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We are now located in the new Middle School!
2001 Washington Avenue

Register for classes online today: www.CloquetCommunityEd.com

Look for the Pine Valley Tubing Hill on Facebook for updates and weather related closings!
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.

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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.
- Refund Policy: Refund charge is $3. Cancellations must be made at least 2 business days prior to first class in order for a full refund to be considered.
- 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: 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.
- 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. Deadline for copy is the 10th of the month preceding print.
A Community for the Ages

AGE to age offers programs and activities, but it is much more than that.

It is a philosophy and a mission. Northland Foundation offers Community Education funding each year to help promote an intergenerational culture in our community. In Cloquet, there are many unofficial AGE to age activities that occur in our daily and weekly schedules. Many churches are comprised of all ages who share friendships and connections. REACH Mentoring Program helps to bring together all ages to build relationships of support. While these are not official AGE to age programs, they foster the philosophy and mission of building a community where young and old interact, know each other’s names, and offer support.

The mission of AGE to age is to invite all community members to consider how they can expand their lives to include multi generations in the community. It does not have to be through a formal program. It is a perspective and way of thinking when planning events or activities. Are you inviting all ages? Are you intentional about including all ages? Are you accounting for the abilities of all ages?

As you view your community, organization or neighborhood, take a few minutes to consider if you are reaching out to all generations.

Ruth Reeves, Community Ed Director

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!

NEW starting January 1, 2018: 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.
**Winter & Family Fun**

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**2nd Annual**

**Cloquet 10B Holiday Hustle**

“World’s Only 10-Block Walk/Run”

**Half-mile Fun Run/Walk**

**Saturday, Dec 2nd | 4:45 pm**

Registration and check-in starts at 4 pm on the Northwoods Credit Union East Side, 1702 Avenue B, Cloquet.

Entry Fee: $5 per person or $10 per family (includes free hat)
Pre-registration preferred.
Online: ReachMentoringProgram.com
In person: Community Ed office or Northwoods Credit Union
Walk-ins welcome.
Optional: Bring unwrapped toy for the Salvation Army Toy Drive
Each registrant gets a FREE hat (while supplies last)!

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**Family Fun Sundays**

(Formerly Fit ‘n’ Fun Sundays)

**Sundays, Jan 7 - Mar 18**

**Cloquet Middle School**

Pool: 12 - 1:45 pm
Gym: 12 - 2:30 pm

(Three courts)

**Also, Board Games:**
Meet in the small conference room off main lobby. Bring your favorite board games!

$3.50 person at the door
Season passes available:
Individual pass $25 | Family pass $70
Buy passes at Community Ed

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**Pine Valley Tubing Hill**

The Pine Valley Tubing Hill will open December 16, 2017.
(weather permitting - need at least one foot of snow)

Saturdays & Sundays, 11 am - 5 pm
Also open:
Winter Break: Dec 22—Jan 1
(closed Dec 24 & 25)
No School days: Jan 15, 19 & Feb 19

Please check our Facebook page or call the Pine Valley Chalet at 879-8682 to find out if the Tubing Hill is open or closed.

• $5 per person
• Cannot accept credit cards for payment - cash/checks only.
• Children 6 years and under MUST be accompanied by an adult!
• Helmets are recommended.
• Concessions in the Chalet.
• Separate hill for snowboards only.
• Tubes are provided.
• Grab the tow rope and lay on your tube to ride back up the hill.
• Certified staff on site for your safe enjoyment.

The City of Cloquet teams up with Cloquet Community Education & Recreation to offer this activity to area residents.

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**POSITIONS AVAILABLE:**
Must be 16, CPR and First Aid certification preferred.
Applications available at the Comm. Ed. office or online.

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**Save the Date!**

The Easter Egg Hunt is Saturday, March 31!
– 3rd Annual –

Groundhog Day Medallion Hunt

More than $500 in local gift cards and certificates!

Tune in to WKLK on February 2!

Have some fun with winter and win some fantastic prizes! The Medallion Hunt will kick off on Groundhog’s Day, February 2, 2018.

Sponsored by WKLK AM, WKLK FM, Cloquet Community Ed & Rec, and the City of Cloquet.

The medallion will be hidden somewhere in the Cloquet area. Clues will be given daily on WKLK AM and FM. Watch our website for details or listen to WKLK 96.5 FM or 1230 AM.

Enjoy a supper and a Bentleyville Tour of Lights Bus Trip!

Twinkling holiday lights, warm cocoa, the smiles of your grandkids and supper to boot. Now that sounds like the way to spend a December AGE to age style evening!

Join us as we travel by comfortable coach bus to the world famous Bentleyville Tour of Lights in Bayfront Park, Duluth. You and yours will enjoy a quick supper at the Senior Center before boarding the bus. We’ll swing through town to see the lights of Cloquet prior to heading down the hill into Duluth.

Grab your grandkids or grandparents and join the fun! Children up to 17 years of age must be accompanied by an adult. Remember to dress warm!

Pre-registration is a must and seats are limited.

Thursday, December 7 | Cost: FREE, but we ask you to bring a non-perishable food item

Starts at Cloquet Senior Center, Olympic Drive
Dinner served 5-5:45. Bus departs promptly at 6pm.
Return to Senior Center by 8:30.

Thank you, Northland Foundation, for sponsoring this evening.

Bean Bag Tournaments

FREE

Get your team together because it’s AGE to age Bean Bag Tournament time! Compete for prizes and fame!

Teams of two - age 7-107: Ageless fun!
- one adult (21-107) and one youth (7-17), OR
- Great intergenerational activity for grandkids and grandparents, aunts, uncles, and friends!

Please register your team prior to each tournament. Limited to 10 teams only so don’t delay!

Tournament 1: Sunday, January 28
Tournament 2: Sunday, February 25
1-2 pm in the new CMS Cafeteria.
Fun, food and prizes, and IT’S ALL FREE!
Age to Age is funded through the Northland Foundation.

Tech and Coffee

Saturdays | 9 - 11 am
January 13, February 10, March 10
See Page 20
Time for Tots Registration for Fall 2018
Registration begins March 19 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 & Thur
  Section 1: 8:30 - 11 am
  Section 2: 12 - 2:30 pm
  $45.80/month (8 months)

- 3 Day Class: Mon/Wed/Fri
  Section 1: 8:30 - 11:30 am
  Section 2: 12:30 - 3:30 pm
  $79.75/month (8 months)

*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.
Thank you to The Cloquet Educational Foundation for their generous grant!

