Early Childhood Screening is August 20 - 22
For children between ages 3 and 4 as of Sep 1, 2019
Sign up now! Page 8

Children’s Fall Festival
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Bus Trips
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Star Gazing Party
Free Event!
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Community Ed Office Phone: 218-879-1261
Email: commed@isd94.org
Website: CloquetCommunityEd.com
School Year Hours: Mon - Fri, 8 am - 4:30 pm
Summer Hours: Mon - Thu, 8 am - 4:30 pm

Office is closed: Sep 2, Oct 17 & 18, Nov 28 & 29, Dec 23 - Jan 1

Office Location: Our office is located in the Cloquet Middle School, 2001 Washington Avenue. Enter door #2.

CMS = Cloquet Middle School: 2001 Washington Avenue
CHS = Cloquet High School: 1000 - 18th Street
Churchill Elementary: 515 Granite Street
Washington Elementary: 801 - 12th Street
Garfield Administration: 302 - 14th Street
Early Ed Wing: 602 Arthur Street

Registration Information

- Instructors are not authorized to accept registrations or payments at class. You MUST pre-register and pay.
- Each class has a minimum and maximum enrollment. Classes will be cancelled if the minimum enrollment is not met. Register early.
- If you provide us your email address, we can send you a registration confirmation; otherwise no confirmations are sent.
- If a class is full you may join the waiting list. If an opening comes up, we will call to fill from the wait list in the order received.
- Cancellations and Refunds:
  ~ No refunds will be issued for bus trips after the deadline to register date has passed, but we may have people on the waiting list or you may find someone who could take your place.
  ~ Cancellations must be made at least 2 business days prior to first class. $3 cancellation fee. Contact Community Ed for refunds in special circumstances.
  ~ Registrants contacted if a class is cancelled or filled. Weather cancellations: If school is cancelled, Comm Ed. offerings are also cancelled. Cancellations due to bad weather announced on WKLK 96.5 FM, 1230 AM.
- We take photographs which may be used in our marketing materials. Please notify us in writing if you do not wish to have photos in print and web promotions. Such photographs may be used by Cloquet Community Ed. without an obligation to provide compensation.
- For bus trips, anyone of high school age or younger must be accompanied by an adult(an adult is considered anyone 18 years and older AND has graduated high school).

We apologize in advance for any errors in class descriptions, including price. We reserve the right to amend class information. If you see a discrepancy, please call to get the correct information.

The LumberLog is printed three times per year: August, December, & March.
Ode To Our Youth!

Once again, our brief summer months are nearing an end.

In spite of a cool and wet June, summer managed to find its way here so we could enjoy heat and sunshine, even if briefly. Summer days for Community Education are filled with programs serving hundreds of children and youth: Kids Corner, Lil’ Lumberjacks, Lil’ Thunder, swim lessons and, of course, the Pinehurst Beach swim area.

These programs rely upon good, dedicated workers who bring their skills and patience each day. We are fortunate to have many high school and college students work for us in the summer. I am always impressed by these youth, and encouraged about the future when I see the energy and creativity they hold. There are lifeguards shouldering responsibility beyond their years; Age to age interns bringing children and elderly together; and child care workers creating fun summer memories for children not much younger than themselves.

The future looks bright! The youth are ready to work, contribute and take a place in their community.

I give a special shout out to the youth who contribute through their work. Summer passes quickly, and many of them will move on to school. As you enjoy the last couple weeks of summer, give a special thanks to the youth you encounter who help keep our community active and strong.

Youth, just like summer, passes too quickly.

“And all at once summer collapsed into fall.” -Oscar Wilde.

Ruth Reeves, Community Ed Director

Facility and Park Reservations
Reservation forms can be filled out online for school facilities or city parks and the Cloquet Senior Center. You can check the Facility Calendar and then click on the Facility Request Page at CloquetCommunityEd.com to reserve space for your next event.

Find out what’s happening at Cloquet Community Education - “Like” us on Facebook!

Online registration is open.
We accept Visa and MasterCard.
CloquetCommunityEd.com

Scan the code to register for Community Ed classes online 24 hours a day!

4 Easy Ways to Register

Register ONLINE:
www.CloquetCommunityEd.com
Use our convenient, secure online registration system using your VISA or MasterCard.

Register by MAIL:
Just fill out the form on page 19 and mail in with a check to Cloquet Community Ed, 2001 Washington Ave., Cloquet MN 55720.

Register by PHONE:
Call in your registration using a VISA or MasterCard, 218-879-1261.

Register IN PERSON:
Bring the form and payment to the CE office at the Cloquet Middle School.

Community Education & Recreation Advisory Council
Barry Beyer, Chair
Lisa LaCore
Kora Cavanaugh
Caleb Charon
Justin Dinger
Ted Lammi, School Board
Dennis Lennartson
Crysta Reeves
Abigail Smith
Alyssa Doble

We are looking for people to join our Advisory Council!
If you’re interested in being on the council please contact Ruth at rreeves@isd94.org.

Cloquet Community Ed’s Mission
To promote, provide, and facilitate learning opportunities and social activities to serve individuals and families, while bridging generations, inspiring collaboration and building community.

There will be a 2.59% transaction fee automatically charged each time you register and pay for a class using a credit or debit card.
6th Annual Children’s Fall Festival

Sunday, October 6
3 - 5 pm
Churchill Elementary Gym

FREE!

Fun for little ones!
Two bounce houses, MN Wilderness players, games, crafts, Children’s Museum, Cloquet Public Library, bubbles and music, face painting, prizes, snacks and beverages.

Open House

Thursday, November 14 is National Community Ed Day!

Please join us for an open house in the Community Ed office at the Cloquet Middle School!

Enter a drawing for a FREE Community Ed t-shirt!

Everyone is invited to stop in from 9 am - 2 pm for coffee and cookies.
Franny and Sophia had a busy summer!

The interns helped with activities at Kids Corner on Fridays, and walked to Sunnyside Care Center with a group of eager kids to meet with their elder friends. They led crafts at The Beach on Friday afternoons, using lots of paint, glue and other fun stuff.

As a special project this year, Franny and Sophia researched at the Historical Society to gather photos of Pinehurst Park from decades past. Using select photos, they created a historical display to hang at the Beach, where patrons will be invited to write their favorite Pinehurst memories on a storyboard. They also volunteered with REACH Mentoring weekly to implement activities for mentors and mentees.

A couple of great workers with sunny smiles, we wish them both well as they return to college!

Age to age programs are sponsored by the Northland Foundation to help promote the vision of an intergenerational community.

Age to age also helps to support the annual REACH Mentoring program Father Daughter Ball and Indian Education Spring Powwow.

Coming this fall/early winter:
- Bean Bag Tournaments

Bentleyville Tour of Lights BUS TRIP!

