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  Training, Yoga and more.



















# Create

# The Art & Craft of Floral Arranging

Learn the secrets of floral design to create everything from small arrangements to dramatic centerpieces. You'll learn how to best condition cut flowers and how to select the best shapes and colors for an arrangement. Come alone or as a group and join us for one or all classes in this series.

### **Autumn Arrangement**

19-968-FA1 \$75 **MCEC** Tues., Sept. 24 7-9 pm Marie Raley

# **Asymmetrical Bouquet**

19-968-FA2 MCEC Thurs., Oct. 24 7-9 pm Marie Raley

# **Tumbling Holiday Urn Arrangement**

19-968-FĀ3 MCEC Tues., Dec. 3 7-9 pm Marie Raley

### **Outdoor Winter Planter**

19-968-FA4 Sat., Dec. 7 **MCEC** 9-11 am Marie Raley

# New! Learn to Knit - Make a Dishcloth

In this two lesson hands-on course you will learn the basics of knitting and create a dishcloth. All supplies included.

19-968-F8 Wed., Oct. 9 & 16 MCFC 6:15-8:15 pm Jane Pears

# New! Ditch the Plastic -

# **Natural Bath and Shower Skincare Products**

Learn simple and affordable ways to reduce your plastic consumption by replacing some of the products you use in your bathroom. All supplies are included.

# Soap, Lotion Bars and Sugar Scrub Bars

19-968-FA20 \$55 MHS Mon., Nov. 4

6-9 pm Raulla Mitchell

# **Shampoo and Conditioner Bars**

19-968-FA21 Mon., Dec. 2 MHS 6-9 pm

Raulla Mitchell

# Meet Marie. . . .

Marie Raley is the owner of Laine Moire Floral Design. Early on in life, she learned to appreciate the natural aesthetics and beauty that flowers bring into our lives. As a child, her parent's and grandparent's gardens were a constant source of inspiration for grapevine wreaths and hand picked bouquets. Today, she has her own gardens and children to take on nature walks

Marie believes that we all benefit from connecting with the beauty of nature and is happy to have the opportunity teach her community about the joys of floral arranging. Marie loves being able to provide a comfortable setting for all skill levels to bring the beauty of nature into our lives and homes in these practical, hands-on classes.

Check out Marie's adult classes on this page and a new parent and child class in our Youth Enrichment section on page 38.



# Intro to Glassblowing

This class is for newer lampworkers and people with little or no experience on the torch. Lampworking is a method of glassblowing using a fix mounted torch to melt and manipulate glass into a desired form.

19-968-FA16	\$55
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Fri., Sept. 13 Skylab Glass Arts 6-9 pm Skylab Glass Arts in Golden Valley

19-968-FA17 \$55

Sat., Nov. 16 Skylab Glass Arts 1-4 pm in Golden Valley

# **New! Beginner Glassblowing Series**

Explore the art of lampworking and glassblowing. Students will learn about torch safety, operating involved equipment, and brief history of glass art. Students will begin with solid sculpting of simple shapes like marbles and cubes.

\$189
4

Wed., Sept. 11-Oct. 2 Skylab Glass Arts 6:30-8:30 pm Skylab Glass Arts in Golden Valley

19-968-FA15 \$189

Tues., Oct. 8-29 Skylab Glass Arts 6:30-8:30 pm Skylab Glass Arts in Golden Valley

# **New! Holiday Ornaments**

In this three hour class you will work on making decorative holiday ornaments. Students will manipulate raw glass into solid shapes and will be able to decorate their piece with color, fume and use various tools to create any design they please. Our instructors will help every step on the way to sculpting a wonderful decoration for the holidays.

19-968-FA18	\$55
19-900-FA 10	ררו

Sat., Nov. 9 Skylab Glass Arts 2-5 pm Skylab Glass Arts in Golden Valley

19-968-FA19 \$55

Fri., Dec. 6 Skylab Glass Arts 6-9 pm in Golden Valley

# **Free Your Photos From Your Phone**

The average person has over 1,000 photos on their smartphone. Join travel photographer, Kristen Macauley, to learn about the best apps, companies and printing systems to help your pictures escape your phone.

19-968-F1	\$29
Wed., Sept. 18	MCFC

6-8 pm Kristen Macauley

19-968-F2 \$29 Sat., Oct. 26 MCEC

10 am-12 pm Kristen Macauley

19-968-F3 \$29 Wed., Nov. 6 MCEC

6-8 pm Kristen Macauley

19-968-F4 \$29 Sat., Dec. 7 MCEC

10 am-12 pm Kristen Macauley

# **Smartphone Photography**

For most of us, our smartphone is our only camera. Learn how to take the best quality photos by exploring technology, apps, and additional equipment that can make your photos outstanding.

19-968-F5 \$45 Mon., Sept. 23 MCEC

6-8 pm Kristen Macauley

19-968-F6 \$45 Sat., Oct. 5 MCEC

10 am-12 pm Kristen Macauley

19-968-F7 \$45 Wed., Nov. 13 MCEC

6-8 pm Kristen Macauley

# **New! Birch Tree Acrylic Pour**

Acrylic pours are a popular and easy way of painting that involves making the paints more fluid so that they can be poured directly onto the canvas without the use of brushes. You will learn how to mix paints and create a directed pour image.

19-968-FA12 \$45 Sat., Oct. 12 MCEC

10 am-12 pm Vanessa Merry

# **New! Bob Ross Oil Painting**

Follow the step-by-step instructions to create your very own 20x16 masterpiece in the Bob Ross method of oil painting. Even if you have never painted before, you will walk away with your own unique piece of art that will amaze your family and friends.

19-968-F9 \$85 for one/\$160 for two

Tues., Nov. 5 MCEC

6-9 pm Michael Tischendorf

# **New! Pet Portrait**

Come paint a portrait of your furry loved one! Participants will email a photo of their pet, which will be hand-drawn onto a 16 x 20 canvas for you to paint in class with the help of a professional artist. All supplies are provided.

19-968-F13 \$55 Sat., Nov. 16 MCEC

9 am-12 pm Vanessa Merry

### **Watercolor Studio**

Learn to use water media to paint a wide variety of unique and beautiful paintings through one-on-one instruction. Learn at your own pace. Patterns provided - no drawing is required. Continuing as well as beginning students are welcome.

# Class dates: Sept. 13, 27, Oct. 11, 25

19-968-FA10 \$115 Fri., Sept. 13-Oct. 25 MCEC

10 am-2 pm Barbara Boulka

**Class dates: Nov. 15, 22, Dec. 6, 20** 19-968-FA11 \$115 Fri., Nov. 15-Dec. 20 MCEC

10 am-2 pm Barbara Boulka



# Culinary

# **Cooking with a Chef**

Chef Rhet's love of food and cooking is contagious. Through demonstration and hands-on experience, you will explore basic knife skills, food sourcing and learn new and exciting dishes to add to your cooking repertoire.

# New! Meal Prep - Chipotle® at Home

Learn how to prepare the most popular items from this fast-casual chain at home and on the cheap. Prep ahead easy, healthful options that can be made into endless combinations of meals for the whole week.

19-522-F2 \$65 Thurs., Sept. 26 MHS

6-9 pm Rhett Roberts

### New! Burgers 101

How to select and grind your own meat and the trick to making the perfect patty every time. The best way to cook a burger (hint: it's not on the grill!), sliders, and the famous Jucy Lucy at home.

19-522-F3 \$65 Thurs., Oct. 24 MHS

6-9 pm Rhett Roberts

# New! Bollywood Night

Celebrate India with its signature Bollywood food and music! Enjoy a star studded menu and start off the class with a sensational mocktail, the Mumbai Mojito.

19-522-F1 \$59 Wed., Oct. 16 MHS 6:30-9 pm Anu Seshadri

Register for classes at MinnetonkaCommunityEd.org

# **New!** Turkey Tips & Tricks

Brine the bird, peel the spuds, assemble the green bean casserole ahead of time - everything you need to know to make your Thanksgiving a breeze by following a simple calendar of easy prep tasks. We'll also make a delicious gravy.

19-522-F4 \$65 Thurs., Nov. 21 MHS

6-9 pm Rhett Roberts

# New! Fresh Pasta - Northern Italian

Learn to make some of Chef Rhett's favorite recipes he learned while living in Italy. Learn how to handmake and roll out various pasta doughs and create simple sauces that really showcase the noodle. You will also learn to make your own dried pasta.

19-522-F5 \$65 Thurs., Dec. 19 MHS

6-9 pm Rhett Roberts

# **Holiday Bake and Take**

Get all of your holiday treats done in one evening. There will be a mix of baked and no-bake treats. We will make enough for each person to take home 10 dozen treats and a booklet of recipes.

19-522-F8 \$65 Thurs., Dec. 5 MHS

6-9 pm Makayla Bozoian

19-522-F9 \$65 Mon., Dec. 9 MHS

6-9 pm Makayla Bozoian

19-522-FA10 \$65 Thurs., Dec. 12 MHS

6-9 pm Makayla Bozoian

# Home & Garden & Pet Care

### **Fall Yard and Garden Care**

Learn tasks and guidelines for preparing your lawn and gardens in the fall to help set yourself up for a better growing season next year.

19-509-F3 \$19 Wed., Sept. 25 MCEC 6-7:30 pm Terry Straub

# **Spring Flowering Bulbs**

Fall's the time to plant those beautiful spring-flowering bulbs. Learn from a Master Gardener how to plant many types and enjoy slides of spring-flowering favorites.

19-509-F4 \$19 Wed., Oct. 9 MCEC

6-7:30 pm Master Gardener

# **How to Cut the Cable Cord**

Cable (or satellite) television is the single most expensive utility for many households. This class will show you many viewing options that are free or much lower cost than cable.

19-509-F2 \$29 Tues., Oct. 22 MCEC 7-8:30 pm Ron Timm

# **New!** Conquer Your Clutter

Society is constantly encouraging us to "buy more to save more", "refresh" our home decor, and use a little "retail therapy" to help manage stress, which often results in clutter. If you are overwhelmed by clutter and disorganization, join us for some practical ideas that you can use right away!

19-509-F1 \$29 Wed., Nov. 6 MCEC 6:30-7:30 pm Julie Starke

# Dog Obedience & Behavior: Level 1

Discover how to teach your dog self-calming, self-control, attention and appropriate house and social manners. Learn to use the commands sit, down, stay, come and heel using both hand and voice signals.

19-708-F1 \$135 Tues., Sept. 17-Oct. 22 Excelsior Elem. 6:15-7:15 pm Jennifer Wilmes

19-708-F2 \$135

Tues., Sept. 17-Oct. 22 Excelsior Elem. 7:30-8:30 pm Jennifer Wilmes

19-708-F3 \$135

Tues., Nov. 12-Dec. 17 Excelsior Elem. 6:15-7:15 pm Jennifer Wilmes

# Dog Obedience & Behavior: Level 2

Continue improving your dog's skills on the basic obedience behaviors by adding distance, distraction and duration. We will also teach leave it, drop it and add a variation of heel. Extend your dog's skills to gain off-leash control and build confidence. Prerequisite: Completion of Level 1.

19-708-F4 \$135 Tues., Nov. 12-Dec. 17 Excelsior Elem. 7:30-8:30 pm Jennifer Wilmes

Find us on



facebook.com/MCEYouth facebook.com/MinnetonkaPreschool



# Lifelong Learning

# New! Spanish 1

Minnetonka Community Education is partnering with Minneapolis College to offer language classes in Minnetonka. Conversational practice and other exercises are led in a fun and no-pressure atmosphere, making this course ideal for beginners, or as a refresher for those with 'rusty' Spanish skills. The first of four sixweek classes is approximately equivalent to one year of high school or one semester of college Spanish. Courses are designed to be taken sequentially.

Use online link to register \$150 Wed., Sept. 18-Oct. 23 MHS

6:30-8:30 pm Minneapolis College

# New! Spanish 2

Minnetonka Community Education is partnering with Minneapolis College to offer language classes in Minnetonka. Conversational practice and other exercises are led in a fun and no-pressure atmosphere, making this course ideal for expanding your Spanish skills. The second of four six-week classes is approximately equivalent to one year of high school or one semester of college Spanish. Courses are designed to be taken sequentially.

Use online link to register \$150 Wed., Oct. 30-Dec. 4 MHS

6:30-8:30 pm Minneapolis College

# **New!** Discover Sign Language

You'll learn signs for colors, numbers, where you live, family, and daily activities. Then you'll put it all together so you can introduce yourself and start a conversation.

\$95

Sessions starting monthly
Register online at www.ed2go.com/mtkace

# **New!** Enhancing Language Development in Childhood

In this fun and user-friendly course for parents, teachers, and caregivers, discover how children learn to process language and how they become proficient speakers and thinkers.

\$95

Sessions starting monthly Register online at www.ed2go.com/mtkace

# New! Economy, Coffee and Conversation

Join financial professional Derek Strong for coffee and conversation around the economy. This series explores where we have been and where we may be going economically. Come to all discussions or choose the topics that most interest you. No products will be sold. Thrivent and its financial professionals do not provide legal, accounting or tax advice (consult your attorney or tax professional for advice).

### Are we headed for the next recession?

Over the past few quarters, there has been a lot of rumbling about where the United States and the world is headed economically. In this conversation, we will discuss where different world economies are today and their relation to history.

19-845-FA10 \$25 Wed., Sept. 18 MCEC 6-8 pm Derek Strong

### Taxes. Where we've been and where we are now.

In this conversation, we will discuss the history of federal tax rates and their effect on different types of investments.

 19-845-FA11
 \$25

 Wed., Oct. 16
 MCEC

 6-8 pm
 Derek Strong

### Don't worry, it's just money.

In the final conversation of the series, we will discuss the emotional side of investing, economic cycles and the economic elements you can't control.

 19-845-FA12
 \$25

 Wed., Nov. 20
 MCEC

 6-8 pm
 Derek Strong



# **History and Tea**

Join military historian Dan Hartman for tea, coffee and history. Through informative lectures and discussions in an informal setting we will explore American civics focusing on how the individual parts make up the U.S. Government. Come to all discussions or choose the topics that most interest you.

# **New!** House of Representatives

Composed of representatives who sit in congressional districts that are allocated to each of the 50 states on a basis of population, as measured by the U.S. Census.

 19-845-F1
 \$15

 Tues., Sept. 10
 MCEC

 4-6 pm
 Dan Hartman

# New! U.S. Senate

Composed of senators, each of whom represents a single state in its entirety. Each state, regardless of its population size, is equally represented by two senators who serve staggered terms of six years.

19-845-F2 \$15
Tues., Oct. 8 MCEC
4-6 pm Dan Hartman

# **New!** Presidency

Through the Electoral College, registered voters indirectly elect the president and vice president to a four-year term. This is the only federal election in the United States which is not decided by popular vote.

19-845-F3 \$15 Tues., Nov. 12 MCEC 4-6 pm Dan Hartman

### **New!** Supreme Court

Is the highest court in the federal judiciary and has the power of judicial review, the ability to invalidate a statute for violating a provision of the Constitution or an executive act for being unlawful.

19-845-F4 \$15
Tues., Dec. 10 MCEC
4-6 pm Dan Hartman

### An Evening with Jodi Livon

Spend an evening with psychic medium, intuitive coach and author Jodi Livon. In addition to sharing valuable, down to earth tips for living your most authentic life, she will conduct gallery-style-readings on spontaneously chosen audience members.

19-845-F6 \$45 Thurs., Nov. 14 MCEC 6:45-9 pm Jodi Livon

Register for classes at MinnetonkaCommunityEd.org

# New! Hark! The Basement Ladies Sing (offered in partnership with Project SOAR)

Join us for a holiday evening full of music and laughter! It is December 1960, and members of this rural community have gathered around their reel-to-reel tape player to record a special Christmas greeting for one of their boys serving overseas. As the ladies serve up coffee and cookies, Pastor suffers from a case of stage fright, Mavis smuggles a piglet into the kitchen, a surprise visitor leaves Karin speechless, and the Widow Vivian Snustad gets caught in an embarrassing situation. Throughout it all, you are encouraged to sing along as Beverly Barsness bangs out Christmas carols on the old upright. So come "Fa La La" with the Church Basement Ladies as they deck their fellowship hall.

19-000-F1 \$45 Sat., Dec. 7 Ames Center 3-5 pm in Burnsville

# Learn English. Earn Your GED.



# **Adult Options In Education offers:**

#### English as a Second Language (ELL/ESL)

- $\bullet \ Improve \ reading, \ writing, \ listening, \ and \ speaking$ 
  - Focus on skills for life and work
- Take an additional class in Child Development Associate training

#### **Volunteer Opportunities**

- Work with students from over 40 different countries
  - Be a positive impact
  - · Make new friends

# Our program features:

- Free classes Licensed teachers Convenient locations
  - Morning classes Small class sizes
  - $\bullet \ \mathsf{Computer} \ \mathsf{training} \ \bullet \ \mathsf{Open} \ \mathsf{enrollment}$ 
    - Childcare assistance may be available.

## **Minnetonka Community Education Center**

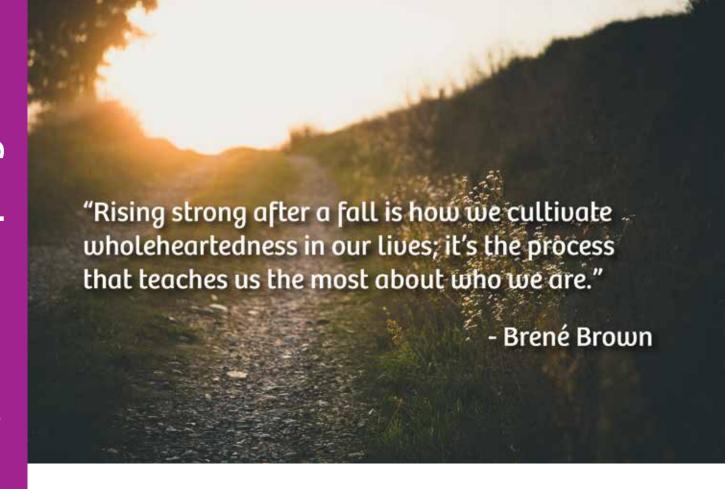
4584 Vine Hill Road, Excelsior, MN

For more information about our Minnetonka site, contact Mayo Hart at 952-401-6839.



Find us online!
www.adultoptions.org
AdultOptionsInEducation
@OutreachAOIE

To register for classes call: **952-988-5343** 



# Career & Personal Development

# 48 Days to the Work You Love

Whether you are just entering or re-entering the workforce or looking for a career change, this course will help put you on the right path. Utilizing a comprehensive personality assessment, the instructor will help you identify your calling based on your specific skills and abilities, personality, value set, dreams, and passions!

19-569-F1 \$199 Tues., Sept. 24-Oct. 29 MCEC 6:30-8:30 pm Vicki Dillon

# Achieving Success with Difficult People (Self-paced tutorial)

Explore how to see things from others' viewpoints based on their needs, values, beliefs, experiences, skills, knowledge, and self-interests. Understand that assertiveness involves taking responsibility when meeting your needs in a way that preserves the dignity and rights of others.

\$115 Sessions starting monthly Register online at www.ed2go.com/mtkace

# New! Rising Strong™: The Reckoning. The Rumble. The Revolution. A workshop based on the research of Dr. Brené Brown

Rising Strong<sup>™</sup> is a cognitive-behavioral practice which teaches us what it takes to get back up, and how owning our stories of struggle gives us the power to write a daring new chapter. Struggle can be our greatest call to courage and the clearest path to a wholehearted life.

19-545-F5 \$199 (includes lunch) Sat., Sept. 21 MCEC

8:30 am-5 pm Carli Braun Kody, Ph.D., L.P., CDWF

# **Emotional Resilience to Stress and Anxiety**

In a fast-paced culture of success and achievement, stress and anxiety can take their toll. Learn the basic thinking, behaviors and feelings around stress and anxiety and how to interrupt the cycle. (See page 16 for full description).

19-545-FA1 \$105 Tues., Oct. 8-29 MCEC 6:30-8:30 pm Serena King Ph.D., L.P.

# Getting Back to Work!

# **New!** Computer Skills for the Workplace

This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace.

### \$95

Sessions starting monthly Register online at www.ed2go.com/mtkace

# **New! Resume Writing Workshop**

Create an effective resume or transform your existing resume into a powerful tool that will get you interviews. Learn different resume formats and the advantages and disadvantages of each.

Sessions starting monthly Register online at www.ed2go.com/mtkace

# New! Twelve Steps to a Successful Job Search (Self-paced tutorial)

Learn to identify the job that's best for you and then get step-by-step instructions on how to get that job, regardless of your level of expertise or state of the economy. This motivational course will increase your confidence and provide you with the foundation you need to get the job you want.

# \$115

Sessions starting monthly Register online at www.ed2go.com/mtkace

# **New!** Creating a Classroom Website

In this fun, easy-to-understand course for teachers, you will learn how to build a site with text, images, animations, tables, links, a blog and more. You'll also discover how students can use site builders to create their own websites in minutes.

Sessions starting monthly Register online at www.ed2go.com/mtkace

# **New!** Empowering Students With Disabilities

Teaching students with disabilities is a rewarding challenge and this course gives you the tools you'll need to succeed. No matter what grade you teach, you'll learn powerful strategies you can put to work immediately in your classroom.

#### \$95

Sessions starting monthly Register online at www.ed2go.com/mtkace

# **New! Teaching Preschool:** A Year of Inspiring Lessons (Self-paced tutorial)

Learn over 100 circle-discussion, art, literacy, fine and large motor skill, science, and music activities that you can take into your classroom right away. You can then adopt the ideas just as they are or tweak them slightly to fit a variety of themes.

