

Kenyon-Wanamingo Community Education

Fall Classes 2021



KENYON-WANAMINGO COMMUNITY EDUCATION OFFICE • 400 SIXTH ST. KENYON, MN 55946 PHONE
(507) 789-7015 • FAX (507) 789-6104 • REGISTER ONLINE AT www.kw.k12.mn.us

Welcome to Kenyon-Wanamingo Community Education



Community Education Office

400 Sixth Street, Kenyon MN 55946

Amy Belcher 507-789-7015

Community Education Director

We are feeling very optimistic for another fantastic year in Community Ed. While the past year has certainly been full of challenges, we appreciate the continued support of the Kenyon and Wanamingo communities. As we look forward to the 2021-22 school year, we are returning to our normal schedule, bringing back many programs that were altered or canceled last year. If you are participating in an in-person class, please monitor for symptoms of Covid-19 and stay home if you are sick. This will help all of us stay healthy and enjoy the programs. We will not require masks to participate unless it becomes mandated by MDH, MDE or the Governor. However, we recommend masking indoors for any unvaccinated participants and spectators. We will also be offering some on-line classes and take-home kits for those that do not feel comfortable with in-person programming, or just like that flexibility. As you look through this brochure, we hope you find something for you and your family. As always, if you have a great idea for a class, please contact me.

Amy Belcher

Community Education Director

Covid Reminders

Kenyon-Wanamingo Community Education will continue to follow the most current MDH guidance as we move through this pandemic. Updates will be sent to registered participants regarding masking and other guidelines. We request that ALL participants self-screen prior to participating in any Community Education program. Screening questions can be found at <https://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf>.

Please report any positive cases to the Community Education Director so we can maintain safety in our programs. We appreciate your continued cooperation.



South Country Health Alliance Minnesota Partners with Community Education

SCHA Minnesota members may take up to a \$15 discount per class on most classes. If a class is less than \$15, the member may take the class free of charge. Members must be enrolled with SCHA during the month of his/her Community Education class. Members will need to include their SCHA ID number when registering. For more information, call SCHA's Member Services at 1-866-567-7242.

Note: Customers who use South Country discounts may not also apply for scholarships based on free and reduced lunch. Only 1 discount may apply.

EMERGENCY CLOSING



Announcements will be made as early as possible. The district will again use the Instant Alert System to notify parents/guardians of school closings, early dismissal or late starts. You may also listen to WCCO 830 AM or KDHL 920 AM, for announcements. Community Education closings will be posted to our Facebook page and emailed to rostered participants.

Registration Information

How Do I Register?

- Online: Register for classes on the K-W School Website at www.kw.k12.mn.us.
- Click on the Community Education link.
- By Mail: Send your check, money order, or credit card information with the completed registration form to: K-W Community Education, 400 Sixth St., Kenyon, MN 55946. Indicate your class number and name on the registration form and include your payment.

Who Do I Pay?

Please make checks payable to K-W Community Education. Checks will be deposited when received. If a class or registration is canceled a refund check will be distributed.

When Can I Sign Up?

Registration begins immediately. If space is still available in a class registrations are taken as long as possible, depending on the supplies needed by the instructor. Early registrations help fill classes on time and reduce the chances that the class will be canceled. Thanks for helping Community Education and our instructors by registering as early as possible.

When are Classes Canceled?

If we do not have the minimum number of registrations needed, a class is canceled when early bird registration ends or one week prior to start date.

Refunds

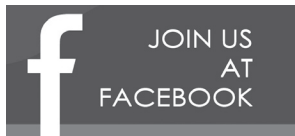
If you cannot attend a class you will receive a refund up to one-week prior to the class, unless a deadline is specified. After that date your refund will be based on supplies or fees already incurred. A \$5.00 cancellation fee is applied to all canceled classes.

Class Location Information

- KW M/HS is the Kenyon-Wanamingo Middle/High School in Kenyon at 400 Sixth St.
- KWES is the Kenyon-Wanamingo Elementary School in Wanamingo at 225 3rd Ave.

Kenyon-Wanamingo Community Education is on Facebook. Find the Kenyon-Wanamingo Community Education page, click on like and our status updates will keep you informed of programs and special events.

Click [Like](#) on Kenyon-Wanamingo Community Education and join the fun!



Community Education Advisory Council

We are currently seeking members for the Community Education Advisory Council and Early Childhood Initiative. If you are interested in helping to guide the future of our programming please consider volunteering. For more information or to receive an application, please contact Amy in the Community Education Office at (507) 789-7015 or abelcher@kw.k12.mn.us.

INSURANCE COVERAGE

Kenyon-Wanamingo Schools and Community Education do not carry secondary accidental or medical insurance on participants. Adults should check to make sure that their insurance policy covers them and their children while participating in any class, trip or activity through Community Education.

