

FOR IMMEDIATE RELEASE
For More Information Contact:
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(October 19, 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: October 22-November 24, 2009

October 22

Get That Job Offer (Interview Strategies That Work) Gain confidence, sharpen your interviewing skills and nail that next job interview with the help of this interactive workshop. 7-9 p.m. Thu. Oct 22. \$19. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

October 26

Microsoft Word: Drawing, Clip Art and WordArt Enhance Word documents, Excel spreadsheets and PowerPoint slide presentations with graphic shapes and clip art. 10 a.m.-12 p.m. Mon. Oct 26. \$39. District Service Center, 14445 Diamond Path W. Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Beginner Little Ninjas (ages 4-5) Enjoy a family-friendly atmosphere and get a full martial arts experience in a fully equipped studio. 5-6:15 p.m. Mon-Thu. Oct 26-Nov 19. \$56. Northwest Martial Arts Studio, 14537 Dodd Blvd, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Living a Clutter-Free Life (De-Cluttering How-To's) Is stuff taking over the corners, flat surfaces and living areas of your home? 6:30-9 p.m. Mon. Oct 26. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 27

Developing Your Business Plan A comprehensive business plan is crucial for business success. 6:30-8:30 p.m. Tue. Oct 27. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

How to Get into College and Pay for It Without Going Broke College costs are escalating rapidly. Learn about the financial aid process. 6:30-8:30 p.m. Tue. Oct 27. \$15. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 30

Miley's Hoedown Throwdown! (ages 5-12) Add some neon-fun to this throwdown! 1-2:30 p.m. Fri. Oct 30. \$19. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 2

Microsoft Excel: More Functions and Formulas Learn to use more of the 300+ built-in Excel formulas and functions. 1-3 p.m. Mon. Nov 2. \$39. District Service Center, 14445 Diamond Path W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Email Basics Learn how to compose, reply, forward, send and receive messages. 6:30-8:30 p.m. Mon. Nov 2. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

November 4

Learn Basic Math Facts the Easy Way! (parents and children grades 2-5) Listen carefully and you will learn all the memory tricks that will make adding, subtracting and multiplying easy. 6:30-8 p.m. Wed & Thu. Nov. 4 & 5. \$39 adult-child pair; \$28 add'l child. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 7

Free Parenting Conference Hear keynote speaker, William J. Doherty. Ph.D. Also, choose two breakout workshops from at least 20 specific topics including discipline, communication, health, fitness and academics, to name a few. 8 a.m.-12:30 p.m. Sat. Nov 7. Child care available. Reserve your spot at www.district196.org/ce or call 651-423-7920.

Twined Rag Rug Weaving (Go Green) Build your own loom and discover the fine art of twined rag rug weaving ... a great way to recycle old clothing or extra fabric. 9 a.m.-12:30 p.m. Sat. Nov 7. \$79. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

November 9

Microsoft PowerPoint: Animating Presentations (PowerPoint 2007) PowerPoint 2007 increases excitement to your presentations. 10 a.m.-12 p.m. Mon. Nov 9. \$39. District Service Center, 14445 Diamond Path W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

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. Nov 9-Dec 14. \$69. Bodyblast Studio, 2020 Silver Bell Road #26, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

November 11

Gobble, Gobble, Gobble (ages 2-5) Join us for a special art harvest fest. 9:30-11 a.m. Wed. Nov 11. \$22; \$19/add'l child. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Spanish For Travelers: Next Level Continue learning the language and gain more confidence. 7-9 p.m. Wed. Nov 11-Dec 16. \$59. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

November 12

Swing Dancing for All Learn the most popular dance in the country, Swing. Swing dancing, which originated in the 1940's, incorporates moves that include jazz, country, and rock and roll. 6:30-7:30 p.m. Thu. Nov 12-Dec 17. \$39; \$32/add'l adult. Thomas Lake, 4350 Thomas Lake Rd., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

Latin Sampler Dances Learn a wide array of Latin dances including the Salsa, Cha-Cha, Tango, Rumba and more. 7:30-8:30 p.m. Thu Nov 12-Dec 17. \$39; \$30 add'l adult. Thomas Lake, 4350 Thomas Lake Rd., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

November 13

Fancy Tea for Three! (Grand/parent and children ages 3-7) Dress fancy! Enjoy story time with a felt-board activity, followed by a tea-cup craft. 1-2 p.m. Fri. Nov 13. \$14; \$12/add'l child. Apple Valley Community Center, 14601 Hayes Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 14

Photoshop: Adobe Suite Create visuals for personal use or for the web. 10 a.m.-12 p.m. Sat. Nov. 14 & 21. \$49. Eastview High School, 6200-140th St. W., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 16

Microsoft Word 2003: Getting Started (Office 2003) Learn to use Word's menus, toolbars and task panes to create, open, edit, print and save your documents. 6:30-8:30 p.m. Mon. Nov 16. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Home Alone (parents and children ages 7-11) Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and home-alone feelings. 7-8:30 p.m. Mon. Nov. 16. \$19 adult-child pair. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 17

TRX Suspension Class TRX Suspension fitness produces results. 6:30-7:30 p.m. Tue. Nov 17-Dec 22. \$69. Bodyblast Studio, 2020 Silver Bell Rd. #26, Eagan. Register online at 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. Nov 17-Dec 15. \$59. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

November 23

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. Nov 23. \$25; \$18/add'l child. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 24

Preschool Gymnastics: Beginners (ages 3-5) Express creativity while learning the basics of gymnastics. 10-10:45 a.m. Tue. Nov 24-Jan 19. \$69. Eagan Community Center, 1501 Central Parkway, Eagan. 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.