Join the winter fun!

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For the past few months NOAA has been predicting a high chance of La Nina—which usually brings lots of cold and snow! Now, they have modified their prediction and reduced the chances of La Nina.

Whatever the winter brings, at Community Education we are predicting 100 percent chance of fun! Once again, the coordinators have planned lots of after school activities for students at the elementary and middle schools. Be sure to look online or call and ask for a newsletter listing the activities for your student’s school.

If we have a foot of snow on the ground, the tubing hill will open on December 17. If we are shy on snow, there’s also the ice rinks for hockey and recreational skating. Inside, the Sunday afternoon Family Fit & Fun days will begin on December 4 for swimming and gym time.

AGE to Age will again host the Bean Bag Tournaments, and is also adding a bus trip to tour the Bentleyville lights. On Groundhog Day, we will kick off the second annual Medallion Hunt with hundreds of dollars in prizes!

Check out the many opportunities in this publication and find your winter fun—both inside and out.

Ruth Reeves, Community Ed Director

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

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!

For more information on the CED events, please contact Ruth Reeves at rreeves@isd94.org.

If you’re interested in being on the council please contact Barry Beyer at barrybeyer@isd94.org.

Community Education & Recreation

Advisory Council:
Barry Beyer Caleb Charon
Nicholas Plante Lynn Gentilini
Lori Jameson Mark King
Ted Lamm Brian Points
Jacob Schmidt Ruth Reeves

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

A Easy Ways to Register
Register ONLINE:
www.CloquetCommunityEd.com

Use our convenient, secure online registration system using your VISA or MasterCard.

Register by PHONE:
Just fill out the form on page 19 and mail in with a check to Cloquet Community Ed, 509 Carlton Ave.
Cloquet MN 55720.

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

4 Easy Ways to Register

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**Family Fun**

**Groundhog Day Medallion Hunt**

Over $400 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, 2017. 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. Check our website for details or listen to WKLK 96.5 FM or 1230 AM.

**AGE to age**

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:

- one adult and one youth (7-17),
- one millennial or Xer and one Boomer or Traditionalist,
- OR
- one senior citizen and another generation. So 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!

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. You’ll have time for a leisurely stroll through the spectacular holiday light display and even time to roast a marshmallow or sit on Santa’s lap.

AGE to age is all about enjoying events like these with someone from another generation. So 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.

**Bentleyville “Tour of Lights”**

Thursday, December 8 | 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.

**Save the Date!**

The Easter Egg Hunt is Saturday, April 15th!

**Winter Fun**

**Cloquet Holiday Hustle**

1-mile Fun run/walk through downtown Cloquet to support the Salvation Army Holiday Toy Drive Saturday, December 3rd 4:30 pm

Just before the Home for the Holidays Parade

**Entry Fee:** One new, unwrapped toy (no weapons or violent toys) OR $10 donation

All profits go to support the Salvation Army Holiday Toy Drive. Sponsored by Cloquet Community Ed, City of Cloquet, Grandma’s Marathon, and Thrifty White. Visit CloquetCommunityEd.com for more information.

**Pine Valley Tubing Hill**

The Pine Valley Tubing Hill (and Snowboarding) will open December 17, 2016. (weather permitting - need at least one foot of snow)

Saturdays & Sundays, 11 am - 5 pm

- **No School days:** Jan 13, 16 & Feb 20

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.**

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

Call us at 218-879-1261

Register online: www.CloquetCommunityEd.com

To: Bobby

Looking for a great Christmas gift idea?

Why not try a Community Ed Gift Certificate?! Purchase one to go towards:

- Beach passes
- Fit & Fun Sundays
- Adult Enrichment Classes
- Recreation Classes
- Aquatics Classes
- and Much Much More!

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

Look for the Pine Valley Tubing Hill on Facebook for updates and weather related closings!
Time for Tots Preschool:
- "2 Day Class: Tue & Thur
  Section 1: 8:30 - 11 am
  Section 2: 12 - 2:30 pm
  $41/month (8 months)"
- "3 Day Class: Mon/Wed/Fri
  Section 1: 8:30 - 11:30 am
  Section 2: 12:30 - 3:30 pm
  $72/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.

