



*Elmwood School District  
Community Education  
Winter/Spring 2018*

## 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.

### Yoga for Adults

This class is designed for first time yogis, as well as, more advanced yogis who want to work on beginning poses. It's the right class if you want to learn the fundamentals of yoga, work on strength training, and balance. You'll walk out feeling embodied, empowered, energized, and eager to come back. Feel free to bring a yoga mat and water. Wear comfortable clothes that allow you to move freely. The class will run 6 weeks on Tuesday and Thursday evenings. Make checks payable directly to Jessie McMonigal Olson.

**Dates:** Tue. & Thur. January 9 – February 15

**Time:** 6:00-7:00 p.m.

**Location:** HS Band Room (or choir room)

**Registration Deadline:** ongoing

**Cost:** \$120 for 6 week session or \$13 drop in rate

Instructor: Jessie McMonigal Olson



### Breakthrough Basketball Camp

Elmwood will be hosting a Breakthrough Basketball Camp this summer. Dates for the camp are July 10-12. The camp will be held in the Red Zone and run from 9:00 a.m. to 3:00 p.m. each day. The camp is open to both girls and boys in 5<sup>th</sup>-12<sup>th</sup> grades from any school. The campers will work on ball handling and shooting. More information will be available closer to summer.



### Open Weight Room –

Available school mornings 6:15-7:15. See school website for detail

### 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 8**

**Time:** 3:30-4:30

**Location:** High School Band Room

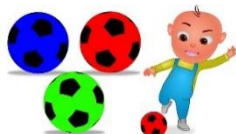
**Registration Deadline:** ongoing

**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)**

## 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.



### 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 7, 14, 21, 28

**Time:** 6:00-7:00 p.m.

**Who:** Adults and children 5 and under

**Place:** Lien Gym

**Cost:** Free

**Registration Deadline:** February 28

### After School Arts K-8

Join Mrs. Knegendorf for after school fun and creativity! In After School Arts a variety of themed sessions will be offered and students will need to attend all four dates of the session to complete the projects. For questions please email Mrs. Knegendorf at [knegendorf@elmwood.k12.wi.us](mailto:knegendorf@elmwood.k12.wi.us). Deadlines for registering are firm. No late registrations will be allowed.

**Location:** Art Room

**Instructor:** Mrs. Knegendorf

**Time:** After school-4:00

**Cost:** \$4.00 per Session or \$36.00 for remainder of year

Session Dates:

**Session 8** Jan. 16<sup>th</sup>, 18<sup>th</sup> 23<sup>rd</sup> and 25<sup>th</sup>

**Session 9** Jan 30<sup>th</sup>, Feb. 1<sup>st</sup>, 6<sup>th</sup> and 8<sup>th</sup>

**Session 10** Feb 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>

**Session 11** Feb. 27<sup>th</sup>, March 1<sup>st</sup>, 6<sup>th</sup> and 8<sup>th</sup>

**Session 12** March 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup> and 22<sup>nd</sup>

**Session 13** March 27<sup>th</sup>, 29<sup>th</sup>, April 3<sup>rd</sup> & 5<sup>th</sup>

**Session 14** April 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup> and 19<sup>th</sup>

**Session 15** April 24<sup>th</sup>, 26<sup>th</sup>, May 1<sup>st</sup> and 3<sup>rd</sup>

**Session 16** May 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> and 17<sup>th</sup>

Themes:

Printmaking

Sculpture

Mixed Media

Jewelry

Painting

Printmaking

Sculpture

Mixed Media

T-Shirts

Registration Deadline:

January 2nd

January 2nd

February 1st

February 1st

March 1st

March 1st

April 3rd

April 3rd

May 1st



## Small Space Vegetable Growing and Microgreen Production

Even if you don't have a space for a big in-ground garden, you can still grow some tasty, nutritious vegetables in smaller spaces! This class will cover the many ways to grow vegetables in smaller spaces, such as containers, pallets, straw bales, raised beds and more. We will also learn how to grow microgreens! Microgreens are harvested as small seedlings and are super high in vitamins and flavor. You can grow them indoors all year to add fresh flavor to salads, sandwiches and more.

Date: **Tuesday, March 27**  
Time: 6:30 p.m.  
Cost: Free

Location: EHS Science Classroom  
*Registration Deadline: Tuesday, March 20*  
Instructor: Diana Alfuth, Horticulture Educator

## Social Media – The Basics



Do you want to stay connected to relatives, classmates, friends, and strangers alike. There are various forms of social media that allow you to do that. Choose one or both classes that interest you. Come and learn how to search, post, tweet, snap, etc. . The Basics to Social Media will be two 1-hour long classes that introduces major media platforms like Snapchat, Instagram, and more. The classes will cover online language, account settings, and other key concepts that are essential to utilizing social media. Everyone is welcome to come, and everyone is encouraged to bring all questions, concerns, and enthusiasm! Bring your device that can connect to the internet.

