# Mankato Area Public Schools' Community Education & Recreation

WINTER 2021 Part 2 www.mankatocer.com



Assuring learning excellence and readiness for a changing world by providing programming to REACH ALL, TEACH ALL, and INCLUDE ALL.

# Mankato Area Public Schools' Family Academy



6:00-7:00 pm

Monday, March 15 Screen Time for Students (K-12th grade)

Presenters: Meghan Eberhart - Instructional Technology Coordinator, Melanie Helling - Assessment Coordinator, Angie Potts - Director of Media & Technology

Find out how to support your students when they might be required to be online with their devices for classes. Learn how to help them schedule in breaks, how to use Securely Parent Portal, how to set limits on ipad apps and see what apps your student is using. We will cover what to do when you have this information and ways to talk with your student about healthy choices.

#### Raising a Race-Conscious Child (birth-8 years)

Presenters: Early Learning staff Laurie Erstad. Parent Educator and Katti Hurley, Parent Educator, M.Ed. It's never too early to start talking about race with your child! But How? What? and Why? Join us as we explore what role parents play in raising race-conscious children and learn strategies to help parents engage in antiracist parenting.

#### 7:00-8:00 pm

#### Social and Emotional Learning (K-12th grade)

Presenters: School Social Workers Kris Moore, MS, MSW, LICSW and Gretta Krier, MS, LSW Social and Emotional Learning (SEL) are skills taught to students to help them understand, manage and express their feelings. Students who gain an understanding of these skills increase their own self-awareness thus being able to lead to more positive behaviors, less emotional distress and increased academic achievement. School staff and parents who understand the basic components of SEL can help their child/student be more successful in naming and managing their feelings and behaviors. This session will provide a foundation of what SEL is and how the skills can be used in school and at home. Facilitators will provide resources that families can access and use at home.

#### Preparing Your Student for Success Through Work-based Learning (9-12th grade)

**Presenter:** Mary Berg, Work-based Learning Coordinator

Work-based Learning programs provide a platform for exploration, application and study that take place out of the classroom and into the workplace. High school youth (ages 14+) are eligible to participate in WBL activities such as Job Shadows, Internships, Youth Apprenticeships and Work Experiences. These experiences will help your student explore and refine skills through this unique form of learning that will allow them to showcase their skills, talents and abilities within a career field all while earning high school credits that are directly linked to their future education and career paths.



To Register: Go to isd77.org and click on Connect and then on Family Academy or call 507-387-5501.



**Family & Community Engagement** 507-387-5501 atrold1@isd77.k12.mn.us

### Join ACES This Summer!



### Save The Date!

Registration opens Wednesday, April 7 at 6:30am >> Register online at mankato.ce.eleyo.com <<

ACES School Age Care Program offers multiple convenient locations for families throughout the Mankato Area Public School service area. Children participate in a variety of engaging and developmentally appropriate activities including art, science, social recreation, physical activity, group games, outdoor play and MORE!

ACES has consistent hours, opening at 6:30am and closing at 6:00pm, offering families the option for quality care for their child(ren) during the summer. ACES serves students enrolled in First through Fifth grade for the 2021-2022 School Year. Little ACES is a program designed for incoming Kindergarteners with a heavy focus on Kindergarten readiness.

For more information

Website: mankatocer.com Email: aces@isd77.org Phone: 507-387-5501



# **YOUTH ENRICHMENT**

### **{YEL}** GRANDMASTERS OF CHESS - ON-SITE

YEL Staff

6 Sessions - Grades K-5

Returning students invited. Our spring session focuses on intermediate and advanced concepts and features an end-of-year in-class tournament. The {YEL!} Teach It!...Practice It!...Play It! method keeps students progressing through 60+ chess lessons and thousands of puzzles as well as guided games. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with {YEL!}.

**COURSE #: 5292-4w** \$98 **Wed,** April 7- May 12; 3:15-4:30 pm LCC 152

### {YEL!} EXTREME STEM: "CATAPULTS & DRAGONS" - ON-SITE

Youth Enrichment League - Grades K-3 4 Sessions

STEM Enrichment using LEGO® bricks for the 21st Century learner. Each {YEL!} STEM class follows four basic components •Teach It!...Each class students are taught the basic STEM engineering concepts behind each project. •Build It!... Students use LEGO® bricks to build a snapping dragon, railroad crossing, and design their own marshmallow catapult. •Explore It!...Then they use the project to explore basic engineering concepts this session is focused on lever concepts •Play It!... Finally they play with their project, modify it, create extensions and have fun working with it. Sign up today to THINK, LEARN and PLAY WELL with {YEL!}. For more details about {YEL!} STEM classes, visit YouthEnrichmentLeague.com.LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

**COURSE#: 5392-4w** \$56 Tue, Mar 9-30; 4:30- 5:30 pm LCC 154

Decisions on whether we are able to host a camp or class will be ongoing as directives from the State of Minnesota are provided.