Love and Logic - A Class for Parents and Guardians
Instructors: Andrea Wells, MSW, LICSW, & Megan Hedrington, BS.
More information will be sent home with elementary students.
Washington Elem Media Center
Mon, Jan 9 - 30 | 4:30 - 6:30 pm | $100
Pre-registration is required.
Please send registration and money to Melissa Vatnsdal at 324 W. Superior St., Duluth, MN 55811.
For scholarship information, please call instructor at (218) 733-3000.

Early Childhood Family Education
Classes are located at: Cloquet Middle School, 509 Carlton Ave., East Wing, door #2.
Call 879-9291 for more information.

ECFE Registration is Ongoing
Classes are located at: Cloquet Middle School, 509 Carlton Ave., East Wing, door #2. 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, 2016.
- 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
$208/year or $104/semester

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

Mixed Ages Class | 25 - 48 months
Tuesdays, 5:30 - 6:45 pm
$208/year or $104/semester

Grandparent Class | Birth to 3 yrs.
Tuesdays, 10 - 11:30 am
$30/year

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!

Car Seats Available. see page 20

ECFE and Time for Tots will be moving to a new location Fall 2017!
Aquatics

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

$45 each: Water Babies through Level 6
Max Students: 8
Lessons held at Herb Drew Pool in the Cloquet Middle School, located at 509 Carlton Ave.
Girls enter door #6, Boys enter door #7 (door to bleacher area)

Safety Day is no longer the first day of class.

Siblings attend the same level. Bring swim suit and towel. Look online for times/dates.

If you have questions about aquatics classes please call Kayla at the Community Education office at (218) 879-1261 x2100 or email: kcresap@isd94.org.

Private/Semi Private Lessons
Is your child afraid of the water? Try our private swimming lessons. Child meets one-on-one in the Herb Drew 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 $65 per individual or $95 for 2 siblings attending the same level. Siblings should be at equal or similar swim level.

$45 each: Water Babies through Level 6
beginning of each lesson.

Topics for about 2-5 minutes at the beginning of each lesson.

Water Whales Level 1 Level 2 Level 3
8am

Water Whales Level 1 Level 2 Level 3
5pm

Water Whales Level 1 Level 2 Level 3
10am

Water Whales Level 1 Level 2 Level 3
11am

Winter Swim Camp
Have fun while learning how to be safe in and around the pool. We will strive to develop the beginner as well as the more experienced swimmers. Swimmer must be able to swim 25 yards without stopping and have 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. Questions? Call Kayla at 879-1261.

Instructor: Kayla (Cresap) Cotner
CMS – Pool, Enter door #6
Mon, Jan 9 – Mar 13 | 4 – 5:30 pm
No class: 2/20

$45

Red Cross Lifeguard Certification Course
Prerequisite skills tested on the first night. See precourse records and class details online. Written test covering all the information in the ARC Lifeguarding text. Swim test and practical testing of all Lifeguarding, CPR/AED, Professional Rescuer and First Aid Skills: Bring: suit, towel, bag lunch, notebook and pen.

Instructor: Kayla (Cresap) Cotner
CMS Pool, Enter door #6
Mon & Fri, Mar 27 & 31 | 4 – 9 pm
Sat & Sun, Apr 16 & 21 | 8 am – 4 pm

Winter Swim Camp

Aqua Zumba
Join the aqua party! Aqua Zumba is a great way to exercise and tone your muscles with the natural resistance of water. Zumba combines Hip-hop, Latin, Cumbia, Reggaeton, Salsa, and many more. This class is good for all ages and all skill levels (Kids under 12 must be accompanied by an adult). Bring your swim wear, water to drink and come join the party!

Instructor: Monita Gibson
CMS – Pool, Enter door #6
Thu, Jan 12 – Feb 16 | 7 – 8 pm

$35

CMS – Cloquet Middle School
Aqua Fit
Need to spice up your exercise regimen? Break a sweat in the water? Join Dona in an exhilarating aqua aerobic toning exercise! The water will provide you great resistance and add an extra challenge to your cardiovascular workout! No swimming skills necessary.

Bring a water bottle, noodle, and a 1-5 pound pair of weights.

Instructor: Dona Prusak
CMS – Pool, Enter door #6
6 – 7 pm

$44

Water Polo Club
What is water polo? It's a fun, fast paced activity that combines basketball, rugby and swimming! As a team sport, water polo can help build social skills, self-esteem and independence, as well as boosting fitness and coordination.