Important! Please Read

We want registrants in our programs to be aware in advance that, when they participate in certain activities, there is a natural element of risk of injury, which each participant must assume.

Statement of Release

When registering for a class, program or activity (hereafter called "programs"), you will be releasing all claims for injuries/illnesses arising out of these programs that you, or other legally dependent participants, might sustain. You recognize that there are physical hazards to be expected in the program, and herewith release and hold blameless the Kenyon-Wanamingo Community Education, the Kenyon-Wanamingo School District, the program teacher, leader, staff and any other persons related to the class, from any and all liability from injury/illness because of your, or your legal dependents, participation in this program. This waiver does not apply to any injury or damages that are the result of any willful, wanton, or intentional misconduct by the sponsoring organizations or anyone acting on behalf of those organizations. By registering for a program, you have accepted the terms of this agreement.

Kenyon-Wanamingo Community Education

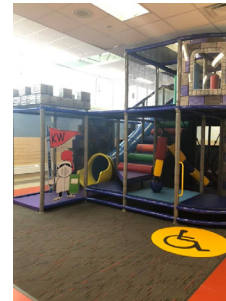
Early Childhood Family Education

Open Castle Times

Come climb, run, jump and explore in our new early childhood indoor activity centers in both Kenyon and Wanamingo! Daycares are welcome!

#22106

Kenyon Open Castle Times – Please enter in door #5
Tuesdays September 14-December 21
10:00 - 11:00 AM



#22107

Kenyon Open Castle Times – Please enter in door #5
Dates to be announced
6:00-7:00 PM

#22108

Wanamingo Open Castle Times
Mondays September 13 - December 20
10:00-11:00 AM



#22109

Wanamingo Open Castle Times
First Tuesday of the month October - April
6:00-7:00 PM

\$3 per child for an hour of fun – please bring exact change or pre-register online

Birthday Parties

Celebrate your birthday with us. Birthday party package includes use of the Early Childhood Activity Center complete with the indoor playground and traverse wall and a space for eating for up to 3 hours.

#22105

K-W ECAC
by reservation
\$100



Register Early!

Online
www.K-W.k12.mn.us

By Mail or in Person
K-W Community Education
400 6th Street, Kenyon, MN 55946

If minimum registrations are not received to hold class, it will be cancelled one week prior to start date. The Community Education office will notify you when this occurs.

Early Childhood Family Education

For families with children birth through K entrance. Our Goals are to:

- Give children opportunities to discover and learn through play
- Support parents in raising their children
- Offer information about child development and parenting techniques
- Provide information on community resources

We offer classes geared towards children's development and interests. Parents will get a chance to meet with others going through the same joys/struggles while receiving support, encouragement and new ideas. Create fun lasting memories with your family at Kenyon-Wanamingo ECCE!

Our mission is to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children.



Call 507-789-7015 for more information!

Kenyon-Wanamingo Community Education

Family Fridays All Ages and Stages (Birth – Pre-Kindergarten)

Explore fun new learning activities with your children while enjoying the company of other young families. This is a semi-separating class with a facilitated parent discussion each week in the same room as the children. Sliding fee available.

#22100

Fridays 9:00-10:00 a.m.
Sept. 17, 24 Oct. 1, 8, 15
K-W M/HS F110 - Kenyon
\$35

#22101

Fridays 9:00-10:00 a.m.
Nov. 5, 12, 19 Dec. 3, 10
No class Nov. 26
K-W Elementary Room 122 - Wanamingo
\$35



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•ECFE will not turn away any family unable to pay for classes.
•Please contact Amy at 507-789-7015 if fees are a hardship
•for your family.
.....



If you are a parent of children ages 0-5, we want to hear from you! We would love to hear your ideas for programming for your family. What resources do you need? What days and times are best for your family? How can we help you connect with other families in the community? Please contact Amy at 507.789.7015 or abelcher@kw.k12.mn.us with your feedback. If you want to get more involved, join the Community Education Advisory Council. The Advisory Council meets four times a year and is always looking for new members! We would love to send you more information on how to get involved.

StoryWalk

We are offering an outdoor story walk event at the K-W Elementary school! The story will be divided into sections and placed around the building for you and your children to read and complete activities along the way! A book will be provided to each registered family to take home and enjoy.

#22104

Saturday, December 4, 2021
10:00-11:00 a.m.
K-W Elementary School
\$2/family

Community Resource Fair with Vehicles All Ages

Come celebrate fall and the start of a new ECCE year together as a family while climbing and exploring vehicles big and little. Visit the police car, a fire truck and much more! We are doing this in collaboration with the community resource fair where you can gather helpful information about programs and activities for the school year.