Thursday, December 12

Pre-registration is a must and seats are limited.
- Children 16 years of age and under must be accompanied by an adult.
- Cost: FREE, but we ask you to bring a non-perishable food item
- Starts at Cloquet Senior Center, Olympic Drive.
- Dinner served 5-5:45pm. Bus departs promptly at 6pm. Return to Senior Center by 8:30 p.m.

Sponsored by the Northland Foundation
After School Youth Enrichment is a fee-supported program based off student needs, interests and wants. The goal of Youth Enrichment is to provide opportunities for youth to pursue interests while expanding abilities and improving social skills in an informal, fun, safe and supervised environment.

Cloquet Community Education provides a wide range of activities to keep children active and engaged.

Churchill, Washington and Cloquet Middle School Programs run Monday-Thursday throughout the year and have a variety of class offerings.

Classes and events are published online and flyers are sent home with K-4 students and available for 5-8 grade students to pick up in the Community Ed office.

For more information or to register for classes, visit our www.CloquetCommunityEd.com or contact Linnea Barto.

Coordinator: Linnea Barto
lbarto@isd94.org
879-1261 x7008

Thank you to the Cloquet Educational Foundation for its generous grant towards student scholarships for Community Education classes and activities.

Youth Sports Association

Registration is through each independently run association, NOT through Community Ed.

Cloquet Ski Club
Pine Valley Ski Chalet
www.cloquetskiclub.org
Cross Country Kid Ski & Ski Jumping for ages 3 & up. All abilities welcome! Call Pat 218-269-2948 or email patkim89@yahoo.com

Cloquet-Esko-Carlton Mountain Bike Team
Grades 6-12. Registration starts in May. Season starts in July.
Head Coach: Matt Hagelin
218-591-9611, Team Director:
Ashley Hagelin 218-591-9910, cecmtb@gmail.com

Cloquet Area Volleyball
Grades 4 - 6. Contact: Heidi Anderson at handers3@isd94.org.

Cloquet Area Hockey
cloquetpucksystems2.com
Contact: (218)879-5400
Registrations in mid-June.

Cloquet Youth Baseball - Softball
Youth baseball, softball and t-ball for ages 5 - 18. All registration will be online only. All information can be found on our website at www.cloquetbsa.org
Questions? cloquetbsa@gmail.com

Cloquet Area Hockey
cloquetpucksystems2.com
Contact: (218)879-5400
Registrations in mid-June.

Cloquet Youth Basketball Assoc.
K - 6th grade and 7th & 8th grade.
Contact: Tom Brenner (218)879-3328
www.cloquetbasketball.com

Cloquet Area Youth Lacrosse
Spring registration begins in January.
Contact Sean Hall at 218-310-7601 or s.hall4003@gmail.com.
More info can also be found on our Facebook page: www.facebook.com/NorthernSiegeLacrosse

Cloquet Area Youth Soccer
www.cloquetyouthsoccer.com
Information and registration links are available on our website. Please contact Leigh Rahkola or Bobbee Conway: Coordinator@cloquetyouthsoccer.com with questions.

Cloquet Area Youth Wrestling
(CAYWA)
Registration takes place in January.
For more info contact John or Nancy Elias at (218)879-2717.
Health and Safety

MN Highway Safety & Research Center’s
55 Driver Improvement Program Refresher
This 4 hour refresher course is designed for individuals who have completed any 8 hour certified Senior Driving Course but are now due for their 3 year renewal course in order to maintain the 10% Auto insurance discount. Please see website for map or call our office for directions.

Instructor: John Cavanaugh
Carlton County Transportation
Section 1: Thu, Sep 5 | 5 - 9 pm
Section 2: Wed, Oct 9 | 5 - 9 pm
Section 3: Thu, Oct 31 | 1 - 5 pm
$22/session

MN Highway Safety & Research Center’s
55 Driver Improvement 8 hour Class
For drivers age 55+. Completion of class earns a 10% discount on insurance. Senior drivers will learn about recent law changes, review driving safety, discuss dangerous situations etc. class consists of lecture, videos and discussion. No driving and no tests. Bring pen or pencil to class. If paying by check, please make it out to Cloquet Community Ed prior to class.

Instructor: John Cavanaugh
Carlton County Transportation
Wed, Thu, Oct 16 - Oct 17 | 5 - 9 pm | $26

American Safety & Health Institute (ASHI) CPR and AED for the lay person
American Safety & Health Institute (ASHI) CPR and AED for the lay person. The class will be held at CAFD Headquarters training room, 2801 Dewey Ave, in the Scanlon Community Center. Certified Card and student handbook are included. The instructor will be a Paramedic from the Cloquet Area Fire District.
Cloquet Fire Dept (Scanlon)
Wed, Sep 18 - Sep 18 | 6 - 9 pm | $50

Self Defense Basics
Crime can happen to anyone so knowing how to take care of yourself is very important. This class will teach men and women not only physical defense techniques, but also awareness of your surroundings and avoiding dangerous situations. Instructor Jason Koski: Has been studying martial arts since he was 12, He is a Use of Force instructor for the state, and has worked with police agencies in defensive tactics.
Instructor: Jason Koski
Churchill Cafeteria - Enter Door #13
Section 1: Tue, Sep 17 | 6:15 - 7:45 pm
Section 2: Tue, Oct 1 | 6:15 - 7:45 pm
$15/section

Washington Walking Club
Open for walkers on all school days. No walking when school is closed. Includes a half-mile walking course (no stairs). Register at Community Education office to obtain club rules, map, and membership pin.
Washington Elementary Hallways, Enter door #3b
Mon - Fri, Sep 4 - Dec 20
Mornings: 6 - 7:30 am
Evenings: 5 - 6:30 pm
No Walking: 10/17, 10/18 11/4, 11/28, 11/29
No PM walking: 11/5, 12/3, 12/5, 12/6, 12/20
Free, but need to register.

Driver’s Education Classroom Instruction
Priority will be given to students who are 15. Students who are or will turn 15 years of age 60 days after the FIRST DAY of class. (Student must be 15 by Jan. 12 (NO EXCEPTIONS). Students will gain knowledge and attitudes that will help transfer to behind the wheel application. Fulfills classroom requirement to enable students to take their drivers permit test. Students will be exposed to required curriculum areas through instructor presentations, classroom activities, videos, handouts, study of the Minnesota Drivers Manual, etc. Students should bring a notebook, pen or pencil and highlighter to class. Two make-up dates will be determined. Students must attend 30 hours of class. (additional fee applies for BTW). Cloquet Community Ed BTW costs $305. On the last day of class your student will be given a Classroom Completion Certificate if they have perfect attendance. Present your Certificate (signed by your classroom instructor) to either Cloquet Comm. Ed. or a private company to enroll in BTW training and receive your BLUE CARD. Please Call Comm Ed @ 879-1261 for any questions. NO CLASS on Wednesday, November 27.