A FOCUS ON YOUR CHILD’S FUTURE
The world has certainly changed since we were kids and it will change at an even more rapid rate for our children. Join us for an interactive discussion about the impact of media and technology on today’s preschool aged child—good and bad. Take home lots of practical ideas that you can do at home to safeguard your child’s vision as they learn to read and use screeentime—and guarantee some family fun in the process!

Presenters: Dr. Sasha N. Narayan, OD, Northern MN Eyecare and Ginny Korte-Castle, Licensed Parent Educator.
Churchill Early Childhood Wing - 602 Arthur St Fri, Feb 2 | 9 - 10:30 am
This class is for adults—limited spots available for childcare.
Register by January 26. Class will be cancelled after January 26 due to low enrollment.
Free, but you must register by Jan 26.
Childcare: $2 per child
Call 879-9291 to register or online at CloquetCommunityEd.com

Free • Quick • Simple • Fun
Early Childhood Screening
Next Screening dates are Feb 20 - 22, 2018
In order for your child to enter Kindergarten the state requires an Early Childhood Screening between their 3rd and 4th birthday.

If your child will be entering Kindergarten in Fall 2018, they must have completed an Early Childhood Screening before starting in the fall. The above screening dates are the final screenings for the 2017 - 18 year.

For more information please call
Call Theresa at 879-9291
Early Childhood Family Education

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 is Ongoing

Classes are located at: Churchill Early Childhood Wing, 602 Arthur St., Cloquet. 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)
  - Please use your child's age as of September 1, 2017.
  - 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
Thursday, 10:30 - 11:45 am
$30/year

Wonderful Ones | 10 - 18 months
Thursday, 8:45 - 10 am
$208/year or $104/semester

Amazing Twos | 19 - 29 months
Monday, 11 - 12:30 pm
Wednesday, 11 - 12:30 pm
$208/year or $104/semester

Mixed Ages Class | 25 - 48 months
Tuesday, 5:30 - 7 pm
$208/year or $104/semester

Grandparent Class | Birth to 5 yrs.
Tuesday, 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
$208/year or $104/semester

Creative Kids Plus
Children must attend Creative Kids on Monday or Wednesday. Child attends without parent.
Fridays, 9 - 10:30 am
$105/year

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.

Me and My Guy - Spectacular Science
30 months - Pre-K
Special activities for girls and boys and their special guy (dad, grandpa, uncle, friend, etc.). Join us for classroom science activities plus a special trip to the gym!
Early Childhood Wing - 602 Arthur Street
Tuesdays, February 6 & 13
6 - 7:30 pm | $10.00
Pre-registration required. Call 879-9291 or visit www.CloquetCommunityEd.com.

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

Pre-school and Parent Music for Life
Tuesdays, Jan 23 - Feb 27 | 12:15 - 1:30 pm
Instructor: Carla Goldschmidt
Churchill Early Childhood Wing
602 Arthur Street, Cloquet
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 2’s and 3’s, 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

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.

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

**Cloquet residents:** $53  
**Non-Cloquet residents:** $61

Max Students: 8 (Levels 2-6)  
6 (Water Whales & Level 1)

Lessons held at the Pool in the Cloquet Middle School, located at 2001 Washington Ave., Enter Community Ed door

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.

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. 4 lessons, 30 minutes each. The cost is $68 per individual or $108 for 2 siblings attending the same lesson. Siblings should be at equal or similar swim level. Bring swimsuit and towel. Look online for times/dates.

Senior Swim
Residents 55 and over. 3 mornings per week. Qualified lifeguard always present. Water aerobics during the first 25 minutes. Pay in advance at the Comm. Ed. office.  
CMS - Pool, Enter door #2

**Mornings:** 6 – 7 am | Mon - Fri, Jan 2 – Mar 23

No swim: 2/19

**Quarter 1:** Dec 11 – Feb 5  |  **Quarter 2:** Feb 7 – Apr 2

No Swim: 12/22, 12/25, 12/27, 12/29, 1/1, 2/19, 3/26, 3/28, 3/30

Fee: $45/quarter or $3 per 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, Jan 2 – Mar 23

No swim: 2/19

**Monday Evenings:** 7 – 8 pm | Mon, Jan 8 – Mar 19

No swim: 1/15, 2/19

**Wednesday Evenings:** 4:30 – 6 pm | Wed, Jan 3 – Mar 21

$3.50 per time

Water Babies  Ages 6 mos - 2 yrs
Tadpoles  Ages 2 - 4 yrs

Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Parents work with their children to practice floating, kicking and swimming back to the side of the pool. Emphasis on safety, games and smiles. Parent/Guardian participates with child.

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

**Section 1:** Sun, Jan 7 – 28
**Section 2:** Sun, Feb 4 - 25

**Water Babies:** 2 – 2:45 pm  
**Tadpoles:** 3 - 3:45 pm

Cloquet residents: $26  
Non-Cloquet residents: $30

Saturday Mornings Adult Lap Swim/Open Swim
Check in with a lifeguard. There will be a lane line dividing the pool: lanes 1-4 will be Adult Lap Swim, lanes 5-8 will be Open Swim.  
CMS - Pool, Enter door #2

**Sat, Jan 6 - Mar 17** | No swim: 1/20, 3/3

7:30 - 9 am | $3.50/time/person

New! Open Swim / Lap Swim Punch Card
Punch card can be used at ANY of our Open Swims or Adult Lap Swims. Cards are kept in a box at the pool entrance. Check in with the lifeguard before swimming

- 10 swims – $35  
- 15 swims – $52.50  
- 20 swims – $70

- 25 swims – $87.50  
- 30 Swims – $105

Card expires 3 YEARS after purchase date.

