

Spring/Summer 2021

**NRHEG**

**COMMUNITY EDUCATION**

# ACTIVITY GUIDE



**Enhancing the  
Quality of life  
for our Communities**

# What's Inside....

# PLAY!

# LAUGH!

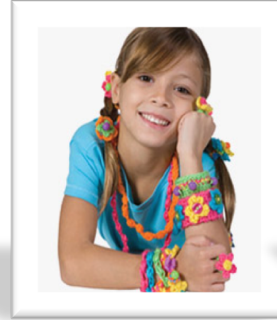
# LEARN!

## Contents:

Adult Programming.....9, 16-17  
Early Childhood Classes.....8-13  
Paid Advertisements.....5, 10, 16-17  
Registration Information.....18-19  
School Age Care.....6, 14  
Student Enrichment.....10-12  
Youth Development.....11-12  
Youth Recreation.....12-16



**Early Childhood Programs**  
Starts on Page 8



**Youth Enrichment & Sports**  
Starts on Page 10



**Adult Programming**  
Starts on Page 16

## Community Education Advisory Council

Jessica Arnold  
Amy Stenzel

Rachael Eustice  
Laina Rajala

## Community Education YOUTH Advisory Council

Jerzy Knudson  
Chloe Stork

Nora Flatness  
Jordan Brouwers

## COMMUNITY EDUCATION

306 Ash Ave S., New Richland, MN 56072  
(Located in room B121)  
mwhiteside@nrheg.k12.mn.us  
(507)-417-2667

<https://www.nrheg.k12.mn.us/domain/49>

### DISTRICT OFFICE HOURS:

Monday-Friday 7:30am-4:00pm  
Summer Hours: Mon-Thurs 7:00-4:00, Fridays 7-12:00  
(507-465-3206)

**Community Education Office will be closed on:**  
April 1, 2, 5, May 31, June 7  
and Fridays June-August

## Mission

*Empowering students with  
knowledge and skills to succeed.*

## Our Vision

*To be the school district of choice,  
inspiring excellence in academics,  
arts, and activities.*

## STAY CONNECTED

WWW.NRHEG.K12.MN.US  
OR WITH  
NRHEG COMMUNITY ED



NRHEG Community Education is dedicated to building strong communities by offering lifelong learning experiences through social, educational, and recreational opportunities.

## What is Community Education?

Community Education is an opportunity for local citizens, community schools, agencies and institutions to become active partners in addressing education and community concerns. Community Education embraces these beliefs: education is a lifelong process, everyone in the community shares a responsibility for the mission of educating all members of the community and citizens have a right and responsibility to link the needs of the resources to improve their community.

## Services



### Youth & Adult Programming

Classes provide youth and adults with educational and recreational programs to gain new skills and knowledge while building strong connections and empowering the community

### Early Childhood Services

- Early Childhood Family Education (ECFE)
- Panther Preschool
- Early Childhood Screening

### Facilities Rental

Need gathering space? We have it!

### Facility Scheduling & Requests

Requests for the use of school facilities are made through the Community Education Office. Please contact the office at 507-417-2667 and ask for a facility use form or go to the NRHEG website and find the form under Community Education. A minimum of three weeks notice for use of facilities is required.

### Become an Instructor



Share your talents with Community Education.

Community Education classes are flexible and designed to meet the needs of our instructors and the community. Volunteer and salaried positions are available.

For more information call: 507-417-2667 email: mwhiteside@nrheg.k12.mn.us

## Advertising Space Available!

Contact Macy Whiteside at mwhiteside@nrheg.k12.mn.us or call (507) 417-2667 for more information.

For ad sizes and prices visit <https://www.nrheg.k12.mn.us/Page94>



## Youth Development Scholarships

Through the generous donation from the EF Johnson Foundation, we are able to offer \$50.00 scholarships per child for spring & summer programming – visit our website for guidelines and download the application or get one from your school office!

Income eligibility based off of the free/reduced lunch scale.



## Let us help you celebrate! Birthday Party Package

Gym Party - \$60.00 (Ellendale gym or New Richland gym)

Includes up to 25 total people, 1 1/2 hours of gym time with one party host who will lead a couple gym games (if requested) while allowing time for free play, 1/2 hour of cafeteria time for your cake, ice cream, and a gift opening. Community Ed will supply the equipment such as basketballs, dodge balls, footballs, a parachute, hoola-hoops, jump ropes, kick balls, misc. gym items – you supply the rest! Call 507-417-2667 to check on Gym availability and to schedule your party!

Beginning September 2021

# Youth Programming modifications / protocol

- All staff and students will be required to stay home if not feeling well. Staff and students who appear visibly ill may be asked to leave class.
- Class sizes will be reduced, and we will work in small, set groups.
- Participants may be required to bring their own equipment.
- Shared equipment will be minimized whenever possible and sanitized between classes.
- Students and staff will be required to sanitize upon entering class area. Staff will hand sanitize / hand wash between classes.
- All participants/spectators will be encouraged to remain vigilant about social distancing.
- Between classes common surfaces will be sanitized.
- Students will be expected to bring their own water bottle to eliminate the use of shared drinking fountains.
- Staff will work diligently to minimize direct contact with participants.
- Some programs will become instructional only; just practicing skills and drills. All will be modified to lessen contact between staff and participants.
- Guidelines required by the CDC, MDH, MDE, and the school district may change at a moment's notice due to current situations, thus classes/events may be cancelled with very short notice.