#### \$115

Sessions starting monthly Register online at www.ed2go.com/mtkace





# Computers & Technology

# Word: Level 1

Discover how to use the basic functions of Word to increase productivity. Topics covered will include menu bar, margins and orientation, cut, copy, move, paste text, create envelopes, print and more.

19-738-F2	\$69
Tues., Sept. 17	MCEC
9 am-12 pm	Sharon Walbran

19-738-FA13 \$69 Mon., Nov. 4 MCEC

9 am-12 pm Sharon Walbran

### Word: Level 2

Learn to utilize Word's editing and proofreading tools. We will cover how to create custom tab stops, mailing labels and custom letters. We will also learn how to use bulleted and numbered lists, create, modify and format tables, insert columns and rows, apply borders and shading and more.

19-738-F5	\$69
Tues., Sept. 24	MCEC

9 am-12 pm Sharon Walbran

19-738-FA15 \$69 Mon., Nov. 11 MCEC

9 am-12 pm Sharon Walbran

# **Excel: Level 1**

Gain a solid understanding of the basics of Excel, a powerful spreadsheet application. You will learn how to navigate around in Excel; use the Ribbon to issue commands, insert, delete, rearrange and rename worksheets.

19-738-F3	\$69
Thurs., Sept. 19	MCEC

9 am-12 pm Sharon Walbran

19-738-FA14 \$69 Wed., Nov. 6 MCEC

9 am-12 pm Sharon Walbran

# **New! Blogging and Podcasting for Beginners**

Learn how to plan and create your very own blog and podcast. Through hands-on exercises, you will discover the benefits of using free web tools like Blogger, WordPress, Audacity and YouTube.

### \$115

Sessions starting monthly
Register online at www.ed2go.com/mtkace

#### **Excel: Level 2**

Expand your Excel skills to work with formulas and functions, modify and copy formulas, and create formulas with the IF function. This hands-on course will help improve your work productivity.

19-738-F6	\$69
Thurs., Sept. 26	MCEC
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9 am-12 pm Sharon Walbran

 19-738-FA34
 \$69

 Thurs., Oct. 10
 MCEC

 6-9 pm
 Lisa Murphy

19-738-FA16 \$69 Wed., Nov. 13 MCEC

9 am-12 pm Sharon Walbran

# **New! Excel Pivot Tables and Dashboards**

Explore pivot tables and charts in depth and build dashboards using the results. You will learn how to set up your data to take full advantage of pivot tables and charts and avoid problems.

19-738-F9	\$69
Thurs., Oct. 3	MCEC

9 am-12 pm Sharon Walbran

19-738-FA19 \$69 Wed., Nov. 20 MCEC

9 am-12 pm Sharon Walbran

### **Google Drive and Google Docs**

Explore the capabilities of this free web based word processing and spreadsheet tool. The benefits of Google Drive include the ability to share and edit in real time with others.

19-738-FA11 \$69 Thurs., Oct. 10 MCEC

9 am-12 pm Sharon Walbran

19-738-FA31 \$69 Mon., Oct. 28 MCEC 6-9 pm Lisa Murphy

19-738-FA22 \$69 Tues., Dec. 3 MCEC

9 am-12 pm Sharon Walbran



Private or small-group computer training available. Call Mercedes at 952-401-5055 for information.

# **Access: Level 1**

Create a database from scratch using Access, Microsoft's relational database management program. Learn how to define a primary key and set attributes of fields to ensure accuracy of data.

19-738-FA23 \$69 Mon., Dec. 9 MCEC

9 am-12 pm Sharon Walbran

# Access: Level 2

Work with a database with multiple tables. Import data and fix import errors. Set up table relationships and build a junction table. Create advanced types of queries-Append, Update, Make Table and more.

19-738-FA24 \$69 Wed., Dec. 11 MCEC

9 am-12 pm Sharon Walbran

# **New! Access Tables and Relationships**

Getting the tables and relationships set up correctly is critical when designing a database, or modifying and understanding an existing one. Learn about table properties, field formatting, input masks, validation rules, and captions.

19-738-FA35 \$69 Tues., Oct. 1 MCEC 6-9 pm Lisa Murphy

# **New!** Introduction to PowerPoint

Begin building impressive presentations. Learn how to navigate through PowerPoint, add slides, create bulleted lists, copy text, print, and rearrange slides. Add photos, charts, and SmartArt. Customize slide backgrounds, animate your text and add slide transitions, video and sound.

19-738-F8 \$69 Tues., Oct. 1 MCEC

9 am-12 pm Sharon Walbran

19-738-FA21 \$69 Mon., Dec. 2 MCEC

9 am-12 pm Sharon Walbran

# QuickBooks

Learn to set up a company, add customer data, vendor information and banking accounts. Create custom invoices, enter and pay bills, setup and use owner's draw and capital investment accounts, create a budget and profit and loss reports.

19-738-FA10 \$69 Tues., Oct. 8 MCEC

9 am-12 pm Sharon Walbran

19-738-FA18 \$69 Mon., Nov. 18 MCEC

9 am-12 pm Sharon Walbran



# Computers & Technology

# **Photoshop Elements: Level 1**

Learn how to navigate through the Photoshop screens and palettes; how to use tools including selecting, cropping, moving and rotating; and work with layers.

19-738-F4 \$69 Mon., Sept. 23 MCEC

9 am-12 pm Sharon Walbran

19-738-FA17 \$69 Fri., Nov. 15 MCEC

9 am-12 pm Sharon Walbran

19-738-FA32 \$69 Sat., Nov. 16 MCEC 8:30-11:30 am Lisa Murphy

# **Photoshop Elements: Level 2**

Begin working more extensively with photo repair and touch up. Gain more experience working with layers and text as well as the Levels and Clone Stamp tools.

19-738-F7 \$69 Mon., Sept. 30 MCEC

9 am-12 pm Sharon Walbran

19-738-FA20 \$69 Fri., Nov. 22 MCEC 9 am-12 pm Sharon Walbran

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# **New! Publisher**

Learn the ins and outs of Microsoft's powerful desktop publishing software. After a general overview of Publisher, we'll create a 4-page newsletter, working with columns, pull quotes, drop caps, graphics, photos, borders, shading, table of contents, and more. Many of these skills can then be applied to flyers, brochures, cards, invitations, certificates, calendars and more.

19-738-FA33 \$69 Sat., Nov. 2 MCEC 8:30-11:30 am Lisa Murphy

# **New! Getting Started with HTML/CSS**

Learn the fundamentals of web development. You will explore how to use software that creates web pages, as well as learn the basics of HTML and CSS.

19-738-FA30 \$75 Wed., Oct. 16 MCEC 6-9 pm Monica Wheeler

# Money Matters

# New! 3 Strategies to Help Make College **More Affordable**

Wondering if you'll be to help your student finish college and still retire someday? With guidance from a college planning expert, learn how academics, admissions, and financial strategies can work together to help save you and your student money on college. This workshop is for High School students in grades 9-12 and their parents.

19-851-FA16 Wed., Sept. 25 6-8 pm

\$25 per family MCEC Meghan Johnson

# **Financial Boot Camp for Parents**

Explore common areas that new parents often struggle with regarding finances. Learn the tools and strategies Financial Advisors use to help young families keep their financial picture on track.

19-851-F3 Thurs., Oct. 3 7-8 pm

Widowed/Divorced

\$15 per couple MCEC Sam Rogers

# **Savvy Social Security Planning for**

Understanding Social Security is critical to your retirement. Discussion includes factors to consider when deciding when to apply for benefits, survivor benefits, divorcedspouse benefits, and divorced-spouse survivor benefits.

19-851-F7 Thurs., Oct. 3 \$15 MCEC

6:30-8:30 pm

Robert Stai Davis

**Savvy Social Security Planning for Couples** 

Social Security decisions that partners make in their 60s will determine the amount of total income received over their lifetime. Learn information that can help married couples get more out of the Social Security system.

19-851-F8 Thurs., Nov. 7 6:30-8:30 pm

\$19 per couple MCEC

Robert Stai Davis

### **Estate Planning Solutions**

Explore and understand Wills, Trusts, Health Care Directives & Powers of Attorney. You'll learn ways to avoid probate. Discussion of common mistakes will help you avoid unwanted consequences.

19-851-F1 Mon., Oct. 7 6:30-7:30 pm

MCEC

**Bonnie Wittenburg** 

19-851-F2 Tues., Nov. 19 6:30-7:30 pm

\$15 MCEC

**Bonnie Wittenburg** 

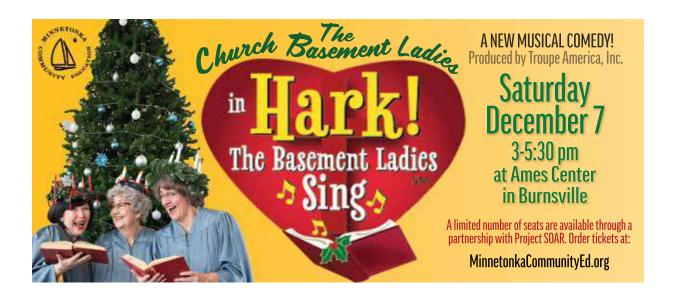
# **Long Term Care Planning with Insurance Solutions**

This course will answer your questions about long term care insurance. Learn how it works, who should purchase it and at when, how it works with government programs, and what kind of products are available in the marketplace.

19-851-F4 Tues., Oct. 29 6:30-8 pm

\$29 MCEC Thomas Student &

Carol Burk





55+ Defensive Driving

Learn defensive driving techniques that can help prevent accidents. Adults 55 and older can save 10% on car insurance premiums in MN by completing this course. No written or behind-the-wheel test required.

19-664-F1 \$29 Mon./Tues., Oct. 14 & 15 MCEC

5:30-9:30 pm Minnesota Safety Council

19-664-F2 \$29 Wed./Thurs., Dec. 4 & 5 MCEC

12:30-4:30 pm Minnesota Safety Council

55+ Defensive Driving Refresher

If you have taken a state-approved 8-hour defensive driving course (55+) in the past, you can renew your 10% car insurance discount by taking this 4-hour refresher course.

19-664-F3 \$25 Wed., Oct. 9 MCEC

5:30-9:30 pm Minnesota Safety Council

19-664-F4 \$25 Tues., Dec. 10 MCEC

12:30-4:30 pm Minnesota Safety Council

Planning Life After Retirement - What Do I Do Now?

(Offered in partnership with Eastern Carver Cty Schools)

Most people plan for the financial side of retirement, but often don't focus on the personal side. Explore the personal life-planning questions you need to ask yourself and/or discuss with your spouse or partner before you retire.

19-664-F6 Thurs., Sept. 12 & 19

6:30-8:30 pm

Vicki Dillon \$25 individual/\$45 couple

19-664-F7 Mon., Oct. 7 & 14 6:30-8:30 pm

Family Learning Center Vicki Dillon

19-664-F8 Tues., Nov. 12 & 19 6:30-8:30 pm \$25 individual/\$45 couple Family Learning Center Vicki Dillon

\$25 individual/\$45 couple

Family Learning Center



# JONOWS TEAM!

Minnetonka Community Education is hiring! Explorers Staff Members | Instructors | Building Supervisors





# Health & Wellness

# New! Rising Strong™: The Reckoning. The Rumble. The Revolution. A workshop based on the research of Dr. Brené Brown

Rising Strong™ is a cognitive-behavioral practice which teaches us what it takes to get back up, and how owning our stories of struggle gives us the power to write a daring new chapter. Struggle can be our greatest call to courage and the clearest path to a wholehearted life.

In this experiential workshop, Dr. Carli Kody will guide you through the Rising Strong™ practice, based on the research of Dr. Brené Brown and her New York Times best-selling book Rising Strong. Dr. Kody will teach participants how to move through the three acts of the Rising Strong™ process: Act 1- the reckoning, Act 2 - the rumble, and Act 3 - the revolution. Workshop participants will learn fundamental skills to examine their personal narratives about falls, mistakes and challenges in their personal and professional lives along with ways to cultivate mindfulness, resilience, and grit.

Leave equipped with the practical cognitive and behavioral skills needed to rise strong in the face of adversity in our lives. Workshop content will include individual reflection, small and large group discussion, and Brené Brown's videos, which are part of the Rising Strong™ curriculum. You are strongly encouraged to read Dr. Brené Brown's book, Rising Strong, in preparation for the workshop.

Dr. Kody is a licensed psychologist in private practice and a Certified Daring Way™ Facilitator (CDWF). Her professional background includes over 19 years of counseling, teaching and research experience. Carli has been implementing Brené Brown's research in educational and clinical settings since 2011. Carli is also a Mindful Self-Compassion (MSC) Teacher-in-Training and teaches mindfulness and self-compassion classes.

19-545-F5 Sat., Sept. 21 8:30 am-5 pm \$199 (includes lunch)

IVICEC

Carli Braun Kody, Ph.D., L.P., CDWF

# **Emotional Resilience to Stress and Anxiety**

In a fast-paced culture of success and achievement, stress and anxiety can take their toll. Learn the basic thinking, behaviors and feelings around stress and anxiety and how to interrupt the cycle.

# What you Need to Know about Stress and Anxiety

In this overview seminar, elements of anxiety and stress and how they can manifest in problematic ways will be identified. Learn practical strategies for managing stress that can be used for yourself and your loved ones.

# Modify Thoughts, Behaviors and Feelings to Reduce Stress and Anxiety

Explore the common thinking and behavior patterns that may be impeding wellness and increasing stress and anxiety. You will be introduced to techniques that help develop healthier, more balanced ways of thinking and interpreting situations.

# Mindfulness Based Approaches to Stress and Anxiety

Explore mindfulness and its benefits for reduction of stress and anxiety. You will have guided practice to help demonstrate this powerful technique. Mindful parenting will also be discussed.

# Developing Emotional Resilience through Mindfulness and Self Compassion

Explore the elements of self-compassion to achieve emotional resilience. Cultivating a more compassionate approach to coping with life's challenges results in a kinder, healthier approach to the self and others.

19-545-FA1 Tues., Oct. 8-29 6:30-8:30 pm \$105 (all four classes)

Serena King Ph.D., L.P.

# **New! Foot Clinic**

The lack of mobility and strength in our feet is directly linked to alignment issues and joint pain in other parts of the body. Learn how to improve foot function and health.

 19-545-F2
 \$45

 Tues., Sept. 17
 MCEC

 6:30-8:30 pm
 Lynn Shuck

### **New!** Eliminate Your Pain

Pain is the body's way of telling us there is an underlying problem that needs to be addressed. Learn how you can feel and function better without masking the pain with pills or injections. Tools will be given so individuals can learn how to develop and maintain their pain-free lifestyle.

19-545-FA10 \$19 Thurs., Oct 3 MCEC

6-7 pm Brittany Mulder Yamauchi

# **Makeup Update for Women 40 and Better**

Take this class to refresh your look with tips and techniques for ageless beauty. Learn about a variety of products, application techniques and the latest trends in makeup and skin care.

19-545-F1 \$35 Thurs., Oct 3 MCEC

7-9 pm Julie Sherman

# **New! Restart© Sugar Detox**

Restart is educational, guilt-free, supportive, and will set you up for healthier habits long after the 5 weeks are over. Forget much of what you thought you knew about healthy eating. Eat delicious flavorful food and thrive!

19-545-F4 \$129 Tues., Oct. 1-29 MCEC

6-7:30 pm Nikol Jorgensen

# **New!** Posture & Osteoporosis Workshop: Building Better Bones

Learn simple techniques to improve posture and stand straighter, including exercises to help flatten the upper back, unround shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to improve bone mass.

19-545-F8 \$39 Mon., Sept. 30 MCEC 6-7:30 pm Janice Novak

# **New!** Mudras - Yoga of the Hands

Mudras are simple, yet effective healing tools. They can be used to alleviate anxiety, stress, digestive issues, bloating, insomnia and more. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time.

19-545-F7 \$35 Wed., Oct. 23 MCEC 6-7:30 pm Janice Novak

# **New!** Thyroid - Things You Need To Know

If you currently take thyroid medication but are still gaining weight and struggle with symptoms, there's more you need to know. In this workshop, we'll discuss how thyroid function can make any illness worse and the 5 things that need to be measured, but usually aren't. Walk away with new info to discuss with your doctor.

19-545-F9 \$35 Thurs., Nov. 14 MCEC 6-7:30 pm Janice Novak





# CPR & First Aid

# **Heartsaver CPR & AED**

This American Heart Association class teaches CPR and Airway Obstruction, as well as the use of an Automated External Defibrillator (AED) for adults, children and infants.

19-CPR-F1	\$65
Mon., Sept. 16	MCEC
4-7 pm	Kathie Case

19-CPR-F2 \$65
Tues., Oct. 8 MCEC
9 am-12 pm Kathie Case

19-CPR-F3 \$65 Wed., Oct. 23 MCEC 9 am-12 pm Kathie Case

19-CPR-F4 \$65 Thurs., Nov. 14 MCEC 9 am-12 pm Kathie Case

19-CPR-F5 \$65 Tues., Dec. 10 MCEC 9 am-12 pm Kathie Case

### **First Aid**

In this American Heart Association class, learn a plan of action to recognize and deal with unconsciousness, bleeding, broken bones, head, neck and back injuries, and sudden illness including stroke, diabetic emergencies, seizures, fainting and poisoning.

19-FA-F1 \$65 Wed., Nov. 6 MCEC 4-7 pm Kathie Case

# **Basic Life Support (BLS) for Healthcare Providers**

Designed for healthcare professionals, this class provides the BLS certification that is required in the healthcare industry. Training includes CPR, use of an AED, Airway Obstruction and Ambu bag in simulated clinical scenarios.

19-BLS-FA14 \$80 Wed., Dec. 4 MCEC 3:30-7:30 pm Kathie Case

#### **Pediatric CPR & First Aid**

19-CPR-F6

9 am-2 pm

This American Heart Association course is designed to meet the regulatory requirements for childcare workers. Learn how to respond to and manage illnesses and injuries in a child or infant until professional help arrives. The course covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an Epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Childcare Providers.

Tues., Sept. 10	MCEC
9 am-2 pm	Kathie Case
19-CPR-F7	\$95
Tues., Oct. 1	MCEC
12:30-5:30 pm	Scott Gavin
19-CPR-F8	\$95
Mon., Oct. 21	MCEC
11:30-3:30 pm	Kathie Case
19-CPR-F9	\$95
Tues., Nov. 12	MCEC
9 am-2 pm	Kathie Case
19-CPR-FA10	\$95
Mon., Dec. 16	MCEC

# Tot Saver (Infant & Child CPR Non-Certification)

An important skill for anyone caring for infants and small children including parents, grandparents, babysitters and nannies. Learn life-saving techniques to prevent, recognize and respond to cardiac and breathing emergencies with infants and small children.

Kathie Case

19-TSCPR-FA13	\$30 individual/\$50 couple
Tues., Oct. 1	MCEC
6-7:30 pm	Scott Gavin

# Dance

# **Tap Dance: Level 1**

Bring your tap shoes and join us for a fun night of dancing. Exercise your body and mind while learning a variety of tap dance steps and a choreographed dance routine. This class is perfect for beginners and those with a little experience. No class Oct. 2, 9.

19-712-F1 Wed., Sept. 18-Nov. 20 MCEC 7:10-8 pm Autumn Kaye

\$49 19-712-FA11 Wed., Nov. 27-Dec. 18 **MCEC** 7:10-8 pm Autumn Kaye

# **Tap Dance: Level 2**

Take your tapping to the next level. Improve your dance technique and rhythm while getting a great cardio workout. You will learn new tap dance steps and a choreographed dance routine. No class Oct. 2, 9.

19-712-F1 \$99 Wed., Sept. 18-Nov. 20 MCEC 6:10-7 pm Autumn Kaye

19-712-FA11 \$49 Wed., Nov. 27-Dec. 18 MCEC

6:10-7 pm Autumn Kaye

### **Jazz & Hip Hop Dance**

You'll learn a variety of Jazz & Hip Hop dance moves in this fun and lively class. Content features a choreographed dance routine along with techniques that will improve your strength and flexibility. No class Oct. 3, Nov. 28.

\$99 19-712-F6 Thurs., Sept. 19-Nov. 14 **MCEC** 6:25-7:15 pm Autumn Kaye

19-712-F8 \$49 Thurs., Nov. 21-Dec. 19 **MCEC** 

6:25-7:15 pm Autumn Kaye

# **Contemporary Ballet**

Combining elements of ballet and contemporary dance, this class includes a ballet barre warm-up, across the floor combos and a choreographed dance routine. This low impact form of exercise will improve your balance, strength and flexibility. No dance experience required. No class Oct. 3, Nov. 28.

19-712-F7 \$99 Thurs., Sept. 19-Nov. 14 **MCEC** 7:25-8:15 pm Autumn Kaye

19-712-F9 \$49 Thurs., Nov. 21-Dec. 19 MCFC 7:25-8:15 pm Autumn Kaye

# Swing & Ballroom: Let's Begin

Learn the East Coast Swing, Hustle, and Waltz dances. Reviewing the previous week's dance steps will help you feel comfortable on the dance floor. Singles are welcome.

\$39 individual/\$70 pair Tues., Sept. 24-Oct. 15 **MCEC** 6:30-7:45 pm Jay Dudding

# Swing & Ballroom: Let's Continue

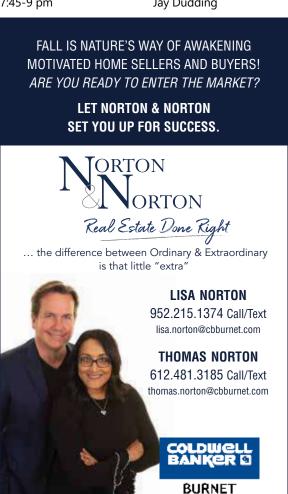
Continue to perfect and review your East Coast Swing, Hustle, and Waltz dance steps as it is a key element in helping students relax, learn and experience success.

