MARCH 2018

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Next Issue – August 2018!
Good News about Wellness
Lake Superior School District Wellness Policy

Because of new and required USDA rulings, schools across the country are looking at ways to improve students’ health. This is good news that not only affects our students’ health, but also their academic success. According to the Alliance for a Healthier Generations, “Kids who eat healthier and move more perform better in school. Studies show that healthy kids get better grades, attend school more often and behave better in class. We now know that making time for physical activity and nutrition in school is not a break from academics; it’s an investment in higher academic performance.”

Little by little you may notice some changes that are encouraging better health in our schools. Here are just a few of the changes that you might notice:

Celebrations and parties focus on fun, not food

Fortunately, there are a lot of great activities and privileges to help your birthday girl/boy feel special. And there are many great activities our schools already do to focus on fun and learning and not food. Celebrations that involve special sweet treats during the school day are limited to no more than one party per class per month. Healthy snacks are always welcome!

What’s a healthy snack?
New guidelines simply reduce the number of empty calories that are found in a lot of snack foods and replace them with more nutrition. Classroom teachers will inform you of healthy options they would prefer. Overall, snacks must meet these “Smart Snack” standards for calories, fat, sugar, and sodium:
Calories: 200 or less
Trans Fat: 0 g
Total Fat: Less than 35% of calories
Added Sugar: Less than 35% of item weight
Saturated Fat: Less than 10% of calories
Sodium: 200 mg or less per serving

Other foods and beverages sold and marketed to students
All foods and beverages sold and marketed on school grounds, from after midnight and up to a half hour after school, to students, outside of meals must comply with Smart Snack standards. These foods include items sold a la cart in the cafeteria, from vending machines, school stores, and in-school fundraisers.

Rewards & Incentives

Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student’s individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

To access the Wellness Policy, please go to the district website. Choose the District Info tab and ‘drop down’ to Policies. The current Wellness Policy is housed there.

If you have questions, please contact the principal at your child’s school.
TESTING
Coming in the spring are the Minnesota Assessments for the children in our district. These assessments are for children in grade 3 through 8, for grade 10 in reading and science and grade 11 for math. The following suggestions are for parents to help your student get ready for statewide assessments.
• Share your enthusiasm and interest in reading, mathematics, and science with your children.
• Provide children with a study area at home.
• Encourage children to practice good study habits. Children should set aside time every day for homework.
• Ensure children get a good night’s sleep and eat a nutritious breakfast before taking a test.

READING
• Read to children and encourage them to read to you.
• Have children try crossword puzzles and other word puzzles.
• Encourage children to read daily news stories and general interest magazine articles.
• Discuss current events and stories you read.

MATH
Encourage children to use mathematics every day. They can practice by creating a grocery budget, explaining charts and graphs from newspaper and magazine articles, dividing food portions, using rulers to measure objects, measuring a recipe, or adding prices on a shopping trip.
• Play games that involve numbers or computation.
• Encourage children to connect what they are learning in math class to their hobbies and everyday life.

SCIENCE
• Use science articles from news publications to show that science is an ongoing, active process.
• Explore science outside the classroom – nature centers, zoos, and science museums.

High School Parents  It is scholarship season. Have your high school senior reach out to the guidance office to apply for the many scholarships available in our region including state and national scholarship opportunities.

On the Roads  Urgent! The district is in an immediate need for bus drivers. We need drivers for our extra-curricular events and substitutes for our daily bus routes. If you have an interest or would like to know more about the opportunity of becoming a school bus driver please contact the district office, 218-834-8201 x 8216.

Substitute teachers and paraprofessionals are needed in our schools. Please consider becoming a substitute teacher or paraprofessional for our schools. Please contact your school and they will provide
**2018-2019 KINDERGARTEN ORIENTATION/REGISTRATION IS REQUIRED**

Silver Bay Kindergarten Here We Come/Registration will take place Tuesday, March 27, 6:00 p.m. at William Kelley School in the Kindergarten room (105). Students and parents will be able to visit the classrooms. If you have questions, please call Michelle at 226-4437, ext. 8100.

Two Harbors Kindergarten Registration/Round-Up will take place in the Minnehaha School on April 19, 6:00 – 7:00 p.m. Students and parents will be able to visit the classrooms. If you have questions, please call Jenny at 834-8221, ext. 8401.

- **All students must have had the state required early childhood screening before entering kindergarten.** If your child has not had this screening, contact Community Education: Two Harbors, 834-8201, ext. 8230 or Silver Bay, 226-4437, ext. 8158 immediately.
- Parents of children who will attend kindergarten this fall should attend.
- Students entering kindergarten next fall must be five years old before September 1, 2018.
- Birth certificate and immunization records will be requested by the school at registration time.

**Please note:** Children who have attended preschool programs such as Early Childhood Special Education, Head Start and Community Education Preschool are not automatically enrolled in kindergarten.

**ANN WOOD COMMUNITY EDUCATION FINE ARTS SCHOLARSHIP**

This scholarship (up to $2,000) is awarded yearly to help students pursuing careers in fine arts (applicants not pursuing a career in fine arts are ineligible). For more information call Community Education in Two Harbors at 834-8201, ext. 8230 or in Silver Bay 226-4437, ext. 8137. You may pick up an application form at either the Community Education Office, the Guidance Offices at Kelley High School or Two Harbors High School, or on the web at http://www.isd381.org/community-education/scholarship-information/. **Applications must be received by either Community Education office no later than March 29, 2018.**

**NOTES FROM THE NURSE’S OFFICE**

**DON’T BECOME A STATISTIC**

This is the most severe influenza season in almost a decade. While we are nearly through the worst of the cold and flu season, it’s not over yet! Seasonal flu disease usually peaks between December and March most years, but disease can occur as late as May. If you haven’t gotten a flu shot yet, it’s not too late.
Influenza causes significant illness and can lead to pneumonia and worse. Do yourself a favor and get vaccinated so that you don’t get influenza!

Symptoms of influenza include fever, sore throat and/or cough and often extreme fatigue and body aches. If you or your child has symptoms of influenza, please stay home until fever free without fever reducing medication. Continuing usual activities while not yet recovered will prolong recovery and spread illness.

Summer is coming! Bee/Hornet Allergies
For those of you with children who have bee or hornet or wasp sting allergies, please check your medicine cabinet and with your school nurse to assure that you have a current Epipen for your child.

Immunizations:
To enroll in school, all students preschool through 12th grade, must be fully vaccinated, provide proof of medical exemption, proof of disease in the case of chickenpox or submit notarized documentation of objection to vaccination. As you are planning well child check ups this spring and summer, be sure to check with your child’s provider and get those vaccinations done at the same time.

A Note about Medication:
When bringing in or sending over-the-counter medication, please check the expiration date. **We cannot give medication that is expired.** If the label has an expiration date that is past, we will not give that medication. Thank you.

HOME-SCHOOL STUDENTS
Home-school students must register with the Lake Superior School District and have their immunizations on file. To receive the paperwork necessary to register your children, please call the District Office at 834-8201, ext. 8216.

HELP YOUR SCHOOL RAISE MONEY!

Two Harbors and Silver Bay students are collecting Kwik Trip Milk Caps and Box Tops for Education to earn cash for our schools. The box tops are on hundreds of products found in the grocery store such as: General Mills, Betty Crocker, Pillsbury, and Ziploc.

Two Harbors students are also collecting Tyson A+ Labels, Coke caps, and Loaves for Learning.

In Two Harbors, items can be brought to teachers at the Minnehaha or the library at THHS.

Silver Bay PTSO is also collecting Our Family Brand (barcodes ONLY)

In Silver Bay bring the items to the drop off location outside the Community Education office in the William Kelley School and Zups Grocery Store.

SCHOOL BOARD MEETINGS
School board meetings are regularly scheduled for the second Tuesday of each month at 6:00 PM. Any individual or group wishing to address the School Board, must contact the District Office at (218) 834-8201, ext. 8216 no later than 3:00 PM, four business days prior to the meeting you wish to attend.
TWO HARBORS HIGH SCHOOL:

SCHOLARSHIPS
Students should continue to watch the daily announcements for scholarship information and deadlines. There will be many deadlines in the coming months and it is important that students follow instructions on filling out applications and returning forms. The daily announcements are available through homeroom teachers, are posted outside the main office and can be found on the Campus Parent Portal. In addition, there are two links on the Two Harbors homepage to scholarship information. As we receive new information, we add it to these links, as well.

JUNIOR NEWS
On Tuesday, April 3rd, Juniors will have the opportunity to take one of the following tests: ACT, Accuplacer or ASVAB. Earlier this year, junior families received a letter regarding Junior Testing Day and the different test options. During February, students will again be reminded of the test details and asked to select which test they would like to take on April 3rd. The Accuplacer and ASVAB are free of charge, however, the ACT does have a fee, which is no longer being paid by the state. Students interested in taking the ACT, but who may have financial difficulty with the fee, should see the Guidance Counselor or an Administrator for possible options.

WILLIAM KELLEY HIGH SCHOOL

MONDAY, MARCH 12 - CONFERENCES FROM 5:00 to 8:00 p.m.

This is a great opportunity to touch base with teachers on your student's current progress, and for the important work of discussing your student’s course choices and planning for next year! Be sure to look at the 2018-19 Registration Book on our website which contains information on college and credit requirements as well as complete course descriptions. Please note that since staffing needs are based on course selections, it is important that students plan well and make accurate requests. Schedule change requests in the Fall will be very limited.

