

CALEDONIA AREA COMMUNITY EDUCATION

**Fall 2025 Catalog
September-January**

**Caledonia
Eitzen
Brownsville
Freeburg**



**Gretchen Juan-Community Ed Director
Sara Tessmer- Community Ed Assistant**

**To register for classes, contact:
507-725-5139
community_ed@cps.k12.mn.us**

**Payments for all classes can be mailed to or
dropped off in the Community Ed office at the
Middle School/High School
825 N Warrior Ave
Caledonia, MN 55921**

EARLY CHILDHOOD FAMILY EDUCATION

What is ECFE?

Early Childhood Family Education (ECFE) is a program for Minnesota families with children from birth to kindergarten. It's designed to support parents as their child's first and most important teacher. Classes will include:

- Parent-Child Time: Fun activities you and your child do together.
- Parent Discussion: A chance for parents to connect, share experiences, and learn about child development and parenting strategies.

The goal of ECFE is to strengthen families, support children's learning and development, and build community among parents.

Who: Open to all children ages birth-5 years old and their parents

Time: Each class will be from 4pm-5pm

Location: Caledonia Elementary School Room 193 (Preschool Wing)

Cost: FREE to all families

Teacher: Leslee Oakes

DATE	BOOK/ACTIVITY THEME
September 25th	The Kissing Hand
October 9th	The Mine-O-Saur
October 30th	Snowmen at Halloween
November 13th	Bear Says Thanks
December 11th	The Snowy Day
January 15th	Where the Wild Things Are



**Share your skills with your community!
We are looking for instructors!
If you are interested in teaching a
class, please contact
community_ed@cps.k12.mn.us**

SEPTEMBER

Junior Robotics

Geared towards 7-8th grade, but open to 7-12th Grade, the FTC (FIRST Technical Challenge) program will design and build a small robot to meet a challenge unique to this year's archeology-inspired program theme. The team will build and program a robot to accomplish autonomous and driver-controlled tasks in a competitive environment. Students will learn fundamentals of robot construction, programming, project management, and community outreach. The season runs from September 6th (challenge release date) into December/January depending on the competition schedule. No experience necessary. The robot can be built with pre-made parts, but students will have access to 3D printers, CNC routers, and more to customize their robot.

Additional adult mentors are required as well to make this year's program a success. If interested in being a mentor, please contact e-mail Jeff_babinski@cps.k12.mn.us.

OPEN HOUSE: September 2nd at 7pm in the Robotics room at the MS/HS
**More details about the schedule to come after the open house*

Program cost: \$55/student

Intro to 3D Printing

sponsored by Team#5914 - Robotic Warriors

This hands-on course introduces students to the fundamentals of 3D printing, from understanding how printers work to designing and producing custom parts. Participants will learn about different types of 3D printers and materials, basic CAD (computer-aided design) modeling, slicing software, and best practices for successful prints. By the end of the course, students will have designed, prepared, and printed their own project while gaining the confidence to explore 3D printing for personal, educational, or professional use.

Program cost: \$30/student

Free for active members of FTC/FRC programs

Dates: Sept 16, 18, 23, 25

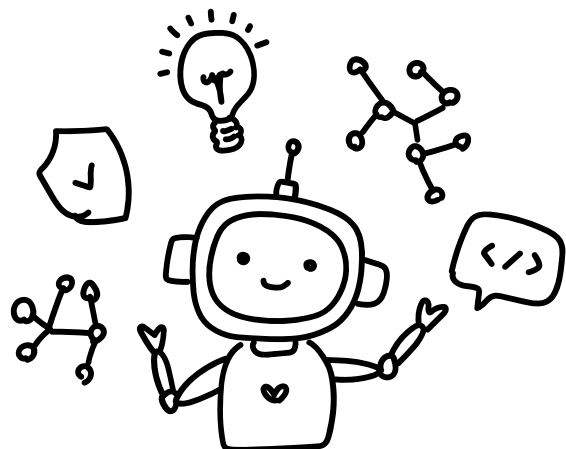
Time: 6:30pm

Grades: 7th and up

Location: Robotics Room

Questions?

Email jeff_babinski@cps.k12.mn.us



SEPTEMBER

YOGA

Enjoy the combined benefits of improved muscle tone and flexibility, strength of mind, and stress relief through this low-impact movement class, beneficial for all ages and fitness levels. Please wear comfortable clothing and bring a yoga/fitness mat.

