

## Winter 2016 -2017 SCC Community Education Classes

December, January and February

<http://www.scc.k12.wi.us/comm/sccce.cfm> or Paulette at 612-229-6014 or  
[lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com)

### **Unicycles for Beginners**

Ages 8 and up

This beginner course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It's fun, challenging, and unique! Come and join in the fun! Unicycles will be provided for each participant.

Instructors: TCUC (Twin Cities Unicycle Club)

Every Thursday starting Sept. 15th unless school is closed or gym is in use.

6:00-8:30 PM, Open gym for unicycle practice for TCUC members

Fee: \$10 per person for six sessions; \$25 per family for six sessions

Location: SCC Elem Large gym in Roberts, WI

### **Tour Future Farm Food and Fuel**

Future Farm is a 27,000-square-foot facility that is "aquaponic" and "hydroponic". All the farm products are grown using water. The eight greenhouses contain lettuce, herbs and fish. They sell most of their product to restaurants and stores in the surrounding area.

Date/Time: Saturday, January 28<sup>th</sup>, 8:30-9:30 am.

Location: 2047 Co. Rd E, Baldwin, Wisconsin, 54002

Fee: \$5

Please meet at the FF greenhouses for an educational guided tour.

For more info contact Paulette at [612-229-6014](tel:612-229-6014) or [lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com)

### **Introduction to Bowl Turning**

Bowl turning can be a very addictive hobby. This class will take you from mounting a bowl through the scraping process. Each student will work on their own lathe, turning their own bowl.

Date/Time: Friday, Dec. 9, 6-9pm

Fee: \$125

Location: Vondriska Woodworks

600 Davis St

Hammond, WI 54015

Instructor: George Vondriska

Vondriska Woodworks

WoodWorkers Guild of America

[www.wwgoa.com](http://www.wwgoa.com)

Register with George at 715-796-5221 with 50% down.

### **Wire Bead Ring**

In this fun class you will learn how to wrap a wire ring. Once you learn this, you will be making all your friends some!! Many colors of wire and beads to choose from.

Fee: \$15 paid to instructor includes materials & instruction

Date/Time: Sat., Jan. 21, 2017-11AM-12:30 or Wed., Jan. 25, 2017 – 11AM-12:30

Location: Town of Hammond Hall, 1816 Co E

Instructor: LeslieAnne VanHouter

### **Holiday Charm Earrings**

Learn a wire turn technique and make some earrings!! Fun project for mom and daughter. Choice of Angels, Santa, and Snowmen !!! So Fun!!

Instructor: LeslieAnne VanHouter

Fee: \$15 first pair earrings, \$10 each pair after paid to instructor.

Date/Time: Sat. December 03, 2016, 11:00 AM at Hammond Library or Wed.,

December 07, 2016 11:00 AM at Town of Hammond Hall, 1816 Co E.

### **Beading 101**

This beginner 1 1/2 hr class will cover design, wire sizes, crimps, & clasps. You will be able to pick from a variety of beads to make your own bracelet. If you prefer elastic, that will also be available. You will leave with your own bracelet and the confidence to make more for yourself or friends.

Date/Time: Wed., Jan. 11, 11:00AM-12:30 or Sat., Feb. 11th, 11:00AM-12:30

Location: Town of Hammond Hall, 1816 CO. E

Fee: \$10 includes materials and fee paid to instructor.

Instructor: LeslieAnne VanHouter

### **Leather and Stone Bracelet**

In this class you will learn how to wire turn, put ends on leather and attach a clasp.

You will very happy with the results! Assorted colors to choose from. 1.5 hour

Fee: \$20 paid to instructor includes leather, clasp, wire, stone beads and class.

Date/Time: Wed., Feb. 15, 2017 11:00 AM or Sat., Feb. 18, 2017 11:00 AM

Location: Town of Hammond Hall, 1816 CO. E

Instructor: LeslieAnne VanHouter

## **Get Fit Bootcamp**

Teens and Adults

If you are a beginner, an avid fitness enthusiast or just tired of the same routine come try this whole new approach to exercise...fun! Get Fit Bootcamp is a unique Bootcamp style class that combines cardio, strength training and core work all in an exciting 60 minute workout. This 10 session fitness program offers fitness instruction, nutritional counseling and motivational training - jam packed with fun and energizing activities designed to help you reach your fitness goals.

Please bring an exercise mat (if you have one), water & a great attitude!

Fee: \$10 for 1 time class / \$70 for 10 class punch card / \$40 for a 5 class punch card

Class Schedule: Sept.12th and every Monday unless school is closed or gym in use

Time: 6:00 - 7:00 pm Location: SCC Elementary Secondary Gym (enter through rear doors) in Roberts, WI

Instructor: Tera Busker (for more info please visit [www.fitnessstogo.net/bootcamp](http://www.fitnessstogo.net/bootcamp))

Contact Tera To Register:

## **Zumba® Fitness**

Everybody and EVERY body! Each Zumba® class is designed to bring people together, to let loose, and have a BLAST. Join me the first Saturday of the month for a Zumba® Fitness Party! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Instructor: Licensed Zumba® Instructor Michelle Calcagno (ZIN since July 2009)

1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month @ 10:30am (90 min Class)

SCC Elementary School Secondary Gym in Roberts, WI, enter through the rear.