ALSO ON CONFERENCE NIGHT - SPECIAL PRESENTATION from 6:00 to 7:00 p.m. --
Master College Funding: Get a Degree, Not a Debt! Don’t miss this opportunity from North Shore Credit Union, in partnership with Lutheran Social Services. Anyone is welcome, but parents and students in grades 10-12 will probably find it most applicable. The session will be in the auditorium. Planning for college is complex and you don’t have to do it alone. College can be one of the biggest purchases of your life. Get tips for saving for college, finding money to help cover the costs and accessing financial aid. Go from application to graduation without taking too much student loan debt.

TESTING: Please check the district testing calendar for specifics on upcoming testing in April and May. MCA’s will be administered to students in grades 3, 4, 5, and 6 for reading and math. Sophomores will take science and Juniors will take either the ACT, ASVAB or Accuplacer.

DO WE HAVE YOUR CURRENT E-MAIL AND CONTACT INFORMATION?
Please make sure that your contact information, especially your e-mail, is current because you may miss out on important information. If you do not use e-mail, let us know so we can communicate with you differently.
IN NEED OF BUS DRIVERS!

Call Debbie at 218-834-8201, ext 8216 for more information. District will assist connecting you with needed training!

WILLIAM KELLEY HIGH SCHOOL

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Scholarship resources are posted on the parent portal, on school bulletin boards, and daily announcements, and can be found in the scholarship book on our website. In addition, www.fastweb is a great website.

New Scholarship! Tim G. Bjella Memorial Music Scholarship: for WKHS students intending to pursue further education at an accredited school with a major or minor in some music discipline. The scholarship will be for $1,000. Please contact Mrs. Duke for more information.

Superintendent’s Column

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you with information regarding what is needed to become a substitute.

Our Lake Superior School District staff is excited and looking forward to an outstanding spring. We thank you for allowing us to work with a precious resource in our communities, the children. We encourage all residents to come to the schools for concerts, athletic events, volunteering in classrooms and see what great things are taking place in the Lake Superior School District schools.

If you have any questions, suggestions or concerns regarding the schools or the district please contact the Lake Superior School District office at 218-834-8201 or by email at bcrandall@isd381.org.
COMMUNITY ED TEACHER RECEIVES HONORS IN DANCE CHOREOGRAPHY COMPETITION

Belly dance teacher Judie Sarff recently submitted a choreography in an international competition with Shimmymob.com. Each year, this organization selects a choreography, which is then learned and danced by dance teams in cities all over the world on World Belly Dance Day in May. As cited on their website, their goal is to “create awareness and raise funds for shelters for victims of abuse in participating communities”. While Sarff’s choreography was not chosen as the official dance, it was selected as one of three bonus choreographies provided to dancers as part of their enrollment in the event. She and other local dancers will be performing with the Duluth Shimmy Mob team, and encourage anyone interested in participating to go to www.shimmymob.com for further information.

IS YOUR CHILD 3 ½?

Early Childhood Screening Required

The free screening includes:
• Vision and hearing screening
• Height and weight measurement
• Review of immunizations
• Standardized developmental screening

Please note: Minnesota law requires a developmental and health screening for all children before enrolling in kindergarten; however, earlier screening allows children to access district programs prior to kindergarten if needed.

Screenings are held once each month. Please call to schedule an appointment. Two Harbors: 218-834-8201, ext. 8230; Silver Bay: 218-226-4437, ext. 8158.

SEEKING COMMUNITY EDUCATION INSTRUCTORS

Do you have a talent you would enjoy sharing with others? Community Education classes are taught by members of our community who are willing to share what they are passionate about. You may volunteer or be paid to teach the class, plus you will introduce new hobbies to your friends and neighbors. Please call Sandi in Two Harbors at 218-834-8201, ext. 8230; or Jaime in Silver Bay at 218-226-4437, ext. 8137 or Honor at Finland Community Center at 218-353-0300 to schedule a class for this spring. All spring classes must be submitted by January 18th.

NEED CHILDCARE THIS SUMMER?

The Two Harbors KIDS & Co. summer program will begin on Monday, June 11th at Two Harbors High School, Door #7. KIDS & Co. will return to the Minnehaha on Monday, July 9th.

Children entering kindergarten or preschool (age 3 & up) in the fall are eligible for the summer program. KIDS & Co. has the use of the school facilities: gym, playground, etc. The hourly rate is $3.30 per child.

There is a $15 non-refundable registration fee per child for the summer program. A KIDS & Co. t-shirt and calendar of events will be given to those who register.

Children can be transported to their ball games, swim lessons, vacation bible school, etc. If you need in-town transportation this summer, KIDS & Co. will collect a one-time fee of $35 per child.

You can register for the summer program and the transportation fee using the online capability through the Community Education tab on the School District website.

There will also be field trips in and out of town (these fully chaperoned bus trips are at a minimal charge). Children must pre-register for field trips.

If you are planning to use the summer program you should register by Friday, May 18th. If you have any questions call 834-8221, ext. 8423.
CENSUS UPDATE
*Are you new to Lake Superior School District with an infant or preschooler?
*Do you have an addition to your family?
*Have you moved?
To update your family account and to verify that your family is included in the current school district census statistics, call 834-8201, ext. 8230 or 226-4437, ext. 8158. It is important that you don’t miss out on special communications mailed to families with preschoolers.

NEED TO USE A SCHOOL FACILITY FOR A MEETING OR EVENT?
Facility Scheduling is now paperless! Requests should be made online.
To become a requester: http://fsisd381.rschooltoday.com/authentication/credential/requesterlogin
School activities take precedence over other events. For example: THHS gyms and auditorium are reserved for school use, 3:30 – 6:00 p.m., for sports practices, rehearsals, etc. If you need to reserve during that time, contact Sandi Olson to discuss, 218-834-8201, ext. 8230.
Questions? Please call the Community Education office, 218-834-8201, ext. 8230, or 218-226-4437, ext. 8137.

PRESCHOOL REGISTRATION INFO
Registration for the 2018-2019 Preschool program will open Monday, March 12. Children must be at least 3 years old by Sept. 1st (and toilet trained) to enroll. Stop in the Community Education office or go online to get your enrollment forms. Scholarships and limited transportation are available.
Community Education Preschool is a program for 3 to 5 year olds. Program options vary. Preschool provides age appropriate activities including large and small group times, music, fine and gross motor activities, stories and creative art. We provide opportunities to learn new concepts, cooperate, problem solve and interact with peers. Preschool provides a foundation for learning both socially and academically that will help your child succeed in the future.
Your registration fee reserves your child’s slot and will be applied in the fall as his/her supply fee.
For more information call:
TH Community Education at 834-8201, ext. 8230
SB Community Education at 226-4437, ext. 8137

COMMUNITY EDUCATION PRESCHOOL SCHOLARSHIPS
Scholarship funds are available to help ensure all children enter kindergarten ready to succeed by increasing access to high quality early childhood programs such as Community Education Preschool. Please apply early and apply for both options.
Option One: Pathway 1 Early Learning Scholarships offer up to $7,500 per year to qualifying families for high quality child care and early education programs. Community Education Preschool is a Parent Aware 4 star rated program and eligible for Pathway 1 scholarships. Pathway 1 scholarships cover the entire cost of Preschool. Families must have an annual income at or below 185% of the Federal Poverty Guideline in the current calendar year for Pathway 1. Children ages 0-5 of teen parents age 21, or children ages 0-5 experiencing homelessness, in foster care, or in need of child protective services are eligible and will receive priority for funds.
Learn more at the Minnesota Department of Education website: education.state.mn.us/MDE/fam/elsprog/elschol/index.htm or the Parent Aware website: parentaware.org
Call Northland Foundation to learn more, see if you are eligible, or get help with applying. The application and instructions are online at www.northlandfdn.org/els or CALL NORTHLAND FOUNDATION and we will mail it to you. (218) 260-2736 or 1-800-433-4045 Northland Foundation 202 W. Superior Street • Duluth, MN 55802
Option Two: District Scholarships Income and other factors are considered for eligibility. Financial assistance may be a full or partial scholarship. Additional paperwork and parent requirements will be shared when scholarships are awarded. School Readiness, Head Start, Pathway II, and Title One funds are used for these local scholarships. In general, families must have an annual income at or below 185% of the Federal Poverty Guideline however, District Scholarships may consider more factors than income.
To apply for District Scholarships, request a scholarship application when registering for Preschool or download from the district website www.isd381.org. Complete the application, enclose income verification and return to a Community Education office or mail to School Readiness, 137 Banks Blvd. Silver Bay, MN 55614.
Questions? Contact Kim Lenski 218-226-4437 ext. 8158 or klenski@isd381.org.

Preschool slots fill quickly. First come, first served.
Sections can be cancelled if enough students are not registered by May 15th.
PARENT AWARE RATINGS
Lake Superior School District Community Education Preschools in Two Harbors and Silver Bay and Head Start are Parent Aware Four Star Rated.

Through Parent Aware, childcare providers/early educators are rated on a one-to four-star scale. It’s like a Consumer Reports type service, except focused on school readiness. Parent Aware rates daycare care and early education providers as high quality early learning and kindergarten readiness. The one-to four-star ratings system – measures best practices identified by research that help children succeed in kindergarten and beyond.

