

# **Glencoe-Silver Lake Community Education WINTER/SPRING 2019**

Proudly Serving District #2859  
Biscay Brownton Glencoe  
New Auburn Silver Lake Plato



## **Promoting Lifelong Learning**

# WINTER/SPRING 2019

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## Contact Community Education & Panther Field House

The GSL Community Education Office is located in the Panther Field House in Glencoe.

**Office Hours: 8:00 a.m. – 4:30 p.m.**

**Community Education Main Phone: 320-864-2690**

- o Tina Schauer, Director 320-864-2696
- o Don Bohnert, Admin Assistant 320-864-2694
- o ReNae Jenson, Coordinator 320-864-2493
- o Jane Goettl, PAC Coordinator 320-510-0116
- o Community Ed Activity Line 320-864-2487
- o Panther Field House 320-864-2690

**Website: [www.gsl.k12.mn.us](http://www.gsl.k12.mn.us)**

**– Click on Community Ed/Panther Field House –**

## Community Education

### Mission Statement:

The mission of Community Education is to engage people of all ages in creating a lifelong learning environment and provide opportunities for all community members to reach their full potential as an individual, as a family, and as public citizens.

## Community Education

### Advisory Council

#### Members

Jamie Alsleben  
Trevor Butcher  
Kirsten Dean  
Laura Donnay  
Dan Hanson  
Jon Lemke  
Nancy Mellesmoen  
Rick Roepke  
Joel Voelz

## Schedule Your Birthday Party!!

GSL Community Education and the Panther Field House offers birthday party packages! Come and use the space at one of our school buildings for an ultimate birthday party experience! You bring the decorations and other drinks/food, we supply the cake. To sign-up for a birthday party, please contact Don Bohnert at 320-864-2694. Party dates are available based on space availability. All packages are for 4 hours. A partial payment of \$60 is due when booking, with the remaining \$65 due the day of the party.

### Party Package #1 Pool Party - \$125

Includes up to 15 children, 1 1/2 hour of pool time (one lifeguard) during the 4 hours of room time for cake, ice cream, gift opening, and games. Package also includes 1/4 sheet cake from Coborn's or Dairy Queen, 2 gallons of punch, balloon bouquet, and basic paper products (forks, plates, napkins, and cups).

### Party Package #2 Gym Party - \$125

Includes up to 15 children 2 hours of gym time during the 4 hours of room time for cake, ice cream, gift opening, and games. Package also includes 1/4 sheet cake from Coborn's or Dairy Queen, 2 gallons of punch, balloon bouquet, and basic paper products (forks, plates, napkins, and cups).

## GSL Swim Club

Join your friends for fitness and fun. Coach Angela Carik will help you develop your strokes and improve your time. Participants must be able to swim one length of the pool.

Course: #5600

Instructor: Angela Carik

Dates: Monday & Fridays (unless noted)

Session 1: January 7, 11, 22 (Tuesday), 25, 28, 31st (Thursday).

Session 2: Feb. 1, 4, 8, 11, 12th (Tuesday) & 14th (Thursday).

Session 3: Feb. 19 (Tuesday), 22, 25, 28 (Thursday), March 4th & March 8th.

Session 4: March 11, 15, 18, 22, 25, 28th (Thursday)

Time: 3:30-5:00 PM

Fee: \$60/session

Location: GSL Jr.-Sr. High Pool

*\*\*Coach Carik has taught swimming lessons for over 20 yrs. She has coached at South JR HS in St. Cloud and also at WAVE swim club. Coach Carik currently coaches for WASK swim team as head coach and the 7th/8th grade girls swim team at Buffalo Middle School.*

## Water Aerobics

This water exercise class is for everyone. You will work on toning your body as we learn new routines and try our new equipment to music. Buoyancy and water resistance offer an excellent workout. Please check the monthly schedule at the Panther Field House or by calling 320-864-2690.

Fee: \$3 for non-members / Free for Panther Field House members who have a full membership.

## Lap Swim

Lap swimming is a great way to add variety to your exercise routine and stay in shape. Swimming improves cardiovascular health. Please check the monthly schedule at the Panther Field House or by calling 320-864-2690.

Fee: \$3 for non-members / Free for Panther Field House members who have a full membership.

## Open Swim

Jump in for some fun during open swim time. The time is an unstructured, casual swim time with no organized activities. You must have passed Level 2 swim or be accompanied by an adult. Please check the monthly schedule at the Panther Field House or by calling 320-864-2690.

Fee: \$3 for non-members / Free for Panther Field House members who have a full membership.

## Non-School Day Open Swim

This is a great opportunity to have fun with your friends and family. Participants must have passed Level 2 swim or be accompanied by an adult.

Fee: \$3/person or \$7/family

Times: 1:00-3:00 PM

Wednesday, December 26

Monday, February 18

## Daytime Water Walking

Class takes place in our heated indoor pool in shallow water. Instructors lead the class through a light-intensity cardio workout that consists of walking around in the water. Different types and styles of walking movements are performed such as forward, backward, and side-to-side. Please check the monthly schedule at the Panther Field House or by calling 320-864-2690. Fee: \$3 for non-members Free to PFH Members with full membership.

## Daytime Water Exercise

This class combines a light to moderate aerobic workout with exercises in the shallow water to help increase endurance, core strength and flexibility. All fitness levels are welcome to participate. Please check the monthly schedule at the Panther Field House or by calling 320-864-2690.

Fee: \$3 for non-members / Free to PFH Members with full membership

**Semi-private swim lessons are available. Space is limited. Schedules are arranged around instructor availability. For more information please call Don at 320-864-2694.**

### Adult Basic Education (ABE) Learner Eligibility

Adult Basic Education means services or instruction below the post-secondary level for individuals:

- A) Who are at least 16 years old; and
- B) Who are not enrolled or required to be enrolled in secondary school under State law; and
- C) Who qualify under one or more of the following conditions:
  - a. Lack sufficient mastery of basic educational skills that enable the individuals to function effectively in society; or
  - b. Do not have a high school diploma or its recognized equivalent and have not achieved an equivalent level of education; or
  - c. Are unable to speak, read, or write the English language.

### ABE alumno de elegibilidad

Educación Básica de Adultos, los servicios o la instrucción por debajo del nivel postsecundaria para los individuos:

- A) ¿Quiénes son por lo menos 16 años de edad, y
- B) ¿Quién no están matriculados o con obligación de estar inscritos en la escuela secundaria en virtud de la legislación del Estado, y
- C) ¿Quién acogerse a una o más de las siguientes condiciones:
  - a. Carecen de suficiente dominio de las competencias educativas básicas que permitan a las personas funcionar eficazmente en la sociedad, o
  - b. ¿No tienes un diploma de escuela secundaria o un equivalente reconocido y no han logrado algún equivalente de la educación, o
  - c. No tienen la capacidad de leer, escribir o comunicarse en el idioma del inglés.

### CLASS SCHEDULE

Students may attend any site within the consortium. Classes are on-going. Please contact the preferred site to become enrolled. Once a site is selected, the student must remain with that site until service is completed.