Instructor: David Wangen
Cloquet High School - Room E110
Wed & Sun | 4 - 7 pm
Nov 13, 17, 20, 24
(No class Nov 27)
Dec 1, 4, 8, 11, 15, 18
$100

There will be a 2.59% transaction fee automatically charged each time you register and pay for a class using a credit or debit card.

Call us at 218-879-1261

7
Time for Tots Registration for Fall 2019

Registration is open
$45 registration fee (non-refundable and in addition to class fee)
Register online at CloquetCommunityEd.com or in the ECFE/TFT’s office.

- Classes include Art & Music specialists
- Classes start the week of September 16, 2019.
- 36 months to Pre-K and potty trained by September 1, 2019.
- Free or reduced rates available with proof of income.
- Monthly payments accepted.
- Four year old priority for 3 day class.
- Classes fill fast - waiting lists are available for any filled class.
- Minnesota law requires that children entering any Minnesota school must have up-to-date immunizations.
- Classes are offered during the school year. Registration is ongoing.
  Classes are located at: Churchill Early Childhood Wing, 602 Arthur St., Cloquet.

Call 879-9291 for more information.

Time for Tots Preschool:

*2 Day Class: Tue & Thu
  Section 1: 8:30 - 11 am
  Section 2: 12 - 2:30 pm
$45.18/month (8 months)

*3 Day Class: Mon/Wed/Fri
  Section 1: 8:30 - 11:30 am
  Section 2: 12:30 - 3:30 pm
$81.38/month (8 months)

Need childcare for your Tot?
*If your child is registered in Time for Tots and needs care before or after class, contact Kids Corner at 879-0929.

Time for Tots Preschool
Preschool helps children develop learning readiness skills so they will have the confidence and social abilities to become successful learners. Preschool classrooms and activities are designed to provide a variety of fun and meaningful hands-on learning experiences. Teachers focus on meeting children's individual and developing needs.

Please don’t let fees keep you from participating in ECFE / Time for Tots programs.
Free / reduced rates available with proof of income. Monthly payments are accepted.

Love and Logic
Early Childhood Made Fun™
Mondays, Nov 11 - Dec 9 | 5:30 – 7:30 pm
Instructor: Ginny Korte-Castle
Churchill Early Childhood Wing - 602 Arthur St
For Parents & Caregivers of 3 years - 2nd grade children (Light snack provided.)

- Handle Misbehavior without Breaking a Sweat!
- Put an End to Whining and Arguing
- Choosing Appropriate Consequences
- Teaching Kids to Listen—The 1st Time!
- Why Limits are Important
- When Your Kids Leave You Speechless
- Create Happier Households!
- Ending Bedtime Battles

This class is for adults—limited spots available for childcare.
Register by November 5. Class will be cancelled after November 6 due to low enrollment.
$25 per person
Childcare: $2 per child per week, includes snack
Call 879-9291 to register or online at CloquetCommunityEd.com

Discipline: We Are In This Together!
This is an open discussion, parents only class for parents of preschoolers ages 2-5 years. Bring your parenting and discipline questions. (Limited childcare available)
First Friday of every month
Oct 4 - May 1 | 9:15 - 10:30 am | $2/time
What happens in an Early Childhood Family Education class?

1. Parent and child interaction time: A licensed early childhood teacher & assistant provide developmentally appropriate activities for parents and children to enjoy together.

2. Child time: A time devoted to learning through play and activities with licensed teachers and assistants while parents participate in a parent discussion in a separate room.

3. Parent Time: Parents or caregivers participate in a discussion led by a licensed parent educator. Joys and challenges of parenting are shared and topic discussions are designed to address the developmental issues of each age group.

Early Childhood Family Education

ECFE | TFT 879-9291

Creative Kids | 30+ months
Parents attend with child.
Section 1: Mon, 9 - 10:30 am
Section 2: Wed, 9 - 10:30 am
$26.81/month (8 months)

Creative Kids Plus
Children must attend Creative Kids on Monday or Wednesday.
Child attends without parent.
Fridays, 9 - 10:30 am
$15/month (8 months)

Sibling Care for all ages
A place for siblings while you attend class with another child. Snacks served. Bring diapers, blankets, bottles with child’s name. $1/child per day.

What happens in an Early Childhood Family Education class?

1. Parent and child interaction time: A licensed early childhood teacher & assistant provide developmentally appropriate activities for parents and children to enjoy together.

2. Child time: A time devoted to learning through play and activities with licensed teachers and assistants while parents participate in a parent discussion in a separate room.

3. Parent Time: Parents or caregivers participate in a discussion led by a licensed parent educator. Joys and challenges of parenting are shared and topic discussions are designed to address the developmental issues of each age group.

ECFE Registration: Sign up now!
Classes are ongoing during the school year—you may join at any time.
$25 registration fee (registration fee non-refundable and in addition to class fee)
Classes are located at: Churchill Early Ed Wing, 602 Arthur St.
Register online at CloquetCommunityEd.com. You can also call 879-9291 to register, or in the ECFE/TFT office.

- Registration fee (non-refundable and in addition to class fee)
- Classes start the week of September 23, 2019.
- Please use your child’s age as of September 1, 2019.
- Waiting lists are available for filled classes.
- Minnesota law requires that children entering any Minnesota school must have up-to-date immunizations.
- Free or reduced rates available with proof of income.
- Monthly payments are accepted.

Questions? Please call 218-879-9291.

Baby & You | prenatal - 9 months
Thursdays, 10:30 - 11:45 am
$30/year

Wonderful Ones | 10 - 18 months
Thursdays, 8:45 - 10 am
$26.81/month (8 months)

Amazing Twos | 19 - 29 months
Mondays, 11 - 12:30 pm
Wednesdays, 11 - 12:30 pm
$26.81/month (8 months)

Mixed Ages Class | 25 - 48 months
Tuesdays, 5:30 - 7 pm
$26.81/month (8 months)

Grandparent Class | Birth to 5 yrs.
Tuesdays, 10 - 11:30 am
$30/year

Every Child Counts ...
Counting every child 0-5 in the Cloquet School District.
► Recently moved into our district?
► New birth or new family member 0 - 5?
► New phone number or address?
Please call 879-9291
or fill out the online form at CloquetCommunityEd.com
Families on the census receive valuable information regarding screening, district services, and Kindergarten Round-up.

Me & My Guy: Community Helpers
(30 Months - Pre-Kindergarten)
Fun activities for girls and boys and their special guy (dad, grandpa, uncle, friend, etc.).

