

Howard Lake - Waverly - Winsted

# COMMUNITY EDUCATION

District 2687



SUMMER | 2025

# ELEYO ONLINE REGISTRATION

HLWW Community Education has a convenient mobile-friendly online tool to register. You will be able to 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](http://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 Coordinator**  
jsawatzke@hlww.k12.mn.us /ext 3
- **Stacy Horsch: Secretary**  
shorsch@hlww.k12.mn.us /ext 1
- **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

## 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 with if your child chooses 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**  
**April 4**

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



## 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**  
**thru April 30 (no class 3/26)**

**HLWW ECFE room E013, lower level east side entrance**  
**Free**



## LIBRARY STORYTIME WITH ECFE

**Families with children of all ages**

Watch the ECFE Facebook page for updates

**Tuesdays 10:30 - 11:15 am**  
**thru April 29 (No storytime 3/25)**

**Howard Lake Public Library, 817 8th 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 10 - Hainlin Park, Winsted**

**June 17- Memorial Park, Howard Lake**

**June 24- Legion Park, Waverly**

## 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 26

HLWW High School Parking Lot

Free



## PARENT SUMMIT: PRESCHOOLERS ON THEIR WAY!

Unlimited free access to virtual video library on Google Drive

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!

Throughout this class, we will be going over the types of skills and goals that we hope to help your child reach in preschool and how you can support this learning at home with your child. We will 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 and focus on activities, development and learning for 3-5 year olds. This class will be beneficial for families with children new to preschool or students who have been in preschool in years prior.



This class will be provided through sectioned video recordings in a google file. **The QR code will bring you to the video recordings.** This class file will continuously be updated and built upon.

## PARENT SUMMIT: KINDERGARTEN PREP

Unlimited free access to virtual video library on Google Drive

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?

In this online library of recorded videos, and files, you will find a variety of 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 - come learn how these skills can be fostered at home to prepare them for their big year! 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! **The QR code will bring you to the video recordings.**

## 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 [uter@hlww.k12.mn.us](mailto:uter@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.



## 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



## 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.



### 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

### HOWARD LAKE PUBLIC LIBRARY

817 8th 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



## 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, email [mde.helpmegrow@state.mn.us](mailto:mde.helpmegrow@state.mn.us) or call 1-866-693-GROW (4769).

## 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](mailto:euter@hlww.k12.mn.us) or go online to [hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)

### Early Childhood Screening Dates and Location:

We have scheduled and are hosting screening events on

- Thursday, August 14 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).

Dates updated as they become available.

Look at [hlww.ce.eleyo.com](http://hlww.ce.eleyo.com) search Early Childhood Screening.





# LITTLE LAKER LEARNERS PRESCHOOL

## 2025-26 SCHOOL YEAR



Classes for 3, 4 and 5 year olds

**online enrollment now open**  
[hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)

**Preschool Registration:** online at [hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)

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

**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 INFORMATION

Parents and enrolling students welcome.

### **Humphrey Elementary, Waverly**

Tuesday, April 22 • 5:30-7 pm

Preschool room 168 Humphrey Elementary

Meet the staff

### **Winsted Elementary**

Thursday, April 24 • 5:30-7 pm

Preschool room 142 Winsted Elementary

Meet the staff



# 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

Please 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.

Please note that it should take approximately 20-25 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)

All contract requests are pending approval by the Little Laker Learners Preschool office. Please allow up to 10 business days for processing.

## Site Locations

**Humphrey Elementary, Waverly**

**Winsted Elementary**

### 2025-2026

#### PreK 3

For children 3-4 years by September 1 who will not attend kindergarten in the fall of 2026.

Mondays & Wednesdays	8:10-10:40 am	Fee: \$125 per month
Tuesdays & Thursdays	8:10-10:40 am	Fee: \$125 per month

#### PreK 4

For children 4-5 years by September 1 who will enter kindergarten the fall of 2026 or who have attended one of our 2024-25 preschool sessions.

Tuesdays & Thursdays	12:10-2:40 pm	Fee: \$125 per month
Friday morning	8:10-10:40 am	Fee: \$55/mo additional, must also be attending a 2 day PreK 4 class
Mondays, Wednesdays & Fridays	12:10-2:40 pm	Fee: \$180 per month
Monday-Friday	12:10-2:40 pm	Fee: \$240 per month



## TRANSPORTATION

There will be transportation options available for Little Laker Learner Preschool students for the 2025- 2026 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 \$45 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 \$45.*

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

Preschool Registration: **Registration is open online at [hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)**

**Registration fee: \$35 per child**

## WELCOME TO LAKER CARE



**Pre-Laker Care 33 Months-5 Years**

**School Age Laker Care K- 6th Grade**

**6 am-5:45 pm**

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

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.

**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**



**ENROLL AT ANY TIME.  
CURRENT YEAR, SUMMER AND FALL  
2025 ENROLLMENT OPEN.**

**ONLINE REGISTRATION  
[hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)**



## Pre Laker Care and School Age Laker Care



Follow Laker Care on facebook to see what students do during their time at Laker Care.

**Summer and school year options available**

### Registration Fee

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

School Year 2024-2025 – \$35 per child

Summer – \$45 per child, \$100 family max

School Year 2025-2026 – \$45 per child, \$100 family max

<b>PRE LAKER CARE (33 MONTHS-5 YEARS NOT IN KINDERGARTEN)</b>					
Full Day Rate participation anytime between 6 am-5:45 pm					
Per Child Rates	5 days a week	4 days a week	3 days a week	2 days a week	Drop In Flat Rate Daily
<b>June 2024-May 2025</b>	\$190 weekly (\$38/day)	\$156 weekly (\$39/day)	\$120 weekly (\$40/day)	\$82 weekly (\$41/day)	\$45/day
<b>June 2025-May 2026</b>	\$195 weekly (\$39/day)	\$164 weekly (\$41/day)	\$129 weekly (\$43/day)	\$92 weekly (\$46/day)	\$48/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.

<b>SCHOOL AGE SUMMER 2025 RATES – REGISTRATION FEE \$35 PER CHILD</b>				
5 days a week	4 Days a week	3 Days a week	2 Days a week	Drop In Flat Rate
\$165 weekly (\$33/day)	\$140 weekly (\$35/day)	\$111 weekly (\$37/day)	\$80 weekly (\$40/day)	\$42/day

<b>School Age 2025-2026 fee structure based on number of days a week student is scheduled</b>					
Per Child Rates	5 days a week	4 days a week	3 days a week	2 days a week	Drop In Flat Rate
<b>Before School</b>	\$50 weekly (\$10/day)	\$48 weekly (\$12/day)	\$42 weekly (\$14/day)	\$44 weekly (\$17/day)	\$18 daily
<b>After School</b>	\$70 weekly (\$14/day)	\$64 weekly (\$16/day)	\$54 weekly (\$18/day)	\$38 weekly (\$19/day)	\$23 daily
<b>Non-School day</b>					\$38 per day
<b>Scheduled two hour late start</b>					\$18 per day



## MYSTERY CRAFT CLASS GRADES 1-6



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**

**Monday** 3:10 - 4:15 pm  
**April 14**  
**HLWW Middle School Staff Workroom**  
 1 session/ \$14

**Tuesday** 9:30-10:45 am  
**August 5**  
**Humphrey Elementary Commons Waverly**  
 1 session/ \$14

**Wednesday** 9:30 -10:45 am  
**August 6**  
**Winsted Elementary Lunchroom**  
 1 session/ \$14

**Thursday** 9:30 - 10:45 am  
**August 7**  
**HLWW Middle School Staff Lounge**  
 1 session/ \$14

## GAME DAY ART CLASS GR K-8

In this class the participant will create a sculpture or image out of random jigsaw puzzle pieces and upcycled board game pieces. There will be a variety of options to choose from, the possibilities are endless. The participant will create their design piece on a wooden base or panel board, or both. Participants will have a variety of adhesive options to secure their artwork. Participants will enjoy a popcorn snack while having fun at game day art class.



**Instructor: Amanda Alguire**

**Saturday** 10:00 am -noon  
**April 5**

**HS Art Room A133**  
 1 session / \$28 includes materials

## JUNE ART CAMP GR: 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 24 & 25**

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

**High School Art Room A 133**  
 2 Sessions / \$67 includes materials

## JULY ART CAMP GR: 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 15 & 16**

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

**High School Art Room A 133**  
 2 Sessions / \$67 includes materials

## CREATE YOUR OWN STEPPING STONE GR 1-6

In this fun and creative community education class, kids will have the chance to design and create their own backyard stepping stones! Using colorful tiles, pebbles, and cement, as their supplies. This hands-on class encourages creativity, and each child will leave with a personalized stepping stone to add a unique touch to their home.



