Early Childhood Screening is August 21 - 23!
For children between ages 3 and 4 as of Sep 1, 2018
Sign up now!
Page 8
**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 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

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## 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 Comm. 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.
The Good Ol’ Summertime

Summer is a busy time! The talented and dedicated staff at Community Education work hard all summer to keep fun and vital programs running daily to serve the community.

The Beach at Pinehurst Park employs 25 local youth who train and work hard to create a fun and safe place to swim, slide, craft, snack and hang out during the hot sunny days. While not at the Beach, some of these same young people teach swim lessons at the indoor pool. I continue to be in awe of the work ethic of these youth, and I feel encouraged to know that they are our future.

Kids Corner, Lil’ Lumberjacks and Lil’ Thunder open their doors 12 hours each day to offer care with a purpose for children. Socializing, crafting, field trips, and so much more happens at these programs. The staff dedicate themselves to making the summers memorable.

The Adults with Disabilities program is on the go each week with movies, train rides, Vista cruise and tasty cooking classes.

Add in some tennis lessons, fitness classes, ball games and State Fair, and the summer flies past very quickly.

Thanks to the many staff who work all summer to make things happen in our community. A busy community is a great place to live!

Ruth Reeves, Community Ed Director
5th Annual Children’s Fall Festival

Sunday, October 7
3 - 5 pm
Churchill Elementary Gym
FREE!

Fun for little ones!
Two bounce houses, 4-H, games, crafts, Children’s Museum, Cloquet Public Library, bubbles and music, face painting, prizes, snacks and beverages.

Looking for good used figure skates!
The new skating ribbon at Dunlap Island is a great place for family fun! Community Education is collecting donations of good used skates for people to use at this amazing new winter park feature. There will be shelves built at the new warming house at Dunlap Island Park. Bring your skates to the Community Education office in the new Middle School at 2001 Washington Avenue.

HOLIDAY HUSTLE
December 1, during Home for the Holidays

3rd Annual Doggie Dip!
Sunday, August 26 • 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.

The Beach at Pinehurst Park

Reduced hours:
August 13-25
Open 12 - 5 pm, 7 days a week

The Beach closes August 25
$3.50 per person

Bubble Week is August 12 - 18!

Don’t forget to like and follow “The Beach at Pinehurst Park” on Facebook!

Pine Valley Tubing Hill
Opens in December (need at least 1 foot of snow.) Open weekends (& winter break)
Open 11 am - 5 pm. Cost $5/person.

Positions Available:
Must be 16, CPR certified preferred. Applications available at the Community Ed office or online.

Register online: www.CloquetCommunityEd.com
November 8 is National Community Ed Day!

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

Thursday, November 8 | 9 am - 2 pm

FREE cookies and coffee!

Our Age to age interns, Laine and Libby, were busy this summer!

The interns helped out with activities at Kids Corner on Fridays, such as learning Ojibwe. They led a craft at The Beach on Friday afternoons, which included rock painting, making an aquarium, and painting seahorses. They also volunteered with REACH Mentoring weekly. They were also in the Community Ed office each week, planning activities and making our summer great!

Age to age programs are sponsored by the Northland Foundation to help promote our community vision: Cloquet welcomes opportunities for positive interactions with our multi-generational community. We value a safe, fun, beautiful, openminded, creative and trusting environment for all. We plan to improve these qualities in building a strong foothold for the future.

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

Age to age activities happening this fall/early winter:
- Tech and Coffee
- Bentleyville Bus Trip
- Bean Bag Tournaments
- Plus more!

Left: Laine learning Ojibwe with students at Kids Corner; Right: Libby working at the Beach for Craft Fridays.

Libby and Laine at the Age to age Summit meeting in June.
Middle School After School Enrichment

The CMS Discovery Club offers fun activities for 5th & 6th graders. Examples: Cooking, swim, archery, drama, science, games and crafts.

Pre-registration is required to participate. Most activities have a daily fee, and begin after school and end at 4:45 pm, unless otherwise noted. We also offer occasional activities for 7th & 8th graders.