### FENCING - ON-SITE

Youth Enrichment League - Grades 2-12 6 Sessions

Each {YEL!} fencing class follows four basic components:
•Teach It!...Hall of Fame Olympic Fencing Coach Ro
Sobalvarro crafts our lessons and curriculum. •Practice
It!...Students pair up and practice the fencing move or
concept, rotate partners and repeat. •Move It!...Students
then participate in fencing matches using only the moves
taught so far. •Play It!...10-15 minutes each class
students fence with multiple fencers at their skill level.
Spring sessions include an in-class tournament. All
equipment provided. Sign up today to THINK, LEARN
and PLAY WELL with {YEL!}.

Session 1: Grades 2-5

COURSE #: 4970-5w \$102

Wed, Apr 7-May 12; 5:00 - 6:00 pm LCC Lower Gym

Session 2: Grades 6-12

COURSE#: 4970-6w \$102

Wed, Apr 7-May 12; 6:15 - 7:15 pm LCC Lower Gym

### {YEL!} EXTREME STEM: "CLOWNS & CRANES" - ON-SITE

Youth Enrichment League -Grades K-3 4 Sessions

STEM Enrichment using LEGO® bricks for the 21st Century learner. Each {YEL!} STEM class follows four basic components •Teach It!...Each class students are taught the basic STEM engineering concepts behind each project. •Build It!... Students use LEGO® bricks to build a construction crane, clown face, and design their own conveyor belt. •Explore It!...Then they use the project to explore basic engineering concepts - this session is focused on pulleys concepts. •Play It!...Finally they play with their project, modify it, create extensions and have fun working with it. Sign up today to THINK, LEARN and PLAY WELL with {YEL!}. For more details about {YEL!} STEM classes, visit

YouthEnrichmentLeague.com.LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

**COURSE#: 5392-5w** \$56 Tue, Apr 6-27; 4:30- 5:30 pm LCC 154





### BABYSITTER TRAINING - BLENDED LEARNING -ON-SITE & AT HOME

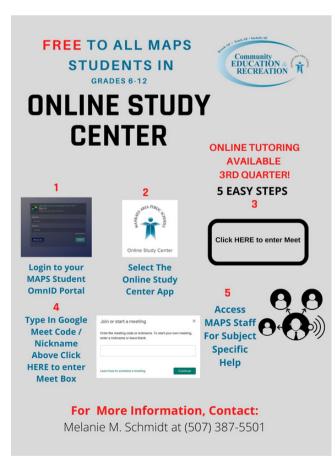
Melanie Schmidt / Tia Dupont Ages 11–15 1 Session

The purpose of the American Red Cross Babysitter's Training course is to provide youth ages 11–15 with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first aid. Class fee includes textbooks (babysitter handbook & emergency response book). This class is a blended course with on-site instruction and online content via Google Classroom.

**COURSE#: 4800-4w** \$65 Fri, Mar 19; 9:00 am - 12:00 pm LCC-157

COURSE#: 4800-5w \$65

Thu, April 1; 9:00 am - 12:00 pm LCC-157



# YOUTH ENRICHMENT



### **ZAPS ACT TEST PREP SEMINAR - ON-SITE**

Doorway To College Staff Grades 9-12 1 Session

ZAPS® test preparation seminars are carefully designed to help each student do his or her personal best on the ACT. Students who complete the ZAPS seminar—and practice our tips and strategies at home—typically raise their ACT scores by 1 to 4 points. In the 5-hour ZAPS seminar, students will learn strategies for improving in all four subtests, take shortened practice tests that mirror the actual testing experience, and get suggestions for individualized study in the days leading up to the test. Attendees receive a comprehensive Study Guide and 24 practice test workouts with detailed answer explanations. Students should bring a calculator and two pencils to the seminar. The seminar includes a 45-minute lunch break; students are responsible for their own lunches.

**COURSE #: 4700-1w** Sat, Mar 6; 9:00 am –3:00 pm \$100

EHS-Cafeteria

LCC- Rm 152

#### HOME ALONE SAFETY- ON-SITE

Melanie Schmidt Grades 2-6 & parent 1 Session

Staying home alone for the first time is an opportunity eagerly anticipated by most kids; but with opportunity comes responsibility. This course covers a variety of common scenarios and topics specific to boys and girls preparing to stay home alone, or stay home with younger siblings. Topics include, but are not limited to: sibling conflict, stranger danger, healthy choices, problem solving, and identifying emergencies. Each child is encouraged to attend with 1 adult.

COURSE#: 5107-7w \$15 (per parent / child team)

Wed, Mar 17; 4:30-6:00 pm LCC-Rm 152

COURSE#: 5107-8w \$15 (per parent / child team)