#22102

Thursday, September 9th
5:30 - 7:00 p.m.
Kenyon Fire Hall
FREE

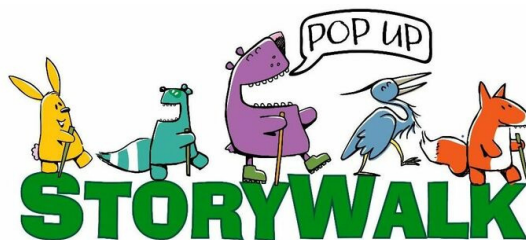


Fall Festival Ages Birth to Kindergarten entrance

Come one and all in your favorite costume (or not) to celebrate wonderful harvest time! We will play games, create fun projects and eat our way through this fun evening!

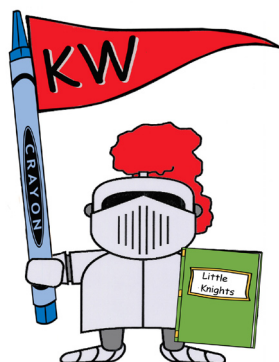
#22103

Tuesday, October 26
6:00 - 7:00 p.m.
K-W M/HS F110 - Kenyon
\$5 per child - Register by October 18th



Kenyon-Wanamingo Community Education

Early Childhood Family Education



Little Knights Preschool

Register now for Fall 2021
Children ages three and older by September 1, 2021

Looking for a great preschool for your child?
We are still taking registrations for the 2021-2022 school year!

Attend a 4 star rated preschool taught by licensed early childhood teachers 2 or 3 half days per week. We encourage parent involvement and work together to prepare children to be successful lifelong learners. Scholarships and sliding fees available and limited transportation for 4 year olds available! Call 507-789-7015 for more information.

Knights Kids Learning Center

Enroll Now for Fall

Quality programming in nurturing and safe school setting.

Open 6:00 a.m. - 6:00 p.m.

Programs for ages 33 Months to Grade 5

Sites in Wanamingo and Kenyon

Affordable Rates - Childcare Assistance

Morning and afternoon snack included

Indoor and outdoor play engages children, offers variety throughout each day

Forms on-line at www.kw.k12.mn.us

Contact Community Education, 507-789-7015



ECFE – Early Childhood Family Education New family welcome tour (for families with children ages 0-5)

Calling all Parents! You and your young children are invited to see our Early Childhood Family Education classrooms, meet other families and be introduced to staff. Call Amy at 507-789-7015 to see what our programs are all about!

CENSUS Makes A Difference!

Please help us keep our census up to date!
Please contact us at 507-789-7015 if you have recently:

- *Had a baby
- *Have an infant/toddler/ preschooler and have recently moved into the district
- *Changed phone number or address

We have a fun welcome bag for you full of goodies! You don't want to miss out on this.

Call Amy at 507-789-7015 - a new welcome bag is ready for you to be picked up in our Community Education office!



Early Childhood Screening

Early Childhood Screening is a FREE health and development screening required by the state before your child enters public preschool or kindergarten. The best time to screen is 3 ½ but we welcome 4 and 5 year olds who have not been screened. The appointment will take about an hour. You will see how your child is developing as well as receiving information about the district programs and community resources. Call 507-789-7015 to make an appointment.

Friday, October 29, 2021
K-W MS - Kenyon

Friday, December 17, 2021
Trinity Lutheran Church - Wanamingo

Friday, February 4, 2021
K-W MS - Kenyon

Friday, March 25, 2021
K-W MS - Kenyon



Kenyon-Wanamingo Community Education

Youth Recreation

NFL Flag Football

Grades 1-4

We have joined the NFL Flag Football program, and will be using their elementary curriculum in our program. This program focuses on teaching the fundamentals of throwing, catching, running, and play development. Practices will be on Tuesday evenings with scrimmages



(depending on registration) on Saturday mornings. The first scrimmage will be September 25. Included in the registration fee is a reversible NFL Flag Jersey.

Volunteer Coaches are needed. We are looking for Varsity High School players to assist our coaches with this program.

22202

Grades 1 & 2

22203

Grades 3 & 4

Tuesdays 5:30-6:30 p.m. and Saturdays 10:00-11:00 a.m.

September 14- October 16

K-W M/HS South Fields

\$45 by September 9

Competition Cheer

Grades 1-12

Stephanie Voegle

This competitive team is open to all students. We will focus on building routines including stunts, jumps and tumbling. We plan to participate in 3-4 competitions between October and February. Coming back from not competing last year and transitioning to a new coach, we are still working out some of the details at this time. We will have a parent meeting for all those interested in learning more about the program on Tuesday, September 24.

Join us Tuesday, September 24 from 6:30-7:30 pm in the High School Commons for more details.