Sept 10<sup>th</sup>, Demo

Sept. 17, Oct. 1<sup>st</sup>, 15<sup>th</sup>, Nov. 5<sup>th</sup> and 19<sup>th</sup>, Dec. 3<sup>rd</sup>, Jan 7<sup>th</sup> and 21<sup>st</sup>, Feb. 4<sup>th</sup> and 18<sup>th</sup>,  
March 4<sup>th</sup> and 18<sup>th</sup>, April 1<sup>st</sup> and 15<sup>th</sup> and May 6<sup>th</sup>.

FEE: \$5 per class. REGISTER: At class anytime

PAYMENT: Make checks payable to the instructor of your class.

Contact Instructor Michelle Calcagno at [715-760-0244](tel:715-760-0244) or  
email [minnesotamimi@hotmail.com](mailto:minnesotamimi@hotmail.com) with questions.

Michelle Calcagno [michellecalcagno.zumba.com](http://michellecalcagno.zumba.com)

Licensed Zumba Fitness Instructor Cell: [715-760-0244](tel:715-760-0244)

## **Baldwin Community Education Dance Classes**

### **Learn To Dance!**

These classes are taught by instructor Victor Albrecht who has 25 years of experience in teaching the Arthur Murray School of Dance techniques. His classes are taught with the comfort of new dancers at the forefront of his teaching style. These classes will get students dancing in any venue—weddings, cruises, parties, and clubs!

### **Dance Sampler**

Learn a variety of dances, with or without a partner! During this workshop, you will learn basic line dances—disco and country, including the old-time Polka—Midwest style, The Waltz Line Dance, the Cowboy Cha-Cha, and the TushPush! This is a great class to take with a group of friends. Have fun and learn to dance the night away! Please attend both evenings.

Dates/Time: Thursday, Dec. 1 & 8 /6:00-7:00 p.m.

Fee: \$17 per person Location: BWHS Room 100

REGISTER BY: Registrations will be taken until filled

### **Ballroom/Swing/Latin Dance (Beginner)**

This popular class offers the perfect over view of all popular social dances. Learn the basic steps in smooth dances, the Fox Trot, Waltz, Rumba, and the Tango. For Active Dances, you will learn Swing, Cha-Cha, and the Salsa. Wear comfortable shoes. Please attend both evenings. ALL STUDENTS MUST SIGN UP WITH A PARTNER.

Dates/Time: Thursday Dec. 1 & 8 /7:00-8:00 p.m.

Fee: \$30/ per person Location: BWHS Room 100

REGISTER BY: Registrations will be taken until filled

### **Country Western 2 Step**

This popular class offers the perfect over view of all popular Country Western dances. Learn the basic steps in the Texas 2 step, also known as the 'Wisconsin 2 step', Country Western Lindy. Vic will teach various turns for both men and women. Wear comfortable shoes or dress boots. Please attend both evenings. ALL STUDENTS MUST SIGN UP WITH A PARTNER.

Dates/Time: Thursday Dec. 1 & 8 /8:00-9:00 p.m.

Fee: \$30/ per person Location: BWHS Room 100

REGISTER BY: Registrations will be taken until filled

<http://www.bwsd.k12.wi.us/community/SitePages/Home.aspx>

For more info:

Jennifer Smith B-W Community Education Director

[715-688-6200](tel:715-688-6200)

[jsmith@bwsd.k12.wi.us](mailto:jsmith@bwsd.k12.wi.us)

**2016-17 Winter  
Fitness Class Schedule  
Western Wisconsin Health**

**Fitness Center**

**Please check our website at [www.wwhealth.org](http://www.wwhealth.org) or call the Fitness Center Office at 715.684.1642 for more class details. We strive to offer you the best possible variety of classes so our schedule evolves on a regular basis. In the near future we will be moving to a new facility. Stay tuned for more information!**

**After Work 'Shake Up'**

Monday, Wednesday and Friday: 4:00-4:30pm (ongoing)

Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time! This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Melissa Johnson

**Body Blitz**

Wednesday: 6:00-6:30pm (ongoing)

This class will give you a total body workout combining cardio and strength training segments. This fast paced, 30 minute class is sure to get your heart rate up plus get in the muscle training at the same time. This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Alexis Warzon

**Cardio Java**

Friday: 5:30-6:10am (ongoing)

Start your day off with a little java and HIIT cardio! This class is suitable and modifiable for all fitness levels.