Mon, April 5; 6:00 - 7:30 pm

### MIDDLE SCHOOL AFTER SCHOOL

WINTER / SPRING CLUBS PRAIRIE WINDS MIDDLE SCHOOL

REGISTRATION DEADLINE TUESDAY, FEBRUARY 23

### Hybrid B Clubs

3:20-5:00 PM

### **Thursday Clubs**

Creative Writing Club - \$40

Theater Club - \$60

**Art Club**- \$80

Coding Club - \$40

Spanish Club - \$20

Student Union -\$40

CLICK ON CLUB TITLE
TO REGISTER



3:20-5:00 PM

### **Monday Clubs**

Poetry Club - \$40

<u>Dungeons & Dragons - \$60</u> Communications Club - \$40

Student Union - FREE

With Paid Hybrid "A" Club

\$40 As Club Only

### **Tuesday Clubs**

Coding - (Online) - \$20

Theater Club - \$60

**Art Club** - \$80

**Student Union - FREE** 

With Paid

Hybrid A Club -

\$40 As Club Only

CLICK ON CLUB TITLE TO REGISTER

### MIDDLE SCHOOL AFTER SCHOOL



### Hybrid B Clubs

3:20-5:00 PM

Thursday Clubs
Art Club- \$80

Chess Club - \$40

**Babysitter Training** - \$80

**Book Club** - \$40

<u>Student Union</u> - FREE With Paid Hybrid B Club - \$40 As Club Only

CLICK ON CLUB TITLE
TO REGISTER

### SCHOLARSHIPS AVAILABLE



Contact Jennifer At: 507-207-3042 EMAIL

CONNECTINGKIDSMANKATO@GMAIL.COM



### Hybrid A Clubs

3:20-5:00 PM

### **Monday Clubs**

**Guitar Club-** \$60

**Robotics Club** \$60

Student Union - FREE With Paid

Hybrid A Club - \$40 As Club Only

### **Tuesday Clubs**

<u>Dungeons & Dragons - \$60</u>

Theater Club - \$60

**Art Club** - \$80

Student Union - FREE With Paid

<u>Hybrid A Club -</u>

\$40 As Club Only

CLICK ON CLUB TITLE
TO REGISTER



MANKATO COMMUNITY
EDUCATION & RECREATION .

(507) 387-5501

ONLINE REGISTRATION
MANKATO.CE.ELEYO.COM



### Camp Your Way - In Person or At Home

Want to sign up and save today, but not sure if you'll want an in-person or at-home experience this summer? No worries - with our new PEACE OF MIND PROMISE, you can sign up and SAVE today and finalize your experience format six weeks before your camp date! Register at INVENT.ORG/CAMP or 800-968-4332.

Grades: 1st - 6th

Location: Mankato East High School 2600 Hoffman Rd, Mankato, MN 56001

Date: July 12 - 16, 2021

Time & Cost: 9:00 AM to 3:30 PM | \$260 (before discount) Camp Director: Katie Rotvold | krotvo1@isd77.k12.mn.us

e discount)

This program is made possible through cooperation with Mankato Area Public Schools Community Education & Recreation Department.

Due to presence of food allergies, no outside food or snacks will be allowed.

Contact **Melanie Schmidt** at <u>mschmi3@isd77.k12.mn.us</u> for additional information.



Scan to secure your spot today!

If these locations/times don't work for you, please visit invent.org/camp for other locations near you.

A NONPROFIT PROGRAM OF THE NATIONAL INVENTORS HALL OF FAME®

All images feature actual campers experiencing our new 2021 program





Investors in Creativity and Invention AbbVie Foundation Army Educational Outreach Program Burton D. Morgan Foundation ©2020 National Inventors Hall of Fame\*, Inc.

Nordson Corporation Foundation Overdeck Family Foundation ShurTech Brands, LLC

### **SATURDAY MORNING SPORTS**

**Saturday Morning Youth Sports sessions last** for a full hour, starting with practice time followed by game time. Make your one-time-aweek trip worth your while! If you like, run a couple errands while your child plays under the guidance of trained, gualified staff. Rules & basic fundamentals are covered at the beginning of each session. No experience or equipment necessary; we will provide it all! Colored jerseys provided each week if teams need color distinction. Basic fundamentals are taught, along with an emphasis on low-key competition, allowing children to participate equally and have fun while being physically active. Everyone plays! In each sport, teams will be formed according to grade level, and boys & girls divisions will be formed if participation allows. All sports are held on Saturday mornings. Schedules will be emailed out once registration is complete.

### **YOUTH SOCCER & T-BALL - ON-SITE**



SOCCER
COURSE # 8512
4 Sessions
Grades Pre K- 4th
Sat, April 10-May 1
Location - DMMS

\$35



Youth T-hall for Boys &Girls Sat, May 8- May 29 More information will be added on eleyo in March to register.

# YOUTH

### **ARCHERY - ON-SITE**

Certified USA Archery Instructor 6 sessions - Grades 4-6

A fun way for girls and boys to get involved in something new! Our program will provide the curriculum and equipment that will teach the basics of using a compound bow. Classes are taught by a certified archery instructor, and provide a safe and fun introduction to the sport of archery. Commands, signals, techniques and shooting challenges are all part of the program. Learn about equipment and participate in a low-pressure and supportive environment! All equipment is provided.

Lincoln Community Center

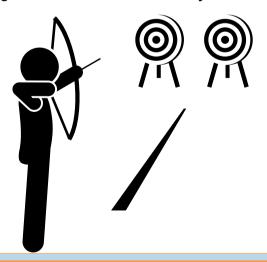
#### **BEGINNING ARCHERY**

COURSE #: 8514-w Thurs, Mar 18- Apr 29; 5:30-6:30 pm NO CLASS APRIL 1 \$50

#### **INTERMEDIATE ARCHERY**

COURSE #: 8515-w Thurs, Mar 18- Apr 29; 6:45- 7:45 pm NO CLASS APRIL 1 \$50

\*\*Participants must have successfully completed the CER begging Archery class to register for Intermediate Archery.