Boys and Girls Basketball

Grades 4-6

Volunteer Coaches

This league will introduce 4th-6th graders to competitive basketball. Practices will be held 1-2 times per week and will focus on skill development and team concepts. We are currently looking at league play on Saturdays 12/4-1/22. 5th and 6th grade may incorporate an additional end of year tournament. Parent volunteer coaches are needed. Players registered by the deadline will receive a long sleeve K-W Knights Basketball warm-up shirt.



#22218

Girls Grade 4

\$53 by November 11

#22217

Boys Grade 4

#22220

Girls Grade 5

\$62 by November 11

#22219

Boys Grade 5

#22222

Girls Grade 6

\$62 by November 11

#22221

Boys Grade 6

Registrations received after the deadline are not guaranteed a shirt.

Little Knights Basketball

Grades Kindergarten-3

Jake Wieme

This co-ed introduction to basketball provides a noncompetitive environment where you can have fun learning passing, dribbling, shooting, and the basic fundamental skills of basketball. A Little Knights Basketball T-shirt is included if registered by the deadline. Please indicate shirt size on your registration.

#22216

Saturdays:

Dec 11, 18, Jan 8, 15, 22, 29

K-W M/HS West Gym

9:00 - 10:00 a.m.

\$25 by November 25

Registrations received after the deadline are not guaranteed a shirt.



Kenyon-Wanamingo Community Education

Youth Enrichment

Bee Amazing!

Penni Kittleson

Sunshine and Roses Art Studio

Welcome back to a fresh new school year! Everyone is excited to get back to normal and see everyone's smiling faces! It is your chance to be AMAZING! This will be a very fun class painting on canvas and the best part is you do not need any skills or experience! That's right - you WILL be able to create this! All of the paintings look so different and that is half the fun of it. Students will be offered hands on help if needed. This class is open to all ages - grown ups are welcome to register for the fun too! Registration fee includes 11x14 canvas, all supplies and step by step instructions. Can't make the class? To Go Kits are available for purchase. They include an instructional video, canvas, paint and a plate for paint (basic brushes are an additional \$3 for 2).



#22301 - \$25

#22302 - Kit Only - \$25

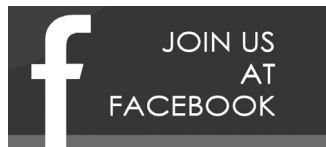
#22303 - Kit + brushes - \$28

Monday, September 27

3:15-4:15 p.m.

KWES Art Room

Please register by September 19



Glow in the Dark!

Penni Kittleson

Sunshine and Roses Art Studio

Glow in the dark paint is always super popular and fun! I searched high and low for the best glow in the dark paint and this stuff is it! We will be painting a Halloween scene and then adding some glow in the dark accents! You will want to register early for this painting, it has been a big hit in the past. With all the Sunshine and Roses classes you do not need any experience! Classes are small and one on one help is always available. This class is fun for all ages and grown ups are welcome to register and paint too! Registration fee includes 11x14 canvas, GLOW IN THE DARK paint, all supplies and step by step instructions.

Can't make the class? To Go Kits are available for purchase.

They include an instructional video, canvas, paint and a plate for paint (basic brushes are an additional \$3 for 2).

#22304 - \$25

#22305 - Kit Only - \$25

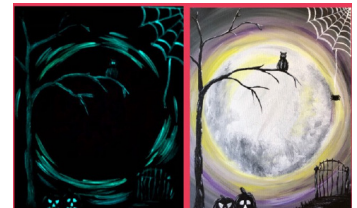
#22306 - Kit + Brushes - \$28

Thursday, October 28

3:15-4:15 p.m.

KWES Art Room

Please register by October 20



Classroom Driver Education

Adam Rueger, Instructor

Register now for classroom driver education offered through Kenyon-Wanamingo Community Education. All spots will be assigned on a first-come, first-served basis. The program consists of 30 hours of classroom instruction. After students take the classroom phase, they must pass a written permit test at a DMV office to qualify for their permit. There is a six-month waiting period from the date the student passes this written test to the date the student is eligible to take the road test for their license. Students must be eligible to take their permit test within 6 months of completing this class. Minimum of 15 registrations required by October 25.

#22300

November 8,9,10,11,12,15,16,17,18 3:15 - 6:15 p.m.

Saturday November 13 9:00 a.m. - 12:00 p.m.

