

Howard Lake - Waverly - Winsted

COMMUNITY EDUCATION

District 2687



SUMMER | 2024

ELEYO ONLINE REGISTRATION

HLWW Community Education has moved to a convenient mobile-friendly online tool to register and manage your account from any device, including your smartphone or tablet. Eleyo allows for online payments, autopay and online preschool registration. You will also be able to receive email and text reminders and announcements regarding class and activity program changes by checking those options when creating your family account.

Be ready to register- create your account now!

• Go to hlww.ce.eleyo.com

- Create your profile by selecting Sign In (top, right corner)
- To create a new profile log in with Facebook or Google or select Create One Now.
- When creating an account within the system, you will be required to enter your basic contact information including an email address (used for logging in) and a password. If your email address is recognized use, the "Send Forgot Password Email" to receive a password reset email.
- Select Manage All Relationships to add family members and emergency contacts.
- An email will be sent from Eleyo with a link to verify your account. Use the "Verify Your Email Address" button on that email to verify your account.



Registration Open NOW! If you need assistance call 320-543-4670.

HLWW COMMUNITY EDUCATION STAFF

- **Rachel Bender: Community Education Director**
rbender@hlww.k12.mn.us /ext 2
- **Ellen Uter: Early Childhood Coordinator**
euter@hlww.k12.mn.us /ext 4
- **Jennifer Sawatzke: Laker Care Child Care Inclusion Specialist**
jsawatzke@hlww.k12.mn.us /ext 3
- **Stacy Horsch: Secretary**
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- **Laker Care Staff, Supervisors and Assistants**
- **Little Laker Learners Teachers and Assistants**

OFFICE NUMBER: 320-543-4670

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COMMUNITY EDUCATION FOR YOU

Community Education is based on the idea that schools belong to everyone and should serve all people through lifelong learning opportunities.

Information about Community Education activities can be found in current brochures, flyers handout at school, online and local newsletters, social media outlets including facebook and instagram and local newspaper.

ADVISORY COUNCIL

The Community Education Advisory Council represents the citizens of the school district. The council helps identify, coordinate and evaluate the educational, social and cultural opportunities for district residents of all ages. All meetings are open to the public. If you have ideas or feelings you'd like to share or if you would like to become a member, call Rachel Bender at 320-543-4670.

WEATHER RELATED POLICY

When school is canceled or dismissed early, Community Education activities are also cancelled and maybe rescheduled. Cancellations will be announced on HLWW Community Education facebook page and participants will be notified to the best of our ability via emails, text messages and phone calls.

EMAIL & TEXT NOTIFICATIONS

Fill out your email and cell phone on your online account to receive confirmation, instructor or weather related messages.

COMMUNITY LOCATIONS



HLWW HIGH SCHOOL

8700 County Road 6 SW, Howard Lake, MN 55349
 320-543-4600
 Main level parking lot



HLWW MIDDLE SCHOOL AND DISTRICT OFFICE

8700 County Road 6 SW, Howard Lake, MN 55349
 320-543-4660 Middle School
 320-543-4646 District office
 Main level parking lot



HLWW COMMUNITY EDUCATION OFFICE AND ACTIVITY CENTER

8700 County Road 6 SW, Howard Lake, MN 55349
 320-543-4670 Community Education office
 lower level east side parking lot



HUMPHREY ELEMENTARY SCHOOL

803 Elm Avenue, Waverly, MN 55390
 320-543-4680



WINSTED ELEMENTARY SCHOOL

431 4th Street north, Winsted, MN 55395
 320-543-4690



MAWSECO EDUCATION CENTER

720 9th Avenue, Howard Lake, MN 55349
 Humphrey Hall gym use west entrance
 Home of Laker Gymnastics

Follow us for the most up-to-date information on class offerings and events.





Facebook: Howard Lake-Waverly-Winsted Community Education



Instagram: hlww_community_education

Follow us for the most up-to-date information on class offerings and events.

 Facebook: HLWW Early Childhood Family Education & Preschool

 Instagram: hlww_littlelakerlearners



BABY AND ME

Families with children age birth to 18 months

Join other families, babies and our licensed Parent Educator in a baby-focused environment for lots of fun and learning for both you and your baby! Enjoy activities, songs, take-home keepsakes and movement games together with your baby. Our focus will be on bonding with your baby, discussing infant development, the adjustment to parenthood and new-parenthood concerns.

Wednesdays 9-10 am
Ongoing thru May 15 (no class 3/27)

HLWW ECFE room E013, lower level east side entrance
Free

Have you recently moved into the District or had a baby?

If you are new to the community or have changes to your household information, including a birth, please follow this QR code and fill out our google form. This census helps Independent School District 2687 create and maintain programs that better serve the residents of our communities.



STEAM TIME

Families with children age two – five.

Learn and explore with your child through a variety of different science based activities in our ECFE classroom! We will be learning more about how and why our world looks and works the way that it does through play and exploration.

Thursday
April 4 (new date)
6:00 – 7:00 pm

HLWW ECFE room E013, lower level east side entrance
1 session / \$8 per child



WATCH & PLAY: ECFE MOVIE NIGHT

Families with children age 12 months – five. Siblings Welcome.

Come watch a movie in our ECFE classroom! Wear your pajamas, bring a blanket, favorite stuffed animal, toy or even your pillow! Toys will be out to play while they watch. Popcorn & puffcorn will be provided to add to the movie watching experience. Movies being played are TBD but will be chosen from the Disney+ App and will be young child and family friendly films. Movie titles will be announced on social media prior to the date. Please reach out to Ellen Uter if you have any questions or concerns.

Friday 6:00 - 7:30 pm
March 22, April 26
(register for each evening separately)

HLWW ECFE room E013, lower level east side entrance
1 session / Free

TOUCH A TRUCK WITH ECFE

For families and children of all ages

Come get up-close, touch, and learn more about some of our communities biggest trucks and vehicles!

Thursday 4-6 pm
June 20

HLWW High School Parking Lot

Free





MINI PROM

Families with children thru grade 4

Prom is a magical time for our high school students at HLWW schools! Would you like to join along in the magic and fun? All children birth through fourth grade are invited to come, be announced and walk through our HLWW Prom Grand March Stage in front of an audience.

Put on your fanciest clothes and find a parent, sibling, grandparent, other family member or friend (someone over 18 years old) to come escort you to your very own Mini Prom!

This event is sponsored by the HLWW Early Childhood Family Education program. All proceeds will be donated to the prom committee. This event is open to all children aged birth – fourth grade. An adult (18 years or older) is required to escort them through the Grand March stage.

Saturday **5:45 – 6:30 pm**
May 4

HLWW High School Commons, check-in by the stage immediately following grand march.
1 session / \$2 per child

CELEBRATE MOTHER'S DAY: YOU, ME AND A CUP OF TEA

Mothers and other female caregivers or siblings are one of a kind! Come spend a special evening with your little one celebrating their special caregiver. We will have tea party and a spring flower planting activity.



Thursday **6-7 pm**
May 16

HLWW ECFE room E013, lower level east side entrance
1 session / \$8 per child

CELEBRATE FATHER'S DAY: WE DONUT WHAT WE'D DO WITHOUT YOU!



Fathers and other male caregivers or siblings are one-of-a-kind! Come spend a special evening with this special caregiver eating donuts and building a special project together.

Thursday **6-7 pm**
June 6

HLWW ECFE room E013, lower level east side entrance
1 session / \$8 per child

LIBRARY STORYTIME WITH ECFE

Families with children of all ages

Watch the HLWW ECFE Facebook page for updates

Tuesdays
10:30 - 11:15 am
Ongoing thru
April 30 (No storytime 3/26)

Howard Lake Public Library , 617 6th Avenue
free



SUMMER STORYTIME IN THE PARKS

For families and children of all ages, but will be geared toward younger children

Join Ms. Ellen in the park for stories and songs and a fun playtime with our ECFE friends!

Tuesdays **10:00 am**

June 11 - Hainlin Park,
Winsted

June 18- Memorial Park,
Howard Lake

July 25- Legion Park, Waverly





PARENT SUMMIT: KINDERGARTEN PREP

Parents and caregivers only - Families with all children

Thursday, March 14 (new date) 6-7:30 pm
HLWW Middle School Media Center

Childcare will be provided, but please pre-register. Attention all parents of kids starting kindergarten in the Fall! Are you curious about how to help prepare your child for the transition to kindergarten? What do you need to know? Come and join our district's licensed parent educator and early childhood education specialists for in-depth learning about the skills that help our children succeed in kindergarten. Research shows that social-emotional skills are the most important skills that children can have as they enter their school careers. The strategies, skills, tips and tricks covered at this summit will not only help you prepare your child but will also support creating a strong attachment with your child and support their need for emotional support and social development.

This class is not only for new families to kindergarten but will provide information that will be beneficial to parents of all levels of experience with this transition. Please reach out if you have any questions!

Google Meet link will be provided to those that might not be able to attend in person. Please reach out if you are interested and in need of this virtual link to the summit.

1:1 PARENTING COACHING

Do you have a parenting question or child development concern that you would like to discuss more in-depth with a professional? Do you want and crave a supportive environment to troubleshoot parenting topics with someone you trust? Please reach out to us with any questions and concerns you may have.

We will schedule a one-on-one meeting to discuss your concerns! This can be done via phone, Google Meet, or in person at your home or within our classroom. We look forward to meeting you and learning alongside you and your family!

Call Ellen Uter, ECFE Coordinator and licensed Parent Educator at 320-543-4670, ext. 4 or reach out via email at euter@hlww.k12.mn.us

PARENT SUMMIT: PRESCHOOLERS ON THEIR WAY!

Parents and caregivers only – Families with children of all ages

Tuesday, April 30 6-7:30 pm
HLWW Middle School Media Center

Childcare will be provided, but please pre-register.

Do you know what students learn in preschool? Do you know how younger students learn the best? How can you help support your child's learning at home? This class will go over all of this and MORE! In this class, we will be going over the types of skills and goals that we hope to help your child reach in preschool. We will also review different strategies and skills that you can work with your child on at home to help them best prepare themselves for their learning experience in preschool and beyond. This class will be similar to the Kindergarten Prep class but will be geared towards parents with preschool aged students. This can be families with children new to preschool or students who have been in preschool in years prior.



HOME VISITS

Are you interested in a home visit with a licensed parent educator? Are you a new parent? Do you have a parenting concern you'd like to discuss? Are you a local daycare provider?

Our visits include:

- Activities for your children and you to do together that support your child's development
- Support and information on parenting
- Information on child development, early childhood screening and other available community resources

Call our licensed Parent Educator, Ellen Uter at 320-543-4670, ext. 4 or reach out via email euter@hlww.k12.mn.us. This service is free and available when you need it! These can be done in your home, at our classroom, or virtually.

ECFE PARENT ADVISORY COUNCIL

The Parent Advisory Council is a group of volunteer parents and community members who promote the goals of the Early Childhood Family Education Program. The committee helps advise programming to be responsive to the needs of the HLWW community.



Help Me Grow

As you watch your child grow, you may become concerned about your child's development. While all young children grow and change at their own rate, sometimes you may have concerns that your child is developing differently than other children the same age as your child. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost.

If you would like more information about Help Me Grow, scan the QR code or email mde.helpmegrow@state.mn.us or call 1-866-693-GROW (4769).



HOWARD LAKE PUBLIC LIBRARY

617 6th Avenue, Howard Lake 320-543-2020

Library Hours

Mondays: 1-8 pm
 Tuesdays: 10 am-1 pm
 Wednesdays: 1-8 pm
 Thursday: 1-6 pm
 Fridays: 10 am-1 pm, 2-5 pm
 Saturdays: 10 am-1 pm

WINSTED PUBLIC LIBRARY

180 Main Avenue West, Winsted 320-485-3909

Library Hours

Mondays: 2-7 pm
 Tuesdays: 10 am-1 pm
 Wednesdays: 2-7 pm
 Thursdays: 10 am-1 pm
 Fridays: 2-5 pm
 Saturdays: 10 am-12 pm

EARLY CHILDHOOD SCREENING

The State of Minnesota requires all children attending kindergarten to be screened. HLWW schedules screening for families with young children throughout the school year. Screening at age three is preferred. Screening is most valuable when completed before your child turns four years old.

What is Early Childhood Screening:

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning. At a screening appointment a trained professional will check: vision, hearing, height, weight, immunizations, large/ small muscles, thinking, language, communication skills, social and emotional development.

Why Early Childhood Screening Important:

Screening helps identify children who may benefit from early childhood services before they enter school and connects them with appropriate resources and programs. If your child has already been screened, he/she does not need to be screened again.



How Do I Make an Appointment:

Contact the HLWW Screening Coordinator at 320-543-4670 ext 4 or email euter@hlww.k12.mn.us or go online to hlww.ce.eleyo.com

Early Childhood Screening Dates and Location:

Early Childhood Screening will be offered monthly. We have scheduled and are hosting screening events on

Thursday, August 15 location will be in the MS media center (use middle school/district office entrance).

September-March will be in the HLWW ECFE Classroom E013 (use lower level east side entrance of Middle School).



LITTLE LAKER LEARNERS PRESCHOOL

2024-25 SCHOOL YEAR



Two-day per week classes for 3 & 4 year olds

Two and Three-day per week classes for 4 & 5 year olds

For details on classes offered see hlww.ce.eleyo.com



Scholarships: Scholarships for preschool fees are available for families who qualify.

Preschool Registration: online at hlww.ce.eleyo.com

Transportation options available

Works with Laker Care to provide wrap around child care options.



Little Laker Learners Preschool has earned the highest possible rating in the state's Parent Aware Quality Rating System, rating high quality school readiness preschool and child care programs.



OPEN HOUSE

Parents and enrolling students welcome.

