

Fall 2019

Activity Guide



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 Find us on
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@trfcommunityed

Something for Everyone



NORTHLAND COMMUNITY & TECHNICAL COLLEGE

Exciting changes are happening at Northland Community & Technical College! The Center for Outreach and Innovation has a new name - Workforce Development Solutions and new partners which include: Central Lakes College, Minnesota State Community & Technical College, Minnesota State University Moorhead and Alexandria Technical & Community College. With this partnership comes a significant increase in training opportunities available to support your company. Workforce Development Solutions specializes in Continuing Education, Customized Training and Corporate Learning. Our educators can customize a class specifically for your organization and deliver the training at your facility or on campus.

For additional information about our course offerings, please visit our website www.northlandcollege.edu/wdsclasses or call us at 218-683-8649.

Additional courses are added throughout the year, please refer to our website for updates!

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.

Location: NCTC – TRF campus, classroom 635
Dates: September 20, 2019 & December 13, 2019
Time: 9:00am – 4:00pm (6 contact hours)
Instructor: Ashley Gillund
Fee: \$80

CPR for Healthcare Providers

This course is intended for individuals who must be CPR and AED certified for school and employment in any healthcare field. Topics covered in this course include: Rescue breathing; CPR for adults, children and infants; two person CPR; use of a Bag Valve Mask (BVM); care of an obstructed airway; and how to use an Automatic External Defibrillator. We combine American Heart Association (AHA) video-based teaching, verbal instruction, and hands-on skills-practice using manikins. Successful completion of the class will include a written test and a skills-based practical evaluation by the instructor. We currently have two classes scheduled for this fall – one at each campus!

Location: NCTC – TRF campus, Room 635
Date: October 22, 2019
Time: 5:00 – 9:00 pm
Instructor: Marissa Lehrer
Fee: \$40

Location: NCTC – EGF campus, Room 715
Date: October 30, 2019
Time: 5:00 – 9:00 pm
Instructor: Connie Troska
Fee: \$40

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.

Dates:
12/5/2019 Thief River Falls, MnDOT Building
12/19/2019 Thief River Falls, MnDOT Building
01/09/2020 East Grand Forks, NCTC Campus
01/22/2020 Thief River Falls, MnDOT Building
Time: 9:00 am – 4:00 pm
Instructor: Duane Amundson – MN State Patrol
Fee: \$100

Coming Soon....

Keen an eye out for dates for the Steam Plant Engineering/Boiler Operator classes which will be offered this winter! Current classes are listed on our site at www.northlandcollege.edu/wdsclasses. Also, like us on Facebook – Northland Community & Technical College Continuing Education – for updates and announcements.

NCTC Registration Info.

Register Online:
www.northlandcollege.edu/wdsclasses

Contact Information:
East Grand Forks
2022 Central Ave NE
East Grand Forks, MN
218-793-2487 or 1-800-451-3441

Thief River Falls
1101 Highway One E
Thief River Falls, MN
218-683-8649 or 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.

NW Regional Library

STORYTIME

Tuesdays at 9:30-10:30 a.m.

We invite everyone to come to the library and check out what's going on!

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!

FT100
Tues., Dec. 3
5:30-7:30 pm
LHS Room #101 (use main doors #1)
\$29

Great Apps for the iPhone/iPad

There are many applications available for download for your iPad or iPhone. This course will teach you about several apps and help you navigate through the Apple App Store to find others that might be of interest. Bring your own iPad if you have one

FT102
Tues., Oct. 22
5:30-7:30 pm
LHS Room #101
(use main doors #1)
\$29

Let Google Drive Help!

Google Drive helps you store and share important files such as documents, videos, images and more. Learn how to sync, store and access your files on the web, your hard drive or on the go! Get tips on the essentials of creating formatting, converting, syncing, organizing and deleting and sharing documents.

FT103
Thurs., Sept. 26
5:30-7:30 pm
LHS Room #101
(use main doors #1)
\$29

One-on-One iPhone/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.