19-712-F5 \$29 individual/\$50 pair **MCEC** Tues., Oct. 22 & 29 6:30-8 pm Jay Dudding

# **Latin Dance: Let's Begin**

Learn the most popular Latin dances including the Rumba, Salsa, Cha-Cha, Tango and Samba. Reviewing the previous week's dance steps helps you feel comfortable on the dance floor. Singles are welcome.

19-712-F4 \$39 individual/\$70 pair Tues., Sept. 24-Oct. 15 MCEC 7:45-9 pm Jay Dudding



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201 Lake Street East #100 Wayzata, MN 55391



Adult Fitness Classes			
Fitness & Muscle Strengthening	Kettlebell Express (p. 21) Kettlebells (p. 21)	Strictly Strength (p. 21)	
Pilates	Pilates for Buff Bones® (p. 24) Rollga® Fascial Release (p. 24) STOTT PILATES®: Essential Mat (p. 24)	STOTT PILATES®: Intermediate Mat & Barre (p. 24)	
Recreation	Advanced Beginner Tennis Lessons for Women (p. 25) Body Energy Healing with Qigong (p. 26) Kung Fu - Wu Shu (p. 26) Minnetonka Log Rolling (p. 23) Open Volleyball (p. 23)	Tae Kwon Do (p. 26) Tonka Trot for Heroes (p. 63) Women's Advanced Tennis Drills (p. 25) Women's Beginning Intermediate Tennis (p. 25) Women's Beginner Tennis (p. 25)	
Yoga	Dance and Yogalates Combo (p. 21) Gentle Flow Yoga (p. 22)	Traditional Yoga (p. 23)	
Dance Workout	Cardio Dance Jam (p. 21)	Dance & Yogalates Combo (p. 21)	

# Fitness & Recreation

**Strictly Strength** 

Begin with mobility prep work, stretching and warm up to improve range of motion, then move on to practices that focus on increasing core and grip strength, and improving the range of motion in our joints. We squat, push, pull and press in these workouts. *No class Oct. 11, 16, 18, Nov. 27, 29.* 

19-791-F6 \$80 Wed., Sept. 4-Oct. 30 MCEC

10-10:45 am Lisa Beth Terrell

19-791-F5 \$60 Fri., Sept. 6-Oct. 25 MCEC

9:30-10:15 am Lisa Beth Terrell

19-791-F8 \$60 Wed., Nov. 6-Dec. 18 MCEC

10-10:45 am Lisa Beth Terrell

19-791-F7 \$50 Fri., Nov. 15-Dec. 20 MCEC

9:30-10:15 am Lisa Beth Terrell

# **Kettlebells**

This course works on fundamental movements: Push, Pull, Squat, Hinge, Press. We take these movements and add load in the form of kettlebells to improve strength and conditioning. *No class Oct. 16, Nov. 27.* 

19-791-F1 \$105 Wed., Sept. 4-Oct. 30 MCEC

10:45-11:30 am Lisa Beth Terrell

19-791-F2 \$65 Wed., Nov. 6-Dec. 18 MCEC

10:45-11:30 am Lisa Beth Terrell

### **Kettlebell Express**

In 30 minutes you can get a great workout. This course works on fundamental movements: Push, Pull, Squat, Hinge, Press. We take these movements and add load in the form of kettlebells to improve strength and conditioning. *No class Oct. 16, Nov. 27.* 

19-791-F3 \$85/\$12 drop in Wed., Sept. 4-Oct. 30 MCEC Lisa Beth Terrell

19-791-F4 \$65/\$12 drop in Wed., Nov. 6-Dec. 18 MCEC

11:35-12:05 pm Lisa Beth Terrell

#### **Cardio Dance Jam**

This one-of-a-kind dance workout is fun and accessible for dancers of all levels. Classes include fun routines to the latest pop songs and simple versions of Latin dances (salsa, merengue, reggaeton, and cumbia). All dances can be modified to low or high impact.

19-781-F1 \$80/\$12 drop in Mon., Sept. 9-Oct. 28 9:30-10:30 am MCEC Laurie Sigel

19-781-F2 \$80/\$12 drop in Wed., Sept. 11-Oct. 30 MCEC

9:30-10:30 am Laurie Sigel

19-781-F3 \$70/\$12 drop in Mon., Nov. 4-Dec. 16 MCEC 9:30-10:30 am Laurie Sigel

19-781-F4 \$70/\$12 drop in Wed., Nov. 6-Dec. 18 MCEC 9:30-10:30 am Laurie Sigel

# **Dance & Yogalates Combo**

Shake up your workout—engage every part of your body, feel empowered, refreshed, and wholly cared for. Class begins with 30 minutes of easy-to-follow, fun, fire-you-up Cardio Dance followed by 30 minutes of a magical blend of Yoga and Pilates. *No class Oct. 11, Nov. 29*.

19-781-F5 \$115/\$20 drop in Fri., Sept. 6-Oct. 25 MCEC 9:30-10:30 am Laurie Sigel & Jaime Pellegrene

19-781-F6 \$115/\$20 drop in Fri., Nov. 1-Dec. 20 MCEC 9:30-10:30 am Laurie Sigel & Jaime Pellegrene





# Fitness & Recreation

### **Gentle Flow Yoga - Fall**

Gentle Flow Yoga will guide you through yoga poses and teach you to connect those poses to the movement of your breath, creating a balance between relaxation and physical challenge. *No class Oct. 10, 14, 15, Nov. 27, 28.* 

19-503-F5	\$79	19-503-FA11	\$79
Mon., Sept. 9-Oct. 28	MCEC	Mon., Nov. 4-Dec. 16	MCEC
4:30-5:30 pm	Camey Martinez	4:30-5:30 pm	Camey Martinez
19-503-F6	\$79	19-503-FA12	\$79
Mon., Sept. 9-Oct. 28	MCEC	Mon., Nov. 4-Dec. 16	MCEC
6:15-7:15 pm	Camey Martinez	6:15-7:15 pm	Camey Martinez
19-503-F7	\$79	19-503-FA13	\$69
Tues., Sept 10-Oct. 29	MCEC	Tues., Nov. 12-Dec. 17	MCEC
10 am-11 pm	Camey Martinez	10-11 am	Camey Martinez
19-503-F8	\$89	19-503-FA14	\$69
Wed., Sept. 11-Oct. 30	MCEC	Wed., Nov. 6-Dec. 18	MCEC
4:30-5:30 pm	Camey Martinez	4:30-5:30 pm	Camey Martinez
19-503-F9	\$89	19-503-FA15	\$79
Wed., Sept. 11-Oct. 30	MCEC	Wed., Nov. 6-Dec. 18	MCEC
6:15-7:15 pm	Camey Martinez	6:15-7:15 pm	Camey Martinez
19-503-FA10	\$79	19-503-FA16	\$69
Thurs., Sept. 12-Oct. 31	MCEC	Thurs., Nov. 7-Dec. 19	MCEC
10-11 am	Camey Martinez	10-11 am	Camey Martinez

# **Traditional Yoga**

Yoga is a unique form of exercise designed to gently condition the whole body, while helping to provide inner peace and serenity. All levels are welcome; this is a great class for people new to yoga. *No class Oct. 10, Nov. 28.* 

19-503-F1	\$69/\$15 drop ir
Tues., Sept. 10-Oct. 15	MCEC
6-7 pm	Elizabeth Mann
19-503-F2	\$69/\$15 drop ir

Thurs., Sept. 5-Oct. 17 MCEC 6-7 pm Elizabeth Mann

19-503-F3 \$69/\$15 drop in

Tues., Nov. 12-Dec. 17 MCEC 6-7 pm Elizabeth Mann

19-503-F4 \$69/\$15 drop in MCEC 6-7 pm Elizabeth Mann

**Open Volleyball for Advanced Players** 

Join us for three hours of competitive open volleyball. This is for advanced volleyball players with a complete working knowledge of the game and USAV rules only. *No class Nov. 27.* 

19-648-F1 \$60/\$5 drop in Wed., Sept. 11-Dec. 18 MME 6:30-9:30 pm Ron Liebelt

# **Premium Yoga Mats**

Order your yoga mat online at **bit.ly/2ZyA81h** and pick up your mat at the Minnetonka Community Education Center before your class. Mats are \$19 and come in a variety of colors. Mats are 1/4" thick and 74" long.

# **Minnetonka Log Rolling**

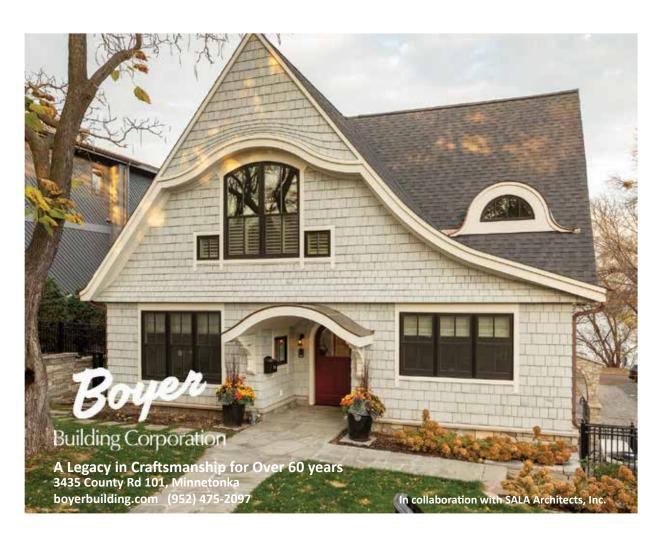
# All ages

4-5 pm

Log rolling is fun and perfect for friendly competition or personal challenge. Set a goal and achieve it! It's easy to learn and staying on the log longer with each practice is very satisfying. *No class Oct. 19*.

90-160-1	\$55	
Sat., Sept. 28-Oct. 26	MMW	
3-4 pm	Sarah Beron	
90-160-2	\$55	
Sat., Sept. 28-Oct. 26	MMW	
4-5 pm	Sarah Beron	
90-160-3	\$55	
Sat., Nov. 2-23	MMW	
3-4 pm	Sarah Beron	
90-160-4	\$55	
Sat., Nov. 2-23	MMW	

Sarah Beron





# Fitness & Recreation

# **Pilates for Buff Bones®**

Pilates for Buff Bones® is a medically-endorsed, full body workout for bone strengthening and balance, using Pilates, strength training, functional movement, and rehabilitative exercise. *No class Oct. 16, Nov. 5, 6, 26, 27.* 

19-694-F6 \$156/\$15 drop in

Tues., Sept. 10-Dec. 17 MCEC

4:45-5:45 pm Nancy Maple Ellsworth

19-694-F7 \$145/\$15 drop in

Wed., Sept. 11-Dec. 18 MCEC

8-9 am Nancy Maple Ellsworth

# Rollga® Fascial Release

Releasing fascia benefits athletes and non-athletes alike. Using a high-quality contoured foam roller, called Rollga®, we will develop and practice a routine to develop strength, flexibility and balance, alleviate pain and improve overall function for daily activities.

19-694-F3 \$45 Mon., Nov. 4 MCEC 12-1 pm Peggie Zoerhof

# **STOTT PILATES®: Essential Mat**

This introduction to STOTT PILATES® is for those new to Pilates-based exercise. We will cover principles of the STOTT method and selection of exercises designed to lengthen and strengthen the core muscles of the body.

19-694-F1 \$112 Mon., Sept. 9-Oct. 28 MCEC

10:30-11:30 am Peggie Zoerhof

# **STOTT PILATES**®:

# **Intermediate Mat & Barre**

Challenge yourself! This mat workout will utilize STOTT PILATES® exercises and weighted balls, resistance bands, Fitness Circles®, rollers, ballet barre and stability balls to improve strength, flexibility, endurance and coordination.

19-694-F2 \$215/\$20 drop in

Mon., Sept. 9-Dec. 16 MCEC

9:30-10:30 am Peggie Zoerhof

# **Women's Beginner Tennis**

Enjoy learning tennis skills with other women. This class will provide a full-body workout while improving your agility. Equipment is provided. No class Nov. 26.

19-881-F3 Tues., Sept. 17-Oct. 22

\$159 Minnetonka Tennis Club Dan Lewis

1:30-3 pm

19-881-F4

\$159

Tues., Oct. 29-Dec. 10 1:30-3 pm

Minnetonka Tennis Club Dan Lewis

**Advanced Beginner Tennis Lessons for Women** 

This class is for women with some tennis experience who would like to take their play to the next level. Learn to sustain longer rallies, improve your serve and your volleys. Refresh your tennis vocabulary and improve your techniques. No class Nov. 27.

19-881-F7

\$159

Wed., Sept. 18-Oct. 23 1:30-3 pm

Minnetonka Tennis Club Dan Lewis

19-881-F8

\$159

Wed., Oct. 30-Dec. 11 1:30-3 pm

Minnetonka Tennis Club

Dan Lewis

# **Women's Beginning Intermediate Tennis** (Level 2.5/3.0)

Step up into introductory match play, explore match play strategy components and focus on tennis skill development. Designed for those that have completed or mastered skills of Advanced Beginners Tennis. No class Nov. 27.

19-881-F5

19-881-F6

Wed., Sept. 18-Oct. 23

\$159

11 am-12:30 pm

Minnetonka Tennis Club Scott Swanson

\$159

Wed., Oct. 30-Dec. 11 11 am-12:30 pm

Minnetonka Tennis Club Scott Swanson

# Women's Advanced Tennis Drills (Level 3.5+)

This class is geared toward the former competitive high school player looking to refine their skills. Players should be at a USTA Level 3.5 or higher. No class Nov. 26.

19-881-F1

Tues., Sept. 17-Oct. 22 10-11:30 am

\$159

Minnetonka Tennis Club

Scott Swanson

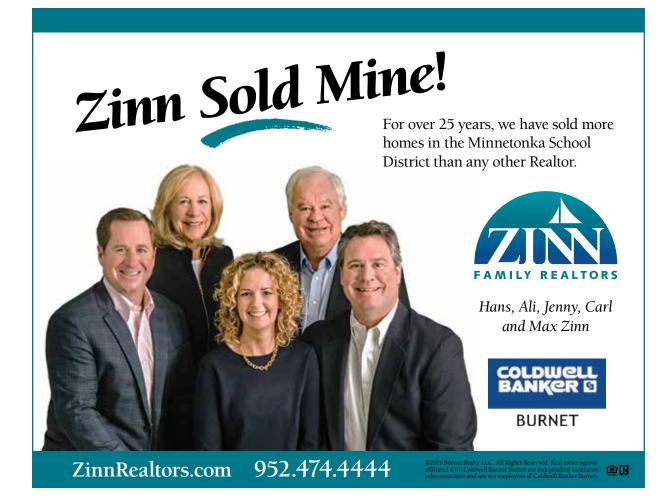
19-881-F2

Tues., Oct. 29-Dec. 10 10-11:30 am

\$159

Minnetonka Tennis Club

Scott Swanson



# Fitness & Recreation

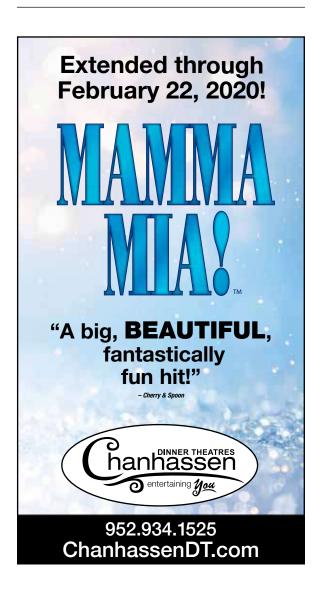
# **New! Body Energy Healing with Qigong**

Discover your natural ability to heal and protect yourself mentally, physically, and spiritually. After studying the effects and benefits of Qigong, the Mayo Clinic in Rochester, MN now offers Qigong classes to its patients.

19-656-F6 \$69 Wed., Sept. 4-Oct. 2 MCEC 10:30-11:45 am Kim Cooney

19-656-F7 \$69 Tues., Oct. 8-Nov. 5 MCEC 10:30-11:45 am Kim Cooney

Kim Cooney is a certified Five Element Qigong instructor. She is dedicated to helping others achieve maximum physical and mental health through Qigong.



#### Tae Kwon Do

# Ages 8 and up

Learn effective self-defense techniques and develop discipline, self-confidence, fitness and total health. Participants of all ages benefit from this traditional martial art.

19-656-F1 \$59 Mon. & Wed. Mon./Wed., Sept. 9-Oct. 2 \$39 Wed. only 6-7 pm **MCEC** Fred Baker

19-656-F2 \$59 Mon. & Wed. Mon./Wed., Oct. 7-30 \$39 Wed. only 6-7 pm **MCEC** 

Fred Baker

19-656-F3 \$59 Mon. & Wed. Mon./Wed., Nov. 4-27 \$39 Wed. only 6-7 pm **MCEC** Fred Baker

19-656-F4 \$45 Mon. & Wed. Mon./Wed., Dec. 2-18 \$29 Wed. only **MCEC** 6-7 pm Fred Baker

# Kung Fu - Wu Shu

### Ages 5 and up

Join a fun, progressive, full-participation class and learn exercises that will strengthen your mind and body. Learn skills while building muscle, power, flexibility and agility. Improve your awareness, self-esteem and confidence. No class Oct. 14, Nov. 2.

# **Beginner & White Belt**

\$79 90-162-B1 Sat., Sept. 28-Nov. 16 Deephaven Elem. 10-10:45 am National Treasure Kung Fu

90-162-B \$79 Mon., Oct. 7-Nov. 25 Excelsior Elem.

6:15-7 pm National Treasure Kung Fu

# **Yellow- 2nd Purple Belt**

90-162-Y1 Sat., Sept. 28-Nov. 16

Deephaven Elem. 10:45-11:30 am National Treasure Kung Fu

\$79 90-162-Y

Mon., Oct. 7-Nov. 25 Excelsior Elem.

7-7:45 pm National Treasure Kung Fu

# 3rd Purple - Black Belt

90-162-P1 Sat., Sept. 28-Nov. 16

Deephaven Elem. 12:15-1 pm National Treasure Kung Fu

\$79 90-162-P

Mon., Oct. 7-Nov. 25 Excelsior Elem. 7:45-8:30 pm National Treasure Kung Fu

#### Instruments and Sparring

90-162-I Sat., Sept. 28-Nov. 16 11:30 am-12:15 pm

Deephaven Elem. National Treasure Kung Fu



# Adults with Disabilities

Providing life-long learning for adults with disabilities through Community Education for over 30 years.

Project SOAR activities and classes are designed and adapted for adults with cognitive and physical disabilities. Participants can:

# **Discover New Skills**

Arts • Crafts • Sewing • Cooking

# **Explore the Community**

Theatre • Sporting Events • Outings

# **Socialize and Meet New People**

BINGO • Movie Night • Ice Cream Social

# **Become More Active**

Bowling • Fit & Fun • Dances



To learn more about Project SOAR or to register, visit us at: www.projectsoarmn.org

Project SOAR 4584 Vine Hill Road Deephaven, MN 55331 952-401-6898

Project SOAR is a consortium supported by the Community Education Departments of the Minnetonka, Hopkins, St. Louis Park and Wayzata School Districts.











# Minnetonka Music Academy

# **Preschool Piano Lessons**

Ages 4-6

Start your child's musical journey with us! Our professional piano instructors have experience in teaching young children and use books specially written for young beginners. Weekly lessons start on the week of October 21. Eight 30-minute or 45-minute weekly lessons take place at the Minnetonka Community Education Center on Monday, Tuesday, Wednesday and Thursday mornings through early afternoons. Individual lesson times will be confirmed in early October. Register online and you will be contacted to schedule a lesson time.

90-380-PP-30 min \$235 90-380-PP-45 min \$335

Registration for school year 2019-20 opens at 8 am on Wednesday, August 21.

Register and view the Minnetonka Music Academy calendar at MinnetonkaCommunityEd.org

# **Private Music Lessons**

Ages 5 and up

Students of all ages and abilities are welcome! If you are new to an instrument, our instructors will help you develop your musical skills. If you are an experienced musician, our instructors will help you excel.

Weekly private lessons in voice and various instruments are offered after school and in the evenings starting September 20-26 and ending in May. Please indicate your preferred day and time. Individual lesson times will be confirmed during the 2nd week of September.

Private instruction in piano, voice, violin, flute, clarinet, saxophone, brass instruments, accordion, bass guitar, quitar.

00 200 CL lessens	Class Carings Flora	\$825*
90-380-CL lessons	Clear Springs Elem.	
90-380-DH lessons	Deephaven Elem.	\$825*
90-380-EX lessons	Excelsior Elem.	\$825*
90-380-GR lessons	Groveland Elem.	\$825*
90-380-MWA lessons	Minnewashta Elem.	\$825*
90-380-SH lessons	Scenic Heights Elem.	\$825*
90-380-MCEC lessons	MCEC	\$825*

\*Visit MinnetonkaCommunityEd.org to learn about our payment plan option.



At Minnetonka Music Academy, we believe music enriches our lives. Our caring and talented instructors inspire children and adults to reach their individual musical goals while developing a lifelong love of music.

# Minnetonka Philharmonic

#### Grades 6-8

Learn symphonic music and challenge yourself to the next level of performance as a member of the Minnetonka Philharmonic. Middle school level orchestra students may audition through their school orchestra teachers for this group in late September. *No class Oct. 11, 18, Nov. 1, 8, 29, Dec. 27, Jan. 3.* 

90-384-MP \$225 Fri., Sept. 27-Feb. 28 MME 7:30-8:45 am Concert: Jan. 16, 5-9 pm at MHS

# **Holiday Fiddlers**

# All ages (youth & adults)

Please join us to celebrate seasonal holiday music! We welcome anyone with a minimum of two years experience playing any orchestra instruments. Youth and adult students are welcome.