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.
Kayaking in the Pool
For when you want simple practice time to “bombproof” your roll, work on strokes, or play-boating skills you should join our open pool sessions. Come on and refresh your skills so you are ready to go when the runoff starts! Limited space available sign up early! Equipment not provided. Kayakers will not go off diving blocks or diving board with kayak. Any violators will be asked to leave. No instructor; lifeguard supervised. Ages 12+. CMS - Pool, Enter door #2 6:30 – 8 pm
Section 1: Wed, Jan 10 – Feb 7
Section 2: Wed, Feb 21 – Mar 21
$30/section

Aquatic Wanted:
Certified Lifeguards & WSIs (Water Safety Instructors). Lifeguard pays $9.75/hour and WSI pays $12.35/hour. Pick up an application at the Comm. Ed. office. WSI Course coming in March! Check website for details. Questions? Contact Kayla at 879-1261 or kcresap@isd94.org

Meet Nancy Cooper, our new diving instructor!
Nancy competed in swimming and diving as a child and into her college years. She taught swimming and diving at the Cloquet Middle School pool for many years and coached the girls swim team as well.

Swim Camp: Boys and Girls
The primary goal of this class is to have fun while learning how to be safe in and around the pool. In addition, we will strive to develop the beginner as well as the more experienced swimmers. Swimmer must be able to swim 25 yards without stopping. Able to swim comfortably in deep end of pool. Passed level 4 in Red Cross Swim lessons.
- Basic Skills: floating, breathing, kicking, and stroke introduction
- Stroke Development: Freestyle, Backstroke, and Breaststroke
- Advance Strokes and Turns: Butterfly, Backstroke, Breaststroke and Freestyle
- Competitive Skills: Starts, turns, and finishes.
Ages 9+.
Questions? Call Kayla at 879-1261.
Instructor: Kayla (Cresap) Cotner CMS - Pool, Enter door #2
Boys: Mon, Jan 22 – Mar 19
No class: 2/19
3:45 – 5 pm | $60
Girls: Wed, Jan 24 – Mar 14
3:15 – 4:30 pm | $60
Boys & Girls: Fri, Jan 26 – Mar 16
No class: 3/2
3:45 – 5 pm | $50

NEW starting January 1, 2018: 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.
Elementary After School Enrichment
Open to all children E-5 Kindergarten - grade 4. A variety of fun things to do after school at Churchill and Washington Elementary Schools. Learn to make healthy snacks, play sports, do science experiments, create art, and much more. Look for information to come home in Friday Folders. You can even register for classes online! Check us out on the web: www.CloquetCommunityEd.com, Registration forms also available at the Community Ed. office, 2001 Washington Ave.

Coordinators:
Churchill: Linnea Barto
879-3308 x4102 | lbarto@isd94.org
Washington: Jill Brenner
879-3369 x5083 | jbrenner@isd94.org

Upcoming Classes at Churchill
Savannah’s Pottery House - Santa Mug Dec 5
Holiday Gifts - Cookies in a Jar Dec 6
Savannah’s Pottery House - Bird Seed Wreath Dec 12
No Sew Fabric Holiday Ornaments Dec 13
Breakout Box (2-4 grade) Dec 14
Snack Attack - Holiday Cookie Decorating Dec 18
American Girl Club - Holiday Party and Bingo Dec 19
Lego Club Dec 20

Check online for more classes!

Upcoming Classes at Washington
Comics, Coloring, and Drawing Dec 4
Hot Wheels Club Dec 5
Creative Arts - Fabric Ornament Dec 6
Savannah’s Pottery House - Ceramic Tree Candle Holder Dec 7
American Girl Club - Holiday Party and Bingo Dec 11
Breakout Box Dec 12
Holiday Gifts - Cookies in a Jar Dec 13
Savannah’s Pottery House - Bird Seed Wreath Dec 14
Zumba for Kids! Dec 18
Snack Attack - Holiday Cookie Decorating Dec 19
Lego Club Dec 20

Check online for more classes!

Middle School After School Enrichment
The CYC has changed to the CMS Discovery Club, a clubs only format for 5 - 6 graders.

Preregistration is required to participate in a club. Most clubs/activities will have a $4 daily fee, unless otherwise noted. Clubs are offered Monday - Thursday, beginning after school and ending at 4:45 pm, unless otherwise noted.

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 clubs and register online.

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

Cloquet Middle School Recorder Consort
An ensemble of soprano, alto, tenor, bass, and soprano recorder. All students in grades 5-8 who play or have played the recorder are invited to join this ensemble. Commitment to practicing the music and setting goals are expected. An informal performance will be arranged.

Instructor: Regina Roemhildt | CMS - Room B229 (Choir Room)
Tue, Jan 23 – Mar 20 | No class: 2/27 | 3:30 - 4:45 pm | $32

Babysitting Clinic (for ages 10-16)
This course gives current and future babysitters (ages 10-16) the skills and confidence to care for infants, toddlers and school-age children. We will use videos, hands-on activities, 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
She currently works at Washington Elementary School as a Nurse.
CMS - Room C141.
Enter through the main entrance.

Sat, Apr 7
8:30 am - 2:00 pm
$30

Thank you to the Cloquet Educational Foundation for its generous grant towards student scholarships for Community Education classes and activities.
Minnesota Highway Safety and Research Center’s
55+ Driver Improvement 8 hour Course

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.

Instructor: John Cavanaugh
Carlton County Transportation Bldg.
1630 Co Rd 61, Carlton, MN 55718
Thu, Apr 12 & 19 | 5 - 9 pm
$26

John Cavanaugh is no stranger to our community!
If you have attended the Star Gazing Party, Bike Maintenance, Backyard Astronomy, or most recently, the Eclipse Adventure, you would have benefitted from his outstanding teaching and sense of humor. We are proud to announce that he has added the 55+ Driver Improvement Program instructing to his long list of giving back to the community. John’s background prepares him well for this new role. He worked for 35 years in training/development and emergency management for the Minnesota Department of Transportation. We appreciate his wealth of knowledge and talents that he continues to share with the people of Carlton County.

