

FOR IMMEDIATE RELEASE  
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(September 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](http://www.district196.org/ce).

### **Calendar: September 17-October 20, 2009**

#### **September 19**

**Zapping the PSAT/SAT Tests!** Prepare for the important PSAT and SAT tests. 9 a.m.-3 p.m. Sat. Sept 19. \$89. More convenient times and locations. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **September 21**

**Tai Chi** Tai Chi is a non-impact form of exercise that stretches the entire body while building balance and strength. 6:30-7:30 p.m. Mon. Sept 21-Oct. 26. \$59. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**American Red Cross Swim Lessons** Learn to swim in District 196 Community Education's aquatics programs. Variety of evening time lessons, Mon & Wed. Sep 21-Oct 14. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879.

#### **September 22**

**South of the River Orchestra Program Simply (grades 1-12)** Join over 80 musicians to play in an orchestral setting. 5-6 p.m. Tue. Sept 22-Nov 10. \$75. 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.

**Basic Horsemanship: Building Confidence (ages 18+)** Experience the wonderful connection that exists between human and horse. 5:30-6:30 p.m. Tue. Sept 22-Oct 20. \$229. Lone Rock Ranch, 17690 Clayton Ave., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Tennis for Beginner Level (ages 8-11)** Learn basic strokes including forehand, backhand, ground strokes, serve and volley. 6:15-7 p.m. Tue. Sept. 22-Oct. 20. \$25. 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.

**American Red Cross Swim Lessons** Learn to swim in District 196 Community Education's aquatics programs. Variety of evening times, Tue & Thu. Sep 22-Oct 15. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. 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. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879.

### September 23

**Family Dance (parents and children ages 1-4)** Join this energetic, musical and playful dance class for young children and their parents. 10:30-11:15 a.m. Wed. Sept 23-Nov 11. \$49; \$10 add'l child/\$0 add'l adult. Northwest Martial Arts, 14537 Dodd Blvd., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Zumba** Work up a sweat to la musica. 6:30-7:30 p.m. Wed. Sept. 23-Oct. 21. \$49. Parkview Elementary, 6795 Gerdine Path, Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### September 25

**Swing and Social Ballroom Dancing: Level I** Learn several basic dance steps for Swing, Foxtrot, Waltz, Salsa, Polka and more! 8-9:30 p.m. Fri. Sept. 25-Oct. 16. \$49. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### September 26

**Yoga: Saturday Morning** Learn a contemporary approach to an age-old discipline. 9-10 a.m. Sat. Sept 26-Oct. 31. \$59. Diamond Path, 14455 Diamond Path, Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Belly Dancing: Fitness & Fun (ages 16+)** Explore the beauty and expressiveness of Middle Eastern dance while increasing fitness, muscle tone and flexibility. 10:15-11:45 a.m. Sat. Sept 26-Oct. 31. \$69. 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.

**Fishing Fun (grades 1-6)** Learn about types of fishing equipment, fish identification and water ecology. 1-3:30 p.m. Sat. Sept. 26-Oct. 24. \$55. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**American Red Cross Swim Lessons** Learn to swim in District 196 Community Education's aquatics programs. Variety of morning and afternoon times. Sat. Sep 26-Nov 21. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Black Hawk Middle School, 1540 Deerwood Drive, Eagan or 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.

### September 27

**American Red Cross Swim Lessons** Learn to swim in District 196 Community Education's aquatics programs. Variety of afternoon and evening times, Sun. Sep 27-Nov 22. \$50 parent/child pair and preschool; Levels 1-6 \$61 group, \$93 semi-private, \$177 private. Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-683-6879.

### September 28

**Pole Aerobics** This challenging, high energy, two-in-one cardio and aerobic workout has proven to burn fat and sculpt your entire body. 5:30-6:30 p.m. Mon. Sept. 28-Nov. 2. \$69. Bodyblast Studio, 2020 Silver Bell Road #26, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Introduction to Computers (Office 2003)** Seeking relief from "computer anxiety"? 6:30-8:30 p.m. Mon. Sept. 28. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Command Drawing Techniques and Critiques** Unleash your creativity and learn the fundamental techniques of drawing. 6:30-8:30 p.m. Mon. Sept 28-Nov 2. \$69. 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.

### September 29

**Open Art Studio (Drawing and Acrylic Students)** Share successes and offer support and advice in this open forum for artists. 6:30-8:30 p.m. Tue. Sept 29-Oct 20. \$59. 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.

**Spanish for Travelers (Or Just for Fun)** Whether for travel or personal pleasure, learn basic conversational skills of Spanish. 7-9 p.m. Tue. Sept. 29-Oct. 27. \$59. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### September 30

**Bugs Brigade! (ages 3-6)** Learn where they come from, why they are here and how they live. 9:30-11 a.m. Wed. Sept 30. \$15. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Unicycle (ages 6+)** Ages 6 to 96 can learn the basics of riding a unicycle! 6:30-7:30 p.m. Wed. Sept. 30-Dec. 2. \$29; \$0/add'l child or adult. Pinewood Elementary, 4300 Dodd Rd., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### October 1