Humphrey Elementary, Waverly

Tuesday, April 23 • 5:30-7 pm
Preschool room 168 Humphrey Elementary
Meet the teacher, Pam Henry-Neaton

Winsted Elementary

Thursday, April 25 • 5:30-7 pm
Preschool room 142 Winsted Elementary
Meet the teacher, Stephanie Halverson



LITTLE LAKER LEARNERS PRESCHOOL

hlww.ce.eleyo.com

320-543-4670

littlelakerlearners@hlww.k12.mn.us

Little Laker Learners Preschool offers fun and educational hands on learning activities for children ages 3, 4 and 5. Students who attend Little Laker Learners Preschool have the opportunity to grow emotionally, physically, academically and socially by focusing on the Minnesota Early Learning Standards.

Little Laker Learners Preschool uses Creative Curriculum, the GOLD Assessment System, OWL and Everyday Math curriculums to achieve positive outcomes. By evaluating and planning, staff implements each child's learning experience and helps students reach their full potential by challenging students.

ENROLLMENT

Keep in mind that classes are first come, first serve so registering as soon as you can once registration opens will help make sure that you are able to enroll in the class that you prefer. Each registration we receive does not guarantee enrollment into your class, each registrant's application is pending approval of the Little Laker Learner staff and current number of students in class when enrollment was submitted. Note that it should take approximately 15-20 minutes to complete the registration process.

When enrolling, please have the following information on hand before beginning the registration:

- Your preferred preschool class
- Emergency contacts
- Health and medication information, including primary physician, clinic and dentist clinic information.
- Electronic payment method (credit card or ACH)

Site Locations

Humphrey Elementary, Waverly
Pam Henry-Neaton, teacher

Winsted Elementary
Stephanie Halverson, teacher

2024-2025

3 & 4 year old classes

For children age 3-4 who will not attend kindergarten in the fall of 2025.

Mondays & Wednesdays	8:10-10:40 am	Fee: \$111 per month
Tuesdays & Thursdays	8:10-10:40 am	Fee: \$111 per month

4 & 5 year old classes

For children who will enter kindergarten the fall of 2025 or who have attended one of our 2023-24 preschool sessions.

Tuesdays & Thursdays	12:10-2:40 pm	Fee: \$111 per month
Friday morning	8:10-10:40 am	Fee: \$42/mo additional, when attending a 2 day class for 4 & 5 year old
Mondays, Wednesdays & Fridays	12:10-2:40 pm	Fee: \$153 per month

TRANSPORTATION

There will be transportation options available for Little Laker Learner Preschool students for the 2024-2025 school year. Those that will be in need of middle of the day transport (after AM preschool, or before PM preschool), will be charged a monthly fee of \$15.00 that will be included in their monthly invoice. Those being shuttled to and from Preschool and Laker Care, your monthly mid-day bus fee is covered by your Laker Care costs and will not be charged the \$15.00.



Scholarships: Scholarships for preschool tuition are available for families who qualify. Contact the Community Education office with inquiries

Preschool Registration is open online at hlww.ce.eleyo.com

WELCOME TO LAKER CARE

33 Months - 6th Grade

Located in the HLWW Middle School

6:15 am- 5:45 pm through May 31

6 am-5:45 pm beginning June 4



Laker Care provides professional, quality care to meet each child's physical, emotional, social and developmental needs while in our program. We do this by allowing the child space to grow by themselves, and to enjoy their time with other children and staff.

We strive to keep parents actively involved in the care of their own children while pursuing their own goals. We promote respect and understanding for individual differences by maintaining a caring and challenging environment that allows freedom of choice and exposure to new experiences.

**Before School, After School and
All day options available.**

**Check Out Additional Information
on Laker Care including Registration
information at
hlww.ce.eleyo.com or contact
Jenn at 320-543-4670 ext. 3
or 651-304-4268**

**Currently accepting enrollment for
Summer and Fall 2024.**





Pre Laker Care and School Age Laker Care

Summer and school year options available

Check out additional information on Laker Care including Registration information at hlww.ce.eleyo.com or contact Jenn at 320-543-4670 ext. 3 or 651-304-4268.

Registration Fee

There is a non-refundable registration fee of \$35 which must be submitted at the time of enrollment and renewed seasonally. Registration fees help cover the cost of processing registration and program supplies.)



Pre Laker Care (33 months-5 years not in Kindergarten)					June 2024-May 2025
Per Child Rates	5 days a week	4 days a week	3 days a week	2 days a week	Drop In Flat Rate Daily
Full Day Rate participation anytime between 6:15 am-5:45 pm	\$190.00 weekly (\$38/day)	\$156.00 weekly (\$39/day)	\$120.00 weekly (\$40/day)	\$82.00 weekly (\$41/day)	\$45/day
*Laker Care/Preschool Discount – If your child attends Little Laker Learners Preschool and Laker Care in the same day they will receive a \$4.00 credit per day they attend both.					

SCHOOL AGE SUMMER 2024 RATES – REGISTRATION FEE \$35 PER CHILD				
5 days a week	4 Days a week	3 Days a week	2 Days a week	Drop In Flat Rate
\$150 weekly (\$30/day)	\$124 weekly (\$31/day)	\$96 weekly (\$32/day)	\$66 weekly (\$33/day)	\$35/day

School Age 2024-2025 fee structure based on number of days a week student is scheduled					
Per Child Rates	5 days a week	4 days a week	3 days a week	2 days a week	Drop In Flat Rate
Before School	\$45 weekly (\$9/day)	\$40 weekly (\$10/day)	\$33 weekly (\$11/day)	\$24 weekly (\$12/day)	\$13 daily
After School	\$65 weekly (\$13/day)	\$56 weekly (\$14/day)	\$45 weekly (\$15/day)	\$32 weekly (\$16/day)	\$18 daily
Non-School day					\$35 per day
Scheduled two hour late start					\$16 per day

BABYSITTING 101

AGES 10-13

This course is best suited for 10 to 13-year-olds interested in learning the current practices of caring for young children



and how to manage their babysitting business. Students will learn safety and injury prevention, first aid basics, feeding and caring for infants and how to handle

behavior problems. Students receive a reference book, handouts, babysitting bag and first aid kit.

Instructor: Emergency Outfitters

Monday 8:30 - 4:00 pm
March 25
HLWW Middle School Media Center
1 session / \$65

OR

Tuesday 8:30 - 4:00 pm
July 9
HLWW Middle School Media Center
1 session / \$65

F.A.S.T. KIDS –STAYING SAFE WHILE HOME ALONE

AGES 7-10

First Aid and Safety Trained Kids is a 4-hour course for 7-10 year-olds. This course helps prepare children for staying safe at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and internet safety. Students will receive a book, handouts and a home first aid kit as part of the class.



Instructor: Emergency Outfitters

Thursday 8:30 - 12:30 pm
March 28
HLWW Middle School Media Center
1 session / \$65

OR

Thursday 8:30 - 12:30 pm
July 18
HLWW Middle School Media Center
1 session / \$54

PARTY CRASHERS • RC RACING

Grades K-8

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. Participants will leave with a better understanding and get some time testing out their driving skills on a few different types of RC Cars. Participants can use RC Cars provided or use their own on approval.

Instructor: Party Crashers RC Racing

Thursday 6:00 - 7:00 pm
April 4

OR

Thursday 7:15 - 8:15 pm
April 4

Humphrey Elementary Gym, Waverly
1 session / \$25

FUN WITH FOOD

Grades 1 - 4

Kids will have fun making delicious spring snacks using a variety of ingredients. Youth will practice basic cooking skills and taste what we create! Please indicate any food allergies when registering. Youth may ride a bus from the elementary schools to the high school, please indicate use of this option on registration.

Instructor: Michelle Johnson

Tuesday 3:15 - 4:30 pm
April 16

HLWW High School Foods Room A134
1 session / \$16

TRINKET BOWL CLAY ART GR K-8

Let's start rolling some fun with clay! In this class participants will design and create a one-of-a-kind trinket bowl. First, the participant will roll out their clay. Next, they will receive step-by-step instructions to create the bowl. Lastly they will be able to customize their bowl with stamped lettering, pressed impressions or scoring techniques. After the masterpiece has been completed, it will be sealed with a glaze-like finish. All supplies provided, you provide the creativity.

Instructor: Amanda Alguire

Saturday
April 13
10:00 am - noon

HS Art Room A 133
1 session / \$28 includes materials



JUNE ART CAMP

Entering Grades K-4 & 5-8

In this art camp the participant will have fun exploring many art mediums, while learning new techniques. The participant will explore painting, drawing and sculpture through a variety of art projects. The camp focus is to have fun while the participant creates their one-of-a-kind artwork in a positive environment.



We will have an art exhibit at the end (last 15 minutes of the second day) to display all the art camp masterpieces. Juice and cookies will be provided during the art exhibit reception. Family and friends are invited to join us at the reception.

Instructor: Amanda Alguire

**Tuesday & Wednesday
June 25 & 26**

**GR K-4 9:00 am - noon
GR 5-8 1:00-4:00 pm**

**High School Art Room A 133
2 Sessions / \$60, includes materials**

JULY ART CAMP

Entering Grades K-4 & 5-8

In this art camp the participant will have fun exploring many art mediums, while learning new techniques. The participant will explore painting, drawing and sculpture through a variety of art projects. The camp focus is to have fun while the participant creates their one-of-a-kind artwork in a positive environment.



We will have an art exhibit at the end (last 15 minutes of the second day) to display all the art camp masterpieces. Juice and cookies will be provided during the art exhibit reception. Family and friends are invited to join us at the reception.

Instructor: Amanda Alguire

**Tuesday & Wednesday
July 16 & 17**

**GR K-4 9:00 am - noon
GR 5-8 1:00-4:00 pm**

**High School Art Room A 133
2 Sessions / \$60, includes materials**

PAINT YOUR PET (OR FAVORITE ANIMAL)

Entering Grades 1-8

Paint a sketch of your pet with instruction by artist Emily Victory. All skill levels are welcome.

1. Email a picture of your photo to the instructor: emvictorystudio@gmail.com

2. Next the instructor will sketch out your image in preparation for class.

3. Finally - tell your friends to meet you there and paint!

A print-out of your photo, all the materials needed to paint, and peanut-free cookies will be provided. This class is offered in partnership with Watertown-Mayer Community Education



**Thursday
June 20**

9:00 - 11:00 am

**W-M Community Learning Center
1 Session / \$29**

PAINT CAMP

Entering Grades 1-6

Come explore the process of painting. Campers will explore basics to final masterpieces. And even set up a little gallery on the last day to share their work. We will cover abstract, landscape, and portrait art - as well as color mixing, shadow play and much more.

- Tue- Charcoal to Black & White Paintings
- Wed- Mixing Color Play
- Thu - Acrylic Masterpiece Fun

This class is offered in partnership with Watertown-Mayer Community Education



**Tuesday - Thursday
July 23 - 25**

9:00 - 11:00 am

**W-M Community Learning Center
3 Sessions / \$75**

**ONLINE REGISTRATION
hlww.ce.eleyo.com**

MYSTERY CRAFT CLASS

Entering Grades 1-7

Come and participate in a mystery craft class... You won't know until you get there what we will be creating! The whole class may be working on the same thing or, each individual may be able to do their own thing! You will have to join us to find out! No matter what, it will be fun and hands on!



Instructor: Rachel Bender

Tuesday 9:30-10:45 am
August 6
Humphrey Elementary Commons Waverly
 1 session/ \$13

Wednesday 9:30 -10:45 am
August 7
Winsted Elementary Lunchroom
 1 session/ \$13

Thursday 9:30 - 10:45 am
August 8
HLWW Middle School Staff Work Room
 1 session/ \$13

SAND ART

Entering Grades 1-7

Design a container and art pieces using assorted colors of sand. Learn to color your own "sand". The layering technique will create a bright effect.



Instructor: Rachel Bender

Tuesday 9:30-10:30 am
August 13
Humphrey Elementary Commons Waverly
 1 session/ \$13

Wednesday 9:30 -10:30 am
August 14
Winsted Elementary Lunchroom
 1 session/ \$13

Thursday 9:30 - 10:30 am
August 15
HLWW Middle School Staff Work Room
 1 session/ \$13

POKEMON BATTLE CLUB

Entering Grade 4- Adult

Ever wonder if the Pokémon deck you built could actually win in a battle. Now's your chance to see. Never battled? That's okay, we will help you along the way! Please bring a Pokémon deck (with 60 cards in it) and any other cards you may want to trade. Each player will have at least 3 battles and then time to trade cards at the end. There will be a prize for first, second, and third places.



Thursday 4:00 - 6:00 pm
June 13
HLWW Middle School Media Center
 \$10/ Entrant

Thursday 4:00 - 6:00 pm
July 11
HLWW Middle School Media Center
 \$10/ Entrant

Thursday 4:00 - 6:00 pm
August 8
HLWW Middle School Media Center
 \$10/ Entrant

DESTINATION : BLAST OFF- WATER & STOMP ROCKETS

Entering Grades 1-5

What makes rockets fly straight? What makes rockets fly far? Why use water and/air to make the rocket fly? Participants will be challenged to design and build rockets from two-liter plastic soda bottles and other materials that travel as far and straight as possible or stay aloft as long as possible.



Instructor: Rachel Bender

Thursday 3:15 - 4:30 pm
June 20

HLWW Middle School Lower Level Commons
 1 session / \$13 includes supplies

READY, SET, ROBOTS!

Entering Grades 1-6

Navigate design challenges with Dash & Dot robots, code by color with Sphero Indi, and enjoy free play game time with Sphero Mini! (No prior robotics experience necessary.) This class is offered in partnership with Watertown-Mayer Community Education



11:00 am - 1:00 pm

Tuesdays
July 9, 16, 23

WM Elementary School, Innovation Room 103A
3 Sessions / \$60

LITTLE ENGINEERS

AGE 4- 6 YRS

Stay curious and challenge your creativity in this STEM course geared toward our littlest engineers (4-6 year olds). Enjoy hands-on, engineering based challenges and explore with friends during creative free-choice build. This class is offered in partnership with Watertown-Mayer Community Education



9:00 - 10:30 am

Tuesdays & Thursdays
July 9, 11, 16, 18, 23 & 25

WM Elementary School, Innovation Room 103A
6 Sessions / \$80

CRAZY FOR LEGOS

Entering Grades 3-6

LEGO lovers unite in this brick-building course. Create an operable bobsled track. Design a gravity car derby. Build a collaborative LEGO mural, and more! This class is offered in partnership with Watertown-Mayer Community Education



11:00 am-1:00 pm

Thursdays
July 11, 18 & 25

WM Elementary School, Innovation Room 103A
3 Sessions/ \$60

WRIGHT COUNTY PARKS DAY CAMP ADVENTURES

AGES 6-12

Pirate Expedition: Campers embark on a thrilling expedition to explore the natural world through a pirate's perspective. They'll navigate through rugged terrain, discover hidden coves, and uncover mysterious clues that lead to a hidden treasure.