Instructor: Angela Stigeler

Time: 5:00pm-6:00pm

Location: CES Cafeteria

Cost: \$90 for all classes

Sept 22, 24, 29

Oct 1, 6, 8, 13, 15, 20, 22, 27, 29

Nov 3, 5, 10, 12, 17, 19, 24

Dec 1, 3, 8, 10, 15, 17

Estate Planning

Plan for the future and protect your loved ones. Join us for a comprehensive estate planning workshop where we'll demystify the process and help you create a clear roadmap for your assets. Learn about wills, trusts, powers of attorney, and healthcare directives. Discover strategies to minimize taxes, avoid probate, and ensure your wishes are carried out. This workshop is designed for individuals at all stages of life, whether you're just starting out or looking to update an existing plan. Empower yourself with the knowledge to secure your legacy and provide peace of mind for your family.

Date: September 15th

Time: 5pm

Location: Caledonia MS/HS Media Center

Instructors: Eric Guth and John Becker

Cost: \$10/family

**Minimum 5 registrations to hold the class*

Make and Take Focaccia Class

Learn how to make 2 different flavors of Focaccia Bread in this make and take class!

Date: Saturday, Sept 27th

Time: 9am-11am

Location: Foods room at Caledonia MS/HS- B163

Cost: \$40/person

**includes all materials*

Instructor: Grace Mikula

Minimum of 6 participants

Register by Sept 19th



OCTOBER

Teen Car Control Clinic

The clinic teaches fundamentals of vehicle control during classroom sessions and behind the wheel exercises. Teens will leave with an increased sense of confidence in their ability to handle their vehicle as well as increased awareness of hazards on the road. We require that a parent/guardian attend the course with the licensed teen (16-19 years of age). You must use your own vehicle for the driving portion of the course.

Dates: Oct. 4th OR 5th from 7:45 a.m. to 4:30 p.m.

Location: Gundersen La Crosse Campus, Parking Lot F

Breakfast and lunch will be provided

A \$50 deposit is required at registration, which will be refunded in full after completion of the program.

Pre-registration is required by Sept. 26

Register Here: <https://www.gundersenhealth.org/events/teen-car-control-clinic?scrlybrkr=029d386c>

MN Highway Safety and Research Center's 55+ Driver Improvement Program

The Driver Improvement course is a state approved accident prevention/insurance discount course that is open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology.

Persons age 55 and older who complete the 4 hour course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. The 4 hour class is required every three years to maintain the 10% discount.

4 Hour Refresher Course

For driver's over 55 years of age

Dates: Monday, Oct 20th

Time: 5:30pm-9:30pm

Location: CHS Auditorium

Cost: \$30

Instructor: Deanne von Wald

Snack Provided

Basic Life Support CPR

Learn to save a life. The Basic Life Support course is designed to provide the student the ability to recognize several life-threatening emergencies, provide CPR using up-to-date science from the American Heart Association, use an Automatic External Defibrillator (AED), and relieve choking in a safe, timely, and effective manner. This course is intended for healthcare professionals.

Date: October 16th

Time: 6:30pm

Cost: \$70

Location: Caledonia Ambulance Station



OCTOBER

Elementary Chess Club

Participants will start by learning the basics of how pieces move, how to set up the board, the basic rules, etc. Advanced participants will learn openings for black and white, middle game strategy, and end game checkmating patterns. Each meeting is roughly 15-25min of chess position puzzles and concept learning followed by playing games the rest of the hour.

Grades: 4th and 5th graders

Location: Mr. Hebeisen's Room (Elem 203)

Start Date: October 20th-May 14th

Dates: Mondays when school is in session

Time: 3pm-4pm

Cost: \$20/student

Max. 14 participants

Retirement Cornerstones

Navigating retirement requires a solid foundation. Our "Retirement Cornerstones" workshop provides a comprehensive overview of the key pillars for a secure and fulfilling future. We will cover:

- Retirement Income Strategies
- Long-Term Care Planning
- Healthcare in Retirement
- Estate Planning Essentials

Join us to build a robust plan for your retirement, giving you the confidence and peace of mind you deserve.