2018 COMMUNITY EDUCATION ADVISORY COUNCIL MEMBERS
Mary Aijala            Debbie Alm, Chair
Michelle Backes-Fogelberg Paul Borg
Tom Burns              Tom Clifford
Greg Hanson            Barbara Houle-Schwanke
Deade Johnson          Maggie King
Nikki Meeks            Dick Sigel
Karen Tucker           Kara Williams
Shelby Wrege

The Advisory Council provides input and advice to the Community Education Department. Community Education offerings include: after school programs, adult education, youth activities, community use of school facilities, early childhood family education, preschool and more. If you are interested in becoming a council member or would like more information, please contact Chris Langenbrunner, Community Education Director at 218-834-8201, ext. 8227.

22nd Annual SUMMERBLUE ARTS

Lon Church, Director, Two Harbors, MN – Sponsored by Community Education

A three week immersion in the arts! Boys and girls ages 7-17 can join the fun at Summerblue’s 40 acre site, which features an outdoor stage and a big top tent, across from Flood Bay State Wayside near Two Harbors! Classes in dance, theatre, music and visual arts will lead to an original production performed on the last two days of the program. Students bring their own lunch.

DATES: 3 weeks, July 9 - 28

HOURS: 9 AM - 3:30 PM, Monday - Friday

Final Presentations: Friday, July 27, 2:00 PM and Saturday, July 28, Noon

TUITION: $360, Siblings $180

Pre-registration is required, the deadline is Wednesday, 6/7.

Register online at www.isd381.org or in the Community Education Office, 218-834-8201, ext. 8230. *Tuition is tax deductible. For information about scholarships or to donate for scholarships, contact Community Education at 834-8201, ext. 8227. Registration is limited to 40 students; students must commit to the entire three weeks.
AFTER SCHOOL ACTIVITIES

Classes listed below will be offered after school. Please note individual class dates. Students will sign in after school in the cafeteria and have a snack that is provided. They will then go to their respective class from 3:30-5:00, and my not leave until 5:00 unless picked up by a parent/guardian. Transportation, snacks, and supplies are provided by a grant from the Silver Bay Area Charitable Fund (Duluth Superior Community Foundation). Students who need transportation home must sign up by noon each day if they need transportation. Sign up will be outside the Community Education Office.

Classes are listed at the reduced price due to a donation from the Silver Bay PTSO.

KIDS IN THE KITCHEN, GRADES K-6
This class is all about cooking and baking with kids! We will be making various snacks/baked goods over the four weeks and go over some basic kitchen safety rules. On week four we will learn how to make homemade bread and butter, they will be learning to mix, knead and bake, also to make their own butter with cream. If you have any great family meal/baking/cooking stories to share, we will read them during class.
Instructor: Gigi Maxwell
4/9/2018 - 4/30/2018
Mondays, 3:30 - 5:00PM
WKS - FACS Room 115
$10.00

MOTHER’S DAY GIFT CERAMICS, GRADES K-6
Whether it be a mother, father, grand-parent or someone else special. The kids and I will be painting a special piece for that special person, just in time for Mother’s Day. They will have 2 classes to complete their project. By the end of the second class they will be able to bring their completed pottery piece home. All materials are included in the class fee. Class is offered by Studio 29:11.
Instructor: Barbara Hyde
4/9/2018 & 4/23/2018 (2 class dates, please note dates)
Mondays, 3:30 - 5:00PM
WKS - Multi-Purpose Room 04
$10.00

SPRING INTO SPRING, GRADES K-6
Varieties of spring pieces to keep us busy as the snow melts. Join us in treats, conversation and painting. Create fun pieces as we wait for the snow to melt and the flowers to bloom.
Instructor: Barbara Hyde
5/7/2018 & 5/14/2018
Mondays, 3:30 - 5:00PM
WKS - Multi-Purpose Room 04
$10.00

FABRIC FLOWERS, GRADE K-5
This is a wonderful Spring workshop. We will use various ribbon, die cuts and buttons to create flowers that can be worn in your hair, on your jacket or make an entire home decor bouquet. Fun for all ages.
Instructor: Bonnie Warner
4/3/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

WOODEN BIRD HOUSE, GRADE K-6
We will paint and embellish a wood birdhouse to put out in the garden or on the window ledge.
Instructor: Bonnie Warner
4/10/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

BUTTON PICTURE FRAME, GRADES K-6
Students will create a picture frame perfect for display using buttons and old picture frames.
Instructor: Bonnie Warner
4/17/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

ART BUCKET, GRADE K-6
Everyone needs a can to organize their art supplies. This one is exceptional using a tin can, duct tape and even a customized handle to hold all your most valuable art supplies.
Instructor: Bonnie Warner
4/24/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

STATIONARY & PEN SET CREATING, GRADE K-6
Students will create a set of coordinating stationary, envelopes and a pen with bling all in a matching pouch.
Instructor: Bonnie Warner
5/1/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

PAPER STRAW PICTURE FRAME, GRADE K-6
Just in time for Mother’s Day! We will build a bright and festive picture frame using colored straws and embellishments.
Instructor: Bonnie Warner
5/8/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

FUN SOAP FOR SPRING, GRADE K-6
Let’s make some wonderfully scented soaps for Spring! Flowers in all sorts of colors with lots of fragrance!
Instructor: Bonnie Warner
5/15/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

MINI TRAVELING NOTEBOOK, GRADE K-6
This is a great notebook for taking on vacation, compact in size with lots of pages to make notes, play games or writing letters.
Instructor: Bonnie Warner
5/22/18
Tuesday, 3:30-5:00PM
WKS - Multi-Purpose Room 04
$4.00

AFTERNOON WITH THE VETS, GRADES K-6
Share a game, a healthy snack and laughs after school with our local veterans. Transportation to and from the Silver Bay veterans home will be provided.
Instructor: Lisa Benson
Wednesdays, 3:30 - 5:00PM
Minnesota Veterans Home Silver Bay
$20.00

SHARKS, AND SEA TURTLES, AND STINGRAYS, OH MY!, GRADES K-6
Through a virtual classroom the students will be connect with Omaha’s Henry Doorly Zoo and Aquarium. With the backdrop of our 900,000 gallon saltwater shark tank, everyone’s favorite ocean creatures are up close and personal. With everything from seven-foot sandbar sharks, to 300 pound sea turtles, you never know what will swim by and make an appearance. Learn what you can do to help the oceans every day! Supported by a Grant from the Blandin Foundation.
5/3/18
Thursday, 3:30-5:00PM
WKS - Telepresence Room 201
$3.00

SCIENCE ON A SPHERE: SOLAR SYSTEM ADVENTURE, GRADES K-6
What makes up a solar system? What does it take to be classified as a planet? Is the sun a star? Through a virtual classroom the students will find the answers to these questions and more as they become honorary space explorers and travel through our solar system. Supported by a Grant from the Blandin Foundation.
Date TBD Look online for update!
Thursday, 3:30 - 5:00PM
WKS - Telepresence Room 201
$3.00

VISA AND MASTERCARD ACCEPTED FOR PAYMENT
**ARTS, CRAFTS AND HOBBIES**

**ALL ABOUT DIE CUTS**

Die-cuts revitalized the papercraft industry. What used to take hours to cut now only minutes. Come to this workshop to learn about die cut machines, how to use die-cuts and the fabulous projects that can be made in papercraft, quilting, woodworking & metal art!

Instructor: Bonnie Warner

4/12/18
Thursday, 6:00 - 8:00PM

WKS - Multi-Purpose Room 04

$25.00

**SPRING BLOOMS**

Penny Black is one of the most creative artists in the papercraft industry. Her designs combine stamps, embossing folders, die cuts, and a wide variety of art mediums to create stunning and elegant cards and papercraft projects. The bright colors and techniques will make you want to go crazy for spring!

Instructor: Bonnie Warner

3/29/18
Thursday, 6:00 - 8:00PM

WKS - Multi-Purpose Room 04

$25.00

**BARN WOOD ART DECOR**

Barn wood art is all the rage in home decor. We will learn how easy it is to stain, paint, distress and add custom lettering on a piece of barn wood creating a finished wall hanging.

Instructor: Bonnie Warner

4/26/18
Thursday, 6:00 - 8:00PM

WKS - Multi-Purpose Room 04

$25.00

**ALL ABOUT EMBOSsing FOLDERS**

A simple piece of paper can have a elegant design embossed in just minutes using a simple embossing folder and a die cut machine. Folders are easy to use and are quickly expanding from papercraft to mixed media, canvas, metal, clay and fabric art.

Instructor: Bonnie Warner

5/10/18
Thursday, 6:00 - 8:00PM

WKS - Multi-Purpose Room 04

$25.00

**WINE BOTTLE GARDEN CHIMES**

Let this fabulous chime be the first embellishment you add to your garden this year. We will experiment with glass etching products, beads and a little painting to create a custom piece of yard art.

Instructor: Bonnie Warner

5/17/18
Thursday, 6:00 - 8:00PM

WKS - Multi-Purpose Room 04

$25.00

**GENERAL INTEREST**

**7 FINANCIAL STRATEGIES FOR WOMEN**

Many women will face life-changing financial decisions. Understand your options related to setting goals, Social Security, protection, estate and retirement strategies, and how to stay informed.