FT104
Ongoing
TBD
\$65/person or couple for 2-hour session



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 Started:

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: September 11, October 16, November 13; \$119

Introduction to Guitar

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

Starting dates: September 11, October 16, November 13; \$109

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: September 11, October 16, November 13; \$115

Helping Elderly 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: September 11, October 16, November 13; \$109

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: September 11, October 16, November 13; \$109

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: September 11, October 16, November 13; \$115

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: September 11, October 16, November 13; \$109

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: September 11, October 16, November 13; \$115

Introduction to Microsoft Excel 2010

Do you work with numbers? Then you need to master Microsoft Excel 2010—and this is the place to do it. Even "non-techie" beginners will find it easy to learn Excel in this fun, step-by-step online course.

Starting dates: September 11, October 16, November 13; \$115

Mastering Public Speaking

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

Starting dates: September 11, October 16, November 13; \$115

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: September 11, October 16, November 13; \$109

SAT/ACT Preparation-Part 1

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

Starting dates: September 11, October 16, November 13; \$109

SAT/ACT Preparation-Part 2

Master the math questions on the ACT and new SAT.

Starting dates: September 11, October 16, November 13; \$109

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: September 11, October 16, November 13; \$115

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: September 11, October 16, November 13; \$115

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: September 11, October 16, November 13; \$109

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.

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

FAD100

Tuesday, Sept. 17
9:30 am-1:30 pm

FAD101

Wednesday, Oct. 2
5:00-9:00 pm

FAD102

Thursday, Nov. 7
1:30-5:30 pm

Location: DSC Board Room
\$20
Instructor: Ernie Taus

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

FAD103 - Tues. and Wed.,
October 8 & 9
1:30-5:30 pm

Location: DSC Board Room
\$25
Instructor: Ernie Taus

Adult Basic Education

The Thief River Falls Adult Learning Center can help you on the road to employment, college and a happier life.

OFFERING

Reading • Writing
Math • Spelling
GED Preparation
English as a Second Language
College Preparation
Family Literacy
Citizenship Preparation

Must be 17 years or older and not enrolled in elementary or secondary school

For more information call:
1-218-683-8764

Yoga/Pilates

This class combines the best attributes of Pilates & Yoga, focusing on the core strength and stabilization elements of Pilates and the flexibility and mindfulness of Yoga. This class will introduce and incorporate the traditional Pilates mat exercises are developed by Joseph Pilates along with integrating yoga poses, breath work and relaxation techniques. Open to all fitness levels.

Materials needed: Comfortable clothing, Pilates or Yoga mat, water bottle

FHF100

Tues, Sept. 10, 17, 24, Oct. 1, 8, 22, 29, Nov. 19, Dec. 3, 10
5:15 - 6:15 pm
District Service Center Gym
\$60
Sara Rogalla, Certified Pilates 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.

Jodi Beeson

Session 1 – 8 sessions

FHF103

Tues. and Thurs.
Sept. 3, 5, 10, 12, 17, 19, 24, 26
12:00-12:45 pm
District Service Center Gym
\$40

Session 2 – 10 sessions

FHF104

Tues. and Thurs.
Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
12:00-12:45 pm
District Service Center Gym
\$50

Session 3 – 7 sessions

FHF105

Tues. and Thurs.
Nov. 5, 7, 12, 14, 19, 21, 26
12:00-12:45 pm
District Service Center Gym
\$35

Session 4 – 6 sessions

FHF106

Tues. and Thurs.
Dec. 3, 5, 10, 12, 17, 19
12:00-12:45 pm
District Service Center Gym
\$30

NEW! Pickleball

Imagine a game that is a cross between tennis, ping pong and badminton. Sound strange? It is pickleball and it is the fastest-growing sport in the world. In this class, you will get the hang of footwork, body positioning, balance, scoring and all the fundamentals. Wear comfortable clothes and tennis shoes. Bring your own paddle or use a loaner paddle that will be provided. Please enter using the back door. Limit 12.

FHF101

Tues.

