

Farmington Area Public Schools

Community Education



SIGN UP TODAY! THERE'S SOMETHING FOR EVERYONE



www.farmingtonCE.com 651-460-3200

August- December 2009

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Destination ImagiNation

Farmington's Shooting Stars take home 3rd place trophy at the 2008 Destination ImagiNation State Tournament! See page 23 for information on how your child can participate in this year's competition.



New

Fall Plant Swap and Sale!

New this fall! Farmington Community Education will be hosting a fall plant swap and sale on Saturday, September 26 from 1-3 pm. Plan now to thin out your garden and share your plants with neighbors. More details on page 12.

Daytime Open Gym for Home School students

Looking for a way to engage your children in a fun and entertaining environment while teaching them the importance of health and fitness? Riverview Elementary School will have an open gym time for Home School students, grades K-12, on Tuesdays and Thursdays from 10:30 am to 12:30 pm starting October 20th. The gym has basketball hoops, volleyball nets and other equipment. Adult must be in attendance. Daily Drop In fee or monthly pass. Check our website www.farmingtonCE.com for more information.



Looking for Early Childhood Family Education classes?

Our Early Childhood catalog was distributed in early August. Call our Community Education office at 651-460-3200 if you've misplaced your copy.

Is your family included on the School District Census?

Has there been a birth in your family? Have you recently moved into your neighborhood? Is there a new family in your neighborhood? District #192 wants all families to know about our programs and activities.

Being on the School District Census also ensures that your 3 to 4 year old will automatically receive information about Early Childhood Screening. This also ensures your child is notified with kindergarten materials.

To be added to the census please call the School District Census Office at 651-463-5052.

New this fall!

For Adults



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Save the Date!

- ◆ **NEW!** Plant Swap & Sale
Sept 26
- ◆ Parent Fair - Nov 14

Old Favorites

For Adults

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For Youth:

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Building Locations & Abbreviations

ARES	Akin Road Elementary School	5231 195th St W, Farmington
DSC	District Service Center	421 Walnut St, Farmington
FES	Farmington Elementary School	500 Maple St, Farmington
FHS	Farmington High School	20655 Flagstaff Ave, Farmington
ISC	Instructional Service Center	510 Walnut St, Farmington
LDMS	Levi Dodge Middle School	4200 208th St W, Farmington
MVES	Meadowview Elementary School	6100 195th St W, Farmington
MVES-CE	Meadowview-Community Education	6100 195th St W, Farmington
NTES	North Trail Elementary School	5580 170th St, Lakeville
RBMS	Robert Boeckman Middle School	800 Denmark Ave, Farmington
RVES	Riverview Elementary School	4100 208th St W, Farmington
TCC	Trinity Care Center	3330 W 213th Street, Farmington
KTMS	Kenwood Trail Middle School	19455 Kenwood Tr, Lakeville
LNHS	Lakeville North High School	19600 Ipava Ave W, Lakeville
MMS	McGuire Middle School	21220 Holyoke Ave W, Lakeville
SHMS	Scotts Highlands Middle School	14011 Pilot Knob, Apple Valley

ADULT



CULINARY ARTS

Homemade Breads

Anyone can make wonderful fresh breads at home. Learn the secret to wonderful fresh bread every time. A short demonstration will be followed by baking and sampling a variety of breads. Offered in partnership with Lakeville Community Education.

FAC03

1 Session	Sa
Nov 7	9am-12 pm
\$38	KTMS

Traditional Southern Italian Cooking

Impress your friends and family with this great new meal. Learn to make "Chicken Marsala", tender breast of chicken sauteed with mushrooms in a sweet marsala sauce served with "Spaghetti Aglio Olio", a variety of garden vegetables tossed with pasta in a light olive oil and garlic sauce and for dessert "Diplomatico", a divine combination of rum and espresso soaked pound cake, rich chocolate mousse and fresh whipping cream. Offered in partnership with Lakeville Community Education.

FAC07

1 Session	T
Oct 13	6-9:30 pm
\$38	LNHS

Deer Cutting For Dummies

Deer Dummy, Inc. Deer hunting season is just around the corner – Be Prepared! This class will teach you the basic skills to cut your own deer. We will show you the proper care of the deer from field dressing to skinning and cleaning of the carcass. Next we will show you how to cut your deer from pulling the back straps for chops, to tips for roasts and trim for ground venison or sausage. We will use a road kill deer for hands-on experience. Included in this class is a basic step book for quick reference. Deer cutting supplies will be available for purchase, everything you need to cut your own deer. We will also do field dressing for a live visual experience like no other.

FAL1

1 Session	W
Oct 7	7-9pm
\$43	RBMS

Sushi

Create traditional rolled sushi (maki-zushi) and the California sushi using ingredients such as chicken, smoked salmon, shrimp and crab. (Note: NO raw fish!). Learn where to shop, brands to select, preparation of ingredients, assembly of the rolls and presentation. You'll make plenty to bring home. Offered in partnership with Lakeville Community Education.

FAC06

1 Session	M
Sep 21	6-9 pm
\$38	LNHS

Tex Mex

How about adding a little zip to your menu at home? Start with "Empanadas", tasty little pastries filled with beef, tomatoes, potatoes and herbs. Then we'll prepare authentic mexican rice, with onions, garlic, tomatoes and fresh coriander leaves. Fajitas will follow, (beef and chicken) along with fresh sautéed bell pepper and onion wrapped in warm tortilla shells and served with fresh tomato salsa, guacamole and sour cream. For dessert, fresh coconut blended with rich custard in a wonderful nutty crust, served with crème fraiche. Offered in partnership with Lakeville Community Education.

FAC08

1 Session	T
Dec 1	6-9:30pm
\$38	KTMS



Eat. Talk. Connect! is a community-wide program designed to encourage families to connect by eating regular family meals together.

Research shows that children who eat at least five meals with their family each week do better in school and are healthier.

Families that eat meals together can be eligible for prizes!

Eat. Talk. Connect! begins September 28.

Sign-up by visiting www.DakotaCounty.us (search for "ETC") or call 952-891-7500.



Chartwells Holiday Bake and Take Cookies

Come to our kitchen and finish your holiday baking in one 3 ½ hour session! Take home an assortment of 10 dozen cookies. Fee includes cookies and containers to take them home in, as well as a recipe book so you can make them at home. You will be making a variety of your favorites plus a few new ones. Be ready to pan up your cookies and help with a little light clean up at the end of the evening. You must be 13 years of age or older to participate in the class – no exceptions – only paid participants will be able to work on cookies. Cancellations for this class must occur seven working days prior to the class date for a refund. Sign up early – these classes fill fast! Register before November 25 and save \$5.

FACBT1

1 Session	Th
Dec 10	6-9:30pm
\$44	LDMS

FACBT2

1 Session	W
Dec 16	6-9:30pm
\$44	LDMS

FACBT3

1 Session	Th
Dec 17	6-9:30pm
\$44	LDMS

FACBT4

1 Session	F
Dec 18	6-9:30pm
\$44	LDMS

Chef Diane Classes

Kids in the Kitchen Cupcake Festival!

Mom/Dad & Grades K-6
Bring mom or dad – grandpa or grandma along and create tasty cupcakes with fun ingredients. Chef Diane's kitchen is a great place to spend time together creating cupcake designs for holidays and special celebrations! Bring containers for your creations. \$5 supply fee paid to instructor in class.

FAC05

1 Session	M
Sep 21	6-8:30 pm
\$26	LDMS

Warm and Tasty Soups

As the days grow colder and shorter, soup becomes a favorite food. Prepare several different types of soup including Chicken Noodle, Creamy Potato, Wild Rice and Chicken, Taco, Hamburger Vegetable, and Chili. Bring containers to take some home for the family. We will also be sampling all the soups we make in class so come with an empty stomach. \$5 supply fee paid to instructor in class.

FAC04

1 Session	Th
Oct 22	6-8:30 pm
\$26	LDMS

Lefse Making

Enjoy a fun filled evening with lots of great lefse tasting. We will be preparing the dough, rolling the lefse and baking it so you will enjoy hot-off-the-grill lefse. Chef Diane and friends will be there to show you the techniques and equipment you will need to make your own lefse. The recipe is terrific and you'll get to take some home and share with family and friends. \$5 supply fee paid to instructor in class.

FAC01

1 Session	Th
Nov 12	6-8:30 pm
\$26	LDMS

FAC02

1 Session	M
Nov 16	6-8:30 pm
\$26	LDMS

DANCE

Instructor Larry Ablin, of *Come Dance With Us*, has been teaching dancing for over 30 years. He shares his enthusiasm and love of dance with his students. Larry says, "Most importantly, have fun (you'll find it hard not to)! That's what dancing is all about."

Foxtrot

This is a smooth progressive dance, characterized by long, continuous flowing movements across the dance floor. The Foxtrot is extremely versatile and can be danced to a variety of musical styles and tempi-ideal for social dancing. A must for anyone hitting the dance floor!

FAD01

4 Sessions	W
Sep 9-30	6:30-7:30 pm
\$29/person	FHS

Waltz

The waltz is a smooth progressive dance, characterized by long, continuous flowing movements, continuous turns and rise and fall. The waltz has an easy-to-learn box step pattern and rhythm. The waltz is considered the "backbone of ballroom dance," making it the perfect first dance for beginners.

FAD02

4 Sessions	W
Sep 9-30	7:45-8:45 pm
\$29/person	FHS

East Coast Swing

This popular class is for all levels of experience. The traditional East Coast Swing is the hot dance that is really fun and easy to learn. Learn basic steps, women's turns, alternate turns, the cuddle and the basic rotation all put together in a routine.

FAD03

4 Sessions	W
Sep 9-30	9-10 pm
\$29/person	FHS



FITNESS

Absolutely Abdominals

Janice Novak

Don't waste your time doing traditional abdominal crunches. Learn to strengthen ab muscles and re-shape waistline without getting on the floor! Strengthen abdominal muscles from the inside out and relieve lower back discomfort, learn "anywhere-anytime" exercises that fit into even the busiest of schedules. Come prepared to exercise and bring a mat. Janice has a Masters Degree in Health & Physical Education. She is an internationally acclaimed author, speaker and wellness consultant who teaches workshops and seminars for hospitals, corporations and professional organizations. She teaches simple steps that lead to huge changes in how you look and feel. Offered in partnership with Lakeville Community Education.

FAF07	
1 Session	M
Oct 12	9-10:30 am
\$36	MMS

Fitness Yoga

Jackie Seal

Enjoy safe and effective exercise practice using breath and physical poses to improve your overall well-being. We'll increase strength, endurance, flexibility and balance, as well as decrease stress with this revitalizing mind-body workout. This class is designed for students of all levels. Please wear clothing that allows you to stretch and move; a yoga mat is recommended.

FAF01	
8 Sessions	T
Oct 6-Dec 8	6:30-7:30 pm
\$64	FHS
No class Oct 13 & Nov 24	

YogaSculpt

Marianne Auwarter

A challenging yoga class designed to build strength, stamina and flexibility. Integrates the mindfulness of yoga with the added resistance of 5 pound free weights for total-body sculpting. While this class can be challenging, modifications will be offered to make it accessible to every body. Mats, weights and all equipment will be provided.

FAF02	
6 Sessions	Th
Sep 10-Oct 22	6:15-7:15 pm
\$48	FHS
No class Oct 15	

FAF03	
6 Sessions	Th
Oct 29-Dec 10	6:15-7:15 pm
\$48	FHS
No class Nov 26	

Or purchase a YogaSculpt drop in punch card good for any 9 of the 12 sessions for \$91.

**Don't see a class
you're looking for?**

Call us and let us know, we're always looking for new class ideas! Call the Community Education Office at 651-460-3200.

Healthy Heart Yoga

Debbie Prahner

Are you looking to relax and improve your life? Yoga is the key to enhancing life through proper breathing, exercise, nutrition and relaxation. Benefits of participating in Yoga include improved muscle tone, flexibility and strength, reduced stress and tension and improved circulation. Join one of our daytime Yoga classes designed for all ages. The postures and breathing exercise help purify the mind, body and spirit. Debbie Prahner has over 20 years experience teaching Yoga, and has studied at the Yoga Institute of New York. She strives to provide a supportive, non-competitive environment as well as to use the tools taught in Yoga to promote a peaceful, joyful and healthy individual. No childcare available.

FAF08	
6 Sessions	T
Sep 15-Oct 20	3:45-4:45 pm
\$48	RVES
No class Nov 17	

FAF09	
6 Sessions	T
Oct 27-Dec 8	3:45-4:45 pm
\$48	RVES
No class Nov 17	

FAF10	
6 Sessions	W
Sep 16-Oct 28	9:30-10:30-am
\$48	ISC
No class Sept 30	

FAF11	
6 Sessions	W
Nov 4-Dec 16	9:30-10:30 am
\$48	ISC
No class Nov 25	

FAF12	
6 Sessions	Th
Sep 17-Oct 29	9:30-10:30 am
\$48	MVES-CE
No class Oct 1	

FAF13	
6 Sessions	Th
Nov 5-Dec 17	1-2 pm
\$48	MVES-CE
No class Nov 26	



Nordic Walking

Rhea Kontos

Want to learn a new fantastic way to get in shape? Nordic Pole Walking has arrived and you should give it a try. Come experience all the benefits that walking 30 – 60 minutes a few times a week can do for you. Improved posture, better balance, stronger back muscles, improved toning, especially in the arms, active cardio, and maintain friendships. Yes, you can socialize while you Nordic Walk, it is that easy, and also a very effective exercise. By applying the proper technique you will burn up to 46% more calories than conventional walking.