Instructor: Gregory Hanson

4/12/18
Thursday, 6:30 - 8:00PM

WKS - Library

$5.00

**ESTATE PLANNING BASICS - WILLS, TRUSTS, POWERS OF ATTORNEY AND HEALTH CARE DIRECTIVES**

Come and learn about the basic estate planning tools that help preserve your financial and health care decision-making during your lifetime and after your death. Do you have a young family? If something happens to you, how can you be sure your children are raised by someone of your choosing? At any age, we can all benefit from having a few estate planning documents in place in the case of incapacity or death. Although the topic may sound grim, presenter Rethanne Hedstrom Vos keeps it light by sharing examples of estate plans gone “wrong” (think: Prince) and tips to keep it simple!

Instructor: Rethanne Hedstrom Vos

4/23/18
Monday, 6:30 - 8:00PM

WKS - Computer Room 101

$5.00

**BE POLLINATOR FRIENDLY**

Learn why pollination matters, which flowers attract pollinators to your yard, and how to create a safe habitat for pollinators. Master Gardeners will lead you through the basics of this important topic, with plenty of time for questions. Youth are welcome when accompanied by an adult

Instructors: Lake County Master Gardeners

4/30/18
Monday, 6:00 - 7:00PM

WKS - Library

$7.00

**DRIVER IMPROVEMENT 4-HOUR REFRESHER**

This driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained Instructor: it will explore changes in traffic laws, the latest vehicle technology, traffic safety, and accident prevention. Completion of this class qualifies for a 10% reduction on automobile insurance premiums in MN for those ages 55 and over. Please bring a pen or pencil. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky

5/9/18
Wednesday, 5:00 - 9:00PM

WKS - Library

$22.00

**POOL ACTIVITIES**

**EARLY MORNING LAP SWIM**

Mondays

Lap swim for ages 12-adult. Must bring a swim cap and towel. CLASS IS 45 MINUTES LONG. 8 CLASS DATES, Mondays ONLY. NO CLASS on April 2nd.

Instructor: Laurse McKinney

3/26/2018 - 5/21/2018

Mondays, 6:45 - 7:30PM

WKS - WKHS Pool

$35.00

**EVENING LAP SWIM**

Thursdays

Lap swim for ages 12-adult. Must bring a swim cap and towel. CLASS IS 45 MINUTES LONG. 16 CLASS DATES. NO CLASS ON April 2nd and 4th.

Instructor: Laurse McKinney

3/26/2018 - 5/23/2018

Thursdays, 6:45 - 7:30PM

WKS - WKHS Pool

$35.00

**WATER AEROBICS**

Water Aerobics is an excellent cardio workout but also low impact and easy on the joints. This class will consist of both cardio and toning exercises that will work the whole body. There will be a combination of shallow and deep water exercises. 45 minute class, 12 class dates.

Instructor: Danielle Donner

4/16/2018 - 5/23/2018

Mondays and Wednesdays, 6:00 - 6:45PM

WKS - WKHS Pool

$60.00

**SPORTS AND EXERCISE**

**BEGINNER STRENGTH TRAINING**

Beginner strength training focuses on the basics of movements, using dumbbells and body weight. This class is intended to help those who would like to increase their muscle mass, decrease body fat, and raise metabolism through a 45 minute session. It also shows the student how to properly execute a movement properly and efficiently. Please bring an exercise mat, a set of dumbbells (weight is dependent on person), a water bottle, and proper exercise attire. If you do not have dumbbells, we do have extra. Instructor: Beth Curtis, MS, Exercise Physiologist NO CLASS on April 31 and May 2.

Instructor: Beth Curtis

3/26/2018 - 5/23/2018

Mondays and Wednesdays, 6:00 - 6:45PM

WKS - Cafeteria

$96.00
GROUP CIRCUIT TRAINING
Circuit Training is one of the most effective ways one can stay in shape and lose weight. It tackles every major muscle group by challenging endurance and strength. A single session of CT of one hour can burn anywhere from 400-600 kcal's, depending on body type and effort put into the class. This class will be challenging at first, but as you continuously attend, you'll notice you'll be able to perform the exercises properly and more efficiently. I will also help modify movements if they are too challenging, and please don't hesitate to take short breaks when needed. We will be getting on the floor, so bringing a mat of some sort may be a good idea, but is not required. Just know that putting something under your knees or lying on something will aid in comfortably executing the movement. There will be jumping around, so if you have any knee problems, back, neck, etc. please let me know so we can work on modifying the exercise. Weights are recommended, but not required. We will be doing lots of weighted activity, multiple reps, so please bring a weight that you can handle. Water bottles and clean athletic shoes (or comparable) are required. No Class on April 30 and May 2
Instructor: Beth Curtis
3/26/2018 - 5/23/2018
Mondays and Wednesdays, 7:00 - 8:00PM
WKS - Gym - WK Elementary
$134.00

CO-ED VOLLEYBALL
Whether you are a student or an adult, if you know how to play or not, come spend your Wednesday evenings playing this fabulous lifetime sport! Must Pre-Register. A certain number of registrations are required for the class to be held, otherwise class will be cancelled.
Instructor, Keri Johansen
Wednesdays, 7:00-8:30PM
WKS - Gym - WKHS
$15.00

PICKLE BALL FOR SENIORS
Introductory course for seniors. Pickle ball helps with balance and hand eye coordination for maintaining a youthful existence. This class is for those who have never played, or those who are beginners.
Instructor: Thomas Clifford
5/16/2018 - 6/6/2018
Wednesdays, 2:00-4:00PM
Rukavina Arena - City of Silver Bay
$15.00

WALKING FOR YOUR HEALTH
Walkers are welcome to use the William Kelley School halls for exercise Monday through Thursday 4:00 - 6:00 PM.
The buildings will not be open on school holidays. Strollers are allowed, but for safety reasons, running or jogging behind strollers is not allowed. Use the front, main entrance doors when entering the buildings. Clean walking shoes and an ID badge are required. There is a $3 fee covers the cost of the walker ID badge and lanyard (payable in the Community Education office). If you purchased a badge in the past, please bring it in to get a new free pass card.
WKS - Hallways - define use under notes!

YOUTH ACTIVITIES

DRIVER EDUCATION
Thirty hours of classroom and six hours behind-the-wheel instruction for students 15 and up. Students who complete the full course will receive 1/2 high school credit (pass/fail) to qualify for Minnesota tax deduction and tax credit. No childish/immature behavior will be tolerated. Students must attend 30 hours of classroom. You must have your certified birth certificate and your social security card with when you take your permit test. Call Community Education with questions, 226-4437, ext. 8137. At least $200 is due at registration and the $200 balance is due by the first day of class, or you can pay the full $400 when you register. A payment of less than $200 does not reserve a spot in the class. No refunds after two business days prior to the beginning of class. Due to new legislation, if a parent does not attend this meeting, the student will be required to log more hours of supervised driving. Parents will receive a certificate which they will have to produce when their student applies for their license. There is no additional cost, but you must register separately for the parent meeting. Parents are encouraged to register for the parent meeting. Students do not have class this day.
Instructor: Chris Belanger
3/12/2018 - 5/17/2018
Mondays - Thursdays, 2:45 -3:45PM
WKS - 003 Computer Room
$400.00

BABYSITTER CLINIC
This is a 6 hour class for boys and girls in 5th-7th grades, priority given to upper grades should class fill. Learn basic safety/babysitting skills that will prepare you to stay home alone and to be a dependable, capable babysitter. You must attend all day to receive a certificate of completion. Please bring a bag lunch.
Instructor: Sharon Sears
4/13/18
Friday, 8:00AM - 2:00PM
WKS - ECCE/Preschool Room 104
$15.00

COLOR GUARD CLINIC
Celebrating 5 years, the clinic will again be open to both girls AND boys who are 9 years old and above. The clinic is divided into two levels according to experience. Both sessions will work on marching drills and other color guard basics, with variances according to respective levels. Class times will overlap so that both groups will get to work together each day we meet. BOTH classes will perform together during the Bay Days festivities on Friday (7/13), as well a performance on Saturday (7/14). Attendance to all sessions is HIGHLY suggested!!!
Level I: (For 1st & 2nd Year Students- includes new students and those with 1 year previous experience). This clinic teaches basic color guard skills, marching techniques and one performance routine. Returning students will have a chance for learning more complex moves and requirements.
Level II: (For 3rd Year + Students- those with 2+ years previous experience). This clinic is the same as Level I with additional emphasis on more complex color guard techniques and requirements, marching skills and leadership roles. Wear comfortable clothes and shoes. Pre-registration and fee IS required!!!
Classes meet every Monday & Wednesday: LEVEL I: 9-11:00 a.m. LEVEL II: 10:30 a.m.-12:30 p.m. Dates run 5/30 -7/18 in the William Kelley Elementary Gym. NO CLASS ON JUNE 13th!! EXTRA practice on July 12th!! NOTE EXCEPTION: We will start clinic BEFORE school year ends in order to get enough time to practice prior to Bay Days in July. Therefore, 5/30, 6/4 & 6/6 classes will meet after school from 3:45-5:45 p.m.!!
Pre-registration deadline: Friday, May 18th Cost (includes your own flag to keep): $30.00 Late fee (after 5/18): $35.00
Instructor: Heather Sullivan
5/30/2018 - 7/18/2018
$30.00

TUMBLING - BEGINNERS
This class will focus on strength, flexibility, and proper technique for basic tumbling, to insure safety. Please wear comfortable clothes. Registration is limited, please sign up early. Ages 1st Grade - 8th Grade for the 2018-2019 school year.
Instructor: Kerri Bilben
6/11/2018 - 6/14/2018
Monday - Thursday, 8:00 - 9:00AM
Mary MacDonald Building
$10.00