Sept. 10, 17, 24
9:30-11:30 am
The National Guard Armory
\$10



Holiday Cookie Extravaganza

Come enjoy this fun afternoon on the early out day. We will be making a holiday craft and decorating cookies. Come get into the holiday spirit! Limit 20 (Grades 2+).

FYT105

Wednesday, December 11
1:15-3:00 pm
Location: Challenger Elementary School
\$10 (plus a \$15 supply fee will be collected by instructor at class)



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.

FYT101

Session 1 – 12 sessions
Monday, Tuesday, Thursday;
Oct. 1, 3, 7, 8, 10, 14, 15, 21, 22, 24, 29, 31
7:00-7:45 am
\$36

FYT102

Session 2 – 11 sessions
Monday, Tuesday, Thursday;
Nov. 4, 5, 7, 11, 12, 14, 18, 19, 21, 25, 26
7:00-7:45 am
\$33

FYT103

Session 3 – 9 sessions
Monday, Tuesday, Thursday;
Dec. 2, 3, 5, 9, 10, 12, 16, 17, 19
7:00-7:45 am
\$27

FMS Weight Room
Corey Poole

Pumpkin Decorating

Looking for something for the kiddos to do on the early out day from school? What's round, orange and comes to life around Halloween? Pumpkins of course! Decorate, paint, and embellish a pumpkin to create a special masterpiece of your own. Come get into the Halloween spirit. We will also decorate a yummy pumpkin cookie. Limit 20 (Grades 2+).

FYT104

Wednesday, October 9
1:15-3:00 pm
Location: Challenger Elementary School
\$10 (plus a \$15 supply fee will be collected by instructor 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.

FGE105

Wed., Sept. 11, 6–8 pm
The Shed on Third
\$10 (plus a supply fee of \$40 will be collected at class)

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 12x24 sign. If you have any questions please call Allie at The Shed 218-683-5328 during store hours.

FGE106

Wed., Nov. 13, 6–8 pm

FGE107

Wed., Dec. 11, 6–8 pm

The Shed on Third

\$10 (plus a \$25 supply fee will be collected by instructor the evening of class)



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.

FGE116

Fri., Oct. 11, 4-9 pm and Sat. Oct. 12 at 8-4 pm (lunch provided)
Location TBD
\$25
Julie Desrocher

Instant Pot Cooking 101

Is your Instant Pot still in the box? Are you overwhelmed with all the buttons that you see? Are you worried about the safety of pressure cooking? In this course, we will show you, in a fun and visual way, how to use every function and program, making you a master of this fine cooking instrument.

You will learn everything about your gadget from start to finish. In just a few hours, you will leave feeling confident about using your Instant Pot daily after having hands on experience. Join a community of millions of enthusiastic Instant Pot owners and start sharing your love with them. Limit 12.

FGE108
Mon., Oct. 7; 6–8 pm
LHS FACS Room #130 (entrance: southeast doors, Door #8)
\$19 (this includes all the supplies for the class)

Instant Pot Beyond Basics

This class will take you through the steps to a delicious meal, from appetizer to main dishes to a delicious dessert! We will be sharing some of our tried and true tricks and tips that will help reduce that stress and help you get healthy meals on the table! At the end of the class we will all enjoy the yummy food we cooked and we will share recipes to help you conquer your fear of the Instant Pot. You will be so happy you learned how to incorporate this incredible machine to help you eat at home more, staying healthy with your goals, and create less fuss and simplified meals. Come hungry! Limit 12.

FGE117
Mon., Nov. 18; 5:30–8:00 pm
LHS FACS Room #130 (entrance: southeast doors, Door #8)
\$29 (this includes all the supplies for the class)

Make a Balsam Wreath or Swag

Just in time for the holidays! Learn how to make a fresh balsam wreath or swag for your front door. We will be making a 12-inch wreath with fresh balsam or a beautiful swag to hang. You will also learn how to tie fancy bows to decorate your wreath.