Week 1: Officer Silglord and K9 Vader from the Cloquet Police Dept. will visit the classroom.
Churchill Early Ed Wing

Week 2: Field trip to the Cloquet Fire Station.
Thu, Nov 7 & 14
5:30 – 7 pm
$20

“Like” Cloquet ECFE and TOTs on Facebook to keep up with what’s happening!

EMS 2020
Aquatics

**Red Cross Swimming Lessons**
Sponsored by Northland Chapter of The American Red Cross, Cloquet Community Ed, and the City of Cloquet.

**Water Babies through Level 6**

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Whales</td>
<td>Ages 4 mos - 2 yrs</td>
</tr>
<tr>
<td>Jellyfish</td>
<td>Ages 4 to 6 yrs</td>
</tr>
<tr>
<td>Level 1</td>
<td>Introduction to Water Skills (Ages 6+)</td>
</tr>
<tr>
<td>Level 2</td>
<td>Fundamental Aquatic Skills</td>
</tr>
<tr>
<td>Level 3</td>
<td>Stroke Development</td>
</tr>
<tr>
<td>Level 4</td>
<td>Stroke Improvement</td>
</tr>
<tr>
<td>Level 5</td>
<td>Stroke Refinement</td>
</tr>
</tbody>
</table>

**Swim Level Descriptions**

Water Whales (Preschool Aquatics Level 1) - Ages 4 to 6
Water adjustment, floating, entry, movement, safety, and listening skills.

Jellyfish (Preschool Aquatics Level 2) - Ages 4 to 6
Recommended for students who have passed Water Whales, but are not 6 years old. Build on and improve skills learned in Preschool Aquatics Level 1.

**August Group Lessons**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 am</td>
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<td></td>
</tr>
<tr>
<td>9 am</td>
<td>Water Whales</td>
<td>Level 1</td>
<td>Level 2</td>
<td>Level 3</td>
</tr>
<tr>
<td>10 am</td>
<td>Water Whales</td>
<td>Jellyfish</td>
<td>Level 2</td>
<td>Level 3</td>
</tr>
<tr>
<td>11 am</td>
<td>Water Whales</td>
<td>Level 1</td>
<td>Level 2</td>
<td>Level 4</td>
</tr>
</tbody>
</table>

**Private/Semi Private Lessons**
Is your child afraid of the water? Try our private swimming lessons. Child meets one-on-one in the Middle School Pool with a Red Cross-certified instructor who works with your child at his/her own level. Siblings should be at equal or similar swim level. Bring swimsuit and towel.
Look online for times/dates.
**Two options:**
- Two lessons: $36 individual or $56 semi-private
- Four lessons: $70 individual or $110 semi-private

**Mini Group Session:** Tuesdays, Nov 19 - Dec 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Level 1</th>
<th>Level 2</th>
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</thead>
<tbody>
<tr>
<td>4 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 pm</td>
<td>Level 2</td>
<td>Jellyfish (Preschool Aquatics Level 2)</td>
</tr>
<tr>
<td>6 pm</td>
<td>Level 3</td>
<td>Level 1</td>
</tr>
</tbody>
</table>

Mini Group Session Fee: Cloquet Resident – $30
Non Cloquet Resident - $34

If you have questions about aquatics classes, please call Kayla at the Community Education office at (218) 879-1261 x7006 or email: kcotner@isd94.org.
Senior Swim
CMS - Pool, Enter door #2
Mon/Wed/Fri | 7 – 8 am
Section 1: Aug 12 – Oct 16
No swim: 8/30, 9/2
Section 2: Oct 21 – Dec 20
No swim: 11/29
$45/quarter or $3/time

Adult Lap Swim
Mornings An excellent way to get your swim workout in for the day! Lap swimming. Swim cards, used to accommodate swims, can be purchased at the Community Ed. office. Swim cards are kept in a box at the pool entrance. Check in with the lifeguard before swimming.
Instructor: Shirley VanGuilder
CMS - Pool, Enter door #2
Mornings: M-F, Aug 12 – Dec 20 | 6 - 7 am
No swim: 8/30, 9/02, 10/17, 10/18, 11/28, 11/29
Monday Evenings: Sep 9 - Dec 16 | 7 - 8 pm
No swim: 11/04
Wednesday Evenings: Sep 4 - Dec 18 | 7 - 8 pm
$3.50/time/person

Aqua Fit
Need to spice up your exercise regiment? Break a sweat in the water! Join Lisa, in an exhilarating aqua aerobic toning exercise! The water will provide you great resistance and add an extra challenge to your cardiovascular workout!
No swimming skills necessary. Bring a water bottle, noodle, and a pair of weights 1 to 5 pound.
Instructor: Lisa Foster
CMS - Pool, Enter door #2
6 - 7 pm
Section 1: Wed, Sep 11 - Oct 16 | $36
Section 2: Wed, Oct 30 - Dec 18 | $48
No swim: 10/23
Sign up for both sections and save!
Section 3: Wed, Sep 11 - Dec 18 | $72

Friday Family Swim
The Cloquet Middle School Pool is open to all ages on Fridays and is lifeguard supervised. The Open swim cashier cannot accept bills larger than $10. Checks are accepted and can be written to Cloquet Community Education.
1. No children under the age of 14 will be admitted unless accompanied by an adult.
2. Children under age of 6 must be accompanied by an adult while in the water.
3. Diving board will be open if we have a 3rd lifeguard on duty.
4. Safety Break at 7:30pm.
5. We will close our doors to patrons when we reach our maximum number of swimmers.
CMS - Pool, Enter door #2
Sep 6 - Dec 20 | 6:30 - 8:15 pm
No swim: 10/18, 11/29, 12/06
$3.50 per person (3 and under FREE)

Saturday Morning Lap Swim
No children under the age of 14 will be admitted unless accompanied by an adult. Please use Family Locker Room.
CMS - Pool, Enter door #2
Sep 7 - Dec 21 | 7:30 am - 8:45 am
No swim: 10/19, 11/30
$3.50/time/person

WSI Course (Water Safety Instructor)
Want to teach swim lessons?! Sign up for this course! This class trains candidates to teach Red Cross swimming and water safety programs. Must be 16 years old. Pre-course test includes: 25 yds swim of front crawl, back crawl, breast stroke, ele. back stroke, side stroke, 15 yds butterfly, 1 min. back float and 1 min. tread water (level 4). Swim test first class. This course is a blended learning course. It combines online learning with onsite sessions conducted by a Red Cross-certified instructor. Bring suit, whistle, and lunch/beverages.
Instructor: Maria Manner
CMS - Pool, Meet by Community Education main entrance
Sat, Jan 4 | 12 - 5 pm
Sat, Jan 11 & 12 | 9 - 5 pm
Sat, Jan 18 | 9 - 5 pm
$225

Wanted:
Certified Lifeguards & WSI (Water Safety Instructors). Lifeguard pays $11.10/hour and WSI pays $12.81/hour. Pick up an application at the Comm. Ed. office. Questions? Contact Kayla at 879-1261 or kcotner@isd94.org
4th Annual Doggie Dip!
Sunday, August 25 • 2 - 5 pm • $2 a dog

Bring your pooch to the Pinehurst Park Beach to show off your dog’s front crawl, breast stroke or doggie paddle!