GLENCOE-SILVER LAKE - Lincoln Elementary School

Instructor: Nancy Mellesmoen

1621 East 16th Street, Glencoe

Tuesdays & Thursdays - 6:30-9:00 PM

Contact GSL Community Education at 320-864-2690

### GED-i, online, GED Preparation (NEW)

Students in Minnesota may prepare for the GED battery of exams online with the support of an Adult Options In Education teacher. With the GED-i program, adult students who have online access, and are eligible for Adult Basic Education services, may choose to prepare for the GED exams at home, at their own pace. For more information about GED-i, send an email to: [adminged.i@gmail.com](mailto:adminged.i@gmail.com)

### Adult Basic Education (ABE):

Strengthen your skills in: math, reading, writing and keyboarding. Gain confidence in test taking, Completing job applications, and Resume writing.

Educación de Basica de Adultos: Refuerza sus habilidades en: Las matemáticas, Lectura, Escritura y teclado, Adquirir a confianza para tomar exámenes, Completando solicitudes de empleos, y escribir un currículo.

### GED-General Educational Development:

For those not currently enrolled in high school. FREE individualized instruction to prepare for the G.E.D. tests to earn a high school equivalency diploma.

El Desarrollo Educational GED-GENERAL:

Para personas no actualmente matriculadas en el instituto. Instrucción Gratuita individualizada la preparación del G. E. D. las pruebas para obtener un diploma equivalente de escuela secundaria.

### English as a Second Language:

If English is not your native language, ESL classes can help. Learn to understand, listen, speak, read and write in English, and understand American Culture.

ESL-inglés como su Segunda Idioma:

Si inglés no es su primer idioma, las clases de ESL pueden ayudarle. A entender, escuchar, hablar, leer y escribir en inglés, y entender la Cultura norteamericana.

**These classes are free and offered at convenient times for adult learners. Estas clases son gratuitas y se ofrecen en tiempos convenientes para los estudiantes que son adultos.**



**Loads of Fun Laundry Room Sign Make and Take**

Enjoy an evening with friends. Make and take customized laundry sign! Class will run two hours, but please allow for up to 3. At the direction of me, you will stain and paint your own sign. Bring a small snack to share as there will be some time between painting. Please indicate the "last name" you intend to put on the sign at the time of registration.

Instructor: Alex Barton

Course: #3381

Date: Saturday, 2/9/2019

Times: 2:00-4:00 PM

Location: Saw Dust and Lace Store in Silver Lake

Fee: \$45 (includes all supplies)

**Basic Guitar**

This guitar class rocks! You'll progress faster and play better because you'll learn how to move your fingers in efficient ways. In addition to technical tips, you'll learn how to play tab, how to read music notation, and how to play basic chords. This class is for beginners and those with some experience. You must provide your own acoustic guitar. A limited number are available for use (with a \$10 deposit), please note you are interested in using a school guitar at the time of registration.

Instructor: Kay Wilson

Course: #3382

Fee: \$79

Dates: Thursdays, 1/10/2019-2/28/2019

Times: 6:30-7:30 PM

Location: GSL High School Choir Room



Is there a class you would like to see offered?  
We strive to provide opportunities for the entire  
community. Please call Community Education with  
your suggestions at 320-864-2690.

### Computer Classes With Victor Garcia

Parents, are you concerned with what social media apps your children are using? Are you confused on how to use Snapchat or how to post on Instagram? Come to find out what these social apps are all about and better understand them. By the time you're done learning how to use these apps, you'll be sending Snaps and posting on your Instagram story!

**Snapchat For Parents: Find out what the little ghost is all about.** Course: #3331  
**Monday, 1/14/2019 6:00-7:00 PM • GSL High School Rm 430** Fee: \$5

Do you find your kids always being on their cell phone and using Snapchat? Find out what the little ghost is all about. Learn how to use the app, safety tips, about stories, and how you can safeguard your children. Find out what the rage among the younger generation is all about.

**Instagram for Parents: #Whatismychilddoing?** Course: #3332  
**Monday, 1/21/2019 6:00-7:00 PM • GSL Community Rm** Fee: \$5

Not sure what hashtag to use? Find out what Facebook's popular photo app, Instagram is all about. From posting on it, editing the pictures, how to follow people, unfollow, DM, safety tips, and other useful information. There's a reason why Instagram has 1 billion monthly active users.

**Getting the most out of your Apple iPad** Course: #3333  
**Monday, 1/28/2019 6:00-7:00 PM • GSL High School Rm 106** Fee: \$15

Do you feel like you're not getting the most out of your Apple iPad? In this session we'll be learning how to properly use and get the most out of your iPad. We'll learn how to properly set it up the first time around, how to properly set up iCloud, backup your photos, and everything in between. Apple makes incredible products, make sure you're getting the most out of your Apple iPad.

**Learning Windows 10** Course: #3334  
**Monday, 2/4/2019 - 6:00-7:00 PM • GSL Community Rm** Fee: \$15

Getting to know the new changes to Windows 10 and how to better use it when it comes to everyday usage. From learning the basics to in-depth features to help you get the most out of the latest from Microsoft's Windows 10.

#### Meet The Instructor:

Victor Garcia received his AAS in Computer Science from Ridgewater College and is the owner of Victor's PC Solutions which currently services McLeod County and the surrounding areas. Before starting his own technology repair service company Victor worked at Geek Squad taking care of people and repairing their computers. Not only does he love technology, but he also loves assisting people with their computer issues and technology just in general. He's easy going, good at communicating, and his knowledge of technology makes it a great combination when it comes teaching non-tech savvy users about the nonstop rapid changing environment we know as technology. Each Class Comes With Reference Material

### CPR and First Aid

This class will cover adult, infant, child CPR and AED. This course uses more technical terminology and has a multiple choice exam at the end. This certification is valid for two years.

Instructor: Kirsten Dean Fee: \$54

Course: #2151

Date: Sunday, 3/3/2019 Time: 1:30-4:00 PM

Location: Panther Field House Community Rm

**Group Meal Prep Event - FREE**

This open event is a time to come together to blast through some meal prep for the week. Meal prepping is a great way to save time in your busy schedule. In this group you will learn some tricks and tips every week as well as get a recipe of the week. There is no cost to this class as we encourage you to bring your families food in to prep. So, pack that cooler, cutting board, knives, and storage containers and let's prep together!

Course: #2280

Dates: Mondays, 1/7/2019-1/28/2019

Time: Starting at 5:30 PM

Location: GSL High School FACS Room - 140

Enter at North Side Entrance - Door #32

FREE, but must pre-register one week in advance

**Life-Wellness Coaching (one-to-one)**

Life-Wellness coaching takes an individualized approach to your whole life health. We sit down and look at physical, nutritional, mental, emotional, financial, spiritual, and environmental wellness and prioritize goals to go from where you are now to where you want to be and reduce life stress along the way for a completely healthier you!

Instructor: Alysha Richey

Course: #2281

Fee: \$60/appointment

Dates/Time: As arranged with the instructor

**Reducing Aches and Pains of Life**

This 4-week class will go through some of the more common reasons for aches and pains in life. Everything from back and joint pain due to inflammation and dehydration. Join us for common solutions.