Specially designed Nordic Walking Poles are provided for use in class. Please wear comfortable shoes that can be worn outdoors. Training is on grass and asphalt surfaces. Class will be held indoors if raining. ANWA Adv. Certified Trainer. Poles available for purchase.

FAF1	
1 Sessions	W
Oct 7	6:15-7:45 pm
\$19	FHS

Kettlebells

Sharon Nelson

Learn simple exercises and body awareness that results in amazing increase in strength, weight loss and rehabilitation from injuries in a relatively short time period with Kettlebells. A kettlebell is a traditional Russian cast iron weight that looks like a cannonball with a handle. Combining the kettlebell's simple mechanically correct design with movement, you have a muscle-toning aerobic tool. In addition to the class fee, students are required to purchase their own kettlebell (starting at \$67.25 - depending on size). Only the real Russian kettlebell is recommended for purchase. These will be available for purchase the first day of class. Instructor Sharon Nelson is RKC Certified and teaches in several metro communities. Offered in partnership with Lakeville Community Education.

FAF05	
5 Sessions	Sa
Sep 19-Oct 24	9-10:15 am
\$74	MMS
No class Oct 17	
FAF06	
5 Sessions	Sa
Nov 7-Dec 19	9-10:15 am
\$74	MMS
No class Nov 28 & Dec 5	

FREE Kettlebell Demonstration

Try Kettlebells to see if you like it Monday, Sept 14 6:30-7:30 pm
McGuire Middle School 21220 Holyoke Ave W
FREE - please bring a food shelf donation.

Kung Fu-Wu Shu-Tai Chi-Chi Kung

National Treasure Kung Fu Inc.

Directed by Al Lam, a former Hong Kong Champion with over 30 years teaching experience with youths and adults

Ages 13-Adults

A year-round progressive training program. Certification from White to Black Belt available. Not just a kicking, punching, self-defense class; get the benefits of both internal and external Kung Fu.

This class teaches the benefits of Tai Chi and Chi Kung and the explosive physical conditioning powers of Northern Shaolin Kung Fu. Tai Chi and Chi Kung exercises are relaxing, low-impact, and non-straining on joints and ligaments. Northern Shaolin Kung Fu will build muscle, power, flexibility, and agility.

Join a fun, non-competitive, full participation class that focuses on exercises that will strengthen the mind and body, promote longevity, vitality, coordination and balance. Please note that qualified assistants aid in teaching this course.

No classes Oct 8, 15 & Nov 26

FAF8A

Beginner-Yellow Belt

7 Sessions	Th
Oct 1-Dec 3	6:15-7 pm
\$69	RBMS

FAF8B

2 Yellow-Black Belt

7 Sessions	Th
Oct 1-Dec 3	7-7:45 pm
\$69	RBMS

FAF8C

Instruments & Sparring

7 Sessions	Th
Oct 1-Dec 3	8:30-9:15 pm
\$69	RBMS

FAF9A

Black Belt Club

7 Sessions	Th
Oct 1-Dec 3	7:45-8:30 pm
\$69	RBMS

ADULT



PROJECTS FOR THE HOME

Ask the Energy Expert- Low Cost, No Cost Home Energy Savings

Reduce your energy use and save money. Dakota Electric representatives will give practical advice on ways to make your home more energy efficient and reduce your energy expenditures. They will give an overview of current energy issues and information on specific topics each night. The first night will cover general low-cost / no-cost home energy-savings, the second night home appliances and the final night home heating and cooling.

FAHG05

3 sessions	T
Sep 22-Oct 6	6:30-8 pm
FREE	RBMS

Parent and Child Woodworking

Paul Landwehr

Looking for a unique gift or table centerpiece for your home? Bring your child ages 8 or up with you to the Farmington High School woodshop and create a Christmas tree centerpiece while learning basic woodworking skills. All children must be accompanied by a parent. Limit 8 parent/child pairs.

FAHG04

2 Sessions	T
Nov 10-Nov 17	7-8 pm
\$27	FHS

Open Woodshop Beginning to Advanced

Paul Landwehr

For men and woman who want to build onto their woodworking experience and knowledge. This 10 week course will give you the opportunity to work on a cabinet/furniture style project geared to your individual skill level. Paul has 30 years of woodworking experience as an industrial arts teacher and a community education instructor. Students must call Paul before class to ensure that your project can be accomplished in class and that you bring the proper lumber to start your project the first night of class (651-460-8224 between 7 and 10 pm.) Limit 10. Students can come to one or more sessions by paying \$12 per session to the instructor the night of class.

FAHG03

10 Sessions	W
Sep 30-Dec 9	7-9 pm
\$98	FHS

Autumn Centerpiece and Swag Ideas

Kris Akin

Autumn is a great time to bring the beautiful colors and textures of nature into your home for decorating and celebrating harvest time. Come and get great ideas to decorate your tables and doorways with fresh, silk flowers, greens and plants. Learn how to use common household containers and props to create a seasonal centerpiece or entryway decoration. Simple design and assembly steps will be shared so you can return home and create your own Autumn centerpiece or displays. Bring a friend, enjoy some hot apple cider, and leave with lots of inspiration!

FAHG02

1 Session	T
Oct 6	7-8:15pm
\$15	MVES-CE

Winter Holiday Centerpiece

Kris Akin

Let us help you create a fresh centerpiece for your Holiday table. Centerpiece will include a votive candle with glass holder and fresh flowers and evergreens. Supplies will be included with the instructor demonstrating step by step instructions to create a long lasting beautiful table centerpiece. Learn how to make a bow and add accents and whimsy to your holiday decorating. Come and get into the holiday spirit! Join other creative elves as we listen to holiday music and share the anticipation of a beautiful, aromatic centerpiece handmade by you!

FAHG01

1 Session	T
Dec 15	7-9 pm
\$30	MVES-CE

Student Performance of Snow White

Come see Farmington Community Education students in a performance of a funny twist on the favorite story of Snow White.

Performances Friday, October 30 at 7 pm & Saturday, October 31 at 1 pm
Boeckman Middle School Auditorium, 800 Denmark Ave, Farmington
Admission \$6 for Adults and \$5 for Children

HEALTH, SAFETY & WELLNESS

Infant and Child CPR and First Aid - Blended Learning

If you have had a hard time fitting CPR and first aid training into your schedule, now you can participate in exciting new first aid and CPR blended learning courses from the American Red Cross. The first part of the training is taken online. Red Cross Web-based training can be stopped and started according to your busy schedule.

The second part of your training will be led by a Red Cross-trained instructor. This course covers rescue breathing, obstructed airway and CPR for children ages 0 to 12 years. First Aid topics include injuries, sudden illnesses and special situations. Students will have online training information emailed to them within one business day of registering. Keep your family safe, enroll today! If you have a group of 5 and would like us to set up a session that meets your schedule, please contact Barb Pierce at 651-460-3203 or bpierce@farmington.k12.mn.us.

FAHS1

1 Session	M
Oct 19	6:30-8:30 pm
\$79	MVES-CE

FAHS2

1 Session	Th
Nov 12	6:30-8:30 pm
\$79	MVES-CE

Adult CPR/AED

While you can't predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence. Learn to recognize and care for life-threatening breathing and cardiac emergencies in adults. Course fee includes text book.

FAHS3A

1 session	F
Oct 2	8:30 am-1 pm
\$60	MVES-CE

Standard First Aid plus Adult CPR/AED

Everyone should be prepared for emergencies around the home and at work. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence. Learn to recognize and care for life-threatening breathing and cardiac emergencies in adults. You will also learn to care for victims with an injury or sudden illness until EMS arrives. Course fee includes text book.

FAHS3

2 sessions	F
Oct 2 & 9	8:30 am-1 pm
\$85	MVES-CE



Spoiling Them Safely First Aid for Grandparents

Remember when tilting the head back for a nose bleed made sense, fastening the seat belt in your Gremlin was optional and band-aids only came in one color? My how things have changed. Safety hazards facing your grandchildren are now more complicated. This workshop will give you the safety savvy you'll need when caring for your grandchildren, whether it's for an hour or a weekend. Course fee includes an emergency preparedness booklet.

FAHS3

1 Session	Th
Oct 29	6:30-8 pm
\$15	MVES-CE

Get a Grip on Stress

Dr. Pam Hadler

While it's true that stress is a result of change, one common misconception is that stress is always a result of a negative shift in our environment. Not only can stress result from positive occurrences in our lives but both positive and negative stress affect our overall health in a variety of ways. Stress is all around us. Learn tips to manage stress and minimize its negative affects.

FAHW2

1 session	M
Nov 9	7-8 pm
\$19	MVES-CE



Be more active this fall - participate in Simple Steps in Dakota County! There are many benefits of staying physically active year round. This spring, more than 1,500 people participated in Simple Steps - it's easy to join and it is FREE! Simply find at least one buddy to walk with. Start walking and logging your time as early as September 1 to be eligible for great prizes! Register online anytime between August 17 and November 15 at www.DakotaCounty.us (search for "Simple Steps") or call 651-554-6100.

Discover the Energy!

ADULT

Hypnosis Weight Loss and Stop Smoking and Chewing

Dr. Mary Fischer

Hypnosis can help you control your eating habits. You will learn to desire the right foods, push your plate away when full, and motivate yourself to exercise. Hypnosis can help you stop smoking or chewing immediately, without withdrawal, cravings, or gaining weight.

All behavioral changes must occur at an unconscious level to be lasting. The experience is relaxing and you are fully aware, conscious and in control at all times. If you would like, please feel free to bring a sleeping bag, blanket or favorite pillow. More information can be found at www.hypnosisclinic.net.

Fee includes a reinforcement tape, and a card which allows participants to attend future seminars free, if reinforcement is desired. Introduction for both sections begins at 6:30 pm. Weight loss section follows while smokers take a break off school grounds for that last cigarette, then reconvene for smoking cessation section. Check-in starts at 6 pm.

FAHW1-Weight Loss

1 Session	T
Nov 10	6-8:15 pm
\$55	MVES

FAHW2-Stop Smoking

1 Session	T
Nov 10	6-9 pm
\$55	MVES

FAHW3

Both Weight Loss & Stop Smoking

1 Session	T
Nov 10	6-9 pm
\$98	MVES



CAREGIVER SERIES

Offered in partnership with Trinity Care Center

Depression, Dementia and Delirium

Do you have a loved one who is aging? Many older adults suffer one or more of the three D's: delirium, dementia, and depression. Learn about the overlapping signs and symptoms so you can help improve their quality of life. Distinguishing one from the others isn't always easy. Sherrie Holck, a Nurse Practitioner with Evercare by UnitedHealthCare of Minnesota will help you understand these conditions and learn to work with your loved one and advocate for their care.

FAL05

1 Session	Th
Oct 1	6-8 pm
\$15	TCC

Caring for the Caregiver

Do you have a loved one who relies on you for assistance? Caregivers allow seniors to stay in their home and be in familiar surroundings. However the job of a caregiver can quickly become overwhelming if you don't take care of yourself. Learn to recognize signs of stress, make time for yourself and access community resources for help.

FAL07

1 Session	Th
Oct 29	6-8 pm
\$15	TCC

Drugs and Seniors

Most senior citizens are likely to take several medications for illness or chronic health problems. They consume more over-the-counter drugs and drugs prescribed by their doctors than younger people do. This is one of the reasons that seniors are more likely to suffer from the side effects of medications. Learn to track medication use and spot signs of side effects. Learn about how your pharmacy can help you with alternate containers, large print labels and what questions to ask your doctor about medications you or your loved one are taking.

FAL06

1 Session	Th
Oct 15	6-8 pm
\$15	TCC

End of Life issues

Is someone you love dealing with End of Life issues? These issues are often difficult to discuss with our loved ones, and tasks and decisions range from the simple to the very complex. Learn about caring for the dying, hospice care, how to bring up end of life issues and community resources available to help you.

FAL08

1 Session	Th
Nov 12	6-8 pm
\$15	TCC



LIFESTYLE

Dog Training: K9 Express For Busy Dog Owners

Inga From, CPDT

You and your dog will be taught basic foundation behaviors as a team, using the “Least Invasive, Minimally Aversive” (LIMA) training philosophy to obtain quick, efficient, effective results through reward-based training. Bring a variety of small, soft dog treats, a regular collar, and leash (Gentle Leaders and Easy Walk harnesses welcome!) to the first class, along with your vaccination records. Sign up soon, class size is limited! Inga From, CPDT is the Behavior and Training Coordinator for the Minnesota Valley Humane Society. Because this class is fast-paced and requires lots of focus, no children under 16.