**Instructor: Rachel Bender**

**Tuesday**                      **3:00 - 4:30 pm**  
**June 17**

**HLWW Lower Level Commons**  
**1 session / \$14**

## INTRO TO RC CAR RACING GR 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**  
**May 1**

**Winsted Elementary Gym (Enter Through Playground Parking Lot Door F)**  
**1 session / \$26**

## RC CAR RACING GR 5-12

Want to drive RC Cars on a track? Then come join us and you can test your 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**                      **7:15 - 8:15 pm**  
**May 1**

**Winsted Elementary Gym (Enter Through Playground Parking Lot Door F)**  
**1 session / \$26**

## PAINT YOUR PET! GR. 1-8

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

First: Email a picture of your photo to the instructor: 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 WM Community Education.



**Emily Victory**

**Tuesday**                      **10-11:30 am**  
**June 17**

**WM High School Art Room**  
**1 session / \$28**

## 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**

**Tuesday**                      **8:30 am - 4:00 pm**  
**July 22**

**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 am - 12:30 pm**  
**July 23**

**HLWW Middle School Media Center**  
**1 session / \$54**

## DUNGEONS & DRAGONS 101: ONE SHOT MINECRAFT ADVENTURE GR 2-5



Learn the basics of Dungeon and Dragons. Pick and develop your character and join us for a Minecraft one shot campaign. Additional Technical Requirement: PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

**Instructor: Tech Academy**

**Tuesdays**                      **6:00 - 7:30 pm**  
**April 8 & 15**  
**2 sessions / \$55**                      **Virtual**

## POKEMON GAME CODING GR 2-6

In this class, we introduce students to programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Pokémon characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



**Instructor: Tech Academy**

**Saturday**                      **8:00 - 9:30 am**  
**April 12**  
**1 session / \$32**                      **Virtual**

## INTRO TO VIDEO GAME DESIGN WITH NINTENDO CHARACTERS GR 1-4

Create YOUR OWN VIDEO GAME! Love video games?



Choose your storyline with popular Nintendo characters as your stars. Add challenges and difficulty levels. Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

**Instructor: Tech Academy**

**Thursday**                      **6:00- 7:30 pm**  
**April 17**  
**1 session / \$32**                      **Virtual**

## 3D PRINTING: POKEMON GR 2-5

Design your own 3D pocket monster using TinkerCad. This course will give students an introduction to using CAD modeling & design software. Student designed Pokémon will be printed and mailed home. Additional Technical Requirement: TinkerCAD (login information provided during class), PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



**Instructor: Tech Academy**

**Saturday**                      **8:00 - 10:00 am**  
**April 19**  
**1 session / \$54**                      **Virtual**

## \*NEW\* VIDEO GAME DESIGN GR 4-7

This course will give you hands-on experience developing your own game. Students will create their own version of asteroids using Construct 3, a visual coding platform that teaches students the basics and structure of programming. Bring a USB drive, lunch & drink.

**Instructor: Tech Academy**

**Friday**                      **9:00 am - 2:00 pm**  
**June 13**

**HLWW High School Media Center**  
**1 Session / \$82**

## MAGICAL WIZARDS MINECRAFT ADVENTURES GR 1-5

Immerse yourself in the wizarding world of Harry Potter by crafting and building iconic locations like Hogwarts Castle or Diagon Alley within Minecraft. Build and play themed mini-games. We will be using the PC/Java edition of Minecraft. Students should have basic reading skills and be comfortable using a computer. Bring a USB drive, lunch and a drink.



**Instructor: Tech Academy**

**Friday**                      **9:00 am - 2:00 pm**  
**June 20**

**HLWW Middle School Media Center**  
**1 Session / \$82**



## VIDEO PRODUCTION: YOUTUBE SHORTS, IG REELS & TIK TOK GR 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 behind creating compelling short videos that resonate with audiences. Bring a USB drive (at least 8 GB), lunch & drink.



**Instructor: Tech Academy**

**Friday** 9:00 am - 2:00 pm  
**July 11**

**HLWW Middle School Media Center**  
**1 session / \$85**

## NEW! 3D PRINTING: POKEMON MONSTERS GR 2-6

Become a Pokémon Master of 3D Design! Design your own unique 3D Pokémon using TinkerCAD. Explore your creativity and experiment with SimLab and create themed video games. Learn the basics of CAD modeling and design software. One of your creations will be 3D printed. Printing and material fees are included. If printing is not completed in class, prints will be mailed home. Please bring lunch and a drink.

**Instructor: Tech Academy**

**Friday** 9:00 am - 2:00 pm  
**August 1**

**HLWW Middle School Media Center**  
**1 Session / \$96**

## NEW! EXTREME ROBO-GAMES: BATTLEBOT OLYMPICS GR 3-7

Students will work in small teams using the EV3 Mindstorms Robotic Systems and specialized LEGO® Technic™ engineering components to build extreme robots and run programs to experiment with and overcome Olympic-style challenges. Student teams will then be challenged to morph their projects into better, stronger or faster robots. Please bring lunch and a drink.

**Instructor: Tech Academy**

**Friday** 9:00 am - 2:00 pm  
**August 8**

**HLWW Middle School Media Center**  
**1 Session / \$82**

## LITTLE ENGINEERS 4-7 YRS

Stay curious and challenge your creativity in this STEM course geared toward our littlest engineers (4-7 year olds). Enjoy hands-on, engineering-based challenges and explore with friends during creative free choice build. This class is offered in partnership with WM Community Education.

**Leah Christensen, WM Elem. Innovation Specialist**

**Monday-Thursday** 8:30-10:00am  
**June 23-26**

**WMES Innovation Rm - 103A**  
**4 sessions / \$60**

## JUNIOR MAD SCIENTISTS 4-7 YRS

Get messy and stay curious during this action-packed mad scientist class geared toward our littlest scientists. This class is offered in partnership with WM Community Education.

**Leah Christensen, WM Elem. Innovation Specialist**

**Monday-Thursday** 10:00-11:30 am  
**June 23-26**

**WMES Innovation Rm - 103A**  
**4 sessions / \$60**

## CANDY CHEMISTRY 6-11 YRS

Explore science through experiments that tickle your taste buds. You won't want to miss this sweet class! This class is offered in partnership with WM Community Education.

**Leah Christensen, WM Elem. Innovation Specialist**

**Monday-Thursday** 8:30-10:00am  
**August 4-7**

**WMES Innovation Rm - 103A**  
**4 sessions / \$70**



## SUMMER STEM 6-11 YRS

Sunshine, summer, and STEM! Stay creative this summer with hands-on learning and exploration. Activities include: solar oven s'mores, an operable water pump, and a solar pet sun shelter. This class is offered in partnership with WM Community Education.

**Leah Christensen, WM Elem. Innovation Specialist**

**Monday-Thursday** 10:00-11:30am  
**August 4-7**

**WMES Innovation Rm - 103A**  
**4 sessions/ \$70**

## SUMMER CHEER CAMP GR 1-4

Come out and have some fun with our HLWW Cheerleaders to learn some cheers and play some games. Please bring lots of water, a bag lunch and sunscreen. If weather allows, we will be spending most of the day outside.



Watch for information in the fall brochure, for additional cheer camp opportunities!

**Wednesday  
July 16**

**9:00 am - 1:00 pm**

**Meet in the Lower Level Activity Center Commons  
1 Session / \$15**

## WRIGHT COUNTY PARKS DAY CAMP GALAXY EXPLORERS AGES 6-12

During this exciting summer camp, campers will have the opportunity to learn about planets, stars, and galaxies through a variety of hands-on activities and experiments. From building and launching their own rockets to creating their own solar systems, campers will have the chance to explore the wonders of outer space like never before!



**Instructor: Wright County Parks Staff**

**Tuesday  
August 12**

**9:00 am - 3:30 pm**

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

## YOUTH ARCHERY LESSON (BEGINNER) 8-14 YRS

This archery class is intended for new students but is also open to existing archers that want to hone their skills with some friends. Commands, signals, techniques and shooting challenges are all part of the program.

This class will be taught by an instructor from Carver County Parks and all equipment will be provided. This program is offered in partnership with Carver County Parks and WM Community Education.

**Monday  
August 11**

**5-6:30pm**

**WM Comm. Learning Center Field  
1 session / \$18 per person**

## TRACK CAMP - GR 4-6

Come out and 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 1-3 meets against neighboring communities.