Instructor: Alysha Richey

Course: #2284 Fee: \$40

Dates: Thursdays, 1/3/2019-1/24/2019

Time: 5:30-6:30 PM

**Nutrition Classes**

This 12-week class meets one time a week to go over a different topic in nutrition with one scheduled one to one session to discuss individual goals. Weeks are outlined as such:  
Week 1: Hydration: How to prep your liquids  
Week 2: Food Logs: Do it your way  
Week 3: Carbs: What's the difference simple vs complex and why you need them  
Week 4: Protein: More than just dry chicken is healthy

Week 5: Fats: where they come from and why you want them

Week 6: Meal prep together

Week 7: The Vitamin Movie part 1

Week 8: The Vitamin Movie part 2

Week 9: How much of each: ratios of macro nutrients

Week 10: You want me to eat how much?

Snacks and how to prep them

Week 11: Where is this wagon headed

anyways? Finding your why for goal setting.

Week 12: Meal Prep and Moving Forward

Instructor: Alysha Richey

Course: #2283

Fee: \$75

Dates: Tuesdays, 1/8/2019-3/26/2019

Times: 5:30-6:30 PM

**Driver Discount****4 Hour Refresher Class**

This refresher class is for those who have taken the full 8- Hour course previously.

A refresher course is required every 3 years in order to maintain an insurance discount.

Instructor: Steve Soeffker

Course: # 711 – January Fee: \$24

Date: Wednesday, 1/16/2019

Time: 9:00 AM-1:00 PM

Location: GSL High School Community Rm

Course: # 712 – February

Dates: Wednesday, 2/20/2019 Fee: \$24

Time: 5:30-9:30 PM

Location: GSL High School Community Rm

Course: #713 – March

Date: Wednesday, 3/20/2019 Fee: \$24

Time: 9:00 AM - 1:00 PM

Location: GSL High School Community Rm

### SILVER LAKE FITNESS

#### Indoor Walking

Did you know that regular brisk walking can help you:

- Maintain a healthy weight.
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes.
- Strengthen your bones and muscles.
- Improve your mood.
- Improve your balance and coordination.

Meet your friends and walk in a safe and warm location!

Dates: Sundays, 1/6/2019-2/24/2019

Time: 3:00-5:00 PM

Location: Lakeside Elem School

Fee: Free to Panther Field House Members or \$2 per person, \$7 per family. Payable at the door.

#### Open Gym

Enjoy some time in the gym this winter. Shoot some hoops, run off some energy or simply spend some time as a family.

Dates: Sundays, 1/6/2019-2/24/2019

Time: 3:00-5:00 PM

Location: Lakeside Gym

Fee: Free to Panther Field House Members or \$2 per person, \$7 per family. Payable at the door.

#### Karate (Ages 7 and Above)

Martial Arts have long been recognized for its benefits to its practitioner. Better physical and mental health, improved character and self-confidence that comes with physical effort with a purpose. The Shotokan style of Karate brings with it the traditions of Okinawa and Japan as well as modern approaches to learning and character development. Classes involve physical conditioning, learning blocks, strikes and kicks and the proper use of those elements. Students will have the opportunity to participate in tournaments in the region. Karate is an on-going activity. New students are invited to join January 3.

Instructor: Sensei Lisa Bohnert

Course: #0008

Dates: Mondays & Thursdays beginning January 3

Location: Lincoln Elementary Gym

Beginners: 6:30-7:30 PM Advanced: 6:30-8:30 PM

Fee: \$30/month-individual or \$50/month-family

#### Pickleball League

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn. Come join our recreational doubles/single league on Wednesday mornings from 9:00-11:00 AM. Equipment is available.

Course: #2160

Dates: Wednesdays

Time: 9:00-11:00 AM

Fee: FREE full PFH Members

\$20 - non PFH members

\$3 per individual session

Location: PFH Gym 2

#### Active Living Beyond Sports - NEW CLASS

12-weeks of exploring the options of how to be healthy and active without participating in sports style activities. Looking at how to make interests and hobbies active to enjoy your lifestyle while staying healthy and conscious of your well being.

Instructor: Alysha Richey

Course: #3981

Dates: Thursdays, 1/3/2019-3/21/2019

Times: 4:30-5:30 PM

Location: GSL High School Rm 430, enter on North Side door #32

Fee: \$60



## Panther Field House

Visit our website at  
[www.gsl.k12.mn.us](http://www.gsl.k12.mn.us)  
 Click on Comm Ed then  
 on Panther Field House

### Membership Includes

- \* Indoor Walking
- \* Racquetball
- \* Lap Swim
- \* Open Swim
- \* Free Weights
- \* Water Fitness Classes
- \* Aerobics Classes
- \* Stair Climbers
- \* Treadmills
- \* Stationary Bikes
- \* Ellipticals
- \* Circuit Equipment
- And Much More!!

Membership rates are  
 as low as \$.83/month if  
 you have one of the  
 following  
 insurance groups:  
 Medica  
 BCBS of MN  
 Health Partners  
 Preferred One  
 UCare  
 SilverSneakers  
 Silver and Fit

Stop by for more  
 information on  
 insurance benefits.

## PANTHER FIELD HOUSE & MCLEOD COUNTY CHRONICLE PRESENTS THE 40 DAY FITNESS CHALLENGE

Dates: Tuesday, 1/8/2019-2/19/2019  
 Teams of 2 people – minimum of 20 teams  
 Course: #1550

### **Registration Deadline:**

Cost: \$25 per person, includes access to the Panther  
 Field House during the competition  
 \$10 per person if already a member of the Panther  
 Field House

### **Weigh-Ins:**

\*Private weigh-ins will be on from 7:00AM - 6:00 PM  
 1/8/2019  
 1/29/2019  
 2/19/2019

***While we measure weight and pounds lost each  
 week, the competitive number is the percent of  
 weight lost per team.***

### **Prizes:**

1<sup>st</sup> place: \$75 cash per team member  
 2<sup>nd</sup> place: \$50 gift certificate to the PFH per team  
 member  
 3<sup>rd</sup> place: 3 month subscription to the McLeod County  
 Chronicle  
 \*\*A certificate for dinner for 2 and a show at Chanhassen  
 Dinner Theatres will be awarded to the top female and  
 top male loser.