## Stop the spread of germs.



**Wash your hands** often with soap and water for at least 20 seconds.



**Cover your cough or sneeze** with your arm or inner elbow, NOT your hands.



**Avoid close contact** with people who are sick.



**Stay home when you are sick**, except to get medical care.



**Avoid touching** your eyes, nose and mouth.



**Clean and disinfect** frequently touched objects and surfaces.



[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)  
[www.myfcp.org](http://www.myfcp.org)

## Your Health Is Our #1 PRIORITY

Our guidelines and strategies will change with the rules and regulations by the CDC, MDH, & MDE.

## Health and Safety of Participants & Staff

The NRHEG PUBLIC SCHOOLS & COMMUNITY  
EDUCATION

will continue to keep all participants updated regarding any changes surrounding COVID-19 regulations and are following the applicable guidelines required by CDC, MDH, MDE, and our local school district.

## You Count! if you are counted



## IS YOUR FAMILY INCLUDED ON THE SCHOOL DISTRICT CENSUS?

Has there been a birth in your family? Have you recently moved into your neighborhood? Is there a new family in your neighborhood? ISD 2168 wants all families with young children to know about our programs and activities. Being on the school census also ensures that you will receive information regarding Early Childhood Family Education classes, Early Childhood Screening, and the Panther Preschool program information. In addition, funding for our Early Childhood Programs is based on the number of children on our census.

It is important that everyone be counted!

To be added to the census, please call Karla at our school office, 417-2605 or find the form on our Community Education Website at [www.nrheg.k12.mn.us](http://www.nrheg.k12.mn.us) under the community education tab.

# Finly's Wings at Work

*Finly's Wings At Work is a non-profit organization that was founded in 2018 after we lost our precious Finly at only seven years old. Although her time on earth was extremely short, her impact on family, friends and the community are still huge as she continues to make her presence known.*

**FINLY WAS THE SWEETEST, HAPPIEST, MOST GIVING AND LOVING LITTLE GIRL! HER PRECIOUS SPIRIT AND LOVE FOR LIFE WERE SO BEAUTIFUL AND UNDENIABLE. SHE WAS SUCH A BRIGHT, HAPPY AND SPIRITED LITTLE GIRL WHO WILL NEVER BE FORGOTTEN. SHE HAD MANY PASSIONS WHICH INCLUDED GYMNASTICS, DANCING, MUSIC, SINGING, READING BOOKS, CRAFTS, TELLING JOKES, SWIMMING, GETTING DIRTY, AND RANGER RIDES JUST TO NAME A FEW. AND HER BEAUTIFUL HEART WAS SO GENEROUS, WHICH IS WHY FWA W WAS FOUNDED-TO GIVE BACK TO CHILDREN IN HONOR OF FINLY TO KEEP HER PRECIOUS MEMORY AND SPIRIT ALIVE. FWA W DOES THIS BY PROVIDING LOCAL SCHOLARSHIPS TO SENIORS FROM NRHEG GOING INTO THE MEDICAL FIELD OR A FIELD DIRECTLY RELATED TO CHILDREN, DONATIONS TO LOCAL FUNDRAISERS, CONTRIBUTIONS TO ORGANIZATIONS IN SUPPORT OF CHILDREN AND ALSO CONTRIBUTING TO PEDIATRIC PATIENTS IN PEDIATRIC AND CARDIAC UNITS IN HOSPITALS.**

*This is only possible through the extremely generous donations from our sponsors who include:*

REED AND BECKETT BUDACH, RT CRATES, SOIL BUILDERS, SCHLAAK TRUCKING, MAIN STREET DENTAL, COUNTY'S EDGE SEED, MIDWEST REPAIRABLES, STATE BANK OF NEW RICHLAND, THE WILLOWS, GENEVA LUMBER CO., JETTER CLEAN ROCHESTER, EAGLE PRAIRIE INSURANCE, JOHNSON HEATING & A/C, DUFRESNE, WAYNE & ASSOCIATES, A.W. AC, BUDDY & BETTY BERG, BRIEN FITTERER, BUDACH IMP., COMPEER FINANCIAL, SCHLAAK SEEDS, KRISTIN & DEKKER THOMPSEN, MISGEN AUTO PARTS, MOEN SNOW REMOVAL, HI-YIELD PRODUCTS, ALEX, DIVINE LEIGH BOUTIQUE, HOLLAND AG., BETHKE FARMS, SORENSON'S APPLIANCE & TV, NR AUTO REPAIR, ISDER FAMILY, KENNY THOMPSEN FAMILY, TITAN PRO, COLLIN, MYA, & LINCOLN MISGEN, VANHAL TRUCKING, JAYDA & MIKALA MOON, INTERNATIONAL STEEL ERECTORS, BERGLAND FAMILY, L&D AG, RHYS CHRISTENSEN, JETT, WINN & BEKK SORENSON, LORI & KELLY ROUTH, JARED HENDRICKSON, TRAPPER'S LANES, MOEN FARMS, OLSON EXCAVATING, EMMY STADHEIM, ALEX ROSS, CLEAN SWEEP CLEANING, MANKATO MOTORS, ONE LITTLE SHIRT SHOP, CANINE CENTRAL, WASECA REALTY, NR LIQUOR CO., HORIZON AGRONOMICS LLC.