TUMBLING - INTERMEDIATE
This class will focus on strength, flexibility, and proper technique for more advanced tumbling, to ensure safety. Must be able to do a cartwheel, forward and backward somersault and a hand stand. Please wear comfortable clothes. Registration is limited, please sign up early. Ages 1st Grade - 8th Grade for the 2018-2019 school year.
Instructor: Kerri Bilben
6/11/2018 - 6/14/2018
Monday - Thursday, 9:00 - 10:00AM
Mary MacDonald Building
$10.00

SEED MANIA
The Minnesota DNR needs help collecting seeds and cones to grow seedlings for reforestation! You can contribute for forest conservation and improvement while spending enjoyable time in the woods and making money. This hands-on workshop will introduce participants to the DNR seed purchasing program. You will learn how and when to find and recognize potential seed trees and healthy cones, how to properly collect and store seed and cone material, and how to sell it to your local DNR office. More information will be available in the August issue of the Good News.
Instructor: Karen Updegraff, DNR
8/30/18
Thursday, 5:30 - 8:30PM
Tettegouche State Park
No Fee

VISA AND MASTERCARD ACCEPTED FOR PAYMENT
# 2018 Spring Calendar

## March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7</td>
<td>WKHS Music in Our Schools Elementary Concert, 2:00 PM</td>
</tr>
<tr>
<td>12</td>
<td>WKS Conferences, 5:00 to 8:00 PM</td>
</tr>
<tr>
<td>13</td>
<td>THHS Band Concert, Grades 6-12</td>
</tr>
<tr>
<td>15</td>
<td>THHS Choir Concert, Grades 7-12</td>
</tr>
<tr>
<td>27</td>
<td>WKS Kindergarten Here We Come/Kindergarten Registration, 6:00 PM</td>
</tr>
<tr>
<td>29</td>
<td>WKS Grades 7-12 Bands &amp; Choirs Dinner &amp; Concert</td>
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## April

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>2</td>
<td>Schools Closed</td>
</tr>
<tr>
<td>5</td>
<td>Quarter ends</td>
</tr>
<tr>
<td>7</td>
<td>KHS M Club Banquet</td>
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<tr>
<td>9-12</td>
<td>Minnehaha PTA Book Fair, Public is Welcome</td>
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<tr>
<td>11</td>
<td>Community Education Advisory Council Meeting, 11:00 AM. Location TBD</td>
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## May

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>4</td>
<td>KHS Prom</td>
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<tr>
<td>7</td>
<td>THHS High School Band/Choir Concert</td>
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<tr>
<td>9</td>
<td>Minnehaha Safe Routes to School Event</td>
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<tr>
<td>12</td>
<td>THHS Prom</td>
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<tr>
<td>14</td>
<td>KES 6th Gr. Band Concert &amp; KHS Jr. and Sr. High Band/Choir Concert and Art Show, 6:30 PM</td>
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<tr>
<td>18</td>
<td>THHS Battle of the Bands</td>
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<tr>
<td>21</td>
<td>THHS Middle School Band/Choir Concert, Grades 6-8</td>
</tr>
<tr>
<td>22</td>
<td>KHS Coffee House, 6:30 PM</td>
</tr>
<tr>
<td>23</td>
<td>THHS Honors Night</td>
</tr>
<tr>
<td>28</td>
<td>Schools Closed/Memorial Day</td>
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## June

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<td>1</td>
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</tr>
<tr>
<td>1</td>
<td>WKHS Graduation, 5:00 PM</td>
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<tr>
<td>1</td>
<td>THHS Graduation, 7:30 PM</td>
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<tr>
<td>5</td>
<td>Minnehaha Kindergarten Graduation Program, 5:30 PM @ THHS Auditorium</td>
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<tr>
<td>5</td>
<td>THHS Coffee House, 7:00 PM</td>
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<tr>
<td>7</td>
<td>Last Student Day</td>
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<tr>
<td>8</td>
<td>Teacher Work Day</td>
</tr>
<tr>
<td>9</td>
<td>4th Annual SR2 Youth Triathlon at THHS</td>
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<tr>
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<td>TH Summer Driver Education Class Begins</td>
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**Silver Bay PTSO, Silver Bay Marina and the City of Silver Bay**

**18th Annual Lake Superior Salmon Classic Fishing Tournament**

**JULY 21st & 22nd, 2018**

**Fishing Tournament - $20.00 Per Person**

Three Contest Divisions with 5 places in each Division: Coho Salmon - King Salmon - Lake Trout

**Raffle Tickets - $5.00 Each**

$1,500.00 in CASH PRIZES ~ Top Prize $500.00 CASH

Plus numerous other cash & merchandise prizes! Need not be present to win

Visit [www.silverbay-marina.com](http://www.silverbay-marina.com) for more information

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**Complete calendar available online at [www.lakesuperiorsd.org](http://www.lakesuperiersd.org)**
ARTS, CRAFTS & HOBBIES

BARN WOOD ART DECOR
Barn wood art is all the rage in home decor. We will learn how easy it is to stain, paint, distress and add custom lettering on a piece of barn wood creating a finished wall hanging.
Instructor, Bonnie Warner
5/7/18
Monday, 6:00 - 8:00 PM
THHS - FACS Room 2305
$25.00

ERASER CARVING
Learn how fun and rewarding it is to create your own custom stamps from eraser material. Many artists find this creative art form to be very relaxing as well as rewarding as once you get started you just want to carve everything you see! Each student will take away several carved pieces as well as the basic tools to create more! Class fee includes carving kit. Register by 4/16.
Instructor, Bonnie Warner
4/23/18
Monday, 6:00 - 8:00 PM
THHS - FACS Room 2305
$45.00

INTRO TO WATERCOLOR TECHNIQUES
Watercolor is a wonderful medium that can take many shapes and forms. Watercolor pencils, cakes, pastes, crayons, and pens are all viable products. This class will introduce you to the various watercolor products, techniques, and limitations of each. We will talk about basic color theory and create some wonderful watercolor projects.
Instructor, Bonnie Warner
4/9/18
Monday, 6:00 - 8:00 PM
THHS - FACS Room 2305
$45.00

WINE BOTTLE GARDEN CHIMES
Let this fabulous chime be the first embellishment you add to your garden this year. We will experiment with glass etching products, beads and a little painting to create a custom piece of yard art.
Instructor, Bonnie Warner
5/21/18
Monday, 6:00 - 8:00 PM
THHS - FACS Room 2305
$25.00

COMPUTER TRAINING

DIGITAL PHOTOGRAPHY BASICS
Learn the basics of taking good photos with a digital camera; then make your digital photos better through simple color, contrast and lighting adjustments. Learn about options to upload, organize, archive, share and publish your photos. You are welcome to bring your own camera to practice and ask questions. Register by 5/2.
Instructor, Kris Lee
5/8/18
Tuesday, 4:00 - 4:45 PM
THHS - Computer Lab 1109- Media Center
$20.00

STUDENT TO SENIOR TECH NIGHT
Community Partners in conjunction with AGE to age welcomes seniors to an opportunity to learn about technology in a customized 1:1 setting. Fun, food, and your very own student helper. Seniors can choose from a variety of topics. Bring your own device (phone, tablet or digital camera) or use a school iPad or computer. Choose your topic: digital photography, Facebook, e-mail, Internet searching and online safety, Skype, iPhones, iPads, or other portable devices. This will be a self-paced workshop where students and seniors work together to learn new technology skills in a fun and stress free environment. You’ll need to let us know what you hope to learn and what type of device you are bringing in advance. To register, call Community Education at 218-834-8201, ext 8230 or you can also register online. Snacks and refreshments will be provided. Seniors needing a ride to and from this event can contact Sarah at Community Partners 218-834-8024. Register by 3/5.
Instructor, Sarah Nelson
3/8/18
Thursday, 6:30 - 7:00 PM
THHS - Community Room
$5.00

COOKING & FOODS

SPICE UP YOUR LIFE!!
Learn about a variety of custom blended spices, what they contain, and how to use them. Enhance your meals and enjoy the health benefits that spices can provide. You will take home samples of five custom blends. Register by 4/19.
Instructors, Frank & Dannie McQuade
4/26/18
Thursday, 6:00 - 7:00 PM
THHS - FACS Room 2305
$10.00

GENERAL INTEREST

7 FINANCIAL STRATEGIES FOR WOMEN
Many women will face life-changing financial decisions. Understand your options related to setting goals, Social Security, protection, estate and retirement strategies, and how to stay informed. Register by 4/19.
Instructor, Gregory Hanson
4/26/18
Thursday, 6:30 - 7:30 PM
THHS - Library
$5.00

AGING MASTERY PROGRAM
See description on page 21.
Instructor, Chris Langenbrunner
4/16/2018 - 5/21/2018
Monday & Wednesday, 4:30 - 6:00 PM
THHS - Community Room
$29 or $50/Couple

ARTIC DISCOVERIES: PREDATORS OF THE SKY - VIRTUAL FIELD TRIP
Enjoy a virtual field trip using the school’s Telepresence system. Fly into the Alaska Zoo and participate in a virtual encounter with one of our birds of prey! Discover hawks, eagles, owls and more when you embark on this learning journey with our feathered friends. Don’t miss this chance to get a first-hand look at these beautiful birds and what it takes for them to be experts of the sky! These events are free and open to the public courtesy of a grant from the Blandin Foundation, but all participants (including children) must register ahead of time to ensure proper seating arrangements. The programs are targeted for people of all ages to enjoy, especially younger students with an interest in science, history and the arts.
Instructor, Kris Lee
4/5/18
Thursday, 3:45 - 4:45 PM
THHS - Room 2203
No Fee