**Additional Fitness Classes are offered  
 through the Panther Field House.  
 Classes are free with a full membership or  
 \$3/class for non-members.  
 Classes Include: Kettle Bells, Boot Camp,  
 Strength, Core and More!**

### What is "PAC" (Panther Adventure Club) all about...

- \* Quality care for kids by professional staff
- \* Engaging students in age appropriate activities
- \* Educational programming including homework time, visits to the library, and computer time.
- \* Healthy active kids (swimming, gardening, playing at the playground, field trips, and more)
- \* Providing opportunities for kids to be kids (free choice, coloring, organized games, etc.)
- \* Having FUN and creating lasting friendships

**PAC Location:**  
**Lincoln Elementary**  
**1621 East 16th Street, Glencoe**

**PAC Cell Phone: 320-510-0116**

#### Program Staff:

**Jane Goettl, Coordinator 320-864-2693**  
**Keisha Prafke, Adult Lead**

**Program Hours: Monday-Friday**  
**Morning - 6:30 AM-8:00 AM**  
**Afternoon - 2:50-6:00 PM**  
**Non-school Days - 6:30 AM - 6:00 PM**

**Call Jane Goettl for registration and enrollment information.**



**Childcare for students entering Kindergarten through 6th Grade.**  
**Part-time options available to meet your needs!**



**Registration packets available at the Panther Field House, Lincoln Elementary Office, Lakeside Elementary Office or on-line.**

#### 2018-2019 School Year Rates

- \* Full-time (5 days a week, morning and afternoon care) \$55 per child per week
- \* Morning care \$4.50 per child per day
- \* Afternoon care \$7 per child per day
- \* Non-school day - \$25 per child per day when available and require a 48 hour notification prior to service.

All participants must be enrolled in the program and have participant registration forms completed.

**PAC offers all participants optional breakfast and an optional afternoon snack that is included in rates.**  
**A home lunch will need to be provided on non-school days.**

# SPECIAL EVENTS & TRIPS

## Bell Museum and Planetarium

Visit Minnesota's official natural history museum and planetarium. This museum features a digital planetarium, high-tech exhibits, our famous wildlife dioramas, outdoor learning experiences and more.

Explore the far reaches of the universe in the Whitney and Elizabeth MacMillan Planetarium, see a glimpse of the diversity of life on Earth and throughout Minnesota, travel back in time to meet a woolly mammoth, and learn about University of Minnesota researchers imagining a better future.

Registration Deadline: 12/20/2018

Course: #772

Date: Wednesday, 1/23/2019

Departing Panther Field House at 9:00 AM

Estimated Return 4:00 PM

Fee: \$45 (includes admission tickets and motor coach transportation. Does not include lunch)

\*\*Food trucks available at the museum for lunch.

## Church Basement Ladies

### Men in the Parish Basement? What's a Church Lady to Do??

"Rise Up O Men" gives the gents a chance to shine in the latest installment of the Church Basement Ladies musical comedy series — Let's hear it for the boys! Fans of the musical comedy series Church Basement Ladies will finally get to know more about the men of East Cornucopia Lutheran Church.

Registration Deadline: 1/23/2019

Course: #764

Date: Thursday, 2/28/2019

Departing Panther Field House at 11:30 AM

Estimated Return 5:00 PM

Fee: \$49 (includes admission tickets and motor coach transportation)

Location: Paramount in St. Cloud

\*\*We will not be stopping for lunch, please bring a small snack to eat on the bus.

## Church Basement Ladies You Smell Barn

Don't miss out on seeing this show, before it closes on February 14. From the basement to the barn, your beloved Church Basement Ladies are back and getting busy with life outside the kitchen. After the last hot dish is served, and the coffee pot is drained, these steadfast women head to their homesteads, peel off their good girdles, and get down to the business of picking eggs and dusting their knickknacks. YOU SMELL BARN celebrates rural life in the 1950's with plenty of crazy antics, and loads of fresh laughs.

Registration Deadline: 1/3/2019

Course: #773

Date: Friday, 2/8/2019

Fee: \$50 (includes performance ticket and motor coach transportation)

Departing PFH at 11:00 AM

Estimated Return 4:45 PM

Location: Ames Center, Burnsville, MN

\*\*See below regarding lunch

## Joseph and the Amazing Technicolor Dreamcoat

Enjoy this irresistible story of Joseph and his coat of many colors. The show comes to vibrant life in this delightful musical parable. The toe-tapping score is full of unforgettable songs, including "Any Dream Will Do," "Close Every Door," and "Go Go Go Joseph."

Registration Deadline: 3/1/2019

Course: #761

Date: Saturday, 4/6/2019

Departing PFH at 12:00 PM

Estimated Return: 5:30 PM

Fee: \$65 (includes performance ticket and motor coach transportation)

Location: Paramount in St. Cloud

\*\*We will not be stopping for lunch, please bring a small snack to eat on the bus.

# TRIPS

## Mama Mia at Chanhassen

One mom. One daughter. Three possible dads. And a trip down the aisle you'll never forget!

ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit!

Registration Deadline: Feb. 20, 2019

Course: #762

Date: Wednesday, March 20, 2019

Departing Panther Field House at 9:10 AM

Estimated Return 3:45 PM

Fee: \$90 Includes lunch, play and coach bus transportation.

**Registration Deadline:** Feb. 18 or until full.

## SPAM Muesum & Mower County Historical Society

Our day will begin with a trip to the SPAM Muesum and Visitor Center. The newly built, 14,000 square foot museum features 9 SPAMtastic galleries with interactive games. We will stop for lunch at a restaurant or participants are invited to bring their own lunch.

After lunch we will visit the Mower County Historical Center to explore on your own.

Registration Deadline: 2/8/2019

Course #: 774

Date: Wednesday, 3/8/2019

Departing Panther Field House at 8:00 AM

Estimated Return 5:00 PM

Fee: \$45

## Big Thrill Factory Trip

Enjoy a few hours at the Big Thrill Factory in Minnetonka. You will have the opportunity to play for 4 hours in the Kids' Fun Factory, Time Challenge, Laser Tag, Ropes Course, and Bump 'N' Spin Cars. Participants should bring a sack lunch or money to purchase a lunch.

Students in grades 5 or above are welcome to attend on their own. Younger participants are welcome with a paid adult. Registration Deadline: January 4, 2019

Course: #770

Date: Monday, January 21, 2019

Depart Panther Field House 8:45 AM

Estimated Return 3:30 PM

Fee: \$35

## Mt. Kato Snow Tubing

**All riders must be at least 42" tall.**

Wow, this looks like fun! Imagine the thrill of riding down a snowy long hill and then effortlessly riding your tube back up.

Rates include use of snow tube, tube runs and tube lift. Remember to dress in layers and bring a hat and water resistant gloves.

During the day sun screen and sun glasses or goggles are highly recommended! Water resistant boots or shoes are suggested. An extra pair of socks is a good idea. Food is available for purchase.

Students in grades 5 or above are welcome to attend on their own. Younger participants are welcome with a paid adult. Registration Deadline: 1/29/2019

Course: #776

Date: Monday, February 18, 2019

Depart Panther Field House 10:00 AM

Estimated Return 3:30 PM

Fee: \$30



# YOUTH ENRICHMENT

## Art Club

During Art Club, students will create individual and group art projects. Projects will include printmaking, sculpture, and mask-making. Parents will need to pick up students at the end of class at Lincoln Elementary school.

Registration Deadline: 1/25/2019

Instructor: Andrea Wigern

Course: #1007 Fee: \$45

Dates: Tuesdays, 2/5/2019-4/16/2019

\* No class on 2/12/2019

Times: 3:15-4:45 PM

Location: Lincoln Elementary Art Room

## Babysitting Training Course

This is your chance to become a trained babysitter. We will cover appropriate games and activities, telephone common sense, basic first aid, good decision making skills, and much more. Students should bring a doll to class. Participants must be 11 years old by the start of the class.

