m. and 2 p.m. \$3 adults, \$1 students, free children 3 and under. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Call 651-423-7920 or visit [www.district196.org/ce](http://www.district196.org/ce) for more information.

#### **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.; **Family Safari (birth-5 and parents)** 11-11:45 a.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 26

**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. Tue. May 26-June 16. \$80. Other levels and convenient times. 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** 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.

### June 6

**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. June 6. \$50. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879.

## June 9

**Adult Tennis Lessons (ages 19 and up)** Why should the kids have all the fun? 6-7 p.m. Tue. June 9-30. \$25. Eastview High School, 6200-140<sup>th</sup> St. W., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

## June 15

**Guard Start (ages 11-14)** designed to guide youth into the American Red Cross Lifeguard Training program. 9 a.m.-12 p.m. Mon-Thu. June 15-18. \$95. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879.

**Multi-Sport Camp (ages 4-6)** Learn the fundamentals of soccer, baseball and basketball in a fun and enjoyable atmosphere. 9 a.m.-12 p.m. Mon-Fri. June 15-July 19. \$109. 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.

**Gymnastics Summer Camp (grades 7-12 and advanced gymnasts, ages 7+)** Want to participate and compete in high school gymnastics? 9 a.m.-12 p.m. Mon-Fri. June 15-July 10. \$200. Rosemount High School, 3335-142<sup>nd</sup> St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Tennis Camp 1-2-3: Pre-beginner Level (ages 6-8)** Learn tennis fundamentals, history and tradition, and game etiquette. 9:20-10 a.m. Mon-Fri. June 15-24. \$49. Eastview High School, 6200-140<sup>th</sup> St. W., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Preschool Gymnastics: Beginners (ages 3-5)** Learn tumbling, balance, safety and combination skills. 5:45-6:30 p.m. Mon. June 15-August 3. \$79. Rosemount High School, 3335-142<sup>nd</sup> St. W. Rosemount. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Soccer Camp (ages 4-6)** Learn the game of soccer through fast-paced drills, skill-building exercises and game-speed scrimmages. 6-7 p.m. Mon-Thu. June 15-18. \$49. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley and Highland Elementary, 14001 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Adult Lap Swim** Swim laps at your own pace to keep in shape all season long. 7-8 p.m. Mon & Wed. June 15-August 12. \$67.50 Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879.

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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).