FGE109
Tues., Dec. 3, 6–8 pm
FMS Shop Room #139 (enter using the south entrance, Door #9)
\$10 (plus a \$10 supply fee will be collected the evening of class)
Sara Panek

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: Honey Parmesan Pork Roast, Chicken Enchilida Stack, Italian Beef Sliders, Chicken and Kielbasa, Salisbury Steak. Limit 12.

FGE110
Thurs., Dec. 5, 6-8 pm
LHS FACS #130 (entrance: use southeast doors #8)
\$89 (this includes all the food!)
Danielle Schantz

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: Cheeseburger Soup, Lasagna Soup, White Chicken Chili, French Stew, Chicken Cheddar Bacon Ranch Soup. Limit 12.

FGE111
Tues., Nov. 12, 6-8 pm
LHS FACS #130 (entrance: use southeast doors #8)
\$89 (this includes all the food!)
Danielle Schantz

Autumn Outdoor Décor Workshop

Pumpkins, cornstalks and hay bales, oh my! At this workshop, you will learn tips and tricks to create your own unique autumn decoration to display outside or give as a gift. You can bring your own planter to fill or purchase one at class. Choose from a variety of items and pay only for items you use in your design. If you have any questions please call Allie at The Shed 218-683-5328 during store hours. Limit 15.

FGE112
Wed., Sept. 25, 6–7:30 pm
The Shed on Third
\$10 (plus a supply fee will be collected at class, depending on your creation)

NEW! Hand Sewing 101

Do you have buttons to replace but sometimes wonder how to begin? With simple techniques you will soon stop procrastinating and even take it to the next step. Tonight we will get back to the basics and start with buttons and snaps. There will even be a demonstration on some beginning embroidery stitches.

FGE120
Thurs., Sept. 19, 6:30-8:30 pm
LHS FACS #130 (entrance: use southeast doors #8)
\$19
Pam Engelstad Anderson

Christmas Centerpiece Making

Join The Shed Girls in making a beautiful Christmas Centerpiece. Each individual 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.

FGE114
Wed., Dec. 18, 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)



Fall/Thanksgiving Centerpiece Making

Join The Shed Girls in making a beautiful Fall/Thanksgiving Centerpiece. Each individual 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.

FGE113
Mon., Nov. 25, 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)

MENTORING OUR YOUTH

LITTLE BROTHER LITTLE SISTER

52% LESS LIKELY TO
SKIP SCHOOL.

130% MORE LIKELY TO
HOLD LEADERSHIP
POSITIONS.

55% MORE LIKELY
TO ENROLL IN
COLLEGE.

BE SOMEONE'S
ROLE MODEL,
FRIEND AND
ADVISOR

WE ONLY ASK A
MINIMUM OF 4 HOURS
A MONTH

CONTACT BRITTANY 218-689-3029 FOR MORE
INFORMATION

Incredible Infants

(Ages 0 - 12 months old)

These FREE classes will give parents and babies the opportunity to explore and learn together.

Enjoy this time to celebrate and nurture the relationship with your new baby. Connect with other new parents about the joys and concerns of parenting an infant.

Mondays, 11:30-12:30 p.m.

Class: FEC100 (10 weeks)

Fee: Free

Movers & Shakers

(Ages 12-24 months)

As your baby grows into a toddler, you encounter a world of new experiences and milestones together. This will be a time to play & learn together with others who are experiencing the joys and challenges of this age.

Mondays, 4:30-5:30 p.m.

November 4, 11 & 18

Class: FEC101 (3 weeks)

Non-separating class

Fee: See sliding fee scale

Library Storytime

Visit the Thief River Falls Public Library and enjoy storytime with music, stories and activities each week for all preschool children 0-5 years old. Call (218) 681- 8670 or (218) 681-4325 for more information.

Tuesdays from 9:30-10:15 a.m.

Thief River Falls Public Library

Pop In and Play

(Ages birth – 5 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.

September 9, 16 & 30

October 7 & 14

November 4 & 11

No Registration Required

Fee: \$3.00 per child or

\$5.00 per family per class.