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

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

**Practices:  
Wednesdays  
April 9, 16, 23, 30**

**3:15-4:30 pm**

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

**Fee: \$30, includes t-shirt, practices and meets.**

## MINDFUL MOVEMENT & MASTERPIECES GR K-4

Join us for a fun-filled summer camp where movement and creativity come together! Each day, school-aged children will engage in yoga, interactive games, hands-on crafts and exciting themed activities. This camp encourages self-expression, mindfulness and active play in daily sessions. New themes each day. Bring a water bottle & a nut-free snack. Let's move, create, and have a blast this summer! This class is offered in partnership with WM Community Education.



**Instructor: Ann Nelson**

**Monday-Thursday  
July 14, 15, 16, 17**

**1-3:30 pm**

**WM Comm Learning Ctr Door 1  
4 Sessions / \$100**

## BASKETBALL SHOOTING CLINICS GR 1-4 & GR 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.

**Coaches: James Carr, Drew Waldbillig & Others**

**Saturdays, April 12, 26, May 3**

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

**April 12: HLWW High School gym, upper level entrance**  
**April 26 & May 3: HLWW Activity Center, lower level eastside entry**  
**3 sessions / \$28**

## SKILLS & BASKETBALL CAMP GOING INTO GR 2-5 & 6-8

This basketball skills and drills camp is open to all youth going into third through 8th grade. This camp will help you improve, dribbling, passing and shooting. Please bring your own basketball (if possible) and water bottle.

**Instructors Steve Gagnon and other guest instructors**

**GR 2-5**  
**Tuesday - Wednesday 9 - 10:15 am**  
**June 24-25**  
**Thursday, June 26 9 am - 12:00 pm**

**HLWW Activity Center**  
**3 Sessions / Free**

**GR 6-8**  
**Tuesday - Wednesday 10:30 - 11:45 am**  
**June 24-25**  
**Thursday, June 26 9 am - 12:00 pm**

**HLWW Activity Center**  
**3 Sessions / Free**



## LAKER BASKETBALL SUMMER CAMPS ENTERING GR 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 13, 20, 27, July 11, 18, 25**

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

**HLWW Activity Center**  
**6 sessions / \$45 per child or \$70 family maximum between the two basketball camps (grades 1-3 & 4-6), must contact Com Ed Office for family max pricing**

## LAKER GIRLS BASKETBALL - SUMMER CAMP GRADES 7-12

This summer's camp will focus on fundamentals with an emphasis on defense and rebounding. With only eight dates, it is important that athletes attend each session. We will be building on brand new offensive and defensive concepts each week.



If you have any questions, feel free to contact Coach Dubs at [dwaldbillig@hlww.k12.mn.us](mailto:dwaldbillig@hlww.k12.mn.us)

All athletes should plan on attending summer speed and strength from 7:45-8:45 Monday, Wednesday and Thursday.

**Instructors: Coach Krueger, Kathleen and Coach Dubs**

**Wednesdays 9:15-11:15 am**  
**June 4, 11, 18, July 9, 16, 23, 30 (No camp July 2)**  
**Monday, June 23 7:30-9 am**

**HLWW Activity Center**  
**\$45, includes shirt, camp dates and open gyms**

## LAKER GIRLS BASKETBALL - OPEN GYM GRADES 4-12

**Fridays 11:15 am-12:15 pm**  
**June 13, 20, 27, July 11, 18, 25 (No open gym July 4)**

**HLWW Activity Center**  
**prerequisite must be registered for LAKER GIRLS BASKETBALL - SUMMER CAMP Grades 4-12**



## 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 its 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.**

**Tuesdays and Thursdays 6:00 - 7:00 pm  
July 22, 24, 29, 31**

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

## LITTLE LAKERS FOOTBALL AGE 3- GR 3



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: David Luhman & Joe Uter**

**Tuesday & Thursday  
August 12 & 14**

**Preschool Age 3, 4, 5 & K 4:30 - 5:15 pm  
Going into GR 1, 2, 3 5:30 - 6:30 pm**

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

## FOOTBALL CAMP ENTERING GR 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 29 - 31**

**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**

## 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 late August through October, after school or evenings depending on volunteer coaches schedule.

**If interested in coaching Girl's Traveling Volleyball 2025-26 Please check yes, when registering your participant.**

**5th Grade \$75 per person**

**6th Grade \$75 per person**

## YOUTH LAKER VOLLEYBALL SUMMER CAMP 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! All youth registered before 5/23 will receive a free t-shirt.

Questions, contact Hailey Krueger at [hkrueger@hlww.k12.mn.us](mailto:hkrueger@hlww.k12.mn.us)



**Thursdays** 10:30-11:30 am  
**June 12, July 10, 24**  
**Monday, June 23** 10:30-11:30 am

**HLWW Activity Center**  
**\$35**

## YOUTH LAKER VOLLEYBALL SUMMER CAMP 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! All youth registered before 5/23 will receive a free t-shirt. Questions, contact Hailey Krueger at [hkrueger@hlww.k12.mn.us](mailto:hkrueger@hlww.k12.mn.us)

**Thursdays** 10:30-11:30 am  
**June 12, July 10, 24**  
**Monday, June 23** 10:30-11:30 am

**HLWW Activity Center**  
**\$35**

## LAKER VOLLEYBALL SUMMER CAMP GRADES 7-12

Players will master foundational skills, work on hitting, setting, passing and defending. This is a great introduction before athletes start middle and high school volleyball! All youth registered before 5/23 will receive a free t-shirt. Questions, contact Hailey Krueger at [hkrueger@hlww.k12.mn.us](mailto:hkrueger@hlww.k12.mn.us)



All athletes should plan on attending summer speed and strength from 7:45-8:45 M-Th. This will be run by

Coach Krueger, Coach Waldbillig and Kathleen.

**Thursdays** 9:15-10:15am  
**June 5, 12, July 10, 17, 24, 31** (no camp July 3)  
**Monday, June 23** 9:15-10:15 am

**HLWW Activity Center**  
**\$45**

## TAE KWON DO – AGES 7-ADULT

Participants of all ages can benefit from this traditional Korean martial art. This is a great class for parent and child. No previous athletic experience is required. Our class offers students a well-rounded training program to develop mind, body and spirit. Along with the physical and mental benefits of training, students will learn effective self-defense techniques, develop self-confidence, discipline, fitness and total health. Please wear comfortable clothing. Uniforms and gear can be purchased through the instructor. This class is offered in partnership with WM Community Education.



**The instructor is Master Dain Dreska who has been training and teaching at Quantum Martial Arts With Grand Master Fred Baker.**

**Mondays** 6-7pm  
**June 9, 16, 23, 30** 4 sessions / \$45  
**July 7, 14, 21, 28** 4 sessions / \$45  
**August 4, 11, 18, 25** 4 sessions / \$45

**WM Comm. Learning Ctr., Auditorium**

## BEGINNER HORSE RIDING CAMP

Offered for kids ages 6-12, Spark Equestrian's Day camps at Phoenix River Farm teach kids the basics of horse care, grooming, and riding. Our indoor arena and barn are heated during the winter months. Kids should provide their own lunch and wear long pants with close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside. This camp is offered in partnership with WM Community Education.



Drop off is at 10:00 AM and pick up is at 3:00 PM. We will provide the rest! Liability Waiver is included in registration and may be asked again at camp. Questions contact Melissa Lund, Owner at [melissa@sparkequestrian.com](mailto:melissa@sparkequestrian.com)

**10am-3pm**  
**1 session / \$125 per camper per date**  
**Spark Equestrian Academy, 5960 Town Hall Dr. Loretto**

**Camp Dates:** choose one or more  
**Monday, May 26**  
**Tuesdays, June 3, 10, 17, 24, July 1, 8, 15, 22, 29, August 12, 19, 26**  
**Thursdays, June 12, 19, August 5, 21, 28**  
**Friday, June 6**

## HIGH FLYERS GYMNASTICS AGES 3 & ABOVE



High Flyer Gymnastics focuses on fun while learning gymnastics moves. New Students are welcome at any time. Gymnastics is offered at the Humphrey Hall Gym located in the MAWSECO Education Center, 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. Limited spotting of stunts

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

### Mini Tumblers

This 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.