FAL01

4 Sessions	Th
Sep 17-Oct 8	7-8 pm
\$65	LDMS

FAL02

4 Sessions	Th
Sep 17-Oct 8	8-9 pm
\$65	LDMS

Great Photos

Adam Grim

Are your photographs dull? Have you captured great moments with your camera, only to find that they were over or under exposed (rats!)? Discover how to consistently take great photographs. Learn the secrets of lighting, angles and composition. Get to know what all of those knobs and buttons on your camera actually do (shutter speed, F-stops, digital effects). Both digital and film cameras are welcome. Bring your great (and not so great) photos to first class for discussion. This class got an outstanding rating by everyone who has taken this course!

FAL13

3 Sessions	W
Sep 16-30	6:30-8 pm
\$49	MVES-CE

In the Field Photography

Adam Grim - an award winning photographer with over 20 years experience. See his work online at www.adamstravelphotography.com

Looking to advance your photography skills? Consider joining award winning photographer Adam Grim in his next class, In the Field Photography. This class is a perfect follow up to his intro class, Great Photos or for those who are looking to advance their outdoor photography skills. Class will meet once in the classroom and two times in the field. The outdoor sessions will take place on Saturdays with start times of 2 pm and 4 pm. Both digital and film cameras are welcome. Bring your own outdoor photos to the first class for discussion.

FAL14

3 Sessions	T, Sa
Sep 17	6:30-8 pm
Sep 19	2-6 pm
Sep 26	4-8 pm
\$59	MVES-CE

Create an Heirloom Cookbook

Hella Buccheim

A lost recipe is like a great short story lost. Some heirloom recipes may have catchy titles, like Tennessee Stack Cake, Whoopee Pie or Naked Ladies with Their Legs Crossed (spiced crullers.) You can almost hear the story writing itself. Your family recipes may not be this unique but they are the ingredients to a great story, a family meal and having a fun time creating your cookbook. Hella Buchheim, personal historian will help you understand all the elements needed in your cookbook for a family keepsake or fund raising event. Recipes are a reminder of our heritage. This class will help you get started, bring one recipe to discuss in class.

FAL04

1 Session	W
Oct 14	6-8 pm
\$29	MVES-CE

Conversational Spanish I

Futura Language Professionals

¡Olé! Join Futura Language Professionals on a Spanish language adventure. This lively course is a great introduction to the Spanish language for those who have had very little to no previous Spanish. The course will focus on introductions, numbers, colors, foods, parts of the body, time and family. Through a dynamic, hands-on method, students will learn how to carry on simple conversations while building their Spanish vocabularies. *Optional student workbook available for additional reinforcement.

FAL09

8 Sessions	W
Sep 30-Nov 18	6:30-7:30 pm
\$115	MVES-CE

ADULT



LIFESTYLE

Deer Cutting For Dummy's

Deer Dummy, Inc.

Deer hunting season is just around the corner – Be Prepared! This class will teach you the basic skills to cut your own deer. We will show you the proper care of the deer from field dressing to skinning and cleaning of the carcass. Next we will show you how to cut your deer from pulling the back straps for chops, to tips for roasts and trim for ground venison or sausage. We will use a road kill deer for hands-on experience. Included in this class is a basic step book for quick reference. Deer cutting supplies will be available for purchase, everything you need to cut your own deer. We will also do field dressing for a live visual experience like no other.

FAL1	
1 Session	W
Oct 7	7-9pm
\$43	RBMS

Instant Guitar for Busy Adults and Teens

Jordan Herzog, Instant Guitar Now

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give yourself years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to instantguitarnow.com. Required materials fee of \$29 will be collected in class by the instructor for workbook and practice DVD.

FAL10	
1 Session	T
Sep 29	6:30-9 pm
\$30	MVES

Write Your Life Story

Hella Buccheim

Do you remember party lines? Your children and grandchildren use i-chatting so when you tell them about party lines they think you are from Mars. Telling your story helps them understand you and where your family comes from. If you have been putting off writing your own life story this class will get you excited to start. Family stories are what give your family depth, color and a history. They are a unique gift that no one else can give. You do not need to be a great writer for this class. Helpful resources will be discussed. Learn the elements that make an exciting family story from a published author. Get started now before the stories are lost.

FAL03	
1 Session	W
Oct 14	1-3 pm
\$29	MVES-CE

SPECIAL EVENTS



Fall Plant Swap and Sale

Are your perennials taking over your garden? Time to pot them up and trade those multiplying plants in for a new variety! Or maybe you've been suffering from plant envy, induced by that plant in your neighbor's yard, but can't bring yourself to ask them for a "start" or "cutting"? Plan to attend the Farmington Community Education Fall Plant Swap and Sale! Individuals can swap plants or sell to new gardeners for a modest price. Local businesses can also reserve a table for sales. Community Education will provide the space, participants can provide the plants and the swapping.

FASE01	
1 Session	Sa
Sep 26	12-3 pm
\$10	FHS

Grandparent's Night-Time Well Spent with Grandma and Grandpa!

Grades K-5

Join us for a night of holiday crafts, cookies, candy and fun! Kids bring your grandparents (or adopted grandparents) for a great evening! This is a perfect opportunity for mom and dad to get some last minute holiday errands done—or just go out for a nice dinner. Don't miss this opportunity—time passes too quickly! Grandparents are FREE!

FASE03	
1 Session	F
Dec 4	5:30-8:30 pm
\$15	MVES

TRIPS & TOURS



Fall in Harmony Amish Farms and Wares

Enjoy fall scenery and the southern Minnesota Amish community, Harmony. Our two-and-a-half hour guided tour of Harmony includes historical information about the Amish. Visit their farms and purchase baked goods, candy, baskets, furniture and quilts. Enjoy an Angora goat farm that supports a cottage industry. Tour an 1856 country church, the oldest in Fillmore County. Dine at the Harmony House and enjoy a complete luncheon. Nestled in the valley of the Root River is the picturesque town of Lanesboro. Stroll the charming streets or relax near the Root River. Fee includes coach transportation, substantial lunch, guided tour of Harmony and escort. Optional purchases and evening meal are at your own expense. Sorry, no discounts apply. Departure and return: Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley.

FATR1

1 Session	Sa
Oct 17	7:30am-7:30 pm
\$69	SHMS

Inns of New Ulm Holiday Splendor

View New Ulm bed and breakfast inns; Beyer Haus, Bingham Hall, Bohemian and Deutsche Strasse, each showcasing holiday decorations. The inns, constructed in the late 1800's, feature wrap around porches, exquisite woodwork, ornate windows and multiple rooms. Each will offer "A Taste of New Ulm." Featured food will include sausage, fudge and bread made by the local businesses. Prior to the inn tours, enjoy brunch (inclusive) and select from French toast, waffles, bagels, a meat entree, vegetables, potato, desserts and much more. Enjoy shopping at Guten Tag Haus (German gifts including nutcrackers and glass ornaments), Lambrechts Gifts (Christmas items, home decor and more) and The Country Loft (collectibles and dolls). Fee includes inns, food samples, shopping, complete brunch (inclusive), coach bus and escort. Note: You will be walking short distances to three inns close in proximity, dress accordingly. Plan to remove your outdoor footwear at the inns. Sorry, no discounts apply. Departure and return: Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley

FATR2

1 Session	Su
Nov 22	8:45am-6:30 pm
\$69	SHMS



ADULT

Give the Gift of Learning!

Community Education gift certificates may be applied toward the fee or tuition for most Farmington Community Education classes, programs or activities. Gift certificates are available in increments of \$10. Call Farmington Community Education at 651-460-3200 to order yours today.

Don't see a class you're looking for?

Call us and let us know, we're always looking for new class ideas! Call the Community Education Office at 651-460-3200.

Finished with this catalog?

Don't throw it away! Pass it along to an interested friend. We rely upon our friends to help us spread the word of programs to those who may benefit from them and have not received a catalog. Need information? Call 651-460-3200.



Need to rent a meeting room or gym?

The School Board of District 192 recognizes that its buildings and grounds are important community resources that play a vital role in the life of district residents and organizations. Accordingly, the School Board encourages and welcomes responsible community organizations, associations and individuals to use district facilities for appropriate civic, cultural, welfare or recreational activities that do not interfere with or hinder the operations and interests of the school district.

The school board authorizes the Community Education Department to schedule and supervise the community's use of school district buildings, grounds and equipment as allowed by this policy.

To request a District 192 facility you can go online at www.farmingtonCE.com, click on facilities and fill out the online request form. You can also call the Community Education Office at 651-460-3200.

FAMILY FINANCES

Retirement Unlimited!

Aaron Fulton

You can plan now for a more secure financial future! Learn about the four most common retirement concerns facing America today, and how today's shifting economic and demographic trends will influence your investments. Get answers for eight critical questions about retirement. Find out how to help protect your assets from taxation and be more able to pay for rising health care costs. You may avoid costly mistakes, and make the most of your money!

Aaron Fulton has been in financial services for 9 years. He helps clients manage accumulation and distribution. He's completing his Master of Science Degree in Financial Services.

FAW02

3 Sessions	T
Nov 10-Nov 24	6:30-9 pm
\$19	MVES-CE

Write Your Own Will

Sally Mortenson, Attorney

Who would raise your children if you died? Who will be your executor? Without a will, the laws in Minnesota and a judge make all of the decisions. Whether you're married, widowed, single or divorced, it's important to have a will to make sure your wishes (and not those of the State) are carried out. Learn about estates and wills, and prepare a complete legal will in class. You will be provided with all instructions, a professionally prepared form, witnesses and a notary public - all of the tools necessary to complete this important document. Class is for people who have an estate of less than \$700,000 (including life insurance) and who don't own a business. *Cost of a work packet (\$4) is included in the tuition. Couples need to register individually.

FAW01

1 Session	Th
Dec 3	6:30-9 pm
\$45	MVES-CE





Learn English ESL/ELL



This class is for all levels of English Language learners. We can help you improve your basic vocabulary, reading, writing and conversation in English. We offer flexible morning and evening classes that are free. You may start at anytime! Call 651-460-3211 for more information.

English Second Language ESL/ELL

M T W Th
Sep 14–Dec 17 9–11:30 am
ISC Room 201

T Th
Sep 14–Dec 17 6–8:30 pm
ISC Room 201

DAKOTA PRAIRIE ABE ADULT BASIC EDUCATION

Fall Session September 14 – December 18

ABE offers programs for adults who want to finish high school and prepare for college and/or improve their English language skills.

Begin now to move ahead in your job, or prepare for further education. Classes are free and you may start at anytime. For more information you can call 651-460-5085.

Earn your GED

Reach your goal of obtaining a GED by attending our small, informal classes. Let us help you pick up where you left off! Earn your GED to start on the road to a better job or further your education.

GED Prep

M Sep 14–Dec 14 6–8:30 pm ISC Room 201

Learn Online

Work on GED preparation, college preparation, English, math, reading and writing skills, 24-7 online. Attend an orientation and testing session at our ABE classroom and start your education on your own time when and where it's convenient for you! E-mail kvien@farmington.k12.mn.us for more information.

Family School



Family School is for non-native speaking families with children birth to 5 years old. Improve English skills and learn early literacy techniques for your child in this class centered on enhancing parenting, life and job skills. Bring your early childhood age children to class and learn together.

10 Sessions T
Sep 15–Nov 17 12:30–2 pm
No Charge ISC



AQUATICS



Dodge Middle School Pool

Swim Lessons Held at Dodge Middle School

(formerly Farmington Middle School West)

Fall lessons, Saturdays, September 12-October 31.

Register on-line at www.farmingtonCE.com

Group lessons - \$44 per person, Semi-Private lessons - \$84 per person

Please Note: In accordance with our district's energy conservation plan, the temperature of the pool is kept at 80°F for fall and winter lessons.

Open Swim

Saturdays, 1-3 pm

Sept 12-Dec 12,
NO Open Swim Nov 7 & 28
Special Open Swim events Oct 30 & 31.

Non School Day Open Swims

Oct 15, 16 & 19 from 12-2 pm

Adult Open Swim

Most Tuesdays and Thursdays during the school year for those 18 and older.

Sept 10-Dec 17, 11:30 am-12:30 pm
Skip Oct 15 & Nov 26

Open Swim Fees: \$3 per person
Children under age 8 must be with a parent or guardian.
Please pay someone in the pool office.

Pool Rental

The pool at Dodge Middle School can be rented for things like birthday parties or team parties. \$135 covers all costs (including lifeguards) for a two hour party of up to 49 swimmers. Contact the pool with questions. Call the Community Ed office at 651-460-3204 to reserve your date today.

Contact information

Register by phone 651-460-3200
To register on-line

www.farmingtonCE.com

To reserve the pool for a party
651-460-3204

Pool Office
651-460-1515

Colm Griffin, Aquatics Coordinator
651-460-1515
E-mail: cgriffin@farmington.k12.mn.us

3rd Annual Haunted Pool Dive-in Movies

**Friday and Saturday,
October 30th & 31st**

Haunted Pool Monster Bash Dive-in Movie!