Snowmobile Traditional Safety Course
Ten hours of traditional snowmobile safety instruction complete with riding test. Parents must attend first 15 minutes of the first class. Student must attend all classes. Must be 12 years of age by the end of class. There will be a riding test Dec 16 if conditions allow. Sponsored by Wood City Riders Snowmobile Club. MN DNR will collect a fee of $10 upon online completion of class. Questions? Call Bill: 218-393-9974
Wood City Riders Snowmobile Club
CHS - Room E110, Enter door #7
Tue, Dec 5 & 12
Thu, Dec 7 & 14
Test Date: Sat, Dec 16 (if snow)
6:30 - 9 pm
$3

Cross Country Skiing Mondays
Moderately paced for anyone who enjoys skiing. Distance will vary depending on weather. Dress for the weather and bring your own equipment and a water bottle. Start time will vary. No pets. Class is free, but please register with Community Ed. A ski pass is required, either a day pass for $6, or a year pass for $20. Meet at the Jay Cooke River Inn Interpretive Center Parking Lot.
Questions? Call or text Debbie at 218-380-1035.
Jay Cooke St. Park Visitor Center, Co Rd 210
Mon, Dec 11 – Mar 5 | 3 - 4:30 pm
Free, but a pass is required

Minnesota 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.

Instructor: John Cavanaugh
Carlton County Transportation Bldg.
1630 Co Rd 61, Carlton, MN 55718

Section 1: Wed, Jan 31 | 1 - 5 pm
Section 2: Thu, Mar 15 | 5 - 9 pm
Section 3: Wed, May 2 | 1 - 5 pm
$22/section

Teen Driver’s Education
Classroom Instruction
30 hour classroom instruction required to take permit test.
Must be 15 by 60 days after the first day of class.
Bring: notebook, pencil, highlighter.
Must attend 30 hours of class.
A make-up date will be determined.
After class, follow steps to register for Behind-the-Wheel instruction.
Students may bring BTW payment ($300, check or credit card) on last day of class to receive blue card needed to take permit test.

CHS - Room E110, Enter door #7
Section 1: Mon - Fri, Apr 3 - 16
3:45 - 6:45 pm
Student must be 15 years old by June 2, 2018. NO EXCEPTIONS.
Instructor: Matt Berger
$95
Please call Kirsten Koskela at 879-1261 ext 7008 with any questions.

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 class will reduce the total number of required driving hours logged from 50 to 40 hours.
CHS - Room E110, Enter door #7
Tue, Apr 3 | 7 - 8:30 pm | FREE

Upcoming Classes:
June 11 - 22 | 1 - 4 pm
June 11 - 22 | 5 - 8 pm
July 9 - 23 | 8 - 11 am
Registration starts January 2!

NEW starting January 1, 2018: 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.
Old Log Theatre “Guys and Dolls”
Get on this bus! Frank Loesser’s celebrated musical comedy about rolling the dice and falling in love under the bright lights of Broadway is considered by many to be the perfect musical comedy. Guys and Dolls takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong. Treat yourselves to some of the most memorable Broadway tunes, including “Luck be a Lady”, “Sit Down You’re Rockin’ the Boat”, “Sue Me”, and “A Bushel and a Peck”. Cost includes delicious lunch, general admission ticket and coach bus comfort transportation. Choose from four entrees - braised boneless short rib, seared pork chop, dill roasted tilapia, or angel hair pasta with garden marinara. 
Register by noon on Feb 12.
Load at Super One BACK Parking Lot
Tue, Feb 6
10 am - 2:30 pm
$28

Supper and a Show
Need a gift for those who have everything? Want to make a special date night? Have friends who like to have fun together? Consider our Supper and a Show! Enjoy a scrumptious meal at Carmen’s and then a wonderful comedy, Farce of Habit, at Encore Performing Arts Center. Receive $12 towards meal (not including alcoholic beverages) and a ticket to the play, all for $28. Support local and have a fantastic gift idea, date night, or fun evening with friends while saving money!
Register by Mar 22.
Dinner at Carmen’s & the comedy
Farce of Habit at Encore Performing Arts Center
Fri, Apr 6
Dinner is on your own
Show starts at 7 pm, doors open at 6 pm
$28

Make Money from Your Woodlot
Learn about programs to reduce ownership costs, income tax deductions on management expenses and sales, funding assistance for projects, timber sales, hunting leases, preservation easements, and non-timber forest products like balsam boughs and birth sticks. Develop a personal action plan suited for family or private forest landowners. Bring an 8.5 x 11 aerial photo of your woodlot (Google Maps) that you can draw on, a note pad, and a pen. Preparation homework: Get familiar with the American Forest Foundation My Land Plan website. Sponsored by Minnesota Forestry Association, Kettle River Woodland Council, and Carlton County Soil and Water Conservation District.
Instructor: Theresa Blais
Churchill - Room A108, Enter ECFE door
Mon, Jan 22 | 6 - 7 pm | $5

Live in the Barnum or Moose Lake area? Convenient pick ups at the Minit Mart Stores closest to I-35 in Barnum & Moose Lake. Prior notification is required, call 879-1261.
Beginning Crochet: Single Stitch Dish Cloth
Have you wanted to learn a new skill? Looking for a new hobby? Why not try crochet? This class will cover the basic stitches and terms used in crochet. Handouts will be available. We will also start a cotton dishcloth in single crochet stitch. One skein of cotton yarn and an “I” hook will be supplied. Second night will be a workshop for questions and to complete the dish cloth. Register by Dec 21.
Instructor: Amanda (Sorensen) Hilton
CMS - Community Ed Conference Room, Enter Comm Ed door/#2
Thu, Jan 4 – 11
6 – 8 pm
$16

Beginning Crochet: Double Stitch Scarf
Have you wanted to learn a new skill? Looking for a new hobby? Why not try crochet? This class will cover the basic stitches and terms used in crochet. Handouts will be available. We will also start a scarf in double crochet stitch. Second night will be a workshop to continue the project. Please bring one skein of worsted weight yarn (Red Heart is recommended) and an “I” hook. This class is a continuation of the previous beginning crochet class. Register by Jan 11.
Instructor: Amanda (Sorensen) Hilton
CMS - Community Ed Conference Room, Enter Comm Ed door/#2
Thu, Jan 18 – 25
6 – 8 pm
$14

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 online or at a music store in Duluth and bring to class on the first night. Register by Jan 2.
Instructor: Jeff Ross
CMS - Community Ed Conference Room, Enter Comm Ed door/#2
Wed, Jan 10 – Feb 21
No class: 2/14
6 – 7 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 online or at a music store in Duluth and bring that the first night. Register by Jan 2.
Instructor: Jeff Ross
CMS - Community Ed Conference Room, Enter Comm Ed door/#2
Wed, Jan 10 – Feb 21
No class: 2/14
7 – 8 pm
$50