### 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. Student will move at the start of the next session.

### **Instructors: Tammi Thiemann and assistants**

**June session    Tuesdays**  
**June 3, 10, 17, 24    (4 lessons)**

**Mini Tumblers    4:30-5:15 pm    \$37**  
**Rollers    5:15-6:15 pm    \$40**  
**Flippers    6:15-7:45 pm    \$60**

**June session    Wednesdays**  
**June 4, 11, 18, 25    (4 lessons)**

**Twisters    5-7 pm    \$82**

**June Session    Thursdays**  
**June 5, 12, 26    (3 lessons)**

**Rollers    4:30-5:30 pm    \$30**  
**Flippers    5:30-7 pm    \$45**

**July session    Tuesdays**  
**July 8, 15, 22, 29    (4 lessons)**

**Mini Tumblers    4:30-5:15 pm    \$37**  
**Rollers    5:15-6:15 pm    \$40**  
**Flippers    6:15-7:45 pm    \$60**

**July session    Wednesdays**  
**July 9, 16, 23, 30    (4 lessons)**

**Twisters    5-7 pm    \$82**

**July Session    Thursdays**  
**July 10, 17, 24, 31    (4 lessons)**

**Rollers    4:30-5:30 pm    \$40**  
**Flippers    5:30-7 pm    \$60**



## PRIVATE GYMNASTICS LESSONS

Use this time to improve your skills one-on-one with a coach. This opportunity is open to all levels including MAGA team members.

**Wednesdays, June, 4, 11, 18, 25, July 9, 16, 23, 30**

**Sign up for 1 hour time slots      Must register by noon the Monday prior to lesson.**

**5:30 - 6:30 pm      \$65 per hour**

**6:30-7:30 pm      \$65 per hour**

**7:30-8:30 pm      \$65 per hour**

## SUMMER MAGA SESSIONS

**\*\*Drum roll, please...\*\*** Get ready for an exhilarating adventure as we dive into our awesome lineup: Summer MAGA Session, and the Camp!

### June MAGA session

**\*\*Now, let's talk about the fantastic June & July MAGA sessions!\*\*** Our June MAGA session will build upon the skills we've mastered this spring, as we fine-tune those advanced techniques and apply them to our routines. Plus, mark your calendars for our tryouts on June 26! This is your chance to shine as we gear up for an incredible new season!

**Mondays      5:30-7:30 pm**

**June      2, 9, 16, 23, 30**

**7 lessons / \$158**

**Thursdays**

**6:30-8:30 pm**

**June 5, 12**

### MAGA tryouts for the 2025-26 season

**\*\*Exciting details about our MAGA tryouts:\*\*** This is your opportunity to make the MAGA team! Each gymnast will showcase specific skills for every event in front of our judges. Once we finalize the MAGA team for 2025/26 season we'll send out an email to all gymnasts. If you're new and ready to try out, don't hesitate to contact Coach Tammi at [cegymnastics@hlww.k12.mn.us](mailto:cegymnastics@hlww.k12.mn.us) for guidance and will help you get assessed to sign up for the summer MAGA sessions!

**Thursday      6:30-8:30 pm**

**June 26**

### July MAGA session

**\*\*July is going to be a blast!\*\*** Gymnasts will get the chance to choose their own floor music (with Coach approval) and choreograph routines for the new MAGA season! We're even bringing in a special guest coach to join in on the fun!

**Mondays      5:30-7:30 pm**

**July 7, 14, 21, 28**

**8 lessons / \$180**

**Thursdays**

**6:30-8:30 pm**

**July 10, 17, 24, 31**

### **\*\*Introducing the MAGA 2-Day Camp: GO FORTH AND CONQUER!\*\***

Get ready for an amazing experience this summer! This camp is perfect for determined gymnasts who are eager to achieve their goals and tackle bigger skills! Our fabulous team of coaches is ready to support you in reaching new heights! Don't forget to pack your snacks and lunch! We'll have tons of fun with games, contests, and exciting prizes!

**Tuesday, June 17th and Wednesday, June 18th**

**10:00 am - 3:00 pm**

**\$125**



**Coach Tammi Thiemann: former gymnast, past experience coaching and assisting high school gymnastics teams. Tammi oversees and helps instruct all HLWW Community Ed Gymnastics activities. She believes that gymnastics builds character, coordination, strength, flexibility and courage while making it a fun experience for the participants.**

## WINSTED SUMMER BASEBALL



Winsted Youth Summer Baseball 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 Wednesday, April 23**

*Season will begin with portrait night where shirts and hats will be handed out. All teams will have portrait night Wednesday, June 4.*

Practices/games: June 9-July 24. no June 30-July 4. Official Schedule will be shared once season gets closer with exact Winsted fields your child's team will be at. *Start time to be determined by team volunteer coaches.*

### 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



## HOWARD LAKE SUMMER RECREATION & WAVERLY SUMMER RECREATION

**WATCH FOR INFORMATION COMING OUT SOON REGARDING THE SUMMER PROGRAMS!**



[hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)

## BREAKFAST ON THE FARM

**Saturday, June 14**

Tour an operating dairy farm on Saturday, June 14, 7 am-noon. This event is hosted by Diers Corporation, Waverly. There are many activities for the children including a children's barnyard and photos with a calf. Free cheese and ice cream samples will be available. There will be a free will offering pancake breakfast served from 7 am-noon. Proceeds from the free will offering go towards the food shelf.



Details regarding parking, a free shuttle from the HLWW High School and for more information visit the website [www.breakfastonthefarm.org](http://www.breakfastonthefarm.org) or check out breakfast on the farm on Facebook.

## CLASSROOM DRIVER AND TRAFFIC SAFETY EDUCATION

**HLWW is transitioning its Driver's Education program to a partnership agreement with Today's Driving School.**

*If you are currently enrolled with HLWW Community Ed for Behind -The-Wheel, you will continue your lessons with our staff members Mr. Thompson and/or Mr. Daniels. For anyone new registering for classroom and/or behind the wheel you will need to register directly with Today's Driving School. Below are our opportunities for the 24-25 school year.*



Today's Driving School offers in-person, online and teleconference classes

**Register online at [todaysdrivingschool.com](http://todaysdrivingschool.com) click on Teen Driver Ed then choose Howard Lake-Waverly-Winsted**

They offer both classroom and behind-the-wheel instruction for teens and adults in the Howard Lake-Waverly-Winsted area. Flexible scheduling allows you to easily make up any missed days of class.

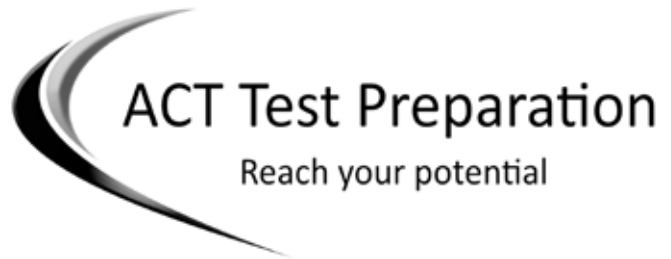
All prices listed on their website are cash-discounted prices. Course descriptions and package options are also listed.

**In-Person Teen Driver 30 classroom hours**  
**Monday-Friday 9 am to 12 pm**  
**June 2-6, 9-13**  
**HLWW Middle School Media Center**  
**see [todaysdrivingschool.com](http://todaysdrivingschool.com) for package prices**

**Teleconference Class Teen Driver 30 classroom hours:**  
 Live remote learning classroom instruction led by one of our licensed instructors using Zoom. All students in Minnesota are eligible to attend.

**Online Class Teen Driver 30 classroom hours:** Today's Driving School is pleased to offer self-paced online instruction for adult and teen-age students. You may work on the course up to 3 hours per day, any time day or night. You have a full 90 days to complete the course, but you can complete the course in as little as 10 days. Work at your own pace.

**Behind-the-wheel packages:** Today's Driving School's behind-the-wheel instruction is taught one-on-one, home pick-up and drop-off makes scheduling drives hassle free. See [todaysdrivingschool.com](http://todaysdrivingschool.com) for package prices.



## ACT PREPARATORY COURSES

Advantage Educational Programs, in cooperation with Howard Lake-Waverly-Winsted Community Education will offer their ACT prep courses to juniors and sophomores from Howard Lake-Waverly-Winsted High School to help them prepare for this exam. If you are uneasy about your test-taking skills or unsatisfied with previous ACT results, then this may be the course for you.

Different course formats allow students to choose the one that best suits their learning style and personal circumstances. Students can make up any class they miss, and all courses may be repeated online at no additional charge. To register for a course at a different location or more information, go to [www. AdvantagePrep.net](http://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**  
**April 26, May 3, 10, 17**  
**4 sessions / \$180**  
**Virtual**

### 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**

# FREE ADULT BASIC EDUCATION (ABE), ENGLISH LANGUAGE (EL/ESL) & GED CLASSES

Let us support your educational journey toward achieving your life goals. Whether you want to improve your basic literacy skills (English-ESL, reading, and math), enhance digital skills (computer skills), earn your GED, or prepare for college and career success, we're here to help! Start anytime, classes are ongoing.