Let's Get Together & Play

(Ages birth-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.

September 23, October 14 &

November 18



New!

Grandparents Support Group

Parenting for the 2nd time around?

Are you a grandparent now in the role of parent? Do you wonder how other grandparents are finding their way in this new role? Raising grandchildren can be a tremendous JOY and challenge. YOU are not alone!

Meet others, share your experiences, and support one another through struggles and triumphs. This is sponsored by the ECFE and Head Start programs. After having a meal and playing together, there will be activities for the little ones (up to age 7) provided by Early Childhood Teachers while the grandparents meet together with a Family Educator in separate rooms.

We hope to see you there!

We will meet monthly September through May at Challenger Preschool Fall session dates: Tuesdays, Sept. 17, Oct. 22, Nov. 19 from 5:30-7:30 p.m.

Storytime on Wheels

Storytime on Wheels is a monthly home visit program for TRF School District parents who are also child care providers and parents of at least one child birth to five years of age.

Our early childhood staff will bring stories, songs, and educational activities for children and information for parents/providers, to use in your homes. Throughout the school year you can expect quality educational experiences that best fit the needs of children in your care. The goal of Storytime on Wheels is to work with you in preparing children for success when they enter school.

Parents/providers who are interested in signing up for this valuable program are asked to call 218-681-8670 or email lisa.hinrichs@myproowler.org and let us know you would like to register for this opportunity. Upon receiving your message our staff will contact you to schedule your visits, which will be approximately one hour in length, and are subject to staff availability.

Visit fee: No charge

Busy Buddies

(Ages 1 year old-Kindergarten enrollment age)

(Infants may accompany parents with siblings)

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

Parents 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: FEC102 (10 weeks) 9:30-11:30 a.m.

Thursday Class: FEC103 (9 weeks) 9:30-11:30 a.m.

Friday Class: FEC104 (10 weeks) 9:30-11:30 a.m.

EVENING CLASSES

Thursday PM Class: FEC105 (4 weeks) 4:30-5:45 p.m.
September 12, 19 & 26
October 3

Thursday PM Class: FEC106 (4 weeks) 6:00-7:30 p.m.
September 12, 19 & 26
October 3

Fee: See sliding fee scale

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 D105 at Challenger

Preschool

Fee: No Cost

Early Childhood Special Events at Challenger Preschool

Grandparents and Me Day

Saturday, September 28

Children (ages 2-kindergarten age) and their grandparents are invited to our special activity for them. We will have an art activities to do, toys to play with, books to read, and a special snack to enjoy together available.

Register for one of the following times

- 10:30-11:30 a.m.
- 10:45-11:45 a.m.
- 11:00 a.m.-12:00 p.m.

Fall Family Fun Night

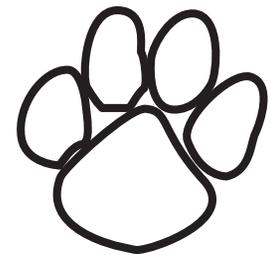
Thursday, October 24

5:00-7:00 p.m.

Join us for an evening of interactive learning for all children, ages 1-5 years old, and their parents on Thursday, October 26 from 5:00-7:00 pm. Watch for more information.

Call 218-681-8670 to pre-register by October 24.

Special events are offered for all families with children ages birth to five years in the Thief River Falls School District. You do not need to be attending an ECFE class to attend a special event. Free will donations will be accepted at events.



Prowler Preschool

Prowler Preschool is an Early Learning program for children ages 3 and up that will prepare them for Kindergarten located at Challenger Elementary School. Our classes are designed give students the opportunity to develop literacy, math, science, art and social skills all while having fun! We strive to build a love of learning in our students that will provide a solid foundation for future school success. 2019-20 applications are available. Please contact Lisa Simenson at 218-681-8760 for more information.

Children's Garage Sale

Saturday, October 12
Challenger
Elementary School
9:00 a.m.-12:00 p.m.