*We would also like to thank the countless friends and family for their much-appreciated donations!*

*To meet our mission, we rely on the generosity of individuals and businesses for their support. If you would like to make a donation to FWA W to help support our cause and also help keep Finly's beloved memory alive, please use the contact information below.*

Sincerely,  
Nick & Erin Budach  
Organizers of Finly's Wings At Work

Nick Budach(507-327-3460)  
John Misgen(507-383-5199) Brandon Wayne(507-456-6250)



**SUMMER 2021**

JUNE 9 – SEPTEMBER 3

STEAM  
Activities

Daily  
physical  
activity

Daily  
Reading

Daily  
group  
games

Weekly  
park  
visits

Indoor/  
outdoor  
play

Library  
visits

Arts &  
crafts

Field  
trips

NRHEG

# School Age Care

Daycare for children ages Preschool – 5<sup>th</sup> grade. A program of Community Education.  
Open Monday-Friday 6:30am to 6:00pm, year-round

**FULL TIME / PART TIME / DROP IN CARE AVAILABLE –**  
*Register anytime!!!*

**YOU CHOOSE YOUR SCHEDULE & PAY ACCORDINGLY!**

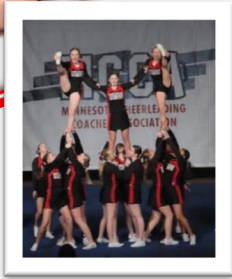
For more information visit:

<https://www.nrheg.k12.mn.us/domain/680>

or contact Macy Whiteside at 507-417-2667 or email [mwhiteside@nrheg.k12.mn.us](mailto:mwhiteside@nrheg.k12.mn.us)

# NRHEG COMPETITION CHEERLEADING

STATE CHAMPIONS 2021



## CHEER TEAMS:

Elementary Teams: Gr. 3-6

Practice Team

Competition Team

Stunt Team

Varsity Teams: Gr. 7-12

Practice Team

Competition Team

Stunt Team

## PROGRAM DATES:

July 2021 - February 2022

## REGISTRATION:

Informational Meeting / Registration:

Thursday, April 8, 2021.

New Richland High School Gym (enter east doors #16)

6:00-7:00pm for Elementary Team

7:30-8:30pm for Varsity Team

## COST:

Avg. Price for Practice Team: \$100.00

Avg. Price for Competition Team:

Elementary: \$265 - \$365

Varsity: \$340 - \$420

*All youth who want to join cheer are welcome! Our practice teams are designed for those cheerleaders that are new to the sport or for those who are working towards developing the skills needed to compete safely. Our competition teams are designed for those cheerleaders that have established the required skills needed to safely compete. Any cheerleader who is wanting to compete will be given the opportunity to practice and acquire the skills necessary to join the competition team during the summer months, where there is a higher level of risk and commitment.*

*This program is a big commitment and requires those that are competing to be at all practices and competitions as your team counts on you! Elementary cheerleaders practice once per week, Varsity approximately twice. Competition teams will compete in approximately 5 competitions throughout the season. If you are interested in more information please contact panthercheercoaches@gmail.com and attend the registration meeting on Thursday, April 8.*

**Registrations are accepted until April 24<sup>th</sup>**

# Age 3? Time to Screen!

Early Childhood  
Screening

Looking  
for all 3-4 year  
olds....

Early childhood screening is mandated by the State of Minnesota for all children entering Kindergarten. The best time to have your child screened is between the ages of 3 and 4.

Early Childhood Screening is FREE and the earlier the BETTER! When your child turns 3, please call 507-417-2667 to schedule a screening appointment.

UPCOMING SCREENING DATES: April 16 & October 18, 19, 20  
United Methodist Church or Vibrant Life Church in Ellendale

EARLY CHILDHOOD  
Growing the Future.  
Family Strong.



help me



Are you concerned about your child's development? Help Me Grow is a group of service providers working together to help area families. They provide free early intervention referral services to help families find and coordinate resources for their children aged birth to 5 years old.

- Help Me Grow provides resources for families to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost.
- Help Me Grow is an interagency initiative of the State of Minnesota Department of Education, Department of Health and Department of Human Services. We partner with all local service agencies.

# ECFE

Early Childhood Family Education

Early Childhood Family Education classes recognize that parents are their child's first teacher. The following classes/activities provide excellent opportunities to work with your young child in a learning environment without the distractions of home.



**What is ECFE?** Early Childhood Family Education (ECFE) is a NRHEG Public Schools program that provides parenting information and support to families whose children are birth to five years old (not yet enrolled in kindergarten). A variety of classes, pre-school options, and activities are offered for all age groups. Most ECFE classes follow a similar format: parent/child activity time followed by parent education time to discuss common concerns and experiences while their children participate in an early childhood classroom. School readiness skills and activities are an important part of all programming.

## What are the benefits of ECFE?

ECFE works to strengthen families and encourages parents to provide the best possible environment for the healthy development of their children. Research shows that children whose parents are involved in their early education are more likely to be successful in elementary school.

Look on page  
14 for new  
dance classes!

## What does a typical ECFE class include?

### Parent-Child Activity Time

Families explore a classroom filled with developmentally appropriate play materials and learning activities planned by a licensed early childhood teacher. These experiences foster a child's social, emotional, cognitive, physical, and language skills.

### Parent Education Time

Parents meet with a licensed parent educator to share support, experiences, and information about child development and parenting techniques. Research on early brain development, parent-child relationships, child development, and guidance techniques are presented in ECFE classes.

### Children's Activity Time

Children learn with the early childhood teacher and practice social skills as they interact with one another.





# ADVENTURES IN PARENTING CLASS

This multi-age class focuses on a variety of family issues and activities. Topics covered in parent discussion time are determined through discussion of parent needs/interests, current research, and teacher suggestions including child development, school readiness, temperament, guiding behavior, and sibling relationships. During separation from parents, children interact with the Early Childhood staff and other children and typically have a snack, crafts, stories, music, and more time playing with peers. These classes are for preschoolers aged 2-5 and their parents/grandparents/caregivers.