WEST ABE, part of the MN Community Education, has been the local educational provider for adult learners in Wright County and beyond since 1996.

Eligibility: Must be 17 and older, not enrolled in high school, and in need of basic educational skills such as English: speaking, reading and math, career preparation, GED prep, and computer skills. GED students who are 17 or 18 years of age will need an age waiver to take the GED test. (This can be found on ged.com)



Scan to fill out an interest form. Call 763-272-2040 with questions. Visit our website at westabe.monticello.k12.mn.us for more class listings and locations.



## GED testing in Monticello

Appointments required. All students must set up an account on [ged.com](http://ged.com) to schedule the Official GED test. Tests are available in English and Spanish. Tuesdays and Thursdays 8:30 am-2 pm and occasionally 1-2 Saturdays per month.

Eastview Education Center 9375 Fenning Ave. NE, Monticello. (763) 272-2808

## Free Online Courses Spring 2025

<p><b>Paraprofessional Training Course</b>  <b>March 31 - June 6</b>                  Ongoing, starts on Mon-Thur 9-11 AM                  Earn ParaEducator Certification</p>	<p><b>TEAS Test Preparation</b>  <b>March 31 - May 6</b>                  Mondays 5-8 PM                  Prepare to take the TEAS exam often needed for nursing school</p>
<p><b>Microsoft Office Specialist Certification</b>                  Ongoing, starts on Wednesdays 1-4 PM                  Apr 23, May 21, June 18                  Earn certificates in Word, Excel, Powerpoint; earn three college credits per certificate</p>	
<p><b>ALL COURSES REQUIRE ADDITIONAL STUDY TIME OUTSIDE OF CLASS.</b></p>	

763-272-2040      Scan the QR to fill out the interest form

## Make a Difference- Become a Volunteer for WEST ABE

ABE Support: Assist with basic reading, writing, math, and digital skills—EL/ESL Support: Help English learners improve their language skills through speaking, reading and writing

No experience necessary! Free training and ongoing support. Time Commitment: 1-6 hours per week. Must be 18 years or older. contact Elizabeth Muellerleile at [elizabethmueller2000@gmail.com](mailto:elizabethmueller2000@gmail.com) or 763-682-8507 for more information.

## LOCAL CLASS OFFERINGS:

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

### ENGLISH LANGUAGE (ESL)

**Mondays 5-7:30 pm**  
 ongoing through June  
 Instructor: Vicki Larson

### ABE/GED PREP

**Wednesdays 5:30-8 pm**  
 ongoing through May  
 Instructor: Shirley Janu



## 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.



**Monday, June 9  
1:00 - 5:00 pm**

**The City of Winsted has recently opened a senior center in the Vollmer Room at Winsted City Hall, 201 1st Street North, Winsted**

**\$24/ per person**

**To register for the 55+ driver class you must go to [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com) or call 1-888-234-1294**

## BARN QUILTS

**By Bittersweet Barn Quilt Company**

Painting barn quilts is a popular, lively, and rewarding experience. Guided instruction will take you through the process as you select a design, draw, tape and choose colors to create a barn quilt painting that looks professional. You'll leave with your own 2ft x 2ft masterpiece ready for hanging outdoors. High quality materials will ensure this conversation piece will last outdoors for many years and bring unequivocal admiration. A supply fee of \$60.00 is payable to the instructor at class. Cash or Check is accepted. (Supply fee includes; premium grade material sign, 75+ Behr Marquee paint colors, 3M tape, aprons, hair dryers and a dance off for odd by awesome prizes. 16 patterns to choose from.) *This class is offered in partnership with WM Community Education.*



**Bittersweet Barn Quilts**

**Tuesday 5:30-9:30 pm  
April 15**

**\$45 + 60 Supply payable to instructor (Cash or Check)  
WM High School Art Room**

## FESTIVE SPRING SALADS

Head into spring with a Wild Rice and Breast of Chicken Salad or Wild Rice with Fresh Mushrooms and Cashews. We will also feature a vegetarian main dish using multi-colored peppers and the unique grain, Quinoa. What could be more refreshing than a fruit and salad combination of cantaloupe and strawberries with orange sauce? Equally as pretty in Raspberry-Spinach Salad with Glazed Pecans. Then round out the evening with 3 easy dressings for your favorite combination of assorted garden greens. You will be ready for family and friends and spring. Supply of \$15 cash to be paid to the instructor. *This class is offered in partnership with WM Community Education.*



**NOTES:** Registration deadline 2 weeks prior to start date  
Additional \$15 food fee per pair to be paid to the instructor, cash only.

**Instructor: Laurel Severson**

**Wednesday 6:00 - 9:00 pm  
May 14**

**\$30+ \$15 food fee to be paid to the instructor, cash only  
WM High School FAC Room, Door # 6**

## 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/](http://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**

## WEDDING DANCE RESCUE!

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 fiancé 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. To reach the instructor in advance of your lesson to share your song or discuss your needs, visit [www.ConstantineDance.com](http://www.ConstantineDance.com). Link provided there for song ideas, too! Private lessons available. Casual dress. *This class is offered in partnership with WM Community Education.*



**Deanna Constantine**

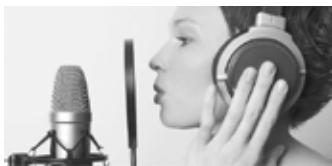
**Monday 6:30-8:30 pm**  
**May 6**

**\$40 per person**  
**WM Community Learning Ctr. Door #1**

## AN INTRODUCTION TO VOICEOVERS

**Getting Started In Voice Acting**

Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> 18 and over. Upon registration you will be contacted by VFA to schedule your class, day and time of your convenience. Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).



**\$49 Per Lesson**  
**Virtual Personalized Remote One-on-One Video Conference Class**

## ADULT VOLLEYBALL LEAGUE

Open to Co-ed teams of all abilities with individuals 18 and up. Depending on the number of teams who register, we may divide between an A level or B level, when registering, please choose where you think your team would fit. Spring league schedule will be sent out closer to the start.



**Mondays 6:30- 8:30 pm**  
**March 31, April 7, 14, 21, 28**

**Activity Center HLWW Middle School (use lower level east side entrance)**  
**\$90 per team**

## VIRTUAL CLASSES

*IF YOU ARE INTERESTED IN TAKING ANY CLASSES THAT ARE OFFERED VIRTUALLY AND YOU ARE CONCERNED ABOUT THE TECHNOLOGY, OR DO NOT HAVE ACCESS TO THE INTERNET AT HOME, CONTACT THE HLWW COMMUNITY EDUCATION OFFICE AND WE CAN HELP SET YOU UP WITH TECHNOLOGY AT OUR LOCATION.*

## USING AMAZON'S KINDLE DIRECT TO SELF-PUBLISH YOUR BOOK FOR FREE

Whether you're looking to publish a paperback novel or short ebook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.



**Thursday 3:00 - 4:00 pm**  
**May 1**

**1 session / \$19**  
**Virtual**

**ONLINE REGISTRATION**  
**[hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)**

## EXPLORE THE WORLD AS A TRAVEL WRITER

If you love to travel and love to write, this is for you! We will discuss how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing cliches. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.



**Friday**  
**May 2**                      **2:00 - 4:00 pm**

**1 session / \$30**  
**Virtual**

## EARN EXTRA MONEY MYSTERY SHOPPING

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend "How to Start Any Home Business + 250 Home Business Ideas!" for a clear understanding of this endeavor.) You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid pitfalls and scams, create a required mystery shopping resume and profile, and how to file your mystery shopping reports for payment. Informative handouts for future use are included in class fee, including a list of 25 legitimate companies you can work for. The webinar login information will be emailed the day before class.



**Saturday**  
**May 3**                      **11:00 am - noon**

**1 session / \$20**  
**Virtual**

## MAKE MONEY WITH A VIRTUAL ASSISTANT/WORD PROCESSING BUSINESS (PREREQUISITE)

If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend "How to Start Any Home Business + 250 Home Business Ideas!" for a clear understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.



**Saturday**  
**May 3**                      **2:00 - 3:00 pm**

**1 session / \$20**  
**Virtual**

## INTRODUCTION TO JOURNALING: A BEGINNER'S GUIDE

Journaling is simply recording your thoughts, feelings, and insights in a written, drawn, or typed format. It can be done on paper or on a computer, and it's a low-cost way to improve your mental health. Journaling can help you reduce stress, improve your self-awareness, as well as prioritize problems, fears, and concerns, and provide an opportunity for positive self-talk. You'll learn how to start journaling (even when you don't know what to write), the 10 most popular types of journaling, how to kick-start self-reflection and self-discovery, and track your progress and personal growth. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.