90-384-HF-MME \$39 Wed., Dec. 4-18 MME 4:10-5:10 pm

# **Minnetonka Fiddlers**

#### Grades 6-8

Join fellow middle school musicians in learning traditional fiddle music. Violin, viola, cello, guitar, banjo or double bass players are welcome. Our rehearsals will culminate in a public performance. *No class Sept. 27, Oct. 11, 18, Nov. 8, 29.* 

90-384-MF-MME \$89 Fri., Sept. 20-Dec. 20 MME 4:10-5:10 pm

# **Daytime Adult Piano Lessons**

It's never too late to start playing piano! Whether you are a beginner or played years ago, we will work with you to create a customized lesson plan. Learn to express yourself through music. Eight weekly, 45-minute lessons start on the week of October 21.

90-380-AP-45 min \$335 Mon., Tues., Wed., or Thurs. MCEC

# Meet Brooke....

Brooke has been taking guitar lessons with Minnetonka Music Academy for two years. Brooke says, "I really like playing my guitar and learning new songs! My guitar teacher, Michael Betz, is very patient and has taught me a lot. When I first started guitar lessons, I didn't know how to read music. Now, I can read and play several page songs on my guitar."

Brooke has participated in other
Minnetonka Community Ed programs
including Outwest Horse Camp, Alone at
Home, Log Rolling and the Youth Triathlon.
"I had so much fun, learned a lot and made new
friends. I am hoping to do those camps again."
Brooke looks forward to participating in volleyball
in the future.





**NEW!** Join us for a fun run (1.5 miles) to celebrate and thank our military, police, firefighters, teachers, doctors, moms, dads and more for their service. Entry fee includes a cape – guaranteed to the first 750 participants. A portion of our event proceeds will support an heroic organization in our community.

Event Site: Groveland Elementary • Registration and packet pick-up at 8 am

1.5 Mile Family Fun Run starts at 9 am

Celebration of Heroes and activities throughout the event

Exclusively Sponsored by:



Organized by Minnetonaka Community Education MinnetonkaCommunityEd.org/events or call 952-401-6800

# Minnetonka Preschool





# 2020 Open House

Saturday, January 25 9:30-11:30 am

# 2020-21 Online Registration:

Begins Wednesday, January 29 at 7:30 am

# Schedule a tour:

Call 952-401-6812 or email Preschool&ECFE@MinnetonkaSchools.org

Visit Minnetonka.ce.eleyo.com to view current (2019-20) openings

# About Minnetonka Preschool:

- · Minnesota Licensed Teachers
- Engaging Environments
- Personalized & Experiential Learning
- · Parent Involvement
- Research Based Curriculum & Assessment
- NAEYC Accredited
- · Parent Aware Four-Star Rating



# Early Childhood Family Education

# **Baby & Me Classes**

Birth-12 months | non-separating 🙂

Meet other parents and enjoy time with your new baby! Spend the entire class together, engaged in sensory and movement activities and a licensed educator-led discussion. Learn about your baby's growth and development, how to develop healthy eating and sleeping habits and what research tells us about your baby's important first experiences.

If you are on maternity/paternity leave for a limited time and only able to attend a few classes, let us know and your fee will be prorated.

412-1 | 0-12 months Saturdays

8:30-9:45 am Sept. 21- May 16

412-2 | 0-12 months Mondays

10:45 am-12 pm Sept. 16- May 18

412-3 | 0-12 months Thursdays

10:45 am-12 pm Sept. 19- May 21

Expecting a new baby after Sept. 1, 2019? Join the midyear class based upon your child's age as of Jan.1, 2020.

10:45 am-12 pm Jan. 28- May 19

412-4 | 0-12 months Tuesdays

# For class fees, see the sliding scale on page 33.

The © symbol denotes classes with sibling care available. See page 33 for details.

**Open Gym** 18 months-5 years

Turn your winter Wednesdays and Saturdays into family fun time! Play with your child and help him/her burn some energy. There will be space for your child to run, climb, throw and ride. Wear comfortable shoes. \$3 per child/\$5 per family. Space is limited to 35 children. Online registration is required.

Wednesdays 4-5 pm and Saturdays 9:30-10:30 am

Open gym dates: Dec. 4, 7\*, 11, 14, 18, Jan. 8, 11\*, 15, 22, 29, Feb. 1, 5, 8\*, 12, 19, 22, 26, 29, March 4, 11, 18, 21\*, 25.

\*Themed open gym dates: Dec. 7 (Minnetonka Ninja Warriors), Jan. 11 (Construction Zone), Feb. 8 (Games, Games, Games), March 21 (March Madness).

# **Connect & Play**

# Birth-Prekindergarten

Welcome to this free, monthly opportunity to connect with other parents of young children and play in a space specifically designed for little ones. You do not have to be enrolled in a class to participate, however advanced registration is required.

11 am-12 pm at MCEC 9/11, 10/2, 11/6, 12/11, 1/8, 2/5, 3/4, 4/8, 5/6

# **Crawlers & Scooters**

# 6-12 months | non-separating 😊

As your baby grows, you encounter a world of new experiences and milestones together. Start your morning by connecting with others who are experiencing the joys and challenges of parenting older infants.

405-1 9-10:30 am Tues., Sept. 17- May 19 MCEC

# **Just Toddling**

# 12-18 months | gradually separating 😊

Toddlers are curious, busy and on the go! Spend time with other parents who have the same questions and concerns about this stage of their child's life. Enjoy activities with your toddler and an educator-led discussion about this period of rapid growth.

431-2 8:45-10:15 am

Mon., Sept. 16-May 18 MCEC

431-3 8:45-10:15 am

Thurs., Sept. 19-May 21 MCEC

### **Curious Climbers**

# 18-24 months | gradually separating

At 18-24 months, your curious toddler is exploring their environment in several ways and adding new words to their spoken vocabulary every day! Learn ways to interact with your child through fun activities and share about your experience with this new stage of independence in an educator-led discussion.

428-2 9-10:30 am Tues., Sept. 17- May 19 MCEC

428-3 9-10:30 am Thurs., Sept. 19- May 21 MCEC

# **Movers & Shakers**

# 24-36 months | separating 🙂

Between the ages of two and three your child is a mover and shaker in a world full of wonder and discovery. Explore this world with them and gather for a discussion with other parents experiencing life with a toddler who is talking, becoming independent and challenging rules with a new found confidence.

411-2 11 am-12:30 pm

Tues., Sept. 17- May 19 MCEC

411-3 11 am-12:30 pm

Thurs., Sept. 19- May 21 MCEC

# Sibling Care 3 months-5 years

The ③ symbol denotes classes with sibling care available. Care is available for siblings while parents take a class with another child. Trained paraprofessionals provide a warm and friendly atmosphere with weekly art activities. Register for sibling care at the same time as ECFE classes. See sliding fee chart for sibling care fees. The drop-in sibling care fees is \$15 and based upon availability. \*Please note: Parents must remain within the building while their children attend sibling care.

# **Multiples - Twins & Triplets**

# Birth-4 years | separating 😊

This class is currently full. Register in order to be added to the waitlist.

# Rise & Shine

# 1-5 years | separating

A Saturday morning learning adventure! Enjoy time playing and learning together through activities designed for you and your child. Boost your parenting skills through parent discussion while children interact with their peers and teachers.

442-1 10-11:30 am Sat., Sept. 21-May 16 MCEC

# **Night Owls**

# 1-5 years | separating

Night Owls is a great way to reconnect with your child(ren) after a long day. Join other families for fun activities, followed by an educator-led discussion. Conversation topics range from behavior strategies to eating and sleeping routines.

406-1 6-7:30 pm Tues., Sept. 17- May 19 MCEC

# **Parent Talk Classes (two different sections)**

# Parents of children in preschool-grade 3

Looking to connect with other parents and receive parent education while your child is in class? Preschool Parent Talk sessions and K-3 Parent Talk sessions will be offered through ECFE September 16 through May 20.

- Mondays from 10:30-11:45 am for Preschool
- Wednesdays from 11 am-12:15 pm for grades K-3

# **New! Parent Book Club** ①

The first selection is: The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D. Subsequent selections will be determined by participant feedback.

Join Parent Book Club to explore recent literature in parenting and discuss how it translates into tangible application. Discussion will be facilitated by a licensed Parent Educator. This opportunity is designed for parents with children ages Birth – Grade 3. Books will be available for check-out from the ECFE Parent Resource library if you choose not to bring a personal copy.

454-Book Club 9:15-10:30 am Fri., Sept. 20- May 22 MCEC

2019-20 ECFE Sliding Fee Scale					
Gross Annual Household Income	ECFE Classes	Parent Talk & Book Club	Sibling Care* One Child		
Over \$130,000	\$529	\$176	\$287		
\$100-129,999	\$450	\$146	\$275		
\$80-99,999	\$370	\$129	\$236		
\$55-79,999	\$291	\$109	\$185		
\$40-54,999	\$212	\$72	\$123		
Under \$40,000	No Fee	No Fee	\$23		

\*If you have more than one child requiring sibling care, please call 952-401-6812 for fees. Please contact the ECFE office if you need assistance with the fees.

# Early Childhood Family Education

# Dad & Me

# 21/2-5 years

Dads, uncles and grandpas, this special time is designed for you and your 2.5-5 year old! Choose from several engaging themes for some one-on-one time of discovery and connection with your child. Hands on activities, a snack, and lots of smiles will be provided at each class. This opportunity is facilitated by a licensed Early Childhood Teacher. \$15 per child/per session.

# **Explore the Outdoors**

448-1 10-11:30 am Sat., Oct. 5 MCEC

# **Build It Up**

448-2 10-11:30 am Sat., Nov. 2 MCEC

# Track It

448-3 10-11:30 am Sat., Feb. 8 MCEC

# **Space Explorers**

448-4 10-11:30 am Sat., March 14 MCEC

# **Dig into Spring**

448-5 10-11:30 am Sat., April 18 MCEC

# Let's Go Camping

448-6 10-11:30 am Sat., May 2 MCEC

# **Early Childhood Screening**

Required before Kindergarten Best completed at age 3

Early Childhood Screening is a free, simple check of your child's growth and development. It may detect possible health or learning concerns that can result in help and support before kindergarten. Parents accompany their child through the approximately 60 minute screening process that includes: height, weight, vision, hearing, immunization review, and motor and cognitive activities. At the end of the screening activities, a teacher reviews the information collected with parents. Early Childhood Screening is not a test; it is a tool to help identify concerns in order that children and parents can access important support prior to kindergarten.

Register online at bit.ly.ECScreening

# **STEAM: Exploring Science Through ART Classes** 3-5 years | non-separating

Enjoy these fun and interactive classes with your child! The fee is \$19 per class, per child-or register for all six classes at once for \$99 per child. Sibling care is not available.

# **New!** Bugs! Friend or foe?

Learn about the helpful characteristics of insects and arachnids. Create bug themed art including spider webs, ant prints and lady bug rock painting.

413-1 6-7:15 pm Mon., Oct. 14 MCEC

# **New! Pine Cone Picassos**

Create art projects using pine cones and pine needles. Try pine needle painting, pine cone prints, and create a nature shadow box.

413-2 6-7:15 pm Mon., Nov. 18 MCEC

# **New!** B is for Bubbles

Relive bubble fun through the hands and eyes of your child. Enjoy rainbow bubbles, bubble prints, and bubble wands

413-3 6-7:15 pm Mon., Jan. 13 MCEC

# New! Doodads, Thingamabobs and Whatchamacallits

Explore a variety of ways to express yourself with paint and use silly things to do art! Explore drip painting with eye droppers, string art and design, and even painting with plungers.

413-4 6-7:15 pm Mon., Feb. 10 MCEC

# **New!** Rainy Day Refractions

April showers bring beautiful rainbows. Create rainbows from hand prints, sponges and more!

413-5 6-7:15 pm Mon., March 16 MCEC

# **New! Flower Power**

Design your own tissue paper flowers, experience bottle flower painting and more.

413-6 6-7:15 pm Mon., April 13 MCEC



# Meet Ginger .....

Ginger Skaja is a Minnetonka District parent and Minnetonka Preschool teacher. She is beginning her second year at MCEC after enjoying time at home with her young boys following teaching in the elementary schools. She enjoys the collaboration with her fellow Minnetonka Preschool Explorers (MPE) teachers.

This past year, she and her Junior Explorers co-teacher Lily McDermott, took their MPE 4s class on an extensive art exploration of famous abstract painters and sculptors. The children grew immensely in language, creativity and collaboration with their peers.

Her youngest son, Reid, enjoys Minnetonka Preschool and Junior Explorers wrap-around childcare. He loves singing, dramatic play, exploring in the Outdoor Learning Center and being with his loving teachers and kind friends.

# **STEM: Science Discovery**

# 3-5 years | non-separating

Explore fun science topics with your child during these afternoon or evening parent + child classes! All classes align with elementary life science, earth science, physical science and/or nature of science and engineering standards. \*The fee is \$19 per class, per child-or register for all six classes at once for \$99 per child. Sibling care is not available.

### **Light and Shadow's**

How are shadows made? Come and engage your mind with the amazing process of understanding how light and shadows work together.

413-1 Afternoon \$19\*

Tues., Oct. 8 1:15-2:30 pm

413-1 Evening \$19\*

Tues., Oct. 8 6:15-7:30 pm

### Ramp It Up

Do you like roller coasters? Are you curious about how they work? Come experiment with tubes, marbles, balls, ramps and your imagination to make your own roller coaster!

413-2 Afternoon \$19\*

Tues., Nov. 12 1:15-2:30 pm

413-2 Evening \$19\*

Tues., Nov. 12 6:15-7:30 pm

# **Under the Sea**

What do whales and humans have in common? What's the difference between saltwater and freshwater? How do whales filter their food? Come help us design a filter fit for a sea creature!

413-3 Afternoon \$19\*

Tues., Jan. 7 1:15-2:30 pm

413-3 Evening \$19\* Tues., Jan. 7 6:15-7:30 pm

#### **Five Senses**

We learn through our senses. Join us for all kinds of hands-on experiments to help us learn more about our senses. We will design and make something that invites all our senses to work together!

413-4 Afternoon \$19\*

Tues., Feb. 11 1:15-2:30 pm

413-4 Evening \$19\*

Tues., Feb. 11 6:15-7:30 pm

# What is an Exoskeleton

What do ants and praying mantises have in common? Come to class to find out!

413-5 Afternoon \$19\*

Tues., March 10 1:15-2:30 pm

413-5 Evening \$19\*

Tues., March 10 6:15-7:30 pm

### **Space**

5-4-3-2-1-blastoff! We'll design and build our own rocket ships and experience space like never before.

413-6 Afternoon \$19\*

Tues., April 7 1:15-2:30 pm

413-6 Evening \$19\*

Tues., April 7 6:15-7:30 pm



Fall preschool classes start Mon., Sept. 9. Register online at Minnetonka.ce.eleyo.com.

# Minnetonka Preschool

# **Minnetonka Preschool**

Ages 21/2-5

Discover a place where children are inspired to wonder, create, learn, and dream. At Minnetonka Preschool, a love of learning is ignited by providing children with opportunities to learn about the world around them through hands-on exploration. Research-based curriculum focuses on social/emotional and cognitive development, as well as literacy, language, math and motor skills. Minnetonka Preschool is part of Minnetonka Public Schools and is committed to world-class, child-centered excellence.

\*A non-refundable registration fee of \$75 and nonrefundable first month's tuition are due at the time of registration.

Limited enrollment is available in our 2019-2020 preschool classes. Please visit minnetonka.ce.eleyo.com to view current openings. Register to be added to the waitlist. Preschool registration for the 2020-21 school year begins on 1/29/2020.

# **Lunch Bunch - Extend the Preschool Day**

Extend your child's day and provide a transition time for morning and afternoon enrichment programming. Parents send a bag lunch with their child. Children must be enrolled in Minnetonka Preschool in order to participate in Lunch Bunch.

Register for classes at MinnetonkaCommunityEd.org

# **Preschool Parent Talk** <sup>(2)</sup>

Led by a licensed parent educator, discuss topics relevant to you and other preschool parents. Support each other through this adult-only class.

454- 2\* 10:30-11:45 am Mon., Sept. 16-May 18 MCEC

# K-3 Parent Talk ©

Meet with other parents and a licensed parent educator to discuss topics related to the cognitive and social development of your school-aged child.

454-4\* 11 am-12:15 pm

Wed., Sept. 18-May 20 MCEC

\*See page 33 for Parent Talk class fees.

# **One-on-One Parent Support**

Minnetonka Public Schools has licensed Parent Educators who provide developmental, behavioral and social/emotional support to parents/caregivers and their children. They are available during the day and evening by phone, email or in person. Call 952-401-6815 for more information.

# Connect with us!



facebook.com/MinnetonkaPreschool

Stay connected with Minnetonka Preschool and ECFE by following us on Facebook or by subscribing to the monthly digital newsletter, Mini Tonka Times. To join the mailing list, please email Denise at denise.nelson@minnetonkaschools.org.



# Minnetonka Preschool & ECFE PTO/Advisory Council

Want to get involved? The PTO/Advisory Council is a group of parent volunteers dedicated to supporting preschool and ECFE through planning special events, fundraising and offering feedback for program planning. PTO/Advisory Council efforts support and enrich programs for all families with young children in the District. If you have questions or are interested in joining or attending a meeting, email mtkapreschoolpto@gmail.com.

Events will be offered throughout the year. Visit MinnetonkaCommunityEd.org for details.

#### **Parent Workshops**

For parents of children ages preschool-early elementary

#### Back to "School-itis"

The start of a new school year is often full of new beginnings, new schools, schedules and budding relationships. It is a time of opportunity, growth and uncertainty, which can lead to increased anxiety and worry in our children. Learn about ways we can create new routines, increase confidence and security, and build upon small successes, while helping our children develop coping strategies to deal with their fears of a new school year. \*Call 952-401-6812 for scholarship information.

Thurs., Sept. 12 \$10\* 7-8:30 pm MCEC

#### 'Tis the Season: Big Feelings, Meltdowns and Over-stimulation

Children are often flooded with big emotions and disappointments which create meltdowns and power struggles. Learn how to recognize these triggers and develop strategies for coping, provide discipline effectively, and discover opportunities for building skills within your child. \*Call 952-401-6812 for scholarship information.

Thurs., Nov. 21 \$10\* 7-8:30 pm MCEC



#### **Junior Explorers (Childcare)** Ages 3-5

Junior Explorers is sponsored though Minnetonka Community Education and offers a flexible, highquality childcare program for preschool-aged children.

Whether before or after preschool, or all day childcare, Junior Explorers gives children a place to learn and play with friends. Activities include listening to stories, creating art and science projects and playing outdoors. Our highly qualified staff ensure all activities are age-appropriate and provide a balance between structured and non-structured play.

Junior Explorers is open from 6:30 am to 6 pm each weekday and requires a minimum of two days of care per week. Please note that children must be toilet trained to participate in Junior Explorers.

Note: Our 3-year-old program for the 2019-20 school year is currently full with a waiting list.

#### Minnetonka Preschool Explorers (MPE)

We have combined Minnetonka Preschool and Junior Explorers childcare into one full-day package! Call 952-401-6838 for availability.

#### Wrap Community Ed activities into your child's day

Minnetonka Community Education offers a variety of enrichment and recreational activities that can be wrapped into your child's day at the Minnetonka Community Education Center (MCEC). Your child can attend preschool, take a dance, music or language class and go to Junior Explorers childcare— all between drop-off and pick-up! Our staff will accompany children between each activity to ensure a safe, supervised transition.

Visit MinnetonkaCommunityEd.org for more information.

Before am preschool 6:30-9 am

\$14.19 daily \$15.19 add-a-day

After pm preschool 3-6 pm

\$14.19 daily \$15.19 add-a-day

Opposite am preschool 11 am-6 pm

\$29.99 daily \$30.99 add-a-day

Opposite pm preschool 6:30 am-12:30 pm

\$29.99 daily \$30.99 add-a-day

Full day 6:30 am-6 pm

\$54 daily \$56 add-a-day



# Art

#### New! Olaf & Friends Grades K-4

If you're excited for Frozen 2, join us on an Arendelle art adventure! We'll travel through the kingdom with Olaf and his friends, as we create icy masterpieces using paint and clay. We'll even make our very own snow globes and Olaf bobble heads! *No class Oct. 10, 17.* 

90-253-EX1 Mon., Sept. 23-Oct. 21 2:45-3:45 pm

90-253-DH1 Wed., Sept. 25-Oct. 30 2:45-3:45 pm

90-253-MW1 Thurs., Sept. 26-Nov. 14 3:25-4:25 pm

90-253-CS1 Tues., Nov. 12-Dec. 17 3:25-4:25 pm \$85 Excelsior Elem. Kidcreate Studio

\$99 Deephaven Elem. Kidcreate Studio

\$99 Minnewashta Elem. Kidcreate Studio

\$99 Clear Springs Elem. Kidcreate Studio

## New! Design with Me: Floral Arranging Grades K and up (with parent)

Learn the secrets of floral design as you create arrangements with assorted local, chemical-free flowers in this parent and child workshop. Take both arrangements home with you, or give them as a gift to a neighbor, family member or friend!