Registration Deadline: 2/1/2019

Course: #2510 Fee: \$35

Instructor: Kirsten Dean

Dates: Monday, 2/18/2019

Times: 1:30-4:00 PM

Location: GSL High School Community Rm

## Home Alone

(Grades K-8)

This class will cover the basics of staying home alone and coming and going home safely. Topics of discussion include appliance safety, responsibilities, house rules, first aid and more. Students will feel confident and educated to stay home after attending this class. Questions and answer time provided. Students will leave with take home materials.

**Registration Deadline: 3/2/2019**

Course: #432 Fee: \$15

Date: Saturday, 3/9/2019

Time: 9:00-10:30 AM

Location: GSL High School Community Rm

## STEM (Science, Technology, Engineering & Math) with Mrs. Lemke (Grades K-2)

Stem projects include constructing a leprechaun trap, protective container that will keep an egg from breaking, constructing a roller coaster for a marble, and making a straw rocket. Students are welcome to bring an afterschool snack.

Course: #8734 Fee: \$19

Date: Tuesdays & Thursdays

March 26 & 28, April 2 & 4

Time: 3:10-4:15 PM

Location: Lincoln Elementary (Mrs. Lemke's Room) - Please meet by the office

## Healthy Eating and Snacks

Join us to explore how to prepare and plan healthy meals and snacks for your day. We will look at foods that are easy to bring along as well as fun ways to put them together for quick and healthy meals and snacks.

Instructor: Alysha Richey

Course: #8377 Fee: \$15

Date: 1/4/2019 Time: 3:30-5:30 PM

Location: GSL High Community Room

## Private Tutoring

One-on-one instruction in the areas of math and reading. This is great opportunity to get an extra boost or additional support for students. Sign-up for as many sessions as you would like. Once registered Community Education will connect you with the teacher to arrange a schedule. In the event a schedule can not be arranged, a refund will be provided.

\* Phone, walk-in, or mail-in registration only for this class.

Course: # 491 Fee: \$25/hour

Dates & Times: As scheduled with a licensed GSL Teacher



# YOUTH ENRICHMENT

## **Problem Solving & Basic Programming With Bee-Bots & Lego Building Blocks (Grades K-4)**

Are you interested in working in small groups to solve problems? In this class students will have the opportunity to program and use problem solving skills to complete tasks and challenges. Space is limited.

**Registration Deadline: 2/11/2019**

Course: #1705 Fee: \$5

Dates: Monday, 2/18/2019

Times: 9:00-10:30 AM

Location: Panther Field House Multi-Purpose Room

## **Resume Building (Grades 9 and above)**

This 8-session course will bring you through building your resume to get jobs, scholarships, and into colleges. There will be time between each session to implement what we have talked about to gather both work experience if desired as well as community service and volunteer experience.

Instructor: Alysha Richey

Course: #2300

Dates: Saturdays, 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, & 4/27

Times: 8:00-9:00 AM

Fee: \$40

## **Lego Mindstorms (Grades 5-6)**

Are you interested in engineering? This class is designed for students who are interested in learning how to build, learn to program, and work cooperatively in a small group setting to complete tasks. Students will use Lego Bricks Robotics kits and be introduced the First Lego League program.

Instructor: Mary Patterson

Course: #2430

Dates: Thursdays, 1/17/2019-2/21/2019

Times: 3:00-4:30 PM

Location: Lakeside Elementary

Fee: \$35



**Mark your calendar and  
register by the noted  
deadline to ensure you  
have a space in the class  
or activity.**

# YOUTH RECREATION

## Active Living Beyond Sports For Kids

12-weeks of exploring the options of how to be healthy and active without participating in sports style activities. Looking at how to make interests and hobbies active to enjoy your lifestyle while staying healthy and conscious of your wellbeing.

Instructor: Alysha Richey

Course: #2301

Fee: \$60

Dates: Thursdays, 1/3/2019-3/21/2019

Time: 3:30- 4:30 PM

Location: GSLHigh Community Room

## Sprints and Hurdles Conditioning Workshop

Work on technique and muscle conditioning specific to exploding out of blocks and attacking hurdles. Learn stretches and core conditioning as well to reduce the risk of injury and keep you going through the next Track season.

Instructor: Alysha Richey

Course: #2302

Fee: \$40

Dates: 1/12, 1/26/, 2/9, & 2/23

Time: 11:30 AM - 1:00 PM

Location: Panther Field House

## High Jump Workshop

Work on the technique of a 9 or 10 step approach and condition the muscles for explosive take off. Learn exercises for deep core and stabilizer strength to reduce the risk of injuries and increase the control and power of energy from moving forward to up and over the bar!

Instructor: Alysha Richey

Course: #2303

Fee: \$40

Dates: 1/12, 1/26/, 2/9, & 2/23

Time: 11:30 AM - 1:00 PM

Location: Panther Field House



## Pantherette Dance Camp

(Grade K-6)

Join the fun at GSL's Dance Team Dance Clinic, Tuesday, February 19, 2019. This clinic includes dance instruction and clinic T-Shirt. GSL dance team members will teach age appropriate routine. No dance experience is necessary. Registration is limited, so register early! Participants should wear black stretchy pants and tennis shoes.

Registration Deadline: 1/20/2019

Course: #2631

Date: Friday, 2/15/2019

Times: 5:00 until after half-time

performance at Boys Varsity Game.

Location: Meet in GSL Commons Area

Former GSL High School Cafeteria

Fee: \$19 (includes t-shirt)

\*\*Parents of the participants will have to pay admission to watch their child at half time.

**Registration &  
Scholarship Information  
on Page 23.**

### Ages 4-6 Skills and Drills

#### Basketball Camp

Join the fun at this basketball camp for ages 4-6 boys and girls! Kids will learn and practice fundamental skills of basketball! Instructions on shooting, dribbling and passing skills will be taught along with fun games and basketball drills. Come join the fun in this camp! Space is limited, so register early to ensure a spot in the camp.

Registration Deadline: 2/27/2019

Course: #4601

Dates: Tuesdays, 3/5/2019-3/26/2019

Time: 6:00 PM-6:45 PM

Location: Lincoln Elementary Gym

Fee: \$19

#### Kids Bootcamp (Grades K-3)

This is a be ready for anything type of class! Participants will work on overall strength, balance, agility and flexibility while using a variety of equipment and body weight exercises in a fun atmosphere. This class is for all fitness levels.

Instructor: Susie Hedtke      Time: 3:15-4:00 PM

Course: #4045

Location: Panther Field House MPR

Fee: \$12/session or \$20 for both sessions

Session 1    Thursdays, 1/3/2019-1/24/2019

Session 2    Thursdays, 2/28/2019-3/21/2019

#### Kids Yoga (Grades K-3)

Participants will learn basic Yoga poses through games and activities that will help strengthen their bodies and improve flexibility, balance and coordination.

Instructor: Susie Hedtke      Time: 3:15-4:00 PM

Course: #4046

Location: Panther Field House MPR

Fee: \$12/session

Thursdays, 1/31/2019-2/21/2019

### Timberwolves Camp

#### Co-Ed Grades 3-8

The Minnesota Timberwolves and Lynx Basketball Academy and GSL Community Education is proud to offer a basketball clinic designed to improve the skill level of all players. Players will focus on their skills, fundamentals, practice habits, and teamwork.