Instructor: Wright County Parks Staff

Tuesday 9:00 am - 3:30 pm
August 13

Howard Lake Memorial Park Shelter
1 session / \$29 per person

Tech Academy Classes

Additional opportunities are listed online at hlwww.ce.eleyo.com

VIRTUAL REALITY CODING

Grades 3-7

Design, develop, and create 3D Virtual Reality environments and characters to make your own 3D games and other virtual reality for kid's projects on Metaverse new platform Hatch. Hatch is an incredibly fun and stimulating way to learn STEM! Parents will send info on how to register for a Hatch VR



account. VR programs can be viewed on most mobile phones, and VR Systems like oculus or google cardboard. You only need a laptop/computer to get started. Additional Technical Requirement: PC Needed to do development work.(Windows or MacBook), will not work on Chromebook, tablets, or phones. To view VR, you must have an oculus or other VR glasses. But worlds can be viewed on normal PC/ Phones/Tables in 3D.

Instructor: Tech Academy

Saturdays 10:30 am- 12:30 pm
April 6 & 13

Virtual Training
2 sessions / \$68

HACKING JAVA GAMES

Grades 4-8

Hack into the code of classic games! Students will learn Java coding skills while modifying games. Coding beginners and more experienced students will love this class. This fun class is our staff and students' favorite coding class. We will be editing text files. No experience is necessary, but familiarity with common tasks using a computer operating



system (text-editing and understanding directory structures) and good keyboarding skills is required.

Additional Technical Requirement: Replit and Replit account, PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones

Instructor: Tech Academy

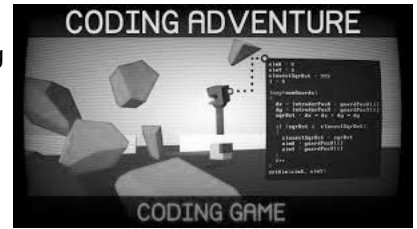
Saturday 9:00 am - noon
April 20

Virtual Training
1 session / \$53

JAVA GAME CODING

Entering Grades 4-9

Students will be introduced to object-oriented programming and elements of the Java language while learning to code their text-based RPG (roleplaying game). No programming experience is necessary, but familiarity with everyday tasks using a computer operating system (text-editing and understanding directory structures) and keyboarding is required. Bring a USB drive to save your games. Please bring lunch and water bottle.



Instructor: Tech Academy

Friday 9:00 am - 2:00 pm
June 21

HLWW Middle School Media Center
1 session / \$86

NEW!

VIDEO PRODUCTION: YOUTUBE SHORTS, IG REELS, & TIK TOK

Entering Grades 2-6

Unleash your creativity and become a content creator. Learn the art of producing video shorts for TikTok, YouTube Shorts, and Instagram Reels. Edit the video, add motion graphics, and special effects to your own video short, while practicing storytelling and film production techniques. Explore the art and science behind creating compelling short videos that resonate with audiences.



Bring a USB drive (at least 8 GB) to save your video. Please bring lunch and water bottle.

Instructor: Tech Academy

Friday 9:00 am - 2:00 pm
June 7

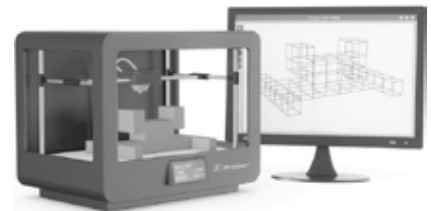
HLWW Middle School Media Center
1 session / \$86

NEW!

3D PRINTING: HARRY POTTER

Entering Grades 2 - 6

Learn 3D design and modeling skills using Tinkercad while creating a wand, then create your own magical pendant. Create fun designs to complete different magical CAD challenges. This course will introduce students to using CAD modeling & design software. They'll also do fun Hogwarts-inspired challenges in TinkerCAD's SimLab. Student-designed pendants will be printed and sent home at the end of class. Printing and material fees are included. If printing is not completed in class, prints will be mailed home. Please bring lunch and a water bottle.



Instructor: Tech Academy

Friday 9:00 am - 2:00 pm
June 28

HLWW Middle School Media Center
1 session / \$98

POKEMANIA STEAM ADVENTURE

Entering Grades 1 - 5

Work on a stop-motion animated Pokémon-themed film. Pick your favorite characters to star in your mini-movie. The possibilities are endless! Students will build Pokémon-inspired sets and props to create an animated game and stop-motion short. Students will also participate in other Pokémon-related STEAM activities. Bring a USB drive, lunch, and water bottle. Students should have basic reading skills.



Instructor: Tech Academy

Friday 9:00 am - 2:00 pm
July 12

HLWW Middle School Media Center
1 session / \$83



MINECRAFT GAME DESIGNER: CUSTOM MAP BUILDER

Entering Grades 2-6

Turn Minecraft from a game into a visual learning tool! Collaborate to create your own themed adventure maps. This class strongly emphasizes creativity, exploration, and cooperative learning experiences. While immersed in Minecraft's fun and creative world, students will learn about programming and game design concepts. We will be using the PC/Java edition of Minecraft. Bring a USB drive to save your games on the last day. Please bring lunch and water bottle.



Instructor: Tech Academy

Friday 9:00 am - 2:00 pm
August 23

HLWW Middle School Media Center
1 session / \$83

TRACK CAMP

Grades 4- 6

Come experience what the sport of Track and Field has to offer! Athletes will be introduced to the following events: 50m, 60m hurdles, 100m, 200m, 400m, 800m, 1600m, 4x100m relay, 4x200m relay, Sprint Medley relay, Long Jump, Triple Jump, High Jump, and Shot Put. Each athlete will get a HLWW Track and Field T-Shirt. The season will include 2-3 meets against neighboring communities.



Practices are at the HLWW high school track. Bring your filled water bottle with your name on it and tennis shoes.

Instructors will be Mrs. Borrell, HLWW Varsity and Junior High coaching staff along with HLWW Varsity athletes.

Practices: 3:45-5:00 pm
Monday, April 15
Monday, April 29
Monday, May 6

Meets: Dates are still being decided. We will send out an email to all families once we have the dates. Athletes must have their own transportation to meets.

Fee: \$30 payable to Community Education District 2687, includes t-shirt, practices and meets.

OPEN GYM - ALL SPORTS

Students and Adults

Bring your own equipment: basketball, volleyball, bat, softie balls, gloves, pickleball equipment. Youth grade 6 and under must be accompanied by an adult. Watch online for additional weekday dates and times.



Spring

Sundays, thru May 5 (no open gym 3/31)
6-7:30 pm Basketball and Volleyball
7:30-9 pm Batting Cages and Toss
HLWW Activity Center
Fee per time: \$1/student, \$2/adult, family max \$6

Summer

Thursdays 6-8:30 pm
June 13-August 8 (no open gym 7/4)
HLWW Activity Center
Fee per time: \$1/student, \$2/adult, family max \$6

ONLINE REGISTRATION
hlww.ce.eleyo.com

GIRLS ONLY WRESTLING PROGRAM AGES 5-18

Wrestling teaches many life skills including hard work, perseverance, discipline and grit. In this activity, children will be introduced to the sport of wrestling and learn basic techniques of the sport. It is great for building strength, coordination, balance, and endurance. This wrestling opportunity is for girls only.



High School Girls Wrestling was

sanctioned in Minnesota in 2021. In 2024, the MSHSL held its third ever Girls' State Wrestling Championships at the Xcel Energy Center. Minnesota had 250 girls participate in wrestling in its first season. There are now over 1,100 girls wrestling in high school across the state of Minnesota. There are a growing number of opportunities for girls to participate in tournaments against other girls. Along with the growth of high school girls wrestling, we have seen a similar explosion in the number of colleges that offer women's wrestling as a collegiate sport. Women's wrestling is the fastest growing women's collegiate sport in the country.

Girls have been wrestling in Minnesota and HLWW for many years. In 2024, HLWW hosted it's first ever Girls Only wrestling practices. Our Youth program has been co-ed for a number of years, but now additional opportunities have been created to help girls get started with the sport of wrestling.

The weekly sessions will collectively end with a camp in August. If you register for the summer girls' wrestling program, camp registration is free! Must register prior to July 10 to receive a t-shirt.

Instructors: Joe Puncocar, HLWW Activities Director/ Wrestling Coach and various other members of the HLWW Wrestling Community.

**Thursdays 6:00 - 7:00 pm
July 11, 18, 25, August 1**

**HLWW Middle School Wrestling Room
4 sessions / \$25 per person includes t-shirt**

YOUTH LAKER VOLLEYBALL SUMMER CAMP

Entering Grades 1-3

Learn basic volleyball skills such as passing, setting, serving, and hitting, play in game-like situations and meet the high school volleyball players.



Instructor: Brooke Orazem, Head Volleyball Coach & Players

**Monday-Wednesday 8:00 - 9:00 am
July 15 - 17**

**HLWW HS Gym
3 sessions / \$28**

YOUTH LAKER VOLLEYBALL SUMMER CAMP

Entering Grades 4-6

Learn basic volleyball skills such as passing, setting, serving, and hitting, play in game-like situations and meet the high school volleyball players.

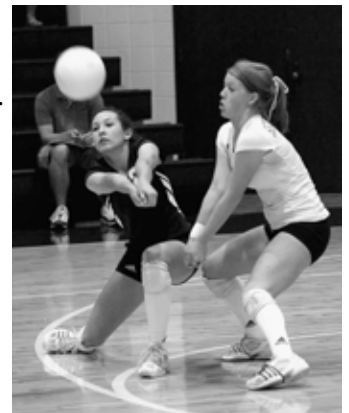
Instructor: Brooke Orazem, Head Volleyball Coach & Players

**Monday- Wednesday 9:15 - 10:15 am
July 15-17**

**HLWW High School Gym
3 sessions / \$28**

5TH & 6TH GRADE TRAVELING VOLLEYBALL

League games begin Saturdays in September continuing through October. Season will culminate with a tournament in October. Practices will be held starting in mid- to late August through October, after school or evenings depending on volunteer coaches schedule.



If interested in coaching Girl's Traveling Volleyball 2024-25 please check yes, when registering your participant.

5th Grade \$75 per person

6th Grade \$75 per person

**ONLINE REGISTRATION
hlww.ce.eleyo.com**

BASKETBALL SHOOTING CLINICS

Grades 1-4 & Grades 5-8

This basketball clinic for boys and girls will focus on the fundamentals and techniques needed to become a great shooter. During each hour-long session, coaches will go over drills, games, and habits that every basketball player needs to improve their shooting skills. Along with the in session training, each player will be given an at home curriculum to continue their shooting success throughout the year. Will include a t-shirt.



Instructors Coaches James Carr, Drew Waldbillig & Others

**Saturdays
April 13, 20, 27**

**Grades 1-4 9:00 - 10:00 am
Grades 5-8 10:15 - 11:15 am**

**HLWW Activity Center
3 sessions / \$28**

LAKER BASKETBALL SUMMER CAMPS

Entering Grades 1-3 & 4-6

These camps are open to boys & girls entering grades 1-3 & 4-6. They will focus on improving skills for players of all abilities. Skills focused on will be shooting, passing, ball handling, team offensive/ defensive skills, and rebounding. There will be various individual contests as team play throughout the camp. Each participant will receive a camp shirt.



Instructors: Members of the HLWW coaching staff as well as current and former players.

**Fridays
June 14, 21, 28, July 12, 19, 26**

**Grades 1-3 9:00 - 10:00 am
Grades 4-6 10:15 - 11:15 am**

**HLWW Activity Center
6 sessions / \$45 per child
(\$70 family maximum between the two basketball camps, must contact Com Ed Office for family max pricing)**

SKILLS & BASKETBALL CAMP

Entering Grades 3-6

This basketball skills and drills camp is open to all youth going into third through 6th grade. This camp will help you improve, dribbling, passing and shooting. Please bring your own basketball (if possible) and water bottle.

Instructor Steve Gagnon and others

**Tuesday - Thursday 9:00 - 11:00 am
July 16-18**

**HLWW Activity Center
3 Sessions / Free**

LITTLE LAKERS FOOTBALL

AGE 3- Entering Grade 2

Football fun for all! Come join us for an enjoyable time, as we review and learn the basic fundamentals of throwing, catching, play running of the game of football.

Instructors: Joe Uter & David Luhma



**Tuesday & Thursday
August 6 & 8**

**Preschool Age 3, 4, 5 & K
Entering Grade 1 & 2**

**4:30 - 5:15 pm
5:30 - 6:30 pm**

**HLWW High School Stadium
2 sessions / \$12 per child**

FOOTBALL CAMP

Entering Grades 4-12

The football camps will allow athletes to enhance their football skills while working with teammates. Grades 4-8 athletes will be coached by Varsity Football coaching staff and players. Grades 9-12, you will work with the coaching staff to improve your skills. On the final day of all the camps, we will include skill competitions as well as a 7 on 7 competition. If it rains the camp will be in the activity center so bring tennis shoes as well as football cleats.

Tuesday - Thursday July 23 - 25

**Entering Grades-
4th - 6th Grade 4:00 to 5:15 pm
7th - 8th Grade 5:30 to 6:45 pm
9th - 12th Grade 7:00 to 8:30 pm**

**GR 4-6 HLWW HLWW High School Stadium Field
GR 7-12 HLWW High School Practice Field
3 sessions / \$55**

HIGH FLYERS GYMNASTICS AGE 4 & ABOVE



Our program focuses on fun while learning gymnastics moves. New students are welcome at any time! Gymnastics is offered at the Humphrey Hall Gym located in Howard Lake, home of the Lakers gymnastics program. To be ready for gymnastics youth should have their hair tied back, leotard or tight biker shorts for both boys and girls. No skirts, tutus, or loose fitting clothing for safety reasons. Participants should come ready for practice with a filled water bottle. Limited spotting of stunts.