Middle School parents - to find out what's happening after school for 5 - 8 graders, send Kirsten Koskela your email address to receive monthly emails. Plus, check the Youth webpage on our site: www.CloquetCommunityEd.com to view upcoming activities and register online.

Middle School After School Enrichment Coordinator:
Kirsten: 879-1261 x7008 | kkoskela@isd94.org

Upcoming Discovery Clubs:
Intro to Sign Language | Breakout EDU | Savannah’s Pottery
Check our website for more information.

Babysitting Clinic | Ages 11-16
This course gives current and future babysitters the skills and confidence to care for infants, toddlers and school-age children. We will use videos, hands-on activities, and problem solving. Babysitter’s training teaches youth how to handle emergencies, accidents and illnesses with first aid & CPR; recognize safety and injury prevention; communicate with parents; supervise young children; feed, diaper and care for infants; remain safe as the sitter. Please have your student bring a bag lunch and a water bottle.
Instructor: Vickie Nordin | CMS - Room C141, Enter door #1
Sat, Nov 10 | 8:30 am - 2 pm | $30

Thank you to the Cloquet Educational Foundation for its generous grant towards student scholarships for Community Education classes and activities.
The process to get your license can be confusing!
Here’s what to do (for youth under 18 years of age):
- Register and pay for the 30 hour classroom instruction. You must complete the full 30 hours to receive your completion certificate.
- Bring your completion certificate to the Community Ed office to receive your blue card (or receive it after the 30 hour class). In order to get your blue card you must register and pay for Behind-the-Wheel.
- Go take the permit test! For your permit test, you must bring your blue card and 2 forms of ID (birth certificate, social security card, etc.). Once you have received your permit, you can call your driving instructor to schedule your 3 2-hour lessons.
- Once you have finished your lessons, you must stop in the Community Ed office with your BTW completion paperwork and your permit to receive your white card. When you have your white card, are at least 16 years old, have completed 50 hours of driving* and have held your permit for at least 6 months, you can go take your driving test!

*Point of Impact Parent Awareness Class
The MN Department of Public Safety requires a 1.5 hour teen driver safety awareness class to be offered for both parents/guardians and their teens. A driving log is required. Attending this mandated class will reduce the total number of required driving hours logged from 50 to 40 hours.

Watch online and in our next LumberLog for dates and times.
Time for Tots Registration for Fall 2018
$45 registration fee (non-refundable and in addition to class fee)
Register online at CloquetCommunityEd.com or in the ECFE/TFT’s office.

- Classes start the week of September 17, 2018.
- 36 months to Pre-K and potty trained by September 1, 2018.
- 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)

Free • Quick • Simple • Fun

Early Childhood Screening
Next Screening dates will August 21-23, 2018
In order for your child to enter Kindergarten, the state requires an Early Childhood Screening (between their 3rd and 4th birthday is the ideal age).

For more information please call 879-9291 or stop in the office at 602 Arthur Street.

Preschool and Parent Music for Life
Thu, Sep 27 - Oct 11 & Oct 25 - Nov 8
10:30 - 11:45 am
Instructor: Carla Goldschmidt
Churchill Early Childhood Wing
For 3 & 4 year olds and their parents.

This 1 hour 15 minute group time is designed to encourage musical fun and foundations for families. We will be spending time preparing children to become musical through tone, movement, and beat. Time will be spent learning how to coordinate voices with the tunes we already hear in our heads, how music is divided in groups of 2s and 3s, and how music, movement and feelings really work hand in hand. Come prepared to laugh, love and learn music together and prepare your child for a lifetime of music.
$25 per family

Love and Logic
Early Childhood Made Fun™
Mondays, Nov 12 - Dec 10 | 5:15 – 7:15 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 5 due to low enrollment.
$25 per person
Childcare: $2 per child per week, includes snack
Call 879-9291 to register online at CloquetCommunityEd.com

Parent Aware
Rated Program

Highest Possible Rating

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.

Thank you to The Cloquet Educational Foundation for their generous grant!
Meet our new secretary, Cassie Marc!