Grades 5- 9

Put on your favorite costume and come watch the Addams Family as you swim and float in a haunted pool! Enjoy fun food and lots of games. Be sure to watch out for the Thing! The pool lights will be dimmed for this special open swim. For those who are brave enough, a "doomed" boat ride is available on the SS Black Lagoon. There will be an underwater treasure hunt in the DARK for ghoulishly cool prizes. Come with your friends, dressed to scare! (Costumes are not required.) NOTE: Due to the unique nature of this party, there will be 8+ lifeguards on duty.

4510-F9

Fri

Oct 30

7-9 pm

\$4 per person

\$5 after Oct 27 and at the door

Splish Splash and Monster Mash Dive-in Movie!

4th Grade and Younger

Swim or float while watching Sully and Mike try to return Boo to her bedroom in Monsters, Inc. There will be tricks and treats for all the kids. Kids and parents are welcome to wear costumes. The pool lighting will be intentionally dimmed for this special open swim. Try your hand at frightening games, if you dare! There will be costume and coloring contests.

4531-F9

Sat

Oct 31

1-3 pm

\$4 per person,

\$5 after Oct 27 and at the door

Dodge Middle School Pool Rules...

Be Cool, Follow the Rules

General Rules

- ◆ Never go into the pool unless lifeguards are on duty
- ◆ No running on the deck
- ◆ NEVER push someone into the pool
- ◆ No glass in the pool or on the deck
- ◆ Keep ladders and steps clear
- ◆ Starting blocks may not be used during open swim

In the Water

* Please be courteous to others in the pool

- ◆ No rough play - no hitting anyone with noodles - no sitting on other's shoulders
- ◆ All toys must stay in the shallow end
- ◆ No jumping onto the big colorful mats - climb onto mats after you are in the water
- ◆ No inflatable arm bands "water wings" allowed
- ◆ Lifejackets are welcome
 - a patron must wear a lifejacket if directed to by the Head Lifeguard
 - those with lifejackets on must always be with someone 11 or older
 - those with lifejackets on must get permission from the Head Lifeguard to be in the deep end or go off a diving board

Diving Board Rules

- ◆ No wearing goggles when using the diving boards
- ◆ Only one person on the diving board at a time
- ◆ Look before you jump or dive
- ◆ Only one bounce
- ◆ Jump or dive straight out from the end of the board
- ◆ Once in, swim towards shallow end or ladders at side
- ◆ No back dives or reverse dives
- ◆ No catching divers off of a board

Basketball Rules

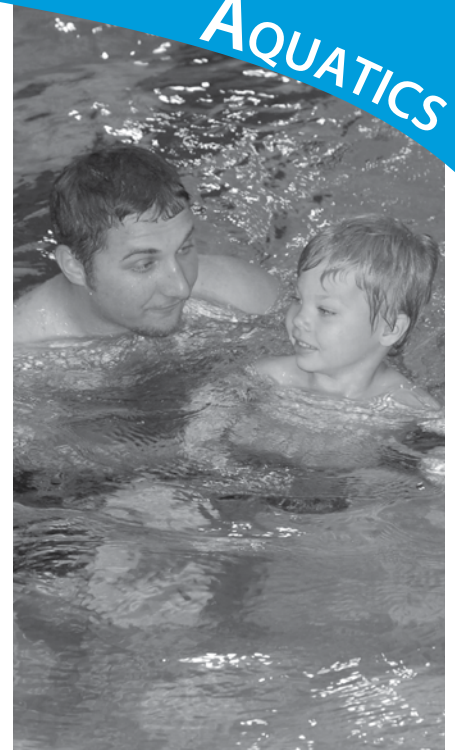
- ◆ 1. Only shoot from in the water
- ◆ 2. No hanging on the rim

Lifeguard Signals

- ◆ 1 whistle = stop and look
- ◆ 3 whistles = everyone stop and get out

Patron safety is the highest responsibility of the staff at the pool at Dodge Middle School

The Head Lifeguard has both the right and the responsibility to remove anyone not able or willing to comply with these rules. If you have any questions or concerns about these rules, please contact the Aquatics Coordinator at 651-460-1515.



LAP SWIM & WATER EXERCISE

Lap Swim

Those who just want to swim laps may choose a lane and swim at your own pace. You simply share the pool with the water exercise class. Fins and kickboards are available for use.

Water Exercise

Raise your heart rate and lower your stress. Includes stretching and exercises to tone and strengthen all sorts of muscles to feel great. The resistance of the water works muscles without putting extra pressure on joints. Flotation belts, kickboards, fins, and more allow for both shallow and deep-water workouts. Swimming skills are not necessary.

\$5 drop-in fee OR buy a punch card good for ten dates for \$45.

Tuesdays and Thursdays,
August 18 through December 17
(Skip November 26th)
5:30–6:30 am



Newly Revised American Red Cross Swimming and Water Safety Program

As of June 2009, we implemented the newly revised American Red Cross Swimming and Water Safety program. It provides parents and children with vital information about drowning prevention and water safety. The program continues the proud tradition of teaching people to swim and be safer in, on and around water.

In addition, the program includes courses for all age groups and varying abilities, as well as a variety of courses and presentations to help teach all age groups how to enjoy the water safely and how to stay safe in the event of an emergency. There are a few new courses and some similar to previous ones. PLEASE read the revised course descriptions carefully.

Starfish

(Parent & Child Lessons)

Starfish is a combination of the NEW American Red Cross Parent and Child Aquatics Level 1 and Level 2 courses. Here at Dodge Middle School, we offer it to young children (ages 12 months up to about 4 years) who are reluctant to enter the water without support from a parent. It is designed to give parents safety information and teaches techniques to help them introduce their children to the water. It also provides a variety of safety information and direction regarding how to supervise water activities. Parents and children practice in guided practice sessions that help children learn elementary skills, including: water entry, bubble blowing, front kicking, back floating, underwater exploration, and more. The program is not designed to teach children to become good swimmers or even to survive in the water on their own.

Note: A parent or caregiver must accompany each child into the water.

4500-F9

8 Sessions	Sa
Sep 12-Oct 31	9:50-10:20 am
\$44	LDMS

Seahorses

Preschool Aquatics #1

This NEW course orients preschool age children to the pool and develops some basic swimming and water safety skills. Each preschool class will have a maximum of six students per instructor. Skills include entering and exiting the water safely; blowing bubbles; submerging mouth, nose, and eyes; arm and leg actions on front and back; front and back glides; wearing a life jacket; and more.

Prerequisites: None.

Please note: this course is specifically intended for 4 and 5 year olds that are comfortable in the water without assistance from a parent or guardian.

4501-F9

8 Sessions	Sa
Sep 12- Oct 31	9:10-9:40 am
\$44	LDMS

Clownfish

Preschool Aquatics #2

This NEW course helps preschool age children gain independence in skills and develop more comfort in and around the water. Each preschool class will have a maximum of six students per instructor. Skills include entering and exiting the water; bobbing; opening eyes under water; front and back floats and glides; treading water; finning arm action; combined arm and leg actions on front and back; and more.

Prerequisites: Successfully demonstrate exit skills from Seahorses.

Reminder: please note that this course is specifically intended for 4 and 5 year olds.

4502-F9

8 Sessions	Sa
Sep 12- Oct 31	9:10-9:40 am
\$44	LDMS

Rainbowfish

Preschool Aquatics #3

In this NEW course, preschool-age children start to gain basic swimming propulsive skills to be comfortable in and around water. Each preschool class will have a maximum of six students per instructor. Skills include jumping in; submerging and holding breath; front and back floats & glides and recovery; changing directions while swimming; treading water; swimming on front and back 5 body lengths; reaching assists; and more.

Prerequisites: Successfully demonstrate exit skills from Clownfish.

Reminder: please note that this course is specifically intended for 4 and 5 year olds.

4503-F9

8 Sessions	Sa
Sep 12- Oct 31	9:10-9:40 am
\$44	LDMS



Finished With This Catalog?

Don't throw it away! Pass it along to an interested friend. We rely upon our friends to help us spread the word of programs to those who may benefit from them and have not received a catalog. Need information? Call 651-460-3200.



AQUATICS

Adapted Swim Lessons

This program provides a safe learning environment for students with mild disabilities. While students follow the outlines from one of the Learn-to-Swim levels, modifications are made to strokes and skills as necessary. A specially designed hydraulic lift allows us to accommodate participants who have difficulty entering the pool on their own. Please contact the Aquatics Coordinator to discuss any special needs. This helps us prepare to teach the safest and most appropriate lessons possible.

4504-F9

8 Sessions	Sa
Sep 12- Oct 31	9:10-9:40 am
\$44	LDMS

Semi-Private Lessons

More individualized attention will be given to students as they learn skills and strokes with confidence. Classes will have a maximum of two students per instructor. Once participant's "level" is determined, they will work towards earning a passing certificate.

4506-F9 (Levels 1-3)

8 Sessions	Sa
Sep 12- Oct 31	12:15-12:45 pm
\$84	LDMS

4507-F9 (Levels 4-6)

8 Sessions	Sa
Sep 12- Oct 31	12:15-12:45 pm
\$84	LDMS

Adults 18 Years & older should call the pool office (651-460-1515) to make arrangements.

GuardStart

Is your child already a swimmer and looking for a new challenge? Perhaps they've thought about being a lifeguard someday. This Red Cross program provides a foundation of aquatic and leadership knowledge, attitude and skills for future completion of the Red Cross lifeguarding course.

The GuardStart program does NOT give participants the information and skills they need to be a certified lifeguard.

Prerequisites: Minimum age of 11 years and have completed 5th grade. Swim front crawl 25 yards, tread water for 1 minute, and submerge and swim underwater for 10 yards.

4518-F9

8 Sessions	Sa
Sep 12- Oct 31	12:15-12:55 pm
\$49	LDMS

Introduction to Springboard Diving

Develop and improve basic skills required for springboard diving. Skills include stretching exercises; approach and hurdle techniques; press and lift; forward jump-tuck position; forward dive-tuck position; and backward jump-tuck position. Additional skills and dives will be added as necessary for returning participants.

Prerequisites: Ability to comfortably swim 25 yards and do a head first dive from the edge of the pool.

4509-F9

8 Sessions	Sa
Sep 12- Oct 31	11:25am-12:05 pm
\$84	LDMS

AQUATICS



GROUP LESSONS

LEVEL 1

Introduction to Water Skills

This course helps students feel comfortable in the water and to enjoy the water safely. Skills include entering and exiting the water; submerging mouth, nose, and eyes; blowing bubbles; floating on front and back; swimming on front and back using arm and leg actions; using a life jacket; and more.

Prerequisites: Comfortable in the water without assistance from a parent or guardian.

4511-F9

8 Sessions	Sa
Sep 12- Oct 31	9:50-10:25 am
\$44	LDMS

LEVEL 2

Fundamental Aquatic Skills

Your child will gain success in fundamental skills. Skills include entering shallow end from side; exiting water safely using steps, ladder, and side; submerging entire head; retrieving a submerged object; floating on front and back; front and back glides; rolling over from front to back and back to front; treading water using arm and leg actions; moving in the water wearing a life jacket; swimming on front and back for 5 body lengths; and more.

Prerequisites: Successfully demonstrate Level 1 exit skills.

4512-F9

8 Sessions	Sa
Sep 12- Oct 31	10:35-11:15 am
\$44	LDMS

LEVEL 3

Stroke Development

Your child will build on skills learned in level 2 and venture into deeper water. Skills include jumping into deep water from the side; diving from the side of the pool from sitting or kneeling position; bobbing to safety; rotary breathing; treading water, survival float, and back float for 30 seconds each; swimming a width of the pool on front, back, and side; reaching assists; and more.

Prerequisites: Successfully demonstrate Level 2 exit skills.

4513-F9

8 Sessions	Sa
Sep 12- Oct 31	11:25 am-12:05 pm
\$44	LDMS

LEVEL 4

Stroke Improvement

Your child will develop confidence in skills learned as well as continue to learn new skills. Skills include diving from the side of the pool from compact and stride positions; swimming under water for 3-5 body lengths; feet-first surface dives; open turns at the wall; survival swimming for 30 seconds; treading water for 2 minutes; reaching and throwing assists; and more. Swimming Requirements: Front crawl and elementary backstroke 25 yards; back crawl, butterfly, breaststroke, and sidestroke 15 yards.

Prerequisites: Successfully demonstrate Level 3 exit skills.

4514-F9

8 Sessions	Sa
Sep 12- Oct 31	11:25 am-12:05 pm
\$44	LDMS

LEVEL 5

Stroke Refinement

Your child will work on coordination and refinement of strokes. Skills include standing and shallow-angle dives from the side of the pool; head-first surface dives; flip turns; sculling; treading water for 5 minutes; performing rescue breathing (on a manikin); and more. Swimming Requirements: Front crawl and elementary backstroke 50 yards; back crawl, butterfly, breaststroke, and sidestroke 25 yards.

Prerequisites: Successfully demonstrate Level 4 exit skills.