November 13th - 11:00 a.m.-12:00 p.m. Parent Meeting

K-WM/HS Media Center

\$195 if registered by October 25, then \$205



Driver Education

Kenyon-Wanamingo Community Education

Youth Recreation

K-W Tommies

Rauk Youth Football

5th & 6th Grades

This program is cosponsored by the Rauk Youth Football League (RYFL) and Kenyon-Wanamingo Community Education. Players will learn fundamental football skills and participate in tackle football games. Games are played within the Southern Minnesota Youth Football League. The registration fee includes: jersey, pants, pads, helmet, and mouthguard. Cleats are preferred and must be purchased separately. Players will also need to have a waterbottle at all practices and games. All players must have a medical release and waiver signed by a parent/guardian. A player/parent meeting will be held on August 19th, where waivers can be signed and equipment will be distributed.

#22200 - 5th Grade

#22201 - 6th Grade

Parent Meeting August 19, 6:00 - 7:00 p.m.

K-W M/HS EC Activity Center

Practices

Tuesdays and Thursdays

August 24-October 14

5:00-6:30 p.m.

K-W M/HS South Practice Field

Games

September 11,18,25 October 2,9,16

6th Grade at 10:00 a.m.

5th Grade at 11:30 a.m.

Locations TBA, Home games will be played on the South Practice Field in Kenyon

\$87 by August 19



Registrations received after the deadline are subject to availability.

Youth Volleyball

Grades 3-6

This program teaches basic volleyball skills, game strategy, team play and good sportsmanship. Teams will participate in area play dates and tournaments, with more dates for the older players. K-W Volleyball will host a play date for grades 3-6 on Saturday, September 25. Parents will be needed to help with concessions and work the gate. Volunteers will not need to pay the entrance fee for the tournament. Community Education does not provide transportation for this program. Volunteer Coaches are needed. Registration fee includes jersey (return at end of season) and long-sleeved warm-up (to keep), players will need gym shoes and black shorts.

#22212

Grade 3

\$40 by September 9

#22213

Grade 4

\$45 by September 9

#22214

Grades 5

\$50 by Sept. 9

#22215

Grade 6

\$50 by Sept. 9



Registrations received after the deadline are subject to availability and are not guaranteed a shirt.

Kenyon-Wanamingo Community Education

Youth Enrichment

Gnomes!

Penni Kittleson

Sunshine and Roses Art Studio

Gnome way you want to miss this painting class! Super cute painting that everyone will be able to create. You do not need any previous experience or special skills. Never held a paintbrush? Don't worry, I will show you how!

Gnomes are fun to paint and all ages are welcome for this class. Students will be able to add or take away different parts of the painting. Lights or no lights? Red hat or green hat?

***** BONUS:** We are going to paint a small version of the painting that students will be able to give as a gift!

Registration fee includes 11x14 canvas AND one 8x10 canvas, all supplies and step by step instructions.

Can't make the class? To Go Kits are available for purchase. They include an instructional video, canvas, paint and a plate for paint (basic brushes are an additional \$3for 2).

#22310

Monday, December 6

3:15-4:15 p.m.

KWES Art Room

\$29

#22311- Kit Only

\$29

#22312- Kit + Brushes

\$32

Please register by November 29



Holiday Sugar Cookies

Stacy Quam & FCCLA Students

Grades 3-6

Bake scrumptious sugar cookies from scratch with a variety of holiday cookie cutters. Cookies will be decorated with icing and sprinkles. Students will take home a bakery box with cookies that could be frozen or eaten. Pizza and soda are included in the course fee. A portion of the registration fee will go to FCCLA students to help with their expenses throughout the year.

#22313

December 15

3:30-6:00 p.m.

K-W M/HS D122

\$22 by December 1



Make a Difference by becoming a volunteer!

- **Youth Mentors**
 - **Youth Sports Coaches**
 - **Youth and Adult Enrichment Programs**
- Everyone has a talent - share yours today! Call Community Education at (507) 789-7015 for more information.**

Acrylic POUR!

Penni Kittleson

Sunshine and Roses Art Studio

Yes! These are simply the best! You will get to choose your color combo and they ALL turn out very cool and different! LOVE this class and you will too!

Registration fee includes one 11x14 canvas, pour medium paint, supplies and instructions.

***** BONUS 1:** Additional 11x14 canvas and supplies (same person, you cannot share this special with 2 painters)

***** BONUS 2:** Upgrade to a 16x20 canvas (\$35 total, does not include 11x14 canvas).

To Go kits are not available for this class.

Note: You will need to be able to get this home and it may take a day or 2 to dry. Put a flattened cardboard box in your trunk or a cut open kitchen garbage bag. It will be worth the hassle!

#22314 - \$25

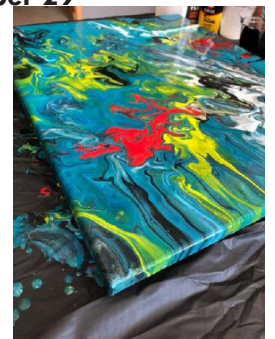
#22315 - Bonus 1 \$38

#22316 - Bonus 2 \$35

Monday, December 6

4:45-5:45 p.m.