Doggie Dip Rules:
1. No people in the water.
2. Puppies must be at least 16 weeks old.
3. All dogs must have current rabies and distemper shots (with the expiration date). Papers are required.
4. Only family friendly dogs are allowed. **Please note:** any dogs showing aggression will be asked to leave.
5. Owners are responsible for their dogs at ALL times, including cleaning up after their dogs.

Register online: www.CloquetCommunityEd.com
Welcome to the Fall session! We have many fun activities for you to join. Tell a friend and sign up early. Participants are asked to bring a staff or family member if personal care assistance is needed. If attending alone, the participants should be able to function independently in a group setting, follow simple directions and communicate their needs. Community Education welcomes people of all abilities to participate in any of the activities throughout this LumberLog.

Call us at 218-879-1261
**Community Boot Camp**
Get fit! Please join us in a relaxed atmosphere to work out at your own fitness level. Bring hand weights, floor mat, a water bottle and any exercises you would like to share (if not, we have plenty to offer). We would love to have you join us!

CMS Cafeteria/Gym lobby, Enter door #1
**Mon, Thu, Sep 5 - Dec 19 | 5:45 - 6:45 pm**
No class: 10/14, 10/17, 11/28
$1 per time/pay at the door

**Hatha Flow Yoga**
Sustained and flowing yoga postures designed to promote strength, flexibility, body alignment, and stress reduction. Beginners are welcome, but be prepared for a challenging workout! Bring a yoga mat, blanket optional. Enter Door 2

Instructor: Melissa Nick
CHS Media Center
**Mon, Sep 9 - Nov 4 | 6 - 7:15 pm | $64**
No class: 10/14

**Soma Yoga**
Explore chronic tension and restore freedom of movement. Explore your spine, shoulders and hips, improve flexibility and stability, practice yoga postures with balance and ease, breathe well, release the body in deep relaxation, and still the mind in meditation. Enter door 1

Instructor: Wyan McCausland
Cloquet High School - Media Center-Mueller
**Session 1: Thu, Sep 12 - Oct 24 | 5 - 6:15 pm | $57**
No class: 10/17

**Session 2: Thu, Nov 7 - Dec 19 | 5 - 6:15 pm | $57**
No class: 11/28

**Soma Yoga for Pain Resolution**
Stress, injury, trauma, and overuse cause muscles to be held in chronic contraction, resulting in imbalance, limited mobility, lack of stability, and pain. Improve brain-muscle communication, practice breathing well, quiet the mind, ease chronic tension, get out of pain, and return to free movement. Enter door 1

Instructor: Wyan McCausland
Cloquet High School - Media Center-Mueller
**Session 1: Thu, Sep 12 - Oct 24 | 6:30 - 7:45 pm | $57**
No class: 10/17

**Session 2: Thu, Nov 7 - Dec 19 | 6:30 - 7:45 pm | $57**
No class: 11/28

**PiYO Live**
PiYo Live = Pilates + Yoga + Nonstop Movement. Sweat, stretch and strengthen in this unique workout. Using only your bodyweight, you’ll perform a series of low-impact, high-intensity Pilates and Yoga inspired moves to work every single muscle in your body. The result? A long, lean and incredibly defined physique. Please bring a mat, towel, and water.

Instructor: Wendy Benson, Michelle Brenner
CMS Cafeteria - Enter door #1
**September Session:**
**Wednesdays, Sep 4 - Sep 25 | 5:45 - 6:45 pm | $30**
**Saturdays, Sep 7 - Sep 28 | 8 - 9 am | $30**
**Wed & Sat, Sep 4 - Sep 28 | 5:45 - 6:45 pm | $50**

**October Session:**
**Wed, Oct 2 - Oct 23 | 5:45 - 6:45 pm | $30**
**Wed & Sat, Oct 2 - Oct 26 | 5:45 - 6:45 pm | $50**
**Saturdays, Oct 5 - Oct 26 | 8 - 9 am | $30**
**Wed & Sat, Oct 30 - Nov 30 | 8 - 9 am | $50**

**November Session:**
**Wednesdays, Oct 30 - Nov 20 | 5:45 - 6:45 pm | $30**
**Saturdays, Nov 2 - Nov 30 | 8 - 9 am | $30**
**Wed & Sat, Oct 10 - Nov 30 | 8 - 9 am | $50**

**December Session:**
**Wed, Nov 27 - Dec 18 | 5:45 - 6:45 pm | $30**
**Saturdays, Dec 7 - Dec 28 | 8 - 9 am | $30**
**Wed & Sat, Nov 27 - Dec 28 | 5:45 - 6:45 pm | $50**
**We also have a drop-in rate: $8/night**

**Look for Zumba kids and Saturday Morning Zumba coming soon!**

**Skating Lessons**
Ages 3 - 19. Come learn the basic skills of skating through the Cloquet Skating Club. This program is designed to provide foundational skills for boys and girls interested in hockey, figure skating, or just leisure. The class is structured as a 30 minute teacher led lesson and 30 minute free skate. Parents and guardians are able to skate with their child during free skate, however, this is not open skate for siblings. A family skating party will close out the session. A helmet is required (bike helmets are acceptable) ***Please be ready with skates, helmets and gloves on by 6:30 pm

Instructor: Ashlee Lennartson
Northwoods Credit Union Arena
**Sun, Oct 13 - Dec 8 | 6:30 - 7:30 pm | $70**

Recreation Programs are financially supported by the City of Cloquet and Cloquet Community Ed.
Danceline
Fall registration deadline: Aug 15
(no exceptions)
Winter registration deadline: Nov 1
Please contact Pamela Ermatinger with
questions. cloquentd@gmail.com

Majorettes
Fall registration deadline: Aug 15
(no exceptions)
Winter registration deadline: Dec 16
Contact Community Ed | $40

Volleyball Drop-In
Each week players will be separated
into different teams. There is no league.
Ages 18+ $1 per time (pay on site)
No class: 10/2 & 12/4
Instructor: Brenda Nelson
Garfield - Gym
Wed, Sep 4 - Dec 19 | 6 - 7:45 pm
Thu, Starting in December