**Saturday**  
**May 3**                      **3:00 - 5:00 pm**

**1 session / \$30**  
**Virtual**



## SAVE \$MONEY\$ WITH EXTREME COUPONING!

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you:



- \* where to find all different types of coupons, even for high ticket items
- \* how to find the best coupon apps and websites
- \* how to match coupons with sales for maximum savings

This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

**Friday**                      **3:00 - 4:00 pm**  
**May 9**

**1 session/ \$19**  
**Virtual**

## BE A BETTER WRITER: 10 EASY TIPS TO IMPROVE YOUR WRITING NOW

We write everyday: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In



this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook

full of writing tips and tricks, which is included in the class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

**Friday**                      **6:00 - 9:00 pm**  
**May 9**

**1 session / \$40**  
**Virtual**

## \$MONETIZE\$ WEBSITES, BLOGS, AND SOCIAL MEDIA WITH AFFILIATED MARKETING

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.



**Saturday**                      **4:00 - 6:00 pm**  
**May 10**  
**1 session / \$30**                      **Virtual**

## BEGINNER'S GUIDE TO USING FREE CHATGPT (AI) FOR WRITERS

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you'll learn how to:

- register for a FREE ChatGPT account
  - input effective writing prompts to avoid nonsense responses
  - build creative content, from stories to marketing copy
  - determine its capabilities and limitations
  - understand ethical/legal considerations using ChatGPT
- There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

**Sunday**                      **2:00 - 4:00 pm**  
**May 11**  
**1 session / \$30**                      **Virtual**





Improve Your Posture  
SIMPLE STEPS: POWERFUL RESULTS

## ACUPRESSURE TO RELIEVE MIGRAINES, HEADACHES, NAUSEA & VERTIGO

Acupressure is a healing technique that works with how energy flows through your body. Just as you have blood that flows through vessels, you have energy that flows through pathways called meridians. Acupressure involves pressing or massaging key points on the body to stimulate energy flow which can offer great relief with no side effects. We will focus on the points that relieve and prevent migraines and headaches as well as nausea and vertigo.



**Instructor Janice Novak, of Improve Your Posture**

**Monday** 6:00 – 7:30 pm  
**March 31**  
**1 session/ \$25** **Virtual**

OR

**Wednesday** 6:00 – 7:30 pm  
**June 4**  
**1 session/ \$25** **Virtual**

## IMPROVE YOUR HEALTH AT ANY AGE

Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every SECOND! This means every second is an opportunity to make every system in your body healthier. The quality of cell your body can produce this second is very dependent on what raw materials you have floating around your bloodstream. 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! We'll discuss simple steps you can take now to help make every system in your body as healthy as possible.



**Instructor Janice Novak, of Improve Your Posture**

**Tuesday** 6:00 – 7:30 pm  
**April 1**  
**1 session/ \$25** **Virtual**

## OVERCOME YOUR CARBOHYDRATE CRAVINGS

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

**Instructor Janice Novak, of Improve Your Posture**

**Monday** 6:00 – 7:30 pm  
**April 7**  
**1 session/ \$25** **Virtual**

## 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'll learn simple, easy strategies to help your brain stay healthy and alert.

**Instructor Janice Novak, of Improve Your Posture**

**Tuesday** 6:00 – 7:30 pm  
**April 8**  
**1 session/ \$25** **Virtual**

## HIPS, THIGHS & OTHERWISE

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; acupressure 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 – 7:30 pm  
**April 14**  
**1 session/ \$25** **Virtual**

## 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 be used to relieve anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.



**Instructor Janice Novak, of Improve Your Posture**

**Tuesday**  
**April 15**

**6:00 – 7:30 pm**

**1 session/ \$25**  
**Virtual**

## STRONG IS THE NEW SKINNY! STRENGTHENING EXERCISES TO 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**

**Monday**  
**April 21**

**6:00 – 7:30 pm**

**1 session/ \$25**  
**Virtual**

## ACUPRESSURE & 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 to help you feel your best. We will discuss breathing techniques, nutritional musts and more.

**Instructor Janice Novak, of Improve Your Posture**

**Tuesday**  
**April 22**

**6:00 – 7:30 pm**

**1 session/ \$25**

**Virtual**

## ABDOMINAL STRENGTHENERS THAT WON'T STRESS YOUR BACK/NECK

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture.

Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints.



**Instructor Janice Novak, of Improve Your Posture**

**Monday**  
**April 28**

**6:00 – 7:30 pm**

**1 session/ \$25**

**Virtual**

## FEET, KNEES AND ANKLES

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? In this workshop, you will learn simple things to help correct these common problems.

**Instructor Janice Novak, of Improve Your Posture**

**Tuesday**  
**April 29**

**6:00 – 7:30 pm**

**1 session/ \$25**

**Virtual**

## ACUPRESSURE TO RELIEVE STRESS, ANXIETY & INSOMNIA

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 – 7:30 pm  
**May 5**  
 1 session/ \$25 Virtual

## THE ART OF AGING WELL : 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 bio 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. We will do a few facial acupressure points to help erase years from your face naturally.

**Instructor Janice Novak, of Improve Your Posture**

**Tuesday** 6:00 – 7:30 pm  
**May 6**  
 1 session/ \$25 Virtual

## VITAMINS & HERBS: FACTS AND FALLACIES

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine Chondroitin, Melatonin & Echinacea.

**Instructor Janice Novak, of Improve Your Posture**

**Wednesday** 6:00 – 7:30 pm  
**May 7**  
 1 session/ \$25 Virtual

## FACE YOGA

There are over 30 individual muscles on each side of 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**

**Monday** 6:00 – 7:30 pm  
**May 12**

1 session/ \$25  
 Virtual

## 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 and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.



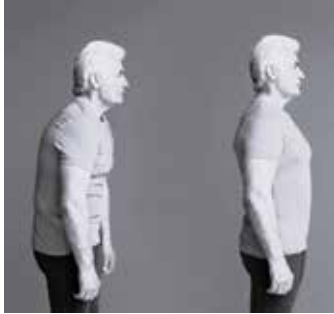
**Instructor Janice Novak, of Improve Your Posture**

**Tuesday** 6:00 – 7:30 pm  
**May 13**

1 session/ \$25  
 Virtual

## 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**

**Monday** 6:00 – 7:30 pm  
**May 19**

**1 session/ \$25**  
**Virtual**

## 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. We'll discuss the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; 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 – 7:30 pm  
**May 20**

**1 session/ \$25**  
**Virtual**

## 37 POSTCARDS TOUR

DayTrippers Dinner Theatre is at it again at the Plymouth Playhouse! Get ready to laugh! After an included quarter savory roast chicken, baked lasagna, tuscan vegetable



medley, garden salad with assorted dressings, assorted rolls, mashed potatoes, specialty dessert and coffee or tea, we'll head for the theatre for 37 Postcards, written like a 1930's screwball comedy! Young

Avery Sutton and his fiance return from an eight year stint in Europe only to find his already eccentric family has gone certifiably insane! Things have changed. The house is on a tilt, the dog is feral, his grandmother (presumed dead) is alive and kicking! Oh, the Suttons are just a quirky, funny, loving family. So Avery and his bride-to-be have to either accept their oddities or leave them behind. Well, the couple discovers that you can in fact go home again. You just never know what you'll find! *Co-sponsored with Community Club Tours.*

**Thursday, April 24 or Wednesday, May 14**

**Pick up 9:45 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 10 am and drop off 5 pm at Security Bank and Trust, Winsted**

**1 session / \$100**

## 37 POSTCARDS

By: Michael McKeever

Written like a 1930's screwball comedy! In this play young Avery Sutton and his fiancé return from and eight year stint in Europe only to find his already eccentric family has gone certifiably insane! Things have changed. The house is on a tilt. the dog is feral, His grandmother (presumed dead) is alive and kicking! Oh, the Suttons are just a quirky, funny, loving family. So Avery and his bride to be have to either accept their oddities or leave them behind. Well - the couple discover that you can in fact go home again. You just never know what you'll find! The lunch includes: Quarter savory roast chicken, baked lasagna, Tuscan vegetable medley, garden salad with assorted dressings, assorted rolls, mashed potatoes, specialty dessert, coffee & tea. There are no refunds after the registration deadline has passed. Registration deadline: 4/16. *Co-sponsored with Highway 12 Trippers*