BE POLLINATOR FRIENDLY
Learn why pollination matters, which flowers attract pollinators to your yard, and how to create a safe habitat for pollinators. Master Gardeners will lead you through the basics of this important topic, with plenty of time for questions. Youth are welcome when accompanied by an adult. Register by 4/12.
Instructors, Lake County Master Gardeners
4/19/18
Thursday, 6:00 - 7:00 PM
THHS - Community Room
$7.00
**DOG OBEDIENCE**
The purpose of this course is to prepare you and to teach your dog good citizenship—heel, sit, stay, down, come, and stand. This is not an entry level puppy class. At the first class you must provide veterinary records as proof that DHLPP and Rabies vaccinations are up to date - No Exceptions! Your signature is required on the liability waiver at registration. Bring a leash and pinch collar. Retractable leashes are discouraged; standard leashes 6 feet or shorter are recommended. Owners will be responsible to clean up after their dog. **Do NOT bring your dog to the first class.** Register by 4/11.
Instructor, Chad Hamman
4/18/2018 – 5/30/2018
Wednesday, 6:30 - 8:00 PM
THHS - Jr. High Wing Lower Hall
$75.00

**DRIVER IMPROVEMENT COURSE - 4 HOUR REFRESHER**
The driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. You must register by 4/26.
Instructor, Dean Skalicky
5/8/18
Tuesday, 5:00 - 9:00 PM
THHS - Community Room
$22.00

**DRIVER IMPROVEMENT COURSE - 8-HOUR**
This driver improvement course is the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. You must register by 5/16.
Instructor, Dean Skalicky
5/22/2018 & 5/23/2018
Tuesday & Wednesday, 5:00 - 9:00 PM
THHS - Community Room
$26.00

**ESTATE PLANNING BASICS FOR ALL AGES: WILLs, TRUSTS, AND OTHER IMPORTANT LEGAL DOCUMENTS**
Do you know that two out of three people die without a will? This course will explain why every adult should have a will, power of attorney and health care directive. The instructor, Ruthanne Hedstrom Vos, is an estate planning attorney with Mathison & Vos, PLLC in Grand Marais. Ruthanne will discuss the preliminary steps in making a will including preparing an asset summary and choosing personal representatives, trustees and guardians. The course will also cover estate taxes, probate and an introduction to living trusts. Register by 4/26.
Instructor, Ruthanne Hedstrom Vos
5/3/18
Thursday, 6:30 - 8:00 PM
THHS - Computer Lab 1109- Media Center
$7/person or $10/couple

**GARDENING WITH KIDS**
Are you interested in gardening with your kids? Learn how to get your kids involved in different types of gardening, why it’s important, and how to make it fun for the whole family without it becoming a chore. We will explore fun ways to get all ages involved, understanding where our fruit and vegetables come from, and start growing something of your own through a hands-on activity. For adults and children; children must be accompanied by an adult. Register by 5/1.
Instructor, Jadell Cavallin
5/8/18
Tuesday, 5:30 - 7:00 PM
THHS - Cafeteria
$14 for 1 adult & 1 child and $7 for each additional child

**GEARING UP FOR GROWING SEASON**
Do you have an interest in gardening and are looking for ideas and tips to get your growing season off to a good start? Learn why gardening is important, the different types of gardens, and how to have success in our short growing season. For beginners through experienced gardeners. Register by 4/3.
Instructor, Jadell Cavallin
4/10/18
Tuesday, 5:30 - 7:00 PM
THHS - Community Room
$9.00

**LEARN TO PLAY AMERICAN MAHJONG**
Four-Crack, Flower, Six-Dot, Red Dragon, Take. No, it’s not some coded message from outer space, it’s Mahjong and loads of fun! Register by 4/11.
Instructors, Nancy Ludwig & Mary Parent
4/18/2018 – 5/2/2018
Wednesday, 6:00 - 8:00 PM
THHS - FACs Room 2305
$12.00

**SEED MANIA**
The Minnesota DNR needs help collecting seeds and cones to grow seedlings for reforestation! You can contribute for forest conservation and improvement while spending enjoyable time in the woods and making money. This hands-on workshop will introduce participants to the DNR seed purchasing program. You will learn how and when to find and recognize potential seed trees and healthy cones, how to properly collect and store seed and cone material, and how to sell it to your local DNR office. More information will be available in the August issue of the Good News.
Instructor, Karen Updegraff, DNR
8/30/18
Thursday, 5:30 – 8:30 PM
Tettegouche State Park

**THE PSYCHOLOGY OF PERSUASION: MASTERING PERSUASION STRATEGIES**
How do you persuade others to your way of thinking? What if it was as easy as using specific words or phrases? This workshop contains the most powerful tools, strategies and techniques of persuasion that are utilized by the biggest businesses in the world and now they’re available to you! Instructor Josh Gretz is an authorized and licensed presenter of the bestselling book by Dr. Kevin Hogan, The Psychology of Persuasion: How To Persuade Others To Your Way of Thinking. Certificate of attendance will be available. The class fee includes the cost of the book. Register by 4/24.
Instructor, Josh Gretz
5/1/18
Tuesday, 6:30 - 8:30 PM
THHS - Community Room
$37.00

**TRAVELING TO ALASKA IS EASIER THAN YOU THINK**
This is an informative two hour presentation geared to folks interested in traveling to Alaska on their own or with the help of experienced travelers. Sharon and Alan Finifrock will share their 20 plus years of Alaskan living, traveling to, from, and within Alaska to help you create a plan for the trip you have been dreaming about. Topics will include: When and how to travel; best times to plan your travel; airline reservations; Alaska Highway (ALCAN) travel; food- lodging- travel options and costs; free and inexpensive activities; hunting, fishing and wildlife viewing; websites to visit; travel brochures; developing a trip budget. The insights presented will help you plan and travel wisely. Register by 4/17.
Instructor, Alan Finifrock
4/24/18
Tuesday, 6:00 - 8:00 PM
THHS - Community Room
$10/person or $15/couple.

**HEALTH/SAFETY/WELLNESS**

**CPR/CPR REFRESHER/FIRST AID**
For persons wishing to become certified in CPR, or for those whose certification has expired or is about to expire. Learn adult, infant and child CPR, along with AED (Automated External Defibrillator). The First Aid portion will cover bandaging, treating shock, burns, injury to
Instructor, Judie Sarff
5/8/18
Tuesday, 6:00 - 10:00 PM
THHS - Health Room 2034
$65.00

MEDICARE A THROUGH D
Participants will learn about the multiple parts of Medicare, discuss the costs, coverage, as well as how and when to enroll in Medicare. Other subjects covered in the class include: Medicare Savings Programs, Medigap policies, Part D prescription drug plans, other insurances such as employer and COBRA as well as some general information on Veterans benefits. Additional information will be provided about prescription cost assistance programs, preventive coverage, resources such as www.Medicare.gov, www.MinnesotaHelp.info and the Senior LinkAgeLine™. Register by 4/3.
Instructor, Deade Johnson
4/11/18
Wednesday, 5:00 - 7:00 PM
THHS - Community Room
$5.00

MUSIC & DANCE
BELLY DANCE, BEGINNING
No other exercise taps into the essence of female power like belly dance. Surrounded by terrific women of all shapes and sizes, you will be amazed how quickly you come to learn the proper form and technique of belly dance moves. The natural antidepressant and confidence boosting qualities of this low impact cardio workout will stretch and engage your body from head to toe! Please join us in comfortable clothing, and bring a hip scarf if you have one.
Instructor, Judie Sarff
3/20/2018 - 6/5/2018
Tuesday, 6:00 - 7:00 PM
Minnehaha - Cafeteria
$57.00

BELLY DANCE, BEYOND
For those who have completed one year of beginning belly dance. We will work to layer moves, increasing our flexibility and stamina. Advanced moves, choreography, and props will be introduced and practiced to further enhance belly dance skills. Let’s keep the belly dance fire rolling!
Instructor, Judie Sarff
3/20/2018 - 6/5/2018
Tuesday, 7:15 - 8:15 PM
Minnehaha - Cafeteria
$57.00

BUILD YOUR OWN UKULELE
Class fee includes one ukulele kit. Register by 3/19.
Instructor, Kyle Chalupsky
4/3/2018 & 4/10/2018
Tuesday, 4:30 – 6:00 PM
THHS - Wood Shop
$49.00

INTRODUCTION TO THE UKULELE
Beginner’s group ukulele lessons for ages 8 - 88. The first class will be an introduction to the instrument and you will receive information on what to look for when purchasing a ukulele, and where to shop. The last class in the session will be a class recital. Register by 3/20. A limited number of scholarships are available; for further information call Al at 218-834-9526.
Instructor, Al Anderson
3/27/2018 - 5/15/2018
Tuesday, 6:00 - 6:45 PM
THHS - Choir Room 2410
$40.00