Class size limited, filled in the order registrations received.

**HLWW Humphrey Hall Gym, MAWSECO Education Center
720 9th Ave Howard Lake (use west entrance)**

Rollers

This class teaches beginning tumbling with an emphasis on floor; introduction to vault, bar and beam. This level is for students with little or no previous experience. Gymnasts will move to Flippers when the skills are mastered.

Flippers

This level continues your gymnast’s development of the basic skills on the floor, beam, bars, and vault. This level will be focusing on getting stronger in the skills, working on balance and coordination. Gymnasts will advance to Twisters once the skills are mastered.

Twisters

This level will be working on more difficult skills and increasing advanced skills. Adding to this level is where we start to introduce conditioning sets for building strength and more confident gymnasts. These skills at this level will be preparing your gymnast for team gymnastics.

High Flyer Placement

The coach may recommend youth to move to a higher or lower level based on the ability of the child at that point in time.

Instructor: Tammi Thiemann,

Participants can sign up for one night a week or two based on availability.

Session 7

Tuesdays: May 7, 14, 21, 28

Rollers	4:30-5:30 pm	4 sessions/\$43
Flippers	5:30-7 pm	4 sessions/\$64
Twisters	7-9 pm	4 sessions/\$92

Session 8

Thursdays: May 2, 9, 16, 23, 30

Rollers	4:30-5:30 pm	5 sessions/\$54
Mini Tumbler	5:30-6:15 pm	5 sessions/\$43
Flippers	6:15- 7:45 pm	5 sessions/\$80
Twisters	7:30 - 9:30 pm	5 sessions/\$115

Session 1A

Tuesdays June 4, 11, 18, 25,

Rollers	4:30 - 5:30 pm	\$37
Flippers	5:45 - 6:45 pm	\$55
Twisters	7:00 - 8:30 pm	\$79

Session 1B

Thursday June 6, 13, 20, 27

Mini Tumbler	4:45-5:30 pm	\$34
Flippers	5:45 - 6:45 pm	\$55
Twisters	7:00 - 8:30 pm	\$79

Session 2 A

Tuesdays July 9, 16, 23

No Class July 2

Rollers	4:30 - 5:30 pm	\$28
Flippers	5:45 - 6:45 pm	\$41
Twisters	7:00 - 8:30 pm	\$59

Session 2 B

Thursday July 11, 18, 25

No Class July 4

Mini Tumbler	4:45-5:30 pm	\$26
Flippers	5:45 - 6:45 pm	\$41
Twisters	7:00 - 8:30 pm	\$59

MINI LAKER TUMBLERS- AGES 3-4

Our Mini Laker Tumblers class is open to youth ages 3-4 years old to work on motor coordination and learning basic gymnastics. Each week at these fun classes, youth will work on skills including forward rolls, handstands, walking on balance beams and much more! Parents are welcome to help their youth, if they need a little bit of support to participate in the activities.



Session 8

Thursdays 5:30-6:15 pm
May 2, 9, 16, 23, 30
 5 sessions/\$43

Session 1B

Thursdays 4:45 - 5:30 pm
June 6, 13, 20, 27
 4 sessions / \$34

Session 2B

Thursdays 4:45 - 5:30 pm
July 11, 18, 25 (No Class July 4)
 3 sessions / \$26

HLWW Humphrey Hall Gym located in MAWSECO Education Center, 720 9th Ave, Howard Lake (use west entrance)

GYMNASTICS CAMP FOR YOUTH GOING INTO 7-12 GRADE

If want to improve your personal score this is the camp for you! This camp is open to all gymnasts no matter which school district's you are a resident.

The camp will focus on gymnasts acquiring skills and strengthening their abilities to elevate their scores! Campers will rotate to all four events in addition to tumbling, dance/jumps, & working on tumble trak.

Many Local coaches and Coaches & athletes from Hamline University will be instructors!

Monday - Wednesday 9:30 am - 2:30 pm
August 12-14

HLWW Humphrey Hall Gym located in MAWSECO Education Center, 720 9th Ave, Howard Lake (use west entrance)
\$185 per person

GYMNASTICS SUMMER FUN CAMP FOR KIDS AGE 5 & UP

All levels welcome, no previous gymnastics experience required. Summer Fun Camp is being offered to girls & boys ages 5 and up. It will be offered by Coach Tammi and assistants. It will include activities based on the circuit rotations through the spring floor, beam, bars and vault.

Bring a water bottle, lunch and light snacks for the day. Please register by May 15th to guarantee t-shirt size. After that date a t- shirt may not be guaranteed.

Wednesday 9:00 am - 2:00 pm
June 12
\$55/ participant

PRIVATE LESSONS GYMNASTICS

This summer the gymnastics coaches will be offering private one hour gymnastics lessons. Lessons will be held on Wednesdays starting in June. No lesson opportunities on June 12, 19, July 3

3:30-4:30 pm on Wednesdays
5:30 - 6:30 pm on Wednesdays
\$65 per hour

SEMI PRIVATE GYMNASTICS LESSONS

This summer the gymnastics coaches will be offering semi private (up to 4 youth at a time) one hour gymnastics lessons. Lessons will be held on Wednesdays starting in June. No lesson opportunities on June 12, 19, July 3.

4:30-5:30 pm Wednesdays
\$32 per hour (up to 4 people)

COMING THIS FALL- MAGA LAKER TEAM GYMNASTICS

MAGA Laker Team Gymnastics will be open to youth age 6 and older who would like to compete on a gymnastics team. Youth must meet certain competitive level requirements and are not participating on a school gymnastics team. The season will run approximately November through the beginning of March including specific team practices, activities and participation in a variety of meets in other communities..

Additional information will be available later this summer at hlww.ce.eleyo.com look under MAGA Gymnastics to sign up to receive information directly when it becomes available.

HLWW SUMMER DANCE CLASSES

Join Coach Mel and explore the world of dance this Summer!

All Classes will be held at the HLWW Winsted Elementary Gym-
Enter through door F located on playground side

All Grade are based off of 2024-25 school year

Dancers should wear comfortable clothes that are easy to move in.
Preferred dance shoes like ballet or jazz are encouraged, but tennis shoes work great as well.

Reach out with any questions: Coach Melanie Webster
Email: coachmelwebster@gmail.com

TEDDY & ME: AGE 4 - KINDERGARTEN



Learn to dance with a cuddly teddy bear in this fun class that will help with coordination, musicality and movement. Cost includes teddy bear prop.

Mondays 4:30-5:15 pm
June 10, 17, 24, July 1
4 Sessions / \$35

UNICORN PARTY: AGE 4 - KINDERGARTEN

Learn to dance in this fun class that will help with coordination, musicality and movement. Cost includes Unicorn prop.

Mondays 4:30- 5:15 pm
July 15, 22, 29 August 5
4 Sessions / \$35

HIP HOP: GR K - 2ND

Explore the world of Hip Hop with a fun class that will teach rhythm and timing.

Mondays 5:15- 6:00 pm
June 10, 17, 24, July 1
4 Sessions / \$28

HIP HOP: GR 3-12

If you like to move, you'll love learning Hip Hop! Movement, timing and rhythm will be emphasized in this special session.

Mondays 6:15 - 7:00 pm
June 10, 17, 24, July 1
4 Sessions / \$28

LYRICAL CONTEMPORARY: GR 3 - 12

Do you love emotional songs and moving with the music? This class will help you to explore the feeling of movement to music and expression through dance.



Mondays 7:00 - 7:45 pm
June 10, 17, 24, July 1
4 Sessions / \$28

CREATIVE MOVEMENT: GR K - 2

Explore the world of dance in this fun class where dancers will get to help create the dances we practice. From jazz and lyrical to Broadway, we'll have a blast learning different styles each week!

Mondays 5:15 - 6:00 pm
July 15, 22, 29 August 5
4 Sessions / \$28

CREATIVE MOVEMENT: GR 3-12

If you like to move, you'll love exploring the world of dance in this fun class where dancers will get to help create the dances we practice. From jazz and lyrical to Broadway we'll have a blast learning different styles each week!

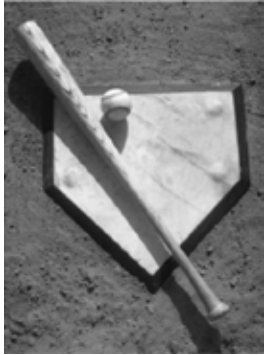
Mondays 6:15 - 7:00 pm
July 15, 22, 29 August 5
4 Sessions / \$28

DANCE TEAM TECH / DANCE: GR 3- 12

Obsessed with dance teams like U of M and St Thomas and the amazing dances they compete with? This class will help you to explore the movement, technique and teamwork of dance team.

Mondays 7:00 - 7:45 pm
July 15, 22, 29 August 5
4 Sessions / \$28

HOWARD LAKE SUMMER RECREATION



All grades are based on the grade the student will be going into for 2024-2025 in for the school year. Schedule may change due to the number of registrants for each activity.

LOCATION

Practices will be at Yager Field, 9th Street and 9th Avenue, Howard Lake. Games will be scheduled home and away against Waverly Summer Recreation. Games will be scheduled at the same times listed for their group.

Evening program may also be at the HLWW High School fields. Location calendar for all programs will be sent prior to start.

REGISTRATION INFORMATION

To ensure receiving a summer rec t-shirt, registrations must be received by May 25.

Daytime Co-Ed Baseball & Softball Program

Programs are designed to teach the fundamentals of baseball and softball to boys and girls. Children will have the opportunity to play a variety of positions.

June 10 - July 12, No Summer Recreation June 19, July 1, 2, 3, 4, 5

\$55 includes t-shirt, specify size when registering.

Day Program

Boys Age 5- GR K / Girls Age 5 - GR K	MTTH	9:00 - 10:00 am
Boys GR 1-2 / Girls GR 1-4	MTWTH	10:30 - 11:30 am
Boys GR 3-6 / Girls GR 5-6	MTWTH	noon -1:00 pm

**** NEW ** Evening Co-Ed Program**

Howard Lake Summer Recreation has added an evening option to learn the fundamentals of baseball and softball. Youth will have the opportunity to practice their skills on Tuesday nights, and play games against Waverly teams on the most Monday nights.

We may ask for adult participation during the evening program to support the development of skills of the youth.

June 10 - July 12

Field 3 HLWW High/Middle School

No Summer Recreation July 1, 2

Co-ed T-Ball (Evening program)

• boys and girls (ages 4-5) M, T 5:45-6:30 pm

Co-ed Coach Pitch (Evening program)

• boys and girls (ages 6-8) M, T 6:30-7:30 pm

\$40 registration fee, T-shirts are included



KICKBALL

Age 5- Grade 6

Everyone is welcome to join in our game of kickball. A fun game for all ages.

HL Summer Recreation coaching staff

**Wednesdays, June 12 & 26
Age 5 - Grade 6 9:00 -10:00 am**

**Yager Field, HL
\$8 per participant**

WAVERLY SUMMER RECREATION PROGRAMS

Daytime age 5-completed grade 6 baseball and softball
Evening Co-Ed baseball age 4-8



The Waverly Boosters, the City of Waverly & HLWW Community Education will offer daytime baseball and softball to children from age 5 to completion of grade 6. Programs are designed to teach the fundamentals of baseball and softball to boys and girls. Children will have the opportunity to play a variety of positions.

REGISTRATION INFORMATION

To ensure receiving a summer rec t-shirt, registrations must be received by May 25.

Daytime Program

The daytime program will have games scheduled against the Howard Lake Summer Recreation program. Games will alternate by week – home one week, away the next. Transportation will not be provided this year between game locations. Practices and games will be at Legion Memorial Park, Waverly.

DATES & TIMES

JUNE 10 - JULY 12

NO SUMMER RECREATION JUNE 19, JULY 1, 2, 3, 4, 5

\$45 INCLUDES T-SHIRT, SPECIFY SIZE WHEN REGISTERING.

A COMPLETE SCHEDULE WILL BE POSTED AND GIVEN OUT AT PRACTICE.

Teams

Boys Age 5- GR K / Girls Age 5 - GR K	MTTH	9:00 - 10:00 am
Boys GR 1-2 / Girls GR 1 -4	MTTH	10:30 - 11:30 am
Boys GR 3-6 / Girls GR 5-6	MTTH	noon -1:00 pm

EVENING PROGRAM

This evening program is designed to learn the fundamentals of baseball and softball. Youth will have the opportunity to practice their skills on Wednesday nights. New this year, the plan will be to play games against Howard Lake teams on most Monday nights.

We may ask for adult participation during the evening program to support the development of skills of the youth.

JUNE 10 - JULY 12

NO SUMMER RECREATION JUNE 19, JULY 1, 3

Co-ed T-Ball (Evening program)
 • boys and girls (ages 4-5) M, W 5:45-6:30 pm

Co-ed Coach Pitch (Evening program)
 • boys and girls (ages 6-8) M, W 6:30-7:30 pm



\$40 REGISTRATION FEE, T-SHIRTS ARE INCLUDED
HUMPHREY ELEMENTARY FIELDS

WINSTED SUMMER BASEBALL

Our program offers baseball opportunities for players in preschool-second grade. The mission of WYSBO is to promote the development of good sportsmanship, player ability, and skill as it relates to the game. Our coaches will stress the importance of playing the game the right way and having fun! All players will receive a hat and jersey. Players should have their own helmets.

If you are interested in coaching please mark that on the registration.

Questions contact Rick Baumann at rbaumann@tds.Net

REGISTRATION DUE FRIDAY, APRIL 19

SEASON: FIRST WEEK OF JUNE- MIDDLE OF JULY. OFFICIAL SCHEDULE WILL BE SHARED ONCE SEASON GETS CLOSER



T-BALL: Our t-ball teams are for boys and girls ages 4-6 years olds (completed preschool or Kindergarten). You can register for Tuesday OR Thursday evenings.