Hand Stamped Holiday Cards
Make the holidays special with cards made by you! Create 10 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 Dec 1.
Instructor: Mary Anderson
CMS - Community Ed Conference Room, Enter Comm Ed door #2
Tue, Dec 5
6 – 8 pm
$16

Cards for All Occasions
Never be without a card for that special occasion. Make 10 stamped cards (2 cards of 5 different designs). A variety of themes will be created such as birthday, thank you, sympathy and others. All materials included in fee: embellishments, precut materials ready to stamp, and assemble and envelopes. Register by noon on Jan 29.
Instructor: Mary Anderson
CMS - Community Ed Conference Room, Enter Comm Ed door/ #2
Thu, Feb 1
6 – 8 pm
$16

Sometimes a great class or trip gets cancelled because people wait to register until the last minute. Don’t be disappointed--register today!
Engaged? Destination Wedding and Honeymoon Tips
So you are engaged? Congratulations! Did you know the average cost of a wedding in 2017 was over $32,000? Did you know the average cost of a Destination Wedding was just under $10,000? Join us for a Soiree, a fun night of all things planning a Destination Wedding & Honeymoon where we will help you to sort out the details of planning your happily ever after! Be sure to bring your favorite electronic to do some interactive web browsing with us. Special gifts for the gals who bring in their Pinterest boards of wedding inspiration AND wear their wedding colors!
Instructor: Jennifer Maki, owner and travel agent at Divine Destinations.
CMS - Room C141, Enter main door
Tue, Jan 9
6:30 – 8 pm
$8

Traveling through Europe by Land and Rivers
Whether you dream of seeing Europe on your own or with an escorted group, this is a class you don’t want to miss. Here we will discuss the differences of traveling as a group or more independently and why you should not book your next trip until you’ve considered the three important questions! This class is great for group leaders, school groups and even independent travelers alike. By land, train or sea there is so much waiting for you to discover in your very own European Vacation.
Instructor: Jennifer Maki, owner and travel agent at Divine Destinations.
CMS - Room C141, Enter main door
Tue, Jan 16
6:30 – 8 pm
$8

Traveling to Alaska is Easier Than You Think
Back by popular demand, Sharon and Alan Finifrock will share their 20 plus years of Alaskan living, traveling to, from, and within Alaska, to encourage you to wisely plan a trip to Alaska on your own or with the help of experienced travelers. Topics will include: when, and how to travel; best times to plan your travel; airline reservations; Alaska Highway ALCAN; food, lodging, travel options, and costs; free and inexpensive activities; hunting, fishing and wildlife viewing; websites to visit; travel brochures, and developing a budget. If you’ve always wanted to visit the “great frontier” now is the time to make an action plan! It is easier than you think!
Instructor: Alan and Sharon Finifrock
CMS - Room C141, Enter main door
Thu, Feb 8
6 – 8 pm
$10

Planning a Magical Family Trip to Disney
Are you dreaming of taking your family on a trip to the most magical place on earth, but are overwhelmed with all the options? It’s time to call on the expert! Join Deanna Johnson, resident Disney expert, as she helps you to make sense of all the options, offers up money saving (and sanity saving!) tips for conquering the parks one at a time! This is a perfect class for those who are considering a major family trip to Disney but don’t know where to start. She will be dropping value bombs throughout the class that you won’t want to miss!
Instructor: Deanna Johnson, travel agent at Divine Destinations.
CMS - Room C141, Enter main door
Tue, Jan 30
6:30 – 8 pm
$8

Last Minute Cruise Deals by Land and Sea
Learn how to see the largest state in our nation in the most efficient way that will leave you with incredible memories for years to come! Whether you have 7 nights to spare or are retired with an unlimited amount of time, join us to find out exactly how this once in a lifetime trip can be yours with a few simple steps. See where the gold rush began, pan for gold and enjoy a salmon bake, see how sea crab fishermen work or simply stroll through the coastal towns looking for your next souvenir.
This class is guaranteed to inspire you to plan the trip you’ve always dreamed of taking! So get your vacation approved and be ready to snap up the last minute deals for the Alaska Cruise Season 2018!
Instructor: Jennifer Maki, owner and travel agent at Divine Destinations.
CMS - Room C141, Enter main door
Tue, Jan 23
6:30 – 8 pm
$8

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 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, Colleen Vandervort
Four Seasons Sports Complex Carlton
Wed, Apr 11 - May 30
Section 1: 6 - 7 pm
Section 2: 7 - 8 pm
$95
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, including ISO, shutter speeds, aperture, white balance, metering, depth of field, and support equipment. Learn specialty-shooting techniques for shooting in low light, waterfalls, silhouettes, night shots, and capturing shots of lightning and fireworks. Bring your camera, plus any manuals that came with it. For complete understanding, attend all four classes, especially the first two.

Instructor: David Kohne

CMS - Room C141, Enter main door

Mon & Wed, Feb 5 – 21
No class: 2/14, 2/19
6:30 – 8:30 pm
$45

Watercolors on Canvas

Tap into your artistic side! Beginners to seasoned painters, be guided by our experienced instructor to create a beautiful watercolor on canvas painting each night. Requires no glass to frame. Canvas provided, student needs to purchase paints and brushes before class. See supply list. Scenes to be painted: spring flowers, sunrise, rocks and water, and spring landscape. Examples of each night's paintings will be displayed in Community Ed office.

Register by March 12.
Instructor: Lyn Jutila

CMS - Room B235, Enter main door

Mon, Apr 9 – 30
6 – 8:30 pm
$72

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. Learn a skirt dance with fundamental movements in a relaxed and supportive environment. 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. Gentle exercise for arthritis sufferers or if you are just getting back into an exercise program.

Instructor: Deborah Weckert

CHS - Media Center, Enter door #1

6 – 7 pm

Section 1: Wed, Jan 10 – Mar 21
No class: 1/31, 2/7
Section 2: Wed, Apr 4 – May 30
$54

Advanced Folkloric Middle Eastern Dance

Must have at least one year of beginner classes in basic techniques. Wear comfortable clothes; dance in bare feet. People taking the Middle Eastern dance class for the first time should take only the beginner class.