Decisions on whether we are able to host a camp or class will be ongoing as directives from the State of Minnesota are provided.

# **ADULT RECREATION**



### **GOLF SIMULATOR - ON- SITE**

Rentals are \$25/hour for your group Mon-Fri \$35/hour Saturdays and Sundays As available, must reserve in advance. Call 507-387-5501 to reserve your tee time.

Ask about our private lessons!

Receive a full analysis each session from our Foresight GC Technologist Heather Tentis.

Email Heather at htenti1@isd77.org for more information

Youth beginner lessons: \$35 Adult beginner lessons: \$45

### INDOOR GOLF SIMULATOR MEMBERSHIP

Memberships are valid for 8 months after purchase.

**Eagle Membership** - 70 hours - \$380 **Birdie Membership** - 50 hours - \$320 **Par Membership** - 25 hours - \$275

Enjoy playing one of our 6 courses or just hit balls on the range.

**Courses include:** Blue Bayou, Broken Tee, Linchfield National, Pebble Beach, Teton Pines, Willow Crest

Call to reserve your tee-time at least two hours in advance. 7:30-4:30 Monday- Friday
Weekend tee-times must be made by Friday 3:00 pm.
Memberships are sold per person. Members are to play solo unless another person has their own membership.



### HEALTH AND WELLNESS COACHING

Tia Dupont, MS

Are you looking to make a change in your current lifestyle? Are you wanting to learn how to eat better, how much you should be moving throughout the day, or how you can better manage the stresses in your life?

Call 507-387-5501 TODAY! Limited spots available.



Tia has worked with individuals of all ages, with most individuals between the ages of 25 - 55. Her goal is to empower and guide individuals through their personal wellness journey.

### LOCATED AT MANKATO EAST HIGH SCHOOL

# **AQUATICS**

### **ADULT AQUATICS**



### **MASTERS SWIM**

Designed swim workouts, lanes are divided by ability, and workouts are scaled to each lane. Tuesday / Thursday mornings until May 27. Locker rooms available 5:00 - 7:15 am Pool available 5:15 - 6:45 am

COURSE#: 3900-W21

### PRIVATE SWIMMING LESSONS

#### **Individual Lessons**

Individual one-on-one swimming lessons personalized to suit the needs of individuals. For those requiring more one-on-one attention or for those hoping to catch up on certain skills. Lessons available for individuals 3 years old and above.

Saturday afternoons April 10 - May 15.

COURSE #: 3700-W21

30-minute sessions, 1:00-4:00 pm

### **Small-Group Lessons**

Groups of 2 or 3 individuals around the same swimming ability. For those looking to learn to swim or improve their swimming with siblings or friends. Lessons can still be personalized to individuals with the fun of being with others in the water. **Small groups are created by participants.** Lessons available for individuals 6 years old and above.

Saturday afternoons April 10 - May 15.

COURSE#: 3750-W21

30-minute sessions, 1:00-4:00 pm

Must email Tia Dupont at tdupon1@isd77.org to reserve your spot for Masters Swim or Water Walking & Lap Swim. Limited space per lane. No more than 4 swimmers per lane during Masters Swim and one person per lane during Water Walking & Lap Swim.

Masks are required at all times outside of the pool. Keep a minimum of six-foot distance in locker rooms and on the pool deck.

### **WATER WALKING & LAP SWIM**

Self-paced lap swimming available in lanes 1 - 3. Water walking available lanes 4 - 6. Deep water-treading is available in the diving well.

Wednesday nights until May 26. Locker rooms available 6:15 - 8:45 pm Pool available 6:30 - 8:30 pm

COURSE#: 3800-W21

### LIFEGUARD REVIEW COURSE

March 27, 8:00 am - 12:00 pm

Recertification course for lifeguards holding a current Lifeguard Training certificate. Online course material will be sent out one week prior to the course and must be completed prior to in-person skill testing.

COURSE#: 3900-W21

Decisions on whether we are able to host a camp or class will be ongoing as directives from the State of Minnesota are provided.

### ONE-ON-ONE PHOTOGRAPHY- ON-SITE

Melissa Vandermause

Melissa is offering another option to take a one-onone course either based on her basics course, or an opportunity to learn based on your custom interest and knowledge base in photography. So if Tuesday nights do not work for you, then this is a great option to work around your schedule; or if you are looking for further education and work one-on-one best, we can discuss your needs and you will have full access to her photography, design, and

Photoshop®/Lightroom experience. If you are wanting to follow the basics course, we would meet three times: one three-hour session, and two two-hour sessions. If you choose a custom experience, it would be two 2 hour sessions. Must have DSLR camera.

Please call (507) 387-5501 to register. **\$250** 



### INTRODUCTION TO VOICEOVERS- AT HOME

Voices For All

1 Session - Ages 18 & Up

Explore the voiceover industry! Discover current trends, opportunities, and tools you need to find success. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90-minute, one-on-one, video-chat class! Learn more at http://www.voicesforall.com/ooo.