My name is Cassie Marc and I’m very excited to join the ECFE/School Readiness team as secretary. My family and I moved to Cloquet three years ago from western Wisconsin where I worked in banking. Since moving to Cloquet, I have been fortunate enough to be a full time mother and participate in the ECFE and TFT programs as a parent. The experience has been incredibly rewarding and beneficial to my family and I look forward to helping other families in my new role. When I’m not at work, you will find my family and I spending our time camping, hiking, cross-country skiing, and watching the kids participate in their many sports.

ECFE Registration: Sign up now for Fall 2018

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 17, 2018.
• Please use your child's age as of September 1, 2018.
• Classes are ongoing during the school year—you may join at any time.
• 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

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.

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• Registration fee (non-refundable and in addition to class fee)
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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.

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

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 5 - May 3 | 9:15 - 10:30 am | $2/time

Me & My Guy Workshop
October 4 & 11 | 6:00 - 7:30 pm | $20
30 months – Pre-K | Pre-registration required
The workshop will be open and ready to explore! Come join us and create projects with simple tools.

ECFE | TFT 879-9291
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>Cloquet residents: $53</th>
<th>Non-Cloquet residents: $61</th>
</tr>
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<tbody>
<tr>
<td>Max Students: 8 (Levels 2-6) 6 (Water Whales &amp; Level 1)</td>
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<tr>
<td>Lessons held at the Pool in the Cloquet Middle School, located at 2001 Washington Ave., Enter door #2</td>
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›Safety Day is no longer the first day of class. We will cover our Safety Topics for about 2-5 minutes at the beginning of each lesson.

Group Lessons

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<th>Sunday Lessons: Oct 28 - Dec 16</th>
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<tr>
<td>Time</td>
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<tr>
<td>4 pm</td>
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<td>5 pm</td>
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<tr>
<td>6 pm</td>
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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: $34 individual or $54 semi-private
- Four lessons: $68 individual or $108 semi-private

If you have questions about aquatics classes, please call Kayla at the Community Education office at (218) 879-1261 x7006 or email: kcresap@isd94.org.

Swim Level Descriptions

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

Level 1 - Introduction to Water Skills (Ages 6+)
Purpose: Helps students feel comfortable in the water.

Level 2 - Fundamental Aquatic Skills
Purpose: Gives students success with fundamental skills.

Level 3 - Stroke Development
Purpose: Builds on the skills in Level 2 through additional guided practice.

Level 4 - Stroke Improvement
Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Level 5 - Stroke Refinement
Refines skills learned in Level 4. Swim distances and stroke knowledge are increased.

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 5 | 12 – 5 pm
Sat, Jan 12 & 19 | 9 – 5 pm
Sun, Jan 13 | 9 – 5 pm
$225

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.

CMS = Cloquet Middle School, 2001 Washington Ave

Register online: www.CloquetCommunityEd.com
Senior Swim

Instructor: Shirley VanGuilder
CMS - Pool, Enter door #2

Mon/Wed/Fri | 7 – 8 am
Section 1: Sep 5 – Oct 26
No swim: 10/19
Section 2: Oct 29 – Dec 21
No swim: 11/23
$45/quarter or $3/time

Adult Lap Swim
An excellent way to get your swim workout in for the day!
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: 6 - 7 am | Mon – Fri, Sep 4 – Dec 21
No swim: 10/18, 10/19, 11/22, 11/23
Monday Evenings: 7 – 8 pm | Mon, Sep 10 – Dec 17
Wednesday Evenings: 7 – 8 pm | Wed, Sep 5 – Dec 19
No swim: 11/21
$3.50/time/person

Saturday Morning Lap Swim
No children under the age of 14 will be admitted unless accompanied by an adult. Please use the family locker room.

CMS - Pool, Enter door #2
Sat, Sep 8 - Dec 22 | 7:30 - 8:45 am
No swim: 10/20, 11/22 | $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.
Instructor: Lisa Foster
CMS - Pool, Enter door #2

7 – 8 pm
Section 1: Thu, Sep 13 – Oct 25
No class: 10/18 | $34
Section 2: Thu, Nov 1 – Dec 20
No class: 11/22 | $38
Sign up for both sections and SAVE!