## Spring 2021 Session

**Classes will be held Monday evenings in the Ellendale or New Richland Preschool classrooms. 6:00-6:45pm. \$10 per family**

*Class locations may rotate between Ellendale and New Richland depending on participants' preferences. Dates below are subject to change.*

Classes are: **Spring**  
March 8, 15, 22, 29  
April 12, 19, 26  
May 3, 10

*Watch our NRHEG ECFE Facebook page for additional information once it becomes available!*



# NRHEG Panther PRESCHOOL



**NRHEG Community Education and our School Readiness Programs take pride in investing in our youngest learners and in preparing children and families for success in school.**

Registration Forms will be accepted starting Friday, March 12<sup>th</sup>, 2021

NRHEG Panther Preschool provides programming designed to help early childhood learners prepare for Kindergarten. Our program is designed for all families. Three year old students are in the New Richland Secondary School or the Ellendale Elementary School and have options of 2 or 3 day a week programming in the morning. Four year old students are located in the New Richland Secondary School or the Ellendale Elementary School and have options of 2, 3, or 4 days a week programming in the morning or afternoon.

## Why do parents choose our program?

**Our Students:** Children who attend our preschool program enter kindergarten with foundational skills and experiences that will help them to be successful in school.

**Our Teachers:** State licensed & highly qualified in early childhood education, our teachers are dedicated and passionate about our earliest learners

**Our Curriculum:** Research based, developmentally appropriate and aligned with the MN state learning standards.

**Our Families:** Families are valued partners with the school in supporting their child's learning.

**Focus on Learning:** Our programs are integrated and we have access to specialists, facilities, and other programs that support a child's learning and development.





# New Richland Public Library Summer Event Schedule

119 S Broadway | New Richland, MN 56072 | 507-465-3708

HOURS: M, TH 1-7 pm  
Tu, W 9 am-1 pm

Now checking out hotspots, Chromebooks, board games, Outdoor Adventurer backpacks, and more!



## TAILS & TALES: ANIMAL STORIES

The Story Table's Nicholas Pawlowski brings kids into the telling of the story—with kids in the audience influencing how the story will go. All ages.

6/10 at 10 am and 6 pm via Zoom  
**ACHF**



## PROFESSOR NORM

Fast-paced, funny, educational, and lots of fun, Professor Norm twists science into magic and back again. All ages.

6/21 at 10 am and 6 pm via Zoom



## TALE OF THE RAINBOW LIZARD

Pablo del Peacock attempts to paint a picture of beautiful Monique Gecko who shows up each morning with her skin a different color. Presented by Traveling Lantern Theater Group. All ages.

7/21 at 10 am via Zoom Watch Party  
**ACHF**

## SUMMER READING PROGRAM: Ages 3-18 read to win prizes



### Curbside Kits

#### June

- Animal Tracks (ages 3-6)
- Jack and the Beanstalk Gardening (3-8)
- Shadow Animals (ages 7-12)
- Shrinky Dink Bracelet (ages 9-18)
- Animal Pet Portraits (ages 10-12)

#### July

- Rainstick Kit (ages 3-8)
- CSI: Goldilocks (ages 7-12)
- Beaded Wind Chime (9-18)
- Silly Animals Pack (families)

### Virtual Events

#### Lego Club

Tuesdays in June at 6 pm  
Tuesdays in July at 10 am  
Ages 7-12

#### Hunt a Killer Series

6/9, 6/23, 7/7, 7/21, and 8/4  
at 2 pm Ages 13-18

#### Tell Your Story

A writing workshop for adults with developmental disabilities.  
6/9-7/7, Wednesdays at 6 pm

#### Tai Chi

6/10, 6/17, 6/24 at 7 pm Ages 18+

#### Teen Book Club

6/15 and 7/20 at 2 pm

#### Tie Dye Workshop

6/17 at 2 pm Ages 13-18

#### Over & Under Writing Workshop with Author Kate Messner

6/18 at 10 am Ages 7-12

#### Tween Book to Art Club

6/23 at 10 am Ages 10-12  
7/19 at 10 am Ages 10-12

#### Your Tails about Tails

Introduce your pet!  
7/2 at 10 am Ages 5+

#### Felt Flowers Workshop

7/13 at 7 pm Ages 18+

#### Author David Rochelle

7/15 at 10 am and 6 pm Ages 3-6

#### Sharpie Mugs Workshop

7/15 at 2 pm Ages 13-18

#### Smoothie + Chef

7/22 at 2 pm Ages 13-18

#### Watercolor Series

7/26, 7/29, 8/2, 8/5 at 7 pm  
Ages 13+

### In-Person Events

#### It's a Tiger Storywalk

7/12 at 10 am-12 pm



All events and curbside kits are FREE! Registration opens 5/17 at [wasecalesueurlibraries.com/getregistered](http://wasecalesueurlibraries.com/getregistered)

# HOME alone SAFETY For Kids!

**Grades: 3-5 Instructor:** Macy Whiteside

The school year is already upon us and that may mean your child will be home alone for an extended period of time until you get home from work or an outing. Whether left alone for an hour or a few hours a day, your child should feel comfortable being alone. This workshop for children will address several topics relating to being "Home Alone".

Topics include personal safety tips, stranger danger, basic first aid, gun & fire safety, dealing with loneliness & boredom, storm safety, dealing with siblings, as well as trust & honesty. You also get your own first aid kit to bring home with you!

Tues. May 18 3:15-5:15pm \$26 per student  
Ellendale Media Center Register by: Thursday, May 13

## FATHER'S DAY GIFT

**Ages:** 1<sup>st</sup> grade and up

Let your imagination soar with our Father's Day Gift class this year! Is your dad a handyman? Is he a Grill-master? Is he a Gardener? Join us to customize this one-of-a-kind gift for your dad or special guy in your life that he is sure to use and love for many years to come!