**Friday, April 25**

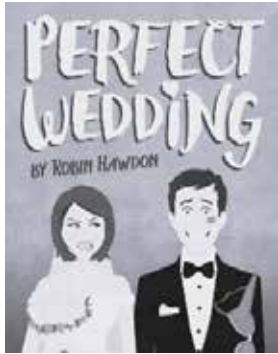
**Depart: 10:35 AM - at Howard Lake: MAWSECO Education Center, 720 -9th Avenue South parking lot. 11:30-11:40 - arrival Day Trippers Dinner Theatre: Plymouth Playhouse 12:15 - Lunch Buffet 1:15-3:20 PM - Performance Return: 4:20 pm to Howard Lake Times are approximate and subject to change.**

**1 session / \$90** Includes lunch buffet, show ticket and charter bus fees.



## PERFECT WEDDING

At the Ives Auditorium in Bloomington we'll begin with an included lunch of creamy chicken breast with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted desserts, coffee or hot tea. (Special dietary meals available by request ahead of time.) Then we'll head to the theatre for Perfect Wedding: A Riotous Comedy and Touching Love Story About The Big Day That Goes hilariously Wrong! A groom wakes up on the morning of his wedding day with a hangover and a strange woman in his bed. Mix in the bride, her mother, the best man, and a maid that knows too much, and you have a recipe for disaster. Wedding bells or running for the hills? Their big day will be far from a piece of cake! *Co-sponsored with Community Club Tours.*



**Wednesday, May 7**

**Pick up 9:15 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 9:30 am and drop off 5 pm at Security Bank and Trust, Winsted**

**1 session / \$101**

## THE EVERLY SET: EVERLY BROTHERS TRIBUTE

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for The Everly Set: Everly Brothers Tribute. Two acclaimed singer-songwriters with a mind-bending three-decade age difference combine millennial pluck with baby-boomer sass to present The Everly Set. Sean Altman and Jack Skuller celebrate The Everly Brothers, featuring Bye Bye Love, Wake Up Little Susie, Cathy's Clown, All I Have To Do Is Dream, When Will I Be Loved, Crying In The Rain, Love Hurts, Bird Dog, Claudette,



Walk Right Back, and more hits and rarities in concert. *Co-sponsored with Community Club Tours.*

**Tuesday, May 20**

**Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted; Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot**

**1 session / \$99**

## GREEN LAKE BOAT CRUISE

Travel by charter bus to Spicer and then hop on the boat where we will have a "lite" lunch while we cruise around the 5500 acre lake and take in the views for a 2 hour ride. Green Lake Cruises LLC is locally owned and operated and a proud member of the Spicer and New London area and has been giving cruises on Green Lake since 2008. The Fun Country Houseboat is 56 ft in length and 14 ft wide. It holds 55 total passengers plus 3 crew members. Of the 55 passengers a maximum of 34 passengers are allowed on the top deck at any one time. There are a few steps to get on board and assistance is available from the chain and crew. The boat is not wheelchair accessible. The stairs to access the upper deck are somewhat steep but have a good railing for extra support. The main cabin is fully air conditioned and has two bathrooms, front and rear decks. Registration deadline: April 30. *Co-sponsored with Highway 12 Trippers*



**Wednesday, May 28**

**9:30 AM Depart Howard Lake, MAWSECO Education Center, 720 9th Ave south parking lot.**

**11:30 AM - 1:30 PM — Lunch & Boat Cruise.** Menu: Homemade chicken salad croissant sandwiches and fresh fruit. Soda and water included. \*All times are approximate and subject to change.

**3:15 PM Return to Howard Lake**

**1 session / \$80**

## THE LOVIN SPOONFUL

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for the 1960's hit band - The Loving Spoonful. The Lovin' Spoonful were America's answer to the Beatles! The band, led by John Sebastian, Steve Boone, Joe Butler and Zal Yanovsky, exploded onto the charts sending their first seven singles soaring onto Billboard's tip-10 charts virtually overnight. Their first single, "Do You Believe in Magic," flew to the top of the charts and was followed by an unprecedented string of hits including: "Daydream," "Younger Girl," "Summer in the City," "You Didn't Have to Be So Nice," "Darling Be Home Soon," "Jug band Music," "Did You Ever Have to Make Up Your Mind," "Lovin' You," "Didn't Want to Have to Do it," "Rain on the Roof," "Six O'clock," "Nashville Cats," "Coconut Grove," and "She's Still a Mystery (to Me)." *Co-sponsored with Community Club Tours.*

**Tuesday, July 15**

**Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted; Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot**

**1 session / \$109**

## MISSISSIPPI LOCK & DAM BOAT CRUISE

The lock and dam tours are on very limited dates. We are so fortunate to enjoy this tour... four hours of relaxation and a great buffet meal! We're headed for Harriet Island in St. Paul where we'll take in the beautiful sites along this historically narrated cruise, which travels through the Ford Lock and Dam - Lock #1, from St. Paul into Minneapolis then returning to



Harriet Island. It truly is amazing how the riverboat is raised and lowered to get through the lock. Kids will love it, and we'll most probably see eagles (and many dogs playing) along the river! We'll be treated to an included buffet lunch of BBQ chicken, pulled pork with buns, green chili cheddar corn bread, potato salad, coleslaw, watermelon wedges, cookies and coffee. *Co-sponsored with Community Club Tours.*

**Saturday, July 26**

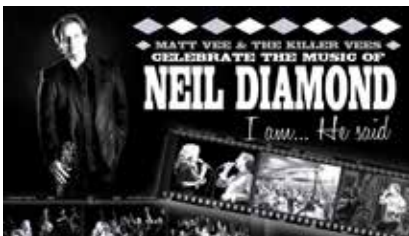
**Pick up 8:00 am and drop off 5:30 pm at Howard Lake City Parking Lot OR Pick up 8:15 am and drop off 5:15 pm at Security Bank and Trust, Winsted**

**1 session / \$99 pp (\$83 pp ages 3-12)**

## I AM HE SAID: A CELEBRATION OF NEIL DIAMOND

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for I Am He Said: A Celebration of Neil Diamond. "We are saying what HE said," laughs Matt Vee referring to the one and only Neil Diamond. Matt along with cousins Jeff and Tommy Vee, music industry veterans and sons of the legendary Bobby Vee, join forces with their family and friends as The Killer Vees to celebrate the music from a timeless catalog. With songs like "Cracklin' Rosie," "America," and "Sweet Caroline," Neil

Diamond sold over 100 million records worldwide with music that became the soundtrack to one generation after another with hits spanning five decades. As a Tin Pan Alley song writer in the mid 60s, he penned songs recorded by everyone from Elvis Presley to Deep Purple and, of course, the Monkees' classic, "I'm A Believer." *Co-sponsored with Community Club Tours.*



**Thursday, August 21**

**Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot OR Pick up 10:00 am and drop off 4:45 pm at Security Bank and Trust, Winsted**

**1 session / \$105 pp**

## GREASE AT THE CHANHASSEN DINNER THEATRE

Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock'n'roll, Grease is back at Chanhassen



Dinner Theatres!

Experience the nostalgia of high school in the '50s – peer pressure, love, and teenage life set against the campy backdrop of Rydell High! Discover the drama,

comedy, and pop-culture satire that has made Grease one of the most popular productions of all time! Don't forget the music, with songs like "Summer Nights," "We Go Together," "Greased Lightnin'," "Beauty School Dropout" and so many others, including the hits you love from the movie. Have fun as you groove and bop along! *Co-sponsored with Highway 12 Trippers.*

**Wednesday, September 17**

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

**11:00am-1:00pm - Lunch**

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

**5:10pm Return to Howard Lake**

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

**1 session / \$125 includes motor coach 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 11.**

## STILLWATER FALL COLORS BOAT CRUISE

Hope is eternal, and we'll hope for beautiful fall colors!

It is so relaxing and also a reminder that our seasons are changing. With the included deli buffet lunch you can build your own sandwich with all sorts of ingredients and add warm entree selections and dessert. *Co-sponsored with Community Club Tours.*



**Wednesday, October 8**

**Pick up 8:00 am and drop off 4:45 pm at Howard Lake City Parking Lot OR Pick up 8:15 am and drop off 4:30 pm at Security Bank and Trust, Winsted**

**1 session / \$95 pp**

# 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 Road 6 SW Howard Lake

**Year Round 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)	\$65	\$124	\$20	\$35
Adult Fitness (single)	\$240	\$380	\$80	\$110
Senior Walking Age 60+	Free	\$125	Free	\$35
Senior Fitness Age 60+	\$100	\$125	\$35	\$65
Family Walking	\$125	\$245	\$35	\$65
Family Fitness	\$330	\$545	\$155	\$200
Student 7-12th Grade Walking	\$65	\$125	\$20	\$35
Student 7-12th Grade Fitness	\$80	\$150	\$29	\$50

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


\$15 for a replacement scan card fee will apply.