Do you have too many children's items taking over your house? Do you want to sell some of those things? Our ECFE Advisory Board organizes a Children's Garage sale in October and April each year as a fundraiser for ECFE. We "rent" tables for the sale (long tables with benches are \$25 and 8 ft. tables are \$20). You keep the money you earn from selling your items.

All items need to be related to children. Examples include: children's clothing up to size 14, toys, cribs, high chairs, books, maternity clothes, etc. It is the place to sell and shop for children's items!

Rental for tables will begin August 6.

There are 3 easy ways to rent tables:

1. Register online at TRFcommunityed.com (browse Catalog/ Register tab; ECFE-Special Events link; Children's Garage Sale)
2. Drop off payment with rental information at Challenger Preschool
3. Mail payment and rental information to:
 4. Challenger Preschool
601 County Road #61
Thief River Falls, MN 56701

EARLY CHILDHOOD SCREENING



ECFE REGISTRATION INFORMATION

Fall session begins the week of September 9 and ends the week of November 18.

Registration begins on August 6. Registration is first come, first serve and is on going until all classes fill.

5 Easy ways to register for ECFE Classes:

1. Attend a summer park class to register.
2. Sign up online at www.trfcommunityed.com
3. Stop at the Challenger Preschool office.
4. Mail your completed registration form & payment to: Challenger Preschool, 601 County Rd #61 Thief River Falls, MN, 56701
5. Register by phone at (218) 681-8670.

Fee Policy

No family who resides in the Thief River Falls School District will be turned away from participating in ECFE because of the inability to pay. Talk to Lisa Hinrichs for more information.

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:

- August 14 & 15
- September 25
- October 15
- November 6



Aquatics

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.

Tues. & Thurs., 6:20-7 pm

FMS Pool

\$5 to be paid at class (no need to register)

Free for Sanford Premier Plus Members

Open Swimming Schedule

Mon.-Fri. 7-9 pm

Sat. and Sun.; 1-4 pm and 6-8 pm

Adults \$5 and children \$4 or a Franklin Pool Pass

Lap Swimming

Mon., Wed., Fri.; 6-7:30 am

Mon.-Thur.; 6-7 pm

Adults \$5 and children \$4 or a Franklin Pool Pass

Rentals

Schedule rentals with Brenda Leier by calling 681-8065.

Sat. and Sun.; 12-1 pm or 4-6 pm (or during the week when not in use) \$75 per hour

Pool Passes

Family passes

12 month - \$320

9 month - \$250

Summer pass (Memorial day to Labor Day) - \$175

Individual passes

12 month - \$210.00

9 month - \$165.00

Summer pass (Memorial day to Labor day) - \$100.00

Punch Cards

Adult card-six punches - \$25.00

Child card-six punches - \$20.00



School-Age Childcare

Latch Key is a school age child care program designed to provide quality care and program activities for children in grades K-5. The program provides educational, recreational, and social activities to promote learning and development with a minimum of formal structure. We try to be as flexible as possible with our programming to meet the needs of all children participating.

What Does Latchkey Offer?

At Latch Key children may choose quiet activities such as playing a variety of board games, reading, simple art projects and/or sports activities and gross motor activities, including basketball, soccer, parachute activities, tag, jump rope, and many more.

- Latchkey will be at Challenger Elementary School
- Latchkey runs Sept. 3-May 29
- A new registration form MUST be filled out for School Year Latchkey
- Open Monday-Friday 6:30 am-6:00 pm
- Latchkey will not be in session on the following days: Nov. 28,29;Dec. 23-Jan. 1;April 10;May 25 and June 1.

For more information call the Latchkey office at 218-681-2362 or 218-681-8711x5243, email latchkeykidstrf@gmail.com or browse our website at www.trfcommunityed.com.

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.

Community Education would love to hear your ideas for classes in the future. Fill out the form on our website, give us a call or send us an email with your ideas or if you would like to teach a class. We would appreciate your input.

REGISTER EARLY!

www.trfcommunityed.com

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

(maps of each building are available on the Community Education website)

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

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



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 _____