Date: Wed. June 16  
Register by: June 1  
Time: 10:00-12:00pm.  
Cost: \$28.00 each.

Location:  
Secondary school,  
lower commons



## Unicorns... Mermaids... and essential oils

Embark on a magical journey with essential oils and your favorite mythical creatures, unicorns, and mermaids! We will be making two mermaid favorites with essential oils and having a yummy magical treat! We will wrap the class up by making unicorn slime!

*Ingredients include: distilled water, witch hazel, rosemary, lavender, cedar wood oils, and colorant/dye.*

**Age:** 4-8 years. **Cost:** \$20.00  
**Date:** Tuesday, May 25 **Time:** 3:05 - 4:30pm  
**Location:** Ellendale School Cafeteria  
**Register by:** Fri. May 14 9 students max

*All items (a snack, hair spray, foot scrub, and slime) will go home with a label and a recipe card to make again at home. Each recipe will have the instructor's information on it if you have any questions.*

## Mother's Day Basket

with Essential Oils  
Instructor: Naomi Knudtson

Come spend a couple hours talking and thinking all about mom! Each child will leave with a special gift just for their mom for Mother's Day! We will be using a combination of arts and crafts and Essential oils with the one and only Mom in mind!! Your child will make a craft project for mom, hand scrub, bath salts, and perfume spray.

*All gifts will go home with a recipe card of essential oil items with the instructor's information.*

**Ages:** 6-10 years **Date:** Tuesday May 4  
**Time:** 3:05-4:30pm **Cost:** \$27.00  
**Location:** Ellendale School Cafeteria  
**Class max:** 10 kids **Register by:** April 23



## Babysitter's Training Program

**Ages:** 10-18

**Instructor:** Jackie Anderson (16 years of experience as ARC instructor)  
Email: anderson4redcross@gmail.com

The Babysitter's Training program is designed to educate young individuals with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training helps participants develop the leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care. Participants will learn how to provide care for an infant and child choking, as well as learning how to provide rescue breathing.

**Materials required:** Babysitter's Training Handbook (digital download is free). *Bring your own sack lunch!*  
Optional ~ Deluxe Babysitter's Training Kit, \$29.95, purchased from ARC

**Date:** Saturday, May 22<sup>nd</sup> 8:30-3:30pm. **Cost:** \$84 per student – this includes the fee given to ARC for certification.  
**Register by:** Thursday, May 13. New Richland Secondary School – Media Center (enter door #1E).  
Maximum of 8 students. Another class will be offered in June if needed.



# GRASP

## NRHEG Academic Summer Program

A correspondence summer program designed to reinforce math & reading skills learned during the school year just completed! GRASP is a workbook program designed for students who have completed grades K-8 to keep their skills current over the summer months. Students complete nine lessons in math, reading, or both over the summer. Each lesson takes about one hour to complete. Mail the lessons in, then they are scored, results recorded and returned to the children. Children receive a medal soon after Labor Day. Books will be distributed to students the last week of school. Register for the grade just completed. *If interested, please email Macy at [mwhiteside@nrheg.k12.mn.us](mailto:mwhiteside@nrheg.k12.mn.us) for registration forms.*

**GRASP REGISTRATION DEADLINE: Wed. April 28**

**Cost:** Math \$26.00. Reading: \$26.00. Both: \$48.00

## Panther Cheer Camps

Ages: 1-4<sup>th</sup> graders this fall

- \* **Tumbling Camp:** stretching then work on basic tumbling passes!  
Wed. June 16, 6:00-7:00pm. \$20
- \* **Dance Camp:** learn a simple dance routine!  
Fri. June 18, 6:00-7:30pm. \$30
- \* **Jump Camp:** learn cheer jumps after stretching!  
Mon. June 21, 6-7:00pm. \$20
- \* **Cheer Camp:** learn cheer motions, then a cheer!  
Tues. June 22, 6:00-7:30pm. \$30
- \* **Stunt Camp:** learn a few basic cheer stunts!  
Wed. June 23, 6:00-7:30pm. \$30

Register for all 5 camps for only \$100

All camps are located in the Ellendale North Gym (enter main office doors)

**Please come dressed in athletic wear, tennis shoes, and don't forget your water bottle!**

*Parents are welcome to view the last 15 minutes to see what your child has learned!*

## Kids Summer Dance Camp

with Devin Dobesh

In this camp we will learn the techniques of ballet, jazz and lyrical dance. We will learn awesome choreography to popular tunes and work together as a team to put on a glamorous show/recording for our families by the end of the week!!! Bring tennis shoes and dance shoes, socks with grips or just fun cotton socks for this fun dance and craft experience!

**Ages: 6-11 years old.**

**July 19-23<sup>rd</sup>**

**1:00-3:00pm**

**Price: \$65**

**Ellendale School, enter through east main doors**

## YOUTH T-BALL

**PLAY BALL!** Our T-ball program (ages 4-K) is designed to give your child a fun experience while developing basic skills such as throwing, catching, batting, base running, fielding, and teamwork. Teams will be divided according to location.

A detailed registration form will be sent home in backpacks in March. Please fill this form out and return it to your child's school office or to Community Education.

**Cost: \$25 per player    Time: 6:15-7:15pm (approx.. end time)    Register by: April 12**

*Practices will be held the week of June 7<sup>th</sup>, with games played on Mondays/Wednesdays for the remainder of June.*

## YOUTH COACH-PITCH

Coach Pitch is for players (1<sup>st</sup> & 2<sup>nd</sup> grade) that are ready for

the next step after T-Ball. Teams will use a hard ball and will continue to develop their fundamental skills along with refining their basic skills such as throwing, catching, batting, base running, and teamwork. Teams are divided according to location.