COURSE #: 1184-w \$49

**ONLINE** 

# **ADULT ENRICHMENT**

### HOW TO SIMPLIFY YOUR PHOTOS. VIDEOS & DIGITAL LIFE - ON-SITE

Amy Storch

1 Session

Learn how to use a simple photo system and how to take action during this hands-on educational workshop where you will begin to easily organize, tag, share or tell little stories using a few of your own digital photos. See how quick it is to find any photos in seconds, get tips about cloud storage and discuss options for digital photo estate planning. You will leave with your own personal action plan for moving forward while celebrating family, kids and your photo life! Do you or your parents have boxes of media like slides, kids' artwork, important documents, VHS/cassette videos or photo albums? We will cover options for these precious memories too. Please bring a phone, iPad or tablet with 5-10 photos on it.

COURSE #: 1698-1w \$20

Mon, Mar 22; 4:30-6:30 pm LCC RM 152

### VIRTUAL 1:1 PERSONAL PHOTO INSTRUCTION- AT HOME

**Amy Storch** 

1 Session

Are you overwhelmed with your photos, both printed and digital? Do you have videos you haven't seen in years? We will assess your photo situation and cover your specific questions.

In this private, 1 on 1, virtual class you will receive 1 hour of instruction learning how to use a simple photo system and put it into action as you begin to simplify, organize, tag, share or tell stories using your own digital photos. See how easy it is to find any photo in seconds, get tips about cloud storage, discuss options for digital photo estate planning and get steps for saving photos and files from your devices. Please provide an email address for the instructor to connect with you to set-up a class date and time.

COURSE #: 1699-2w \$20

Fri, Apr 30 Virtual CLASS

Decisions on whether we are able to host a camp or class will be ongoing as directives from the State of Minnesota are provided.

### **OPEN POTTERY- ON-SITE**

Open Pottery Studio is available for 2 hour time slots. Each time slot is equal to one punch on your card. You must sign up ahead of time in order to use the studio. It will be for one person only, that has already been trained in using the space. If you live in the same house hold you may schedule at the same time. Please clean up thoroughly. Sanitation products will be available to use on equipment before/after you use the studio. Pieces will be fired by studio staff when there is enough to load. You may bring your clay home as you were able to before. You must contact the CER Office when you drop off pieces. All Open Pottery punch card holders will be sent an email with a form to sign up for studio time. When you sign up for your time slot you will be required to fill out a form one hour before your session begins, with brief health information specific to COVID-19 symptoms, including present temperature. If you are a new customer and are interested in open studio time please email aboswe1@isd77.org to register and receive training.



# SHAMROCK STRING ART - AT HOME Mankato Craft Co.

Life's little moments make the best memories. Come make them with Mankato Craft Co. Our Shamrock "Lucky You" String Art craft kit

is the perfect addition to your St. Patrick's Day decor. You will choose one (1) stain color (Dark or Light brown, White, Black, or Gray) along with up to two (2) paint colors (Red or Crimson, Pink, Orange, Yellow, Green or Teal, Navy or Light Blue, Purple, White, Black or Brown, or Gray). You will need to have a plastic card, tweezers and hammer for this project. All other supplies are included. This project is 10"x10" in size and comes with written and video tutorial.

The order deadline is March 8, 2021.

COURSE #:1672-w \$35 PICK UP PROJECTS ON MARCH 12, 2021

Decisions on whether we are able to host a camp or class will be ongoing as directives from the State of Minnesota are provided.

# **ADULT ENRICHMENT**



PAW LOVE STRING ART- AT HOME Mankato Craft Co.

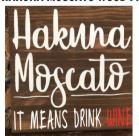
Life's little moments
make the best memories.
Come make them with
Mankato Craft Co. Our Paw
LOVE String Art craft kit is
the perfect addition to your

furbaby decor. You will choose one (1) stain color (Dark or Light brown, White, Black, or Gray) along with up to two (2) paint colors (Red or Crimson, Pink, Orange, Yellow, Green or Teal, Navy or Light Blue, Purple, White, Black or Brown, or Gray). You will need to have a plastic card, tweezers and hammer for this project. All other supplies are included. This project is 10"x10" in size and comes with written and video tutorial.

The order deadline is March 22, 2021.

COURSE #: 1673-w \$35 PICK UP PROJECTS ON MARCH 29, 2021

### HAKUNA MOSCATO WOOD PALLET- AT HOME



Mankato Craft Co.

Life's little moments make the best memories. Come make them with Mankato Craft Co. Our Hakuna Moscato wood pallet craft kit is

the perfect addition to your light hearted wine decor. You will choose one (1) stain color (Dark or Light brown, White, Black, or Gray) along with up to four (4) paint colors (Red or Crimson, Pink, Orange, Yellow, Green or Teal, Navy or Light Blue, Purple, White, Black or Brown, or Gray). You will need to have a plastic card and tweezers for this project. All other supplies are included. This project is 12"x12" in size and comes with written and video tutorial.

The order deadline is April 5, 2021.