POOL ACTIVITIES
AM LAP SWIM, MONDAY
Early morning lap swim for ages 12-adult. Must bring cap, suit and towel. Park in the parking lot off Cedar Road and enter through door #14. There will be no early morning swim if school has a late start or is canceled. A reminder to our lap swimmers: The pool is open to all registered adults and the lanes will be shared during lap swim. Pool is closed 4/2, 5/28. Class time will change to 5:30 to 6:30 AM beginning May 7th.
Lifeguard, Kathy Ronning
3/19/2018 - 6/4/2018
Monday, 6:00 - 7:00 AM
THHS - Pool/Locker Rooms
$50.00

AM LAP SWIM, WEDNESDAY
See description above. Class time will change to 5:30 to 6:30 AM beginning May 9th.
Lifeguard, Kathy Ronning
3/21/2018 - 6/6/2018
Wednesday, 6:00 - 7:00 AM
THHS - Pool/Locker Rooms
$60.00

AM LAP SWIM, THURSDAY
See description above. Class time changes to 5:30 – 6:30 AM beginning May 10th.
Lifeguard, Kathy Ronning
3/22/2018 - 6/7/2018
Thursday, 6:00 - 7:00 AM
THHS - Pool/Locker Rooms
$60.00

AQUA AEROBICS - WEDNESDAYS
An energizing workout done in both shallow and deep water that builds cardiovascular fitness, strength and endurance. The water’s buoyancy provides cushioning and support, reducing the risk of muscle or joint injury. A fun and effective way to get or stay in shape for people of all ages and fitness levels. Flotation and resistance equipment provided. Park in the parking lot off Cedar Road and enter through door #14. No class 4/18.
Instructor, Patty Carter
3/28/2018 - 6/6/2018
Wednesday, 5:30 - 6:30 PM
THHS - Pool/Locker Rooms
$62.00

DEEP WATER AQUA FITNESS, MONDAYS
Instructor, Patty Carter
3/26/2018 - 6/4/2018
Monday, 5:30 - 6:30 PM
THHS - Pool/Locker Rooms
$56.00

LAP SWIM, EVENING - MONDAYS
Evening lap swim for ages 12-adult. Must bring cap, suit and towel. Park in the parking lot off Cedar Road and enter through door #14. No class 4/2, 5/28. A reminder to our lap swimmers: The pool is open to all registered adults and the lanes will be shared during lap swim.
Lifeguard, Molly Negus
3/26/2018 - 6/4/2018
Monday, 6:30 - 7:30 PM
THHS - Pool/Locker Rooms
$45.00

LAP SWIM, EVENING - WEDNESDAYS
Evening lap swim for ages 12-adult. Park in the parking lot off Cedar Road and enter through door #14. No class 4/18. A reminder to our lap swimmers: The pool is open to all registered adults and the lanes will be shared during lap swim.
Lifeguards, Lisa Hebl & Deanne Thomasen
3/28/2018 - 6/6/2018
Wednesday, 6:30 - 7:30 PM
THHS - Pool/Locker Rooms
$50.00

SUMMER SESSION - AM LAP SWIM, MONDAYS
Early morning lap swim for ages 12-adult. Must bring cap, suit and towel. Park in the parking lot off Cedar Road and enter through door #14. Pool closed 7/1.
Lifeguard, Kathy Ronning
6/11/2018 - 7/23/2018
Monday, 5:30 - 6:30 AM
THHS - Pool/Locker Rooms
$30.00

SUMMER SESSION - AM LAP SWIM, WEDNESDAYS
Lifeguard, Kathy Ronning
6/13/2018 - 7/25/2018
Wednesday, 5:30 - 6:30 AM
THHS - Pool/Locker Rooms
$30.00

VISA AND MASTERCARD ACCEPTED FOR PAYMENT
**SUMMER SESSION - AM LAP SWIM, THURSDAYS**
See description above. Pool closed 7/5.
Lifeguard, Kathy Ronning
6/14/2018 - 7/26/2018
Thursday, 5:30 - 6:30 AM
THHS - Pool/Locker Rooms $30.00

**SPORTS & EXERCISE**

**PILATES MAT CLASS - MONDAYS**
Pilates is a wonderful form of exercise for everybody, regardless of fitness level, that engages the mind and body. This will be an introductory mat class that increases strength without bulk; flexibility; balance and circulation; creates long, lean muscles; improves posture; reduces stress and helps in preventing and rehabilitation from injuries. Pilates promotes a feeling of physical and mental well-being. Bring your own mat, a light set of weights, a water bottle and wear comfortable clothes. No class 4/2 & 5/28. Register by 3/21.
Instructor, Jillian McCorison
3/26/2018 - 6/4/2018
Monday, 6:00 - 7:00 PM
Minnehaha - Cafeteria $58.00

**PILATES MAT CLASS - WEDNESDAYS**
See description above. Register by 3/22.
Instructor, Jillian McCorison
3/28/2018 - 6/6/2018
Wednesday, 6:00 - 7:00 PM
Minnehaha - Cafeteria $70.00

**WHOLE YOGA**
For all levels. We will explore various yoga postures and movements, building strength and flexibility, while also releasing stress and tension. Learn healthy breathing patterns, a little yoga philosophy, and practical off the mat tools for modern living. Class will end with a deep relaxation practice and a 5 minute meditation. Bring a small pillow or blanket, a water bottle, and a yoga mat. There will be a few extra mats available for student use. No class 4/19 & 5/3.
Instructor, Hilary Buckwalter
3/29/2018 - 5/31/2018
Thursday, 6:00 - 7:15 PM
Minnehaha - Gym $72.00

**YOUTH CLASSES/ACTIVITIES**

**2018 SR2 YOUTH TRIATHLON**
See page 23 for more information.
6/9/18
Saturday, Registration at 8:30 AM
THHS - Cafeteria

**AGATE YOUTH FOOTBALL CAMP**
For boys and girls entering grades K-6 this fall. Learn the fundamentals of football while having fun and improving your skills. You will receive instruction from Coach Nelson and the Agate Football Staff and Varsity Football Players. Equipment needed: shorts/sweats, T-shirt/sweatshirt, football cleats, water bottle and tennis shoes. In case of bad weather, meet in the THHS gym. Register by 6/7 to receive a camp T-shirt and to allow for proper planning. Fee includes T-shirt. All campers will need medical insurance coverage-no exceptions (forms available when you register online or in the Community Ed. office).
Coach, Tom Nelson
7/23/2018 - 7/26/2018
Monday - Thursday, 4:00 - 5:30 PM
THHS - Practice Field $40.00
DRIVER EDUCATION PARENT MEETING
The parent night for driver education is meant to educate parents on the laws regarding teen drivers, the risks involved related to driving and teens, and to equip parents with tools and strategies for a successful driving experience for them and their teens. Teens are required to attend this meeting with their parent; it does not count towards their required 30 hours of class time. Parent participation reduces required practice driving time from 50 to 40 hours. Certificates are awarded for completion of the Parent Session. There is no additional cost for the parent meeting, but registration is required. Teachers, George Olson & Brian Rosenberg
6/12/18
Tuesday, 6:00 - 7:30 PM
THHS - Cafeteria
No Fee

PONY FOOTBALL
For students entering grades 3-6 in the fall, 3rd & 4th grade students can play Pony instead of Flag Football if the student and parent(s) request it. Practice will begin Monday, Aug. 20, with a parent meeting and equipment handout. Games will be on Saturday mornings; a schedule will be available at a later date. Parents are responsible for transportation to and from games. The $70 fee includes all equipment, with the exception of football cleats, which you must supply. Your registration fee, insurance form, and physical form should be turned in to the Community Ed. Office by 6/14 to allow for planning and equipment purchases. Forms available when you register online or in Community Ed. office. Call Coach Nelson @ 834-8221 ext. 8407 or cell # 830-8083 with any questions. GO AGATES!!
8/20/2018 - 10/18/2018
Monday - Thursday, 4:00 - 5:45 PM
Odegard Park
$70.00

SUMMERBLUE ARTS
See description on page 10
Director, Lon Church
7/9/2018 - 7/27/2018
Monday - Friday, 9:00 AM - 3:30 PM
Lon Church Site at Flood Bay
$360, Siblings $180

WOODEN BIRD HOUSE, GR. K-5
Grades K & 1 should bring a parent, grandparent, aunt, uncle, or adult friend helper. We will paint and embellish a wood birdhouse to put out in the garden or on the window ledge. Bring your own after school snack. Adults must pay the class fee and pay for supplies if making their own bird house.
Instructor, Bonnie Warner
4/4/18
Wednesday, 3:30 - 5:00 PM
Minnehaha - Cafeteria
$12.50

WRITE FOR RADIO, GRADES 7 & 8
“Write for Radio” is a workshop crafted for students with a flair for writing short stories, fiction, or other works of prose. This class focuses on the writing process, which teaches students crucial writing methods; revision, critique, editing, and story-telling. Students will learn on-air radio skills, how to use equipment, recording studio, and the basics of using a sound-board as well. The result will be students recording their stories for a special feature broadcast on KTWH, Two Harbors Community Radio. You must register before you attend this class. You may bring a light snack.
Instructor, Jackie Renwald
4/6/2018 - 5/18/2018
Friday, 1:00 - 3:00 PM
Harbor Landing Atrium
$10.00
COMMINGLE: ART WORKSHOP WITH LAURI HOHMAN