Men’s Morning Basketball
Pick-up basketball for adults.
Newcomers welcome! Bring tennis shoes
and a basketball.
Instructor: Ross Biebl
CMS - Main Gym
Mon, Wed, Fri,
Sep 4 - Dec 20 | 6 - 7:00 am
No class: 10/18, 11/29

Soccer (Rec league) Ages 10-15
Join us for a pick up game of soccer!
Ages 10-15 year old boys and girls and
all skill levels welcome! Please bring
a soccer ball, water bottle, a white and
colored shirt and no cleats. In case of
bad weather an alternative date will
be announced. Instructor Antonio
has played soccer for many years.
Please email him with any questions:
antonio.1972.boca@gmail.com
Instructor: Antonio Bocanegra
CMS - St. Paul’s Field
Thu, Sep 5 - Oct 24 | 6:15 - 7:15 pm
$10

ATV Safety Training
ATV safety class
offered in September
gear towards
6-10 yrs. Please
contact Aaron
Vigliaturo with
questions: aaronvigs.
ccr@gmail.com, or
check cloquetcommunityed.com
for more information when it
becomes available.

Disc Golf Tournament
Join us for a Disc Golf Tournament at
the new Disc Golf Course in Cloquet.
Location: Hilltop Park which is located
on the intersection of John Road and 14th
Street, directly east of Fond du Lac Tribal
and Community College. Directions
players will play 9 holes on their own,
make and submit their own score cards to
the Community Ed office. They can then
fill out an entry form for the chance to
win a gift card or prize.
First tournament:
Aug 25 - Sept 22, Score cards due at CE
office by 12pm Mon, Sept 23.
Second tournament:
Sept 29 - Oct 27, Score cards due at CE
office by 12pm Mon, Oct 28.


See Park Avenue Fitness classes on page 20

STORYTIME AT THE DUNLAP ISLAND WARMING HOUSE
Enjoy skating (if ice conditions
permit), free hot chocolate and cookies,
along with holiday themed stories and
crafts.
All children under age of 14 must be
accompanied by adult.

~ Great family fun.
~ Enter to win a prize!
~ Skates of all sizes to
borrow for the day.

This will take place during The Home for the
Holidays Celebration. Watch for date and
time coming soon!

www.cloquetcommunityed.com
**St. Croix Paddleboat Bus Trip and Luncheon**

Experience the beautiful, wild St. Croix River scenery and the fall colors while you relax and are treated to a tasty chicken buffet luncheon onboard an authentic paddlewheel river boat. Listen and learn while your river boat pilot and tour guide point out the history of the St. Croix River Valley and the unique rock formations left behind as the glaciers retreated thousands of years ago.

Cost includes comfortable coach bus travel to and from Taylors Falls, narrated scenic river boat tour ticket, and delicious onboard chicken buffet luncheon which includes chicken, mashed potatoes, coleslaw, baked beans, assorted rolls, cookie and coffee.

Board bus at back parking lot at Super One. *River boat is not handicapped accessible. **Register by noon on Sep 13.**

Super One BACK Parking Lot
Fri, Sep 27 | 8 am – 3 pm | $58

**Old Log Theater Comedy “A Gentlemen’s Guide to Love and Murder”**

Best Musical Tony Award Winner! Gather your friends and hop on a coach bus for Old Log Theater’s Minnesota Premiere, A Gentlemen’s Guide to Love and Murder. Upon arrival, a delicious lunch will be served in the Old Log Dinning Room followed by general seating in the theater. The show is set in London in 1907. When the low-born Monty Navarro finds out that he’s eighth in line for an earldom in the lofty D’Ysquith family, he figures his chances of ousting his predecessors are slight and sets off down a far more ghoulish path. Can he knock off his unsuspecting relatives, without being caught and become the ninth Earl of Highhurst? And what of love? Because murder isn’t the only thing on Monty’s mind...

Cost includes performance ticket, lunch choices, gratuity and transportation. **Register by Oct. 1.** For each online registrant, an e-form will pop up for meal choice selection. Please choose one meal option for each participant: Braised Boneless Short Ribs, potatoes, seasonal vegetable, gravy Seared Pork Chop, potatoes, seasonal vegetables, bacon port demi glaze Dill Roasted Tilapia, potatoes, seasonal vegetables, with lemon Angel Hair Pasta with Garden Marinara.

Super One BACK Parking Lot
Wed, Oct 30 | 8 am - 6:30 pm
$90

**Mall of America and Ikea Bus Trip**

Get your holiday shopping done early without the headache of winter driving and parking! This trip was a hit last year and a great way to share time with friends and family. Our comfy coach bus leaves at 8:00 AM from the back parking lot of Super One, and makes stops at Ikea and Mall of America where you can shop til you drop and get those early bargains. Bus will depart Mall of America at 5:00 pm. Cost includes bus transportation. Choose from over 50 restaurants for lunch on your own. Children must be accompanied with an adult.

**Register by Nov 25.**

Super One BACK Parking Lot
Fri, Dec 6 | 8 am - 5 pm
$38

**MN Wild Bus Trip**

Date coming soon. Please watch our website and our Winter LumberLog issue for more information.

There will be a 2.59% transaction fee automatically charged each time you register and pay for a class using a credit or debit card.
Rustic/Bent Willow Project

Do you like the look of rustic furniture: a bent willow chair, a trellis in your garden, a garden bench, a rocking chair or log bed? You can build it yourself! The natural look of sticks and logs has allowed crafters to express themselves throughout history. The possibilities are endless since nature does not create any two trees or branches exactly the same. You can find a bend, twist, a burl or a root which will make each piece a one of a kind creation. Many projects can be completed in one day with a couple hours of instruction and a willingness to put in a good day's work. You can go home with a project that you can use and admire for many years. It is best to have a partner that can help you hold the longer pieces, especially with the bent willow projects. A partner will help while you assemble your project. Each of you can make your own project and help each other. The day of instruction for the class is an introduction to stick-rustic furniture making, a demonstration with some hands-on tool use and information on building materials. The time between classes will allow you to come up with a project and collect materials. The Saturday class will be spent building your project, under the guidance of instructor John Bajda, McGregor teacher. Two people may sign up and work together on a project. The instructor encourages this, as many large projects require two people so that one can hold the wood in place. If you build one project, you pay for one project. If you each build a project, you both pay. On instruction day, please bring a notebook and pen. Enter door #14.

Instructor: John Bajda
CHS- Room E202
Thu, Sep 26 | 6 - 8 pm
Sat, Oct 12 | 8 am - 3:30 pm | $50

The ABCs and Ds of Medicare

Take the mystery out of Medicare and gain a foundational understanding one letter at a time. Instructor is an experienced licensed agent. Ample time allowed for questions. Enter door 2.