Schedules are designed around participants. Requirements: Ability to tread water for long periods of time.

CMS - Pool, Enter door #6
Tue, Jan 10 – Feb 28 | 7 - 8 pm
$20

Friday Open Swimming
The Herb Drew Pool is open to all ages on Fridays and is lifeguard supervised. The Open Swim cashiers cannot accept bills larger than $10. Checks are accepted and can be written to Cloquet Community Education.

CMS – Pool, Enter door #7
Fri, Jan 6 – Mar 17 | 6:30 – 8:30 pm
$5

Water Babies: 2:15 - 3 pm

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 #6
Mornings: 6 – 7 am
Mon - Fri, Jan 3 - May 31

Monday Evenings: 7 - 8 pm
Mon, Jan 9 – May 22
No swim: 1/16, 2/20, 3/20, 4/17

Wednesday Evenings: 4:30 - 6 pm
Wed, Jan 4 – May 31
No swim: 3/22

$2.50/time

Kayaking in the Pool
Do you want simple practice time to “bombproof” your roll, work on strokes, or play-boating skills? Join our open pool sessions! Come refresh your skills so you are ready to go when the runoff starts! Limited space available; sign up early! Equipment not provided.

No Instructor. Lifeguard Supervised.
CMS – Pool, Enter door #6
Wed, Jan 11 - Mar 1 | 7 - 8:30 pm
$44

Call us at 218-879-1261
Register online: www.CloquetCommunityEd.com
After School Enrichment

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

Spirit Mountain Ski Club Grades 3-8
Skiing and snowboarding after school this winter. Includes transportation, lift ticket, rental, and a 3 hour lesson once a week for 3 weeks. Volunteer chaperones are needed and can rent and ski at no cost. Space is limited.

1 session only: Thu, Jan 19, 26, Feb 2 (make-up Feb 9) 3 - 7:30 pm | 25 skiers and 15 boarders

Register by December 14
$85 (includes transportation, ticket, rental, and 3 hour lesson each night)
For more information, contact Linnea at 879-3308 x4026.

Vertical Endeavors Rock Climbing Grades 3 - 8
Students receive transportation to and from Vertical Endeavors, harness rental, and a 2 hour climbing session once a week for 3 weeks. This trip is running simultaneously with Spirit Mountain Ski Club. If skiing is cancelled, the bus will not be taking students to V.E. Volunteer chaperones are needed to assist with auto-belay clips.

*Note: All minors need a waiver signed by a PARENT or LEGAL GUARDIAN. No exceptions. Vertical Endeavors requires all customers and members to fill out a new waiver every two years. You can download the waiver from our website when you register for this class. Space is limited.

1 session only: Thu, Jan 19, 26, Feb 2 (make-up Feb 9) 3 - 7:30 pm
Register by December 14
$75 (includes transportation, rental and 2 hour lesson)
For more information, contact Linnea at 879-3308 x4026.

American Safety & Health Institute (ASHI) CPR and AED for the Lay Person
The instructor is a Paramedic from the Cloquet Area Fire District with over 20 years of experience. Class will be held at CAFD Headquarters training room, 2801 Dewey Ave, in the Scanlon Community Center. Certified Card and student handbook are included.
Instructor: Chad Vermeersch
CLOQUET Fire Dept (Scanlon)
Tue, Mar 14 | 6 - 9 pm
$50

Winter Youth Clinics:

Triangle Climbing
Endeavors, harness rental, and a 2 hour climbing session once a week for 3 weeks. This trip is running simultaneously with Spirit Mountain Ski Club.

Section 1: Thu, Jan 19 | 5 - 9 pm
Section 2: Thu, Feb 9 | 5 - 9 pm
Section 3: Thu, Mar 16 | 5 - 9 pm
Section 4: Wed, Apr 19 | 1 - 5 pm
Sponsored by Wood City Riders Snowmobile Club. MN DNR will collect a fee upon online completion of class. Questions: Bill 218-393-9974

CLOQUET - Room E100, Enter door #6
Tue & Thu, Dec 6 – 15 | 6:30 - 9 pm
Riding test date: Dec 17 (if snow)

Senior Driver Improvement Program - Refresher
50+ Driver Improvement Program - Refresher

For pet owners and pet care professionals.
Learning dog and cat First Aid & CPR techniques can help a pet survive an emergency prior to getting veterinary care. Training is a combination of power point presentation, demonstration and hands-on skill practice with stuffed animal models. Each participant will receive a $10 handbook, completion certificate and patch.