Friday Family Swim
The CMS 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
Fri, Sep 7 – Dec 21
No class: 10/18, 11/22, 11/30
6:45 - 8:15 pm
$3.50 (3 and under $2)

Call us at 218-879-1261
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.

Registration opens Aug 13.
Register by noon on Sep 6.
Super One BACK Parking Lot
Fri, Sep 28 | 8 am – 3 pm | $56

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 of Super One parking lot, and makes stops at Ikea and at the Mall of America where you can shop 520+ stores to 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 19.
Super One BACK Parking Lot
Fri, Dec 7
8 am – 5 pm
$37

Chanhassen Dinner Theater
Irving Berlin’s Holiday Inn Bus Trip

Holiday Inn, the new Irving Berlin musical, tells the story of Jim, who leaves the bright lights of show business behind to settle down on his farm house in Connecticut. He quickly discovers life isn’t the same without a bit of song and dance. Jim’s luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday from Thanksgiving to the Fourth of July. But when Jim’s best friend Ted tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love? A stunning showcase of over 20 Irving Berlin classics such as “Cheek to Cheek,” “Be Careful, It’s My Heart,” “Blue Skies,” “Heat Wave” and the unforgettable tune, “White Christmas.” Price includes a delicious lunch, a fantastic premiere theater production and comfort coach bus transportation.

Registration opens Aug 13.
Register by noon on Oct 12.
Super One BACK Parking Lot
Wed, Nov 14 | 8 am – 6:30 pm | $95

If you have been on one of our fun and famous bus trips to the State Fair, Plymouth Playhouse, Mall of America or the Paddleboat to name a few, you might recognize this woman! Joan Poupore has been a fantastic chaperone for us over the past several years. Chaperoning comes naturally to this personable and responsible lady. She can manage a bus load of 56, distribute tickets, visit with patrons, smooth over problems, and keep everyone updated on the itinerary, all without a hiccup! Joan has also been a part of our Advisory Council for many years. Thank you, Joan, for your patience, leadership, and eye for detail, which help to make our bus trips so enjoyable.
Digital Photography
Use that camera you received as a gift, or add to your photography skills! Take better indoor and outdoor photos while using your digital camera. Each night will have practical hands-on lessons and specialty-shooting techniques. Bring your camera, plus any manuals that came with it. For complete understanding, attend all four classes, especially the first two.
Weather make up is Sep 27.
Instructor: David Kohne
CMS - Room C141, Enter door #1
Mon & Wed, Sep 17 – 26
6:30 - 8:30 pm
$45

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 3.
Instructor: Peggy Anderson
CMS - Comm Ed Conference Room, Enter door #2
Mon & Thu, Sep 10 – Oct 8
6:30 – 8 pm
$35

Miniature Watercolor Painting on Cards
Return to an earlier era when communications were more personal, contained more meaning, and were more artful. Create a quick yet detailed miniature painting on letterhead or card. No previous watercolor experience necessary, and you will be amazed at the results. Class is small so individual attention can be given to each student. See supplies list online or in Community Ed office. For more information, see instructor's website: skiphofstrandartist.com
Instructor: Skip Hofstrand
CMS - Comm Ed Conference Room, Enter door #2
Section 1: Wed, Sep 19
Section 2: Wed, Sep 26
5:30 - 8:30 pm
$50/night

Hand Stamped Fall Cards
Never be without a card for the season! Make 8 stamped cards (2 cards of 4 different designs) A variety of fall designs including cards for Halloween and Thanksgiving. All materials included in fee: embellishments, precut materials ready to stamp and assemble, plus envelopes.
Register by Oct 2.
Instructor: Mary Anderson
CMS - Comm Ed Conference Room, Enter door #2
Thu, Oct 11 | 6 – 8 pm | $16

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.