90-250-DWM Sat., Sept. 28 9-10 am

\$55 (child & parent) MCEC Marie Raley

#### New! Llamas & Unicorns Grades K-4

Create the most whimsical unicorns and the cutest llamas you've ever seen! Draw, paint and sculpt these adorable creatures and then take them to the next level by adding gems and sequins to make them sparkle. *No class Oct. 10, 17.* 

90-252-SH1 Mon., Sept. 30-Oct. 28 3:25-4:25 pm

90-252-GR1

Thurs., Oct. 3-Nov. 14 3:25-4:25 pm

90-252-DH1 Wed., Nov. 6-20 2:45-4:15 pm

90-252-CS1 Wed., Dec. 4-18 3:25-4:55 pm \$79 Scopic Hoight

Scenic Heights Elem. Abrakadoodle

\$79 Groveland Elem. Abrakadoodle

\$75 Deephaven Elem. Abrakadoodle

> \$75 Clear Springs Elem. Abrakadoodle

#### New! Halloween Soap Making Ages 12 and up

Join us for a Halloween night-out soap making party! Take home lots of colorful soaps in Halloween shapes, DIY recipes and source lists to make more at home with your friends.

90-250-HS Mon., Oct. 21 6-9 pm \$59 MHS

Raulla Mitchell

# Art & Performing Arts

#### **New! Holiday Slime Time** Grades K-4

Explore the messier side of art in this fun-filled holidaythemed class. Roll up your sleeves and make a mess as you mix up a batch of peppermint scented slime, then create a gift box to store it in.

90-253-MCE1 MCEC Sat., Dec. 7

9 am-12 pm Kidcreate Studio

#### **Holiday Gift Making Grades K-4**

Create handcrafted gifts just in time for the holiday season! Great gifts for Mom, Dad, Grandma, Grandpa and of course that favorite teacher. We'll make picture frames, clay trinket boxes, snow globes and more. No class Nov. 28.

90-253-GR1 Thurs., Nov. 21-Dec. 19 3:25-4:25 pm

90-253-MW2 Thurs., Nov. 21-Dec. 19 3:25-4:25 pm

90-253-EX2 Mon., Nov. 25-Dec. 16 2:45-3:45 pm

90-253-SH2 Mon., Nov. 25-Dec. 16 3:25-4:25 pm

90-253-DH2 Wed., Nov. 27-Dec. 18 2:45-3:45 pm

Groveland Elem. Kidcreate Studio

Minnewashta Elem. Kidcreate Studio

\$69

Excelsior Flem. Kidcreate Studio

Scenic Heights Elem. Kidcreate Studio

Deephaven Elem. Kidcreate Studio

#### **New! School-Time Super Hero** Grades 1-5

These over-the-top performances will bring out the HERO in you! This fun-filled class teaches acting basics as you create scenes and learn to be a hero in your own school! No class Sept. 27, Oct. 11, 18, Nov. 8.

90-298-SH1 Fri., Sept. 13-Nov. 22 3:25-4:25 pm

90-298-MW1 Mon., Sept. 23-Nov. 25

3:25-4:25 pm

90-298-EX1

Wed., Sept. 25-Nov. 27 2:45-3:45 pm

90-298-CS1

Wed., Sept. 25-Nov. 27 3:25-4:25 pm

\$120

Scenic Heights Elem. Drama Kids

Minnewashta Elem. Drama Kids

Excelsior Elem. Drama Kids

\$175

Clear Springs Elem. Drama Kids

#### **Concordia Language Villages Chinese Immersion**

Ages 3-5

This program immerses young children in the Chinese language, as well as the cultures and traditions of several Chinese-speaking nations. Language learning happens naturally through games, movement, music, drama, arts, crafts, stories and food. \*Payment plan is available. No class Sept. 27, Oct. 11, 18, Nov. 8, 29, Dec. 27, Jan. 3, Feb. 14, March 6, 27, April 3, 10.

90-209-C3 \$745\* MCEC Fri., Sept. 13-May 29 12:30-2:30 pm Concordia Language

Villages



# STEM

#### New! Kinderbots Robotics Grades K-1

Explore the world of robotics and coding as you build simple models that teach the fundamentals. Learn about sensors while building drills and magic wands and discover ways that gears and pulleys create movement while building helicopters and robotic dogs.

90-252-KR \$115 Sat., Nov. 2-23 MCEC 9-11 am Snapology

## **STEM Sampler** Grades K-5

Explore chemistry and the science of slime while making different varieties of slime. Investigate technology and go undercover to unlock secret messages and create simple spy tools. Experience engineering and math as we build catapults and test them against a castle wall. *No class Oct. 10, 17, 31.* 

90-271-EX1 \$55 Thurs., Sept. 26-Nov. 7 Excelsior Elem. 2:45-3:45 pm Science Explorers







# Music Association of Minnetonka

The Community Destination for **All** Who Love Music

Free concerts for listeners of all ages Ensembles for musicians of all levels Community outreach through music





www.musicassociation.org

#### New! Robotics & STEM: Code Yeti Grades K-3

Calling all future scientists and engineers! Spark your love of STEM as you use teamwork and problem solving skills to work on robotic projects and STEM challenges. *No class Oct. 10, 17, Nov. 28, Dec. 26, Jan. 2.* 

## Code Yeti - Robotic & STEM (Weeks 1-4)

Engineer machines and contraptions that revolve around balls. Projects include: coding a robotic ball stopping machine, making a ball thrower and building a ball tower.

#### Code Yeti - Robotics & STEM -Eco Engineering Adventures! (Weeks 5-8)

In this rainforest inspired STEM adventure, build and code an animal inspired robot, explore the power of dams, build a super fast climbing monkey and engineer the tallest and coolest tree house.

#### Code Yeti - Robotics & STEM -Aeronautics and the Science of Flight! (Weeks 9-12)

This class is all about planes and flying machines. Learn why airplanes and animals fly, as you build and code a robotic bird (does not fly), make and test a plane with round wings and engineer a plane to catapult.

90-274-CS1 \$229 Mon., Sept. 16-Dec. 2 Clear Springs Elem.

3:25-4:25 pm Tech Tac Toe

90-274-DH1 \$229

Tues., Sept. 24-Dec. 10 Deephaven Elem. 2:45-3:45 pm Tech Tac Toe

90-274-SH2 \$229

Thurs., Sept. 26-Jan. 16 Scenic Heights Elem. 3:25-4:25 pm Tech Tac Toe

## New! Crazy Gears & Wheels Grades K-3

Working in teams, build crazy wheeled and geared contraptions that spring into action. Learn about engineering and the physical science principles behind different action machines. *No class Oct. 11, 18, Nov. 8.* 

90-272-DH1 \$125

Mon., Sept. 16-Oct. 7 Deephaven Elem. 2:45-4:15 pm Tech Academy

90-272-MW1 \$125

Fri., Oct. 4-Nov. 15 Minnewashta Elem. 3:25-4:55 pm Tech Academy

90-272-EX1 \$125

Mon., Oct. 28-Nov. 18 Excelsior Elem. 2:45-4:15 pm Tech Academy

90-272-GR2 \$125

Tues., Nov. 12-Dec. 3 Groveland Elem. 3:25-4:55 pm Tech Academy



#### Junior Engineering Club Grades K-3

Discover new, hands-on STEM learning lessons from various engineering disciplines. The focus will be on developing problem solving, critical thinking and peer collaboration skills. Projects this session tackle mechanical, electrical, aerospace engineering and more. Instructor: Engineering for Kids. No class Sept. 27, Oct. 11, 18, Nov. 29.

#### Session 1

- Mechanical A-Maze-ing
- Coding Unplugged: Algorithms Happy Maps
- Civil Engineering Learn to Stand Firm
- Aerospace Engineering Up, Up & Away

#### Session 2

- Mechanical Climbster
- Electrical Engineering Separating the Force
- Aerospace Engineering Getting Carried Away
- Chemical Engineering Hot & Cold

#### Session 3

- Electrical Engineering LightUp Wand
- Marine Engineering Does Your Boat Float?
- Coding Unplugged: Algorithms Move it
- Mechanical Engineering Swing, Scoop, Score

Clear Springs Elem.			
90-274-CS2 (Session 1)	Fri., Sept. 20-Nov. 1	3:25-4:25 pm	\$99
Deephaven Elem.			
90-274-DH2 (Session 1)	Fri., Nov. 22-Dec. 20	2:45-3:45 pm	\$99
Groveland Elem.			
90-274-GR1 (Session 1)	Wed., Sept. 18-Oct. 9	3:25-4:25 pm	\$99
90-274-GR2 (Session 2)	Wed., Oct. 16-Nov. 6	3:25-4:25 pm	\$99
Minnewashta Elem.			
90-274-MW1 (Session 1)	Tues., Sept. 24-Oct. 8	3:25-4:25 pm	\$75
90-274-MW2 (Session 2)	Tues., Oct. 15-Nov. 5	3:25-4:25 pm	\$99
90-274-MW3 (Session 3)	Fri., Nov. 22-Dec. 20	3:25-4:25 pm	\$99
Scenic Heights Elem.			
90-274-SH1 (Session 1)	Mon., Sept. 16-Oct. 7	3:25-4:25 pm	\$99
90-274-SH3 (Session 2)	Mon., Oct. 14-Nov. 4	3:25-4:25 pm	\$99
90-274-SH4 (Session 3)	Mon., Nov. 11-Dec. 2	3:25-4:25 pm	\$99



# STEM

## New! Brick Builders: Wild Ride Grades 1-5

Build a wild amusement park ride, a trundle wheel and a merry-go-round using LEGO® bricks. Use these LEGO® brick models to explore STEM concepts. *No class Nov.* 8, 29.

90-276-CS1 \$89 Tues., Oct. 1-Nov. 5 Clear Springs Elem. 3:25-4:25 pm {YEL}

90-276-SH1 \$89 Wed., Oct. 2-Nov. 6 Scenic Heights Elem. 3:25-4:25 pm {YEL}

90-276-EX1 \$89

90-276-DH1 \$89

Mon., Nov. 11-Dec. 16 Deephaven Elem.

2:45-3:45 pm {YEL}

90-276-MW1 \$89

Tues., Nov. 12-Dec. 17 Minnewashta Elem. 3:25-4:25 pm {YEL}

90-276-GR1 \$89

Wed., Nov. 13-Dec. 18 Groveland Elem. 3:25-4:25 pm {YEL}

## New! Robotic Builders: Gamer-Bots Grades 1-5

Let the games begin! Working in teams, learn foundational building and programming concepts while learning about the sensors, motors, and special technics components.

90-272-RB \$105 Thurs./Fri., Oct. 17 & 18 MCEC 9 am-12 pm Tech Academy

## New! Scratch 3.0 Game Coding Grades 2-5

Develop your own game using Scratch 3, a visual coding platform. Learn how to think like a programmer, learn coding concepts and create a two-dimensional game. *No class Nov. 29, Dec. 26, Jan. 2.* 

90-272-DH2 \$125 Mon., Oct. 14-Nov. 4 Deephaven Elem. 2:45-4:15 pm Tech Academy

 90-272-GR1
 \$125

 Tues., Oct. 15-Nov. 5
 Groveland Elem.

 3:25-4:55 pm
 Tech Academy

 90-272-CS1
 \$125

 Fri., Nov. 22-Dec. 20
 Clear Springs Elem.

 3:25-4:55 pm
 Tech Academy

90-272-EX2 \$125 Thurs., Dec. 12-Jan. 16 Excelsior Elem. 2:45-4:15 pm Tech Academy

## **Techno Tinkering** Grades 2-5

Put your building skills to the test as a techno engineer. Learn about electrical circuits, on/off switches and more. Then, using your own tinkering kit, build a moving techno-creature to take home. *No class Nov. 28*.

90-271-EX2 \$45 Thurs., Nov. 14-Dec. 5 Excelsior Elem. 2:45-3:45 pm Science Explorers

Register for classes at MinnetonkaCommunityEd.org



## **Destination Imagination** Grades 3-8

Teams of 5-7 members work together and unleash their imaginations to tackle one of five crazy challenges. Teams creatively present their solutions in a performance at a regional tournament.

Destination Imagination (DI) is the world's largest creative problem-solving competition for youth, with thousands of participants across the U.S. and around the world. DI teams typically meet once each week from November through mid-March. Each team is managed by a parent volunteer and sets their own meeting schedule. Minnetonka DI teams consistently take top honors at every level! Participants learn to think on their feet, develop collaboration and leadership skills and have fun!

Please join us Monday, Oct. 7 at 6 pm at MCEC for an informational meeting.

90-223-DI \$135



#### FIRST® LEGO® League

Ages 8-14

FIRST® LEGO® League is an international LEGO® program in which children work in teams to design, build and program a robot to complete missions. FLL challenges kids to think like scientists and engineers. Teams will build, test and program an autonomous robot using LEGO MINDSTORMS® to solve a set of missions in the Robot Game. They will also choose and solve a real-world question in the Project. Season begins in September.

90-225-FLL \$145

Volunteer Coaches

#### FIRST® Tech Challenge Grades 7-8

Teams of students collaborate to build and program a robot that competes on a 12' by 12' field. Each year the challenge is designed to encourage students to think critically and expand their knowledge of the engineering process. Season begins in September.

90-225-MME \$179

MME

90-225-MMW \$179

MMW



# Find out why more moms choose Ridgeview's Birthing Center in Waconia.

- Family-centered care
- Birthing suites with full-sized tubs
- Private "spa-like" postpartum suites
- Lactation services
- Neonatal Care Unit in partnership with Children's Minnesota

Schedule a free tour. Call 952-442-8083, or visit ridgeviewmedical.org/birth



#BabiesMatterHere



## **Grandmasters of Chess: Fall 1 & 2** Grades K-5

Join this "sport of the mind" and be part of your school's chess club. We have 50+ lessons and hundreds of puzzles for all levels. New and returning students invited. Instructor: {YEL}. No class Sept. 27, Oct. 10, 11, 17, 18, Nov. 8, 29, Dec. 23-Jan. 2.

Clear Springs Elem.			
90-235-CS1 (Grades K-2)	Thurs., Sept. 26-Nov. 21	3:25-4:25 pm	\$115
90-235-CS2 (Grades K-2)	Thurs., Dec. 5-Jan. 23	3:25-4:25 pm	\$99
90-235-CS1 (Grades 3-5)	Thurs., Sept. 26-Nov. 21	3:25-4:25 pm	\$115
90-235-CS2 (Grades 3-5)	Thurs., Dec. 5-Jan. 23	3:25-4:25 pm	\$99
Deephaven Elem.			
90-235-DH1 (Grades K-2)	Thurs., Sept. 26-Nov. 21	2:45-3:45 pm	\$115
90-235-DH2 (Grades K-2)	Thurs., Dec. 5-Jan. 23	2:45-3:45 pm	\$99
90-235-DH1 (Grades 3-5)	Thurs., Sept. 26-Nov. 21	2:45-3:45 pm	\$115
90-235-DH2 (Grades 3-5)	Thurs., Dec. 5-Jan. 23	2:45-3:45 pm	\$99
Excelsior Elem.			
90-235-EX2 (Grades K-5)	Wed., Sept. 11-Oct. 30	2:45-3:45 pm	\$129
90-235-EX1 (Grades K-5)	Tues., Sept. 24-Oct. 29	2:45-3:45 pm	\$129
90-235-EX3 (Grades K-5)	Tues., Nov. 5-Jan. 7	2:45-3:45 pm	\$129
90-235-EX4 (Grades K-5)	Wed., Nov. 6-Jan. 8	2:45-3:45 pm	\$129
Groveland Elem.			
90-235-GR1 (Grades K-2)	Mon., Sept. 9-Oct. 28	3:25-4:25 pm	\$129
90-235-GR3 (Grades K-2)	Mon., Nov. 4-Jan. 6	3:25-4:25 pm	\$129
90-235-GR2 (Grades K-5)	Fri., Sept. 13-Dec. 20	3:25-4:25 pm	\$165
90-235-GR1 (Grades 3-5)	Mon., Sept. 10-Oct. 29	3:25-4:25 pm	\$129
90-235-GR3 (Grades 3-5)	Mon., Nov. 4-Jan. 6	3:25-4:25 pm	\$129
Minnewashta Elem.			
90-235-MW1 (Grades K-2)	Wed., Sept. 11-Oct. 30	3:25-4:25 pm	\$129
90-235-MW2 (Grades K-2)	Wed., Nov. 6-Jan. 8	3:25-4:25 pm	\$129
90-235-MW1 (Grades 3-5)	Wed., Sept. 11-Oct. 30	3:25-4:25 pm	\$129
90-235-MW2 (Grades 3-5)	Wed., Nov. 6-Jan. 8	3:25-4:25 pm	\$129
Scenic Heights Elem.			
90-235-SH2 (Grades K-2)	Wed., Sept. 11-Oct. 30	3:25-4:25 pm	\$129
90-235-SH1 (Grades K-2)	Tues., Sept. 24-Oct. 29	3:25-4:25 pm	\$129
90-235-SH3 (Grades K-2)	Tues., Nov. 5-Jan. 7	3:25-4:25 pm	\$129
90-235-SH4 (Grades K-2)	Wed., Nov. 6-Jan. 8	3:25-4:25 pm	\$129
90-235-SH2 (Grades 3-5)	Wed., Sept. 11-Oct. 30	3:25-4:25 pm	\$129
90-235-SH1 (Grades 3-5)	Tues., Sept. 24-Oct. 29	3:25-4:25 pm	\$129
90-235-SH3 (Grades 3-5)	Tues., Nov. 5-Jan. 7	3:25-4:25 pm	\$129
90-235-SH4 (Grades 3-5)	Wed., Nov. 6-Jan. 8	3:25-4:25 pm	\$129



# Chess & Academic Support

## New! Fall Chess Tournament Grades K-5

Get your zugzwang on and test your mettle against the best chess players in the metro area! You will play six rounds of tournament chess against players of similar age and skill level. \*Fee includes: pizza, snacks, beverages, six rounds of play and all awards.

90-235-FCT \$55\* Fri., Oct. 18 Clear Springs Elem. 8:30 am-3 pm {YEL}

#### Holiday Chess Tournament Grades K-5

Get your zugzwang on and test your mettle against the best chess players in the metro area! You will play six rounds of tournament chess against players of similar age and skill level. \*Fee includes: Pizza, snacks, beverages, six rounds of play and all awards.

90-235-HCT \$55\* Sat., Dec. 7 Scenic Heights Elem. 8:30 am-3 pm {YEL}

Register for classes at MinnetonkaCommunityEd.org

#### **Tonka Tutoring** Grades K-12

Unlock your full potential through one-on-one, personalized instruction. By identifying your individual needs, our private tutors are able to provide tailored tutoring services that align with District curriculum.

To schedule your one-on-one tutoring sessions email tonka.tutoring@minnetonkaschools.org. Packages should be purchased after sessions have been scheduled. Weekly, 50-minute tutoring sessions are available in packages of 4, 8, 12 or 20 sessions.

4 sessions8 sessions12 sessions20 sessions\$660

## **ACT Prep - Small Group** Grades 9-12

Prepare for the ACT in a supportive small group environment. Each week consists of instruction in English, science, and reading; guided individual math practice; and an individual meeting with the instructor for a personal study plan assessment.