Instructor: Robin Whaley, Certified Pet Tech First Aid & CPR Instructor
CLOQUET - Room N005, Enter door #6
Tue, Feb 28 | 5 - 9 pm
$40

Thank you!

Register online: www.CloquetCommunityEd.com
Call us at 218-879-1261
ABC's of Investing
Where to begin? There’s Roth 
Traditional IRA, 401ks, 403b plans, Annuities vs Mutual Funds! Join 
the class and get a base line under 
standing of your choices. Learn about your risk tolerance and what it means 
when investing in your future.
Instructor: Mitch Haber, Financial 
Advisor
Thrivant Financial
CMS – Room W143, Enter door #1
Mon - Fri, Dec 9 – Mar 31 | 8 am – 5 pm
Call us at 218-879-1261

Decorative Glycerin Soaps
Make pretty glycerin soaps! Just 
in time for Christmas 
gifts or to decorate your own 
bathroom. Make 
4-6 soaps about 
3-6 ounces each depending 
upon which mold(s) you select. Learn to make soaps with 
embedded or raised surface decoration 
to create a design that is unique. Soap, 
molds, mica and fragrance provided. Bring 
a one cup glass measuring cup 
and a container to carry soaps home.
Instructor: Karen Tribby
CMS – Room N005, Enter door #6
Tue, Dec 6 | 6:30 – 8:30 pm
$30

Home Enrichment
New

Cloquet Community Education & Recreation

How to Work a Room: 
Decorating Basics
Do you have a 
room or space in your 
house or 
neighborhood that is 
crying out for 
decorating? Tackle it by 
creating a design plan with 
new wallpaper and on-bud 
get. Use a provided folder plus an 
individual design plan to choose the 
style, color, furnishings, fabric, 
decor and correct paint for your room. 

Registration deadline is Jan 12.
Instructor: Kathy Roehm
CMS – Room W020, Enter door #13
Thu, Jan 19 | 6:30 – 8:30 pm
$12

From Stressed Life 
To BEST Life
Are you STRESSED! Not only does 
becoming constantly stressed out bring 
challenges to your life, work and rela 
tionships, it is also bad for your health. 
This class offers mindfulness training, 
relaxation skills and coaching to help 
you transform your stressed life into 
your BEST life!
Instructor: Sarah VanderMeiden
CMS - Room E104, Enter door #2
Thu, Jan 12 - Feb 2 | 5 - 6 pm
$60

Intro to Voiceovers
Fun and empower 
ing 90 minute, one 
on-one introductory 
workshop covers the 
different types of voiceovers and 
what tools are needed to find success. You’ll 
be coached as you read a script, and be 
recorded so you can receive a profes 
sional voice evaluation later. You’ll have 
the knowledge necessary to help you 
decide if this is something you’d like to 
pursue. Check out the video at http:// 
www.voiceforall.com to get a better 
sense of how the class works. Taught 
by a professional voice actor from the 
Voice Acting Training Company, Voices For All. Class is offered via 
web cam or by phone depending on 
student preference. You will get a call from 
the company in order to set up time and date. Age 18 and over.
Available dates and times: 
Mon - Fri, Dec 9 – Mar 31 | 8 am – 5 pm
$49

Contemplating Retirement
Many people dream of the day 
their retirement day and have 
taken great care to plan for their financial security 
when they are no longer working. But 
what is your retirement actually going to 
look like? Through personal reflec 
tion, group discussions and coaching, 
take time to re-assess and clarify your 
values, life’s mission and purpose - to 
create a life after retirement that truly 
fits you.
Instructor: Sarah VanderMeiden
CMS - Room E104, Enter door #2
Thu, Jan 12 - Feb 2 | 5 - 6 pm
$60

Serging 1
K1 Sportsware, a U.S. leader in hockey ap 
parel manufacturing 
invites you to SERGING 1. Learn the operation of 
sports apparel that K1 ships to 
championship teams, youth pro 
grams, colleges, and premiere league 
teams all across North America. 
Create your own jersey to take home, and 
receive a class completion certificate. 
If required standards of performance 
are met, may be eligible to join the K1 
Team for full or part time employment 
or independent contract serging. 
Must be willing to sign a non-compete 
agreement. Visit our website: www.k1sports 
wear.com and click on “Careers” to 
view a K1 video. Learn a skill and the 
potential to earn some extra income while 
having fun!
K1 Sportswear, 1309 Ave C 
Tue & Thu, Jan 10 – Feb 2 | 6:30 – 8 pm
$10

Watercolors on Canvas
Tap into your artistic side! Beginners to 
seasoned painters, be guided by our ex 
perienced instructor to create a beau 
tiful watercolor on canvas painting 
each night. Requires no glass to frame. 
Canvas provided; student needs to pur 
chase paints and brushes before class. 