Learn to Play American Mahjong
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. Register by noon Sep 12.
Instructor: Jan Southerton, Deanne Szumowski
CMS - Comm Ed Conference Room, Enter door #2
Wed, Oct 3 – 17
6 – 8 pm
$29

New!

Painting in Pairs
Watercolor painting made easy from our experienced instructor for you and your child. Learn the techniques and guide your child to create three lovely paintings. Bring paper towels, old terry towel and a Cool Whip or similar container. Limited seats, so sign up early!
Instructor: Lyn Jutila
CMS – Room B235, Enter link doors
Mon, Oct 22 – Nov 5
6 - 7:30 pm
$35

Hand Stamped Holiday Cards
Make the holidays special with cards made by you! Create 8 hand stamped cards for the upcoming holidays (2 cards each of 5 different designs). All materials included in fee: embellishments, precut materials ready to stamp and assemble, and envelopes.
Register by noon on Nov 26.
Instructor: Mary Anderson
CMS - Comm Ed Conference Room, Enter door #2
Mon, Dec 3
6 – 8 pm
$35

Sometimes a great class or trip gets cancelled because people wait to register until the last minute. Don’t be disappointed--register today!
### Guitar Lessons

#### Beginning Guitar
Want a great gift idea? Is your guitar gathering dust in a corner? Dust it off and bring it in for our newly offered music lessons! Learn to read music, tuning and picking of your guitar. Develop skills in notes and chords in the first position, and learn basic songs. Instructor is recent UMD music graduate. Bring acoustic or electric guitar, amp, and a tuner (preferably electronic) to class. Purchase Hal Leonard’s Guitar Method Book One and a music stand online or at a music store and bring to class on the first night. Minimum age 15.  
**Register by Sep 5.**  
Instructor: Jeff Ross  
**CMS - Comm Ed Conference Room, Enter door #2**  
**Tue, Sep 11 – Oct 16 | 5 – 6 pm | $50**

#### Level II Guitar
Continuation of Beginning Guitar. Bring acoustic or electric guitar, amp, and a tuner (preferably electronic) to class. Purchase Hal Leonard’s Guitar Method Book One and a music stand online or at a music store in Duluth and bring the first night. Minimum age 15.  
**Register by Sep 5.**  
Instructor: Jeff Ross  
**CMS - Comm Ed Conference Room, Enter door #2**  
**Tue, Sep 11 – Oct 16 | 6 – 7 pm | $50**

#### Level III Guitar
Continuation of Level II Guitar. Bring acoustic or electric guitar, amp, and a tuner (preferably electronic) to class. Purchase Hal Leonard’s Guitar Method Book One and a music stand online or at a music store in Duluth and bring those the first night. Minimum age 15.  
**Register by Sep 5.**  
Instructor: Jeff Ross  
**CMS - Comm Ed Conference Room, Enter door #2**  
**Tue, Sep 11 – Oct 16 | 4 – 5 pm | $50**

### Adult Enrichment

#### 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.  
Instructor: Keith Miernicki  
**Garfield - Gym, Enter north door**  
**Tue, Sep 11 – Oct 2**  
**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, 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.  
Instructor: Keith Miernicki  
**Garfield - Gym, Enter north door**  
**Tue, Oct 9 – 30**  
**7 – 8 pm**  
**$24**

#### Beginning Folkloric Middle Eastern Dance
Explore the beauty and expressiveness of Middle Eastern folkloric dance - the dance of the common people. Discover a fun way to increase fitness, muscle tone and flexibility. Wear comfortable clothes; dance in bare feet. Men and women participate, but dance only with the same gender each wearing a galabeya kaftan tied at waist for men and at hip for women.  
Instructor: Deborah Weckert  
**CHS - Media Center, Enter door #1**  
**6 – 7 pm**  
**Section 1: Wed, Sep 12 – Oct 24**  
**$48**  
**Section 2: Wed, Oct 31 – Dec 12**  
**No class: 11/21**  
**$42**