Course: #0012

Times: 9:00 AM - 12:00 PM

Date: Monday, 2/18/2019

Location: Panther Field House

Fee: \$55

Fee includes the clinics above, a ticket voucher for a Wolves game (additional tickets can be purchased), a poster and other Wolves/Lynx prizes!

### Youth Basketball Camp (Grades K-6)

Join Head Coach Jeff Monahan to learn defensive and offensive techniques. This camp will focus on footwork, ball handlings, and shooting strategies to help you improve your game.

**Registration Deadline:**

**Tuesday 3/19/2019**

#### Grade 1-3

Course: #4579A

Dates: Tuesday 3/26 and

Wednesday 3/27,

#### Grade 4-6

Course: #4579B

Dates: Tuesday 4/2 and

Wednesday 4/3,

Time: 3:30-5:00 PM

Location: Lakeside Gym

Fee: \$29

**Softball Camp (Grades 1-8)**

This camp will teach young players the fundamentals that they will use as they progress in the GSL softball program. It teaches the techniques of hitting, fielding, and pitching. This camp is instructed by GSL Head Coach Steve Davis along with other GSL softball coaches and varsity players. Campers receive one on one instruction. This is a great opportunity for young players to receive great instruction prior to their season. This camp does not include a shirt.

Registration Deadline: March 3, 2019

Course: # 4618

Dates: 3/11/2019, 3/12/2019, & 3/14/2019

Times: 5:30 - 7:00 PM

Location: GSL Junior - Senior High School Gym Purple

Fee: \$39

**Referees & Umpires Needed**

GSL Community Education supplies baseball umpires for many youth. If you know the sport and are ready to learn, we will help you become trained. Your help is needed for games from early May until the middle of July. Referees are paid for officiating. If you are interested, please contact Tina or ReNae at 320-864-2690.

**BASEBALL HATS**

Hats and visors are only included in the Crow River League Registration Fee (1 per player). If you would like to purchase a hat for yourself or a younger player, this is your opportunity.

**BLACK ADJUSTABLE BASEBALL HAT**

Hats will be solid black adjustable with the Panther "P" in silver on the front. Please indicate hat size when ordering small/medium or large/x-large.

Registration deadline to order May 1, 2019.

Course: #0037

Fee: \$10

**GRAY & WHITE FITTED BASEBALL HAT**

Fitted white and gray hat with Panther "P" on the front. Please indicate hat size when ordering x-small/small (6 5/8 - 7), small/medium (7 - 7 1/4) or large/xtra large (7 1/4 - 7 5/8)

Registration deadline to order hats is March 15, 2019.

Course: #0038

Fee: \$20

## Youth T-Ball (Ages 4-6 with Adult)

T-Ball is a perfect way to introduce children to the skills and fundamentals of baseball and softball! Parent/guardian participation is required. Our focus is on skills, instruction, proper technique and fun. Participants practice is one night a week.

Registration Deadline: 5/8/2019

\*No practice or games the week of July 4

Course: #8100A – Tuesday, Glencoe

Time: 5:30-6:15 PM

Dates: Tuesdays, 6/4/2019-7/16/2019

Fee: \$12

Course: #8100B – Tuesday, Glencoe

Time: 6:30-7:15 PM

Dates: Tuesdays, 6/4/2019-7/16/2019

Fee: \$12

Course: # 8100C – Monday, Plato

Time: 5:30-6:15 PM

Dates: Monday, 6/3/2019-7/15/2019

Fee: \$12

## Kindergarten Baseball

This program will teach, review and build on the skills of each player. Player must have completed grade K. This is an in-house league that plays other GSL teams. Practice one night a week with a game the other night. Teams will play on the fields north of the GSL High School and the Plato Fields.

Registration Deadline: 5/8/2019

Course: # 8150

Dates: Mondays & Wednesdays,  
6/3/2019 to 7/17/2019

\*No practice or games the week of July 4

Time: 6:00-6:45 PM

Locations: Plato or GSL High School Fields

Fee: \$25 (\$7 additional for optional last name on the back of the shirt)

**Hats are available for purchase if  
registered by May 1, 2019.**

**See Page 17 for more information**

## Grades 1-2 Baseball

This program will teach, review and build on the skills of each player. Player must have completed grade 1 or 2. This is a league that plays other GSL teams and a few other towns in the area including Silver Lake, Lester Prairie, Winsted, etc. Practice one night a week with a game the other night. Teams will play on the fields north of the GSL High School and the Plato Fields. Volunteer coaches are needed to help, if you are able to help please indicate it on your registration form. Registration Deadline: 5/2/2019 Course: #8200 Dates: Mondays & Wednesdays, 6/3/2019-7/17/2019

\*No practice or games the week of July 4

Time: 6:00-7:00 PM

Locations: Plato Fields or fields

behind the GSL High School

Fee: \$25 (\$7 additional for optional last name on the back of the shirt)

## Grade 2-6 Evening Recreational Baseball & Softball

This program teaches skills in a recreational setting. Practices and games are teachable moments. Volunteer coaches are needed to help coach the team(s). Teams will play games against other teams such as Waconia, NYA, Hutchinson, etc. Grade 3-4 is machine pitched and Grade 5-6 is player pitched. Teams will play on the fields north of the GSL High School and the Plato Fields. Fee includes jersey rental, \$15 refund will be given if returned by 8/1/2019.

Registration Deadline: 3/1/2019

**BASEBALL** Time: 6:00-7:30 PM

Course: #4770 - Grade 2 Fee: \$70

# 4770 – 3/4 Baseball Fee: \$70

# 4770 – 5/6 Baseball Fee: \$80

Dates: Tuesdays & Thursdays,  
5/7/2019 to mid-July

\*No practice or games the week of July 4

**SOFTBALL** Time: 6:00-7:30 PM

Course: #4345 - Grade 2 Fee: \$70

# 4345 – 3/4 Softball Fee: \$70

# 4345 – 5/6 Softball Fee: \$80

Dates: Mondays & Wednesdays,  
5/6/2018 to mid-July

\*No practice or games the week of July 4



**Baseball Camp (Grades K-6)**

This camp will teach young players the fundamentals that they will use as they progress in the GSL baseball program. It teaches the technique of hitting, fielding, and pitching. This camp is instructed by GSL Head Coach Dean Schwirtz along with other GSL baseball coaches and varsity players. Campers receive one on one instruction. This is a great opportunity for young players to receive great instruction prior to their season. This camp does not include a shirt.

Course: # 4513 - Grades K-2 - Fee: \$20

Course: #4546 - Grades 3-6 - Fee: \$30

Dates: Sundays, 2/24/2019-3/10/2019

Dates: Sundays, 2/24/2019-3/10/2019

Time: 4:00-5:00 PM GSL Black Gym

Time: 4:30-6:00 PM GSL High Purple Gym

**Crow River Youth Baseball - Grade 4-10**

This is our most competitive baseball league. Players will register and play in their current grade. Playing time follows the league rules and is equal.

