

# CALEDONIA AREA COMMUNITY EDUCATION

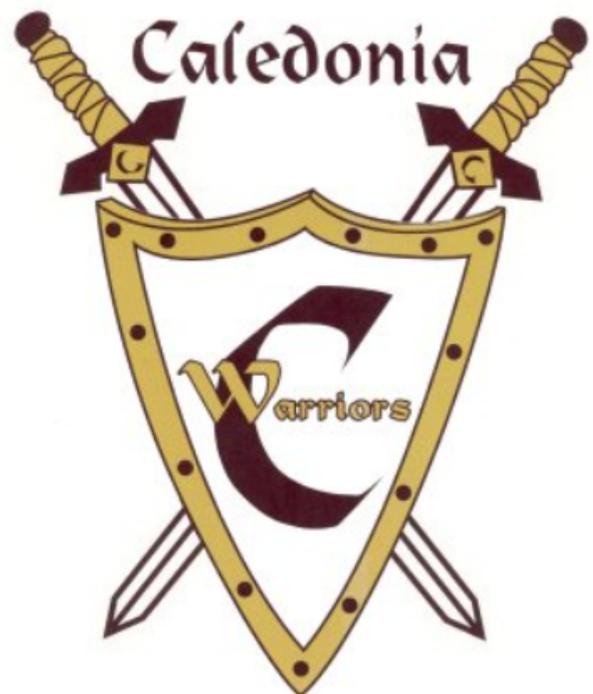
**Winter/Spring 2026 Catalog  
January-May**

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

**To register for classes, contact:  
507-725-5139  
[community\\_ed@cps.k12.mn.us](mailto:community_ed@cps.k12.mn.us)**

**To receive all  
future catalogs:**

**Contact  
[community\\_ed@cps.k12.mn.us](mailto:community_ed@cps.k12.mn.us)  
to get on our mailing list!**



**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

## DATES

January 15th

February 12th

March 12th

April 9th

May 7th



# 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 **March 5th and 6th**. To make an appointment, please call Wendy at 507-725-5205.

Make a difference

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

teachers  
ON CALL

A Kelly Services Company

# ADULT

## **Calm Camp- A 6 week meditation course**

You're calm starts here. This 6-week course is designed to help you slow down, breath deeply, and calm the chaos. If you've ever wanted to try meditation but weren't sure where to begin, this is the perfect place to start. Some of the many benefits of meditation may include improving sleep, reducing stress, improving emotional and physical health, improving self-awareness, focus, attention, creativity, and productivity. Come learn, experience, and build a meditation practice you can carry into everyday life. Your calm is closer than you think.

Cost: \$50

Time: 6:00pm - 7:00pm (Tuesdays)

Who: High school students and adults

Instructor: Beth Klinski, certified meditation practitioner/teacher

Jan 20, Jan 27

Feb 3, 10, 17, 24

Min 3, Max 15

## **Life Rebalanced Workshop**

Are you feeling stuck or lost and wishing life came with a road map? What if you could become the hero in your own story? Are you tired of setting New Year's resolutions and not keeping them? In this 4- hour workshop you will learn a lifestyle framework to live with more growth, balance, and purpose.

We will discuss the 7 key areas of life - Fitness, Finance, Family, Field (career), Faith(your faith is your faith), Family, and Friends. You will learn how to overcome the 7 most common blockers - fear, self-sabotage, laziness, guilt, anger, lack of focus, and envy. You will learn how to lean into and use more love, gratitude, integrity, passion, discipline, wisdom, and humility. Why settle for ordinary when extraordinary is within you? By the end you will have a real understanding of where you are, where you want to go and how to get there. Your own roadmap to the life you want to live. Workbook and snack included.

Cost: \$50

Date: Saturday Jan. 31

Time: 8:00 am -12:00 pm

Who: High school students and adults

Location: MS/HS Media Center

Instructor: Beth Klinski, certified life coach

Min 3, Max 12

# ADULT

## **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 Course**

For driver's over 55 years of age

Dates: Monday, April 13th

Time: 5:30pm-9:30pm

Location: CHS Auditorium

Cost: \$30

Instructor: Deanne von Wald

**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**

## **Beginners Spanish for Adult Learners**

Focus on pronunciation, useful phrases and basic conversation to be able to understand, speak, read and write at a beginner level.

Dates: Jan 22, 29

Feb 12, 19, 26

March 6, 13, 27

April 9, 16, 23, 30

May- make up classes, if needed

Time: 5pm-6:30pm

Age: 18+

Location: MS/HS Spanish Room- A110

Cost: \$60

\*Fee includes the learning materials

Instructor: Tessa Larson

**Registration and fees due by Monday, January 12<sup>th</sup> at 3:30pm**

## **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. Bring a yoga/fitness mat.

Instructor: Angela Stigeler

Time: 5:00pm-6:00pm

Location: CES Cafeteria

Cost: \$95 for all classes

Jan 12, 14, 21, 26, 28

Feb 4, 9, 11, 18, 23, 25

March 2, 4, 9, 11, 23, 25, 30

April 1, 8, 13, 15, 20, 22, 27, 29

May 4, 6, 11, 13

# YOUTH

## **Child and Babysitting Safety Program**

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute provides everything you need to know for safe and successful babysitting. At the end of class, the students will receive their certification card along with instructions to access a digital copy of the Child and Babysitting Safety (CABS) Student book.