90-201-ACT \$499 Sat., Oct. 26, Nov. 23, Jan. 11 MHS 9 am-12:30 pm Fergu Tues./Thurs., Nov. 5-Dec. 12 6-8 pm

Ferguson Tutoring

# K-5 Activity Guide

Before and After School Activities		
Location	Classes for Studen	its in Grades K-5
Clear Springs Elementary	Brick Builders: Wild Ride (p. 42) Golf FORE Kids (p. 64) Grandmasters of Chess (p. 44) Jazz/Hip Hop (p. 57) Junior Engineering Club (p. 41) Lacrosse (p. 61) Llamas & Unicorns (p. 38) More Than Pink (p. 48)	Olaf & Friends (p. 38) Private Music Lessons (p. 28) Robotics & STEM (p. 40) School-Time Super Hero (p. 39) Scratch 3.0 Game Coding (p. 42) Ski & Snowboard Club (p. 66-67) Tonka Tutoring (p. 45) Tennis (p. 64)
Deephaven Elementary	Brick Builders: Wild Ride (p. 42) Crazy Gears & Wheels (p. 40) Golf FORE Kids (p. 64) Grandmasters of Chess (p. 44) Holiday Gift Making (p. 39) Junior Engineering Club (p. 41) Llamas & Unicorns (p. 38) Olaf & Friends (p. 38)	Private Music Lessons (p. 28) Robotics & STEM (p. 40) Scratch 3.0 Game Coding (p. 42) Ski & Snowboard Club (p. 66-67) Soccer Shots Premier (p. 53) Tennis (p. 64) Tonka Tutoring (p. 45)
Excelsior Elementary	Brick Builders: Wild Ride (p. 42) Crazy Gears & Wheels (p. 40) Excelsior Run Club (p. 63) Golf FORE Kids (p. 64) Grandmasters of Chess (p. 44) Holiday Gift Making (p. 39) Lacrosse (p. 61) Olaf & Friends (p. 38)	Private Music Lessons (p. 28) School-Time Super Hero (p. 39) Scratch 3.0 Game Coding (p. 42) Ski & Snowboard Club (p. 66-67) Soccer Shots Premier (p. 53) STEM Sampler (p. 40) Techno Tinkering (p. 42) Tonka Tutoring (p. 45)
Groveland Elementary	Brick Builders: Wild Ride (p. 42) Children's Yoga - Yoga Calm (p. 60) Crazy Gears & Wheels (p. 40) Grandmasters of Chess (p. 44) Holiday Gift Making (p. 39) Jazz/Hip Hop (p. 57) Junior Engineering Club (p. 41)	Lacrosse (p. 61) Llamas & Unicorns (p. 38) Scratch 3.0 Game Coding (p. 42) Private Music Lessons (p. 28) Ski & Snowboard Club (p. 66-67) Soccer Shots Premier (p. 53) Tonka Tutoring (p. 45)
Minnewashta Elementary	Brick Builders: Wild Ride (p. 42) Crazy Gears & Wheels (p. 40) Golf FORE Kids (p. 64) Grandmasters of Chess (p. 44) Holiday Gift Making (p. 39) Junior Engineering Club (p. 41) Lacrosse (p. 61)	Olaf & Friends (p. 38) Private Music Lessons (p. 28) School-Time Super Hero (p. 39) Ski & Snowboard Club (p. 66-67) Soccer Shots Premier (p. 53) Tennis (p. 64) Tonka Tutoring (p. 45)
Scenic Heights Elementary	Brick Builders: Wild Ride (p. 42) Children's Yoga - Yoga Calm (p. 60) Golf FORE Kids (p. 64) Grandmasters of Chess (p. 44) Holiday Gift Making (p. 39) Jazz/Hip Hop (p. 57) Junior Engineering Club (p. 41) Lacrosse (p. 61)	Llamas & Unicorns (p. 38) Private Music Lessons (p. 28) Robotics & STEM (p. 40) School-Time Super Hero (p. 39) Ski & Snowboard Club (p. 66-67) Soccer Shots Premier (p. 53) Tonka Tutoring (p. 45)

# Non-school Day Activity Guide

Non-school Day Activities			
Date	Age	Class	Location
Fri., Oct. 11	Grades K-8	Skipperettes Dance Team Youth Clinics (p. 58)	MHS
Thurs./Fri., Oct. 17-18	Grades K-5 Grades K-5 Grades 1-5 Grades 1-8 Grades 5-8	Multi-Sport Camp (p. 61) Fall Chess Tournament (p. 45) Robotic Builders: Gamer-Bots (p. 42) Babysitter Training (p. 48) Vertical Endeavors (p. 61) Cake Decorating Wars with Fondant - Creepy Creations (p. 49)	MME Clear Springs Elem. MCEC MCEC Vertical Endeavors MCEC
Fri., Nov. 8	Grades K-5 Grades 3-8 Grades 5-8	Multi-Sport Camp (p. 61) Timberwolves Basketball Clinic (p. 69) Cake Decorating Wars with Fondant - Disney Designs (p. 49)	MME MHS MCEC
Fri., Dec. 27	Grades 6-10	Babysitter Training Plus (p. 48)	MCEC
Mon., Dec. 30	Grades 1-8	Babysitter Training (p. 48)	MCEC
Mon., Jan. 27	Grades 1-2 Grades 3-8	Skyhawks Basketball Clinic (p. 69) Timberwolves Basketball Clinic (p. 69)	MHS MHS





# Before and After School Childcare for Grades K-5

6:30 am to 6:00 pm at all Minnetonka Elementary Schools

Fall Registration Deadline: Tuesday, August 6

952-401-6832 MinnetonkaCommunityEd.org

# Leadership

## Alone at Home Grades 3-6

Get prepared to stay home alone, safely. You'll learn first aid, safety procedures and what to do in severe weather. Review phone skills, explore fun snack ideas and learn interactive games and activities.

90-120-AH1 Sat., Sept. 14 9 am-12 pm	\$35 MCEC
90-120-AH2 Sat., Sept. 28 9 am-12 pm	\$35 MCEC
90-120-AH3 Sat., Oct. 12 9 am-12 pm	\$35 MCEC
90-120-AH4 Sat., Nov. 2 9 am-12 pm	\$35 MCEC
90-120-AH5 Sat., Nov. 23 9 am-12 pm	\$35 MCEC
90-120-AH6 Sat., Dec. 14 9 am-12 pm	\$35 MCEC

#### More Than Pink Grades 3-5

Empower yourself to be strong inside and out by combining training for a 5K run with lessons that empower all girls to celebrate their bodies, honor their voices and embrace their gifts.

90-215-Fall CS	\$95
Mon./Wed., Sept. 9-Oct. 30	Clear Springs Elem.
3:25-5 pm	. 3

#### **Babysitter Training** Ages 11-16

Learn leadership, safety, basic care and first aid skills to become the best certified babysitter on the block! You'll receive a pack containing a handbook, CD, activities and first aid kit.

90-120-BT1	\$89
Sat., Sept. 7	MCEC
9 am-4 pm	Scott Gavin
90-120-BT2	\$89
Fri., Oct. 18	MCEC
9 am-4 pm	Scott Gavin
90-120-BT3	\$89
Sat., Nov. 16	MCEC
9 am-4 pm	Scott Gavin
90-120-BT4	\$89
Mon., Dec. 30	MCEC
9 am-4 pm	Scott Gavin

#### **Babysitter Training Plus** Ages 11 and up

Increase your babysitting safety knowledge by completing this course which includes Infant/Child CPR designed just for babysitters. You must complete the Babysitter Training class before taking Plus.

90-120-BP1	\$42	NON
30-120-DF 1	\$ <del>4</del> 2	DAY
Fri., Dec. 27	MCEC	Zymniz
9 am-1 pm	Scott Gavi	n

# Register for classes at MinnetonkaCommunityEd.org





# Life Skills & Culinary

#### **Growing Up:**

## Parents & Daughters/Sons Connecting Ages 9-12

Join health educators for a workshop that takes the mystery out of adolescence. Girls/Boys, along with a parent/trusted adult, will engage in fun, thought-provoking activities to learn about puberty, development, what is normal about growing up and parent-child communication.

#### **Parents & Daughters Connecting**

90-258-GU1 \$59 (parent & daughter)

Sat., Oct. 26 MCEC

9 am-12 pm myHealth for Teens & Young

Adults

#### **Parents & Sons Connecting**

90-258-GU2 \$59 (parent & son)

Sat., Dec. 7 MCEC

9 am-12 pm myHealth for Teens & Young

Adults

## **Cake Decorating Wars with Fondant** Grades 5-8

Learn how to roll, drape, color, cut and apply colorful pieces of fondant to create a Thanksgiving design. You and your teammates will brainstorm designs and then strategically decorate your team's cake using fondant to create your masterpiece.

#### **New!** Creepy Creations

90-250-CDF1 \$35
Thurs., Oct. 17 MCEC
10 am-12 pm Artistic Moments

#### **New!** Disney Designs

90-250-CDF2 \$35 Fri., Nov. 8 MCEC MCEC Artistic Moments

#### **New!** Thanksgiving Themes

90-250-CDF3 \$35 Sat., Nov. 23 MCEC 10 am-12 pm Artistic Moments

49



# Driver Education



#### SafewayDrivingSchool.com

FALL SESSIONS - Ages 14 ½ and up		
90-591-F1	Sept. 16-Oct. 1	
90-591-F2	Oct. 14-31 No class Oct. 16, 17	
90-591-F3	Nov. 4-20 No class Nov. 7	
90-591-F4	Dec. 2-17	

My daughter loved the class and passed the learner's permit knowledge test on her first try. This course is a great value for the cost. My daughter thought the instructor was amazing!

-Driver Education participant parent

Register for classes at MinnetonkaCommunityEd.org

#### Classroom Instruction

Our program includes 30 hours of classroom instruction, as required by law, in 10, three-hour lessons. Students can start classes at age 14½, obtain their permit at age 15 and license at age 16. The classroom curriculum includes study guides, PowerPoint instruction, videos, discussion, worksheets and interactive software. Classes focus on critical behaviors and attitudes common to teen drivers and prepare them for the Minnesota Permit Exam.

#### **Class Schedule**

Classes meet Monday-Thursday in room 1410 at MHS, from 2:50-5:50 pm. Missed lessons can be made up during a future class session. Students do not need to register for make up classes.

#### Fee

\$399 (Includes classroom instruction and six hours of behind-the-wheel instruction.)

#### **Behind-the-Wheel Instruction**

Students must complete six hours of driving lessons with a Safeway instructor before taking the Minnesota Road Exam. Lessons are divided into three two-hour private lessons with a responsible, professional Safeway driving instructor. Students can be picked up from and dropped off at home, school or work. Safeway offers convenient online scheduling for behind-the-wheel instruction. The lessons are given on actual city streets, highways and freeways. It is recommended that students take their first lesson 6-8 weeks after receiving their permit. Lessons should be at least 30 days apart allowing for practice with parents between lessons and can be scheduled with Safeway Driving School.

#### **Parent Involvement**

Safeway offers detailed information on its website to assist parents with understanding Minnesota laws and requirements for student drivers. Monthly parent information classes are offered online at SafewayDrivingSchool.com.

# Events



## Tonka Trot for Heroes - 1.5 Miles Fun Run All ages

We have so many amazing heroes in our community... military, teachers, police, firefighters, doctors, moms, dads and many more. Join us for a fun run (1.5 miles) to celebrate and thank these heroes for their service. Entry includes a cape (guaranteed for the first 750 participants). See page 63 for details.

#### Rake-a-Thon Saturday, November 2

Pull together a team of family, friends, colleagues and neighbors to rake the yards of senior homeowners who need help with their leaves! Connect with the community and have fun! This event is sponsored by the Youth Development Council. To volunteer or to have your lawn raked, visit MinnetonkaCommunityEd.org.

Adult Event Hark! The Basement Ladies Sing Saturday, December 7 (in partnership with Project SOAR) Join us for a holiday evening full of music and laughter! Throughout it all, you are encouraged to sing along as Beverly Barsness bangs out Christmas carols on the old upright. So come "Fa La La" with the Church Basement Ladies as they deck their fellowship hall. Event is held from 3-5 pm at the Ames Center in Burnsville. Fee is \$45.



# Skipper Spooktacular

Ages 2 - 10 Saturday, October 26 9:30-11:30 am MCEC

Dress up and join us for a not so scary spooktacular family event.

Pumpkin and cookie decorating, crafts, games, music and more!

Cost per family: \$15 in advance/\$20 at the door

MinnetonkaCommunityEd.org bit.ly/MCECspooktacular



# Minnetonka Aquatics

## MinnetonkaAquatics.org



To learn more about Minnetonka Aquatics programs and to register for lessons, please visit MinnetonkaAquatics.org.

If you need assistance to determine which class is right for you or your child, please contact Aimee Sinkler at aimee.sinkler@minnetonkaschools.org or 952-401-5291.

#### **Youth Learn-to-Swim Levels**

#### **Greenhorn Levels 1-2**

#### Ages 6 months to 3 years + parent

The Greenhorn levels provide a structured learning environment in which children become comfortable in the water while accompanied by their parent(s). Instructors use fun activities to help children gain confidence and make the water an enjoyable place for a new swimmer.

#### Sailor Levels 1-3

#### Ages 3 to 5

Sailor classes are fun and packed with learning swimming fundamentals. Swimmers will learn to be confident, have fun and love swimming!

#### **Skipper Levels 1-5**

#### Ages 5 to 7

Skipper classes cover all ability levels from inexperienced swimmers to swimmers looking to refine strokes. Skipper levels work on fun and safe fundamentals in order to create a love for swimming.

#### **Admiral Levels 1-3**

#### Ages 7 to 13

Admiral classes cover all ability levels from inexperienced swimmers to swimmers looking for stroke refinement. Admirals focus on proper swimming technique for a shorter distance with a lot of repetitions and feedback. This in turn will create more endurance and more effective swimming.

#### **Rec Team**

#### Ages 5 & up

Is your swimmer ready to try out a fun, team style learning environment? Rec Team practices are run as a team style learning environment with multiple swimmers per lane, a coach on deck and coaches in the water as needed. Rec Team participants will work on age specific skills and drills in a team atmosphere. A fun intra-squad meet will be held at the end of the season. This meet will give participants the chance to become exposed to the fun and excitement of a swim meet environment as well as show off the skill they've learn to family and friends. Note: to read more about each age group's prerequisites and what each age group will learn visit our website, minnetonkaaquatics.org.

Note: Participants must be comfortable in deep water and be able to swim 25 yards freestyle and 25 yards backstroke unassisted.

#### **Learn-to-Dive Lessons**

#### **Minnetonka Blues- Non competitive**

#### Ages 5-11

If diving is a new sport for you or you have some experience but have not mastered basic dives in each direction, this is the right group for you.

- You will be taught the basic movements and fundamentals for take offs and entries.
- Learn basic dives in all directions from the side of the pool as well as on the 1 meter springboard.
- All athletes should remember that a willingness to try and be coachable is the only requirement to be a part of this fun group.

#### Minnetonka Dive Club (MDC) - Competitive Groups

If you have participated in a "Learn to Dive" class or have competed in a high school program, Minnetonka Dive Club Competitive Groups is right for you. Being that each diver will come in with a unique skill set, please look at the basic descriptors below to place your athlete correctly.

#### **Anchors**

#### Ages 13 and under

- Improve fundamental take off and entry skills.
- Learn 3-4 different dives to meet competition requirements.
- Continue to progress to dives in each category.
- Prepare for local and regional competitions.

#### Skippers

#### Ages 14 and up

- Improve fundamental skills and dives in each direction.
- Progress to more complex dives in each category.
- Prepare for local and regional competitions.
- Introduce athletes to high school dive requirements.

#### **High School Group/Varsity Group**

- Focus on the 1-meter springboard and preparation for competition.
- Divers will look to improve on height, distance and degree of difficulty within their dive list(s).
- Welcome to collegiate divers interested in being trained over the summer.

 Don't let the cost of lessons keep you from participating! Contact Aimee for information on scholarships, aimee.sinkler@minnetonkaschools.org



# Soccer

#### **Soccer Shots Classic**

#### Ages 3-5

Utilizing creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We'll also highlight a positive character trait each session such as respect, teamwork and appreciation. All equipment provided.

90-178-SSC4 \$119 Tues., Sept. 10-Oct. 29 **MCEC** 9:35-10:05 am **Soccer Shots** 

90-178-SSC5 \$119 Tues., Sept. 10-Oct. 29 MCEC 10:10-10:40 am **Soccer Shots** 

90-178-SSC1 \$119 Tues., Sept. 10-Oct. 29 Excelsior Elem. 6-6:30 pm **Soccer Shots** 

90-178-SSC2 \$119 Tues., Sept. 10-Oct. 29 Excelsior Elem. 6:35-7:05 pm **Soccer Shots** 

You can feel confident that the person coaching your child has met our strict coaching standards and has been trained in the use of developmentally appropriate techniques. We are driven by the belief that a positive experience with sports can make a lasting impact on a child's life.

-SoccerShots.org

Find us on



facebook.com/MCEYouth facebook.com/MinnetonkaPreschool

#### **Tiny Tonka Soccer**

#### Ages 3-6

Children will learn soccer basics in our introductory league. Each session includes skills practice and a game. We will have fun while developing social and motor skills! Parent volunteers are needed to coach teams. All equipment provided. Registrations will be accepted on a space-available basis until August 21.

Ages 3-4 90-178-TTS1

Thurs., Sept. 5-Oct. 3 Excelsior Elem.

5-5:45 pm

90-178-TTS3 \$59 Sat., Sept. 7-Oct. 5 MME

9-9:45 am

Ages 5-6 90-178-TTS2

\$59 Thurs., Sept. 5-Oct. 3 Excelsior Elem.

6-6:45 pm

90-178-TTS4 \$59 Sat., Sept. 7-Oct. 5 MME

10-10:45 am

#### **Soccer Shots Premier**

#### Grades K-2

Develop individual skills, fitness and sportsmanship through soccer. You'll be challenged through fun games and team interaction and introduced to competition in a developmentally appropriate manner. All equipment provided.

90-178-SSP1 \$159 Mon., Sept. 9-Oct. 28 Scenic Heights Elem.

Soccer Shots 3:25-4:10 pm

90-178-SSP3 \$159

Groveland Elem. Tues., Sept. 10-Oct. 29 3:30-4:15 pm Soccer Shots

90-178-SSP4 \$159

Wed., Sept. 11-Oct. 30 Excelsior Elem. 2:50-3:35 pm Soccer Shots

90-178-SSP5 \$159

Wed., Sept. 11-Oct. 30 Minnewashta Elem. 3:30-4:15 pm Soccer Shots

90-178-SSP6 \$159

Thurs., Sept. 12-Oct. 31 Deephaven Elem. 2:50-3:35 pm Soccer Shots



# Gymnastics

#### **Tonka Tumblers**

#### Ages 3-5

Explore gymnastics through obstacle courses and activities that help build strength, balance and flexibility. Class focus areas: listening, balance, body shapes, safety falls, scale, forward rolls and other age-appropriate skills. *No class Oct. 10, Nov. 28, 30, Dec. 25-Jan. 1.* 

90-157-TT2 Wed., Sept. 11-Nov. 6 5:50-6:35 pm	\$117 MHS
90-157-TT1 Wed., Sept. 11-Nov. 6 5-5:45 pm	\$117 MHS
90-157-TT3 Thurs., Sept. 12-Nov. 7 5-5:45 pm	\$104 MHS
90-157-TT4 Sat., Sept. 14-Nov. 9 9-9:45 am	\$117 MHS
90-157-TT5 Sat., Sept. 14-Nov. 9 12-12:45 pm	\$117 MHS
90-157-TT6 Wed., Nov. 20-Feb. 12 5-5:45 pm	\$143 MHS
90-157-TT7 Wed., Nov. 20-Feb. 12 5:50-6:35 pm	\$143 MHS
90-157-TT8 Thurs., Nov. 21-Feb. 13 6-6:45 pm	\$143 MHS
90-157-TT9 Sat., Nov. 23-Feb. 15 9-9:45 am	\$143 MHS
90-157-TT10 Sat., Nov. 23-Feb. 15 12-12:45 pm	\$143 MHS

#### **Beginner Boys Gymnastics**

#### Grades K-12

Explore gymnastics with other boys new to the sport. Class focus areas: listening, balance, body shapes, safety falls, scale, forward rolls and other age-appropriate skills. *No class Nov. 30, Dec. 28*.

90-157-BB1 Sat., Sept. 14-Nov. 9 12-12:55 pm	\$117 MHS
90-157-BB2 Sat., Nov. 23-Feb. 15 12-12:55 pm	\$143 MHS

#### **Beginner 1 Gymnastics**

#### Grades K-12

Learn basic skills on all four gymnastics events with a focus on building strength, learning basic tumbling skills and progressions. Class focus areas: handstand with a spot, bridge, lunge, leap, tuck jump and other age-appropriate skills. *No class Oct. 10, Nov. 28, 30, Dec. 24-Jan. 1.* 

90-157-B1 Mon., Sept. 9-Nov. 4 5-5:55 pm	\$117 MHS
90-157-B2 Tues., Sept. 10-Nov. 5 5-5:55 pm	\$117 MHS
90-157-B3 Thurs., Sept. 12-Nov. 7 5-5:55 pm	\$104 MHS
90-157-B4 Sat., Sept. 14-Nov. 9 9-9:55 am	\$117 MHS
90-157-B5 Tues., Nov. 19-Feb. 11 6-6:55 pm	\$143 MHS
90-157-B6 Thurs., Nov. 21-Feb. 13 6-6:55 pm	\$143 MHS
90-157-B7 Sat., Nov. 23-Feb. 15 9-9:55 am	\$143 MHS

#### **Beginner 2 Gymnastics**

#### Grades K-12

Sharpen basic skills in all four gymnastics events while focusing on building strength, developing tumbling skills and advancing in progressions. Class focus areas: handstand, cartwheel, backward roll and other age-appropriate skills. *No class Oct. 1, 10, Nov. 28, 30, Dec. 23, 26, 28, Jan. 20, 27.* 

90-157-B8 Mon., Sept. 9-Nov. 4 6-6:55 pm	\$117 MHS
90-157-B9 Tues., Sept. 10-Nov. 5 6-6:55 pm	\$104 MHS
90-157-B10 Thurs., Sept. 12-Nov. 7 6-6:55 pm	\$104 MHS
90-157-B11 Sat., Sept. 14-Nov. 9 10-10:55 am	\$117 MHS
90-157-B12 Mon., Nov. 18-Feb. 10 7-7:55 pm	\$130 MHS
90-157-B13 Thurs., Nov. 21-Feb. 13 7-7:55 pm	\$143 MHS
90-157-B14 Sat., Nov. 23-Feb. 15 10-10:55 am	\$143 MHS

#### **Advanced Beginner 1 Gymnastics**

#### Grades K-12

Build on advanced skills in all four gymnastics events while progressing in tumbling, balance, flexibility and technique. Class focus areas: handstand, bridge, lunge, leap, tuck jump and other age appropriate skills. Previous gymnastics experience is recommended. *No class Oct. 10, Nov. 28, 30, Dec. 23, 26, 28, Jan. 20, 27.* 

90-157-A1 Tues., Sept. 10-Nov. 5 7-7:55 pm	\$117 MHS
90-157-A2 Thurs., Sept. 12-Nov. 7 7-7:55 pm	\$104 MHS
90-157-A3 Sat., Sept. 14-Nov. 9 11-11:55 am	\$117 MHS
90-157-A4 Mon., Nov. 18-Feb. 10 7-7:55 pm	\$130 MHS
90-157-A5 Thurs., Nov. 21-Feb. 13 7-7:55 pm	\$143 MHS
90-157-A6 Sat., Nov. 23-Feb. 15 11-11:55 am	\$143 MHS

#### **Advanced Beginner 2 Gymnastics**

#### Grades K-12

Advance skills in all four gymnastics events by focusing on technique, form and advanced tumbling skills. Class focus areas: back walkover, round-off, back-handspring drills and other age-appropriate skills. Previous gymnastics experience is recommended. *No class Nov. 28, 30, Dec. 26, 28.* 

90-157-A7 Mon., Sept. 9-Nov. 4 7-7:55 pm	\$117 MHS
90-157-A8 Tues., Sept. 10-Nov. 5 7-7:55 pm	\$117 MHS
90-157-A9 Sat., Sept. 14-Nov. 9 11-11:55 am	\$117 MHS
90-157-A10 Thurs., Nov. 21-Feb. 13 8-8:55 pm	\$143 MHS
90-157-A11 Sat., Nov. 23-Feb. 15 11-11:55 am	\$143 MHS

#### **Intermediate Gymnastics**

#### Grades K-12

Learn advanced tumbling and high-level gymnastics skills for competition events. Class focus areas: round off, front walkovers, back walkover, back hand-spring and other age-appropriate skills. *No class Oct. 10, Nov. 30, Dec. 24, 28, 31.* 

90-157-I1 Thurs., Sept. 12-Nov. 7 6-6:55 pm	\$104 MHS
90-157-I2 Sat., Sept. 14-Nov. 9 10-10:55 am	\$117 MHS
90-157-I3 Tues., Nov. 19-Feb. 11 7-7:55 pm	\$143 MHS
90-157-I4 Sat., Nov. 23-Feb. 15 10-10:55 am	\$143 MHS

#### **MAGA Pre-Team**

#### Grades K-12

Interested in joining the Midwest Amateur Gymnastics Association (MAGA) team but need to gain more experience? Join the pre-team to advance your skills and get to the next level. Focus on routines, advanced skills, form and technique. *No class Nov. 30, Dec. 24, 28, 31.* 

90-157-PT6 Tues., Sept. 10-Nov. 5 Sat., Sept. 14-Nov. 9	\$415 5-7 pm 11 am-1 pm MHS
90-157-PT7 Tues., Nov. 19-Feb. 11 Sat., Nov. 23-Feb. 15	\$505 6-8 pm 11 am-1 pm MHS



# Tonka Dance Academy

#### Ballet/Tap

Ages 3-Grade 2

A combination of tap and ballet for young children. Learn ballet and tap techniques while enjoying creativity in dance. The focus is on movement, music and enjoyment. *No class Oct. 10, 17, 19, 31, Nov. 25, 28, 30.* 

<b>Ages 3-5</b> 90-147-M11 Mon., Sept. 9-Dec. 16 4:45-5:30 pm	\$299 MCEC
90-147-T18 Tues., Sept. 10-Dec. 17 4:45-5:30 pm	\$299 MCEC
90-147-S3 Sat., Sept. 14-Dec. 14 9-9:45 pm	\$259 MCEC
<b>Grades K-1</b> 90-147-T17 Tues., Sept. 10-Dec. 17 4-4:45 pm	\$299 MCEC
90-147-T17 Tues., Sept. 10-Dec. 17	

<b>Grades K-2</b> 90-147-S03 Mon., Sept. 9-Dec. 9 5-5:45 pm	\$269 Clear Springs Elem.
90-147-S07 Tues., Sept. 10-Nov. 19 5-5:45 pm	\$239 Groveland Elem.
90-147-S11 Thurs., Sept. 12-Dec. 12 5-5:45 pm	\$229 Scenic Heights Elem.