Fee: \$38

MIXED REC: Our mixed rec teams are for boys and girls who have completed Kindergarten-2nd grade. These teams will play Monday AND Wednesday evenings against neighboring towns.

Fee: \$58

New this year register at hlww.ce.eleyo.com



DRIVER EDUCATION

CLASSROOM DRIVER EDUCATION AND TRAFFIC SAFETY EDUCATION

This course will offer instruction in all areas of content needed for the driving task and driving related issues. This program meets the MN State required 30 hours of classroom instruction. A Certificate of Completion of Classroom Driver Education will be distributed at the end of the class. Participants must attend all 30 hours, no make ups will be available. The Certificate of Completion must be submitted as proof of completion of class when you register for Behind the Wheel program. Please note each class is 3.25 hours (includes a 15 minute break). For a full list of Graduated Driver License Laws, go to dps.mn.gov

Instructor: Jeff Thompson
Room E212/E214, top floor middle school



Spring Session

Mondays 6-9:15 pm

March 18, April 1, 8, 15, 22, 29, May 6, 13, 20, June 3, 10

Register early class may fill quickly

Two Summer Sessions

Monday-Friday 9 am-12:15 pm or 1-4:15 pm

June 3-14

Register early classes may fill quickly

PARENT/STUDENT SAFE COMMUNITIES SUPPLEMENTAL PARENTAL PRESENTATION

A State of Minnesota Certificate of Completion will be presented to students who attend with a parent. Any student who logs 40 hours of driving instead of the required 50 hours must show this certificate before the student will be allowed to take the driver's test. (per state law this time does not count towards the 30 classroom hours)

Monday 6:15-8 pm

June 10

Laker Theater, HLWW High School

BEHIND THE WHEEL INSTRUCTION

After completion of the classroom instruction, students may register for the Behind the Wheel Driver's Education Program. There is an additional cost for Behind the Wheel. Students will receive a blue card from the Behind the Wheel Instructor, which will enable them to take the written permit test at a state exam station. Registration for Behind the Wheel Instruction is required before taking the written exam. Behind the wheel will be offered June - August with limited availability during the school year.

Contact HLWW Community Education for additional information 320-543-4670.

Fees

Classroom and Behind the Wheel \$380

Behind The Wheel only: \$325

Classroom only: \$125





ACT Test Preparation

Reach your potential

ACT PREPARATORY COURSES

To help students prepare for The ACT test, Advantage Educational Programs, in cooperation with Howard Lake-Waverly-Winsted Community Education, will offer their ACT prep courses to students. Are you uneasy about your test-taking skills or unsatisfied with previous ACT results?

This may be the course for you. Three different course formats allow students to choose the one that best suits their learning styles and personal circumstances. Students are also able to make up any classes they miss, and all courses may be repeated online at no additional charge. To register for a course at a different location or for more information, go to: www.AdvantagePrep.net or call 612-222-5108.

VIRTUAL ACT PREP COURSE

Virtual classroom meets for three hours, one day each week, for four weeks and is taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

Saturdays **9:00 am - noon**
May 4, 11, 18, June 1 (No Class May 26)
Virtual
4 sessions / \$180

Saturdays **9:00 am - noon**
August 3, 10, 17, 24
Virtual
4 sessions / \$180



SELF-PACED ONLINE ACT PREP COURSE

Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course can also access this online course at NO ADDITIONAL CHARGE.

Materials are accessible anytime
Online
unlimited access/ \$80

HLWW PARTY PACKAGES

Come use the gym for a terrific party experience! Looking for a space to host a party or gathering? HLWW Community Education has party packages available. You can bring in food, including cake & ice cream and nonalcoholic beverages. We will provide the facility. Some games will also be available to use.

To sign up for a party package please contact HLWW Community Education at 320-543-4670 or rbender@hlww.k12.mn.us at least two-weeks in advance. Dates are available based on space and staff availability.

HLWW Activity Center
(1 court & Lower level Commons)

HLWW Winsted Elementary
(Gym & Lunchroom)

2 Hours/ \$80

HOWARD LAKE-WAVERLY-WINSTED YOUTH SPORTS ASSOCIATIONS

The following community-based youth sport associations serve the District 2687 area and are an integral part of serving the recreational and social needs of our families as well as developing skills of our youth for a lifetime. Below is a quick reference guide to connect you to them. Links can also be found at hlwwactivities.com under athletics choose the sport your are looking for.

HLWW Laker Travel Basketball grades 4-8

facebook: HLWW Youth Traveling Basketball League

Laker JO Volleyball grades 5-11

lakerjovb.weebly.com

Travel Softball grades 3-12

email: Lakerysa@gmail.com

Travel Baseball boys ages 8-16

email: Lakeryba@gmail.com

Wrestling Booster grades K-6

Contact Youth Wrestling Coach Luke Long @
phone: 612.590.2363
email: lukeclong@hotmail.com



WINSTED ARTS COUNCIL

141 Main Ave W, downtown Winsted



Email winstedartscouncil@gmail.com
or message us on facebook. www.winstedartscouncil.org

HOWARD LAKE-WAVERLY-WINSTED YOUTH COMMUNITY GROUPS



4-H
Wright County Extension
763-682-7394
wright@umn.edu

McLeod County Extension
320-484-4305

Scout Pack 3399

beascout.org
612-205-4555
pack399scouts@gmail.com



Girl Scouts - Lakes and Prairies Service Unit

www.girlscoutsrv.org
612-418-1929
lakesprairiesgirlscouts@gmail.com



55+ DRIVER DISCOUNT PROGRAM 4 HOUR REFRESHER

The Driver Discount Program is a state approved accident prevention/insurance discount program. Open to the public, pre-registration is required. Class is taught by a MN Highway Safety & Research Center certified instructor. Participants will be provided the latest information in regards to driver and traffic safety, new vehicle technology and updates with traffic laws. To attend the four hour refresher session, you must have already participated in an eight hour full course. Persons age 55 and older who complete the course qualify for a 10% discount on their auto insurance premium for three years. First time participants must complete.

You may bring a beverage or snack with you to class.



Tuesday, April 2
noon - 4:00 pm

OR

Thursday, June 6
noon - 4:00 pm

OR

Tuesday, September 24
noon - 4:00 pm

HLWW Middle School Media Center (use lower level east side entrance)

\$24/ per person

To register for the 55+ driver class you must go to www.driverdiscountprogram.com or call 1-888-234-1294

MEDICARE 101

What exactly is Medicare? What's part A? This class will take the mystery out of Medicare. Part A, B, C and D: What do they cover and when can I enroll? What is new with Medicare? You will get the answers to all of your questions about Medicare in this class. A must for those close to or thinking about retiring.



Instructor: Stefany Jessen

Tuesday 5:30 - 7:00 pm
April 16

HLWW High School Media Center
1 session / \$5

THE BEST BISCOTTI

This wonderfully crunchy cookie is originally from Italy. Heavy with nuts, it complements coffee and tea for an impressive dessert or snack. Make over ten different kinds of biscotti using ingredients such as almonds, pistachio nuts, dried fruits and cinnamon. Enjoy them plain or drizzled with chocolate. Expect to taste each biscotti. We will divide the remaining biscotti (approximately 1-2 dozen per person) to take home. Bakery prices exceed \$1 each...so enjoy sharing your economical creations with family, friends and yourself! Bring containers.



Instructor: Laurel Severson

Tuesday 6:00-9:00 pm
April 2

HLWW High School Foods Room
1 Session/ \$37

CREPES: THE "DO-AHEAD" WRAP

Crepes are an easy, impressive do-ahead dish. We will prepare chicken divan (chicken with broccoli in a cheese sauce) for our main dish, followed by cheese blintzes served with an apricot sauce and mushroom crepes with sherry sauce. Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes and other desserts will round out our selections. And...each student will have lots of experience in 'making perfect crepes' including flipping them!



Instructor: Laurel Severson

Thursday 6:00-9:00 pm
April 18

HLWW High School Foods Room
1 Session/ \$37

ONLINE REGISTRATION
hlww.ce.eleyo.com

AN INTRODUCTION TO VOICEOVERS

"Wow, you have a great voice!" Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. In this one-time, 90-minute, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. Your instructor will record you as you read a real script, then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance and create a professional voiceover evaluation delivered to you in a follow up call. After the class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Learn more: <http://www.voicesforall.com/ooo> 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Within a week of you registering, you will be contacted to set up your virtual lesson.



you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. Discover the current

trends in the industry and how easy and affordable it can be to learn, set up and work from home. In this one-time, 90-minute, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. Your instructor will record you as you read a real script, then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance and create a professional voiceover evaluation delivered to you in a follow up call. After the class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Learn more: <http://www.voicesforall.com/ooo> 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Within a week of you registering, you will be contacted to set up your virtual lesson.

\$49 Per Lesson

Virtual

BUILD YOUR OWN HANDCRAFTED KNIFE

In this 2-day class, dive into the art of crafting a knife from raw materials with Charlie Remer. Forge the blade, craft a wood handle and sharpen the knife. You will be using a propane forge, a hammer, some power tools and your two hands. It's a hands-on journey into the timeless craft of knife-making, allowing you to create a functional and unique tool with your own hands.

This opportunity is open to Individuals aged 12 and above, capable of safely using power tools with proper instruction, are welcome. Liability waivers are mandatory. Each class accommodates a maximum of 2 students. If a parent wishes to assist their child in building a single knife, it will be considered as a single student.

To see examples of knife designs available go to www.instagram.com/vargrknives/

Class dates and times will be discussed and determined with the instructor to work together based on participant's schedules.

Opportunity is \$405 per person

PAINT YOUR FAVORITE FLOWER AGE 16+

Paint a sketch of your favorite flower with instruction by artist Emily Victory. All skill levels are welcome.

- First: Email a picture of your photo to the instructor at emvictorystudio@gmail.com
- Next: the instructor will sketch out your image in preparation for class.
- Finally: tell your friends to meet you there and paint!



A print-out of your photo, all the materials needed to paint, and peanut-free cookies will be provided. This class is offered in partnership with Watertown-Mayer Community Education.

Emily Lynch Victory is an art enthusiast about color and pattern. Emily has a degree in both mathematics and art and loves combining the two. Victory has been teaching art on the side for nearly 10 years, and truly believes everyone has hidden creativity. Emily works from her home studio in Watertown. She has two cats, a math-loving husband & four young, wild boys.

Monday 6:00 - 8:00 pm
August 12

W-M Comm. Learning Ctr.
1 Session \$29

MOVE TO THE GROOVE

Jen Siegersma is offering a fun atmosphere to get moving with easy steps and music you can groove to! This class will be a wonderful fitness opportunity for all from the very beginners or those who want to push themselves. The class will offer dance movements to help tone and sculpt while burning some calories along the way. You will be able to sign up for a series or you can drop in. (If you plan to drop in check the Com Ed website to make sure there were not changes to the class) Remember no experience necessary and open to all ages!



Instructor: Jen Siegersma

Thursdays 6:30 - 7:30 pm
April 4, 11, 18, 25

Winsted Elementary Gym
\$24 / 4 sessions or \$9 drop in (must have exact cash)

PICKLE BALL OPEN GYM

There will be PickleBall Courts, including all equipment needed to play any time during the dates listed. Each player would need to purchase a spot/ pass, you will be able to play 2-4 players per court. Evening is open gym style. Come at a time convenient for you as long as you're done by the end time.



Tuesdays through July 30 5:30 - 8:30 pm
No Open Pickleball on 3/26, 7/2, 7/9

Wednesdays through July 31 5:15-7 pm
No Open Pickleball on 3/27, 6/19, 7/3, 7/10

HLWW Activity Center
Fee Per Time: \$1/student or \$2/adult family max of \$6

SUMMER PICKLEBALL LEAGUE

This pickleball league is open to all recreational players. If we have enough players to sign up we may divide the league into levels based on playing experience.

Players may sign up as a team of two or as an individual. If you sign up as an individual, we will place you on a team. Each team will be sent a schedule for the season. The teams who are assigned to play each other for the week, can agree to a time that week to play. Matches can either be played at the HLWW Activity Center or at one of the outdoor courts in the community. As a team you will need to inform Community Ed of who the winner of each match is and points scored by each. A regular season champion will be crowned.



Scoring System

Points are scored only by the serving team. Games are played to 11 points, win by 2. Each match is best two out of three games, with game three being played to 5 points, win by 2.

Each individual will receive a league t-shirt, and access to pickle courts during open gym and pickle ball only open gym times.

Register by June 1.

HLWW League Dates Week of June 9 - July 21 Skipping week of July 4th

6 weeks of League / \$50 per team or \$25 per individual player

PICKLEBALL TOURNAMENT

This pickleball tournament is open to all recreational players. Players will sign up in teams of two. Each team will be guaranteed two matches.

Scoring System: Points are scored only by the serving team. Games are played to 11 points, win by 2. Each match is best two out of three games, with game three being played to 5 points, win by 2.

Tournament will be played on Saturday, August 3rd starting at 9:00 am in the HLWW Activity Center. Register by July 15.

\$25/ Team of Two

FALL ADULT VOLLEYBALL LEAGUE

Watch for information this summer on how to sign your team up for a fall volleyball league for adults (age 16+ not on a school volleyball team) to be held in the HLWW Activity Center.



PERSONAL TRAINING SESSIONS WITH JENNIFER BORRELL

Set some goals and MEET those goals with the help of a personal trainer!

Jen is an ACE certified Personal Trainer since 2020 and has over seven years experience as a group fitness instructor



She has trained a variety of individuals from active duty military to high school students to a retiree with a goal to get in shape for ski season. All with great success.