4515-F9

8 Sessions	Sa
Sep 12- Oct 31	10:35-11:15 am
\$44	LDMS

LEVEL 6

Personal Water Safety

Your child will continue refining strokes to achieve a smooth, efficient motion and will learn valuable safety information to help everyone in the family stay safer in, on and around the water. In addition to stroke practice, skills include surface dives; back float and survival float for 5 minutes each; survival swimming for 10 minutes; treading water (kicking only); turns; and more.

Swimming Requirements: Front crawl and elementary backstroke 100 yards; back crawl, breaststroke, sidestroke, and butterfly 50 yards. Exit skills include a 500 yard swim.

Prerequisites: Successfully demonstrate Level 5 exit skills.

4516-F9

8 Sessions	Sa
Sep 12- Oct 31	10:35-11:15 am
\$44	LDMS

Don't see a class you're looking for?

Call us and let us know, we're always looking for new class ideas! Call the Community Education Office at 651-460-3200.



ZAP the ACT!

ZAPS Learning Company

Grades 11-12

This five hour workshop is designed to prepare students for the ACT college admission test. Students will learn general test-taking skills, strategies for handling each type of question, optional essay pointers and suggestions on how to practice for the test. A competitive score on the ACT can open new opportunities for the college bound student. Students must register on-line for this course offering at www.zaps.com or call 1-877-927-8378.

ZAPSA

1 session	Sa
Oct 10	9 am-3 pm
\$85	FHS

Learn the Math Facts the Easy Way!

Nancy Kodelka

Grades 2-5

Listen carefully and you will have all the memory tricks that will make adding, subtracting and multiplying easy. Parents are welcome at no charge and encouraged to attend with their child. First night covers adding and subtracting. Second night, we will cover multiplying. After the class the math facts will be a piece of cake! Please bring a notebook and pencil to class.

FYMATH1

2 sessions	M, T
Nov 9-Nov 10	6:30-8 pm
\$32	RVES

Math, Math and More Math!

REACH Education Solutions

Grades 1-3 and Grades 4-5

Addition. Subtraction. Dollars and Cents. Word Problems. All these math concepts are enough to keep anybody's head spinning! We will aim for "Mathematical Success" as we work on math concepts through fun games and activities. Your self esteem will soar as we work on "Magnificent Math." See you there! Please note your child's current grade in the registration notes. Students will be grouped according to grade levels. Limit 15

FYMATHM1

7 sessions	Th
Sep 24-Nov 19	3:35-4:35 pm
\$48	MVES-CE
No class Oct 8 & 15	

FYMATHF1

7 sessions	M
Sep 28-Nov 16	3:35-4:35 pm
\$48	FES
No class Oct 19	

FYMATHR1

7 sessions	T
Sep 29-Nov 17	3:05-4:05 pm
\$48	RVES
No class Oct 13	

FYMATHA1

7 sessions	W
Sep 30-Nov 11	3:45-4:45 pm
\$48	ARES

FYMATHN1

7 sessions	W
Sep 30-Nov 11	3:05-4:05 pm
\$48	NTES

Read Aloud

Bibi Karim

Grades 3-5

Students will learn strategies to improve reading comprehension skills in an engaging, relaxed environment, while exploring quality, award winning, and age appropriate text. Sessions will culminate with complementary activities. Limit 15

FYREAD

8 sessions	W
Sep 30-Nov 18	3:45-4:45 pm
\$38	ARES

Conversational Spanish I

Futura Language Professionals

Grades K-5

Using books, games, songs and crafts, this dynamic introduction to the Spanish language will encourage not only language learning, but also a love of culture. The primary focus will be on building basic conversation skills and beginning, age appropriate vocabulary.

Your child will learn how to ask and answer basic questions in Spanish, speak briefly about his or her family, count from 1-100 and correctly recite the Spanish alphabet.

This class will also include a brief introduction to the countries which speak Spanish. Limit 15

FYSPMV1

10 sessions	M
Sep 28-Dec 14	3:35-4:35 pm
\$125	MVES-CE
No Class Oct 19 & Nov 30	

FYSPFE1

10 sessions	T
Oct 6-Dec 15	3:35-4:35 pm
\$125	FES
No Class Oct 13	

FYSPRV1

10 sessions	T
Oct 6-Dec 15	3:05-4:05 pm
\$125	RVES
No Class Oct 13	

FYSPAR1

10 sessions	W
Oct 7-Dec 16	3:45-4:45 pm
\$125	ARES
No Class Nov 25	

FYSPNT1

10 sessions	W
Oct 7-Dec 16	3:05-4:05 pm
\$125	NTES
No Class Nov 25	

YOUTH



Conversational Spanish II for Children

Futura Language Professionals

Grades 1-5

This lively continuation of the Spanish I course will continue to build on previous conversation skills. Your child will learn how to talk about and reference colors, ask questions and discuss daily and monthly weather, and appropriately discuss the seasons and their weather patterns. Additionally, he or she will be able to converse about and point to all of his or her body parts and use short phrases to discuss them. Moreover, the course will introduce clothing. Using conversational methods, your child will be able to discuss the type and color of clothing he or she is wearing and how it relates to the weather. Finally, we will learn the vocabulary related to animals and learn how to ask and answer questions regarding pets and favorite animals. Students must have completed Spanish I to enroll in this course. Limit 15

FYSPNT2

10 sessions M
Sep 28-Dec 14 3:05-4:05 pm
\$125 NTES
No class Oct 19 & Nov 30

FYSPMV2

10 sessions T
Oct 6-Dec 15 3:35-4:35 pm
\$125 MVES-CE
No class Oct 13

Explore China

Li Hong Song

Curious about China, its language and culture? Join us and have fun while learning the Chinese language. This class will teach the most commonly used Chinese characters, introduce you to Chinese calligraphy, art and sing popular English songs in the Chinese language. Open more doors for the future; expose yourself or your child to the most popular language on earth. Limit 10

FYCHINA1

7 sessions M
Sep 28-Nov 16 3:05-4:05 pm
\$70 RVES
No class Oct 19

FYCHINA2

7 sessions T
Sep 29-Nov 17 3:05-4:05 pm
\$70 NTES
No class Oct 13

Extreme Legos: Drum Pedals and Hospital Beds

Youth Enrichment League

Grades 1-5

ALL NEW PROJECTS! ALL NEW CURRICULUM!! Build motorized windshield wipers and conveyor belt. Design your own drum pedal and hospital bed. Challenge every aspect of your creativity and intellect while learning the basics of engineering and physics. Students in each class are given a different project to build, test and modify. The projects implement basic ideas of pulleys and levers. This class is as fun as it is inventive!. Limit 16

FYLEAR

6 sessions T
Oct 6-Nov 17 3:45-4:45 pm
\$60 ARES
No class Oct 13

FYLENT

6 sessions W
Oct 7-Nov 11 3:05-4:05 pm
\$60 NTES

FYLEMV

6 sessions Th
Oct 22-Dec 3 3:35-4:35 pm
\$60 MVES-CE
No class Nov 26

FYLEFE

4 sessions W
Nov 18-Dec 16 3:35-4:35 pm
\$40 FES
No class Nov 25

FYLERV

6 sessions M
Oct 5-Nov 16 3:05-4:05 pm
\$60 RVES
No class Oct 19

Give the Gift of Learning!

Community Education gift certificates may be applied toward the fee or tuition for most Farmington Community Education classes, programs or activities. Gift certificates are available in increments of \$10. Call Farmington Community Education at 651-460-3200 to order yours today.

DESTINATION IMAGINATION

Grades 3 - 12

Destination ImagiNation is the world's leading competitive creativity, teamwork and problem solving experience for young people from grade three through high school. Every season teams of up to seven participants compete regionally in Rochester, generally the first Saturday in March with the goal of advancing to the state tournament in Chaska in mid-April and ultimately to the Global Finals at the University of Tennessee, Knoxville in late May.

Teams work together for several months to create their solutions to Team Challenges, which can have theatrical, structural, improvisational, scientific or technical focuses. Teams also learn and practice creative quick-thinking skills for the Instant Challenge portion of the program. Only the members of the team (not their parents or managers) may have input into their solutions.

Competition levels are broken down as follows: Elementary: Grades 3 through 5, Middle School: Grades 6 through 8, High School: Grades 9 through 12. Farmington students and their parents/guardians are invited to attend an orientation meeting on Tuesday, October 6 at 7 pm in the Meadowview Elementary School Cafetorium to find out more about the Destination Imagination program and challenges. Registration forms and audition packets will be available at this meeting. Team managers are all volunteers and each team of up to seven will have two team managers. The number of teams formed depends upon how many volunteers are willing to co-manage a team.

If you have questions, please contact Julianne Almquist at 651-463-3124 or go to the Destination ImagiNation website at www.idodi.org.



Mad Science® Crazy Chemworks

Mad Science

Grades 1-5

This action packed program explores the chemistry of everyday life. It is bubbling over with classic experiments and crazy concoctions. With spectacular hands-on activities with real lab equipment, stunning demonstrations and inquiry-based discussions, students learn and apply the concepts and techniques like a real chemist. Crazy Chemworks is the perfect introduction to elementary chemistry.

FYMSNT

6 sessions	M
Oct 5-Nov 16	3:05-4:05 pm
\$73	NTES
No class Oct 19	

FYMSMV

6 sessions	W
Oct 7-Nov 11	3:35-4:35 pm
\$73	MVES-CE

FYMSAR

6 sessions	T
Oct 20-Nov 24	3:45-4:45 pm
\$73	ARES

FYMSFE

6 sessions	Th
Oct 22-Dec 3	3:35-4:35 pm
\$73	FES
No class Nov 26	

FYMSRV

6 sessions	F
Oct 23-Dec 4	3:05-4:05 pm
\$73	RVES
No class Nov 27	

Grandmasters of Chess

Youth Enrichment League

Grades K-5

New students welcome! Returning students bring your Rookie or Pro Book and your chess club dollars. Develop the brain bending strategies of a brilliant and complex game! New students will work on piece movement and basic checkmate patterns. Returning students begin work on opening development as well as skewers, forks and pins. Our activity books, puzzle-sheets, tournaments, interactive games and enthusiastic lessons give students all of the proficiency they'll need to become a Grand Master of Chess!

FYCHNT

6 sessions	M
Oct 5-Nov 16	3:05-4:05 pm
\$60	NTES
No Class on Oct 19	

FYCHMV

6 sessions	T
Oct 6-Nov 17	3:35-4:35 pm
\$60	MVES-CE
No Class on Oct 13	

FYCHRV

6 sessions	W
Oct 7-Nov 11	3:05-4:05 pm
\$60	RVES

FYCHAR

6 sessions	Th
Oct 22-Dec 3	3:45-4:45 pm
\$60	ARES
No class Nov 26	

YOUTH



ART

Abrakadoodle Fantastic Fall Art

Abrakadoodle Staff

Grades K-5

Abrakadoodle introduces children to a wide variety of art materials and art techniques and inspires kids to reach beyond and create unique art. This fall we'll learn about mono printing, watercolors, perspective, the artist LeRoy Neiman and how to use chalk pastels. We will also sculpt African masks with clay, paint a lion using a unique painting technique and try out one of our new drawster lessons to sharpen our drawing skills. Our featured artists are Winslow Homer, Heinz Kirchner and Natasha Westcoat. ALL NEW LESSONS FOR 2009.

FYABRAR

8 sessions M
Sep 28-Nov 23 3:05 -4:05 pm
\$105 RVES
No Class Oct 19

FYABRAM

8 sessions T
Sep 29-Nov 24 3:35 -4:35 pm
\$105 MVES-CE
No Class Oct 13

FYABRANT

8 sessions Th
Oct 22-Dec 17 3:05 -4:05 pm
\$105 NTES
No Class Nov 26

Watch Me Draw!

Save \$10 when you sign up for Both Drawing Classes

Take both Watch Me Draw! AND Watch Me Draw Discovery Kids!

Ten sessions total for \$102... a \$10 savings

Register by calling the Community Education Office
at 651-460-3200 for this special rate.

Watch Me Draw!

Grades K-5

Be productive, creative and educated after school with Watch Me Draw! You will learn actual drawing techniques and put them to practice as we draw HOT NEW LESSONS this fall! You will take home a finished masterpiece each week while exploring a variety of styles, techniques and media. Frame it! Gift it! Love it! Your own art created with the power tools of a traditional approach taught in a fun and noncompetitive manner. Watch Me Draw! provides a progressive art-enriched experience designed to build solid drawing skills and artistic confidence in each child. Nothing to bring or buy; all supplies included.

FYWMDM

7 sessions M
Sep 28-Nov 16 3:35-4:35 pm
\$75 MVES-CE
No Class Oct 19

FYWMDNT

7 sessions T
Sep 29-Nov 17 3:05-4:05 pm
\$75 NTES
No Class Oct 13

FYWMDR

7 sessions W
Sep 30-Nov 11 3:05-4:05 pm
\$75 RVES

FYWMDF

7 sessions W
Sep 30-Nov 11 3:35-4:35 pm
\$75 FES

FYWMDA

7 sessions Th
Oct 1-Dec 3 3:45-4:45 pm
\$75 ARES
No Class Oct 8, 15 & Nov 26

Watch Me Draw! Discovery Kids!