**PICKLEBALL**

**OPEN GYM**

**\$1/STUDENT, \$2/ADULT**  
**\$6/FAMILY MAX**  
**TUESDAY NIGHTS**  
**6:00 - 8:30 PM**  
**HLWW ACTIVITY CENTER**  
**MARCH- SEPTEMBER**  
**NO PICKLE BALL MARCH 25,**  
**JULY 8**



**OPEN GYM-**  
**ADDITIONAL TIMES ADDED- PLEASE LOOK CAREFULLY AT DATES AND TIMES**

**\$1 per student, \$2 per adult & \$6 max per family per time payable to the building attendant**

**Sundays, March 2 - April 27 (no April 20), 5-8pm All sports including cage & toss)**

**Weekday Open Gyms March - Mid May Watch for Additional dates posted Online on Facebook**

**Summer Dates Tuesdays, June 10 - August 11 6-8:30 pm All sports, including pickleball**

*Reminder you must bring your own equipment, and if you are bringing in baseballs or softballs they must be soft cored*

 **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

**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**





## 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](http://bhmschools.ce.eleyo.com) or call 763-682-8770.



### BINGO & PIZZA

Calling all Bingo players, mark these nights on your social calendar for fun games of Bingo with fabulous prizes and a slice of pizza.

W307HL: \$10, Friday, April 11; 6-7:30 pm, HLWW Middle School-Room E106

### EASTER COOKIES

Colorful and Crispy, this cookie couldn't get any better. Shaped like an Easter egg but the sweet and gooey flavor of a cookie, roll up your sleeves and treat yourself to this opportunity.

W323HL: \$9, Tuesday, April 15; 6-7 pm, HLWW Middle School-Room E106



### EASY CHEESE QUESADILLA

It's time to start gearing up for Cinco de Mayo, we will make Easy Cheese Quesadilla. Come wearing something festive if you would like. We have some fun facts about the History of Cinco de Mayo. We promise not to get too spicy!

W324HL: \$9, Wednesday, April 23; 6-7 pm, HLWW Middle School-Room E106



### FLORAL ARRANGEMENT

Spring time is the perfect time of the year to accent your home with flowers. We will create a unique arrangement using a variety of colorful flowers that can be enjoyed all spring and summer



W315HL: \$9, Tuesday, May 6; 6-7 pm, HLWW Middle School-Room E106

### SEA CREATURES

Learn about the many different sea creatures that live in the ocean. We will make an Octopus snack and have time for some aquatic trivia.



W307HL: \$9, Wednesday, May 21; 6-7 pm, HLWW Middle School-Room E106

## EXCITING EVENTS AROUND OUR CONSORTIUM

### CELEBRATE-ST. PATRICK'S DAY DINNER & DANCE

Wear your favorite green outfit and enjoy some Irish music & a jig or two. Dinner will be served starting @ 5:30pm. There will be prizes for the best green fashionable and Irish jokes that will make this evening one that will turn you green with gladness! This event is made possible with a generous donation from the Knights of Columbus and St. Francis Xavier Catholic Church.

W301B: \$5, Friday, March 28; 5:30-8pm, Location: St. Francis Xavier Catholic School, Fellowship Hall (1/2 mile West of Functional Industries in Buffalo)

### 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. Come fling into spring with us!



W303BL: \$5, Friday, April 25; 6-8pm, Big Lake-Independence Elem. Cafeteria

**More classes via the Opening Doors catalog or visit [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)**

## 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](http://hlwwactivities.com) under athletics choose the sport your are looking for.

### HLWW Laker Travel Basketball grades 3-8

facebook: HLWW Youth Traveling Basketball League  
 website: <https://hlwwlakers.sportngin.com/>

### Laker JO Volleyball grades 5-11

[lakerjobv.weebly.com](http://lakerjobv.weebly.com)

### Travel Softball grades 3-12

email: [Lakerysa@gmail.com](mailto:Lakerysa@gmail.com)



### Travel Baseball boys ages 8-16

email: [Lakeryba@gmail.com](mailto:Lakeryba@gmail.com)

### Wrestling Booster grades K-6

facebook: HLWW Lakers Wrestling  
 Contact Youth Wrestling Coach Luke Long @  
 phone: 612.590.2363  
 email: [lukeclong@hotmail.com](mailto:lukeclong@hotmail.com)

## WINSTED ARTS COUNCIL

141 Main Ave W, downtown Winsted



WINSTED ARTS COUNCIL

Email [winstedartscouncil@gmail.com](mailto:winstedartscouncil@gmail.com)  
 or message us on facebook. [www.winstedartscouncil.org](http://www.winstedartscouncil.org)

## HOWARD LAKE-WAVERLY-WINSTED YOUTH COMMUNITY GROUPS



**4-H**  
 Wright County Extension  
 763-682-7394  
[wright@umn.edu](mailto:wright@umn.edu)

McLeod County Extension  
 320-484-4305

### Scout Pack 3399

[beascout.org](http://beascout.org)  
 612-205-4555  
[pack399scouts@gmail.com](mailto:pack399scouts@gmail.com)



### Girl Scouts - Lakes and Prairies Service Unit

[www.girlscoutsrv.org](http://www.girlscoutsrv.org)  
 612-418-1929  
[lakesprairiesgirlscouts@gmail.com](mailto:lakesprairiesgirlscouts@gmail.com)



## HLWW PARTY PACKAGES

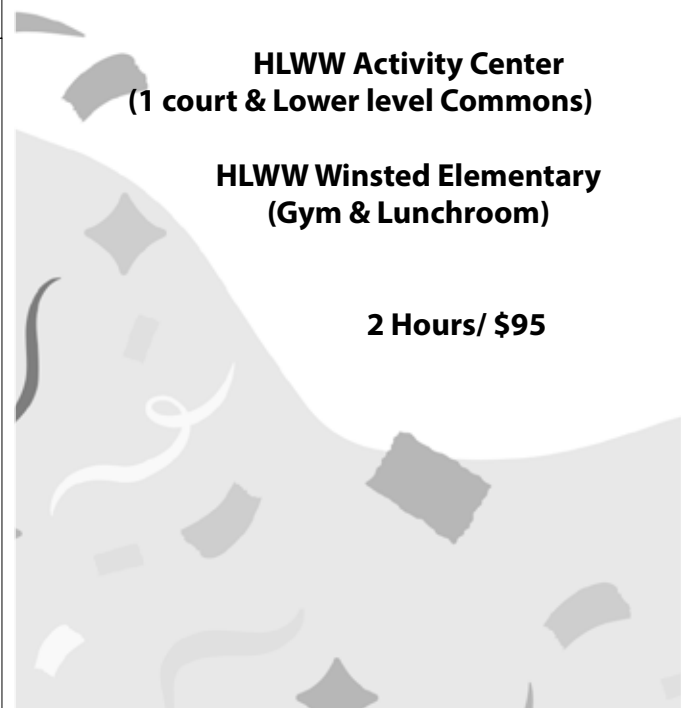
Come use the gym for a terrific party experience! Looking for a space to host a party or gathering? HLWW Community Education has party packages available. You can bring in food, including cake & ice cream and nonalcoholic beverages. We will provide the facility. Some games will also be available to use.

To sign up for a party package please contact HLWW Community Education at 320-543-4670 or [rbender@hlww.k12.mn.us](mailto: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/ \$95**



# COMMUNITY EDUCATION REGISTRATION INFORMATION

Community Education office 320-543-4670 online registration [hlww.ce.eleyo.com](http://hlww.ce.eleyo.com)

### Online Registration using a Bank Account or Credit/Debit Card

Go to [hlww.ce.eleyo.com](http://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.

### Community Education Registration Form Spring-Summer 2025

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](http://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. \_\_\_\_\_

### 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 receive an allowance to spend toward community education classes. Members must have UCare insurance at the time of registration. Limits and restrictions may apply.



HLWW Community Education  
8700 County Rd 6 SW,  
Howard Lake, MN 55349

Local  
Postal Customer

Non Profit Org  
US Postage Paid  
Howard Lake, MN  
Permit No. 3

ECRWSS

## 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 & 5 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 22 • 5:30-7 pm  
Preschool room 168 Humphrey Elementary  
Meet the staff

#### **Winsted Elementary**

Thursday, April 24 • 5:30-7 pm  
Preschool room 142 Winsted Elementary  
Meet the staff



**ONLINE REGISTRATION**

**HLWW.CE.ELEYO.COM**

For Howard Lake-Waverly-Winsted District 2687 information visit  
**[HLWW.K12.MN.US](http://HLWW.K12.MN.US)**