Questions:
Email: jborrell@hlww.k12.mn.us

Session Types (One Hour Sessions)	Rates
Single Sessions	\$50
Individual 3 Pack	\$135
Individual 6 Pack	\$240
Group of 2 (Single Session)	\$90
Group of 2 (3 Pack)	\$220
Group of 2 (6 Pack)	\$420
Group of 3 (Single Session)	\$120



**BASKETBALL
VOLLEYBALL
BASEBALL &
SOFTBALL**

**SPRING
OPEN GYM**

**HLWW ACTIVITIES
CENTER**

SUNDAYS
MARCH 3- MAY 3
EXCEPT MAR 31

6-7:30 PM BASKETBALL & VOLLEYBALL
7:30-9 PM BATTING CAGES & TOSS
\$1 PER STUDENT/\$2 ADULT/
MAX \$6 PER FAMILY

WATCH ONLINE FOR ADDITIONAL WEEKDAY TIMES

WEDDING DANCE RESCUE! AGE 18+

Your wedding day is nearing and you don't know how to dance. Not to worry! In this single 2 hour lesson you and your partner will be taught everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an entrance onto the dance floor, easy steps and turns that fit with most songs, and an impressive dip to end your dance! Class is open to bride/groom, father/daughter, mother/son, parents of the bride/groom, and any other special pairings you plan to include on your wedding day. Casual dress. To reach the instructor in advance of your lesson to share your song or discuss your needs, visit www.ConstantineDance.com. Link provided there for song ideas, too! Private lessons available.



Dance Instructor, Deanna Constantine carries on a 70 year family tradition of introducing Minnesotans to the joy of partner dancing. She contracts with over 25 community education & park/rec programs in and around the Twin Cities. She offers in-home private lessons for couples, parties, and groups of all sizes, and businesses hire her to teach at their company events. Deanna creates a positive, supportive environment to enhance learning and put her students at ease. Classes are lots of fun and get excellent reviews from participants!

Class is offered in partnership with Watertown-Mayer Community Education. For more information or to contact Deanna directly, visit www.ConstantineDance.com

Monday 6:30 - 8:30 pm
June 10

WM Comm. Learning Ctr. Door # 1
1 Session \$35 per person



Stay Active & Independent for Life (SAIL)

AmeriCorps Seniors

Try Out Our FREE

**SAIL
EXERCISE
CLASS**

Mondays and Fridays
8:45AM - 9:45AM
or
10:15AM - 11:15AM

Winsted City Hall

Call to JOIN: 320-221-1321

It's Safe | It's FUN | It Works

Sponsored in part with a grant from MN River Agency Area on Aging



**SUMMER
OPEN GYM**

**HLWW ACTIVITIES
CENTER**

THURSDAYS

JUNE 13- AUGUST 8
EXCEPT JULY 4
6-8:30 PM

**\$1 PER STUDENT/\$2 ADULT/
MAX \$6 PER FAMILY**

BEGINNER COUNTRY WESTERN LINE DANCING OPEN TO ALL AGES & ABILITIES



In the Beginner Country Western Line dancing class you will learn the top ten beginner dance steps. As an example: shuffle, lock step, vine, jazz box, rock recover, K-step, rocking chair, sailor step, coaster step and much more. The music is a combination of old country and some rock 'n' roll. Some of the dances you will learn will be Cowboy Hustle, Cowboy Charleston, Lollipop, Wilber, Electric Slide, Boot Scootin' Boogie, Come Dance with Me, Little White Church, Hillbilly Rock Hillbilly Roll and even a waltz. Cowboy boots are not necessary. A leather sole shoe or tennis shoes will work.

Instructor: Sue Schwinghammer- Has taught Line Dancing for over 5 years

Session A

Thursday 9:00 - 10:30 am
May 2, 9, 16, 23
HLWW Fitness Center, Community Ed lower level east side entrance of middle school
4 Sessions / \$8

Session B

Thursday 6:00 - 7:30 pm
May 2, 9, 16, 23
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Session C

Thursday 9:00 - 10:30 am
June 6, 13, 20, 27
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Session D

Thursday 6:00 - 7:30 pm
June 6, 13, 20, 27
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Session E

Thursday 9:00 - 10:30 am
July 11, 18, 25, August 1
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Session F

Thursday 6:00 - 7:30 pm
July 11, 18, 25, August 1
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Session G

Thursday 9:00 - 10:30 am
August 8, 15, 22, 29
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Session H

Thursday 6:00 - 7:30 pm
August 8, 15, 22, 29
HLWW Humphrey Elementary Waverly
4 Sessions / \$8

Testimonial

My name is Alice A Marsh, owner of Marsh Dance Studio in beautiful Lake Havasu City, Arizona. I have been in this wonderful life of dance for 52 years. Country, Ballroom, Line Dance, Clogging, Youth Dance.

I am writing to you about Sue Schwinghammer. She is a very passionate instructor. You can't find a more invested instructor.

First she comes to you prepared with all the necessary credentials. She comes to you bringing the love of instruction, with the study of her instruction, with the correct music, all levels. She will have the students counting, learning steps, completing dances and experiencing the joy of dancing.



A PRACTICAL COMPUTER CLASS FOR OLDER ADULTS

Have you taken computer classes before and been totally lost? Well, this unique class is for those who are looking for simple and practical instructions. Your patient instructor has trained 1000s of older adults, with 4 and 5-star



ratings! We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites

for seniors, use some shortcut keys, and navigate Google Search to do research and get information. So, if you have been frustrated with other classes, consider taking this refreshing and informative computer class for older adults! You won't be disappointed!

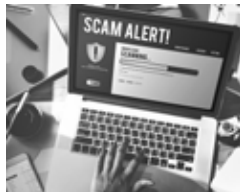
Instructor: Mike Wilson, Back On Course Computer Training

Friday 1:00 - 2:00 pm
May 24
Virtual
1 session / \$20.00

Saturday 2:00 - 3:00 pm
June 29
Virtual
1 session / \$20.00

COMPUTER SCAMS AND WHAT NOT TO CLICK ON!

Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets.) We'll use Zoom as our classroom. 4-5 star ratings from 1000s of older adults!



Instructor: Mike Wilson, Back On Course Computer Training

Wednesday 9:00 - 10:00 am
May 8
Virtual
1 session / \$20.00

Saturday 9:00 - 10:00 am
June 15
Virtual
1 session / \$20.00

Tuesday 4:00 - 5:00 pm
August 13
Virtual
1 session / \$20.00

AI (AI) MADE SO PRACTICAL AND EASY!

Are you curious about AI (Ai)? Then this class is for you! (Older and young adults will find this class very rewarding!) We will explore the practical benefits of using a basic form of AI called ChatGPT. If you have or have not used Google before to search for information, this AI will be a snap! Take your search, research, inquiries, and answers to questions to a whole new level! Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Also, never worry about grammar and spelling errors again! You will be amazed at how user-friendly this session will be. Take this class; you won't be disappointed!



Instructor: Mike Wilson, Back On Course Computer Training

Sunday 1:00 - 2:00 pm
April 28
Virtual
1 session / \$20.00

Saturday 1:00 - 2:00 pm
May 11
Virtual
1 session / \$20.00

Monday 9:00 - 10:00 am
June 24
Virtual
1 session / \$20.00

Sunday 2:00 - 3:00 pm
August 11
Virtual
1 session / \$20.00

EXCEL FOR THE ABSOLUTE BEGINNER

Instructor will demonstrate how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as AutoSum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges, and wrap text. These easy steps will be held over Zoom. 4-5 star ratings from 1000s of older adults!

Instructor: Mike Wilson, Back On Course Computer Training

Monday 9:00 - 10:00 am
May 6
Virtual
1 session / \$20.00

Sunday 1:00 - 2:00 pm
August 18
Virtual
1 session / \$20.00

SAVE TIME AND MONEY WITH AN EASY COMPUTER TUNE-UP

Save money and fix your computer yourself! No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button! Speed up your computer in no time! (Not for Apple/Mac users.) Easy steps held over Zoom. 4-5 star ratings from 1000s of older adults!

Instructor: Mike Wilson, Back On Course Computer Training

Sunday 1:00 - 2:00 pm
June 2
Virtual
1 session / \$20.00

GETTING MORE OUT OF MICROSOFT WORD

Let's make your tasks in Microsoft Word a lot easier! You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature, and using macros to eliminate laborious repetition. See the beauty of working with soft and hard returns and how to easily create and use tables. Get tips and tricks, as well as use shortcuts to save time. Let's look at creating headers/footers and using the Format Painter to easily format existing text. (Not for Apple/Mac users.) Learn lots of great information by Zoom! 4-5 star ratings from 1000s of older adults!

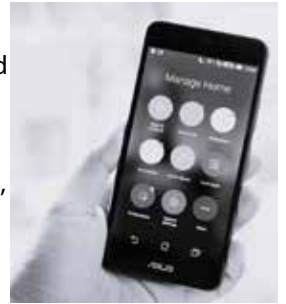


Instructor: Mike Wilson, Back On Course Computer Training

Tuesday 5:30 - 6:30 pm
August 27
Virtual
1 session / \$20.00

GETTING TO KNOW YOUR ANDROID

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent Android users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, the Play Store, settings, and the Internet. Your patient instructor and class will meet over Zoom. 4-5 star ratings from 1000s of older adults! Not for iPhone users.



Instructor: Mike Wilson, Back On Course Computer Training

Monday - Wednesday 12:00 - 1:00 pm
June 17-19
Virtual
3 sessions / \$55.00

GETTING TO KNOW YOUR IPHONE



Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings, and the Internet. Your patient instructor and class will meet over Zoom. 4-5 star ratings from 1000s of older adults! Not for Android users.

Instructor: Mike Wilson, Back On Course Computer Training

Tuesday - Thursday 3:00 - 4:00 pm
May 7-9
Virtual
3 sessions / \$55.00

POKEMON BATTLE CLUB

Entering Grade 4- Adult



Ever wonder if the Pokémon deck you built could actually win in a battle. Now's your chance to see. Never battled? That's okay, we will help you along the way! Please bring a Pokémon deck (with 60 cards in it) and any other cards you may want to trade. Each player will have at least 3 battles and then time to trade cards at the end. There will be a prize for first, second, and third places.

Thursday 4:00 - 6:00 pm
June 13
HLWW Middle School Media Center
\$10/ Entrant

Thursday 4:00 - 6:00 pm
July 11
HLWW Middle School Media Center
\$10/ Entrant

Thursday 4:00 - 6:00 pm
August 8
HLWW Middle School Media Center
\$10/ Entrant



Janice's health, wellness and posture workshops will inform, inspire and motivate. Essential educational materials will be available in each workshop for attendees.

A complete listing with descriptions of Janice's classes will be available online at hlwww.ce.eleyo.com

THE ART OF DE-AGING: PEEL YEARS OFF YOUR BIO AGE

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed.



Your biological or body age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us

that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness, eye bags, reduce lines and prevent new lines from forming.

Instructor Janice Novak, of Improve Your Posture

Monday **6:00 – 7:30pm**
April 1

Virtually
1 session/ \$25

TECHNIQUES TO ACTIVATE THE CREATIVE CENTER IN YOUR BRAIN

Learn the many things you can do to tap into your brain's creativity center. We'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We'll do acupressure points that offer instant clarity and calm. You'll learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. You'll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.



Instructor Janice Novak, of Improve Your Posture

Tuesday **6:00 – 7:30pm**
April 2

Virtually
1 session/ \$25

MUDRAS: THE ANCIENT ART OF HAND YOGA

Mudras or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.

Instructor Janice Novak, of Improve Your Posture

Monday **6:00 – 7:30pm**
April 8

Virtually
1 session/ \$25

FACE YOGA

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years



off your appearance by reducing frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face. You will need a regular teaspoon for a few of the exercises and a little of your favorite facial moisturizer.

Instructor Janice Novak, of Improve Your Posture

Tuesday **6:00 – 7:30pm**
April 9

Virtually
1 session/ \$25

ACUPRESSURE FOR SINUS PRESSURE AND HEADACHE RELIEF

Is your nose always stuffy? Does your head feel like it weighs 100 pounds? Do you suffer from repeated sinus infections and discomforts that antibiotics don't seem to help? Sinus problems seem to be epidemic these days and can really lower the quality of life. In this workshop, you will learn acupressure points to help relieve blockages in upper and lower sinuses and to relieve sinus headaches. We'll talk about natural remedies to help break the sinus pain cycle.

Instructor Janice Novak, of Improve Your Posture

Monday **6:00 – 7:30pm**
April 15

Virtually
1 session/ \$25

STRONG IS THE NEW SKINNY! TOTAL BODY STRENGTHENERS YOU CAN DO AT HOME

Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles - they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class.

Instructor Janice Novak, of Improve Your Posture

Tuesday **6:00 – 7:30pm**
April 16

Virtually
1 session/ \$25

ACUPRESSURE TO RELIEVE STRESS, ANXIETY, INSOMNIA & MORE

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

Instructor Janice Novak, of Improve Your Posture

Monday **6:00 – 7:30pm**
April 22

Virtually
1 session/ \$25

IMPROVE YOUR HEALTH AT ANY AGE

You can't change your chronological age but you CAN shave years off your biological age. Your BioAge is measured by how well all your body systems work. There are many things you can do to affect your BioAge. Studies show you can be 50 and have the physiology of a 30 year old, (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! In this workshop, we'll discuss simple steps you can take now to shave years off your bio age and help make every system in your body as healthy as possible. Also, we will do Janice's famous 'One Minute To Better Posture' technique that will have you standing straighter instantly.

Instructor Janice Novak, of Improve Your Posture

Tuesday **6:00 – 7:30pm**
April 23

Virtually
1 session/ \$25

SEVEN STEPS TO REVERSE OR PREVENT DIABESITY

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar



imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root cause of

ALL these conditions are the same - problems with our diet, lifestyle and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high. The good news is, all of this is reversible. Learn how to work with your doctor to help restore your body to health.

Instructor Janice Novak, of Improve Your Posture

Monday **6:00 – 7:30pm**
April 29

Virtually
1 session/ \$25

IS YOUR WAISTBAND TOO TIGHT TODAY? STRATEGIES TO WIN THE BATTLE OF A BULGING BELLY

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that

no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline and supporting your lower back. And we will do this without getting on the floor.



