

FOR IMMEDIATE RELEASE  
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(October 26, 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: October 29-December 1, 2009**

#### **October 30**

**Miley's Hoedown Throwdown! (ages 5-12)** Receive a howdown make-over with 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](http://www.district196.org/ce) or call 651-423-7920.

#### **November 2**

**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](http://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](http://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, \$10 per family. Reserve your spot at [www.district196.org/ce](http://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](http://www.district196.org/ce) or call 651-423-7920.

#### **November 9**

**Microsoft PowerPoint: Animating Presentations (PowerPoint 2007)** Increase 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](http://www.district196.org/ce) or call 651-423-7920.

**Defensive Driving 55+ Series: Refresher (4 Hours)** If you have taken a state-approved eight-hour Defensive Driving Course (55+) in the past, you can renew your 10 percent, three-year car insurance discount by taking this state-approved, four-hour refresher course. 5:45-9:45 p.m. Mon. Nov 9. \$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.

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

### November 12

**Swing Dancing for All** Learn the most popular dance in the country, Swing. Originating in the 1940's, swing dance 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](http://www.district196.org/ce) or call 651-423-7920.

### November 14

**Lefse: Not Just for Norwegians** Learn to make this Norwegian delectable staple. 10 a.m.-12 p.m. Sat. Nov 14. \$29. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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

**Pottery Projects (ages 6+)** Capture your imagination making pottery and sculptured designs. 10-11:30 a.m. Sat. Nov 14. \$35. Deerwood Elementary, 1480 Deerwood Dr., Apple Valley. Register online at [www.district196.org/ce](http://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](http://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](http://www.district196.org/ce) or call 651-423-7920.

### **November 17**

**Pasta! Perfect For all Occasions** Learn how to make basil pesto and discover its' versatility and more Italian delectables. 6-9:30 p.m. Tue. Nov 17. \$39. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**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](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. Nov 17-Dec 15. \$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.

### **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](http://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. Other convenient times. Eagan Community Center, 1501 Central Parkway, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 30**

**Hips, Thighs and Otherwise** You are not alone if your hips, thighs and otherwise have spread. 6-7:30 p.m. Mon. Nov 30. \$29. Thomas Lake Elementary, 4350 Thomas Lake Rd., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Microsoft Excel 2003: Getting Started** Learn the basics of using an electronic spreadsheet. 6:30-8:30 p.m. Mon. Nov 30. \$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.

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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).