Class 3: Birch Trees, Rocks and Water
Instructor: John Cavanaugh
CMS – Room W143, Enter door #13
Mon, Mar 27 – Apr 24 | 6 - 8:30 pm
No class: 4/17
$65

SMS – Room W143, Enter door #1
Tue, Jan 17 | 6:30 – 8 pm
$8

Sometimes a great class or 
trip gets cancelled because people wait to register 
until the last minute.
Don’t be disappointed– 
register today!
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. A ski pass is required, either a day pass for $6, or a year pass for $20. Questions? Call or text Debbie at (218)380-1035.
Instructor: Debbie Croft
Jay Cooke State Park Visitor Center, County Road 210
Mon, Dec 5 - Mar 6 | 3 – 4:30 pm
Free, but please register with Comm Ed.

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 light low, waterfalls, silhouettes, night shots, and capturing shots of lightning and fireworks. Bring your camera, plus any manuals that came with it.
Instructor: David Kohnhe
CMS – Room W143, Enter door #1
Tue, Dec 7 – 28
7:45 - 8:45 pm
$20

Ballroom Dance
Gear up for the wedding season and join the fun! Learn four dances including cha-cha, rumba, tango, and two-step (fox trot). Relaxed and great 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 7 – Apr 4 | 7:45 - 8:45 pm
No class: 3/21
$20

Middle Eastern Dance - Beginner
Explore the beauty and expressiveness of Middle Eastern dance and discover a fun way to increase fitness, muscle tone and flexibility. Learn fundamental movements in a relaxed and supportive environment. Wear comfortable clothes; dance in bare feet. Open to women (and men) ages 7-70+. Gentle exercise for arthritis sufferers or if you are just getting back into an exercise program.
Instructor: Deborah Weckert
CMS – Auditorium, Enter door #4
Wed, Jan 11 – Feb 22 | 6 – 7 pm
$36

Sway 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 7 – 28
7:45 - 8:45 pm
$20

Adults and Senior Open Skate
Lace up those skates and come on out to the Northwoods Credit Union Arena for recreational ice skating! Great way to socialize and burn 250-500 calories! Check calendar online or at arena for any date changes. No sticks or pucks. Lace up and join in the fun.
Wed & Thu, Dec 6 – Mar 30
9:30 - 10:30 am
$3 per time or buy a punch card at arena for $50 to cover the season.

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 Humphrey Nick
CMS – Media Center, Enter door #4
6:30 - 7:45 pm

Quick Start Tennis
This camp offers elementary aged players a great place to start or brush up on the basics. Improve hand-eye coordination and agility, perform racquet-handling skills, and become familiar with the tennis court. Instructors zeros in on building the foundation and cultivating a love of the game through basic strokes and fun games associated with tennis. Work on hand/racquet skills, forehands, backhands, volleys, serves. We play tennis based games and also learn rules and etiquette. Bring a racquet if you have one, tennis shoes and a water bottle. (There will be extra racquets if your child does not have one) Questions? Please contact Jessica Worden: 218-213-7777, jworden1021@gmail.com
Instructor: Jessica Worden
CMS – Cafeteria, Enter door #1 or #2
Thu, Tue, Jan 17 – 26 | 6:30 - 7:30 pm
$25

Baseball Skills Clinic
This clinic will cover all aspects of the game including hitting, throwing, fielding, catching, base running and sportsmanship. Five stations with each camper receiving individual attention. Enroll your child/children today for what will be a fun-filled and very educational baseball clinic. Bring a baseball glove if you have one. Wear tennis shoes and comfortable clothing.
Instructor: Kevin, Chris, and Kyle Hoffman
CMS – Gym, Enter door #6
Sat, Apr 8, Register by Apr 3
K - grade 3 : 10 am – 12 pm
Grades 4 – 6: 12:30 - 2:30 pm
$20/student | Discount: Register 2 for $38 or 3 for $48

Majorattles
Registration begins in late January. Batons Lessons: Feb 21 - Apr 21
Last night is a recital. Any questions or need a form, call Kathy 218-590-5423.
Any 6-8th graders interested in twirling at a basketball game, please contact Kathy at 218-590-5423 for information.