- \* Payment plan option is available
- \*\* Deephaven Elem. students can be picked up by instructors after school and brought to class.

Register for classes at MinnetonkaCommunityEd.org

#### Jazz/Hip Hop

#### **Grades K-3**

Learn moves you can perform on the stage, at a school dance, or anywhere. Class includes warm-up, stretching, conditioning and choreography and promises to challenge even the most seasoned vets while still allowing complete beginners to get a solid and fun introduction this style. No class Oct. 10, 17, 31, Nov. 25, 28, Dec. 19, 23, 24, 26, 30, 31, Jan. 2, 20, 27, Feb. 17, March 5, 30, 31, April 2.

#### **Grades K-1**

90-147-M1 \$619/\$649\* w/pick up\*\* Mon., Sept. 9-May 18 \$679/\$709\* payment plan 3:15-4 pm **MCEC** 

90-147-T13 \$299 Tues., Sept. 10-Dec. 17 **MCEC** 

5:30-6:30 pm

90-147-U13 \$579/\$609\* payment plan Thurs., Sept. 12-May 28 MCEC

5:30-6:15 pm

Grades 1-3

90-147-20 \$229 Thurs., Sept. 12-Dec. 12 MCEC

4-4:45 pm

90-147-S02 \$269

Clear Springs Elem. Mon., Sept. 9-Dec. 9

4:15-5 pm

90-147-S06 \$239

Tues., Sept. 10-Nov. 19 Groveland Elem.

4:15-5 pm

90-147-S9 \$229

Thurs., Sept. 12-Dec. 12 Scenic Heights Elem.

3:30-4:15 pm

Grades 3-5

90-147-S01 \$269

Mon., Sept. 9-Dec. 9 Clear Springs Elem.

3:30-4:15 pm

90-147-S05 \$239

Groveland Elem. Tues., Sept. 10-Nov. 19

3:30-4:15 pm

90-147-S9

Thurs., Sept. 12-Dec. 12 Scenic Heights Elem.

3:30-4:15 pm

\* Payment plan option is available

\*\* Deephaven Elem. students can be picked up by instructors after school and brought to class.

#### **Tonka Dance Academy Recitals**

Winter Dance Recital: Saturday, December 14 Spring Dance Recital: Saturday, May 30

#### **Ballet**

#### Grades 1-3

Study ballet based on the Vaganova method of instruction. Your technique will soar and you will develop grace and strength as your body learns the art of classical ballet. No class Dec. 23, 30, Jan. 20, 27, Feb. 17, March 30.

90-147-M2 \$619/\$649\* payment plan Mon., Sept. 9-May 18 **MCEC** 

4-4:45 pm

\* Payment plan option is available

#### Acro

#### Grades 4-6

Acro Dance combines lyrical dance technique with precision acrobatic elements. This unique choreography seamlessly blends dance/acrobatics. No class Oct. 10, 17, 31, Nov. 28.

90-147-U15 \$259 **MCEC** Thurs., Sept. 12-Dec. 19 4:45-5:30 pm



take the lead.

That's Girl Scouts—a place where every girl has the space and support she needs to uncover her full potential and accomplish amazing things.

Learn more at GirlScoutsRV.org/Join.

GirlScoutsRV.org/Join 800-845-0787



# Dance Team, Cheer & Volleyball

#### **Skipperettes Dance Team Youth Clinics Grades K-8**

Join the Minnetonka Skipperettes Competition Dance Team for a day of dance! You'll learn and practice leaps, turns, kicks and jumps. You will perform a dance routine at the end of the clinic and will leave with a Skipperettes shirt!

90-146-D1 (Youth Clinic Grades K-5) Fri., Oct. 11	\$65 MHS	
10 am-3 pm	1411.13	

90-146-D2 (Prep Clinic Grades 6-8) Fri., Oct. 11 MHS

10 am-3 pm

## Explore the sport of cheerleading in a fun, team-focused

environment. Coaches will emphasize skill development, safety, teamwork, good sportsmanship and making good choices to become a better athlete. No class Dec. 23.

**Elementary School Cheer - Competition Team** 

90-145-EL (Grades K-2)	\$375
Mon., Sept. 9-Jan. 13	MME
6-7:15 pm	

90-145-EL (Grades 3-5)	\$389
Mon., Sept. 9-Jan. 13	MME
- 4 4-	

5:45-7:15 pm

**Grades K-5** 

#### Volleyball

#### Ages 4-grade 2

Volleyball skills are taught through drills and exercises that focus on passing, setting, hitting, and serving. Develop fundamentals through game-speed drills and daily scrimmages aimed at developing the whole player. No experience or equipment is necessary.

#### Ages 4-5

90-172-VB1 \$49 Sat., Sept. 21-Oct. 12 **MCEC** 8:30-9 am Skyhawks

90-172-VB4 \$49 Sat., Oct. 26-Nov. 16 MCEC 9-9:30 am Skyhawks

#### Grades K-2

90-172-VB2

Sat., Sept. 21-Oct. 12 Deephaven Elem. Skyhawks

9:10-10:10 am

90-172-VB5 \$89

Sat., Oct. 26-Nov. 16 Deephaven Elem. 9:40-10:40 am

Skyhawks

#### Minnetonka Junior Olympic Volleyball Ages 12-14

Junior Olympic (JO) volleyball is a nationwide, competitive volleyball program for players who want to take their game to the next level. Individualized development of fundamental skills as well as court movements, position skills and team offensive and defensive systems in a safe and fun environment; led by Head MHS Volleyball Coach Karl Katzenberger and his staff.

#### Try-outs (90-190-JO):

When: Sunday, Oct. 6 Where: MMW Time: 11 am-2 pm

\$5 online/\$10 at the door Fee.

#### Season Information:\*

Dec.-April \$650\*\* (age 12) \$850\*\* (ages 13 & 14)

\*Participants practice two weekdays per week and participate in 2 tournaments and 5 power leagues on the weekend.

\*\*See online for payment plan options.

#### **Volleyball Skills**

#### Grades 3-6

Volleyball skills are taught through drills and exercises that focus on passing, setting, hitting, and serving. Sessions will include short court and 2 vs. 2 court games. No experience or equipment is necessary. No class Nov. 30.

#### Grades 3-4

90-190-VB3 \$100 Sat., Sept. 7-Oct. 12 **MCEC** 

11:30-12:30 pm The McCarthy Project

90-190-VB4 \$100 Sat., Nov. 2-Dec. 14 **MCEC** 

12:30-1:30 pm

The McCarthy Project

#### **Grades 5-6**

90-190-VB3 Sat., Sept. 7-Oct. 12

11:30-12:30 pm

\$100 MCEC

The McCarthy Project

90-190-VB5 Sat., Nov. 2-Dec. 14 \$100 **MCEC** 

12:30-1:30 pm The McCarthy Project

# Shoreline VOLLEYBALL CLUB



# 2019-2020 Inaugural Season

**Club Director: Karl Katzenberger** 

## **Open Gym Before Tryouts:**

**13U-14U:** September 22 & 29

**15U-16U:** October 27 & November 3

Visit bit.ly/shorelinemn for times &

location

### **Girls 13U-16U Tryouts:**

13U-14U: Sunday, October 6 15U-16U: Sunday, November 10

Time:11 am-2 pm Location: MME

Fee:\$15

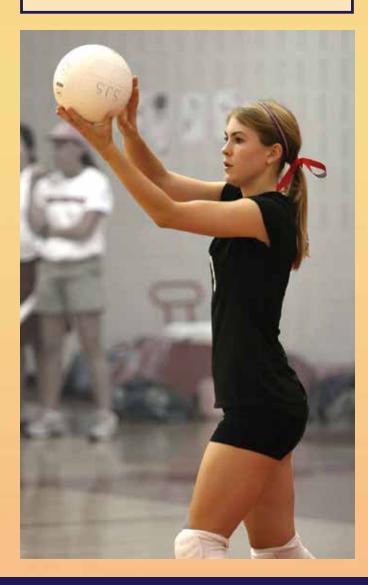
## **Program Details:**

- Program runs November through May.
- Teams practice 3 times a week, strength & cardio training 2 times a week.
- Teams compete in Molten Cup Series, local & out-of-town tournaments. Travel tournaments may include: Rochester (MN), Milwaukee, Wisconsin Dells.

### Player Fee: \$3,899 (Payment plans available)

Fee Includes: uniform (2 Nike Jerseys, 2 Nike Shorts, Nike warm-ups, Nike volleyball socks, Nike volleyball shoes, Nike Dri-fit practice shirts, Nike Elite backpack), coaching, strength & cardio training, tournament entry fees, lodging for out-of-town tournaments.

Fee does not include transportation to tournaments, meals at tournaments or additional tournaments).





# Yoga & Bowling

#### Children's Yoga - Yoga Calm **Grades K-5**

Develop healthy habits for a lifetime of wellness and happiness. Improve personal awareness and maintain focus through fun yoga games, breath, movement and poses. All participants must bring a yoga mat.

90-192-C3 Mon., Sept. 23-Oct. 28

3:25-4:15 pm

90-192-C1

Wed., Sept. 25-Oct. 30 3:25-4:15 pm

90-192-C4 Mon., Nov. 11-Dec. 16

3:25-4:15 pm

90-192-C2 Tues., Nov. 12-Dec. 17 3:25-4:15 pm

\$73

Groveland Elem. Alayna Sobieniak

\$73

Scenic Heights Elem. Alayna Sobieniak

\$73

Groveland Elem. Alayna Sobieniak

\$73

Scenic Heights Elem. Alayna Sobieniak

#### **Teen Yoga**

#### Grades 6-12

Calling all teen students and athletes! This class will reduce stress, improve concentration, increase strength and flexibility, enhance body awareness and balance in life. No class Nov. 30.

90-192-T1 Sat., Oct. 26-Dec. 14 11-11:45 am

\$80 MHS Sarina Long

### **Family Yoga**

#### Grades K-5

Children will experience the joy of yoga in this fun, lighthearted class. Parents and children will discover balance, breathing, endurance and focus through yoga and music. No class Nov. 30.

Ages 3-7

90-192-F2 Sat., Oct. 26-Dec. 14

10-10:45 am

Ages 8-12

90-192-F1 Sat., Oct. 26-Dec. 14

9-9:45 am

\$96 (parent & 1 child) \$130 (parent & 2 children)

MHS Sarina Long

\$96 (parent & 1 child) \$130 (parent & 2 children)

MHS Sarina Long

#### **Youth Bowling League**

Spare, split, STRIKE! Learn the skills and techniques of the sport as well as etiquette, scoring and more. No class Oct. 19.

90-160-B \$75

Sat., Oct. 5-Nov. 16

Country Club Lanes

9-10:30 am

Register for classes at MinnetonkaCommunityEd.org

# Sports & Athletics

#### Lacrosse

#### **Grades K-2**

Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast-paced, highscoring game. Learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment.

90-172-L3	\$89
Mon., Sept. 16-Oct. 7	Excelsior Elem.
2:45-3:45 pm	Skyhawks

90-172-L1 \$89 Tues., Sept. 17-Oct. 8 Scenic Heights Elem. 3:25-4:25 pm Skyhawks

90-172-L2 Wed., Sept. 18-Oct. 9

Groveland Elem. 3:25-4:25 pm Skyhawks

90-172-L4

Thurs., Sept. 19-Oct. 10 Minnewashta Elem. 3:25-4:25 pm Skyhawks

90-172-L5

Clear Springs Elem. Fri., Sept. 20-Oct. 11 3:25-4:25 pm Skyhawks

#### Flag Football League

#### **Grades K-1**

Develop skills, play games and practice good sportsmanship in this fun league. Each session includes a short practice and a game. Volunteer coaches are needed.

#### **Grade K**

90-180-K1 \$55 Sat., Sept. 7-Oct. 5 MME 12:20-1:10 pm

90-180-F4 \$55

Tues., Sept. 10-Oct. 8 Excelsior Elem.

6-6:50 pm

#### Grade 1

\$55 90-180-F1 Sat., Sept. 7-Oct. 5 MME

11:15-12:05 am

90-180-F3

Tues., Sept. 10-Oct. 8 Excelsior Elem.

5-5:50 pm

The coach was awesome! He had a very positive attitude and engaged with all of the kids. My son learned guite a bit about football and picked up some new skills.

-Flag Football League participant parent

#### **Multi-Sport Camp (Full Day)** Grades K-5

We will focus on teaching skills in soccer, basketball, and flag football. The class will also incorporate camp games like Capture the Flag, Ultimate Frisbee and more! Equipment provided.

MME

Skyhawks

90-172-MSF1	\$59
Thurs., Oct. 17	MME
9 am-4 pm	Skyhawks
90-172-MSF2	\$59



9 am-4 pm Skyhawks

#### Minnetonka Log Rolling

#### All ages

Fri., Oct. 18

9 am-4 pm

Log rolling is fun and perfect for friendly competition or personal challenge. Set a goal and achieve it! It's easy to learn and staying on the log longer with each practice is very satisfying. No class Oct. 19.

90-160-1	\$55
Sat., Sept. 28-Oct. 26	MMW
3-4 pm	Sarah Beron
90-160-2	\$55

MMW Sat., Sept. 28-Oct. 26 4-5 pm Sarah Beron

90-160-3 \$55 MMW Sat., Nov. 2-23 3-4 pm Sarah Beron

90-160-4 \$55 Sat., Nov. 2-23 MMW 4-5 pm Sarah Beron

#### **Vertical Endeavors**

#### Grades 1-8

Learn proper climbing techniques in a controlled setting that is fun, exciting and safe for all skill levels. Activities include cooperative group initiatives, top-rope climbing and climbing games.

90-166-VE1 Thurs., Oct. 17 9 am-1 pm	\$55 Vertical Endeavo in Minneapolis	ors
90-166-VE2	\$55	NON SCHOOL DAV
Fri., Oct. 18	Vertical Endeavo	rs
9 am-1 pm	in Minneapolis	

# Sports & Athletics

#### **Beginner/Intermediate Fencing**

Ages 8-18

Learn the fundamentals of safe swordplay and fencing in a fun and active learning environment. All equipment is provided. No class Oct. 10, Nov. 28.

90-150-F1 Thurs., Sept. 26-Oct. 24 6-7 pm

\$60 Deephaven Elem. Maria Benford

90-150-E2 Thurs., Nov. 7-Dec. 19 6-7 pm

Deephaven Elem. Maria Benford

I truly admired the level of enthusiasm and participation while taking this class. It was a fantastic learning experience.

-High School Fencing participant



#### Minnetonka High School Fencing

Grades 9-12

Learn new skills, basic techniques and train to compete! Emphasis on blade work, footwork and balance. Explore all three weapons: Epee, Sabor, Foil. All materials and team t-shirt provided. \*Optional competitions may be available at an additional cost to the participant. No class Dec. 23, 25, Jan. 1, 20, 27, Feb. 17.

90-150-MHF \$205\* Mon./Wed., Nov. 11-Feb. 26 MHS

3:30-5 pm Maria Benford

#### Recreation Archery

Grades 3-12

Archery improves concentration, physical fitness and is a lot of fun! Learn technique, rules, scoring, history, etiquette and equipment care. All skill and ability levels welcome. Coached by NASP certified instructors. All equipment provided.

Grades 3-5

\$70 90-129-R1 Mon., Sept. 9-Oct. 21 MMW 6-7 pm

\$70 90-129-R3 MMW Mon., Nov. 4-Dec. 16 6-7 pm

Grades 6-12

90-129-R2 \$70 Mon., Sept. 9-Oct. 21 MMW 7-8 pm

90-129-R4 \$70 Mon., Nov. 4-Dec. 16 MMW

7-8 pm

### **Competition Archery Team**

Grades 4-12

This Olympic-style archery program covers archery history. safety, technique, equipment, mental concentration and self-improvement. All skill and ability levels are welcome. Coached by NASP certified instructors. All equipment is provided. No class Nov. 29, Dec. 24, 27, 31, Jan. 3.

Grades 4-6

90-129-C1 \$289 Tues./Fri., Nov. 12-March 27 MMW 6-7 pm

Grades 6-12

90-129-C2 \$289 Tues./Fri., Nov. 12-March 27 MMW 7-8 pm



# Running & Biking

#### **Excelsior Run Club**

#### Grades 2-5

Improve your overall fitness and learn the essentials of proper form, drills, hydration and nutrition, proper warm up and warm down, breathing, stretching and pacing. *No class Oct. 11.* 

90-169-EX Mon./Wed./Fri., Sept. 9-Oct 16 7:10-7:50 am \$100 Excelsior Elem. Suzie Fox

## Minnetonka Co-Ed Mountain Bike Team Grades 6-12

Join the Co-ed Minnetonka Mountain Bike Team! Preseason training practice rides will be held in June, July and August; the regular season runs August through October. During the regular season, the team will practice up to three times per week and compete in races throughout Minnesota. All skill levels are welcome. An informational meeting will be held in the MHS Forum on April 25th. \*Fee includes: NICA dues, insurance, team fees and race food.

#### 2019 Race Schedule

Preliminary league venues and dates are subject to change.

Race #1 - Aug. 24/25 Schindler Way Trail, Austin, MN

Race #2 - Sept 7/8 Lake Rebecca, Rockford, MN

Race #3 - Sept 14/15 Chequamegon Fat Tire Festival

Race #4 - Sept 28/29 White Tail Ridge, River Falls, WI

Race #5 - Oct 5/6 Detroit Mountain, Detroit Lakes, MN

Race #6 - Oct 12/13 Spirit Mountain, Duluth, MN

Race #7 - Oct 26/27 Mt Kato, Mankato, MN

(Race #7 - State Championship)

89-161-MB

\$459\* (before Aug. 1) \$509\* (on or after Aug. 1)

Register for classes at MinnetonkaCommunityEd.org



## Tonka Trot for Heroes - 1.5 Miles Fun Run All ages

We have so many amazing heroes in our community... military, teachers, police, firefighters, doctors, moms, dads and many more. Join us for a fun run (1.5 miles) to celebrate and thank these heroes for their service. Entry includes a cape (guaranteed for the first 750 participants).

A portion of our event proceeds will support a heroic organization in our community.

Online registration is available until 8:00 am on Friday, October 11. Day of race registration and cape pick-up begins at 8:00 am on Saturday, October 12, at the Groveland Elementary Gymnasium. Family Fun Run will begin at 9:00 am. Celebration of Heroes and Activities at Groveland Elementary after the run.

There are no refunds for this event. This is a rain or shine event.

Individual - \$15

Family of 4 - \$50 \*Use code Hero4 at check out

Family of 5 - \$60 \*Use code Hero5 at check out

Family of 6 - \$70 \*Use code Hero6 at check out

\*Note, the family discount will not be offered at same day registration

# Tennis & Golf

#### **Tennis**

#### **Grades K-5**

Learn the fundamentals, etiquette and rules of the game. Kid-friendly instructors help students develop tennis skills and knowledge, while using the sport to teach valuable life lessons like honesty and sportsmanship. Equipment provided; open to all skill levels. *No class Oct. 17*.