Please register by November 29



Kenyon-Wanamingo Community Education

Adult Enrichment

Long-Term Care Insurance - Does it make sense?

Gerard Goulet

Recent legislative changes now allow – for the first time - the implementation of new long-term care insurance products that remove the major complaints that many have had about traditional policies: high an-



annual premiums at the start with the likelihood of even higher annual premiums in the future due to rate increases. But does this new product really make more financial sense than the older (and still-available) traditional policies? This advanced class is for those who may have ever wondered about buying long-term care insurance OR for those who already have it. This class shows how to accurately compare the cost-effectiveness of different policies from different companies. Learn what options should be avoided, where the “gotchas” are often hidden in the fine print, and what is the “best” age to buy. Understand the pros and cons of group plans available from many employers. This class provides the analytical tools for you to design the “right” policy if you decide to buy a policy – and the tools to decide if you should keep your existing policy

#22600

Thursday, September 30

7:00-9:00 p.m.

K-W M/HS AJ Conference Room

\$7 Single; \$10 Couple

DRIVER IMPROVEMENT PROGRAM

Deanne Von Wald

This driver safety course is designed to assist drivers in updating their driving skills and give practical advice for accident prevention. If you are 55+, by completing this course, and submitting a certificate of completion to your insurance company, you will save 10% on your auto insurance premiums for 3 years. The course is informative and discussion based and does not include a written or behind-the-wheel test. Drivers who are renewing their certificate register for the 4-hour refresher course. First time attendees register for the 8-hour course. Please pay instructor at class. No prepayments.

Refresher Course

#22602

September 21

5:30-9:30 p.m.

K-W M/HS Media Center

\$24

First Time Students

#22603

October 19 & 20

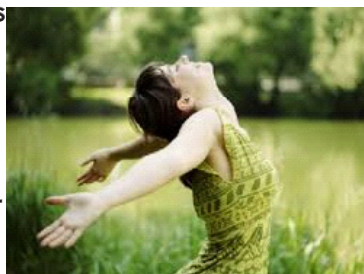
5:30-9:30 p.m.

K-W M/HS Media Center

\$28

An Allergy Breakthrough For You

Cases of allergy reactions are on the rise across the country. Epi-pens can get out of date quickly and may not be near when you need it. How can you find relief without being dependent on medication the rest of your life?



Join Dr. Noel Aldrich

and Dr. Eric Cram for the online series “An Allergy Breakthrough For You.” For more than 10 years, Dr. Cram has helped individuals find relief from food, pollen, chemical, and environmental allergies. Join this online class to learn:

1)The Allergy Reaction

2)Your Anatomy and Allergy Reactions

3)Level 1 – Allergy Control (How do we set limits to reduce reactions?)

4)Level 2 – Troop Management (How is the immune system involved?)

5)Level 3 – Central Command (How does the brain direct allergic response?)

A live Q and A session with Dr. Cram and Dr. Aldrich will be included with this series.

#22605

5 online modules will start on : September 23 – September 27

The LIVE Q and A session will be scheduled on Monday September 27 at 6:00 pm

ZOOM - link provided after registration

\$25

Online access to all information will be available from September 23 – October 31.

Refresher Course

#22604

November 30

5:30-9:30 p.m.

K-W M/HS D122

\$24



Kenyon-Wanamingo Community Education

Adult Health and Fitness

MEN'S BASKETBALL

Ages 18 and up

Gene Hanson

Join the guys on Wednesday nights. Pick-up basketball games (5 on 5) are played. Everyone is welcome!

#22404

Wednesdays

Oct 27-May 18

7:00 - 8:30 p.m.

KWES Gym

\$15



Shorin-Ryu Karate

Tim LaCanne

Ages 12 and up

Shorin-Ryu Matsubiashi Karate is derived through a centuries-old merging of Chinese Gung Fu and the Okinawan punching art Te, meaning "fist". Students are taught fighting techniques involving the use of hands, feet and elbows, in accordance with traditional Okinawan practices. Our course emphasizes strength, focus and cardiovascular activity. Shorin-Ryu Karate is a disciplined Martial Art that develops mental and physical maturity, self-confidence and control. Wear loose-fitting clothing.

#22406

Monday & Wednesday

September 8- December 22

6:00-7:00 pm

KWHS Wrestling Room

\$15



GRANNY BASKETBALL

Lois Bjorngaard

Granny basketball is a playful, fun-filled exercise activity that encourages women to stay fit in a non-traditional, social environment. In granny basketball, players follow the 1920 rules of girls' "six on six" basketball, where the court is divided into thirds. This reduces the amount of running needed to keep the ball in play. Women ages 50 and over are invited to play on the local team. Current players range in age from 50-84. For more information contact Lois Bjorngaard at 824-2490. Times and dates may vary due to gym schedule. Check the community education calendar for updates.

