

Winter 2019 Activity Guide



NORTHLAND
COMMUNITY & TECHNICAL COLLEGE
Center for Outreach & Innovation



ED2GO	Page 2
ECFE	Page 3
General Interest	Page 4
Youth & Teen / Technology / Aquatics	Page 5
Northland Continuing Ed/ AARP	Page 6
Health & Fitness / LBLS Parks & Recreation	Page 7
Registration Information	Page 8

INSTRUCTOR LED ONLINE COURSES

REGISTER FOR ONLINE CLASSES AT:
www.ed2go.com/trf

Welcome!

Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. The instructors create warm and supportive communities of learners. All courses run for six weeks, two lessons per week. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any of these courses entirely for your home or office and at any time of the day or night.

How to Get Stated:

1. Visit our Online Instruction Center at www.ed2go.com/trf. This is where you'll select your course, choose a start date and pay for the course. You will note that there are many more courses than those listed in this catalog, and you're welcome to take any course at this website.

2. Select the course and the date you'd like to start the class and follow the instructions for enrolling in the course. It's at this point that you'll choose a username and password.

3. Make payment with a credit card.

4. On the start date of the course, log in to www.ed2go.com/trf and enter the classroom link using your username and password.

Requirements:

All courses require Internet access and email. Some courses may have additional requirements. Please visit our Online Instruction Center for access to complete course descriptions, student evaluations, instructor biographies, requirements and other information.

Introduction to QuickBooks 2014

Gain control of your business as you learn to use this powerful accounting software to create and print invoices, track your payables and receivables, and more.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Introduction to Guitar

Master basic guitar skills and become the musician you've always wanted to be.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Jump-Start Your Career With LinkedIn

Learn how to use LinkedIn, a free and popular job search and career development tool, and gain the power of the Internet to expand your professional network.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Introduction to Windows 10

Learn how to get the most from the Windows 10 operating system, including managing apps, programs, photos, files, and folders.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Assisting Aging Parents

Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Introduction to Digital Scrapbooking

Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Computer Skills For The Workplace

Gain a working knowledge of the computer skills you will need to succeed in today's job market.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Mastering Your Digital SLR Camera

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings, and more.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Beginning Writers Workshop

If you've always wanted to write but have no idea where to start, this course will demystify the process for you. You'll get a taste of the writing life, improve your writing skills, and develop new ways to stretch your creative muscles.

Starting dates: Jan. 16, Feb. 13, March 13; \$89



A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant-writing campaigns, and prepare proposals.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Mastering Public Speaking

Learn the secrets of effective public speaking and small group communication.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

SAT/ACT Preparation-Part 1

Master the reading, writing, English and science questions on the ACT and new SAT.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

SAT/ACT Preparation-Part 2

Master the math questions on the ACT and new SAT.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Accounting Fundamentals

Demand for accounting professionals currently exceeds supply. If you're interested in increasing your financial awareness while also gaining a marketable skill, this course is for you. You'll learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You'll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Discover Sign Language

It's truly amazing that we can communicate just by using our hands! Add different facial expressions, and you have a conversation—the language of Deaf people. In this course, you'll discover how to use this graceful, expressive language to communicate with Deaf people. You'll begin with an introduction to the language itself, and learn to create the signs for numbers. You'll also master the sign alphabet so you can fingerspell proper names.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

Drawing for Absolute Beginners

Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the course for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! You'll gain a solid understanding of the many tools of the trade. You'll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principal of perspective, layout, design, lighting, volume, and space. You'll even discover how best to get in touch with your right brain.

Starting dates: Jan. 16, Feb. 13, March 13; \$89

WELCOME TO EARLY CHILDHOOD & FAMILY EDUCATION CLASSES AND ACTIVITIES FOR YOU AND YOUR CHILD

Our ECFE classes have parents and children learning together through a mix of activities guaranteed to be fun and educational for children birth to five years of age. Parents also are provided with information and support to help you be the best FIRST teacher of your child. All classes include time where parents and children work together on educational activities designed for early learning success.

Classes include a story, rhymes, music, and parent & child hands-on learning activities followed by a time when parents can share and learn about child development, parenting styles and techniques, parenting dilemmas and more. During the parent discussion time, your child's teacher will continue to encourage learning through music, stories, games, and social experiences.

PARENT-CHILD CLASSES

Family School

Parents and children come to school together. This program provides a special time for parents and children to learn together through many activities. While parents attend their class to work toward their GED, high school diploma, or work on basic skill development; the children stay with the early childhood teachers to continue their educational activities. Lunch is available for all families. Transportation help is provided if needed. Class size is limited, so please call (218) 681-8670 for more information. This program is provided through Adult Basic Education, Head Start, and Early Childhood Family Education.