Grades K-5

Stamp it, stencil it, squash it, draw it, paint it....DISCOVER IT! In DK Art Club, you will do it all. Design, paint and wear a tee shirt created by you. Take home a dazzling piece of art using acrylics on canvas board. You might be a sculptor, potter, embosser, illustrator and more! Explore the diversity in art and the different outlets for expressing your creativity with new projects each session. Complete 3-5 art creations per session. Please dress for mess, prepare for fun!

FYWMDK5

3 sessions F
Dec 4-Dec 18 3:45-4:45 pm
\$37 ARES

FYWMDK1

3 sessions M
Dec 7-Dec 21 3:35-4:35 pm
\$37 MVES-CE

FYWMDK2

3 sessions T
Dec 8-Dec 22 3:05-4:05 pm
\$37 NTES

FYWMDK3

3 sessions W
Dec 9-Dec 23 3:35-4:35 pm
\$37 FES

FYWMDK4

3 sessions W
Dec 9-Dec 23 3:05-4:05 pm
\$37 RVES



Knitter Critters

REACH Education Solutions

Grades 3-5

Come join me as we venture into the popular world of knitting! Together we'll learn the basics of this amazing lifetime skill and make some awesome projects, such as a scarf, hat, and even a blanket! Get your fingers ready, because here we come! See you for "Knitter Critters!". Fee includes knitting needles and yarn.

FYKKNT

5 sessions M, T, W, Th, F
Oct 26-Oct 30 3:05-4:35 pm
\$48 NTES

FYKKAR

5 sessions M, T, W, Th, F
Nov 2-Nov 6 3:45-5:15 pm
\$48 ARES

FYKKMV

5 sessions M, T, W, Th, F
Nov 9-Nov 13 3:35-5:05 pm
\$48 MVES-CE

FYKKRV

5 sessions M, T, W, Th, F
Nov 16-Nov 20 3:05-4:35 pm
\$48 RVES

FYKKFE

5 sessions M, T, W, Th, F
Dec 7-Dec 11 3:35-5:05 pm
\$48 FES

Theatre Production of Snow White

The Play's the Thing Productions

Grades 2-9

This performance-based program encourages students to develop artistic and personal skills through the exploration of their own expression. The course cultivates stage presence, performance technique and an appreciation of the performing arts. Soft leather shoes are recommended for all rehearsals and performances. A funnier twist to the old Fairy Tale with all of the characters you love, Snow White, 7 funny little men, the absent minded king, King Absent-Minded, Bella his new wife, part queen, part witch. And far more funny than frightening, Maid Dim Witty and the handsome and conceited Prince Goodhearted. There are also all of Snow White's animal friends with some new characters, and finally, Miss Time, daughter of Father Time, who keeps the play and the characters moving along. Students will perform the play on October 30 and 31 at Boeckman Middle School. Admission will be \$6 for adults and \$5 for children.

FYTSNOW	Auditions/Rehearsals	1-3 pm	Sa
	Sep 12-Oct 31	\$125	RBMS

Auditions/ Rehearsals

Saturdays 1-3 pm
September 12, 19 & 26, October 3, 10 & 24

Additional Rehearsals

6-8:30 pm
October 21, 22, 26 & 29

Performances

Friday, October 30 at 7 pm & Saturday, October 31 at 1 pm



Looking for Private Music Lessons?

Check out the Farmington Music Academy
on page 30.

YOUTH



FITNESS AND RECREATION

Kung Fu

National Treasure Kung Fu Inc., Directed by Al Lam,
a former Hong Kong champion with over 30 years teaching experience.

This is a year-round progressive training program. Certification from White to Black Belt is available. Not just a kicking, punching, self-defense class, Kung Fu will teach awareness of self and your surroundings and will improve your self-esteem and confidence. Join a fun, non-competitive, full participation class that will focus on helping students develop leadership, discipline, concentration, and coordination skills for a healthy mind and body. Learn the lifelong benefits of Kung Fu—the Chinese art of fitness and self-defense. Note: qualified instructor's aides are used in the teaching of this course. Parents are welcome to join and progress in the youth classes. Adult classes are also available following youth classes.

7 sessions	Mondays	RBMS	Oct 12-Dec 7 No class Oct 19 & Nov 30
FYF1E	Beginners	6:15-7 pm	\$69
FYF1F	White-Yellow Belt	6:15-7 pm	\$69
FYF1G	2nd Yellow-Black Belt	7-7:45 pm	\$69
7 sessions	Thursdays	RBMS	Oct 1-Dec 3 No class Oct 8, 15, Nov 26
FYF1A	Beginner	6:15-7 pm	\$69
FYF1B	White-Yellow Belt	6:15-7 pm	\$69
FYF1C	2nd Yellow-Black Belt	7-7:45 pm	\$69
FYF2A	Instruments & Sparring	7:45-8:30 pm	\$69

Cheer America

Ages 4-16

Cheer America is an exciting cheerleading and dance program. We teach popular cheers, chants, jumps, leaps, splits, pompon/dance routines, parade marching techniques and other skills involved in performance, competition and school cheerleading team tryouts. We promote physical fitness, respect for others, self-esteem and working as a cooperative team member. Students are grouped into classes by age and/or experience level. There is a recital for parents, families, and friends on the last day of class. Students pay a one time registration fee of \$4 and then pay a \$6 fee for each weekly session, payable the night of the class.

Registration

Students can register on any day class meets or on Registration Day: Thursday, September 17

Meadowview Elementary Cafetorium

6:30 pm - 7:15 pm Ages 4-8

7:30 pm - 8:30 pm Ages 9+

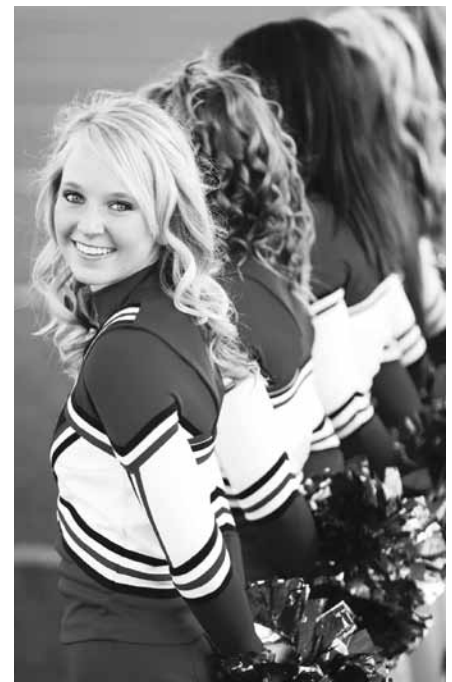
Class Dates

Sept 24

Oct 1, 22, 29 (No class Oct 8 & 15)

Nov 5, 12, 19 (No class Nov 26)

Dec 3, 10, 17





Self Defense & Safety Awareness

Young Americans School of Self Defense

Ages 4-14

Young Americans School of Self Defense teaches children a non-aggressive, interesting and exciting self-defense/safety awareness program. New students earn a yellow belt at the conclusion of the 11 week session, and ranking students earn higher belts.

Students pay a one-time registration fee of \$4, and then pay a \$6 fee for each weekly session, payable day of class. Students can register on any day class meets or on Registration Day: Saturday, September 19

1-1:45 p.m Dodge Middle School
Wrestling Room

Classes meet Sept 26, Oct 3, 10, 24, 31
Nov 7, 14, 21 and Dec 5, 12, 19
No class Oct 17 & Nov 28

High Reach Hip Hoppers

REACH Education Solutions

Grades K-5

LOOK OUT: HERE COME THE
"HIGH REACH HIP HOPPERS"!!!

Do you have ants in your pants?
How about groove in your step?
We're waiting for you! Come join us
for some hip hoppin' fun as we learn
the basics of hip hop! No more
watching the dance moves - you'll be a
hip hop pro in time for our performance
at the end of the class. So let's get
hoppin' with the HIGH REACH HIP
HOPPERS! You cannot miss this!

FYHHFE

6 sessions	M
Oct 5-Nov 16	3:35-4:35 pm
\$42	FES
No Class Oct 19	

FYHHAR

6 sessions	T
Oct 6-Nov 17	3:45-4:45 pm
\$42	ARES
No Class Oct 13	

FYHHNT

6 sessions	T
Oct 6-Nov 17	3:05-4:05 pm
\$42	NTES
No Class Oct 13	

FYHHMV

6 sessions	W
Oct 7-Nov 11	3:35-4:35 pm
\$42	MVES-CE

FYHHRV

5 sessions	Th
Oct 22-Nov 19	3:05-4:05 pm
\$42	RVES

Teach a Community Education Class

Share your skills and talents by teaching a Community Education class. If you're interested in pursuing this rewarding experience please contact Barb Pierce at 651-460-3203 or email to bpierce@farmington.k12.mn.us.

YOUTH



Planning a birthday or team party?

The pool at Levi Dodge Middle School can be rented for birthday and team parties. \$135 covers all costs (including lifeguards) for a two hour party of up to 49 swimmers. Contact the pool at 651-460-1515 with questions. Call the Community Education office at 651-460-3200 to reserve your date today!

Is your family included on the School District Census?

Has there been a birth in your family? Have you recently moved into your neighborhood? Is there a new family in your neighborhood? District #192 wants all families to know about our programs and activities. Being on the School District Census also ensures that your 3 to 4 year old will automatically receive information about Early Childhood Screening. This also ensures your child is notified with kindergarten materials. To be added to the census please call the School District Census Office at 651-463-5052.



BASKETBALL

1st and 2nd Grade

First and Second grade program will practice and play on Tuesdays and Thursdays at North Trail Elementary School. Practices/game times will rotate between 6 pm start times and 7 pm start times and will vary weekly. Practices/games will be one hour in length. Coaches will provide players with a schedule. Registrations received after September 30 will be charged a \$20 late fee.

FYBB12

24 sessions	T, Th
Nov 3-Feb 4	6-8 pm
\$80	NTES

3rd and 4th Grade Boys

Third and Fourth grade boys program will practice and play on Tuesdays and Thursdays at Boeckman Middle School. Practices/game times will rotate between 6 pm start times and 7 pm start times and will vary weekly. Practices/games will be one hour in length. Coaches will provide players with a schedule. Registrations received after September 30 will be charged a \$20 late fee.

FYBB34B

24 sessions	T, Th
Nov 3-Feb 4	6-8 pm
\$80	MVES-CE

3rd and 4th Grade Girls

Third and Fourth grade girls program will practice and play on Mondays and Wednesdays at Meadowview Elementary School. Practices/game times will rotate between 6pm start times and 7pm start times and will vary weekly. Practices/games will be one hour in length. Coaches will provide players with a schedule. Registrations received after September 30 will be charged a \$20 late fee.

FYBB34G

24 sessions	M, W
Nov 2-Feb 3	6-8 pm
\$80	MVES-CE

5th and 6th Grade Boys

Fifth and Sixth grade boys program will practice and play on Mondays and Wednesdays at Boeckman Middle School. Practices/game times will rotate between 6 pm start times and 7 pm start times and will vary weekly. Practices/games will be one hour in length. Coaches will provide players with a schedule. Registrations received after September 30 will be charged a \$20 late fee.

FYBB56B

24 sessions	M, W
Nov 2-Feb 3	6-8 pm
\$80	RBMS

5th and 6th Grade Girls

Fifth and Sixth grade girls program will practice and play on Tuesdays and Thursdays at Meadowview Elementary School. Practices/game times will rotate between 6 pm start times and 7 pm start times and will vary weekly. Practices/games will be one hour in length. Coaches will provide players with a schedule. Registrations received after September 30 will be charged a \$20 late fee.

FYBB56G

24 sessions	T, Th
Nov 3-Feb 4	6-8 pm
\$80	RBMS

1st- 6th Grade Tournaments

All basketball programs will participate in an End of the Season Tournament on Saturday February 6. Registrations received after September 30 will be charged a \$20 late fee.

Tiger Cubs Camp

Tiger Cubs Camp is for grades Kindergarten, 1 and 2. The goal is for the kids in Farmington to get excited about basketball at a young age. The instructions will be led by our own Farmington High School Coaches. During each session the participants will run through different drills followed by a game. Tiger Cubs Camp will be held on Saturday mornings.

TICUBK	Kindergarteners
4 sessions	Sa
Oct 24-Nov 14	9-9:45 am
\$50	NTES

TICUB1	First Graders
4 sessions	Sa
Oct 24-Nov 14	10-10:45 am
\$50	NTES

TICUB2	Second Graders
4 sessions	Sa
Oct 24-Nov 14	10:45-11:30 am
\$50	NTES



Safe On My Own

Ages 8-11

Children who spend time "home alone" either before or after school are a fast growing group. This course will help give youth ages 8-11 the skills they need to feel more confident about taking care of themselves. Video and discussion points covered include: getting home safely, safely answering the phone and door, first aid pointers. Students **MUST** be age 8 or older by class date.