#### Beginning Steampunk Dance
If you are interested in dressing in goggles and aviator caps, bloomers and lace, bustles and corsets, leather and top hats, join us for a “steampunk” belly dance choreography with locks and pops, robotic actions, sliding through the smooth movements of traditional belly dance. Steampunk draws from science fiction, fantasy, and a time when steam power was popular, primarily Edwardian and Victorian eras.  
Instructor: Deborah Weckert  
**CHS - Media Center, Enter door #1**  
**7 – 8 pm**  
**Section 1: Wed, Sep 12 – Oct 24**  
**$48**  
**Section 2: Wed, Oct 31 – Dec 12**  
**No class: 11/21**  
**$42**

**CMS = Cloquet Middle School**  
**CHS = Cloquet High School**

Register online: www.CloquetCommunityEd.com
### Classes Offered at Park Avenue Fitness

#### Karate Uechi Ryu
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.

- **Ages:** 13+
- **Instructor:** Marie Nyblom
- **Section 1:** Mon, Sep 17 – Oct 22
- **Section 2:** Mon, Oct 29 – Dec 3
- **Time:** 6:30 – 8 pm

$45 | 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.

#### 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
- **Time:** 5 – 6 pm

- **Section 1:** Mon, Sep 10 – 24
  - No class: 9/17 | $14
- **Section 2:** Mon, Oct 1 – 29 | $35
- **Section 3:** Mon, Nov 5 – 26 | $28

#### 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
- **Time:** 5 – 6 pm

- **Section 1:** Tue & Thu, Sep 4 – 27 | $40
- **Section 2:** Tue & Thu, Oct 2 – 30 | $45
- **Section 3:** Tue & Thu, Nov 1 – 29
  - No class: 11/22 | $40

#### Indoor Cycling
Indoor group cycling is a low impact/high energy terrific calorie burn alternative for your cardio workout for beginners to intermediate at a self directed pace. Enjoy energizing music while strengthening your heart, lungs and increase your endurance. Bring bike shoes or stiff soled sneakers, water, hand towel, and bike shorts if you have them.

- **Instructor:** Katie Lewis Roufs
- **Time:** Wed, Oct 17 – Dec 12
  - No class: 11/28
  - 4 - 4:45 pm | $56

#### 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. A party and family skating will close out the session. A helmet is required (bike helmets are acceptable)

- **Instructor:** Ashlee Lennartson
- **Time:** Sun, Oct 14 – Dec 9
  - 6:30 – 7:30 pm
  - $70

#### Volleyball Drop-In
Each week players will be separated into different teams. There is no league this is drop in. Contact Community Education for more information.

- **Instructor:** Brenda Nelson
- **Time:** Wed, Sep 12 – Dec 20
  - No class: 10/3, 11/21
  - 6 - 7:45 pm | $2/night (pay on site)

#### Men’s Morning Basketball
Pick-up basketball for adults. Newcomers welcome! Bring tennis shoes and a basketball.

- **Instructor:** Ross Biebl
- **Time:** Mon/Wed/Fri, Sep 5 – Dec 21
  - No class: 10/19, 11/23
  - 6 – 7 am | $2/week

#### Soma Yoga
Release 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.

- **Instructor:** Wyan McCausland
- **Time:** 5 - 6:15 pm

- **Section 1:** Thu, Sep 13 – Oct 25
  - No class: 10/18
- **Section 2:** Thu, Nov 1 – Dec 13
  - No class: 11/22
  - $57/section

#### Soma Yoga For Pain
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, get out of pain, and return to free movement.

- **Instructor:** Wyan McCausland
- **Time:** 6:30 - 7:45 pm

- **Section 1:** Thu, Sep 13 – Oct 25
  - No class: 10/18
- **Section 2:** Thu, Nov 1 – Dec 13
  - No class: 11/22
  - $57/section

#### 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.

- **Instructor:** Melissa Nick
- **Time:** Mon, Sep 10 – Nov 12
  - No class: 10/15, 10/22
  - 6 - 7:15 pm | $64

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**Recreation Programs are financially supported by the City of Cloquet and Cloquet Community Ed.**
Meet Lacey Johnson, our new Majorettes Coach!