Instructor: Deborah Weckert

CHS - Media Center, Enter door #1

7 – 8 pm

Section 1: Wed, Jan 10 – Mar 21
No class: 1/31, 2/7
Section 2: Wed, Apr 4 – May 30
$54/section

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, Mar 6 – Apr 3
No class: 3/27
7:45 - 8:45 pm
$24

Swing Dance

Want to add fun, romance, and excitement to your life while socializing and exercising? Try swing dancing! Learn the two liveliest dances on the floor. Start at beginner level and move up to intermediate and advanced dance steps. Progress to new steps and combine steps to form a short routine and different elements within the dance. Extraordinary opportunity to expand your swing dance experience if you have taken the class before or if you have enjoyed dancing for many years. Singles welcome; although availability of dancing partner is not guaranteed, most of the basic moves can be learned and practiced solo.

Instructor: Keith Miernicki

Garfield - Gym, Enter north door

Tue, Feb 6 – 27
7:45 - 8:27
$24

NEW starting January 1, 2018:
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.
MN Wild Bus Trip
Come see the Minnesota Wild play against the Colorado Avalanche at the Xcel Energy Center! Game time is 7:30pm. The bus leaves the Cloquet SuperOne back parking lot at 4pm, returning right after the game. Cost includes motor coach and ticket. Seats will be located in Section 227, Rows 4 - 7.

Tue, Mar 13 | 4 - 10:30 pm
Register by noon on Feb 6
$79

Every ticket purchase enters you in a drawing for a MN Wild prize.
(drawing will take place on the bus)

Winter Biking Duluth (Fat Tire Biking)
Explore a mix of trails in the area with Day Tripper of Duluth. Starting with the Duluth Traverse which stretches from Enger Tower to Mission Creek. There are tons of other trails we will ride as well depending on the skill level and comfort level of the group. Come out and bike with us! Day Tripper of Duluth will provide fat tire bikes, lights, and helmets as needed (complete e-form). (Regular bikes will work on hard packed snow, but fat tire bikes are recommended.)

Instructor: Day Tripper of Duluth, Jake Boyce

Meet the Core de Force Live Instructors!

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.

Wendy Benson, Michelle Brenner

CMS – Cafeteria

December Session

Wednesdays: Nov 29 – Dec 20
5:45 - 6:45 pm | $30

Saturdays: Dec 2 - 23
8 – 9 am | $30

Wed and Sat: Nov 29 – Dec 23

Wed: 5:45 - 6:45 pm
Sat: 8 – 9 am | $50

January Session

Wednesdays: Jan 10 – 31
5:45 - 6:45 pm | $30

Saturdays: Jan 6 – 27
8 – 9 am | $30

Wed and Sat: Jan 6 - 31

Wed: 5:45 - 6:45 pm
Sat: 8 – 9 am | $50

DROP IN: $8 per class

Look online for future classes!

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 carve all over 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: Wendy Benson, Michelle Brenner, Nikki Wilmes

CMS - Cafeteria, Enter main door

Mon, Jan 8 – Mar 19
No class: 1/15, 2/19, 2/26
5:45 - 6:45 pm | $64

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 1400 Washington Ave
Cloquet, MN 55720
9 – 10 am

Section 1: Mon, Dec 4 - 18 | $21
Section 2: Wed, Dec 6 – 20 | $21
Section 3: Mon, Jan 8 – Feb 12 | $42
Section 4: Wed, Jan 10 – Feb 14 | $42
Section 5: Mon, Feb 26 – Mar 19 | $28
Section 6: Wed, Feb 28 – Mar 21 | $28

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.

Begins Tue, Jan 2 | Ends Thu, May 31

Monday - Friday mornings, 6 - 7:30 am
Monday - Friday evenings, 5 - 6:30 pm

Washington Elementary - Hallways
Free, but need to register
Adult Soccer League
Pick up games done on the fly based on who arrives that evening. Examples of competition include shirt colors or an even mix of talent or a mix of adults/kids. anyone under 14 needs to be accompanied by an adult. All for fun!!
Instructor: Dustin Randall
CHS – Small Gym, Enter door #17
Fri, Dec 8 – Apr 20
No soccer: 12/22, 12/29, 1/19, 3/2, 3/23, 3/30
8 – 9 pm
$2/week

Karate Uechi Ryu
AGES: 8+. 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.
Churchill - Cafeteria, Enter door #13
6:30 – 8 pm
Section 1: Thu, Jan 11 – Feb 22
Section 2: Thu, Mar 8 – Apr 19
No class: 3/29
$45/section
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.

Taekwondo (Korean Karate)
Give your child the gift of self-confidence! Taekwondo is one of the best ways for youth to develop self-confidence, self-discipline, focus, fitness, and even have some fun, all while learning self-defense skills. Classes accommodate all belt-levels and abilities. Classes taught by Master Chris Correia, a certified 5th degree black belt.
Instructor: Chris Correia
Washington Elementary - Cafeteria, Enter door #3b
Ages 6-9 yrs: 5:45 – 6:30 pm
Enrollment limited to 12 students
Ages 10 and older: 6:45 – 7:45 pm
Enrollment unlimited
Section 1: Mon, Jan 8 – Mar 19
No class: 1/15, 2/19
Section 2: Mon, Apr 9 – May 21
$60/section

Now Hiring!
Cloquet Community Education is seeking a reliable person to coach the Cloquet Dance Team 3-5 days a week (hours are flexible) for the August through early November 2018 season. Must be 18 years or older. Youth leadership experience preferred. Position open until filled.
Please send application with references with phone number to:
Cloquet Community Education
Attn: Joy Nelson
2001 Washington Ave
Cloquet, MN 55720

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
CHS - Media Center, Enter door #2
Mon, Jan 22 – Mar 19
No class: 2/19, 2/26
6 – 7:15 pm
$48