Tuesdays, 11:00 a.m.-2:45 p.m.
Room D107 at Challenger Preschool
Fee: No Cost

Library Storytime

Tuesdays from 9:30-10:15 a.m.
Thief River Falls Public Library

Join us at the Thief River Falls Public Library for stories, music and activities each week for all preschool children. Call (218) 681-8670 or (218) 681-4325 for more information

Busy Buddies

(Ages 1 year old-Kindergarten enrollment age)
(Infants may accompany parents with siblings)

Stories, songs, puzzles, creative projects, sensory, movement activities and other learning opportunities will be available for the variety of ages in these classes.

Parents will separate from the children to share joys and challenges, and learn helpful tips for parenting during part of the class (infants stay with the parents).

MORNING CLASSES
Wednesday Class: WEC104
(11 weeks) 9:30-11:30 a.m.

Thursday Class: WEC105
(11 weeks) 9:30-11:30 a.m. (FULL)

Friday Class: WEC108
(10 weeks) 9:30-11:30 a.m.

EVENING CLASSES
Thursday PM Class: WEC106
(4 weeks) 4:30-5:45 p.m.
January 31, February 7, 14 & 21

Thursday PM Class: WEC107
(4 weeks) 6:00-7:30 p.m.
January 31, February 7, 14 & 21

Follow us on Facebook Thief River Falls ECFE

4 Easy ways to register for ECFE Classes:

1. Sign up online at www.trfcommunityed.com beginning Nov. 17.
2. Stop at the Challenger Preschool office.
3. Mail your completed registration form & payment to: Challenger Preschool, 601 County Rd #61, Thief River Falls, MN, 56701.



Pop In and Play

(Ages birth – 4 year olds)

Take time to play with your child at school. You can explore and interact in a variety of ways including doing puzzles, building with blocks, creating art, discovering in the sensory table, dancing to music and listening to a story, etc. (This could be a second class for families.)

Mondays, 10:00-11:00 a.m.
November 26, December 3 & 10
January 7 & 28, February 4

No Registration Required
Fee: \$3.00 per child or \$5.00 per family per class.

Let's Get Together & Play

(Ages 0-5 years old)

This is a special time to play and make new friends. We will read a book, sing songs, and play with the residents.

Meet at the Thief River Care Center on Hwy 59 South.

This is a Free activity and No registration is required.

Mondays, 10:00-11:00 a.m.
December 17, January 14 & February 11



Get Up & Go

(Ages 2-5 years old)

It's movement based learning time. We will explore Playland, use the parachute, play games, and use music for movement during this class. It will be a good place to use extra energy and meet new friends. (This could be a second class for families.)

Tuesday Class: WEC103
(10 weeks) 10:45-11:45 a.m.
Fee: See sliding fee scale on last page.

PLAY!

Play is so important for our kids! Do you know that it is important enough that doctors are now prescribing it for children? It is necessary that our kiddos are playing, but what do parents need to know about play? **Join us on Friday, February 1 from 5:30-7:30 p.m. to learn more about PLAY!** Pizza will be available from 5:00-5:30 p.m. Child care will also be available for children 18 months old to 8 years old for parents who RSVP. Sponsored by the Thief River Falls Early Childhood Initiative and ECFE. Watch for more details.

Katy Smith has been engaging communities in conversations for more than 25 years. Katy is an educator, a trainer, and the 2011 Minnesota Teacher of the Year. Katy lives and works in Winona, Minnesota.

Save The Date

Children's Garage Sale

Saturday, April 6, 2019

9:00 a.m.-12:00 p.m.

Challenger Elementary School

Rental of tables will begin February 23.

Beach Party Family Fun Night

Thursday, January 24

5:00-7:00 p.m.

Join us for an evening of "beach fun" to play with water, bubbles, and sand. Please register by calling

218-681-8670 by January 23.

Preschool Family Gym Time

Thursdays: Jan. 17 & Mar. 14

6:00-7:30 p.m.

Saturdays: Jan. 12, Feb. 9, & Mar. 9

10:00-11:30 a.m.

Do your preschool aged children (1-5 years old) need to use up extra energy? Join us in the Challenger gyms to play, have fun, and use that energy.

