



*Elmwood School District  
Community Education  
Winter/Spring 2017*

## Recreation/Fitness

### Ongoing Fitness Opportunities

**Hall Walking** – Available school days 6:15-7:15 a.m. and 5:00-7:00 p.m. Please enter at the flag pole doors and sign in on the Community Ed. board. Follow the designated routes.

**Open Weight Room** – Available school mornings 6:15-7:15. See school website for details.

**Adult Open Gym** – Wednesday evenings beginning January 4 from 7:30-9:30 p.m. Red Zone Gym (come in through doors by flagpole). Please bring your own basketball. **Adults only.**



### Karate by Team Ikaika Karate

Karate lessons are run through Team Ikaika Karate (same instructor as past, different name). Lessons will be offered for ages 6 and over. Students will learn the techniques and curriculum of karate, and will also be eligible to promote through the belt ranks if they would like. Test notifications will be handed out to students when they are ready for promotion, outlining test date, time, and fees.

A non-refundable registration fee is required at sign up. For new members, the registration fee covers the cost of the traditional Karate uniforms required for the classes. If you have any questions, please contact Ms. Drenckhahn at danandlisa1998@sbcglobal.net. Please register through Community Ed. **\*\*MONTHLY FEE IS DUE BY THE 1<sup>ST</sup> OF EACH MONTH PAYABLE TO ELMWOOD SCHOOL (reminders will not be sent).**

Dates: **Mondays beginning January 2**

Time: 3:30-4:30

Location: High School Band Room

Registration Deadline: ongoing

Cost: Registration Fee \$35 (new students) \$15 (returning students) + \$27 Monthly Fee per student or \$49 for two family members **(5 students needed to hold classes)**

### Hunter Education Classes

The school is working on organizing a Hunter Education Course to be held during summer school for this upcoming summer. Anyone interested in taking the class, please contact Jeff Pickerign at [pickerignj@elmwood.k12.wi.us](mailto:pickerignj@elmwood.k12.wi.us) or at school 715/639-2711.



## **Wednesday Night Workouts**

Getting bored with your same old workout routine? Come and join us for a variety of workouts. We will be using different workout videos/equipment each week to spark enthusiasm about being fit. The videos will be projected on the gym wall for everyone to follow along. Bring a friend along, and have fun while getting fit! This class is for teens and adults.

Dates: **Wednesdays – Jan. 4, 11, 18, 25, Feb. 1, 8, 15, 22** Time: 5:45-6:45 p.m.  
Cost: Free Facilitated by: Sue Thompson and Bev Glaus  
Place: Lien Gym *Registration Deadline: Monday, Jan. 2*

## **March Madness Parent/Toddler Open Gym**

Tired of being cooped up all winter long? Are you looking for a night to get out of the house and have fun with your toddler while they release built up energy? Here is your opportunity to have fun and get fit at the same time. Kristel Flesberg, along with the Middle School Student Council, is offering opportunities for parent/toddler open gyms. There will be organized activities along with free play. Come prepared to burn up energy and have some fun!!

Dates: **Wednesdays – March 1, 8, 15, 22, 29** Time: 6:00-7:00 p.m.  
Who: Adults and children 5 and under  
Place: Lien Gym Cost: Free *Registration Deadline: February 22*

## **Dance for Boys and Girls – Grades 1-5**

This class will introduce basic dance skills in ballet, modern, jazz, and hip hop in a fun and active atmosphere. Dancers will learn how eight counts are used to keep time. I will teach using original choreography and we will perform for families at the final class. We will also use current songs and dances for warm-ups and discussions. Dance is a great way to exercise and express yourself! I have a background in studio dance, where I performed from the time I was five until I attended high school. I then danced on my high school dance team. **\*\*Shoes required – flats for girls and dress shoes for boys. Tennis shoes will not work because soles will stick to the floor.** If you have any questions regarding the class, please contact Ashley Zierl at 715/639-2711.