Instructor: Celeste Plunkett
CMS - Comm Ed Conference Room
Section 1: Thu, Sep 19 | 5:30 - 7:00 pm
Section 2: Mon, Nov 4 | 10 - 11:30 am
$5/section

Star Gazing Party

Free Event! Great for all ages! Join John Cavanaugh (backyard astronomy instructor) and his telescopes for a chance to look at our amazing night sky. Get your questions about astronomy answered, and see what is visible, like planets, stars, constellations. Dress for the weather, bring your own telescope if you wish, and come and go as you please. Weather makeup date Oct.19. Free event, but please register with Community Ed.

Instructor: John Cavanaugh
Sat, Oct 12 | 7 - 9 pm

Social Security: Timing is Everything

As you approach retirement, now is the time to determine how you’ll support yourself. Find out how you can optimize Social Security and know how much you can expect to receive from other income sources. Instructor is a financial consultant from Thrivent. Enter door 2.

Instructor: Jeff Hakala
CMS - Comm Ed Conference Room
Thu, Nov 7 | 6 - 7 pm | $5

Beginning Bridge

Exercise your memory and concentration while learning a new skill! This course is for the very beginning bridge player. Each lesson will begin with a short lecture, and then continue with playing hands related to the lecture. Learn vocabulary, suit bidding, responses to opening suit bidding, the finesse, no trump bidding, overcalls and take out doubles. We will study from an elementary bridge text by Shirley Silverman. Additional $6 material fee will be charged at start of class.

Register by Sep 4. Enter door #2
Instructor: Peggy Anderson
CMS - Comm Ed Conference Room
Mon, Thu, Sep 9 - Oct 7 | 6:30 - 8 pm
$35

Build Your Own Sauna

Have you always wanted to build your own sauna, but didn't know where to begin? Perhaps you already have a sauna and would like to upgrade or change some features? Learn the steps and techniques of quality sauna building from a full-fledged Finn! Topics covered are: Safety; history; layout design and dimensions; stove options (wood or electric); equipment and materials; plus ample time for questions. Enter door #1.

Instructor: Ted Lammi
CMS - C141
Wed, Oct 16 | 6 - 8 pm | $8

CMS = Cloquet Middle School
CHS = Cloquet High School
Call us at 218-879-1261
Basic Dog Obedience
Bring your dog (6 months and older) to learn basic commands like sit, lay down, come and stand for an exam and stay. Learn how to walk your dog on a leash (no flexy leash/leads) comfortably and how to pay attention to you instead of other dogs or distractions. Participants must be adult or at least 12 years old (and anyone under 15 must have a parent present). No dogs at first night of class.
This is an orientation for owners and it will be from 6:30-7:30 pm for both classes on that night only. Must have proof of current rabies vaccination and certificate must be brought to class the first night. All participants must sign a liability waiver. Instructors are trainers at Twin Ports Dog Training Club and have over 40 years of experience between them.
Instructor: Jennifer Jablonski
Four Seasons Sports Complex Carlton
Wed, Sep 4 - Oct 30
6 - 7 pm OR 7 - 8 pm
No class: 9/18
$95/session

Private Guitar/Bass Guitar/Ukulele Lessons - 4 lesson
Work with our guitar instructor, Jeff Ross, for one-on-one lessons on the instrument of your choice. Whether you are just a beginner, or looking to add to the skills you already have, you and your instructor will design a plan centered on your goals. Bring your own instrument, tuner, and amp if necessary. $20/half hour, $35/hour. If you know you will miss a lesson, please call our office the Thursday before. No refund for missed lessons. There is construction on Washington, so park at high school or on 18th St. Call Barb at Comm. Ed to schedule a lesson time. Enter door 2.
Instructor: Jeff Ross
CMS - Comm Ed Conference Room
Tue, Sep 10 - Oct 1 | 5:30 - 8 pm | $80

Ballroom Dance
Join the Fun! Learn four dances including cha-cha, rumba, tango, and two-step (fox trot). Relaxed and fun for all ages, singles welcome. Got two left feet? No problem! Each night will start at beginner level and progress slowly. Enter north door.
Instructor: Keith Miernicki
Garfield - Gym
Tue, Sep 10 - Oct 1 | 7 - 8 pm | $24

Get In Line - Line Dancing
Want to dance, but don’t have a partner? Line dancing is the answer! Principles of line dancing will be covered, including “Electric Slide”, “Boot Scootin’ Boogie” and other popular line dances. The skills learned – balance, timing, footwork, turning, and the different dance rhythms will all be useful for partner dancing as well, so come as a single, with a partner, or bring a group. It’s a great workout and tons of fun for all ages! Enter door 1.
Instructor: Verna Mae Olson
Cloquet Middle School - Cafeteria
Wed, Sep 18 - Oct 9 | 7 - 8 pm | $24

A-B-C Swing Dance
If learning to dance is on your bucket-list, now is your chance! Whether you’re preparing for a specific event (such as a wedding), or simply want to learn to dance, this class is for you. Starting at beginner level, and moving slowly, a few steps are added each week. Enter north door.
Instructor: Keith Miernicki
Garfield - Gym
Tue, Oct 8 - Oct 29 | 7 - 8 pm | $24

Estate Planning Basics
An estate strategy helps to ensure your personal and financial affairs will be carried out as you intended, when you die or become incapacitated in the future. It’s a critical part of your overall financial security. Do you have one? Learn why you need an estate strategy, strategies to help you prepare for the unexpected, how wills, trusts and life insurance can help, and tax basics. Instructor is a financial consultant from Thrivent.
Enter door 2.
Instructor: Jeff Hakala
CMS - Comm Ed Conference Room
Thu, Oct 3 | 6 - 7 pm | $5

Open Painters Studio
Dreaming of getting back into painting, but need time, space, or expert advice? Join our class and get all three, plus be among a small group of like minded artisans! Bring your own painting projects and supplies, and enjoy the benefit of an experienced instructor’s guidance if needed. Enter door 1.
Instructor: Lyn Jutila
CMS Art Room - B235
Wed, Oct 23 - Nov 6 | 6 - 7:30 pm | $18

Learn to Play American Mah Jong
Four-Crak, Six-Dot, Red Dragon. No, it’s not some coded message from outer space, it’s Mahjong and tons of fun! Price includes guided instruction and a $9 material fee. Sign up soon, this class filled fast! Register by noon August 28.
Enter door 2
Instructors: Jan Southerton, Deanne Szumowski
CMS - Comm Ed Conference Room
Wed, Sep 11 - Sep 25 | 6 - 8 pm | $29
You must be registered and paid before the class begins ► YOU CANNOT PAY AT CLASS.