Instructor: Lori Hameister ([www.littlebitofguidance.com](http://www.littlebitofguidance.com))

Date: Monday, April 6th

Time: 9am-12pm

Location: Elementary Media Center

Student class fee: \$60

Ages: 4th Grade and up

Minimum 8 students

Registration and payment due by Monday, March 30th

## **Home Alone!**

Parents need to be sure their children have the skills and maturity to handle the responsibility safely. This class for children will address several topics relating to being “Home Alone” including age guidelines, safe habits, house rules, after school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders, and first aid tips.

Instructor: Lori Hameister ([www.littlebitofguidance.com](http://www.littlebitofguidance.com))

Date: Monday, April 6th

Time: 12:30pm-2:30pm

Location: Elementary Media Center

Student class fee: \$40

Ages: 2nd Grade and up

Minimum 8 students

Registration and payment due by Monday, March 30th

## **Minnesota Boater Safety Course**

Instructors will go through the boating safety course. At the end of the course, students will take the Minnesota water safety operator’s test.

Date: April 6, 2026

Time: 1:00 pm to 4:00 pm

Cost: Free

Location: Houston County Justice Center

E.O.C., 306 S. Marshall Street, Caledonia, MN

Maximum: 30 students

Ages: 12 years old or older to take the course

## **Jr. FIRST® LEGO® League**

Jr. FIRST® LEGO® League introduces science, technology, engineering, and math (STEM) to children through fun, exciting hands-on learning.

Participants gain real-world problem solving experience through a guided, global robotics program, helping today's students and teachers build a better future together.

Grades: K-3rd

Cost: \$25 per student

Time: 3:15pm-4:15pm

Location: CHS Room B134

Instructor: Sheri Allen and Caledonia Robotics Team

Dates: Jan 6, 13, 20, 27

Feb 3, 10, 17, 24

# 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.

Dates:

February 12th @ 5:30pm OR

March 7<sup>th</sup> @ 9am

Cost: \$90

Location: Caledonia Ambulance Station

## **Basic Life Support- Healthcare**

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:

January 19th OR April 16<sup>th</sup> @ 6pm

Cost: \$90

Location: Caledonia Ambulance Station

## **SAIL**

Stay active and independent for living is an exercise class that emphasizes strength, balance, and overall fitness for adults 55 and older.

Instructor: Gail McCormick, Carol Nelson, and Eunice Slama

Dates: Tuesdays and Thursdays

Time: 9am-10am

Location: Caledonia City Auditorium

Cost: FREE

## **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. 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. Instructor: Fred Petersen, a retired Law Enforcement Officer, Police Firearms instructor, and Master Class shooting competitor.

Cost: \$80 (Teachers and Active Military \$20)

Location: Winona Sportsman's Club

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

Refresher- 12:00pm-4:00pm

Dates (pick one):

Jan 11, 17

Feb 8, 14

March 8, 14

April 11

May 10, 16

June 7, 13

## **Hall Walking**

The Caledonia Middle/High School building is open for you to walk indoors at the following times:

High School 6:30am-7:30am & 3:30pm-9:00pm

\*No Friday PM walking in either building

# COMING SOON...

## Driver's Ed Classroom

Dates: TBD

Instructor: Scott Sorenson

Cost: \$425

Fee includes classroom and behind the wheel

## Bluff Country ATV Club

### Youth ATV Safety Training

Rushford American Legion

Late April and Early May

Dates to be determined

Check DNR website for listings

Contact: Heidi

[kidsandstamps@hotmail.com](mailto:kidsandstamps@hotmail.com)

## Youth Firearm Safety

Class Dates:

March 23, 25, 30

April 1st

Class Time: 6pm-9pm

Field Day: April 11th

Field Day Time: 9am-12pm

Location: Caledonia MS/HS

Instructor: Kevin Bulman

Limit 30 students

More information to come!



Be part of our 4 Star Parent  
Aware Rated Program!

Registration forms  
can be found on the  
school website:  
[www.cps.k12.mn.us](http://www.cps.k12.mn.us) -->  
Community Education -->  
Hand in Hand Preschool  
or  
picked up in the  
elementary school office  
starting January 26th

Questions?  
Contact Gretchen Juan  
[gretchen\\_juan@cps.k12.mn.us](mailto:gretchen_juan@cps.k12.mn.us)

**FALL 2026  
HAND IN HAND  
3K and 4K  
REGISTRATION  
OPENS JAN 26TH**

**FULL DAY  
Classes**

**Children must  
be 3 or 4 by  
9/1/2026**