Save The Date

Stained Glass For All Levels

We will be focusing on everything from basics to advanced; cutting glass, grinding glass, copper taping glass, soldering and proper use of soldering iron. There will be lots of time for practice and project instructions will be given. Advanced students may opt for their own project and are able to bring their own supplies or use the instructors. Please bring safety glasses and gloves. Must be 18 years and over. Limit 12.

WGE100

Sat., Feb. 23, 8 am-4:30 pm

WGE101

Tues. and Thurs., April 2 & 4, 5-9 pm

FMS #139 (use SE door #9)

\$25 (plus a supply fee of \$40 will be collected at class)

Sandra Hensrud

Stained Glass Mosaics

Join us in making a unique mosaic using broken and cut bits and pieces of all kinds of glass, pottery, old china, stained glass and more. You will take home a small-framed mosaic that you create in class. Most supplies will be provided but please bring safety glasses and gloves. Limit 15.

WGE102

Tues., March 5, 5-9 pm

FMS #139 (use SE door #9)

\$15 (plus a supply fee of \$15 will be collected at class)

Sandra Hensrud

Parent and Me Crockpot Freezer Meals

Do your children love to help in the kitchen? Are you looking for ways to introduce your children to cooking? During these two hours, you and your children will help prep family-friendly freezer meals. It'll be a fun 2 hours of preparing meals for you and your family to cook later. Each group will be preparing at least one meal but going home with 5 meals. Meals include: Dr. Pepper Chicken, Shredded Chicken Quesadillas, Beef Stroganoff, Chicken Ranch Pasta, Pizza Burgers

WGE104

Mon., Jan. 28, 6-8 pm

LHS #130 (use SE door #8)

\$89 (this includes all the food!)

Danielle Schantz

Quilters Sit and Sew

Join the Thief River Falls Quilter's Guild for a weekend of quilting. A guild member will be available to help you with your project.

WGE115

Fri., March 15, 4-9 pm & Sat. March 16, 8-4:00 pm (lunch provided)

Methodist Church

\$25

Julie Desrocher

Rustic Sign Making

Come and join The Shed Girls on a 2-hour hands-on workshop where you will paint your own sign. Each individual will be able to pick from 4 designs to make their own 12"x24" sign. If you have any questions, please call Allie at The Shed 218-683-5328 during store hours.

WGE105

Wed., April 17, 6-8 pm

The Shed on Third

\$10 (plus a supply fee of \$25 will be collected at class)

Rustic WELCOME Sign Making

Come and join The Shed Girls on a 2-hour hands-on workshop where you will paint your own WELCOME sign. Each individual will be able to customize their own 12"x72" sign. If you have any questions please call Allie at The Shed 218-683-5328 during store hours.

WGE106

Wed., Jan. 16, 6-8 pm

WGE107

Thurs., Feb. 21, 6-8 pm

The Shed on Third

\$10 (plus a supply fee of \$40 will be collected at class)

Cooking with an Instant Pot/Pressure Cooker

Learn how to use the electric pressure cooker to save you time in the kitchen. Cooking with the electric pressure cooker (Instant Pot) keeps the nutrients and flavor in the food instead of losing them when cooking other ways. This class will take you through the steps to a delicious meal, from appetizer to main dishes to a delicious dessert! This is a hands-on demonstration class. You'll go home with lots of recipes and ideas to make your Instant Pot your favorite appliance. Come hungry! Please let us know when you register if you own an Instant Pot. Limit 12.

WGE108

Mon., Jan. 7, 5:30-8 pm

LHS #130 (use SE doors #8)

\$29 (this includes all the supplies for the class)

Crockpot Freezer Soups

In this class you will make 5 scrumptious soups that serve 4-6 and freeze like a charm. Just show up and all the ingredients will be there for you. Be ready to slice and dice! Perfect for the cool fall evenings! It doesn't get much easier than this. Soups include: Stuffed Pepper, Cheddar Bacon Ranch, White Chicken Chili, Broccoli Cheese, Chicken Wild Rice. Limit 12.

WGE116

Mon., Feb. 11, 6-8 pm

LHS #130 (use SE doors #8)

\$89 (this includes all the food!)