Date: October 13th

Time: 5pm

Location: Caledonia MS/HS Media Center

Instructors: Eric Guth and John Becker

Cost: \$10/family

**Minimum 5 registrations to hold the class*

When Relationships Change

In partnership with Bluff Country Family Resources

One thing we know about life is that it brings change. Often unexpected, and not what we hoped for, it can be a very challenging time, affecting all aspects of our being—physical, emotional, mental, and spiritual. In this interactive presentation we will explore ways to get through, reclaim our resiliency, open to hope, and step forward into the unknown future. Whether it's a divorce, separation, death of a loved one, or just growing apart from someone, we experience a range of emotions from anger to fear to grief. This class will focus on how we can cope and find strength.

Instructor: Kailean Welsh, Professional Counselor working from the Driftless Area of Wisconsin

Date: Wednesday, October 29th

Time: 6-8pm

Min: 5 participants

Location: Caledonia High School Media Center

Cost: \$12 (scholarships are available)

OCTOBER

Intro to CAD Design

sponsored by Team#5914 - Robotic Warriors

This course introduces students to the basics of computer-aided design (CAD) and how digital models are created for real-world applications. Participants will learn core design tools, sketching techniques, 2D drawing, and 3D modeling while exploring how CAD is used in engineering, manufacturing, and product design. By the end of the course, students will have created their own digital designs and gained the foundational skills to continue developing projects for 3D printing, machining, or other fabrication methods.

Program cost: \$30/student

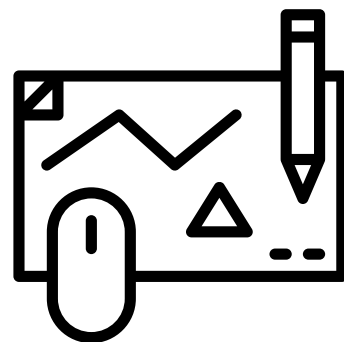
Free for active members of FTC/FRC programs

Dates: October 21, 23, 28, 30

Time: 6:30pm

Grades: 7th and up

Location: The Robotics Room



Questions? Email jeff_babinski@cps.k12.mn.us

Caledonia Community Education

2025 Youth Firearm Safety Education Class

Youth Firearm Safety Education Class registration forms will be available in the Caledonia Community Ed Office and the Caledonia Elementary Office **beginning September 22nd**.

Forms must be returned to the Caledonia Community Ed Office by **Friday, October 10th**. You will receive your handbook and course syllabus when you return your completed registration form. There will be a \$7.50 registration fee must be paid online after successful completion of the class. You will receive information on submitting your fee online during class.

Class Time: 6:00pm-9:00pm

Location: Caledonia High School Room B134

Maximum 35 students

Open to adults and kids 11 years and older

Students must be 11 years old by the first day of class

Instructor: Kevin Bulman - kbulman_7@hotmail.com

Fee: A \$5 fee will be charged to receive your book

Class Dates:

Monday, October 13th

Wednesday, October 15th

Monday, October 20th

Wednesday, October 22nd

Field Day - Tentatively Saturday, October 25th from 9:00am-12:00pm

NOVEMBER

Self-Defense

**in partnership with
Bluff Country Family Resources**

This Self-Defense Seminar will help participants acquire the strategies and skill sets necessary to successfully protect themselves from attack situations.

Date: Saturday, November 15th

Time: 10am-1pm

Location: MS/HS Multi-Purpose Room

Instructor: Jeff Wood

Cost: \$30 (payment due by Nov 10th)
Scholarships/Fee Waivers available if needed

Ages 13 and older

Min. Participants- 20

Max. Participants- 50

Intro to Programming

sponsored by Team#5914 - Robotic Warriors

This beginner-friendly course introduces students to the world of microcontrollers through hands-on projects with Arduino. Participants will learn the basics of coding, wiring simple circuits, and using sensors, LEDs, and motors to bring their ideas to life. By the end of the course, students will have built and programmed their own interactive projects while gaining a foundation in electronics and coding that can be applied to robotics, automation, and creative design.