Commingle is a program for people getting together to share & discuss life experiences, fun stories, serendipitous events, etc. Keeping it light & fun, but also discussing some topic like:
Where did I come from?
What do I believe?
Who am I?
Why am I here?
Will/do I dream?
We mix fun & interesting conversations (no judgment) with art principles & elements of design - drawing, doodling, coloring, etc. from the Commingle heARTbook and complete the evening with a very large group piece of art. Everyone works on this piece together for the group masterpiece photo.
The main thing you will get from this is an experience and new connections that you will always remember and hopefully learn & grow from. You don’t have to be an artist or even know how to draw to take this class and enjoy it. This is much more about the group experience, fun & commingling.
Feel free to bring your own beverages & snacks to class. Instructor has a BFA in art education & years of crazy experiences to share!
Instructor: Lauri Hohman
3/7/2018 - 4/11/2018
Wednesdays, 6:00 - 8:00PM
$50.00

CARD-MANIA: MOTION CARDS

Come spend an afternoon each month at the Clair Nelson Center with Bonnie as she shows you what fun it is to create handmade cards. Each month we will experiment with a variety of art supplies, techniques, tools and the latest trends in cardmaking.
Students will receive a themed kit each month to help in making a “stack” of cards that can be used as gifts or to send to your favorite people.
With more than 20 years experience in the art industry, there are endless techniques that will be shared and all level and age crafters are invited to participate in this workshop.
Instructor: Bonnie Warner
3/18/18
Sunday, 11:00AM -2:00PM
$25.00

CARD-MANIA: SPING CARDS

Come spend the third Tuesday of March at the Clair Nelson Center with Bonnie as she shows you what fun it is to create handmade cards. We will experiment with a variety of art supplies, techniques, tools and the latest trends in cardmaking.
Students will receive a themed kit each month to help in making a “stack” of cards that can be used as gifts or to send to your favorite people.
With more than 20 years experience in the art industry, there are endless techniques that will be shared and all level and age crafters are invited to participate in this all day workshop.
Instructor: Bonnie Warner
3/20/18
Tuesday, 11:00AM -2:00PM
$25.00

SPRING BLOOMS

Penny Black is one of the most creative artists in the papercraft industry. Her designs combine stamps, embossing folders, die cuts, and a wide variety of art mediums to create stunning and elegant cards and papercraft projects. The bright colors and techniques will make you want to go crazy for spring!
Instructor: Bonnie Warner
3/26/18
Monday, 6:00 - 8:00PM
$25.00

CELEBRATING MEMORIES (2 PART WORKSHOP)

Take a day once a month to organize and journal your most precious memories. We will work on scrapbooking pages, learn new techniques, try various tools and products to assist in putting your life story together to share with family for generations. As part of the class fee each participant will receive a $25.00 themed kit with a huge selection of papers and embellishments. In addition to introducing you to the basic guidelines of scrapbooking, we will learn how to use the Cricut cutter, die cut tools, various inks, art supplies and more. All ages are invited to participate in this all day event.
Instructor: Bonnie Warner
4/8/2018 - 5/6/2018
Sundays, 11:00AM -2:00PM
$50.00

BOTTLE CAP ART JEWELRY

Let’s go a little Bo-Ho and create some chic jewelry pieces and charms using bottle caps. We will experiment with various epoxies as well as other elements to create some custom jewelry art.
Instructor: Bonnie Warner
4/16/18
Monday, 6:00 - 8:00PM
$25.00

CARD-MANIA: STEP CARDS

Come spend an afternoon each month at the Clair Nelson Center with Bonnie as she shows you what fun it is to create handmade cards. Each month we will experiment with a variety of art supplies, techniques, tools and the latest trends in cardmaking.
Students will receive a themed kit each month to help in making a “stack” of cards that can be used as gifts or to send to your favorite people. With more than 20 years experience in the art industry, there are endless techniques that will be shared and all level and age crafters are invited to participate in this workshop.
Instructor: Bonnie Warner
4/22/18
Sunday, 11:00AM -2:00PM
$25.00

BARN WOOD ART DECOR

Barn wood art is all the rage in home decor. We will learn how easy it is to stain, paint, distress and add custom lettering on a piece of barn wood creating a finished wall hanging.
Instructor: Bonnie Warner
4/30/18
Monday, 6:00 - 8:00PM
$25.00

WINE BOTTLE GARDEN CHIMES

Let this fabulous chime be the first embellishment you add to your garden this year. We will experiment with glass etching products, beads and a little painting to create a custom piece of yard art.
Instructor: Bonnie Warner
5/14/18
Monday, 6:00 - 8:00PM
$25.00

CARD-MANIA: BLOSSOM CARDS

Come spend an afternoon each month at the Clair Nelson Center with Bonnie as she shows you what fun it is to create handmade cards. Each month we will experiment with a variety of art supplies, techniques, tools and the latest trends in cardmaking. Students will receive a themed kit each month to help in making a “stack” of cards that can be used as gifts or to send to your favorite people. With more than 20 years experience in the art industry, there are endless techniques that will be shared and all level and age crafters are invited to participate in this workshop.
Instructor: Bonnie Warner
5/20/18
Sunday, 11:00AM -2:00PM
$25.00
Look for the following special events at ECFE this spring:

Helping your child build motor skills on April 5 in Silver Bay.

Where does our food come from? Planting at ECFE May 3 in Two Harbors.

Follow the Lake Superior School District ECFE Facebook page for updates.

Contact ECFE: 218-226-4437 ext. 8158
Like ECFE on Facebook - Lake Superior School District ECFE

AGING MASTERY PROGRAM
HELPING OLDER ADULTS MASTER AGING

• 10 week health and wellness class, Mondays & Wednesdays,
  April 16 – May 21, 2018 • 4:30-6:00pm
• Residents 55+
• THHS-Community Room

We are pleased to announce that we are offering an innovative ten-week health and wellness program to residents 55 and over. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Aging Mastery Program developed by the National Council on Aging (NCOA)

For more information or to register, call 218-834-8201 ext. 8230. Ask about scholarships for Volunteers!
COMMUNITY EDUCATION
CLASS REGISTRATION 2018

Registration may be made by phone, mail, in person or online. Visa and MasterCard are accepted or payment of class fees. When you pay for the class, you reserve your place in that class. You must register for every class. Failure to do so could result in its cancellation. **REGISTER EARLY, AS CLASSES FILL UP QUICKLY!**

course fees
Fees listed are payable to Community Education, not to the instructor. Don’t forget you can register online for classes! Go to www.isd381.k12.mn.us, click on Community Education and then Classes & Registration.

school closings
On days schools are closed or released early for any reason, Community Education classes will not be held. **THIS INCLUDES PRESCHOOL AND ECFE CLASSES.**

course changes
Community Education reserves the right to drop any course offered because of insufficient registration. Courses may also be added or dropped after this publication. Check our updates online at www.isd381.k12.mn.us/communityed/html/index.html. Class cancellations/refunds must be made no later than the class registration deadline; or if no deadline is listed, a minimum of three business days prior to the first day of class.

locations and hours of CE offices
Two Harbors High School Door 17, 7:30AM-4PM (closed for lunch 12-12:30PM)
William Kelley School in Silver Bay, Noon – 4PM
Claire Nelson Center, Finland, MN, 10AM-4PM Tuesdays and Fridays

To register by phone, call Community Education:
**834-8201, ext. 8230** in Two Harbors
**226-4437, ext. 8137** in Silver Bay
**353-0300** in Finland

Please check with your physician before starting any exercise program.

PARTICIPANT PUBLICITY ACKNOWLEDGEMENT
Community Education reserves the right to utilize photos and the names of participants for publicity purposes. Participants desiring their names/photograph not to be used for publicity must notify Community Education in writing at the time of registration.
Join us for the 3rd Annual SR2 (Swim Ride Run)

TWO HARBORS YOUTH TRIATHLON!

Saturday, June 9th
Registration begins at 8:30 a.m.
Two Harbors High School,
1640 Hwy 2
Two Harbors, MN

Swimming takes place in the THHS pool. Swim aids are allowed for younger students if needed.

All participants receive a t-shirt, swim cap and refreshments. Medals will be awarded to the top three in each division.

• Ages 5-6: Swim 25 yards (1 pool length), Bike 1.5 miles, Run 1/2 mile*
• Ages 7-9: Swim 25 yards (1 pool length), Bike 1.5 miles, Run 1/2 mile
• Ages 10-12: Swim 50 yards (2 pool lengths), Bike 2.25 miles, Run 1 mile
• Ages 13-15: Swim 100 yards (4 pool lengths), Bike 2.25 miles, Run 1.5 miles

SCHEDULE FOR THE DAY:
8:30 a.m. – Same Day Registration & Athlete Check-in begins at the THHS Cafeteria
9:15 a.m. – Race Announcements
9:30 a.m. – Race Begins
10:15 a.m. (approx.) – Awards and Recognition

This is a fun community event designed to for K-8 youth to experience a Triathlon. Organized and run by adult and teen volunteers. Triathlon expenses are mostly offset by grants and donations. It will be held rain or shine. Bike helmets and swim caps are mandatory for participants. Triathletes will be timed for the Bike/Run portion (timed together), and will be timed separately for the swim portion of the event.

*Advance online registration for Lake Superior School District students is $5; non-resident student fee is $20. Advance registration closes at Noon on Wednesday, June 6th; all registrations after that are $20, as well as same day registration the morning of the event. No refunds for this event.

Watch for notice of biking, swimming and running practice sessions. Practices are only for Registered Participants! Times and locations to be determined.
Our Mission
Lake Superior School District will provide an educational environment encouraging lifelong learning, self-fulfillment and responsible citizenship.