Danielle Schantz

Make a Jelly Roll Rug

Learn how to make a coiled rug using rug batting roll, a jelly-roll and your sewing machine. Fun and easy once you learn the technique used is what makes this class great for beginners and experienced quilters alike. These rugs are great for gifts and to make to match your room or latest quilt. A list of supplies needed for class is available when you register. Some supplies will be available for purchase at class. Please call us with questions 218-681-8711x5243. Instructor: Oklee Quilting Supply

WGE117

Sat., Feb. 2, 9 am-12 pm

LHS #130 (use SE doors #8)

\$10 (plus any supplies purchased at class)

Crockpot Freezer Meals

Back by popular demand! If you are crazy busy and your dream of having a private chef doesn't look promising and your family still insists on eating dinner, this is the class for you! In this class you will make at least 5 scrumptious meals that serve 4-6 and freeze like a charm. Just show up and all the ingredients will be there for you. Be ready to slice and dice! It doesn't get much easier than this. Meals include: Beef Tips & Gravy, Meatloaf, Shredded Pork Tacos, Chicken & Dumplings, Creamy Tomato Chicken. Limit 12.

WGE109

Mon., March 4, 6-8 pm

LHS #130 (use SE doors #8)

\$89 (this includes all the food!)

Danielle Schantz

Easter Centerpiece Making

Join The Shed Girls in making a beautiful Easter Centerpiece. You will be able to pick your own base and create an arrangement from a large collection of fresh flowers and decorations. If you have any questions please call Allie at The Shed 218-683-5328 during store hours. Limit 15.

WGE114

Mon., April 15, 6-7:30 pm

The Shed on Third

\$10 (plus a supply fee will be collected at class, depending on your creation; \$20-\$40 range)

Sami Bracelet Making

Sami bracelets are a Norwegian style bracelet made from braiding wrapped tin and using reindeer or deer leather and antler buttons. In this class you will make one of two style braids, no prior knowledge required! Limit 15.

WGE120

Thurs., March 7, 5-9 pm

LHS #130 (use SE doors #8)

\$10 (plus a \$15 supply fee will be collected at class)

Sewing Series with Pam

Project 1: Infinity Scarf

Infinity scarf meets plaid! We will be making the perfect infinity scarf for the winter months. Assorted plaid fabric will be available to choose from at class.

WGE110

Tues., Jan. 15, 5:30-7:30 pm

\$10 (plus a supply fee of \$15 will be collected at class)

Project 2: Cell Phone Charging Station

This pocket will hold cell phone, gizmo's and iPads as they charge. It will keep the counters and nightstands clutter-free. This charging station hangs right over the charger. Please bring your charger to class for sizing.

WGE111

Tues., Feb. 12, 5:30-7:30 pm

\$10 (plus a supply fee of \$12 will be collected at class)

Project 3: Two-handed Casserole Pot Holder

This easy-sew casserole pot holder has two connected hot pads making it perfect for carrying your favorite casserole to a potluck! This is a great beginner project and makes a great gift. We will be using heat resistant Insul-Brite.

WGE112

Tues., March 12, 5:30-7:30 pm

\$10 (plus a supply fee of \$15 will be collected at class)

Project 4: Grocery Bag Holder

Unclutter your under-the-sink area/junk drawer/pantry with a fun bag to hold ALL of those plastic grocery bags. Who will you bring to sew with you in this fun class?

WGE113

Tues., April 9, 5:30-7:30 pm

\$10 (plus a supply fee of \$12 will be collected at class)

LHS #130 (use SE doors #8)

Pam Engelstad Anderson

Community

Education is looking for people who would like to share their skill or talent with the community by teaching a Community Education class. Please call Community Education at 218-681-8711x5243



FMS Weight Training Program

The strength and conditioning program at Franklin Middle School is provided to students who want to maximize their athletics potential. Through proper technique and demonstration, the athletes will be able to excel in a safe, supervised environment. We believe that each athlete needs a foundation in muscular endurance before 'jumping in' to heavy weights and compromising correct form. By using periodization training, teaching proper technique and overseeing the athlete, The FMS Weight Training Program gives our students an advantage in developing their potential.

WYT101
Session One
Mon., Tues., Thurs.; Jan. 7, 8, 10, 14, 15, 17, 22, 24, 28, 29, 31
7:00-7:45 am
\$33

WYT102
Session Two
Mon., Tues., Thurs.; Feb. 4, 5, 7, 11, 12, 14, 19, 21, 25, 26, 28
7:00-7:45 am
\$33

WYT103
Session Three
Mon., Tues., Thurs.; March 4, 5, 7, 11, 12, 14, 18, 19, 21, 25, 26, 28
7:00-7:45 am
\$36

WYT104
Session Four
Mon., Tues., Thurs.; April 1, 2, 4, 8, 9, 11, 15, 16, 18, 23, 25, 29, 30
7:00-7:45 am
\$36

FMS Weight Room
Corey Poole

Kids Cupcake Wars

Here is your chance kids! You will decorate your own cupcakes while learning the basic techniques of decorating. This class is appropriate for ages 8+. Cupcakes and all necessary materials will be provided. Come and join the fun on this early out day of school!