Grades 1 and 2 **Mondays March 20-April 24** (except April 17) school cafeteria 3:30-4:30 Cost: \$25 includes snack and t-shirt

Grades 3-5 **Mondays and Tuesdays March 20-April 24** (except April 17) school cafeteria 3:30-4:30 Cost: \$40 includes snack and t-shirt

*Registration Deadline: Friday, February 12 Minimum of 10 needed*

## Just For Fun...

### Weekly Game Night

Come and join local community members and learn how to play some great games that will help pass the time while being cooped up all winter. Each week there will be a different game to learn and play. This will run the months of January through March. See schedule below and come join the fun.

First Wednesday of the month will be **Euchre**.

Second Wednesday of the month will be **Hearts**.

Third Wednesday of the month will be **500**.

Fourth Wednesday of the month will be **Sheephead**.

Location: EHS Tech Ed Classroom

Time: 7:30-9:30 p.m.

Instructor: Dick Jones

Cost: Free

Registration Deadline: Tuesday before each class



### Ready? Set . Save!

This is a beginner's class on resources and ways to save money on your grocery bill. The class will focus mainly on phone apps to use, websites and stacking coupons. We will also have an opportunity for people to share other resources used and ways to save money. When it comes to saving I focus on how to save on the things I already use and need in my home.

Location: Board Room

Time: 7:00

Instructor: Katie Knegendorf

Cost: Free

Date: **January 12**

Registration Deadline: Monday, January 9



## Arts and Crafts

### Hands, Hands, Hands! K-2

This is a hands-on activity where we plan to get a little messy. We will use our hand prints each night to create different themed images (these will be done on 8 X 10 paper so you could easily frame them). The final night we will be creating a keep sake on canvas.

Location: Art Room

Instructor: Katie Kneendorf

Class Dates: **February 6-10**

Time: 3:20-4:00

Cost: \$5.00

*Registration Deadline: January 30th*

### Animation Grades 3-5

This is a two week long session on animation. We will start by learning a little history of animation from the start to how it's used today. We will create our own videos using stop motion animation. On the last day we will have a movie premier where friends and family are invited to watch the videos in the last half of the session.

Location: Art Room

Instructor: Katie Kneendorf

Class Dates: **February 13-17 and 23-24**

*Registration Deadline: February 6*

Time: 3:20-4:00

Cost: Free

### “Wildtree” Freezer Meal Workshop

Are you ready to tame dinner time? Make 10+ delicious and healthy freezer meals in about 2 hours at this fun and productive workshop! Wildtree products are certified organic and almost all are gluten free. Our products are very low in sodium and sugar and have no MSG, no preservatives and no chemicals!

Participants will pre-order their Wildtree bundles which includes 7 full-size products, a few extra ingredients and all of the paperwork to create their meals. They will be given a grocery list and prep their 10 gallon size bags before the workshop. At the workshop, we will finish the meals by adding all of the ingredients from the Wildtree bundle. The bundle is yours to keep as their will be leftovers! Each meal feeds 4-5 people and ends up being approximately \$3-\$5 per serving! Questions, please contact Shelly at 920-979-8108 or [www.mywildtree.com/shellykosin](http://www.mywildtree.com/shellykosin)

The links for the 2 workshops are below.

<https://app.box.com/shared/static/17zrz2tkhbbxbkfxozlcv8vbx9z3klrq.jpg> **Everyday Meals**

<https://app.box.com/s/hovwyxegg5k1jskbouyocaya35gvm184> **Warm and Hearty Meals**

Date: **February 15**

Location: Family and Consumer Ed. Room

Cost: \$85.80 (plus protein/veg. participant provides)

Time: 6:30 p.m.