Instructor Janice Novak, of Improve Your Posture

Monday **6:00 – 7:30pm**
May 6

Virtually
1 session/ \$25

THYROID THINGS YOU NEED TO KNOW

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection



between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

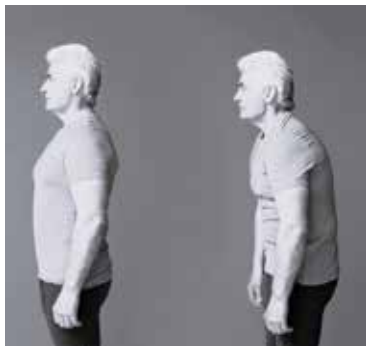
Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30pm
May 7

Virtually
1 session/ \$25

POSTURE, GET IT STRAIGHT! LOOK TEN YEARS YOUNGER, & FEEL BETTER THAN EVER

Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! You'll need a resistance band for some of the exercises.



Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30pm
May 13

Virtually
1 session/ \$25

DE-AGE YOUR BRAIN

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30pm
May 14

Virtually
1 session/ \$25

HIPS, THIGHS & OTHERWISE

If you've noticed hip/thigh/butt spread, you are not alone. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupuncture points for lymph circulation and drainage. If you don't have time, money, or inclination to haul yourself to a gym, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for some of the exercises.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30pm
May 20

Virtually
1 session/ \$25

SEATED ABDOMINAL STRENGTHENERS THAT WON'T STRESS YOUR BACK OR NECK

A few reasons abdominal muscles weaken and lose shape are past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. In this workshop, you will learn a series of extremely effective exercises that will quickly strengthen all four layers of abdominal muscle, especially the deepest layer WITHOUT stressing your back or neck joints and WITHOUT having to get on the floor. Don't waste time with traditional crunches. Learn a different, more effective way to flatten your stomach, re-shape your waistline and prevent/relieve lower back discomfort.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30pm
May 21

Virtually
1 session/ \$25

WOMEN, WEIGHT & HORMONES

Are you finding that fat is collecting around your mid-section and no matter how well you watch what you eat or how much you exercise that weight is not budging? If this is your story, your inability to lose weight probably has more to do with your hormone levels than anything else. Until you discover and correct any imbalances, trying to lose weight will be like shoveling sand against the tide. In this workshop you will learn 7 key strategies for fighting fat and losing weight, including: concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; which foods turn off your fat creating genes and which foods interfere with your ability to burn fat; ten simple things you can do every day to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems for you and what to do about it; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain; and how to help your body begin to lose weight again.



Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30pm
June 3

Virtually
1 session/ \$25

POSTURE & OSTEOPOROSIS WORKSHOP: BUILDING BETTER BONES

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.



Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30pm
June 4

Virtually
1 session/ \$25

ACUPRESSURE AND OTHER TOOLS FOR WOMEN 35+

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques, nutritional musts, and more.



Instructor Janice Novak, of Improve Your Posture

Wednesday 6:00 – 7:30pm
June 5

Virtually
1 session/ \$25

WANTED

Teaching a class is a great way to share your knowledge and skills with youth and/or adults in our community.

Community Education is looking for people to share their passions, skills and knowledge with the community by teaching a Community Education class!

With class offerings for adults and youth, we are looking for unique classes that will appeal to a wide range of people.

email Rachel at
rbender@hlww.k12.mn.us
to propose a class.

Community Education Instructors

ENGLISH (ESL) CLASSES FOR ADULTS

FREE

English as a Second Language classes are geared to meet the needs of refugees, immigrants and migrant workers whose native language is other than English. All nationalities are welcome. Classes include reading, writing, and conversation.

- Begin classes anytime
- All levels and capabilities welcome

**Tuesdays
ongoing through July**

5:30 - 8 pm

Instructor: Jenna Warner

Room E201, 2nd floor, HLWW Middle School Use Community Ed entrance, located on the lower level east side of the parking lot, take elevator to the 2nd floor

Call Community Education 320-543-4670 to register



ABE/GED/ BASIC SKILLS

FREE

Adult Basic Education is a free program to help adults age 17 years or older (who is not enrolled in high school and does not have a high school diploma or GED). Strength important basic skills in math, reading, communication and technology. The GED is a recognized credential for job seekers and for admission to technical school or college.

- Begin class anytime
- Skills assessments
- Small group preparation in all five GED test areas
- Complete work using reference books and computers
- Resume writing and job applications support (if requested)

www.westabe.org

Class site schedules for Annandale, Becker, Big Lake, Buffalo, Delano, Foley, Lester Prairie, Maple Lake, Monticello, Rockford, St. Michael-Albertville, Watertown-Mayer and Westonka.



WEST ABE GED TESTING CENTER

West ABE offers GED testing at Eastview Family Center in Monticello. Go to GED.com to view the complete schedule and register for a testing session.

'TIL BETH DO US PART TOUR

DayTrippers Dinner Theatre is at it again... In one of my favorite venues, the Plymouth Playhouse! Get ready to laugh! After an included pulled pork with Jim Beam



barbecue sauce, baked beans with bacon, potato buns, creamy cole slaw, pickles, buttered sweet corn, house made kettle chips, chocolate chunk brownies, coffee and iced tea lunch, it's time for Till Beth Do Us Part from the creators of "The Dixie Swim Club" and "Always a Bridesmaid". This side-splitting romp about marriage and career introduces us to the

Haydens - Suzannah and her husband Gibby, a local TV weatherman. They are a couple who both work and decide an assistant is needed to help put the house in order. So they hire a highly motivated, gregarious Southerner named Beth. Little do they know, Beth is after Suzanne's job. Throw in a couple of wise-cracking best friends and a British boss lady, and you discover that the hazards of hiring a personal assistant can be hilarious. (There is a vegetarian option available - fettuccine alfredo - but you MUST request this option when you register.) Co-sponsored with Community Club Tours

Wednesday, April 24

Pick up at 10 am and drop off at 5:00 pm at the Security Bank and Trust in Winsted OR Pick up at 9:45 am and drop off at 5:15 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session / \$98 includes show and lunch

THE FABULOUS LIPITONES

At the Ives Auditorium in Bloomington begin with an included lunch of Creamy Chicken Breast, Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea. (Special dietary meals available by request ahead of time.) Then head to the theatre for The Fabulous Lipitones. What happens when an cappella quartet loses a key member to a heart-stopping high "B flat?" The three surviving members suddenly find themselves scrambling to find a tenor before the national competition. When the golden tones of "Bob" are heard through the phone the Lipitones are all ears... but when they meet him in person, he's not quite what they expected. An uproarious comedy of misunderstanding, stereotypes and the path to perfect harmony. co-sponsored with Community Club Tours

Wednesday, May 8

Pick up at 9:30 am and drop off at 5 pm at the Security Bank and Trust in Winsted OR Pick up at 9:15 am and drop off at 5:15 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session / \$98 includes show and lunch

HUTTERIAN BRETHERN TOUR

A favorite tour, and if you've ever been to Starland, the reason is obvious. This may be our last chance to do this tour. The greenhouse will be open! Please sign up early.

The tour has new highlights and lots of time with the Hutterites. We'll begin with an included light breakfast at Mary's Place in Gibbon and then spend some time browsing and shopping at Homeplace, Cabby's Quilt Shop, Dave's Antiques and possibly Bad Dog Antiques in this quaint little town. Then it's time for Starland, the area home of the Hutterian Brethren. Time will be allowed to learn about these folks and also for casual browsing and shopping. Bring your questions! The Hutterites are a religious group originating in 1528 during the Reformation. They live communally in rural North America. We'll learn about their unique lifestyle, religion, customs, traditions, and history; how they earn their living; what they do in their leisure time; and enjoy an included family style dinner. There will be an opportunity to purchase items they produce at Starland. The DQ was destroyed by fire last year, but we will stop for included Blue Bunny Ice Cream at Corner Pizza in Winthrop. Co-sponsored with Community Club Tours.

Thursday, May 9

Pick up at 7 am and drop off at 3:45 pm at the Security Bank and Trust in Winsted OR Pick up at 6:45 am and drop off at 4 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session / \$79 includes tours, light breakfast and dinner

KINGSTON TRIO

Begin with an included buffet lunch at the Coyote Moon Grille. At the St. Cloud Paramount Theatre we will see The Kingston Trio! In 1957, The Kingston Trio emerged from San Francisco's North Beach club scene to take the country by storm, bringing the rich tradition of American folk music into the mainstream for the first time. During the late 50s & early 60s, the Trio enjoyed unprecedented record sales and worldwide fame, while influencing the musical tastes of a generation. Through changing times, the Trio has played on, remaining popular for a simple reason... great songs that sound as good today as the first time you heard them. Over forty years after the song "Tom Dooley" shot to the top of the charts, the Trio is still on the road 30 weeks out of the year, bringing back all the great memories and making new ones. Co-sponsored with Community Club Tours.



Thursday, June 13

Pick up at 10 am and drop off at 4:45 pm at the Security Bank and Trust in Winsted OR Pick up at 10:15 am and drop off at 4:30 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session / \$97 includes show and lunch buffet

ST. CROIX RIVER DAILY BOAT TOUR IN TAYLORS FALLS

A great way to tour the St. Croix River. Your tour includes a narrated tour of the history and rock formations along



the river! Since 1906, tourists by the thousands have enjoyed the scenic beauty of the world-famous Dalles of the St. Croix River by excursion boat. Our excursion boats include the Taylors Falls Queen and the Taylors Falls Princess. Both boats are enclosed

on the lower level, with an open upper deck. Your licensed boat pilot and tour guide will point out the unique rock formations left behind as the glaciers retreated thousands of years ago in this beautiful area of Taylors Falls, MN.

Among the most outstanding formations is the huge stone cross for which the St. Croix River was named. "St. Croix" means Holy Cross. Other sites that can be seen from the boats include the world's largest glacial kettles or "potholes," Lion's Head, Turk's Head, and the highlight of the boat tour, The Old Man of the Dalles – the most outstanding natural rock face you'll ever see. Included in our trip will be a box lunch of either a Turkey/Cheddar, Ham/Swiss, or Gluten Free Turkey/Cheddar sandwich with chips, cookie and a pickle (with mustard/mayo packets). Soda, lemonade and other beverage options can be purchased on the boat. Co-sponsored with Highway 12 Trippers

Thursday, May 16

9:30 AM Depart Howard Lake - MAWSECO Education Center, 720 9th Avenue south parking lot

11:30 AM - Arrive in Taylors Falls

12:00-1:30 PM - Lunch & River Cruise

1:30-2:30 PM - Explore shops in downtown Taylors Falls on your own

2:45 - Bus departs Taylors Falls

4:45 PM Return to Howard Lake

***All times are approximate and subject to change.**

1 session / \$80 includes transportation and lunch



ONLINE REGISTRATION
hlww.ce.eleyo.com

ENDLESS SUMMER: THE STORY OF BEACH BOYS - FEATURING THE THROWBACKS

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Endless Summer: The Story of Beach Boys - Featuring The Throwbacks! This "family" group created magic using the soaring, definitive harmonies as the staple to twenty-two Top 10 hits. Their career spanned over two decades and would place them with Rock 'n Roll royalty as they were inducted into the Hall of Fame in 1988. Among groups of the '60's, the "California quintet" placed second only to The Beatles in overall impact on the Top 40. Surf, sand, sun, and fun! America's Beach Boys are the "sound" of summer and summer begins here! Featuring Classics: Surfin' USA, Surfer Girl, Little Deuce Coupe, Fun, Fun, Fun, I Get Around, Help Me Rhonda, California Girls, Sloop John B, God Only Knows, Good Vibrations and many more! Co-sponsored with Community Club Tours.

Thursday, July 11

Pick up at 10 am and drop off at 4:45 pm at the Security Bank and Trust in Winsted OR Pick up at 10:15 am and drop off at 4:30 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session / \$99 includes show and buffet lunch

TAKE ME HOME: THE MUSIC OF JOHN DENVER

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Take Me Home: The Music of John Denver! Jim Curry has created the ultimate tribute experience, emerging as the top performer of John Denver's music today. This tribute is the only full-length John Denver tribute to headline in Las Vegas and has been celebrated nationally and internationally. Curry's heartfelt delivery envelops the crowd as hits such as Rocky Mountain High, Annie's Song, and Country Roads fill the atmosphere. Superimposed with multi-media images of wildlife photos and videos, this show truly fills your senses. Co-sponsored with Community Club Tours.



Tuesday, August 13

Pick up at 10 am and drop off at 4:45 pm at the Security Bank and Trust in Winsted OR Pick up at 10:15 am and drop off at 4:30 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session/ \$99 includes show and buffet lunch

BEAUTIFUL: THE CAROLE KING MUSICAL

The soundtrack of a generation inspired this BROADWAY SMASH HIT! A HUGE CAST of 29 singers and dancers



bring many of Carole King's GREATEST HITS to life in a triumphant CELEBRATION! For nearly six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music

legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time!

Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers – then recorded her Grammy-winning masterpiece, TAPESTRY. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including "One Fine Day," "The Locomotion," "So Far Away," "Natural Woman," "You've Lost That Lovin' Feelin'," and "Will You Love Me Tomorrow," this TONY and GRAMMY-WINNING musical is filled with the songs you remember and a story you'll never forget.

This trip includes motorcoach transportation, a ticket to the show, and lunch (drinks included are water, coffee, & milk). Gratuity is included for the meal. Gratuity is not included for any additional purchases. No refunds can be issued after the registration deadline has passed. Registration deadline: Monday, August 12. Co-sponsored with Highway 12 Trippers

Wednesday, September 18

10:15 am - Depart Howard Lake: MAWSECO Education Center, 720 9th Avenue south parking lot

11:00 am-1:00 pm - Lunch (Dine-in service)

1:00-4:00 pm - Matinee performance (includes a 20-minute intermission)

5:10 pm - Return to Howard Lake

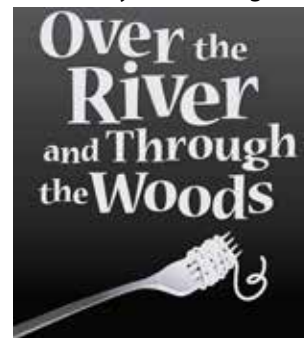
***All times are approximate and subject to change.**

1 session / \$125 includes motorcoach transportation, ticket to the show and lunch

Additional trips and tours are listed with details online as they become available at hlww.ce.eleyo.com

OVER THE RIVER AND THROUGH THE WOODS

Our destination is the Ives Auditorium in Bloomington where we'll begin with included creamy chicken breast served with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted desserts, coffee, decaffeinated coffee and hot tea. Then we'll head for the theatre for Over the River and Through the Woods. Nick is a 32-year-old single man who dutifully has dinner with both sets of his Italian-American grandparents every Sunday. But Nick has dreams! When he announces he's leaving New Jersey to take a perfect job in Seattle, his grandparents - Frank, Aida, Nunzio and Emma - pull out all the stops to change his mind, including bringing to dinner the lovely - and single - Caitlin O'Hare as bait. Thus begins a series of shameless schemes and hilarious shenanigans. Co-sponsored with Community Club Tours.