WYT106
Wed., April 10, 1:30-3:30 pm
FMS Room #136
\$10 (plus a \$5 supply fee will be collected by instructor at class)

Kids Jigsaw Puzzle Tournament

Looking for something for the kids to do on this early out day from school? Teams of 2-4 people ages 7-12 will compete in a timed competition to complete puzzles of 250-1000 pieces. Form your own team or register as an individual and we will pair you up. Puzzles will be provided.

WYT108
Wed., March 13, 1:30-3:30 pm
CES
\$10

TECHNOLOGY

iPhone/iPad Basics

Do you have an iPhone or iPad but don't know how to use all the features? Are you looking to upgrade your phone but want to find out what an iPhone is all about first? We'll discover what an iPhone is and how to find apps, use email and calendar, and send text messages. We will meet twice to give you time to try out your phone in between classes and address any questions you have. Please free to bring your phone with you to each session!

WT101
Mon. & Tues., Feb. 4 & 5; 5-7 pm
WT102
Mon. & Tues., March 18 & 19; 5-7 pm
LHS Room #101
\$49
Tim Vagle, District Tech Coordinator

Beyond iPad Basics

This class will take you from an iPad/iPhone owner to a power user. Social media, apps and managing your photos will be covered in this class. Previous knowledge of the iPad/iPhone is required for this class. Please bring your Apple ID and password.

WT103
Tues., April 16; 5-7 pm
LHS Room #101
\$29
Tim Vagle, District Tech Coordinator

One-on-One iPad Training

Receive individual iPad training and instruction by an experienced trainer. Any iPad related questions are good questions. Bring your own iPad. Please indicate 2 or 3 areas you would like help with along with a choice of times available for training when registering.

WT104
Ongoing
TBD
\$65/person or a couple for 2-hour session

Early Childhood Screening

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Minnesota Law requires each child attend a health and developmental screening before starting school. The purpose of Early Childhood Screening is to identify possible health or learning concerns so that children can get help before they start school. Screening is highly recommended between the ages of 3 1/2 - 4 years old. Waiting until a child is starting kindergarten may be waiting too long.

When your child attends Early Childhood Screening, a trained professional will check large and small muscle development, thinking, language and communication skills, social and emotional development, vision, hearing, and immunization records.

To make an appointment, call Lisa Simenson at 218-681-8670.

- Upcoming screening dates:**
- Wednesday, January 30
 - Tuesday, February 26
 - Thursday, February 28

AQUATICS

Swimming Lessons

March 18-29
WAQ101/ WAQ103
Level 1/ Level 3
5:15-6:00 pm

WAQ102/ WAQ104
Level 2/ Level 4
7:00-7:45 pm
FMS Pool
\$60
Levels 5 and 6 available if enough interest. Please contact the pool at 681-8065 and leave a message if interested.

Lap Swimming

Mondays, Wednesdays, Fridays
6:00 - 7:30 am
Monday-Thursday; 6:00 - 7:00 pm
Adults \$5 and children \$4 or a Franklin Pool Pass

Open Swimming Schedule

Sat. & Sun.; 1-4 pm and 6-8 pm
Adults \$5 and children \$4 or a Franklin Pool Pass

Lifeguard Recertification Class

Participants must be 15 years of age by the end of the course. Please bring proof of age on first day of class. Upon successful course completion you will receive certification cards for Lifeguarding, First Aid and CPR. Bring a swimsuit and whistle.
WAQ200
April 7, 8:00 am-5:00 pm
FMS Pool
\$75

PADI Open Water Scuba Lessons

This class covers all classroom, pool training and the use of all equipment. Each student must purchase and read a manual for \$125 prior to the class. For information call 1-800-285-3483 or visit www.micksscuba.com. Minimum of 5.
WAQ100
Fri., Feb. 1, 6:00 -10:00 pm
Sat., Feb. 2, 8:00 am-9:00pm
Sun., Feb. 3, 8:00 am-4:00pm
FMS Pool
\$200

Evening Water Aerobics

Sanford Wellness and TRF Community Education are partnering up to bring you evening water aerobics. This class will focus on cardio, strength training and stretching using natural water resistance and added equipment such as pool noodles, kickboards, etc. This class is low impact, easy on joints and a great core body workout.