A detailed registration form will be sent home in backpacks in March. Please fill this form out and return it to your child's school office or to Community Education.

**Cost: \$25 per player    Time: 6:15-7:30pm (approx.. end time)    Register by: April 12**

*Practices will be held the week of June 7<sup>th</sup>, with games played on Tuesdays/Thursdays for the remainder of June.*



# FLAG FOOTBALL

Grades 1-5, boys & girls  
Instructor: Coach Ryan Evans

Date: Mondays & Wednesdays, July 12-August 4

Time: 1:00-2:00pm

Location: Ellendale Practice Fields (east of school)

Cost: \$40 per student.

Register by: Friday, July 2

Join Community Education coaches and volunteers for a beginning football experience that will emphasize having fun and learning the basics of football. Participants will play flag football in small groups against players from their own grade or similar ages. Fundamental skills and basic rules will be taught in a fun and energized atmosphere. Make sure to bring athletic shoes or cleats, along with shorts and a water bottle! Wear SUNSCREEN!

## Boys Summer Basketball Camp

IMPROVING SKILLS AND MAKING  
NEW FRIENDS!

Our camp will include instruction on fundamentals from the Head Coach **Isaiah Lundberg** and current or former Panther basketball players.

3-9<sup>th</sup>  
grade

*Camp t-shirt included!*

**When:** June 7 & 8

**Cost:** \$25 per camper, checks made out to NRHEG

**Time:** 8:15-9:45am, 3-6<sup>th</sup> grade (grade entering in fall)  
10:00-11:30am, 7-9<sup>th</sup> grade (grade entering in fall)

**Where:** NRHEG Middle School gym (New Richland)

**Register by:** Friday, May 21

*Additional info and registration flyers will be sent home in May.  
Please send registration forms directly to Isaiah (address on forms)*

## Girl's

Summer Basketball  
3-8<sup>th</sup> grade

Learn how to dribble, shoot, pass, and other basketball skills through drills. Experienced players will learn techniques to improve their game. Teamwork, sportsmanship, and fun will be emphasized!

## Camp

**When:** June 7, 8, 9

**Cost:** \$40 per player

**Time:** TBD (watch for more info sent home in May)

**Where:** New Richland Secondary School

*Additional information and registration flyers will be sent home in backpacks May.*

# Summer Dance Class

...mini sessions

Session One: June 15th, 22nd and 29th

Session Two: July 13th, 20th, and 27th

Session Three: August 10th, 17th and 24th

Sign up for one, two, or  
all three sessions

**Parent and Me:** (12 months-3 years) 3:45-4:15pm. This class is for your little one and you to move and groove together! We will dance to fun music, learn fun finger plays and work on our fine and gross motor skills together. This class will be full of giggles and wiggles! (Parents will participate the whole time. Socks or bare feet are needed for this class). \$25 per couple.

**Flexibility and Lyrics:** (Ages 7-12 years) 4:15 p.m. - 5:00 p.m. In this class we will work on our flexibility and technique as dancers. Then we will create and tell stories through our movement and dance. Lyrical dancing is the new favorite. Be ready to explore how to create stories through movement and how to express lyrics in songs through dance. This class will be full of strengthening leaps and turns as well as flowing steps! You will want cotton socks and bare feet for this class. (If you would like to purchase lyrical shoes contact Devin for specifics.) \$30 per dancer

**Tiny Dancers:** (Ages- 3-5 years) 5:00 p.m.- 5:45 p.m. Preschool age students will explore movement creatively through learning the fundamentals of ballet and tap dance along with dancing along to fun music. In class students will also work to strengthen fine and gross motor skills needed in the preschool years! This class will be full of smiles, twirls and tunes!! (Tap shoes will be needed please reach out to Devin if you have questions on where to buy tap shoes. Cotton socks or ballet slippers for ballet) \$30 per dancer.


**Cute and Sweet Combo:** (Ages- 6-8) 5:45 p.m.-6:30 p.m. This combo class will be full of cute tap dancing and sweet ballet dancing. We will explore the fundamentals of ballet and tap dance along with moving creatively to the music. Students will be moving and grooving to upbeat music in tap and then in ballet we will focus on graceful and precise movements as we tell a story through ballet dance. This class will be full of grooves and tunes! (tap shoes will be needed please reach out to Devin if you have questions on where to buy tap shoes. Cotton socks or ballet slippers for ballet). \$30 per dancer.

**Spunk and Tutus Combo:** (Ages 9-12) 6:30 p.m.-7:30 p.m. This class will be full of spunky tap moves and graceful ballet fluttering. We will explore the fundamentals of both ballet dance and tap dance. Be ready for lots of fun movement and great music with your tap shoes and either cotton socks or ballet slippers! (tap shoes will be needed please reach out to Devin if you have questions on where to buy shoes. Cotton socks or ballet slippers for ballet). \$36 per dancer.

**Glamour and Kicks:** (Ages 7-12) 7:30-8:30. In this class you will learn the basics of jazz and kickline dance. We will dance to upbeat music and work on our flexibility as we learn to kick, leap and turn! This class will be full of glamorous and precise new moves! (Cotton socks, ballet slippers or jazz shoes are needed for this class. Please contact Devin with questions). \$36 per dancer.

All classes will be located in Ellendale (exact location in Ellendale TBD)

Classes may be cancelled if the minimum amount of dancers needed is not met.




# YOUTH BASKETBALL

Our basketball clinic is designed to teach your child fundamental basketball skills while learning teamwork, strategy, and sportsmanship.