#22405

Tuesdays and Thursdays

September - May

7:00-8:30 p.m.

K-WES Gym

\$25

Protecting Your Retirement Assets: New Laws and Updates

Gerard Goulet

Long-term care insurance IS NOT for everyone. Simply because we're all living longer, what IS for everyone is getting educated on exactly how and why you may benefit. Recent MN and Federal laws have significantly changed the asset protection and insurance part of retirement planning. Learn how new Minnesota laws now guarantee that you can shelter/protect your retirement assets from future long-term care costs. This class is a "must" for you to determine whether or not some type of long-term care insurance should be part of your own retirement and estate planning.

#22601

Thursday, September 23

7:00-9:00 p.m.

K-W M/HS, AJ Conf. Rm

\$7 Single; \$10 Couple



Kenyon-Wanamingo Community Education

Adult Rec/Health and Fitness

Fitness Classes

Mandi Goplen

Ages 13 and up

Join Mandi for a variety of group fitness classes this Fall. Wherever you are in your journey, Mandi's classes will help you get fit, stay fit and be healthy with fun, positive workouts that will get you results. Registration is available on a drop-in or punchcard basis. Punchcards are good for 10 visits and can be used for any of Mandi's classes at any location.

22400

Punchcard \$65

22401

Drop-in \$10

Dance Cardio

Looking for cardio and a fun-filled class? Get fit while dancing to a variety of music! Class incorporates arm, core and leg movements with this follow-the-teacher learning style. Music ranges from Latin-influences to oldies through today's top hits. This class is upbeat and can be modified for a high or low impact workout. Wear supportive footwear and bring optional small hand weights (1-3lbs) and a water bottle for this class.

Mondays

6:00-6:45 p.m.

KWES Cafeteria

First class Monday, September 13th



Strength, Toning, HIIT Class

This class is designed to build strength, improve flexibility and tone muscles using your body weight and minimal equipment. Class changes each week with variations on arm, core, leg and cardio movements. Wear supportive footwear and bring a mat, low to medium weights, and a water bottle for this class.

Wednesdays

6:00-6:45 p.m.

KWES Cafeteria

First class Wednesday, September 8th

Saturday Rise 'n Shine PiYo

Start your weekend with a full-body stretching and strength-building class using your own body! PiYo combines Pilates and yoga-inspired movements to continually engage all your muscles with fluid movements to help build strength, muscle tone and flexibility. Great for those wanting results-driven exercise without the hassle! Bring water, towel and yoga mat. All ages and skill levels welcome!

Saturdays

8am-9am

KWES Cafeteria

First class Saturday, September 11th

K-W Hallways Accessible for Walking

K-W school hallways are open Monday through Friday, if it is not a holiday, or snow day, to individuals who want a warm, dry place to exercise. Walkers are asked to please change into walking shoes after entering the building. These weekday hours are based on the custodial hours in each building. Please be considerate of the custodians as they go about their job. In the Middle/High School there is a mapped walking route through the commons/fine arts wing measuring 1/5 of a mile.

Monday through Friday

Elementary School

3:00 - 6:30 p.m.

Middle/High School

3:30 - 7:00 p.m.



***Not open holidays or snow days**

Ring the Bell Fitness

Ring The Bell Fitness is for adults of all ages and ability levels! Can you hang in there for a 3 minute knockout round workout? RingTheBell Fitness Training is a blend of total body movements including: weight lifting, running, jumping and daily challenges for adults looking to be pushed in a group setting. The goal is to keep the training exciting using high intensity intervals, camaraderie, nutritional support, planning and so much more to motivate members each month! We offer multiple workout options daily and everyone closes with a 3 minute RingTheBell knockout round workout! Everything we do can be modified to meet your needs.

#22402

September 8- October 29

#22403

November 1-December 29 (no class Dec 24)

M, W, F 5:00 - 5:55 a.m.

KW M/HS Fitness Center/West Gym/Outdoor Track

\$78/8 week session



Kenyon-Wanamingo Community Education

Adult Trips

The Music Man

Chanhassen Dinner Theater

A fun and transformative story, *The Music Man* is family entertainment at its best! This musical theatre classic features songs like "(Ya Got) Trouble," "Seventy-Six Trombones," "The Wells Fargo Wagon," "Till There Was You," "Gary, Indiana" and more! Meredith Willson's six-time, Tony Award-winning musical comedy has been entertaining audiences since 1957 and is a family-friendly story to be shared with every generation.

The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize – this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

Prior to the performance we will dine at the theater where you are able to order an entrée off the menu.

Please indicate who you would like to sit with on your registration.