Starting Dec. 4
Tues. & Thurs., 6:20-7:00 pm
FMS Pool
\$5 to be paid at class (no need to register)
Free for Sanford Premier Plus Members

Rentals

Schedule rentals with Brenda Leier by calling 681-8065.
Sats. & Suns.; 12-1 pm or 4-6 pm (or during the week when not in use)
\$75 per hour

Pool Passes

Family passes: 12 month - \$325; 9 month - \$250
Summer pass (Memorial day to Labor Day) - \$175

Individual passes
12 month - \$210; 9 month - \$165
Summer pass (Memorial day to Labor day) - \$100

Punch Cards
Adult card-six punches - \$25; Child card-six punches - \$20





NORTHLAND COMMUNITY & TECHNICAL COLLEGE Center for Outreach & Innovation

The Center for Outreach and Innovation is the customized training and continuing education outreach department of Northland Community & Technical College. For additional information about our course offerings, please contact us!

Visit our Registration Website
www.northlandcollege.edu/coiclasses

Call us at 218-683-8649

Like us on Facebook

www.facebook.com/nctccontinuingeducation/

nctccontinuingeducation/

CPR COURSES

Heartsaver CPR AED and First Aid Certification

This certification course is designed to meet OSHA requirements for anyone with little or no medical training to administer first aid/CPR in an emergency situation. This course covers first aid basics, CPR and AED skills for adults. Renewal is every two years. NCTC – TRF campus, classroom 551 Feb. 5 & May 21
9am – 4pm (6 contact hours)
Ashley Gillund
\$80

MOTORCYCLE

Many riders assume rider training is for beginners, but that couldn't be further from the truth. A recent MMSC rider training evaluation found that half of the students who took an Intermediate, Advanced or Expert Rider Course during the first half of this training season had more than 10 years of riding experience. "There is a lot of learning and real world exercises that go beyond just driving through cones," another student said.

Motorcycle - Basic Rider Courses

Learn how to ride, and earn your motorcycle license endorsement in this 14.5-hour course featuring 10 hours of on cycle training and 4.5 hours of classroom training. Supportive and friendly instructors will teach you how to operate a motorcycle and the basic skills you need to safely ride on the street. Training motorcycles are provided for riders of all sizes. If you're an automatic scooter rider you can bring your own scooter with proof of insurance if its 500cc or less, 400 pounds or less, in good working order and registered as a motorcycle.

LOCATIONS / DATES

Bemidji:

May 3-5, May 18-19, Sept. 6-8

Thief River Falls:

May 31-June 2, June 28-30, July 26-28 & Aug. 9-11

\$195

SPECIALIZED COURSES AND CERTIFICATIONS

Minnesota Commercial Vehicle Recertification

This mandatory course is designed to provide recertification for commercial and/or self-truck inspectors already certified in Commercial Vehicle Inspection. This class is for individuals whose certification is due to expire. Individuals who have had their certificates expire must complete this recertification course within six months of expiration date.

TRF, MnDOT Building

Jan. 23, 9 am-4 pm

Duane Amundson

\$100

Steam Plant Engineering

This course covers steam and hot water boilers as well as heating plant operations. Participants are prepared for the Minnesota Grade C Boiler license. Course is also available on our EGF campus on Wednesday nights. Fee includes text and materials.

NCTC-TRF campus, Room 551

Thurs., Jan 24-March 28

5:30-9:30 pm

Ward Sinn

\$495

Pilot / Escort Driver Certification

Minnesota has passed new laws requiring the drivers of pilot cars and escort vehicles to hold a current Minnesota State Patrol Certification. All students are required to bring a recent (within the last 30 days) CERTIFIED copy of their current Minnesota driving record the first day of class. Students are also responsible for the fee associated with obtaining your driving record.

NCTC – TRF campus

TBD Spring 2019

9:00 am-4:00 pm

\$180

MnDOT Flagger Training

This training is to qualify contractor's employees to act as flaggers on MnDOT construction projects. The course will provide training on flagging operations and procedures, discussion of safe practices, flagger attire, and flagger responsibilities. Upon completion of training, flagger will be provided with a certification card and documentation for the contractor to keep on file for MnDOT construction projects.

Ashley Jaycox

\$35; 1 Hour

Contact Ashley directly to arrange at 218-683-8642

NCTC Registration Information

Register Online: northlandcollege.edu/coiclasses

Contact Information:

East Grand Forks
2022 Central Ave NE
East Grand Forks, MN
218-683-8649
1-800-959-6282

Thief River Falls
1101 Highway One E
Thief River Falls, MN
218-683-8649
1-800-959-6282

Registration Guidelines:

- Full payment must accompany your registration.
- If we have to cancel a class due to low enrollment, we will notify you as soon as possible and you will receive a full refund.
- If you need to withdraw from a class, you must notify us at least five days in advance of the class start date to receive a full refund.