COURSE #: 1678-w \$35 PICK UP PROJECTS ON APRIL 19, 2021

### HYPNOSIS

Dr. Mary Fischer

1 Session – Ages 18 & Up

All behavioral changes must occur at an unconscious level to be lasting. With hypnosis, you can make that change! The experience is relaxing and you are fully aware, conscious, and in control at all times. Dr. Mary Fischer is a Doctor of Hypnotherapy and is a certified clinical hypnotherapist. She has used hypnosis to achieve and maintain a 60-pound weight loss. Students should bring sleeping bag, pillow, bean bag or blanket for added comfort while lying on the floor as part of the hypnosis segment. Dress comfortably and layer clothing to adjust to room temperature. Introduction Class required for both Weight Loss and Stop Smoking individuals.

**WEIGHT CONTROL:** Stop your cravings for sweets, chocolates, breads, pastries, and salty and greasy foods. Stop snacking and overeating. Get motivated to exercise! FOR MORE INFORMATION, visit the website at www.hypnosisclinic.net. Includes reinforcement and Lifetime membership. Register for both classes for \$99.

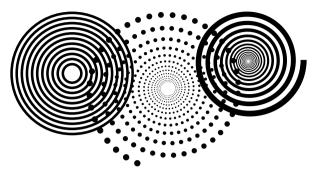
\$59

### **Weight Control:**

COURSE #: 1068-1w

Wed, Mar 24; 6–8 p.m. LCC-Rm 157

# **ADULT ENRICHMENT**



STOP SMOKING/CHEWING TOBACCO: What will your future be like, if you do not stop smoking today? Don't let tobacco control your life! If you have a desire to quit, hypnosis can help immediately without withdrawal, cravings or gaining weight. FOR MORE INFORMATION, visit the website at www.hypnosisclinic.net. Includes reinforcement and Lifetime membership.

Register for both classes for \$99

### **Stop Smoking/Chewing Tobacco:**

COURSE #: 1069-1w

Wed, Mar 24; 6–9 p.m. LCC-Rm 157

### 55+ Driver improvement program- on-site

Milo Dahlin

1 or 2 Sessions

The Driver Improvement Program (55+ DIP) is an approved
Accident Prevention course by the MN Department of Public
Safety. Participants who complete the course are eligible for a LCC-Rm 157
10% discount on their personal automobile insurance premium.

8-hour classes
Wed/Thu, Ap
LCC-Rm 157
4-hour refreshe

The 55+ DIP will give participants a better understanding of vehicle and traffic safety, new technology, physical changes and increased driving risks as we age, changes to laws, and the

decisions drivers can make to be safer on our roadways. In order to receive the 10% automobile insurance discount, participants must first take the 8-hour course. A 4-hour refresher course can be taken every three years to maintain the discount.

Students need to register by calling 1-888-234-1294, or online at **www.mnsafetycenter.org** under Driver Discount Program.



\$59

### 8-hour classes (2 sessions)

Wed/Thu, Apr 13/14; 5:00-9:00 pm \$26 LCC-Rm 157

### 4-hour refresher classes (1 session)

T-IIUUI TUTTUSIIGI GIASSUS (1 SUSSIUI	"/
Mon, Mar 1; 5:00-9:00 pm	\$22
LCC-Rm 157	
Thu, Mar 18; 5:00-9:00 pm	\$22
LCC-Rm 157	
Mon, Apr 5; 5:00-9:00 pm	\$22
LCC-Rm 152	
Thu, Apr 22; 5:00-9:00 pm	\$22
LCC-Rm 152	
Mon, May 3; 5:00-9:00 pm	\$22
LCC-Rm 157	
Thu, May 20; 5:00-9:00 pm	\$22
LCC-Rm 157	

# + ACCESS

ACCESS provides individuals with disabilities an opportunity to participate in social & recreational activities.

## WEDNESDAY FUN DAYS: March 24- April 28

Students will develop arts & craft skills all while socializing with teachers and peers. Our staff will provide individual help while creating a fun project each Wednesday. You will have opportunities to explore a new craft skill while making fun projects with friends.

### **Participation Guidelines**

### All participants must:

- Be 16 years of age or older
- Be able to inform staff of wants & needs
- Have a basic understanding of personal safety
- Be able to care for personal hygiene
- Be able to manage personal behavior
- If unable to meet these guidelines, please bring staff to accommodate your needs.

### COURSE #: 1122-1w \$ 15

Weds, Mar 24-Apr 28 ; 1-2 pm LCC RM 152

#### COURSE #: 1122-2w \$ 15

Weds, Mar 24-Apr 28 ; 5-6 pm LCC RM 152



### **Adaptive Virtual Golf Simulator Program**

### 4 - 1 hr sessions \$40 each athlete Mondays April 5th-26th

Lincoln Community Center RM 159

1 hour tee-times available between the times

9am-2pm or 4pm-7pm on the hour.

Four-somes maximum

Email Heather to register yourself or group of 4. Htenti1@isd77.org Have fun and play virtual golf! We will cover basic fundamentals and techniques at the beginning of each session. Experience a whole new way to play the sport with our virtual golf courses & carnival games. No experience necessary. We have clubs available but feel free to bring your own if you have a set.