Lacey is a 2001 Cloquet High School graduate and a former majorette who currently lives in Cloquet. She is bringing fun new ideas mixed with traditional to the majorettes program. Majorettes is for boys and girls in grades 7-12.

Core De Force Live
CORE DE FORCE LIVE is unlike any other MMA-inspired workout. You will complete exhilarating Boxing, Kickboxing, and Muay Thai combinations, mixed with fat-blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carveallerover definition. You’ll move through 3-minute “rounds” in which you’ll alternate between various fighting combinations with bodyweight moves and cardio spikes to kick your calorie burn into overdrive. No matter what your fitness level, you can punch, kick, and sweat at your own pace.

Instructor: Nikki Wilmes
CMS - Cafeteria, Enter door #1
Section 1: Mon, Sep 10 – Oct 1
Section 2: Mon, Oct 8 – 29
Section 3: Mon, Nov 5 - 26
5:45 - 6:45 pm
$30/section

PiYo Live
PiYo Live = Pilates + Yoga + Non-stop Movement. You will complete exhilarating Boxing, Kickboxing, and Muay Thai combinations, mixed with fat-blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carveallerover definition. You’ll move through 3-minute “rounds” in which you’ll alternate between various fighting combinations with bodyweight moves and cardio spikes to kick your calorie burn into overdrive. No matter what your fitness level, you can punch, kick, and sweat at your own pace.

Instructor: Nikki Wilmes
CMS - Cafeteria, Enter door #1
Section 1: Mon, Sep 10 – Oct 1
Section 2: Mon, Oct 8 – 29
Section 3: Mon, Nov 5 - 26
5:45 - 6:45 pm
$30/section

Meet our new Danceline Coach, Pamela Ermatinger!
I graduated from Cloquet in 2009 where I was on the dance team from my sophomore to senior year. After high school I danced and cheered at UWS for two years. I currently live in Cloquet where I work as a dispatcher for Aire Serv of Northeastern Minnesota. I’d really like to see the dance team amp up high kick performances as well as get back to a high school competition level. I’d love to make the dance team a place to grow confidence not only in technical skills but also on a personal level.

Balanced Body Basics
Looking for some balance in your life? Enjoy basics in stretching, core strengthening and balance. Class is conducted with music and participants must be able to move freely from standing to the mat. Wear comfortable clothing, bring an exercise mat and 2-5 lb. hand weights.

Instructor: Sue Erickson
Journey Church
9 – 10 am
Section 1: Mon, Sep 10 – Oct 15 | $42
Section 2: Wed, Sep 12 – Oct 17 | $42
Section 3: Mon, Oct 29 – Dec 17 | $56
Section 4: Wed, Oct 31 – Dec 19 | $56

Zumba
Saturdays, starting in November
Look online for more information.

Karate Uechi Ryu
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. Ages: 8+
Instructor: Marie Nyblom
Churchill – Cafeteria, Enter door #13
6:30 - 8:30 pm
Section 1: Thu, Sep 13 – Oct 25
No class: 10/18
Section 2: Thu Nov 1 – Dec 20
No class: 11/22, 11/29
$45

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.

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.

CMS = Cloquet Middle School
CHS = Cloquet High School
Two great places for year-round preschool & childcare:

Looking for a quality, flexible, and convenient preschool with childcare for your child?

Check out our Learning Centers!
Li’l Lumberjacks Learning Center at Cloquet High School and
Li’l Thunder Learning Center at Fond du Lac Tribal & Comm. College
Both sites are open year round.

For ages 16 mos-Pre-K
For ages 6 weeks-Pre-K
Both programs are run by Cloquet Community Ed & Rec and are available to everyone. Both have qualified and experienced staff with Early Childhood Education degrees and ongoing education. Licensed by the MN Dept. of Human Services and the MN Dept. of Health. Partnership with Jump Start 4 Kindergarten.

Both programs have a Parent Aware 4 star rating. Scholarships are available.

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.