Find us on
Facebook

SMART DRIVER AARP DRIVER SAFETY PROGRAM

If you are 50 years of age or older, you are eligible to take this class that may entitle you to a reduction in auto insurance premiums.

Location: DSC Board Room
Instructor: Ernie Taus

4-Hour Refresher Class For People Who Have Taken The 8-Hour Class

Cost: \$25

WAD100

Tues., Jan. 15

1:30-5:30 pm

WAD101

Tues., Feb. 19

5:30-9:30 pm

WAD102

Tues., March 12

1:30-5:30 pm

WAD104

Thurs., April 11

9:30-1:30 pm

WAD105

Tues., April 30

5:30-9:30 pm

WAD106

Tues., May 14

9:30-1:30 pm

8-Hour Class For People Who Have Never Taken The Driver's Safety Program

Cost: \$35

WAD107

Wed. & Thurs., Feb. 6 & 7

9:30-1:30 pm

WAD108

Wed. & Thurs., March 6 & 7

1:30-5:30 pm

WAD109

Wed. & Thurs., April 3 & 4

5:30-9:30 pm



Driver Safety

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Session 1 – 8 sessions
WHF101
Weds., Jan. 9-Feb. 27
5:15-6:15 pm

Session 2 – 8 sessions
WHF102
Weds., March 6-April 24
5:15-6:15 pm
\$45

DSC Gym (Door #1)
Tami Dowers-Edwards, Certified
Zumba Instructor

Step Aerobics

This 45-minute class includes basic step combinations at varying intensity levels, speed intervals, and resistance strength training for upper and lower body toning and strengthening. The class is finished with 10 minutes of abdominal work and stretch. Limit 15.

Session 1 – 9 sessions
WHF103
Tues. & Weds.: Jan. 2-30
12-12:45 pm
\$45

Session 2 – 8 sessions
WHF104
Tues. & Weds.: Feb. 5-27
12-12:45 pm
\$40

Session 3 – 8 sessions
WHF105
Tues. & Weds.: March 5-27
12-12:45 pm
\$40

Session 4 – 9 sessions
WHF106
Tues. & Weds.: April 2-30
12-12:45 pm
\$45

DSC Gym (Door #1)
Jodi Beeson

Adult Basic Education

Thief River Falls Adult Basic Education offers free classes with flexible scheduling. Students can set their own goals and work at their own pace.

Thief River Falls ABE will help adult learners to...

- Learn to speak and write the English language (ESL)
- Achieve high school equivalency (GED or MN Standard Adult Diploma)
- Become a U.S. citizen
- Attain employment skills and/or improve their current employment
- Master basic academic skills to help their children succeed in school
- Attain skills necessary to enter post-secondary education and training
- Gain self-esteem and personal confidence

For more information call 218-683-8764 or stop in and see Ann or Lynn in our new classroom at Northland Community and Technical College - Room 115.

City of Thief River Falls

Outdoor Skating Rinks and Warming Houses

Engelstad Rink – 1st Street & Crocker Avenue

Northrop Rink – 9th Street & LaBree Avenue (Hockey Rink)

WARMING HOUSE HOURS:

Warming House Attendant will be on Duty during these times:
Weekdays - 3:30-9:00 p.m. • Weekends – 1:00-9:00 p.m.

HOLIDAYS:

Christmas Eve – 11:00-2:30 ~ Christmas Day – Closed
New Year's Eve – 1:00-5:30 ~ New Year's Day – 1:00-5:30

INCLEMENT WEATHER PROCEDURE

While the guidelines below are generally the criteria which will be followed to determine outdoor rink and warming house closures, we reserve the right to close rinks whenever we feel it is in the best interest and safety of the participants. You may also check the City of Thief River Falls Facebook page or listen to the local radio station.

All regularly scheduled rinks and lights will remain open unless:

1. The air temperature is -10 degrees or below.
2. The wind chill factor is -20 degrees or below.
3. Unusually warm temperature has softened the ice, making the rinks unsafe for skating.
4. We receive a snowfall of more than two inches. This could delay cleaning the rinks and opening the building

Public Skating/Adult Open Hockey

Public Skating is scheduled periodically at the Ralph Engelstad Arena and Huck Olson Memorial Civic Center. To check the public skating schedule please visit www.citytrf.net and click on the Ralph Engelstad Arena tab to find the most current schedule. Cost is \$2.00/student and \$3.00/adult. Season passes are available in the ticket office of the Ralph Engelstad Arena.