# **ADULT BASIC EDUCATION**

### MANKATO AREA ADULT BASIC EDUCATION PROGRAM

Lincoln Community Center 110 Fulton Street Mankato, MN 56001 507-345-522 New Ulm Public Library 17 N Broadway Street New Ulm, MN 56058 507-779-5827

### **2020-2021 Second Semester Schedule**

### **Morning Classes (Distance Learning)**

GED Preparation	Meetings by Appointment	Monday through Thursday
Beginning ESL	9:00 AM - 11:00 AM	Monday through Thursday
Low Intermediate ESL	9:00 AM - 11:00 AM	Monday through Thursday
High Intermediate ESL	9:00 AM - 11:00 AM	Monday through Thursday
Advanced ESL	9:00 AM - 11:00 AM	Monday through Thursday
On-Ramp Skills in Demand	8:30 AM - 11:30 AM	Monday through Thursday
Child Development	8:30 AM - 11:30 AM	Fridays (Feb 5 -March 26)
ParaPro Test Prep	8:30 AM - 11:30 AM	Fridays (April 9 - May 21)

### **Afternoon Classes (Distance Learning)**

12:00 PM - 1:30 PM	Monday/Tuesday
12:00 PM - 1:30 PM	Monday/Tuesday
12:00 PM - 1:30 PM	Monday/Tuesday
12:00 PM - 1:30 PM	Monday/Tuesday
2:30 PM - 4:30 PM	Monday/Tuesday
12:00 PM - 1:30 PM	Wednesday/Thursday
12:00 PM - 1:30 PM	Wednesday/Thursday
12:00 PM - 1:30 PM 12:00 PM - 1:30 PM	Wednesday/Thursday Wednesday/Thursday
12:00 PM - 1:30 PM	Wednesday/Thursday
	12:00 PM - 1:30 PM 12:00 PM - 1:30 PM 12:00 PM - 1:30 PM 2:30 PM - 4:30 PM 12:00 PM - 1:30 PM

SCC Connects Healthcare Bridge

Meetings by Appointment

### **Evening Classes (Distance Learning)**

GED Preparation

Beginning ESL (online only)

Advanced ESL (online only)

Meetings by Appointment 5:30 PM - 7:00 PM 7:00 PM - 8:30 PM Tuesday through Thursday Tuesday through Thursday Tuesday through Thursday

To Register for classes click HERE! (call our office to register by phone if you need help)

# **ADVERTISING**



### Mankato 2021 Summer Dance Camps

~Celebrating Our 37th Year Teaching the Art of Dance as a Non-profit organization~

1400 Madison Ave Suite 318 Mankato, MN 56001 507-625-2005 www.dcsmdance.com

### Free Frozen Camp ages 3-6

To all new students or students who bring a friend June 14-16 3 Day TRY IT Camp 3:00-3:45 pm \$40 \*\*Featuring Ana, Elsa and Olaf

Candy Land Camp ages 3-5 July 12-15 4:00-4:55 pm \$40

Hip Hop Try It Ages 6+

\*Free for NEW students or if you bring a friend June 14-16 3 Day TRY IT Camp 4:00-4:45 pm \$40

### Mermaids Seaside Beach Party ages 3-5

June 14-17 4:00-4:55 pm \$40

Unicorn Dance Camp ages 3-5

June 21-24 4:00-4:55 pm \$40

Masquerade Costume Dance Camp ages 3-5

July 19-22 4:00-4:55 pm \$40

Princess Dance Camp ages 3-5

\*\*Featuring Cinderella, Snow White, and other Princesses July 26-29 5:00-5:55 pm \$40 August 16-19 4:00-4:55 pm \$40

June 14-17
5:00-5:55 Barbie's Swan Lake: Ballet Beginner 5+ \$40 6:00-6:55 Beginner Ballet Tech \$40

### June 14-17

5:00-5:55 12 Dancing Princesses Camp 5+ \$40 6:00-6:55 Hip Hop Beginner ages 5+ \$40

### **July 12-15**

5:00-5:55 Tap/Jazz ages 6-10 \$40 5:00-5:55 Modern/Contemporary Camp \$40 6:00-8:00 Boot Camp \$85 6:00-7:30 Boot Camp \$75 ages 8 and below

### July 19-22

5:00-5:55 Barbie's The Nutcracker: Beginner Ballet 5+ \$40

6:00-6:55 Beginner Ballet Tech \$40

6:00-6:55 Hip Hop Beginner ages 5+ \$40

6:00-8:00 Boot Camp \$85

### **July 26-29**

4:00-4:40 Wee Dancers Summer Camp ages 2-3 \$35 6:00-8:00 Boot Camp \$80 6:00-6:55 Leaps & Turns Camp \$40 7:00-7:55 Ballet Technique \$40

### August 9-12

4:00-4:40 Wee Dancers Summer Camp ages 2-3 \$35 4:00-4:55 Improv Skills/Broadway Skills \$40 6:00-8:00 Boot Camp \$85

### August 16-19

4:00-4:55 Ballet Tech \$40 5:00-5:55 Tap/Jazz ages 6-10 \$40 5:00-5:55 Leaps & Turns \$40