Registration fee includes transportation, lunch and show tickets

#22500

Wednesday, November 17

Depart KWES 9:30 a.m.; Return 4:30 p.m.

**Registration closes October 15 or when full
\$97**



On the Road Again...

We are excited to offer trips again this year, we have missed you! We will continue to monitor the current situation and make updates to our trips as needed. As of now, masks are required on public transportation. Venues may have their own regulations we must follow as well. Currently masks are highly recommended, but not required at indoor venues.

If you have any questions regarding trips or updated guidelines, please contact Amy at 507.789.7015.



Have a great idea for a trip? Let us know and we will see if we can make it happen. K-W Community Education is always looking for new ideas.

Have a favorite place you would like us to visit? We can arrange that too!

Please send ideas to Amy at
abelcher@kw.k12.mn.us or 507.789.7015

Kenyon-Wanamingo Community Education

Adult Trips

Another Wisconsin Overnight Adventure!

November 4 & 5

Day 1- Fireside Dinner Theatre – Holiday Inn

Day 2- Duck Boat Tour at the Dells!!!

Join us on this exciting adventure as we tour across Wisconsin to the ever-popular Fireside Dinner Theatre in Ft. Atkinson, WI. Based on the classic film starring Bing Crosby and Fred Astaire, Irving Berlin's Holiday Inn comes to the Fireside in celebration of all the Holidays of the year. Jim, a song and dance man and his new love Linda turn a Connecticut farmhouse into a fabulous Inn that's only open on holidays. All is well until Jim's best friend Ted comes along with his own ideas about Linda and the Inn. The joyous musical features thrilling dance numbers, laugh-out-loud comedy and a parade of hit Irving Berlin songs including "Blue Skies," "Easter Parade," "Cheek to Cheek," "White Christmas," and many more. It's a year-round classic to make any holiday sparkle!

Lunch on day 2 will be at a favorite stop, Baraboo Cabin Restaurant and Bakery. Included in the trip: luxury coach bus transportation, play with scrumptious dinner buffet, hotel stay with cookie reception and breakfast, duck boat tour, and lunch.

#22501

Thursday, November 4 and Friday, November 5

Depart KWES November 4 8:15 a.m. ; Return November 5 6:00 p.m.

Registration Closes October 1st or when full

\$261/person double room, \$290/person single room, \$233/person quad room, \$244/person triple room



Magical Medora Christmas Minnesota Masonic Heritage Center

Medora's hit Christmas show is returning to Bloomington! A Magical Medora Christmas brings a family-friendly holiday show to the Minnesota Masonic Heritage Center. The popular Christmas show started touring in 2015 to commemorate the 50th anniversary of the Medora Musical and bring some of the Musical's summer magic to the Upper Midwest during the holidays! A Magical Medora Christmas features current and past stars of the Medora Musical who have gone on to star on Broadway or perform around the world on cruise ships. Throughout the show Bill Sorensen, Wild West Prestidigitator, will wow you with magic true-to-the-season and light-hearted humor the whole family will love. After the play, we will enjoy a delicious meal at Buca Di Beppo. The meal will be served family-style and will include Mixed Green Salad, Caesar Salad, Spaghetti with Meat Sauce, Fettuccine Alfredo, Chicken Parmigiana, Cheesecake, House Bread, and your choice of Tea, Soft Drinks or Coffee. I.

#22502

Saturday, December 18

Depart KWES 1:00 p.m.; Return 7:30 p.m.

Registration closes Monday, November 15th or when full

\$89



Kenyon-Wanamingo Community Education

Community Education Registration Form

Send to: Kenyon-Wanamingo Community Education, 400 6th St, Kenyon MN 55946 or register online at www.K-W.k12.mn.us, under the quick link Community Education Class Registration. Make checks payable to K-W Community Education.

Name _____ M ☐ F ☐ Parent Name _____

(Student registrations only)

Daytime Phone _____ Evening or Cell Phone _____ Email Address _____

(Print legibly)

Address _____ City _____ State _____ Zip _____ ☐ This is a new address.

Child's Birthdate ____ / ____ / ____ Child's Grade _____ Shirt Size (YXS-YXL, AS-XXXL) _____

Class: # _____ Fee: _____ Class Name: _____

Class: # _____ Fee: _____ Class Name: _____

Class: # _____ Fee: _____ Class Name: _____

Class: # _____ Fee: _____ Class Name: _____

Class: # _____ Fee: _____ Class Name: _____

☐ I would like to donate to the Community Education Youth Scholarship Fund, please add \$ _____

Total _____ Cash ☐ Check ☐ # _____ Credit Card ☐ Visa ☐ MC ☐

Credit Card # _____ Exp. Date ____ / ____ 3 digits _____

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