Instructor: Shelly Kosin

*Registration Deadline: Feb. 1*

## **Gardening**

### **How to Fertilize**

Confused about how to fertilize your lawn, garden and houseplants? Proper use of fertilizers is important for protecting the environment while maximizing plant health. This class will cover the basics of soils and soil fertility, soil testing, and provide a general understanding of how fertilizers work and why they are important. Then we'll talk about specifics of how to fertilize specific plants, including lawns, vegetable gardens, fruit plants, flower beds, trees and shrubs, and even houseplants.

Date: **Tuesday, March 28**  
Time: 6:30-8:30 p.m.  
Cost: Free

Location: EHS Science Classroom  
*Registration Deadline: Tuesday, March 21*  
Instructor: Diana Alfuth, Horticulture Educator

### **Watching Your Grass Grow**

This class will explain how grass grows, and what you need to do to create a lush, healthy, environmentally friendly lawn that will make you want to kick off your shoes and walk through barefoot!

Date: **Tuesday, April 11**  
Time: 6:30-8:00 p.m.  
Cost: Free

Location: EHS Science Classroom  
*Registration Deadline: Tuesday, April 4*  
Instructor: Diana Alfuth, Horticulture Educator

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## **Traveling Opportunity**

On June 4th-7th, 2017 there will be a trip to Washington D.C. sponsored by Community Education for anyone who is 16 years old or older; minors must have their own adult chaperone. Ms. Ann Vue will be a tour guide on tentative tours and activities including the White House, US Holocaust Museum, Capitol, Lincoln Memorial, Smithsonian Museum, Washington Monument, etc. The deadline to sign up for this trip is January 31, 2017; Airfare and lodging will be the participant's' responsibilities. Any questions about this trip can be sent to Ann Vue at [vua@elmwood.k12.wi.us](mailto:vua@elmwood.k12.wi.us).



## Technology

### Open Computer Lab

The Elmwood High School Computer Lab will be available to the public for use on Wednesday evenings. You can use the lab to surf the net, complete school work, or for any of your other computing needs. Printing will not be available. Students 6<sup>th</sup> Grade and below must have a parent with at all times.

Dates: Wednesdays beginning January 4

Time: 7:30-9:30 p.m.

Supervisor: Dick Jones

Location: High School Computer Lab

### Coding and Other Technology for Elementary Students

Does your child like technology or video games? This class will help open their minds to career opportunities in computer science. We will be using [www.code.org](http://www.code.org) to explore the limitless world of computing. This class will have a blend of online, self-guided and self-paced tutorials along with “unplugged” activities which require no computer at all.

*“Why Computer Science? Every 21<sup>st</sup> century student should have the opportunity to learn computer science. The basics help nurture creativity and problem-solving skills, and prepare students for any future career. Software and computers are everywhere” – [www.code.org](http://www.code.org)*

This club is for children grades 2 & up. The students who participated last session will be able to take off from where they ended and the newcomers will start at the beginning. This is a self-paced coding program where the students will trouble shoot their way into learning and creating code. After much learning and practicing, students may even be able to create their own video games. One goal is to have students trouble shoot together to help solve problems. If you enjoy working on computers and playing video games, this club is for you! Please join.

Dates: Wednesdays – **Jan, 11, 18, 25, Feb. 1, 15, March 1**

Time: 3:30-4:30

Location: Mrs. Baier’s Classroom

Instructor: Becky Baier

*Registration Deadline: ongoing*

Cost: Free

### Intro to Google Docs

This class will be an introduction to Google Docs and Google Calendar. We will spend one class session on each topic, so you can register for which one you would like. You may bring your own mobile device, otherwise we will use the computer lab in school and we will show you how to download it onto your device. You will need to have a Google account. If you don’t have one prior to the class, please indicate that on our registration form and come 15 minutes early so we can set one up for you.

Dates: Google Docs (word processing) **Wed., Feb. 1**

Time: 4:30-5:30 p.m. (or arranged time)

Google Calendar – **Wed., Feb. 15**

Location: High School Computer Lab

Cost: Free

Instructor: Becky Baier

*Registration Deadline: Wednesday, January 25*