### August 23-26

4:00-4:55 Leap! Tech Camp ages 8 and below (Leaps, Turns, Ballet...) \$40 4:00-4:55 PrePointe/Pointe \$40 5:00-5:55 Tap Tech \$40 5:00-5:55 Leaps & Turns \$40 6:00-8:00 Boot Camp \$85

### ..... **Beginner Boys Dance Combo**

(Hip Hop/Jazz) Ages 5+ July 12-15 4:00-4:55 \$25

Boys Hip Hop Camp Ages 6+ August 9-12 6:00-6:55 \$25

Inter. Boys Tap/Jazz Camp Ages 8+ August 9-12 7:00-7:55 pm \$25

Boys Dance Combo (Hip Hop/Jazz)

Ages 5+

August 16-19 6:00-6:55 \$25

For the full summer schedule, please visit our website www.dcsmdance.com. Completed Registration forms may be emailed to dcdance002@gmail.com



Early registration is encouraged to secure your spot in our summer camps. Space is limited. If you have any questions or camp placement, please call or email us and we will be happy to assist you! Free fall registration to anyone who registers and pays for a summer camp by June 1st! All camps are subject to change or cancellation due to enrollment. First month's payment due with registration.

# **ADVERTISING**

# JOIN OUR TEAM!

ACES is hiring Child Care Assistants at multiple elementary locations. Positions are part-time through the remainder of the school year with the option to extend employment into the Summer. Applicants must be 16 years of age or older.







For more information or to apply, visit isd77.org and reference Job ID 3366



### ANNUAL SPIRIT OF YOUTH AWARDS

### **SEEKING NOMINEES**

### NOMINATIONS DUE: MONDAY, MARCH 8, 2021



Nominate Outstanding Youth, Youth Serving Organizations, Teachers, Mentors, Non-Profit Organizations, Or Businesses for this annual award.



For More Information, Contact Melanie Schmidt at (507) 387-5501 or visit our website at www.mankatocer.com to access the nomination form





### The best first step to purchasing a home!

Learn more about:

- Credit, budgeting & affordability
- Mortgage loans & terms & costs
   Shopping for &
- Shopping for & keeping your home

### REGISTER ONLINE OR CALL:

Website: www.swmhp.org

Telephone: 507.836.1604

Email: maryb@swmhp.org

# HOMEBUYER EDUCATION WORKSHOP

Find out if home ownership is right for you!

# VIRTUAL / ZOOM Workshops for 2021

TWO DAY CLASS
5:30 pm to 9:30 pm
Tuesday and Thursday Evenings

(attendance is required for both evenings)

- . March 9 & 11
- . April 13 & 15
- . May 11 & 13

Class size is limited to 25, so sign up early!









### **REGISTRATION AND PARTICIPATION INFORMATION**

Our building remains closed, but phones are answered during regular business hours.

#### **PAYMENTS**

Community Education & Recreation collects payment information at the time of registration. NEW! The payment will be processed the week prior to start date. You will be emailed a payment reminder at that time. We accept VISA, MasterCard and Discover. Checks made payable to ISD 77 CER can be mailed or brought in person. \*\*Payers will be charged an additional \$30 fee for any returned check. Participation for all members of the household will be suspended until the account is brought up to date.\*\*

#### ACCOUNT INFORMATION

Please be sure to review and update all user information including payment information, payer and participant names, address, phone numbers, emergency contacts and email address.

#### **REFUNDS**

Registrants wishing to withdraw their registration from a course must do so no later than 4 business days prior to the scheduled start of the activity\* Refunds may include a \$5 processing fee. \*NO refunds can be given for trips or tours after the registration deadline.

#### CANCELLED CLASSES

CER reserves the right to cancel any event, class or program. CER will make efforts to contact registrants before the scheduled start of the activity. Refunds (may include \$5 processing fee) will be given if cancellation occurs. If Mankato Area Public Schools District 77 cancels school or releases students early due to weather concerns, CER activities will also be cancelled. For updated information, please check www.mankatocer.com or Mankato Community Education & Recreation Facebook page.

#### MAPS Image RELEASE

Mankato Area Public Schools, 10 Civic Center Plaza, Mankato, MN 56001 has the right to publish my or my child's likeness, photograph, name, words and/or artistic works; and/or my likeness, photograph, and the same to be published in any form or medium (for example: print, electronic, video, social networking, etc.). To decline this permission for MAPS CER activities, written notice must be provided in advance to our office at Lincoln Community Center, 110 Fulton St. Mankato, MN 56001.

#### **HEALTH & SAFETY**

### (FACE COVERING ARE REQUIRED FOR ENTERING ANY DISTRICT PROPERTY)

Your health and safety are important to us, so we have added health and safety modifications to our classes and activities based on Minnesota Department of Health guidelines in response to COVID-19; outlining the understanding of risk, adapting practices to allow physical distancing, adhering to staff to participant ratios, requiring participants to conduct a symptom screening prior to attending each day and reconfirming at check in, and providing opportunities for handwashing. Participants not abiding by the guidelines may be asked to leave without reimbursement.

### **TECHNOLOGY REQUIREMENTS**

Participants registering for online courses do so with the expectation that they provide their own device and internet/wi-fi connection to access course work and/or meeting platform(s). MAPS CER is not able to provide technical support to participants.

THANK YOU!