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 figure skating, or just leisure. A party and family skating will close out the session. A helmet is required (bike helmets are acceptable)

Adult Enrichment
We'd love to hear from you!
Go online to our website and fill out a short class evaluation to let us know how you liked your class. Go to www.CloquetCom- munityEd.com and click on the "Adults" webpage for the link to the survey.
Youth Sports Associations

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 879-9582 or email patkim89@yahoo.com

Cloquet Youth Lacrosse Contact Laurie Ketola, laurikets@msn.com. Informational Meeting Sat, Dec 17, 2 pm, at Young Life Building, 1804 Washington Ave.

Cloquet Area Hockey cloquetpacks2000.com Contact: 218-879-5400

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

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

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

Cloquet Area Youth Soccer www.cloquetyouthsoccer.com Information and registration links are available on our website. Email contacts: brian.roy@cloquetyouthsoccer.com or jonbilliewaugh@gmail.com.

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

Zumba
Ditch the workout, join the party! ZUMBA is Latino 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, Jan 3 – 31 | $45
Section 2: Tue & Thu, Feb 2 – 28 | $35
Section 3: Mar 2 – 30 | $40

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

Instructor: Katie Lewis Roufs
Thu, Feb 2 – Mar 23 | 6:15 – 7 pm | $56

Karate Uechi Ryu
AGES: 13+ Uechi Ryu Karate Tha 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.

Uechi Ryu is pronounced: way-choo-roo.
Website: www.uechihyukaratemn.com Instructor: Marie Nyblom 6:30 – 8 pm

Section 1: Mon, Jan 9 – Feb 20 | $45/section
Section 2: Mon, Mar 6 – Apr 17
Registration 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 at 218-879-1261 to register.

You must be registered and paid before the class begins. YOU CANNOT PAY AT CLASS.

Four easy ways to register:
• Online: www.CloquetCommunityEd.com
• Call 218-879-1261(with VISA or MasterCard)
• Mail 509 Carlton Ave., Cloquet MN 55720
• Drop off at office or drop box next to the office door (Cash or checks are located at the Cloquet Middle School)

• Instructors are not authorized to accept registrations at class.

• If we have your email address, you will receive registration confirmation via email.

• Refund Policy: Refund charge is $2. Cancellations must be made at least 24 hours prior to first class in order for a 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 who could take your place. Or you may find someone to take your spot, just let us know the person's name.

• Registrants contacted if a class is canceled or filled.

• If school is cancelled, Comm. Ed. offerings are also cancelled. Cancellations due to bad weather announced on WLRK 96.5 FM, 12:30 AM.

• Contact Community Ed if you are attending an adult class and have special needs.

• Community Ed reserves the right to cancel offerings due to low enrollment.

Maximum of $15 off per child per year. Scholarships provided by: Cloquet Educational Foundation and Cloquet Community Education. Send coupon with registration.

Payment Information
I am paying by _______cash Check Charge my: __________ VISA MasterCard
Name as written on card: First________ Last
Signature:
Card Number:
Exp. Date:

Please mail or return this form to: Cloquet Community Education & Recreation, 509 Carlton Ave., Cloquet, MN 55720
Welcome to the Winter session! We have great new classes and old favorites to offer this season. 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.

Adults with Disabilities

Upcoming classes and activities:
Exercise Class
Jan 19 – Mar 9
Cooking Classes:
Lasagna Dinner
Jan 23
Pizza and Root Beer Float
Jan 30
Beef Tortilla Taco Casserole
Feb 13
Game Night Social
Jan 20
Movie and Pizza Saturday
Jan 28
Snowman Class
Feb 3
Valentine Semi-Formal DANCE
Feb 11
Karaoke Night
Feb 17
Dinner and a Movie: Frozen
Feb 24

Adults with Disabilities Program

Visit www.CloquetCommunityEd.com for more information about our programs and events.