Children will also be introduced to basketball rules, shooting, passing and ball handling. They will also become familiarized with basic offensive and defensive skills like rebounding and team play.

**Girl's Camp dates:** June 14, 15, & 16  
**Grades:** 1<sup>st</sup> - 2<sup>nd</sup>  
**Times:** TBD  
**Cost:** \$30  
**Location:** New Richland School

Registration flyers will be sent home in backpacks in May that include the time & exact gym location



## SWIMMING LESSONS GENEVA POOL

Instructor: Red Cross, City of Geneva

Please call the City of Geneva for more information at 507-256-4549 or visit their Facebook page at: City of Geneva, Minnesota.

Please look for the ad in the local paper this spring for swimming lesson dates and important pool information, along with a flyer stating the exact dates, times, and prices coming home in backpacks in May.



## SWIMMING LESSONS OLAF LAKE

Instructor: Red Cross, New Richland.

Registration and payment can be made online at [www.cityofnewrichland.com](http://www.cityofnewrichland.com) or call the Parks and Rec Section. Please call 507-256-4549 for questions.

A flyer may be sent home this spring with swimming lessons with exact dates and times and other important information.



# NRHEG Summer Workout Program

This summer the NRHEG Varsity Coaches through Community Ed will be running a weight room program for 9 weeks.

**WHO:** 7-12<sup>th</sup> grade students.      **WHERE:** NRHEG Secondary School

**TIMES:** 7:00am – 8:00am    &    8:00am – 9:00am

**WHEN:** June: 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30  
 July: 2, 12, 14, 16, 19, 21, 23, 26, 28, 30  
 August: 2, 4, 6, 9, 11, 13

**COST:** \$35 per student (checks written to NRHEG Community Ed)

**REGISTRATION DUE DATE:** Friday, April 30<sup>th</sup>

**LINK FOR REGISTRATION:**  
[https://docs.google.com/forms/d/e/1FAIpQLScCWYj69r0HvzKlaqiLRmLYNWNW3DGEdcMNCv8FwSDA7jB2Fw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScCWYj69r0HvzKlaqiLRmLYNWNW3DGEdcMNCv8FwSDA7jB2Fw/viewform?usp=pp_url)



# NRHEG CLAY TARGET TEAM

**Grades:** 6-12

Available in both fall and spring, this league is for students who have a valid gun safety certificate and have an interest in shooting sports. This is the fastest growing high school sport in MN! The State Class Championship represents the largest youth trap shoot in the nation and the MSHSL State Tournament is currently the only one of its kind in the nation.

**Fall League:** begins in mid-September and goes for 6 weeks with no state shoot at the end. It's a great way for students to introduce themselves to the sport before the Spring League. Registration for the Fall League begins in August so being on the mailing list before school starts is very important. Shoots are held at the Owatonna Gun Club. Registration covers 2 rounds of targets per week for the 6-week season, the cost of league registration, a meal at our fun shoot, and a team shirt.

**Spring League:** involves weekly shoots one night per week starting the first week of April and going through the MSHSL State Tournament in late June. Shoots are held at the Owatonna Gun Club. Registration covers 2 rounds of targets per week for the 10-week season, the cost of league registration, state shoot registration, a meal at our fun shoot, and a team shirt.

**All students provide their own firearms, ammunition, and safety gear. Students from neighboring school districts without a team or who are home schooled are also welcome to join us!**

For more information contact Dan Sorum at 507-417-2627 or email him at dsorum@nrheg.k12.mn.us. If you wish to be placed on the team mailing list email Mr. Sorum your contact information ahead of time.

ALL FEES need to be sent to Mr. Sorum (306 Ash Ave. South, New Richland, MN 56072) with checks made out to NRHEG Community Education with Clay Target in the memo. Registration is set in January so getting on the mailing list is important for up to date information.

# Waseca - W-E-M - JWP- NRHEG Hockey

## New Player & Returning Player

### New Player Discount! Registration

Waseca - W-E-M - JWP- NRHEG

All play High School hockey together.

Start forming life-long friendships now!

Sunday August 22 - 6pm - 8pm

Wednesday August 25 - 6pm - 8pm

Waseca Community Arena

Registration Forms are available at

[www.wasecahockey.org](http://www.wasecahockey.org)

Questions ? Please contact Shannon Cliff [bsttcliff@gmail.com](mailto:bsttcliff@gmail.com) or 507-461-0985



Equipment Rental  
Available  
(first come first serve)

PAID ADVERTISEMENT



**The American Red Cross First Aid/CPR/AED** program helps participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience and is offered in a blended learning (online learning at home with instructor-led skill session) format.

### **Certification Requirements:**

Blended Learning (2.5 hours online learning, 3 hours in-person skill session): \* Complete all lessons of the online learning session and pass the online assessment with a score of at least 80%. \* Participate in all course activities. \* Demonstrate competency in all required skills.. \* Successfully complete the 'Putting It All Together Assessment Scenarios'.

### **Certificate Issued and Validity Period:**

All First Aid/CPR/AED certifications are valid for 2 years from the date of course completion.

**Instructor:** Jacki Anderson, anderson4redcross@gmail.com    **Location:** New Richland Secondary School Media Center. Door #1E  
**Skills Class:** Saturday May 1, 9:00-12:00pm.    Saturday July 17, 9:00am-12:00pm.    Saturday September 18, 9:00-12:00pm.  
**Cost:** \$82 per person (ARC certification fee of \$32 included in this price)

**To register:** Fill out the NRHEG Community Education Registration form and submit payment. Then email Jacki at anderson4redcross@gmail.com so she can send you instructions for the online course and if you have any questions. Each participant will need to complete the online course work at their own pace and bring in a completion certificate to the skills session. The skills session takes approximately 3 hours.