FYSMO1

1 sessions

Sa

Nov 14

9:30-11:30 am

\$30

LDMS



HEALTH & SAFETY

Babysitter's Training

Ages 11-15

Babysitter's Training has been newly revised by the American Red Cross. The course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. You'll learn to be the best babysitter on the block. Plus, you'll gain the confidence to make smart decisions and stay safe in any babysitting situation.

You'll learn how to: Supervise children and infants, perform basic child-care skills such as diapering and feeding, choose safe, age-appropriate games and toys, handle bedtime and discipline issues, identify safety hazards and prevent injuries, find and interview for babysitting jobs, care for common injuries and emergencies such as choking, burns, cuts and bee stings and communicate effectively with parents.

These cool take-home materials are included in the course fee: American Red Cross Babysitter's Training Handbook, Babysitter's Training Emergency Reference Guide and Babysitter's Training CD-ROM.

Students **MUST** be age 11 years or older by the class date.

Students should bring a bag lunch. Limit 18

FYBSC1

1 session

M

Oct 19

8:30 am-4 pm

\$68

MVES-CE

Students should bring a bag lunch

FYBSC2

1 sessions

M

Nov 30

8:30 am-4 pm

\$68

MVES-CE

Students should bring a bag lunch

FARMINGTON MUSIC ACADEMY

Whether you are a new musician just starting out or an experienced musician looking for improvement, the Farmington Music Academy has a place for you! Fall Lessons begin the week of September 21

Space is limited, sign up for location and time preference online now at www.farmingtonCE.com

All lessons meet weekly. Individual lessons are arranged after the online registration form is submitted.

You will be placed on a waiting list and notified when lesson slots are assigned.

Questions? Contact Marianne Feely mfeely@farmington.k12.mn.us or 651-460-3207

Beginning Guitar Youth group lessons

Youth Enrichment League

Grades 3-5

Join this dynamic course to learn a dynamite instrument! Players will learn the basics of music including reading music, rhythm, melody and meter. We keep the class fun while making the instrument easily accessible for all students. Let the music play!

Parents: please supply your child with a six-string guitar. Call Chet at 952-361-6882 if you would like recommendations for purchasing a guitar. Remind your child to bring the guitar to each class. Students who bring electric guitars should also bring their own amplifier. There will be a mini recital at the end of the session. Parents are invited to attend. Class fee includes \$10 materials fee for books. Limit 12

FMAGAR

8 sessions M
Oct 5-Dec 7 3:45-4:45 pm
\$90 ARES
No class Oct 19 & Nov 30

FMAGRV

8 sessions T
Oct 6-Dec 1 3:05-4:05 pm
\$90 RVES
No class Oct 13

FMAGMV

8 sessions W
Oct 7-Dec 2 3:35-4:35 pm
\$90 MVES-CE
No class Nov 25

FMAGNT

8 sessions Th
Oct 22-Dec 17 3:05-4:05 pm
\$90 NTES
No class Nov 26

Guitar Lessons - Private

Zachery Hollander

Grades 3 and up

Private guitar lessons are now available for students of any age and skill level. Learn to play the songs YOU want to play. Together we will plan out the direction you want to take as you build or improve upon your guitar skills.

FYGUITAR

8 private 30 minute lessons
Sep 22-Nov 9 T
\$172 MVES

Violin, Viola, Cello, Bass

Zachery Pelletier (B.M.E.) - 14 years experience in the public school and private studio settings

Welcome to Orchestra! Learn to play or continue to develop your skills on one of the four instruments of the violin family. Beginners (young and older!) take the first steps in learning posture, position, good practice habits, and lots of fun songs. Intermediate to advanced players develop an individualized program with the instructor to fit their needs and goals. Information on securing an instrument provided before the first lesson.

FMAV1

12 private 30 minute lessons
Sep 22-Dec 15 T
\$255 MVES
No class Oct 13

Installment payments

Based on registration for full year
Payments due on or before
Sept 15, Nov 15, Jan 15 & Mar 15.

Brass Instruments

Greg Lewis

Professional Musician for over 30 years

Grades 6-12

Improve your brass skills by learning more about the physical, technical and creative aspects of your instrument. Lessons are tailored to each student's individual needs. Lessons available for - coronet, trumpet, french horn, trombone, baritone, euphonium and tuba.

FYBRASS1

12 sessions W
Sep 16-Dec 9 3:15-6:15 pm
\$353

Piano

Julia Hipke, Gretchen Porisch and Patricia Steege

Grades K and up

Private 30 minute piano lessons for beginners or intermediate students, scheduled during after school hours.

Mondays - 24 Private lessons

Sept 21 - May 10
\$550 + \$15 registration fee
(Can be paid in 4 installments of \$137.50)

Tuesdays - 28 Private lessons

Sept. 22 - May 11
\$616 + \$15 registration fee
(Can be paid in 4 installments of \$154)

Wednesdays - 30 Private lessons

Sept. 23 - May 12
\$660 + \$15 registration fee
(Can be paid in 4 installments of \$165)

Thursdays - 28 Private lessons

Sept. 24 - May 13
\$616 + \$15 registration fee
(Can be paid in 4 installments of \$154)



Driver Education Training Wheels

Are you looking for a different experience in driver education? Training Wheels Driver Education knows that traffic crashes are the leading cause of death for teen drivers. Learning to drive an automobile is one of the most serious responsibilities a teenager undertakes. This requires a foundation of traffic safety education, parent supervision, and maturity. That is what motivates us to provide the most comprehensive program in Minnesota, and is also why Minnesota's premier safety experts recommend Training Wheels Driver Education.

Comprehensive Teen Package

Includes all of the following for \$399

Classroom Phase: There are 10 - three hour sessions that prepare the student to begin their driving career and to take the Minnesota Instruction Permit Exam.

Behind-The-Wheel Instruction: Students participate in at least 3 - two hour sessions that put students behind the wheel of a car. We provide on-line, hassle free scheduling of behind the wheel appointments.

Parent Participation Seminar: Teen driver education involves the entire family. Parents of Training Wheel students are required to attend a brief seminar.

Driver Impact Panel: While not required, these two hour panels, held monthly on Saturdays, offer an opportunity to hear the personal and tragic stories of people impacted by car crashes.

Skid Monster Drive Session: The Skid Monster is a specially designed car that teaches skid avoidance and early detection and correction. Sessions are approximately one half hour and scheduled by appointment.

Class Options

Monday-Thursday

Cost per 10 session class is \$399

All classes and Parent Meetings will be held at FHS

FYDEA	Sep 21-Oct 6	3:15-6:15 pm
	Parent Seminar	
	Mon, Sept 28	7-8:30 pm
FYDEB	Oct 20-Nov 4	3:15-6:15 pm
	Parent Seminar	
	Thurs, Oct 22	7-8:30 pm
FYDEC	Oct 26-Nov 16	6:15-9:15 pm
	Parent Seminar	
	Thurs, Oct 22	7-8:30 pm
FYDED	Nov 2-17	3:15-6:15 pm
	Parent Seminar	
	Tues, Nov 17	7-8:30 pm
FYDEE	Dec 1-16	3:15-6:15 pm
	Parent Seminar	
	Mon, Dec 7	7-8:30 pm

◆ **When registering on-line,** please note the available dates/times for Parent Seminars and Driver Impact Panel.



PRESCHOOL



WEE TIGERS PRESCHOOL

Discovering the Fun in Learning

Wee Tigers Preschool is designed for three, four and five year old children. Wee Tigers will expose children to a variety of experiences promoting social skills, recreational interaction and cognitive growth. Wee Tigers teachers have a minimum of a bachelor's degree specializing in early childhood education and will provide each child with activities that create positive feelings about oneself and the learning environment. Children will have opportunities to gain readiness skills through the classroom environment that will help in later learning.

This preschool is available at four locations throughout the Farmington Area School District. Parents may choose between 1, 2 or 3 days a week depending upon the child's age. Classes run from September through early June.

Application Information for 2009- 2010

Application packets are available at the Community Education office, 6100 195th Street West. Completed applications may be mailed or dropped off at the Community Education office.

Applications may be completed online at www.farmingtonCE.com or mailed to:

Farmington Community Education
6100 195th St W
Farmington, MN 55024

Applications will be accepted on a space available basis.

2009-2010 Locations!

Akin Road Elementary School

5231 195th Street West

Instructional Services Center

510 Walnut Street

Meadowview Elementary School

6100 195th Street West

Riverview Elementary School

4100 208th Street West

Classes to be Offered

For 4 & 5 year olds:

3 days/week, am or pm
2 days/week, am or pm
3 days/week, pm (Fun with Fives class)

For 3 year olds

2 days/week, am or pm
1 day/week, am

Wee Tigers is a Community Education Preschool Program in District 192 Farmington Area Public Schools.

Wee Tigers Preschool operates as a self-supporting, nonprofit program financed by enrollment fees.



KID CONNECTION

Kid Connection School Age Care is a before and after school child care enrichment program provided by Farmington Community Education. Kid Connection is located at Akin Road Elementary, Meadowview Elementary, North Trail Elementary and two new locations, Farmington Elementary (formerly located at the Kindergarten Center) and Riverview Elementary. The hours are 6 am to 6 pm, Monday through Friday, including most non-school days and some holidays.

Kid Connection is available to K-5th graders in each elementary school. Research shows that children involved in quality after school programs show increased academic achievement and greater engagement in learning, increased school attendance and better emotional adjustment and connection to school and community. Parents appreciate the fact that their children are kept safe and encouraged to pursue their own interests and develop friendships, independence and confidence. Sessions Available for the 2009-2010 School Year

- ◆ **Before School:** \$10 per day (6 am until school starts)
- ◆ **After School:** \$10 per day (From the time school is out until 6 pm)
- ◆ **Kindergarten Complement:** \$12 per day
(Available during school hours opposite your child's kindergarten time)
- ◆ **Non-School Days:** \$33 per day
- ◆ **Drop-in:** \$2 more per session

Registration & Questions

Please contact Cheryl Hince, Kids Connection Secretary at 651-460-3209 or Katie Johnson, Kid Connection Coordinator at 651-460-3206 for more information or to request a registration packet.

Stepping Stones

Stepping Stones is an all-day, year before kindergarten experience designed to provide a foundation for lifelong learning.

This unique program is a collaboration between Farmington Area Community Education's Stepping Stones and Wee Tigers Preschool. Children enrolled in Stepping Stones will have the option to attend the Wee Tigers Preschool two or three days per week.

Our programs will provide children with enriching experiences that will focus on their social, emotional, physical and intellectual development in a manner that is just right for 4-year olds.

Children must be four years-old and toilet trained by September 1, 2009 to participate.

Stepping Stones is open from 6 am to 6 pm five days a week. Stepping Stones has a limited number of spaces available at our Riverview Elementary School location.

Please contact Cheryl Hince, Stepping Stones Secretary at (651) 460-3209 to request a registration packet.



Farmington/Lakeville
Community

Parent

Saturday, November 14

8 AM - 12:15 PM

Fair

Open
to Parents
with children
of all ages

FREE!

About to Burst: Finding Peace in Stressful Times

The keynote address which begins at 8:30 AM features **Rebecca Radcliffe**, a nationally recognized speaker and author.

Rebecca will kick off the morning with an insightful discussion on how to find peace in stressful times.

From there, parents will attend 2 breakout sessions. Fourteen sessions will be available on a wide variety of topics.

Something for everyone!

Parents and/or caregivers of children of all ages are welcome.

Mark Your Calendars for a Morning of Opportunity

CEU's available for \$10

Childcare available for ages 1-10 for a fee



"I learned a lot. It helped me to understand my child."

"I came out with practical, useful information."

"It was a great way to spend a Saturday morning!"

Located at:

The New Farmington High School

20655 Flagstaff Ave, Farmington, MN

For more information,

visit our website at

www.FarmingtonCE.com



Dakota
COUNTY
Library
Come to know

Know your Dakota County Farmington Library

Know free stuff

- Books, including large print
- Audiobooks, including playaways
- Bookgroup in a bag kits
- Computer classes
- Computers and Wi-Fi access
- DVDs
- Magazines and newspapers
- Meeting room
- Music CDs
- Museum Adventure Passes
- Online research tools
- Programs for kids, teens and adults
- Storytime kits
- Teen video games

Know the friends

Join other library enthusiasts and become a Friend of the Farmington Library. The Friends support the library with fundraising and by sponsoring and volunteering at special events and programs. Contact the library for information on how to join the group.

Know where to find us

Dakota County Farmington Library
508 Third Street
Farmington

651-438-0250
www.dakotacounty.us/library

Hours:
Monday—Wednesday Noon—8:30 p.m.
Thursday—Saturday 10 a.m.—5:30 p.m.
Closed Sundays

The Farmington Rotary presents



Rocktoberfest will begin with entertainment for the whole family with **The Divers** from 2:00-4:00.