Children and Youth Recreation Classes

Baseball Skills Clinic
This clinic will cover all aspects of the game including hitting, throwing, fielding, catching, base running and sportsmanship. There will be 5 stations set up with each camper receiving individual attention. Enroll your child/children today for what will be a fun-filled and very educational baseball clinic.
Instructor: Kevin, Chris, and Kyle Hoffman
CMS - Gym, Enter main door
Sat, Apr 14, Register by noon on Apr 10
K – grade 3: 10 am – 12 pm
Grades 4 – 6: 12:30 - 2:30 pm
$20 each/Discount: Register 2 for $38 or 3 for $48

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). Please be ready with skates, helmets and gloves on by 6:30 pm.
Instructor: Ashlee Lennartson
Northwoods Credit Union Arena
Sun, Jan 7 – Mar 11 | No class: 2/4
6:30 - 7:30 pm | $70

Baton Lessons Pre K-12
Lessons with the Cloquet Majorettes will begin on Feb 25 - Apr 26. Come twirl with us! For more information, call Kathy at 218-590-5423.
Forms will be sent to schools and if you have any questions or do not receive a form by February, please contact Kathy.
Cost: $30

Recreation Programs are financially supported by the City of Cloquet and Cloquet Community Ed.

Call us at 218-879-1261
Men’s Morning Basketball
Pick-up basketball for adults. Newcomers welcome! Bring tennis shoes and a basketball.
Instructor: Ross Biebl
CHS - Gym, Enter door #7
Mon/Wed/Fri, Jan 3 – May 30
6 – 7 am | $2/week

Yoga for Stress Relief
The constant demands of modern life trigger the body’s stress response, leading to anxiety and energy depletion. Learn how easy somatic exercises and yoga postures, simple breath practices, deep relaxation, and application of yogic principles can undo chronic tension, release the body, calm the mind, and restore a sense of peace to daily living.
Instructor: Wyan McCausland
CHS - Media Center, Enter door #2
Tue, Jan 16 - Feb 27
No class: 2/13
5:30 - 6:45 pm | $57

Soma Yoga
Look online or call for description.
Instructor: Wyan McCausland
CHS - Media Center, Enter door #2
Thu, Jan 4 – Feb 22
5 - 6:15 pm | $76

Soma Yoga for Pain
Look online or call for description.
Instructor: Wyan McCausland
CHS - Media Center, Enter door #2
Thu, Jan 4 – Feb 22
6:30 – 7:45 pm | $76

New!

Classes Offered at Park Avenue Fitness

Karate Uechi Ryu
AGES: 13+. 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 (2nd degree black belt) has taught this style since 1997 in the Cloquet area. Member of the Kenyukai USA.
Mon, Jan 8 – Feb 19
6:30 – 7:45 pm | $76

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
Section 1: Tue & Thu, Dec 5 – 21 | $30
Section 2: Tue & Thu, Jan 2 – 30 | $45
Section 3: Tue & Thu, Feb 1 – 27 | $40
Section 4: Tue & Thu, Mar 1 – 29 | $45

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
5 – 6 pm
Section 1: Mon, Dec 4 - 18 | $21
Section 2: Mon, Jan 8 – 29 | $28
Section 3: Mon, Feb 5 – 26 | $28
Section 4: Mon, Mar 5 – 26 | $28
Section 5: Mon, Apr 2 - 30 | $35

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 at 218-269-2948 or email pat-kim89@yahoo.com

Cloquet Area Youth Lacrosse
Sign ups mid-February for spring season. Contact Lisa LaCore, lisalacore@gmail.com or (218) 340-2772.

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

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

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

Cloquet Youth Football Assoc.
Grades 3 - 6. Questions? Contact Tom Lenarz at 879-3393 ext. 1202.

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

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

Cloquet Youth Baseball - Softball Association
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
Building Community . . .
One Piece at a Time.

Community Education & Recreation strives to serve the community through many programs. We offer opportunities for all ages, from infants through seniors.

**Li’l Lumberjacks & Li’l Thunder**
*Learning Centers* Preschool/childcare for ages 6 weeks to the 1st day of Kindergarten

**Kids Corner School Age Childcare**
Before and after school childcare for children ages 3 - 11

**Recreation** - Youth and adult recreation classes and fitness classes

**The Beach at Pinehurst** and **The Tubing Hill at Pine Valley**

**Aquatics** - Swim Lessons, Adult Swim classes, lifeguard and WSI certification courses

**Facilities** - Reserve and rent both school building spaces and city park facilities

**AGE to age** - friendship through the ages. Bringing generations together

**Early Childhood Family Education (ECFE)**
*Time for Tots* (School Readiness preschool)

**Early Childhood Screening**
(required before Kindergarten)

**Middle School After School Enrichment**
Washington & Churchill Elementary

**Middle School After School Enrichment**
Discovery Club

**Driver’s Education** - to obtain permit and driver’s license

**Adult Enrichment** - Classes, activities and trips

**Adults with Disabilities** - Fun classes and activities for people over 18 with disabilities

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**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.
Early Childhood Screening: Feb 20 - 22, 2018!

It’s fun, free, simple, quick and it’s the law. By Minnesota law no child may start the first day of kindergarten without an Early Childhood Screening. Screening is for children 3—5 years old. Call 879-9291 for more information. If your child will be entering Kindergarten in Fall 2018, they must have completed an Early Childhood Screening before starting in the fall. The above screening dates are the final screenings for the 2017 - 18 year.

What to Expect:
- Height and weight measurements
- Developmental Screening
- Vision Screening
- Hearing Check

Please note: Screening is NOT the same as Kindergarten Round-Up; both need to be competed before kindergarten entrance. Cloquet holds screening sessions two to three times per year. Call Theresa to schedule an appointment. 879-9291.

Tech and Coffee
“Student to Senior mentoring on electronic devices”

Bring your phone, iPad or laptop and learn from our middle and high school students!

These FREE sessions are designed for senior citizens (and adults) to bring your questions and get answers to help you better use your electronic devices.

Drop-in, no registration needed, and no fee! The coffee pot will be on! Location: Community Education office, Cloquet Middle School. Enter door #2.

Saturdays, 9 -11 am
January 13, February 10, March 10
Attend one day or all three.

Adults and Seniors welcome!

Sponsored by

Looking for a great Christmas gift idea?
Why not try a Community Ed Gift Certificate?!
Purchase one to go towards:
- Beach passes
- Family Fun Sundays
- Adult Enrichment Classes
- Recreation Classes
- Aquatics Classes
and Much Much More!
Early Childhood & Childcare Programs

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.