**Dates:** Monday, January 8 – Facebook and Pinterest  
Wednesday, January 10 – Snapchat and Instagram  
**Cost:** \$5 per class  
**Instructor:** Emily Pickerign

**Time:** 6:00-7:00 p.m.  
**Location:** Board Room  
**Registration Deadline:** one week before class date

## 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) **Thur., Jan. 18**  
Google Calendar – **Tue., Jan. 23**  
**Cost:** Free  
**Registration Deadline:** Monday, January 15

**Time:** 6:00-7:00 p.m.  
**Location:** High School Computer Lab  
**Instructor:** Becky Baier

## Homework Help

We are offering help with homework and studying for elementary and middle school students after school two nights a week. The study help will start immediately after school and will run until 4:30 p.m. Any student that is looking for additional help with studying and/or homework is welcome to come. This time is meant for serious studying; no horseplay will be allowed. Parents need to email Becky Baier ([baierb@elmwood.k12.wi.us](mailto:baierb@elmwood.k12.wi.us)) before 10:00 a.m. the day their child is planning to stay for help. If there aren't students using these services, they will be discontinued.

**Dates:** Monday and Wednesday starting January 8 – mid March (possibly through May)  
**Location:** Mrs. Baier's Classroom or library  
**Instructors:** Mrs. Baier and other staff members  
**Time:** 3:30-4:30 p.m.

## Special Events

### Family “Sock Hop”

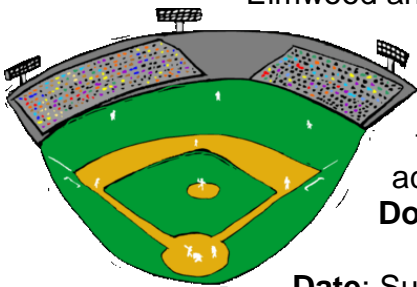
Let's bring back the 50's for a mid-winter family dance. Be ready to Swing, Twist, Jitterbug, and Stroll. We will have music from 50's musicians, including Elvis Presley, Bobby Day, and Bill Haley. You can even dress the part if you want to! Ladies, put your hair up in a ponytail and put on sweater and poodle skirt. Gentlemen, roll up those sleeves on your white t-shirt, put on your jeans, and slick back your hair so you are ready to go on that dance floor. A prize will be given to the family that is best dressed in their 50's attire. The dance will be held in the Lien Gym on Friday evening, February 23 from 6:30-9:00 p.m. Be ready for fun and activities throughout the dance. *Come early and grab a burger, fries, and a malt for dinner that will be available for purchase in the school cafeteria one hour prior to the dance.* All families are welcome and encouraged to come. Bring your cousins, grandmas, and grandpas, too! Let's make it a real family event. **Students must be with their families/guardians to attend.**



Children (up to 8<sup>th</sup> grade) of families that sign up in advance (by February 16) will be eligible to win a free haircut for boys and a style for girls that will be scheduled after school the day of the dance. There will be two boys and two girls randomly chosen. The cuts and styles will be done at *Just You Salon* in downtown Elmwood. The cost for the dance is \$3 per person, 3 and under free. Hope to see you at “The Hop!”

### Family Day Trip – Minnesota Twins vs. Los Angeles Angels

Grab your baseball hats and gloves and hop on the bus to Target Field. We are offering a fun, family day trip to see the Minnesota Twins play the Los Angeles Angels. The school bus will leave Elmwood and take you and your family to and from Target Field for a Sunday afternoon baseball game. Take advantage of this: inexpensive tickets to a professional baseball game, transportation to and from the game, no hassle trying to find parking, and a great time with family and friends. Fee includes cost of game ticket and bus ride. Youth must be accompanied by an adult to go on the trip. We have 50 tickets reserved, **Don't wait to register!**



**Date:** Sunday, June 10  
**Cost:** \$16 per person  
**Registration Deadline:** May 31

**Time:** 1:10 game (bus leaves at 10:45)  
**Location:** Target Field, Minnesota

## Youth Sports

### Youth wrestling - sign up - January 2 - Spring Valley Elementary School 5:15-7:00

We are looking for all boys and girls grades Pre-K through 6<sup>th</sup> grade interested in wrestling. If there is enough interest, we would like to hold practices in Elmwood for our beginners. Please contact Troy Steinmeyer at 920-475-4669 for details and any questions regarding youth wrestling.

### Summer Baseball/T-Ball/Softball



### Sign up Wednesday, March 7 at 5:00-6:00 p.m. school cafeteria

\*\*\* We are looking coaches and for someone to be in charge of the concession stand this summer during the games. Please contact Becky Baier if interested.

We are continually looking for instructors. Please indicate on the registration form, or contact Becky Baier at [baierb@elmwood.k12.wi.us](mailto:baierb@elmwood.k12.wi.us) if you are interested in teaching a class.

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## Elmwood Community Education Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_  Yes, add me to Community Education email list

CLASS/ACTIVITY	FEE (if applicable)
<b>Total Amount Due</b>	

Please make checks payable to: Elmwood School

I am interested in teaching a Community Ed. Class. Class: \_\_\_\_\_