Four easy ways to register:
- Online: CloquetCommunityEd.com
- Call: 218-879-1261 (with VISA or MasterCard)
- Mail: 2001 Washington Ave., Cloquet MN 55720
- Drop off: at office (Comm. Ed office is located at the Cloquet Middle School)

- Instructors are not authorized to accept registrations at class.
- If we have your email address, you will receive registration confirmation via email.
- Cancellations:
  - No refunds will be issued for bus trips after the deadline to register date has passed, but we may have people on the waiting list or you may find someone who could take your place.
  - Cancellations must be made at least 2 business days prior to first class. $3 cancellation fee. Contact Community Ed for refunds in special circumstances.
  - Registrants contacted if a class is cancelled or filled.
  - If school is cancelled, Comm. Ed. offerings are also cancelled. Cancellations due to bad weather announced on WKLK 96.5 FM, 1230 AM.
- Contact Community Ed if you are attending an adult class and have special needs.
- Community Ed. reserves the right to cancel offerings due to low enrollment.
- There is a 2.59% transaction fee automatically charged each time you register and pay for a class using a credit or debit card.

See page 2 for more information.
Spin and Strength
Cardio and toning in one. Pedal your way to better fitness in this non-impact cycling class followed by strength exercises using a variety of equipment to tone your entire body.
Instructor: Melissa Plante
**Session 1:** Mon, Sep 9 - Oct 28 | 5 - 6 pm
**Session 2:** Mon, Nov 4 - Dec 23 | 5 - 6 pm
$64/session

Yoga Flow
Yoga Flow A yoga class designed to connect the body and the mind through movement and breath. In this class we will synchronize breath with movement creating a flowing practice that will build strength, flexibility, balance and peace of mind. We will build onto sequences and deepen the practice by linking poses and playing with fun transitions. Instructor Bio: Katie has a 200 hour registered yoga teacher certificate that was completed through the Sivananda Yoga Vedante Center. Her passion to practice and teach yoga comes from the ability of yoga to bring healing to the mind, body and spirit. Katie has a bachelor's degree in Outdoor and Environmental Education from the University of MN and enjoys connecting the healing powers of nature with her yoga practice as well. As a teacher, Katie emphasizes striving to find balance in life and yoga, as well as learning when to push and when to let go. She believes when you are able to listen to yourself and the world around you, when you are able to shift your perception, you will be able to find healing and balance.
Instructor: Katie Swanson
**Wed, Sep 18 - Nov 13 | 12 - 1 pm | $64**
No class: 10/02

Karate Uechi Ryu
Uechi Ryu Karate This Traditional Style is unique, formidable, practical and used as a defensive system. Its movements are of the Tiger, Dragon and Crane. Helps develop confidence, discipline, physical conditioning, and is extremely rewarding. Instructor: Sensei Marie Nyblom (3rd degree black belt) has taught this style since 1997 in the Cloquet area. Member of the Kenyukai USA. AGES: 8 and up Uechi Ryu is pronounced: way-chee-roo Register 2 students get the 3rd. student free (does not need to be in the same family) ***If not in the same family please call the Community Education Office to register 218-879-1261.
Web site: www.uechiryukaratemn.com
Instructor: Marie Nyblom
**Session 1:** Mon, Sep 9 - Oct 21 | 6:30 - 8 pm
**Session 2:** Mon, Nov 4 - Dec 16 | 6:30 - 8 pm
$45 Register 2 get 1 free - $90 for 3

Zumba Park Ave Fitness
Ditch the workout, join the party! ZUMBA is Latin cardio dance, infused with amazing music that makes you want to move! Torch 500-1000 calories per hour! Perfect for every age group and ability level. All you need is comfortable clothes and tennis shoes.
Instructor: Julie Jacobsma
5 – 6 pm
**Session 1:** Tue & Thu, Sep 3 - 26 | $40
**Session 2:** Tue & Thu, Oct 1 - 31 | $50
**Session 3:** Tue & Thu, Nov 5 - 26 | $35
**Session 4:** Tue & Thu, Dec 3 - 19 | $30
No class: 11/28

Cloquet Area Mountain Bike Trails
Pine Valley, Cloquet

The Pine Valley Single Track Mountain Bike Trail built in 2018 includes a total of 2.3 miles of trail. The trail head is located at the parking area for the Pine Valley Chalet. The trail is designed as a stacked loop layout that includes both beginner and intermediate skill level trails. Trails closest to the trail head are beginner level, one way trails. A short two-way connector leads to the more challenging and scenic part of the trails that explore deeper into Pine Valley Park. These intermediate skill level trails are constructed as one way trails and include a climb to the top of the ridge a loop around the ridge top and a flow trail returning down to the two-way connector.
Lost Forester Adventure
Runs at Pine Valley
Pine Valley 5.5K, Pine Valley 11K, & Lost Forester

**September 2, 2019**
- 8 am – 12:30 pm
- $25 pre-registration

For more information, visit blue-house.org/lost-forester.html or look for the Lost Forester on Facebook.

The Cloquet Public Library:

<table>
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<tr>
<th>Check out the fun activities at your local library!</th>
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<td>(218)879-1531</td>
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**Storytimes:** Tuesdays and Wednesdays at 10 am, **Starting in September**

The Cloquet Public Library offers fun and developmentally appropriate story time. We will enjoy stories, songs, movements, interactive activities, and scarf songs. The program is geared for children ages 0-5 and caregivers. Older siblings are also welcome!

**Kids ID Program**

**Monday, September 9, 2019**
- 4-7 p.m.

**Our Savior’s Lutheran Church**
- 615 12th Street, Cloquet

This is a free ID program that will provide you with a picture, DNA sample, and a cd on your child. There will also be fire trucks, city equipment and police cars to explore.

**Sponsored by Dalles Masonic Lodge #181**

For more information, call Gene at (218) 879-9372

**Meet on the Street in Cloquet**

**Tuesday, August 27th**
- 3-7pm

**8th to 14th St.**
- along Cloquet Avenue

Meet on the Street in Cloquet is a free community event with activities relating to physical activity and healthy eating. It is a collaboration between Carlton County Public Health and Human Services, Fond du Lac Human Services, City of Cloquet, United Way of Carlton County, Cloquet Area Fire District, Cloquet Community Education, Cloquet Chamber of Commerce, and Community Memorial Hospital.

Visit Facebook “Meet on the Street in Cloquet” on the Cloquet Area Fire District’s page for more information or contact Ali Mueller, Carlton County Public Health and Human Services, 218-878-2858.

**AEOA: Adult Education Classes**

**GED College Preparation and Basic Skills**
- Refresher classes

**ESL:** English as a Second Language
- Instruction & materials are at no cost to you.

**Adult Learning Center**
- Call (218) 879-5588
- for class times & information

Arrowhead Economic Opportunity Agency, Inc.