- Grades 4-6 will practice 1-2 times per week until games start in May, then occasional practice may be added by the coach(es).
- Grade 7 and above will begin play once the school baseball season is concluded in May, with an occasional practice as scheduled.

All participants will be expected to participate in at least two weekend tournaments throughout the summer. Participants will go through a tryout process when necessary, to determine appropriate team placement which will be held on Sunday, March 17 starting at 6:00 PM (alternative date Wednesday, March 20 starting at 6:00 PM) in the GSL High School Purple Gym. Any player who does not attend a tryout or the alternative date will be placed on the "B" team if space allows.

**NO EXCEPTIONS!**

\* New this year - All players will be required to purchase a jersey in addition to the program fee through GSL Community Education.

\*There will be an attempt to have a "A" team for each level, an additional "B" team with will also be added when possible.

\*No refunds will be issued after the tryout date unless a player is unable to be placed on a team, medical reasons, or it is determined this leagues is not appropriate for the player.

\*Students who open enroll and/or live in GSL will be allowed to play on the "A" team, individuals who do not will be placed on the "B" team if space allows. In the event there are not enough GSL players in a given age group to field an "A" team, out of district players will be accepted if they have completed a tryout.

\*Tryouts will be conducted by the group of previous coaches of all ages, parent volunteers, and some of the GSL High School Baseball Coaching staff. Tryouts will be closed for public viewing.

\*This league is run with volunteer coaches, anyone interested in helping coach should contact Tina at 320-864-2696. Optional parent information meeting will be held Monday, January 28 at 6:00 PM in the Panther Field House Community Room.

**REGISTRATION DEADLINE: March 1, 2019**

Course :#4700 – 10 yr old league - 4th Grade

#4700 – 11 yr old league - 5th Grade

#4700 – 12 yr old league - 6th Grade

#4700 – 13 yr old league - 7th Grade

#4700 – 14 yr old league - 8th Grade

#4700 – 15/16 yr old league - 9th & 10th Grade

Practice dates depend on volunteer coach availability. Games are typically held Tuesday and Thursday evenings.

Location: Plato Fields, Vollmer Field, Plato Blue Jay Field, etc.

Grades 4 & 5 - Fee: \$119 (Jersey cost not included in fee. Cost TBD)

Grade 6 & Above - Fee: \$149 (Jersey cost not included in fee. Cost TBD)

Due to the popularity and demand on for our gymnastics classes. Priority for registration will be given to the GSL resident families and students who open enroll to GSL. GSL families registrations will only be taken over the phone until December 27. Out of district families will not be accepted until the online registration opens for all starting December 28. Registrations will be taken on a first come, first serve basis

### **Panther Toddles Tumblers (Parent/Child Class)**

**Fee: \$30**

A class for our littlest gymnasts with the assistance of parent involvement. The class will involve instruction from a coach who will set up fun activities to do in the gym. This class is for ages 18 months-3 years old. This class meets once a week for 30 minutes in a six week session.

### **Panther Tumblers**

**Fee: \$30**

Beginning recreational gymnastics with an emphasis on listening skills and learning about the different skills and vocabulary of the equipment in the gym. This class is for ages 3 years old - 4 years old. This class meets once a week for 30 minutes in a six week session.

### **Level 1 - Beginners**

**Fee: \$45**

This class is for students who have passed Tumblers or are atleast 5 years old and have no prior gymnastic experience. We will learn skills on bars, beam, floor and vault. On bars we will work on swinging skills and pullovers. On beam we will work on balance and basic walking and jumping skills. On floor we will introduce forward and backward rolls, cart wheels and handstands. This class meets once a week for 45 minutes, in a six week session.

### **Level 2 - Intermediate**

**Fee: \$60**

This class is for students that have passed Level 1, or have had prior gymnastic experience. Students will work on some of the same skills as level 1 but with more difficult skills added.

### **Level 3 - Advanced**

**Fee: \$60**

This class is for students that have successfully passed level 2, or have had prior gymnastic experience. We will be perfecting skills learned in Level 1 and Level 2.

### **Level 4 - Pre-Team**

**Fee: \$75**

This class is for students that have successfully passed level 3, and want to continue developing their gymnastics skills but are not ready to move to Panther Paw Team.

### **Private Gymnastics One-on-One Training Sessions**

Are you looking to stick a particular skill? This is your opportunity to get individualized training with one of our adult coaches. One hour sessions are \$25. Simply register by calling 320-864-2690. Our staff will connect you with a coach to set-up the schedule training session(s) based on gym availability.

**Do you have gymnastics experience and looking for a great job working with kids? Community Education is hiring additional instructors. Please contact Tina at 320-864-2696.**

**Monday Night Session 1 - All Classes Held in Gym 3 at the Field House**  
**Dates: 1/7, 1/14, 1/28, 2/4, 2/11, 2/18**

6:00-6:30 PM Parent/Child #4010M	6:00-6:30 PM Tumblers #4020M	6:00-6:45 PM Level One #4120M
6:30-7:30 PM Level Two #4220M	6:30-7:30 PM Level Three #4320M	6:45-8:15 PM Level Four #4420M

**Wednesday Night Session 1 - Classes Held in Gym 3 at the Field House**  
**Dates: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13**

6:00-6:30 PM Tumblers #4020W	6:00-6:30 PM Tumblers #4021W	6:00-6:45 PM Level Three #4320W
6:30-7:30 PM Level Two #4220W	6:30-7:15 PM Level One #4120W	6:30-7:00 PM Parent/Child #4010W
	6:30-7:15 PM Level One #4121W	6:45-8:15 PM Level Four #4420W

**Monday Night Session 2 - All Classes Held in Gym 3 at the Field House**  
**Dates: 3/11, 3/18, 3/25, 4/1, 4/8, 4/15**

6:00-6:30 PM Parent/Child #4011M	6:00-6:30 PM Tumblers #4021M	6:00-6:45 PM Level One #4121M
6:30-7:30 PM Level Two #4221M	6:30-7:30 PM Level Three #4321M	6:45-8:15 PM Level Four #4421M

**Wednesday Night Session 2 - Classes Held in Gym 3 at the Field House**  
**Dates: 3/13, 3/20, 3/27, 4/3, 4/10, 4/17**

6:00-6:30 PM Tumblers #4022W	6:00-6:30 PM Tumblers #4023W	6:00-6:45 PM Level Three #4321W
6:30-7:30 PM Level Two #4221W	6:30-7:15 PM Level One #4122W	6:30-7:00 PM Parent/Child #4011W
	6:30-7:15 PM Level One #4123W	6:45-8:15 PM Level Four #4421W

**Due to the popularity and demand on for our gymnastics classes. Priority for registration will be given to the GSL resident families and students who open enroll to GSL. GSL families registrations will only be taken over the phone until December 27. Out of district families will not be accepted until the online registration opens for all starting December 28. Registrations will be taken on a first come, first serve basis.**

### Karate

#### Little Kickers (Ages 5 & 6)

Learn the basics of Shotokan Karate while having fun and burning some extra energy. This class is designed to provide youngsters with exposure to the Martial Arts. Students will learn proper form that can be used as preparation for future Martial Arts classes. Wear comfortable play clothes.