Wednesday, October 23

Pick up at 9:30 am and drop off at 5 pm at the Security Bank and Trust in Winsted OR Pick up at 9:15 am and drop off at 5:15 pm at Howard Lake City Parking Lot. Please plan to be 15 minutes early for pick up times.

1 session / \$98

Laker Care

LOOKING FOR CHILD CARE?

33 months - 6th Grade
Located in the HLWW Middle School
Before School, After School and All day options available.
6:15 am - 5:45 pm through May 31
6 am - 5:45 pm beginning June 4

ENROLL NOW

320-543-4670 ext 3 or 651-304-4268
hlww.ce.eleyo.com



Opening Doors Adults with Disabilities

Community Education Classes, Services and Opportunities for Adults with Disabilities (ages 16+).

This program offers classes/activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skills, and recreational activities. For a full list of activities please visit bhmschools.ce.eleyo.com or call 763-682-8770.

BINGO

Back by popular demand, we will call the numbers, you mark the card and prizes for all. We will also serve Pizza and a full serving of FUN!

W322BHL: Friday, March 22; 6-7:30 pm, HLWW Middle School E106, \$10



W322CHL: Friday, April 5; 6-7:30 pm, HLWW Middle School E106, \$10

W322DHL: Friday, May 3; 6-7:30 pm, HLWW Middle School E106, \$10

S322AHL: Friday, June 21; 6-7:30 pm, HLWW Middle School E106, \$10

S322CHL: Friday, August 23; 6-7:30 pm, HLWW Middle School E106, \$10

STORY AND A SNACK, "HOW THE TURTLE GOT ITS SHELL"

Here's a delightful tale for all you turtle lovers out there. "How the Turtle Got Its Shell". We will listen to the story and make a delicious and healthy turtle snack!

W310HL: Thursday, April 11; 6-7 pm, HLWW Middle School E106, \$9

TISSUE PAPER FLOWER

April showers bring May flowers. Opening Doors has a flower blooming with colors for you, come join us for this creation and a colorful springtime snack.

W312HL: Thursday, April 25; 6-7 pm, HLWW Middle School E106, \$9

BEADED BUTTERFLIES AND HEARTS

We have a perfect gift giving Mother's Day plan for you! We will use beads and pipe cleaners to create hearts and butterflies. This project is absolutely charming.



W311HL: Wednesday, May 1; 6-7 pm, HLWW Middle School E106, \$9

TIS THE GROWING SEASON (FINALLY)

We will sow our mini plants in a mason jar to create this miniature terrarium. A terrarium is a wonderful way to bring nature into your home.

S301HL: Monday, June 17; 6-7 pm, HLWW Middle School E106, \$9

SUMMER SNACK-DELICIOUS DIRT CUPS



An Impressive dirt cup awaits you. We will have a number of interesting sweets to create this tasty treat. Roll up your selves and join in for the fun!

S302HL: Tuesday, June 25; 6-7 pm, HLWW Middle School E106, \$9

A TOAST TO THE 4TH OF JULY

Cheers to another 4th of July celebration. We will make a toast to America and all the good things we have. Using red white & blue treats we will fill our glass full.

S310HL: Tuesday, July 2; 6-7 pm, HLWW Middle School E106, \$9

LIGHT UP THE NIGHT

We will paint a clay pot and transition it into a beautiful outdoor light that you will be able to enjoy all season.

S303HL: Tuesday, July 9; 6-7 pm, HLWW Middle School E106, \$9



UNDER THE SEA

Let's get creative and make an underwater scene from simple snacks we have around the kitchen. No scuba gear required!

S317HL: Wednesday, July 17: 6-7 pm, HLWW Middle School E106, \$9



PERSONAL FRUIT PIZZAS

We are exchanging the cheese and pizza sauce for a light and fruity personal pizza. Come join us as we create (and eat) this colorful snack.

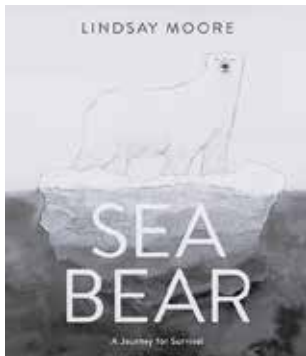
S312HL: Tuesday, July 30; 6-7 pm, HLWW Middle School E106, \$9

NO BAKE SUMMERTIME COOKIES

In the heat of the summer, who wants to spend time heating the oven. We will jump to the fun part of cookie making- the decorating.

S314HL: Tuesday, August 6; 6-7 pm, HLWW Middle School E106, \$9

"SEA BEAR" BY LINDSAY MOORE



The Polar Bear is the largest living Carnivore on land. We will learn about the bear's habitat and how the environment impacts the polar bear's survival. We will also make a tasty Polar Donut treat to eat in class.

S306HL: Wednesday, August 14; 6-7 pm, HLWW Middle School E106, \$9

ICE CREAM CONE ART

In this Ice cream cone project we will decorate using cotton pads and food coloring. And of course, we will make a real ice cream cone to eat too.

S308HL: Tuesday, August 20; 6-7 pm, HLWW Middle School E106, \$9

WESTERN WEAR NIGHT-HATS OFF

We salute both cowboys and cowgirls. We play some trivia about the old western days, listen to some country music and make a very creative snack. For added fun wear your western wear!

S319HL: Tuesday, August 27; 6-7 pm, HLWW Middle School E106, \$9

SPECIAL EVENTS

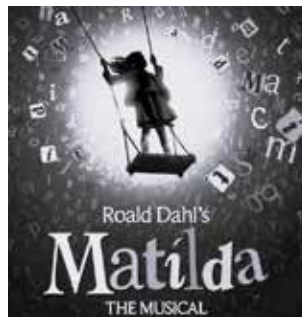
SPRING FLING DINNER & DANCE

Celebrate spring, get moving and dance to the latest tunes. DJ Roger will be onsite to provide a variety of great music and funny jokes. Sub style sandwiches, chips and treats will be served along with water. We would like to thank the Big lake Spud Fest committee for their support. Come fling into spring with us!



W320BL: Friday, April 19; 6-8 pm, Big Lake-Independence Elementary Cafeteria, \$5

MATILDA (THE MUSICAL) PRESENTED BY BIG LAKE HIGH SCHOOL



Come join local high school students and your friends with Opening Doors for Matilda (The Musical). This event will be very entertaining, don't miss out!

W321BL: Friday, April 26; 7-8:30 pm, Big Lake High School Auditorium, \$10

WRIGHT COUNTY FAIR AND DEMOLITION DERBY

Come celebrate at our Wright County Fair, the folks, the friends and the fun are here again. Explore the many sights and local efforts of your neighbors. The highlight of this gathering will be our admission into the 6 pm Demolition Derby. Yes, we have again secured front row seats that can get messy with mud, so wear your mud wear. Meet our Opening Doors Staff at the ticket booth on the East side of the fairgrounds across the street from county road 6 at 5:45 pm. Deadline to register is July 1.



S325HL: Friday, August 26; 5:45 pm-approx 9 pm, Howard Lake Fair Grounds, \$15 each person (client 7 caregivers)

HLWW FITNESS CENTER & WALKING TRACK

Open Year Round at the HLWW Activity Center

Located in the lower level of the HLWW Middle School
 Access Space through lower level Community Ed Entrance at
 8700 County Rd 6 SW Howard Lake

School Year Hours:

Monday - Friday 5:30 - 7:30 am
 Monday - Friday 5:30 - 9:30 pm (Walking Track 3:15-9:30 pm)
 Saturday & Sunday - 7:00 am -7:00 pm
 Accessible by Membership Swipe Cards



Register at hlww.ce.eleyo.com, call 320-543-4670 or in person at the HLWW Community Education Office located in the Lower Level of the Middle School, east entrance.

VARIABLE MEMBERSHIPS TO MEET YOUR NEEDS!

Adult & Family Fitness Center Membership entitles member access to the fitness center & walking track.

Adult & Family Walking Membership entitles member access to the walking track

Junior Membership Individual- 7th - 12th Grade - Contact Community Education or Activities Director for Details for Information during your sports season



Monthly Payment Options - Sign up for a minimum of 3 months. A 30 day cancellation notice is required.

Fees will be directly withdrawn from your credit card on file.

If your student is open enrolled to attend HLWW you will be able to access residence membership rate

Junior Family Members

- Grade 6 & Under Youth can be part of a family pass and access the walking track with adult
- An adult must accompany youth Grades 6 & Under at all times
- Grades 7 and up do not require an adult chaperone. However, their access is limited
- Grades 6 & under are NOT permitted in the Weight Room (no exceptions).

Membership type	District Resident Annual	Non-Resident Annual	District Monthly * 3 months *	Non-Resident Monthly *3 months*
Adult Walking (single)	\$60	\$120	\$15	\$30
Adult Fitness (single)	\$235	\$375	\$75	\$105
Senior Walking Age 60+	Free	\$120	Free	\$30
Senior Fitness Age 60+	\$95	\$120	\$30	\$60
Family Walking	\$120	\$240	\$30	\$60
Family Fitness	\$325	\$540	\$150	\$195
Student 7-12th Grade Walking	\$60	\$120	\$15	\$30
Student 7-12th Grade Fitness	\$75	\$145	\$24	\$45

Members will be charged an initial \$15 registration fee for individuals and \$30 registration fee for family (except for senior residence)

\$10 for a replacement scan card fee will apply.

COMMUNITY EDUCATION REGISTRATION INFORMATION

Community Education office 320-543-4670 online registration hlww.ce.eleyo.com

Online Registration using a Bank Account or Credit/Debit Card

Go to hlww.ce.eleyo.com follow this to your class choice. If you need assistance call 320-543-4670. Family account must be in good standing in all Community Education areas to enroll in classes.

Mail Registration Form

Community Education District 2687, P. O. Box 708, Howard Lake, MN 55349.

Register In Person

HLWW Community Education office located in the HLWW Middle School at 8700 County Road 6 SW, Howard Lake. Enter the east side lower level.

Payment

Registration is complete when fee is received. Registrations are confirmed by your payment of fees on a first-come, first-served basis. You will not receive confirmation of your class. Register early to ensure a place in the class.

Checks: Make checks payable to District 2687. Checks will be cashed upon receipt.

Debit/Credit Cards with VISA, Discover, American Express and MasterCard logos are accepted.

Pre-Authorized Payments

Monthly fees/tuition can automatically be processed.

Check Recovery Service

If your check is returned due to NSF or a closed bank account, your check may be collected electronically along with the state allowed fee.

School District 2687 has established the following policy for accepting checks. For a check to be an acceptable form of payment it must include your current, full and accurate name, address and telephone number.

When paying by check you authorize the recovery of unpaid checks.

Canceled Activities

If a class is canceled due to insufficient enrollment, we will notify you and a refund will be made. Unless you are notified, you should meet at the time and place listed.

Refunds

No refunds will be made after the first class session or after registration deadline unless a replacement can be found.

Members of UCARE

Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare ID number when registering for class. Limits and restrictions may apply.

Community Education Registration Form Summer 2024

Duplicate as needed. Complete form and drop off at a public school office or mail with payment to: HLWW District 2687 Community Education, P.O. Box 708, Howard Lake, MN 55349

Head of Household 1 _____ Work Phone _____ Cell Phone _____

Head of Household 2 _____ Work Phone _____ Cell Phone _____

Mailing Address _____

City _____ Home Phone _____

E-mail address _____

Participant Name	Date of Birth	M/F	Age	Grade	Activity Name	Start Date	Fee
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Statement of release: I, the undersigned, agree to release District 2687 Public Schools, Community Education, its employees and volunteers of all liability related to illness, accidents or injuries which myself or a member of my family might incur while participating in the above activities. I give permission for my child's picture to be used for promotional materials. I have adequate insurance protection for my child and will assume all responsibility for injuries or illness incurred while practicing for or participating in the above activity. If you enroll your school-aged child in a public school activity, he or she must abide by the anti-bullying policy at all times while participating in that activity. Violations of this policy may result in your child's removal from the activity in question, and/or other consequences, as described in the policy. We ask that you review this policy in full with your child. The complete policy is available on the school website www.hlww.k12.mn.us.

Parent's Signature _____ Date _____

Make check payable to: HLWW District 2687 Community Education or use a VISA/MasterCard

Credit Card Information: Charge my VISA MasterCard

Card Number _____ - _____ - _____ Expiration date _____

Card Holder's Signature _____ UCare ID No. _____

LITTLE LAKER LEARNERS PRESCHOOL

A 4 Star Parent Aware Rated Preschool for ages 3, 4, & 5



- 2 day classes for 3 year olds
- 2 & 3 day classes for 4 & 5 year olds
- Limited financial assistance currently available
- Transportation options available

OPEN HOUSE INFO

Parents and enrolling students welcome.

Humphrey Elementary, Waverly

Tuesday, April 23 • 5:30-7 pm
Preschool room 168 Humphrey Elementary
Meet the teacher, Pam Henry-Neaton

Winsted Elementary

Thursday, April 25 • 5:30-7 pm
Preschool room 142 Winsted Elementary
Meet the teacher, Stephanie Halverson



ONLINE REGISTRATION

HLWW.CE.ELEYO.COM

For Howard Lake-Waverly-Winsted District 2687 information visit
HLWW.K12.MN.US