Upcoming classes and activities:

Exercise Class               Sep 20 - Nov 15
Cooking: Terrific Taco Night!Sep 24
Cooking: Pizza Casserole & Root Beer FloatsOct 15
Cooking: Halloween Dinner NightOct 29
Cooking: Wild Rice Soup DinnerNov 19
Bayfield Apple Festival Trip!Oct 6
Halloween Games, BINGO, & Dinner Party!Oct 12
Movie & Pizza SaturdayOct 20
Halloween Costume  DANCE!Oct 27
Holiday Games, BINGO, & Dinner Party!Nov 9
Dinner & Movie Night: Home Alone INov 16
Dinner & Movie Night: Nightmare Before...Nov 30
Dinner & Movie Night: The StarDec 7
Christmas CARDS, CRAFTS & COOKIESDec 14

Please pre-register and pay for all activities.
▶ Look for our AWD brochures which will be mailed separately. Please call us to get your name on the mailing list: 879-1261 ask for Lisa.

Call us at 218-879-1261
The new Dunlap Island Park is available to rent!

Dunlap Island Building Rental:
Cloquet Resident (Private): $40
Non - Cloquet Resident (Private): $80
To rent this park, visit www.CloquetCommunityEd.com and click on “Facility & Parks Request Page”

New Skatepark at Athletic Park!

Groundbreaking for the new Cloquet Skateboard Park was held on July 10. The park is scheduled to be completed by the end of summer. Dedicated parents and youth have been working hard for the past 10 years to make this project a reality.

The Pine Valley Single Track Mountain Bike Trail built in 2018 includes a total of 2.1 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 retuning down to the two-way connector.

Lost Forester Adventure Runs at Pine Valley
Pine Valley 5.5K, Pine Valley 11K, & Lost Forester September 3, 2018
7:30-8:30 am Registration, Races start at 8:30 am
$25 pre-registration
For more information, visit LostForester.com or look for the Lost Forester on Facebook.

The Cloquet Public Library:

Check out the fun activities at your local library!
(218)879-1531 | www.cloquetlibrary.org
Storytimes: Tuesdays and Wednesdays at 10:15 am, Starting September 4
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!

UMD EXTENSION OFFICE
Could you have Pre-Diabetes?
Learn how to create a healthier lifestyle and prevent diabetes in this 16-week diabetes prevention program. Classes begin Thursday, September 27, 2018, 10 am. Doors open 9:30 am at the Cloquet Public Library. You must qualify for this class. Call the number below to have a quick discussion with our lifestyle coach to see if you are able to participate.
For more information or to register call Elizabeth McLaughlin: 218-391-8396 or email emclaugh@umn.edu.
If you are a Cloquet student and qualify for free or reduced lunch: Youth may participate in a youth activity for half price. Maximum of $15 off per child per year. Scholarships provided by: Cloquet Educational Foundation and Cloquet Community Education. Send coupon with registration.

### Registration Form

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<thead>
<tr>
<th>Participant Name</th>
<th>Class Title</th>
<th>Start Date</th>
<th>Class Fee</th>
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**Total of all class fees:**

**FOR ALL REGISTRATIONS**

Please list any medical concerns, special needs or allergies that Community Education should be aware of.

**Participant Name and Concern:**

Participants enter Community Education classes at their own risk and assume all responsibility for injuries they may incur as a direct or indirect result of participation in these classes. Employees, representatives, or officials of Cloquet Community Education / Cloquet Public Schools are not responsible for any claim.

**Media Release:** I authorize ISD #94 employees to take and use photographs/video of me or my child for use in class activities, district publications, district promotions and Web content.

**Participant/Parent/Guardian Signature:**

Date:

**Payment Information**

I am paying by ________ Cash _________ Check Charge my credit card(2.59% fee applies): ______ VISA ______ MasterCard

Name as written on card: First M.I. Last

Signature:

Card Number: Exp. Date:

*Please mail or return this form to: Cloquet Community Education & Recreation, 2001 Washington Ave., Cloquet, MN 55720*