Program cost: \$55/student

Free for active members of FTC/FRC programs

Dates: November 3, 6, 10, 13, 17, 20

Time: 6:30pm

Grades: 7th and up

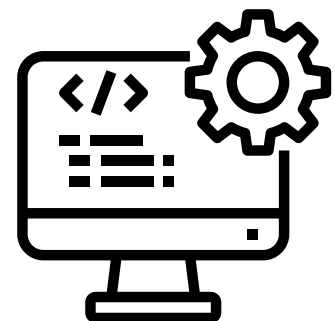
Location: Robotics Room

Questions? Email jeff_babinski@cps.k12.mn.us

Early Childhood Screening

Screening is a quick, no-cost, check to identify possible health or developmental concerns in young children who may need a health assessment, mental health assessment or educational evaluation. Early childhood screening is required for entrance into MN public schools. During screening, we check your child's: Vision and Hearing, Health Review, Thinking and Communication Skills, Large and Small Motor Skills. Children who are at least 3 years and 3 months old are eligible for screening.

Caledonia Area Public Schools next screening dates are **November 6th and 7th**. To make an appointment, please call Wendy at 507-725-5205.



ONGOING CLASSES

Heartsaver CPR and First Aid

Learn to recognize and care for life-threatening respiratory or cardiac emergencies in infants, children, or adults. Comfortable clothes and shoes are advised. CPR certificate good for 2 years. If pediatric certification is needed, please let us know when you register.

Sept 10th @ 5pm

Nov 14th @ 5:30pm

Dec 7th @ 9am

Cost: \$90

Location: Caledonia Ambulance Station

Ladies Pickleball ages 16+ Fall 2025

Dates: Sundays - Nov. 2 - Dec. 14

Time: 2:00 - 4:00 p.m

Location: Caledonia City Auditorium - East door

Cost: \$3.00/person/day to pay for lights and use of the auditorium.

- Paddles available to use
- Bring indoor athletic shoes to change into from street shoes.
- New players please email organizers for additional information.
- Play will be cancelled during inclement weather.

Barb Rollins rollinsbarb@yahoo.com

Marcia Bauer smbauer@acrgroup.cc

Women's pickleball is not sponsored by Community Ed. Neither Community Education nor organizers are responsible for any injuries. Play at your own risk.

Concealed Carry/Permit to Carry a Handgun

Completion of this course fulfills the training requirements for a Minnesota Permit to Carry a Handgun, valid in twenty-seven states. Also fulfills the training requirement for Wisconsin and Iowa Permits, and for a Florida Permit which adds an additional seven states. This is a basic course for men or women with little or no experience with firearms, as well as for more experienced shooters. Handguns and ammunition are provided. An enclosed, heated shelter is provided for shooting in inclement weather. Instructor: Fred Petersen, a retired Law Enforcement Officer, Police Firearms instructor, and Master Class shooting competitor.

Cost: \$80

(Teachers and Active Military \$20)

Location: **Ag Building at Winona Senior High School, 903 Gilmore Av, Winona**

Time:

Full Course- 10:00am-4:00pm

Refresher- 12:00pm-4:00pm

Dates (pick one):

September 14th, 20th

October 5th, 12th

November 2nd, 8th

December 7th, 13th

SAIL

Stay active and independent for living emphasizes strength, balance, and overall fitness for adults 55 and older. Regular exercise is a great way to relieve stress, sleep better, get more energy, and grow stronger.

Instructor: Gail McCormick, Carol Nelson, Sue Link, and Eunice Slama

Dates: Tuesdays and Thursdays

Time: 9am-10am

Location: Caledonia City Auditorium

Cost: FREE

DRIVER'S EDUCATION- CLASSROOM

CLASS DATES:

OCT 20 - 3:05PM-6:05PM

OCT 21 - 3:05PM-6:05PM

OCT 22 - 3:30PM-6:30PM

OCT 23 - 3:05PM-6:05PM

OCT 27 - 3:05PM-6:05PM

OCT 28 - 3:05PM-6:05PM

OCT 29 - 3:30PM-6:30PM

OCT 30 - 3:05PM-6:05PM

NOV 3RD - PARENT'S NIGHT - 5PM-8PM

PARENTS 6PM-8PM

NOV 4 - 3:05PM-6:05PM

**DATES/TIMES ARE SUBJECT TO CHANGE BASED ON SPORTING EVENTS*

REQUIREMENTS:

-MUST BE TURNING 15 WITHIN 6 MONTHS OF START DATE

-MUST ATTEND EVERY CLASS

-MUST PAY \$415 FEE TO SECURE YOUR SPOT

THIS FEE IS FOR CLASSROOM AND BEHIND THE WHEEL

REGISTRATION NOW OPEN UNTIL OCTOBER 15TH

CONTACT COMMUNITY ED @ 507-725-5139

COMMUNITY_ED@CPS.K12.MN.US

MAX. 30 STUDENTS

INSTRUCTOR: SCOTT SORENSON

INFORMATION NEEDED:

-STUDENT FULL NAME

-DATE OF BIRTH

-PARENT NAME

-ADDRESS

-PHONE NUMBER

CHILD CARE/PRESCHOOL

CAPS Care Child Care Center

Caledonia's CAPS Care daycare center is licensed to care for infants and toddlers, ages 6 weeks-33 months. We currently have openings in our toddler room, for any children ages 16-33 months.

Hours:

Monday-Friday

6:00am-6:00pm

CAPS Care is open year round, except for major holidays.

Please contact

caps_care@cps.k12.mn.us to inquire about openings.

Surround Care

Caledonia's Surround Care program is our transition room for the children who age out of the CAPS Care toddler room at 33 months old, but who do not meet the age and/or potty-training requirement to join our 3K preschool.

Surround Care follows the school district calendar and daily schedule in terms of holidays/days off/early releases/etc.

Hours:

Mon/Tues/Thurs/Fri- 8am-3pm

Wednesdays- 8am-2:30pm

Please contact

gretchen_juan@cps.k12.mn.us to inquire about openings.

School Age Care (SAC)

Caledonia's SAC program is open to children in grades preK-5th grade. We provide care for our students before school, after school, and on non-school days. Enrollment is not guaranteed, as there is a high demand for the program. Contact Meghan Von Arx, meghan_vonarx@cps.k12.mn.us about openings.

School Year Hours

Monday-Friday

Morning: 6:00 am – School Begins

Afternoon: After School – 6:00 pm

Non-school days: 6:00 am – 6:00 pm

Daily Rates (per child)

AM- \$12/day

PM- \$15/day

BOTH AM & PM- \$20/day

Non-school days- \$40/day

Hand in Hand Preschool

Caledonia's Hand in Hand Preschool program is open to any child who is 3 or 4 by September 1st, 2025. Hand in Hand Preschool, is a 4 star Parent Aware rated preschool program, and follow the school district calendar. Students must be potty-trained to enroll.

3K Full Days:

Mon/Tues/Thurs/Fri- 8am-3pm

Wednesdays- 8am-2:30pm

4K Full Days:

Mon/Tues/Thurs/Fri- 8am-3pm

Wednesdays- 8am-2:30pm



🔍 WE ARE LOOKING FOR

COMMUNITY ED INSTRUCTORS



CLASSES WE ARE HOPING TO OFFER FOR ADULTS AND/OR KIDS:

- ART
- CODING
- COMPUTER/PHONE/EMAIL HELP FOR SENIORS
- COOKING CLASSES
- DANCE CLASSES
- KNITTING/SEWING
- INSTRUMENT LESSONS
- OPEN TO ALL OTHER SUGGESTIONS

ANYONE 16+

CREATE YOUR OWN SCHEDULE

CONTACT

COMMUNITY_ED@CPS.K12.MN.US
507-725-5139

JOIN US

HAVE FUN
& MAKE NEW FRIENDS



sign up for
DANCE!

Register anytime:
justforkix.com/danceclasses



Just for Kix Dance
Classes for preK-12th grade
25-26 Season in Eitzen
Registration Now Open!
www.justforkix.com

JOIN OUR

COMMUNITY ED

ADVISORY COMMITTEE

**ONLY A
COMMITMENT
OF 4 MEETINGS
PER YEAR**

About Us

COMMUNITY ED INCLUDES
CLASSES FOR YOUTH AND
ADULTS, SAC, ECFE, HAND IN
HAND PRESCHOOL, CAPS
CARE

We Need:

- PARENTS
- STUDENTS
- COMMUNITY MEMBERS

**TO HELP US GROW
AND IMPROVE OUR
PROGRAMS**

CONTACT US:

507-725-5139
COMMUNITY_ED@CPS.K12.MN.US

Make a difference

**Become a substitute at your child's school
in Caledonia Area Public Schools!**



A Kelly Services® Company