Childcare for students in grades K-4
Our experienced staff is here to help kids learn & grow.
Tuition is $3.50/hour

Sites:
Churchill school: Monday - Friday, 6 am - 6 pm, on school days.
Zion site (1000 Washington Avenue, lower level): Before school care, 6 - 8 am, and after school care, 2:45 - 6 pm. Open non-school days, 6 am - 6 pm.
Cost: $3.50/hour. 1 hour minimum for before school care. 2 hour min. for any other school day care. 6 hour min. on non-school days (for scheduled days only). Registration fee is $40 per family.

Kinder Corner: 3 & 4 year olds accepted if they are register in Time for Tots. Kinder Corner is located in the ECFE wing at Churchill School.
Questions: Call Erin at 879-0929
Email: kidscorner@isd94.org
Cloquet ISD 94/Cloquet Community Education

Adults with Disabilities Program

Upcoming classes and activities:
Dinner & a Movie: Santa Clause III Dec 8
Christmas Cards, Crafts and Cookies Dec 15
Movie and Pizza Saturday Dec 16
Exercise and Socializing Class Jan 18 - Mar 8
Karaoke Night and Pizza Party Dinner Jan 12
Lasagna Dinner: Cooking Class Jan 22
Valentine's Game/Bingo Night/Taco in a Bag Feb 2
Valentine Semi-Formal Dance Feb 9
Pizza and Root Beer Float: Cooking Class Feb 12
Movie and Pizza Saturday Feb 24
Egg Bake and Pancakes: Cooking Class Mar 5
Dinner and a Movie: Star Wars Mar 9

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.
**Car Seats Available**
The Cloquet Area Fire District has car seats available for people with low income at no cost. For more information call Sarah at 218-499-4258.

**Car Seat Safety Clinics**
Have your child’s car seat inspected free of charge! Parents please bring your child(ren), car seats, and vehicle to ensure proper restraint fitting. Monthly clinics offered by the Cloquet Area Fire District (the third Tuesday of each month):
- **Jan 16, 1 - 3 pm**, Station #2, 2779 Big Lake Road
- **Feb 20, 4 - 6 pm**, Station #1, 508 Cloquet Avenue
- **Mar 20, 11 am - 1 pm**, Station #2, 2779 Big Lake Road

**Home Safety Visits**
The Cloquet Area Fire District is teaming up with the American Red Cross to install FREE Smoke and Carbon Monoxide Alarms in our community! Call CAFD to schedule an installation appointment.
- Contact: Sarah Buhs, 218-499-4258 or email: sbuhs@cloquetafd.com
*Supplies are limited.*

**Attention Life-long Learners**
Join Fond du Lac Tribal and Community College for College for Seniors, which offers cost effective programs within a supportive environment to stimulate the intellectual, emotional, and physical well-being of older adults. All classes are non-credit and there is no homework, tests, or grades to worry about. Great opportunity to learn in a fun environment along with your peers. To find out more about this program please call (218)879-0775 or visit www.fdltcc.edu.

**Cloquet Community Band**
Do you play a musical instrument? Or did you used to play and miss playing in a band? The Community Band is always seeking people to join its volunteer efforts to bring live music to our area. All instruments are welcome, but we are especially seeking trombones, alto sax and French horn. Practices are Mondays at 7 pm in Cloquet. Call Carol at 879-3968 for more information.

**Looking for a Headstart Program?**
Free family focused preschool program for children 3 - 5 yrs old. Call to find out which option is right for you:
- **Lakes & Pines Head Start:**
  - (320) 679-1800 | (800) 832-6082
- **Fond du Lac Head Start & Early Headstart:** (218) 878-8100

**Jay Cooke State Park Events**
- Except for the moccasin workshop, all programs are free.
- Visitors need a vehicle permit
- All meet at the River Inn Interpretive Center.
- Call 218-673-7005 for more info, or visit mndnr.gov/jaycooke

**EVENTS**
- **Lil’ Park PEEPS**
  Dec 14, Jan 4, Feb 1 | 10:30 - 11:30 am
  Bring your “Lil’ PEEP” to this preschool environmental education program designed for ages 2 – 5 years. Each month we’ll explore a different nature topic through engaging stories, songs, activities and outdoor exploration.

**- First Day Snowshoe Hikes**
  Mon, Jan 1 | 1 & 6:30 pm
  Celebrate the first day of the year with a snowshoe walk in the park in the afternoon or under the full moon. Register for snowshoes.

**- Makazinikewin - Ojibwe Moccasin Making/Beading Workshop - $93**
  Jan 17, 24 & 31 | 11 am – 2 pm
  Join local Anishinaabe (Ojibwe) artist Sarah Agaton Howes to learn how to bead and complete your own pair of Ojibwe pucker toe moccasins. During this three-day workshop you’ll learn the skills you need to bead and construct your moccasins. Space limited. Register ahead (218) 673-7005.

**- Blue Moon Snowshoe Hike**
  January 31, 6:30 – 8:30 pm
  Snowshoe by the light of the blue moon during this naturalist led program. Child and adult snowshoes are available. Program space is limited. Please call ahead to register. 218-673-7006. Meet at the River Inn Interpretive Center.

**- Candlelight Ski, Hike and Snowshoe**
  Feb 10 | 6 – 9 pm
  Come cross-country ski, hike or snowshoe miles of candlelit trails during this annual event. After enjoying the trails, join us by the fire for refreshments.
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 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.

$15 off

If you are a Cloquet student and qualify for free or reduced lunch, you 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.

Call us at 218-879-1261

Registration Form

Cloquet Community Education & Recreation Registration Form

Adult Contact Information

Name: ____________________________ Phone: Home: ____________________________

Address: ____________________________ Work: ____________________________

City: ____________________________ Zip: ____________________________

Email: ____________________________ My Child attends: Churchill or Washington

Youth only: Name / Grade / DOB: ________________________________________

Name / Grade / DOB: ________________________________________

Classes and Activities:

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<th>Class Title</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: _________ VISA _________ MasterCard

Name as written on card: ____________________________ 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

Call us at 218-879-1261