Ralph Engelstad Arena Birthday Party Package

Plan your child's next birthday party at the Ralph Engelstad Arena! Package includes 1 hour of ice time, use of the Dakota Room for 2 hours. Cost is \$125.00. To reserve this package please call 218-681-2183.

Meeting Rooms

Looking for a room for your next meeting, call the Ralph Engelstad Arena to see about the different meeting rooms that are available to rent. Call 218-681-2183.



YOUTH MENTORING

LITTLE BROTHER LITTLE SISTER

**MINIMUM
4
HOURS A
MONTH**

**A MENTOR
HELPS A
YOUNG
PERSON
KNOW THEY
ARE
SOMEONE
WHO
MATTERS.**

**MENTORS
SERVE AS A
ROLE MODEL,
FRIEND AND
ADVISOR**

**DEVELOP
LEADERSHIP
SKILLS
AND
BUILD
SELF
CONFIDENCE**

**FOR MORE
INFORMATION
CONTACT
MELORA
218-689-9471**

**MENTORS
TEACH
YOUNG
PEOPLE
HOW TO
RELATE AND
COMMUNICATE
WITH
OTHERS.**

REGISTRATION PROCESS AND POLICIES

Register Early for Classes

You are enrolled in a class upon receipt of registration with payment. No class confirmations are sent. Our classes are open to everyone in the Thief River Falls community and the surrounding area. Classes are filled on a first-come first-serve basis, however you can register up to the first day of class, if there is an opening. Classes are sometimes canceled due to lack of enrollment, so it is best to register as soon as possible. You will be notified if a class is canceled.

Cancellation Policy

In the event you have to cancel

If you have to cancel, we can give a full refund if you notify the Community Education office at least two business days prior to the first class meeting. In the unlikely event your class is canceled, we will give a full refund.

In the event of inclement weather

During the school year, if Thief River Falls schools are canceled due to inclement weather, Community Education classes are canceled as well. Tune into local television stations or KTRF (1230) or KKAQ (1460) for announcements.

Class Attendance

Your payment for registration will be for the entire session regardless of what days or how many times you attend. If participants miss class for any reason, no refunds or makeup sessions will be made. If a class is canceled due to instructor illness, inclement weather, etc., every effort will be made to schedule a makeup session.

Age Requirement & Children

Adult Enrichment classes are designed for those 18 and older, unless otherwise indicated. You must arrange for childcare during our classes. Children are not to attend class with you, or be left unsupervised in the schools.

Photography Policy

Upon registering for an activity, participants agree that any photographs taken by Community Education staff become property of Community Education, and use of such photographs does not entitle participants to compensation of any kind.

Fitness and Recreation Classes

Please consult your physician prior to registering for any fitness class. If you have special concerns or circumstances that could prohibit or restrict a certain activity, please communicate those needs to the instructor.

Class Locations

Lincoln High School
101 Knight Avenue South
Thief River Falls, MN 56701

Challenger Elementary School
601 County Road 61
Thief River Falls, MN 56701

Franklin Middle School
300 Spruce Ave South
Thief River Falls, MN 56701

District Service Center
230 LaBree Ave South
Thief River Falls, MN 56701

REGISTER EARLY!

www.trfcommunityed.com



Community Education Registration Form
Mail to: Community Education Registration: 230 Labree Ave South, Thief River Falls, MN 56701

Participant Name _____ DOB _____ Grade _____
(Last) (First)

Parent/Guardian (if applicable) _____

Address _____
(Street) (City) (Zip)

Primary Phone# _____ Daytime Phone # _____

Email _____

Course Title	Course #	Fee

Check # _____ Total\$ _____

Card Type: Visa/ Mastercard/ Discover # _____ Exp. Date _____

4 EASY WAYS TO REGISTER:

- Online:** www.trfcommunityed.com
Register and pay for Community Education classes online. Secure and safe, this online registration process gives you 24/7 access to information, registration and payment options for Community Education.
- By Mail:** Mail your registration check (payable to Community Education) or credit card information to:
Community Education
230 LaBree Ave South
Thief River Falls, MN 56701
- By Phone:** Meg Kolden, Community Education Director
218-681-8711, ext 5244 or
Julie Clark, Administrative Assistant
218-681-8711, ext. 5243
- In Person:** Visit us at the Community Education Office
District Service Center
230 LaBree Ave South
Thief River Falls, MN 56701