**Fitness Fun (ages 4-6)** Exercise, burn some energy, develop motor skills and make new friends in Fitness Fun! 10-10:45 a.m. Thu. Oct. 1-Nov. 5. \$45. Community of Christ Church, 5990 134th St. Ct., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Knitting from Start to Finish (All Skill Levels Welcome)** Learn to knit or enhance your skills to create exciting, unique, modern accessories - wacky hats, wild scarves or way-out ponchos. 6:30-8:30 p.m. Thu. Oct. 1 & 8. \$29. Yarn Garage, 2980 145th St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**What's Cooking for Fall? (Presentation of Fall Flavors)** Looking for tasty, easy fall dishes? 6:30-8 p.m. Thu. Oct. 1. \$19. Kowalski's Market, 1646 Diffley Road, Eagan, store cafe. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

## October 2

**Be Belle's Guest! (parents and children ages 3 to 7)** You're invited to a Beauty and the Beast pizazz party! 1-2 p.m. Fri. Oct. 2. \$10; \$10 add'l child/\$0 add'l adult. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

## October 3

**Defensive Driving 55+ Series: Basic (8 hours)** Join other drivers 55 and older to improve your overall driving skills. 8 a.m.-5 p.m. Sat. Oct. 3. \$29. 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.

**Feng Shui: The Chinese Art of Placement** Feng Shui (fung shway) is the ancient Chinese art of placement. 9:30 a.m.-3:30 p.m. Sat. Oct. 3. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**High Reach Hip Hoppers (ages 7-12)** Be real and have fun! 10:30-11:15 a.m. Sat. Oct. 3-Nov. 14. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

## October 5

**Microsoft Word: Document Formatting 1** Make your documents visually attractive and more professional. 10 a.m.-12 p.m. Mon. Oct. 5. \$39. District Service Center, 14445 Diamond Path, Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Rockin' Recorders (ages 4-6)** Even little fingers can play this fun and familiar instrument! 1-1:45 p.m. Mon. Oct.5-Nov. 9. \$49. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Color Calligraphy: Express Yourself in a New Dimension** Learn to create depth, movement and excitement to your handwriting by writing in color. 6:30-8:30 p.m. Mon. Oct. 5-Nov. 2. \$69. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

## October 6

**Yoga (parents and children ages 3-6)** Learn the beginning mechanics of moving the body in a way that feels good while having fun at the same time. 6-6:45 p.m. Tue. Oct. 6-Nov. 17. \$43. 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.

**Home Staging for a Successful Sale!** First impressions are crucial when preparing a home for a quick sale at top dollar. 6:30-8:30 p.m. Tue. Oct. 6. \$19. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Beginning Sewing: Hand and Machine** Do you have clothing items that need repair? 6:30-9 p.m. Tue. Oct. 6 & 13. \$35. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Batch Cooking (Save Time and Money)** Save time and stretch your budget by cooking and freezing family meals for the days ahead. 7-9 p.m. Tue. Oct. 6. \$39. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### October 8

**How to Win (Yes, Win) College Scholarships!** With the cost of some four-year college education exceeding \$100,000, scholarships are more attractive than ever. 7-8:30 p.m. Thu. Oct. 8. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### October 9

**Northern Indian Cuisine - Vegetarian Special (Secret Ingredient: Eggplant)** Learn vegetarian cooking, Northern Indian style. 6:30-9:30 p.m. Fri. Oct. 9. \$39. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### October 10

**Family Safari (children birth-5 years and grand/parents)** The singing, dancing and instrument playing continue in this class designed for families with more than one child. 11-11:45 a.m. Sat. Oct. 10. \$14; \$7 add'l child/\$0 add'l adult. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Love in a Lunchbox (Packing an Envious School Lunch)** It's no picnic packing school lunches. 1:30-3 p.m. Sat. Oct. 10. \$19; \$5/add'l child. Kowalski's Market, 1646 Diffley Road, Eagan, store cafe. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Thrifty, Timely and Tasty Meals** Learn how to get nutritious, economical meals on the table in record time. 7-8:30 p.m. Mon. Oct. 12. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 16**

**Explore the Cosmos (families with children ages 5+)** The magnificence of Jupiter returns to the night sky in fall and becomes more prominent as winter approaches. 7-8:30 p.m. Fri. Oct. 16. \$20. Longridge Park in Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 17**

**Fall in Harmony - Amish Farms and Wares** Enjoy fall scenery and the southern Minnesota Amish community, Harmony. 7:45 a.m.-7:30 p.m. Sat. Oct. 17. \$69. Pick-up at 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.

### **October 19**

**Microsoft Word: Mail Merge (Letters, Labels and More)** Develop skills using Word to manage mailing tasks; form letters, envelopes and labels. 10 a.m.-12 p.m. Mon. Oct. 19. \$39. District Service Center, 14445 Diamond Path, Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Cooking's Not Just For Chefs! (parents and children ages 4-6)** Spice up your day with cooking! 5:45-7:30 p.m. Mon. Oct. 19. \$25; \$18/add'l child. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 20**

**Favorites from Carmela's Cucina** Learn to prepare Crostini di Gamberi (shrimp crostini) an antipasto. 6-8:30 p.m. Tue. Oct. 20. \$39. Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Register at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7720.

**Move Better, Feel Better: The Alexander Technique** Discover how to reduce unnecessary body tension while learning to move your body with greater ease, balance and coordination. 7-8:30 p.m. Tue. Oct. 20 & 27. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. 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).