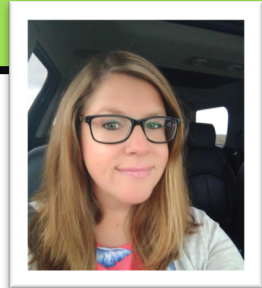
Cardio  
training

Interval  
training

Strength  
training

# **POWER HOUR**

## **Adult Fitness Classes with Emily Schultz**



**ALL FITNESS LEVELS ARE WELCOME!**

Join me for a unique & customized group workout experience! I understand that every person is unique and every goal is personal, so by working together we can build healthy, happy people! Our unique personalized workout classes offer a wide variety of movements, routines, and challenges based on the strengths of the coach, the equipment available to us and the spaces we are provided. This is a truly customized group fitness class that offers multiple workout options 3 days a week so eventually you will discover multiple options/pathways within each of our workouts to help you achieve your goals!

**LOCATION: Meet in the NR Secondary School weight room, enter through door #17**

#### **Session 1**

Dates: Sept. 13 - Oct. 30 M-W-F  
Time: 5:00-6:00am  
Fee: \$65 per person / 7-weeks

#### **Session 2**

Dates: Nov. 1 - Dec. 22 M-W-F  
Time: 5:00-6:00am  
Fee: \$75 per person / 8-weeks

#### **Session 3**

Dates: Jan. 3 - Feb. 25 M-W-F  
Time: 5:00-6:00am  
Fee: \$75 per person / 8-weeks

#### **Session 4**

Dates: Feb. 28 - April 29 M-W-F  
Time: 5:00-6:00am  
Fee: \$85 per person / 9-weeks

We are very hopeful to provide many more adult offerings beginning this fall including the walking program, painting classes, cooking classes, and possibly shop classes!

We are very excited to bring the adults of our community into our beautifully updated Secondary School to get you familiarized with our facilities through our class offerings!

# COMMUNITY EDUCATION REGISTRATION FORM

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Cell phone: \_\_\_\_\_ Work: \_\_\_\_\_  
*(email is NECESSARY for updates and notifications of class info.)*

1. Class/Activity: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

2. Class/Activity: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

3. Class/Activity: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

4. Class/Activity: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Who will be picking my child up or how will they get home after each class?: \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_ CHECK #(s) \_\_\_\_\_  
*Please make checks payable to: NRHEG Community Education with which class/es in the memo line*

**\*\*\* Field trips will require an additional form & waiver to fill out - located in a school office or on our website.**

## **PARTICIPANT EMERGENCY CONTACT INFORMATION**

STUDENT GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_ ALLERGIES: \_\_\_\_\_

PERTINENT MEDICAL INFORMATION : \_\_\_\_\_  
\_\_\_\_\_

1. PARENT/GUARDIAN/RELATIVE/FRIEND NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

2. PARENT/GUARDIAN/RELATIVE/FRIEND NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

# Registration Policies

## REGISTRATION INFORMATION

- \*Prompt registration is encouraged as space is limited and classes may fill quickly. Additional class times may be added if needed.
- \*Classes without enough participants will be cancelled.
- \*Classes are filled on a first-come, first-served basis. Waiting lists will be formed once classes are full.
- \*Confirmations of class registrations are NOT sent. Please assume you are registered unless otherwise notified.
- \*At this time phone and email registrations cannot be accepted. Please register via mail or in person. Include fee payment with registration form, as registrations will not be taken without payment.

## REFUNDS

- \*If a class is cancelled due to low enrollment, fees are refunded. No refunds will be given 72 hours prior to class start date. Refunds will not be made after the first class meeting. Bus trips are non-refundable after the registration deadline and some classes may be non-refundable due to registration requirements.
- \*In the event that a class is filled or cancelled, you will receive a cancellation notice by mail, email, or telephone - your registration fee will be refunded.

## PHOTOGRAPHY DATA

- \*Candid photos of participants in class or an activity may be used in NRHEG media and publications. You may decline authorization by contacting the Community Education Office at 417-2667.

## SCHOLARSHIP INFORMATION

- \*Families who qualify for the free or reduced price meal program may receive a reduction in class fees. Families may call NRHEG Community Education at 507-417-2667 to determine if they meet the criteria.

South Country Health Alliance (SCHA) members may take up to \$15 discount per class on most classes, limit of 5 discounted classes per year. If a class is less than \$15, the member may take the class free of charge. Members must be on SCHA at the time of registration, and through the duration of the class(es). Members must register in person in the Community Ed office and show SCHA card at the time of registration.

**SOUTH COUNTRY**  
**HEALTH ALLIANCE**  
*Bringing Wellness Home*

## REGISTRATION FEES

- \*Fees for ALL activities are due at time of registration. Please register by the deadline. Make checks payable to NRHEG Community Education. Please use a separate check for each activity & put name of class in the memo line.

## TRANSPORTATION

- \*Parents are responsible for their student's transportation unless noted otherwise. When picking up your student from class, please be prompt, as additional supervision is not provided.

## CANCELLATIONS

- \*In the event of school cancellation (late start, early out, or all day) classes/activities scheduled during this time will be cancelled. All programs that are cancelled or partially cancelled due to the weather will be attempted to be made up at the convenience of the instructor and facility schedules. No refunds will be given on classes that are cancelled or partially cancelled due to the weather.



NRHEG School District 2168  
306 Ash Ave. South  
New Richland, MN 56072

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# NRHEG COMMUNITY EDUCATION

## Spring/Summer 2021