Instructor: Sensei Lisa Bohnert

Course: #2315

Dates: Mondays beginning 1/7/2019

Times: 5:30-6:15 PM

Location: Lincoln Elementary Gym

Fee: \$20/month/individual or

\$35/month/family

**\*\*Karate is an on-going activity. New students are invited to join Monday, January 7.**

#### Beginners & Advanced (Ages 7+)

Martial Arts have long been recognized for its benefits to its practitioner. Better physical and mental health, improved character and self-confidence that comes with physical effort with a purpose. The Shotokan style of Karate brings with it the traditions of Okinawa and Japan as well as modern approaches to learning and character development. Classes involve physical conditioning, learning blocks, strikes and kicks and the proper use of those elements. Students will have the opportunity to participate in tournaments in the region.

Instructor: Sensei Lisa Bohnert

Course: # 0008

Dates: Mondays & Thursdays beginning January 3

Location: Lincoln Elementary Gym

Beginners: 6:30-7:30 PM

Advanced: 6:30-8:30 PM

Fee: \$30/month/individual or

\$50/monthly/family

**\*\*Karate is an on-going activity. New students are invited to join January 3.**

### Soccer (Grades K-6)

Instructional soccer for boys and girls. All players will have the opportunity to learn and develop individual and team soccer skills. Drills and real game situations will help you appreciate the world's most popular sport. Practices will be on Thursday evenings and games will be played in Saturday mornings. Games will be played against other local teams - NYA, Hutchinson, GFW, Waconia, and more. Game schedule will be released at a later date. Please note Saturday games will not always be played in Glencoe, but are typically in the 9am-noon time frame.

Registration Deadline: March 1, 2019

Practice dates: Thursdays, March 28

Grades K-3 at 5:30 – 6:30 PM

Grades 4-6 at 5:30 – 7:00 PM

Games will be held on Saturdays, beginning April 6.

Grade K-1: Course: # 4800B or 4800G

Grade 2-3: Course: # 4802B or 4802G

Grade 4-6: Course: # 4804B or 4804G

B = Boys G = Girls in class number.

Location: Fields behind GSL H/S

Fee: \$19/student - additional uniform fee if needed.

Uniform Fee: \$30/uniform

### Pre-School Soccer

#### (Ages 3-6 with Adult)

This parent/child class will introduce your child to the game of soccer. Fun games will be used to teach basic skills. Adults should come ready to participate with their child. Please bring a water bottle.

Course: #2202 Fee: \$15

Dates: Tuesdays, 4/9-4/30

Times: 6:00 -7:00 PM

Location: Lincoln Elementary Gym

# REGISTRATION INFORMATION

## Register Today!

- Online Registration (Credit Card Only) – [www.gsl.k12.mn.us](http://www.gsl.k12.mn.us) Click on Community Education/Field House
- Walk-in Registration – 1621 East 16th Street, Glencoe. Please enter at the Main Entrance on the North Side of the building.
- Mail-in Registration– Mail completed form and payment to 1621 East 16th Street, Glencoe, MN 55336
- Phone Registration (Credit Card Only) – Simply call 320-864-2690.

Registrations are taken on a first-come, first-served basis until a class is full. You can register until the class begins, as long as there is room.

## Class Confirmations

Consider yourself registered for the class. You will be contacted only if the class is full or cancelled. If you provide an e-mail address, you will receive an electronic confirmation of your registration.

## Scholarships:

Fees for Community Education classes may be reduced if you are a District 2859 resident. For families that qualify based on the free/reduce lunch criteria, each child may receive 50% off one class or activities for each brochure. Some activities are not eligible for the fee reduction.

## Refunds:

- If we cancel a class due to low enrollment, you will be notified and your money will be refunded in full.
- Course fees will not be prorated or discounted for partial attendance.
- All requests for refunds prior to the start of the class will be subject to a \$5 administrative charge.
- NO REFUNDS can be issued after the registration deadline, if not noted, seven days prior to the start of the class.

## Late Fees:

A \$10 late fee will be assessed for registrations after the registration deadline.

**Deadline:** Unless otherwise noted, the registration deadline is seven days prior to the start of the class.

## Inclement Weather:

All Community Education Activities are automatically cancelled when the Glencoe-Silver Lake School is closed due to inclement weather. Please call the GSL Community Education Activity Line 320-864-2487 to find out if activities are cancelled due to weather. No individual calls will be made.

## Glencoe Silver Lake Community Education Class Registration

Phone 320-864-2690 / Fax 320-864-2695 / Address 1621 E. 16<sup>th</sup> St., Glencoe, MN 55336

Participant Name(s): \_\_\_\_\_ Participant Gender: M or F

Participant Date of Birth \_\_\_\_\_ Current Grade: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Course #	Course Title	Shirt Size	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

☐ I would be willing to help as a volunteer coach or assistant coach.

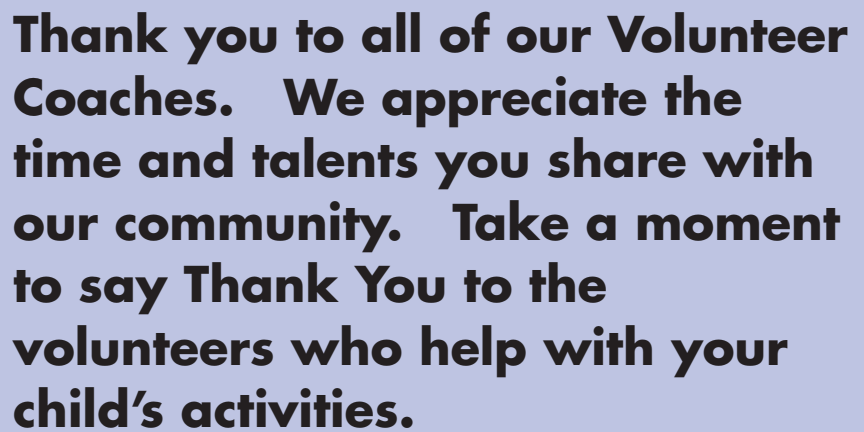
☐ I DO NOT want photos taken of myself or my student for the use of CE marketing.

Payment: ☐ Cash / ☐ Check / Credit Card: ☐ Visa / ☐ Mastercard / ☐ Discover

Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

Signature: \_\_\_\_\_





## A black and white photograph showing a person's feet standing on a white digital scale. The scale's LCD screen displays the text "OMG!" in a pixelated font. The person has dark nail polish on their toenails. The background is a light-colored wall with a subtle pattern.

- \* **Cardio Equipment**
- \* **Walking/Running Track**
- \* **Water Fitness**
- \* **Free Weights**
- \* **Circuit Training**
- \* **Fitness Classes**

Please call the  
GSL Community  
Education Activity Line  
at 320-864-2487  
to find out if your  
child's activity has  
been cancelled.

We are always looking for new classes and camps! If you have a skill set to coach or teach a class contact Community Education at 320-864-2690 for more details!