The activities will continue with a variety mix of polka from **Karl & the Country Dutchmen** in the afternoon from 4:30-7:00

Headliners **Hairball** will be on tap to rock the evening with the best of the 80's rock from 8:00-11:00.

16 & up recommended for Hairball - Must be 21 to drink.

Family friendly activities will take place during the day from 2:00-7:00 like contests, games, face painting, inflatable jumpers and more!

FARMERS' MARKET

DOWNTOWN FARMINGTON



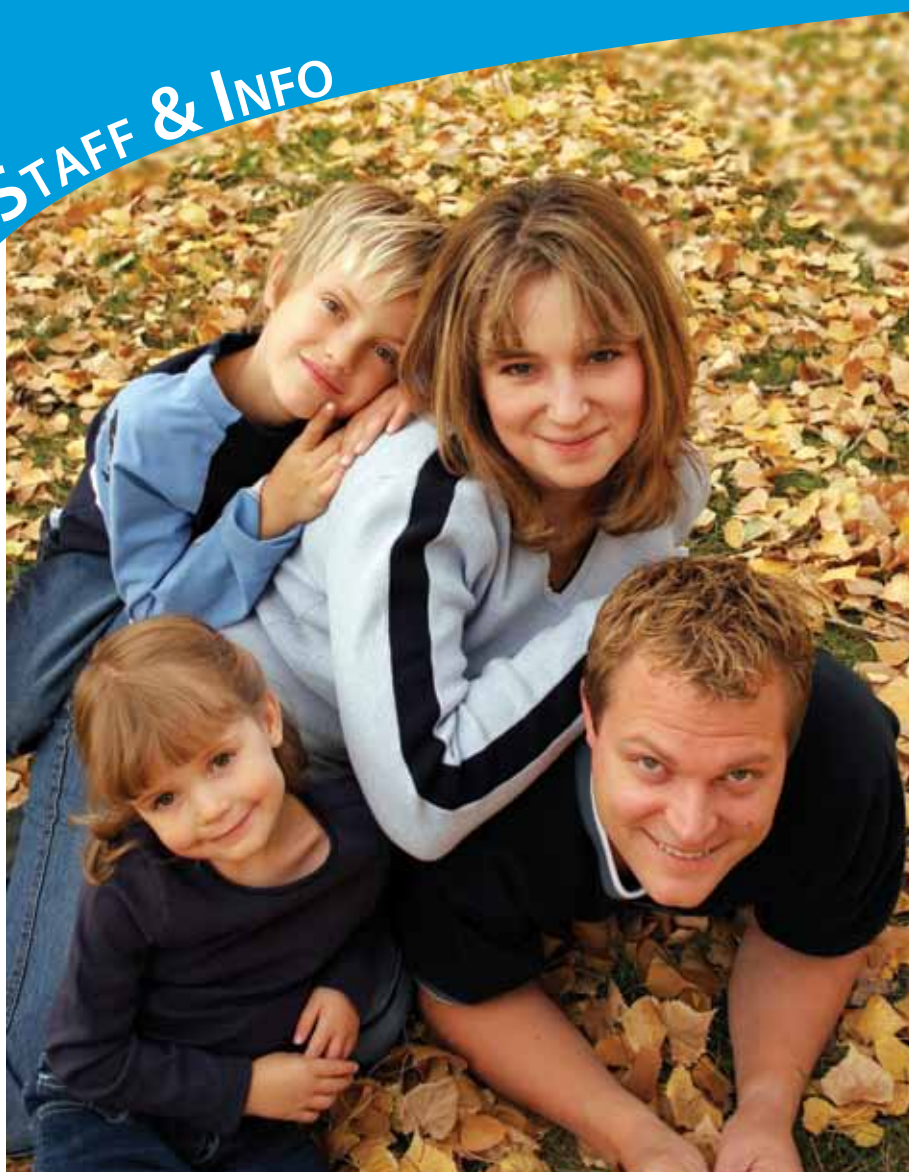
COME AND CHECK OUT THE GREAT SELECTION OF FRESH PRODUCE, BAKED GOODS, MAPLE SYRUP, EGGS, FLOWERS AND MORE!

Thursdays from 3:00-7:00 PM

109 Spruce Street
(Aaron Chiropractic Parking Lot)

July through Mid-October

www.ci.farmington.mn.us



Our Mission

To enhance the quality of life of all community members by providing lifelong learning opportunities.

Farmington Area Public Schools - ISD 192

Board of Education

Bob Heman, Chair	John Kampf, Vice Chair	Julie McKnight, Clerk
Julie Singewald, Treasurer	Tim Burke	Veronica Walters

Dr. Brad Meeks, Superintendent
Heidi Cunningham, Director of Community Education

Community Education E-Newsletter

Stay up to date with all of Community Education's exciting programs and events! Subscribe to our Community Education e-newsletter. Visit our website at www.farmington.k12.mn.us/communityed and see the "click here" to sign up!

Community Education Programs & Staff

Community Education Director
Heidi Cunningham 651-460-3202

Early Childhood Family Education (ECFE), Early Childhood Screening, Wee Tigers Preschool, School Readiness Coordinator
Tresa Washburn 651-460-3205

Kid Connection, Stepping Stones, Summer of Service Coordinator
Katie Johnson 651-460-3206

Youth Enrichment, Youth Development Coordinator
Marianne Feely 651-460-3207

Facilities Scheduling Coordinator
Terri Meeks 651-460-3212

Adult and Community Program Coordinator
Barb Pierce 651-460-3203

Dakota Prairie Adult Basic Education Coordinator
Karla Vien 651-460-3211

Aquatics Program Coordinator
Colm Griffin 651-460-1515

Community Education Head Secretary
Cathy Skoff 651-460-3204

Kid Connection, Kinder Journey, Stepping Stones Secretary
Cheryl Hince 651-460-3209

Programs Support Secretary
Mary Waldschmidt 651-460-3208

Programs Support Secretary
Kris Akin 651-460-3215

Project Explore Coordinator
Derek Appleyard 952-431-8735

Farmington Youth Football

Farmington Youth Football for grades 1-6 will start practices soon. If you missed the registration it is not too late! Check out our website at www.farmingtonCE.com for registration and program information.

Walk into the Warmth!

Farmington Schools are available for you to walk indoors Sept 8-May 28

Mornings 7-8 am

Farmington Elementary
Akin Road Elementary
North Trail Elementary

Evenings 4-9 pm

Farmington Elementary
North Trail Elementary
Levi Dodge Middle School
Robert Boeckman Middle School
Farmington High School

Community Education Center
at Meadowview Elementary

Saturdays 8 am -3 pm

Levi Dodge Middle School
Robert Boeckman Middle School
Farmington High School

*No walking on Sundays, Holidays
or Snow Days.*

Buildings are only open until 8 pm

Th-F	Oct 15 & 16	MEA Convention
M	Nov 30	Staff Development
M	Jan 18	Martin Luther King Jr Day

Buildings are closed

W-Su	Nov 25-29	Thanksgiving
Th-Su	Dec 24-Jan 3	Winter Break

You can purchase a walking badge for \$5 at Farmington Community Education, 6100 195th St W, Farmington.

For more information on indoor walking at ISD 192 schools, please call Community Education at 651-460-3200.



ANNOUNCEMENTS



DANCE

Farmington Area

Classes run September - April

Register NOW!

Email Coach Tawnya for
a Registration Packet

Go to:
www.justforkix.com/danceclasses/farmington_mn
for Dance Schedules, Uniforms and Pricing!

Coach Tawnya Peterreins
651-460-6282 • farmington_mn@justforkix.com

Paid Advertisement

Farmington High School



Homecoming 2009

Volunteers and donations are needed to help FHS student groups plan and carry out the events of the week.

If you would like to be involved please contact:
Marianne Feely
Community Service Coordinator
651-460-3200
mfeely@farmington.k12.mn.us

Schedule of Events

Saturday, September 19 ~ Homecoming Fun Run /Walk, Store Window Decoration, Food Drive Kick-off

Sunday, September 20 ~ Float building

Monday, September 21 ~ Activity Night/ Extreme Bowling Tournament

Tuesday, September 22 ~ Taco Tuesday, Movie

Wednesday, September 23 ~ Parade, Coronation and Bonfire

Thursday, September 24 ~ Flood the Fields (Soccer) Jam the Gym (Volleyball), Crowd the Courts (Tennis)

Friday, September 25 ~ Football game vs. Shakopee and Homecoming Dance

Saturday, September 26 ~ Clean Up

REGISTRATION



Five Easy Ways to Register

On-line

At www.farmingtonCE.com find your class under Available Courses and click on the registration button listed after the class session you would like to take. Registrations can be charged to Visa, MasterCard or Discover.

By Mail

Send completed registration form with payment (one check for each class) to:

Farmington Community Education
6100 195th St W
Farmington, MN 55024

In Person

Register in the Community Education Office- 6100 195th St W, Farmington

By Fax

651-460-3210 Fax your registration form 24 hours a day using Visa, MasterCard or Discover for payment. (Please use white paper when faxing.)

By Phone

Phone class requests are accepted only when charged to Visa, MasterCard and Discover. Call 651-460-3200, Monday-Friday, 7:30am-4:30 pm.



Visa, MasterCard and Discover

For your convenience, we accept payments made with Visa, MasterCard and Discover! Charge in person, by phone, mail or fax.



William Patterson Rotarian Scholarships

A limited number of funds are available to the Community Education Department scholarships for ISD 192 youth to participate in selected Community Education activities throughout the year. These scholarships are generously funded by the Rotary Club of Farmington. To request a scholarship please call 651-460-3200. A child is eligible for one scholarship award per quarter.

Discounts

Seniors

Anyone age 65 and older who lives in the Farmington School District may register for Community Education Classes at a 25% discount. However, you will be charged full price for any materials used in class.



All UCare members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be enrolled with UCare at the time of registration, and throughout the duration of the course. Members will need to include their UCare ID number when registering. UCare discounts cannot be applied when registering online. Please call, mail or fax your registration if you are asking for this discount.

Refund Policy

Community Education reserves the right to cancel any activity due to insufficient enrollment. When an activity is cancelled the department will make every effort to contact registrants 48 hours before the scheduled start of the activity. Complete refunds are given when this occurs.

If you need to cancel we require five (5) full business days' notice prior to the start of class. If the class is still five (5) or more days out you may cancel and receive a refund of the activity fee less a \$5 administrative fee. For tours you will be charged for pre-paid tickets and other direct costs unless a substitute can be found.

If you cancel or request a transfer less than five (5) full business days prior to the start of class there will be no refunds.

Inclement Weather

If District 192 schools are closed for the day, all daytime and after school Community Education activities are canceled. A decision about Community Education evening activities will be made by mid-afternoon. For information visit www.farmingtonCE.com or call the information line at 651-460-3299.

Register Early!

Prompt registration helps avoid disappointment when classes fill quickly. It also helps avoid the disappointment of cancelling a class due to low enrollment, only to find that last minute registrations would have filled it. Early registrations make it easier if we need to contact you for any reason before your class begins.

REGISTRATION

REGISTRATION

**Independent School District #192 Community Education, 6100 195th St W, Farmington, MN, 55024
(651) 460-3200, Fax: (651) 460-3210**

The information requested is for the purposes of registering and paying for Community Education classes and activities.
This information is necessary to provide services to participants and will not be released.

Please send a separate check for each class. Make checks payable to Farmington Community Education

Name _____ Age _____ Grade _____

If youth, Parent/Guardian _____

Address _____ City _____ Zip _____

Email Address _____

Daytime Phone _____ Evening Phone _____

Activity # _____ Title _____ Start Date _____ Fee _____

Activity # _____ Title _____ Start Date _____ Fee _____

Activity # _____ Title _____ Start Date _____ Fee _____

UCARE Discount for Members only UCARE ID# _____ Total Discount _____
(Up to \$15 per class)

Special Needs _____

Charge to my ☐ MasterCard ☐ VISA ☐ Discover Total Amount \$ _____

Card Number _____ Expiration Date _____

Signature _____

Name _____ Age _____ Grade _____

If youth, Parent/Guardian _____

Address _____ City _____ Zip _____

Email Address _____

Daytime Phone _____ Evening Phone _____

Activity # _____ Title _____ Start Date _____ Fee _____

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Charge to my ☐ MasterCard ☐ VISA ☐ Discover Total Amount \$ _____

Card Number _____ Expiration Date _____

Signature _____



6100 195th Street West
Farmington, MN 55024
www.farmingtonCE.com

Nonprofit Organization
US Postage Paid
Permit No. 8
Farmington, MN 55024

Farmington/Lakeville
Community

Parent

Fair



Open
to Parents
with children
of all ages

FREE!



Saturday, November 14

8 AM -12:15 PM

About to Burst: Finding Peace in Stressful Times

Keynote Speaker Rebecca Radcliff

WORKSHOPS

A wide variety of workshop offerings to help support healthy families

Attend 2 breakout sessions of your choice!

Childcare/CEU's available for a fee.

Located at:

**Farmington
High School**

20655 Flagstaff Ave
Farmington, MN

For more information,
visit our website at

www.FarmingtonCE.com