#### **Grades K-1**

90-184-TGA16 Sat., Sept. 7-Oct. 12 10-11 am

90-184-TGA6 Mon., Sept. 9-Oct. 14 6:10-7:10 pm

90-184-TGA4 Mon., Nov. 4-Dec. 9 6:10-7:10 pm

**Grades K-5** 

90-184-TGA1 Mon., Sept. 16-Oct. 21 3:25-4:25 pm

90-184-TGA2 Tues., Sept. 17-Oct. 22 2:45-3:45 pm

90-184-TGA8 Thurs., Sept. 19-Oct. 24 3:25-4:25 pm

Grades 2-5

90-184-TGA17 Sat., Sept. 7-Oct. 12 11 am-12 pm

90-184-TGA7 Mon., Sept. 9-Oct. 14 7:10-8:10 pm

90-184-TGA5 Mon., Nov. 4-Dec. 9 7:10-8:10 pm \$119 MMW

TGA Central Hennepin Cty

\$119

Excelsior Elem.

TGA Central Hennepin Cty

\$119

Excelsior Elem.

TGA Central Hennepin Cty

\$119

Minnewashta Elem. TGA Central Hennepin Cty

\$119

Deephaven Elem. TGA Central Hennepin Cty

\$119

Clear Springs Elem. TGA Central Hennepin Cty

\$119 MMW

TGA Central Hennepin Cty

\$119

Excelsior Elem.

TGA Central Hennepin Cty

\$119

Excelsior Elem.

TGA Central Hennepin Cty

#### Golf

#### **Grades K-5**

Learn the fundamentals, etiquette and rules of the game. Kid-friendly instructors help students develop golf skills and knowledge, while using the sport to teach valuable life lessons like honesty and sportsmanship. Equipment provided; open to all skill levels. *No class Nov. 27*.

90-184-TGA15 Wed., Nov. 6-Dec. 18 6:30-7:30 pm \$119

Groveland Elem.

TGA Central Hennepin Cty

#### **Golf FORE Kids**

#### **Grades K-5**

Explore the game of golf in a fun and easy learning environment. Learn fundamentals and participate in games and activities to emphasize the basic movement patterns. No experience or equipment is necessary. *No class Oct. 17.* 

90-154-GF1 Mon., Sept. 30-Oct. 21 2:45-3:35 pm

90-154-GF5 Mon., Sept. 30-Oct. 21 2:45-3:35 pm

90-154-GF2 Tues., Oct. 1-22 3:25-4:15 pm

90-154-GF3 Wed., Oct. 2-23 3:25-4:15 pm

90-154-GF4 Thurs., Oct. 3-31 3:25-4:15 pm \$89

Excelsior Elem. Kevin Williams

\$89

Deephaven Elem. Kevin Williams

\$89

Minnewashta Elem. Kevin Williams

\$89

Clear Springs Elem. Kevin Williams

\$89

Scenic Heights Elem. Kevin Williams

Register for classes at MinnetonkaCommunityEd.org







# FALL FAMILY EVENTS

#### 3 Strategies to Help Make College More Affordable

Grades 9-12 (with parent) • Wednesday, Sept. 25 With guidance from a college planning expert, learn how academics, admissions and financial strategies can work together to help save you and your student money on college.

#### New! Design with Me: Floral Arranging

Grades K and up (with parent) • Saturday, Sept. 28

Learn the secrets of floral design as you create arrangements with assorted local, chemical-free flowers in this parent and child workshop.

#### Skipper Spooktacular

Ages 2-10 • Saturday, Oct. 26

Dress up and join us for a not-so-scary spooktacular family event. Pumpkin and cookie decorating, crafts, games, music and more!



#### **Tonka Trot for Heroes Run**

All ages • Saturday, Oct. 12

We have so many amazing heroes in our community... military, police, firefighters, teachers, doctors, moms, dads and many more. Join us for a fun run (1.5 miles) to celebrate and thank these heroes for their service.

#### **Growing Up: Parents & Daughters/Sons Connecting**

Ages 9-12 • Sat., Oct. 26 or Sat., Dec. 7

Engage in fun, thought-provoking activities to learn about puberty, development, what is normal about growing up and parent-child communication.

#### Rake-a-Thon

Saturday, Nov. 2

Pull together a team of family, friends, colleagues and neighbors to rake the yards of senior homeowners who need help with their leaves!



### Lake Minnetonka Public Cruise Schedule Through October 20th!

- Mon, Wed & Fri 11:30 am 1 pm
   Sundays 2-3:30 pm Narrated Sightseeing Cruises
  - Mondays 6-8 pm Margarita Mondays! Taco Bar and Drink Specials!
- Tuesdays 6-8 pm Happy Hour, Pizza & Cocktail Cruise (Incl. Pizza & Drink Specials!)
  - Sunday Brunch 11 am 1 pm Includes Delicious Brunch Buffet!

Children, Group & Senior Pricing • Cruises depart from the Port of Excelsior • Reservations required



952.474.8058 TwinCitiesCruises.com



# Ski & Snowboard Club

#### Grades 4-5

The club meets Tuesdays after school and will ski/snowboard at Hyland Hills in Bloomington. Buses leave from each elementary school right after school and return to a common school by 8:30 pm The club will meet on January 7, 14, 21, 28, February 4. A weather make-up will be held on February 11 and February 18, if needed.

#### Fees:

Lift Ticket and Transportation (Basic): \$245 Ski or Snowboard Rental + Basic: \$341 Ski or Snowboard Lessons + Basic: \$271 Ski or Snowboard Rental and Lessons + Basic: \$365

Add a t-shirt: \$20

**Lessons (beginner only):** The lesson fee includes two lessons which will be held on January 7 and 14. Lessons are non-refundable.

Chaperones and Refund Policy: See page 67.

## Mandatory Participant Packet Pick-Up for All Grades

Thursday, December 12 6-7:30 pm at MCEC

#### Grades 6-12

The club will meet Fridays after school and will ski/snowboard at Afton Alps, Mount Kato, Powder Ridge, Trollhaugen, Welch Village and Wild Mountain. Middle schools will not visit Powder Ridge and Trollhaugen. The schedule will be available online at MinnetonkaCommunityEd.org late August. The club will meet on January 10, 17, 24, 31, February 7 and 14. A weather make-up will be held on February 21 and 28, if needed.

#### Fees:

Lift Ticket and Transportation (Basic): \$355 Ski or Snowboard Rental + Basic: \$529 Ski or Snowboard Lessons + Basic: \$375 Ski or Snowboard Rental and Lessons + Basic: \$549

Add a t-shirt: \$20

Helmet Rental: \$4 - \$7

(depending on location - single use paid at resort) \*Helmet rental is included in the rental fee.

**Lessons (beginner only):** The lesson fee includes two lessons which will be held n January 10 and 17. Lessons are non-refundable.

**Chaperones and Refund Policy:** See page 67.

For FAQ's and more information, visit goo.gl/3VHw9B for grades 4-5 and goo.gl/FxQxgL for grades 6-12.

Register for classes at MinnetonkaCommunityEd.org

**Chaperones:** We are seeking volunteer chaperones! There will be adult chaperones on each bus, on the slopes and in the chalet. Lift tickets and equipment rental are covered for chaperones, if desired. Chaperones, please indicate your desire to chaperone on your participants registration form. A mandatory chaperone meeting is scheduled for Tuesday, December 17 at 5:30 pm for grades 4 & 5 and at 6:30 pm for grades 6-12 at MCEC.

For FAQ's and more information, visit goo.gl/3VHw9B for grades 4-5 and goo.gl/FxQxgL for grades 6-12.

**Refund Policy:** Due to the advance planning necessary for bus contracts, refunds cannot be issued if participants withdraw from the program after November 27. Refunds made prior to November 27 will be charged a \$10 processing fee. Refunds will not be issued for absences. Substitutions or selling tickets is not permitted. Participants dismissed from the program for disciplinary reasons will not receive a refund. If a trip is canceled due to weather, a make-up trip will be held on February 11 & 18 for grades 4 & 5 and on February 21 & 28 for grades 6-12. Refunds will not be given for missed ski/snowboard lessons. Rental or lesson changes before the trip must be submitted by Wednesday the week of the trip. Please call 952-401-6801. A \$20 processing fee will be applied.

6

Thanks for providing a well organized and fun recreational activity. It's a real highlight of the year for my son and his friends. My son was really happy with the wider variety of ski venues because it was less crowded and more fun. Five stars all around!

-Ski & Snowboard Club participant parent





# Basketball

#### Minnetonka Youth Basketball

Grades K-12

Minnetonka basketball offers a fun, safe, recreational basketball program for children and teens in grades K-12. Programs focus on developing individual player skills, self-confidence and teamwork. We strive to provide fair competition at all levels while maintaining equal participation and good sportsmanship. For more information visit goo.ql/nb7Znp.

Kindergarten (co-ed)

When: Saturdays, Jan. 11-Feb. 15 Parent/Child Game: Saturday, Feb. 15 Where: Groveland Elem. Fee: \$89 (\$119 after Dec. 2)

Registration Deadline: December 2

Grades 1 & 2

When: Saturdays, Dec. 7-Feb. 15 Free Skills Training: Oct. 26

Parent/Child Game: Saturday, Feb. 15 Where: Minnetonka Schools Fee: \$99 (\$129 after Oct. 25)

Registration Deadline: October 25

**Grades 3** 

When: Nov. 4-Feb. 22

> Practice one night per week Saturday games Dec. 7-Feb. 15 Free Skills Training: Oct. 26

Tournament: February 22

Where: Minnetonka Schools Fee: \$135 (\$165 after Oct. 2)

Registration Deadline: October 2

Grades 4-5

When: Nov. 4-March 1

> Practice one night per week Saturday games Dec. 7-Feb. 22 Free Skills Training: Oct. 26

Tournament: February 29-March 1 Where: Boys: Minnetonka Schools

Girls: Minnetonka Schools and in surrounding communities \$135 (\$165 after Oct. 2)

Fee:

Registration Deadline: October 2

> Coaches and referees needed! To apply to be a referee, visit goo.gl/XHd6ZN

**Grades 6-8** 

When: Nov. 4-March 8

Practice one night per week Saturday games Dec. 7-Feb. 22

Tournament: Boys: March 6-8

Girls: February 29-March 1 Where: Minnetonka Schools

and surrounding communities \$159 (\$189 after Oct. 2) Fee.

Registration Deadline: October 2

**High School Rec. League (Southwest League)** 

When: Dec. 2-March 8

> Practice one night per week Sunday games Jan. 5-March 1

Mandatory Scrimmage: Nov. 25 Tournament: March 7-8

Where: MHS, Wayzata, Edina & Hopkins \$185 (\$215 after Nov. 20) Fee:

November 20 Registration Deadline:

**High School Intramural League-Boys & Girls Leagues** 

When: Dec. 2-March 8

> Practice one night per week Sunday games Jan. 5-March 1

Tournament: March 7-8 Where: MHS

\$185 (\$215 after Nov. 20) Fee:

Registration Deadline: November 20

> Open gym available on Wednesdays Grades 1-12 • \$5 per session October 23-February 26 6-7:30 pm • MMW No open gym Nov. 27

Winter Break Dec. 26 & Jan. 2 Grades 1-5 • 12-2:30 pm • MME Grades 6-12 • 2:30-5 pm • MME

#### **Basketball**

#### Ages 4-grade 5

Designed for beginning to intermediate players, learn the skills you need both on and off the court to be a better athlete. All equipment provided.

Ages 4-5

90-172-B1

Wed., Sept. 18-Oct. 9 Deephaven Elem. Skyhawks

5:30-6 pm

**Grades K-2** 90-172-B2

Wed., Sept. 18-Oct. 9

Deephaven Elem.

\$89

6:10-7:10 pm Skyhawks

**Grades 3-5** 

90-172-B3

Wed., Sept. 18-Oct. 9 Deephaven Elem. 7:20-8:20 pm Skyhawks

#### **Basketball Clinic**

#### Grades 1-2

Get ready for the second half of the basketball season. Dribbling, passing and shooting skills will be reinforced in a fun and interactive environment. All equipment provided.

90-136-Grades 1-2 \$29 MHS Mon., Jan. 27 10:30 am-12 pm Skyhawks

#### **Timberwolves Basketball Clinic**

#### Grades 3-8

Improve your basketball skills through the Minnesota Timberwolves & Lynx Basketball Academy. This co-ed clinic will help enhance your fundamentals, practice habits and teamwork. You'll also implement these new skills in game-like cituations

garrie-like situations.		SMM4.
Grades 3-4		NON
90-136-T341	\$29	DAY
Fri., Nov. 8	MHS	mm,
10:30 am-12 pm		NON
90-136-T342	\$29	SCHOOL
Mon., Jan. 27	MHS	2 mmy
10:30 am-12 pm		
Grades E 9		J.M.

Mon., Jan. 27 10:30 am-12 pm	MHS	7
<b>Grades 5-8</b> 90-136-T581 Fri., Nov. 8 12-1:30 pm	\$29 MHS	***************************************
90-136-T582 Mon., Jan. 27 12-1:30 pm	\$29 MHS	77,

#### **Little Shooters Basketball**

#### Ages 7-11

Learn the basic skills, fundamentals and techniques of the game. You'll work on ball handling, shooting, rebounding, defensive footwork and participate in various shooting contests. Advanced skills will be taught to more experienced players. All equipment provided.

90-172-LB1 \$99

Sat., Nov. 2-23 Minnewashta Elem. 1-3 pm Lynch Camps

#### **Boys/Girls Basketball Clinic**

#### Grades 1-8

Participate in a variety of skill development aspects, drills for practice implementation, and step-by-step repetitive instruction to help build a solid foundation going into this year's basketball season. Bring your own ball.

#### Grade 1 (co-ed)

90-136-Gr. 1 \$39 Sat., Sept. 21 MHS 10:30-11 am Rich Hirstein

#### Grade 2 (co-ed)

90-136-Gr. 2 \$39 Sat., Sept. 21 MHS 11:15-11:45 am Rich Hirstein

#### Grades 3-4 (girls)

90-136-Gr. 3-4 (girls) \$39 Sat., Sept. 21 MHS 12-12:45 pm Rich Hirstein

#### Grades 3-4 (boys)

90-136-Gr. 3-4 (boys) \$39 Sat., Sept. 21 MHS 12-12:45 pm Rich Hirstein

#### Grades 5-8 (girls)

90-136-Gr. 5-8 (girls) \$39 Sat., Sept. 21 MHS 1-1:45 pm Rich Hirstein

#### Grades 5-8 (boys)

90-136-Gr. 5-8 (boys) \$39 Sat., Sept. 21 MHS 1-1:45 pm Rich Hirstein



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# Kung Fu & Tae Kwon Do

#### **Tae Kwon Do**

Ages 8 and up

Learn effective self-defense techniques and develop discipline, self-confidence, fitness and total health. Participants of all ages benefit from this traditional martial art.

19-656-F1 Mon./Wed., Sept. 9-Oct. 2

6-7 pm

19-656-F2 Mon./Wed., Oct. 7-30 6-7 pm

19-656-F3 Mon./Wed., Nov. 4-27

6-7 pm

19-656-F4 Mon./Wed., Dec. 2-18 6-7 pm

\$59 Mon. & Wed. \$39 Wed. only **MCEC** 

Fred Baker

\$59 Mon. & Wed. \$39 Wed. only MCEC

Fred Baker

\$59 Mon. & Wed. \$39 Wed. only MCEC

Fred Baker

\$45 Mon. & Wed. \$29 Wed. only MCEC Fred Baker

Register for classes at MinnetonkaCommunityEd.org

#### Kung Fu - Wu Shu

Ages 5 and up

Join a fun, progressive, full-participation class and learn exercises that will strengthen your mind and body. Learn skills while building muscle, power, flexibility and agility. Improve your awareness, self-esteem and confidence. No class Oct. 14, Nov. 2.

**Beginner & White Belt** 

90-162-B1 Sat., Sept. 28-Nov. 16 10-10:45 am

90-162-B Mon., Oct. 7-Nov. 25 6:15-7 pm

**Yellow- 2nd Purple Belt** 

90-162-Y1 Sat., Sept. 28-Nov. 16 10:45-11:30 am

90-162-Y Mon., Oct. 7-Nov. 25 7-7:45 pm

3rd Purple - Black Belt

90-162-P1 Sat., Sept. 28-Nov. 16 12:15-1 pm

90-162-P Mon., Oct. 7-Nov. 25 7:45-8:30 pm

**Instruments and Sparring** 

90-162-I Sat., Sept. 28-Nov. 16 11:30 am-12:15 pm

\$79

National Treasure Kung Fu \$79

Deephaven Elem.

Excelsior Elem. National Treasure Kung Fu

\$79

Deephaven Elem. National Treasure Kung Fu

Excelsior Elem. National Treasure Kung Fu

Deephaven Elem.

National Treasure Kung Fu

Excelsior Elem.

National Treasure Kung Fu

\$79

Deephaven Elem. National Treasure Kung Fu

# MCE Staff

**Cancellation Notice:** Participants will be notified if there is a change in the date/location of the class or if the class is canceled. MCE confirms registrations via email with participants who share their email addresses during the registration process.

Checks with insufficient funds, declined debit cards, credit cards and ACH payments: All returned checks, declined or invalid credit cards and ACH payments will be charged a \$15 fee.

**Refund Policy:** Full refunds are given when MCE cancels a class. Unless otherwise noted online, refunds (less a \$10 cancellation fee), will be given when a participant cancels a registration at least five business days before the start date of the class. Partial refunds will be considered if injury or serious illness occurs. (Please note: Minnetonka Preschool, ECFE, Explorers Club, Basketball, Ski and Snowboard Club, TdT, Firecracker, Mud Run, Youth Tri, Aquatics and other programs have separate refund policies. See our website for details.)

**Data Privacy:** Your privacy is important to us. The registration information you provide to MCE is considered private data under state and federal law. We use the information you provide for the purposes of administering the activity and to contact you about upcoming activities. While you may choose to withhold this information, there may be consequences that could limit the distribution of information to the participant (e.g., no team roster or class list). Access to your contact information is limited to individuals involved in the activity.

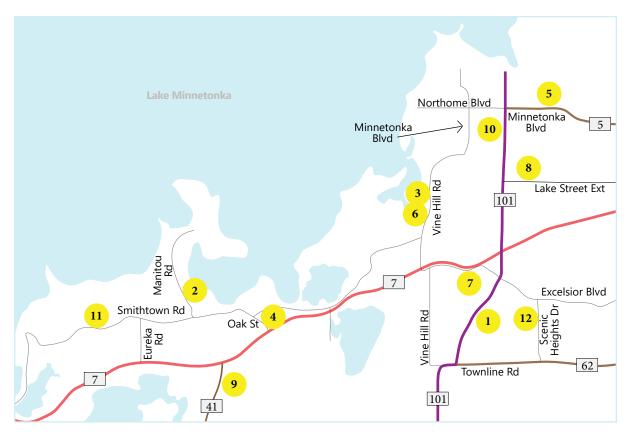
**Participation Waiver:** I hereby release Minnetonka Community Ed and any other organizations, cities or individuals associated with this program from any responsibility for injuries or damages that I may sustain as a result of my participation.

**Photo Consent:** Unless you notify MCE, photos taken within MCE classes, programs, activities, and events may be included in MCE publications and websites.

#### **MCE Administration**

WICE AUTHINISTRATION	
Tim Litfin, Executive Director of Community Education	952-401-5043
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Minnetonka Music Academy	
Amber Yang, Program Manager	952-401-6846
Minnetonka Preschool & ECFE	
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Dana Teller, Child & Family Support	
Sue Ryan, Early Childhood Screening	
	332 401 0040
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Eloise Weibel, Office Assistant	
Angie Krueger, Office Assistant	952-401-6801
Youth Programs	
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Jeremy Johnson, Recreation Program Manager	
Sheila Robertson, Enrichment & Recreation Program Manager	
Ashley Scacco, Recreation Program Manager	
Jon Solma, Recreation Program Manager	
Ava Grafius, Program Supervisor	
Molly Onstad Olson, Office Assistant	952-401-4157
Weather Hotline	952-401-5990

# Fall Class Locations



- 1. Clear Springs Elementary | 5701 County Road 101 | Minnetonka
- 2. Country Club Lanes | 5601 Manitou Road | Excelsior
- 3. Deephaven Elementary | 4452 Vine Hill Road | Deephaven
- 4. Excelsior Elementary | 441 Oak Street | Excelsior
- 5. Groveland Elementary | 17310 Minnetonka Boulevard | Minnetonka
- 6. Minnetonka Community Ed Center (MCEC) | 4584 Vine Hill Road | Excelsior
- 7. Minnetonka High School (MHS) | 18301 Highway 7 | Minnetonka
- 8. Minnetonka Middle School East (MME) | 17000 Lake Street Extension | Minnetonka
- 9. Minnetonka Middle School West (MMW) | West 6421 Hazeltine Boulevard | Excelsior
- 10. Minnetonka Tennis Club | 3460 County Road 101 South | Minnetonka
- 11. Minnewashta Elementary | 26350 Smithtown Road | Excelsior
- 12. Scenic Heights Elementary | 5650 Scenic Heights Drive | Minnetonka

#### Not pictured on the map:

Ames Center | 12600 Nicollet Avenue | Burnsville
Family Learning Center | 110600 Village Road | Chaska
Skylab Glass Arts | 8838 7th Avenue North | Golden Valley
Vertical Endeavors | 2540 Nicollet Avenue | Minneapolis