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Scott Sekelsky

**Core Blast**

Thursday: 5:25-5:55pm (ongoing)

Get the results you want! Sculpt your midsection as you improve your body's overall functional strength, posture, balance and coordination. Strengthen your abs, back, glutes and more in a workout focusing on core muscles. This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Lisa Kostrzak

### **Forever Active**

Monday and Wednesday: 9:00-9:30am (ongoing)

Friday: 9:00-9:30am (ongoing until December 9th)

Forever Active is a combination of cardio and strength training for those individuals seeking an active lifestyle and a little socialization! This low-impact class is perfect for ages 60+, but any age is welcome!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Alexis Warzon (Monday), Darcy Geldmeyer (Wednesday) & Kelly DeGross (Friday)

### **Fundamental Yoga\***

Monday: 5:30-6:30pm (New 4-week session begins November 28th)

Fundamental Yoga teaches the proper posture for many yoga poses, while building up your strength, balance, and flexibility. This is the perfect experience to learn more about yoga and how to perform poses to the best benefit of your ability!

Modifications are available for all levels.

NOTE: This class is held in the Physical Therapy room.

Price: \$30 for full four-week session, \$10 drop in rate

Instructor: Angie Esler-Whelan

### **Java Jumpstart**

Monday and Wednesday: 5:45-6:10am (ongoing)

This class works out all areas of the body and focuses on arms, legs, glutes and core.

This class is suitable and modifiable for all fitness levels.

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Alexis (Monday), Darcy (Wednesday)

### **Pilates\***

Friday: 10:00-11:00am (New 4-week session begins December 2nd)

Experience the benefits of training from the center of your body out! Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility. This class is suitable and modifiable for all fitness levels! Please bring your own mat.

Price: \$30 for full four-week session, \$10 drop in rate

Instructor: Anna Davenport

### **Power Pilates/TRX Combo Class\***

Thursday: 6:15-6:45pm Pilates, 6:50-7:20pm TRX (New 4-week session begins December 1st)

This combination class gives you a whole body workout with 30 minutes of Pilates and 30 minutes of TRX suspension training. Both Pilates and TRX focus on developing strength, endurance, and flexibility by utilizing your own body weight and core strength. This class is designed for all levels.

Price: \$20 for Pilates OR TRX, \$30 for both, \$10 drop in rate

Instructor: Anna Davenport

### **Sweat Circuit**

Monday: 5:45-6:15pm (ongoing)

With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Bonnie Johnson

### **Tai Chi\***

Tuesday: 1:00-2:00pm (New 6-week session begins November 15th)

Tai Chi uses slow, smooth body movements to strengthen joints and muscles, increase bone density, lower blood pressure, improve balance and coordination, and achieve mental relaxation! The gentle nature of Tai Chi makes this class suitable for all fitness levels.

Price: \$40 for full six-week session, \$10 drop in rate

Instructor: Emily Jacobson

### **Total Body Tuesdays**

Tuesday: 6:00-6:45pm (ongoing)

Enjoy a total body workout that will incorporate strength and cardio drills. A variety of fitness props will be used to make your workout complete and fun!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Lisa Kostrzak

### **Triple Threat**

Saturday: 9:00-9:30am (ongoing)

This class will give you a total body workout combining three segments: cardio, strength, and core. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time. This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Alexis Warzon or Darcy Geldmeyer

### **TRX and Iron\***

Tuesday and Thursday: 5:30-6:20am (New 4-week session starts November 29th)

By utilizing your own body weight, the TRX suspension trainer provides greater performance and functionality than large exercise machines. TRX suspension training delivers a fast, effective total-body workout, helps build a rock solid core, increases muscle endurance and benefits people of all fitness levels.

Price: \$50 for both days/week, \$30 for one day/week, \$10 drop in rate

Instructor: Darcy Geldmeyer (Tuesday) and Kerri Stiller (Thursday)

**Wild Card Workout**

Tuesday: 5:00-5:30pm (ongoing)

No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting. This class is for moderate to advanced fitness levels.

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Melissa Johnson

Hammond Arts Alliance  
Monthly gallery events  
<http://hammondarts.wordpress.com/about/>  
HAA Facebook page  
[Lupine.anderson@gmail.com](mailto:Lupine.anderson@gmail.com)

Hammond Community Library  
[www.hammondpubliclibrary.org](http://www.hammondpubliclibrary.org)

Hazel Mackin Community Library (Roberts)  
[www.robertspubliclibrary.org](http://www.robertspubliclibrary.org)

**SCC Community Education Registration Form**

Name/s \_\_\_\_\_

Address \_\_\_\_\_

Phone (H) \_\_\_\_\_ (O) \_\_\_\_\_

Name of Class \_\_\_\_\_

Date/s \_\_\_\_\_ Time \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ E-mail \_\_\_\_\_

Permission to videotape or photograph for the use of promoting the SCC community education programs in advertising via web-page or newspaper or other promotional material. \_\_\_\_\_

(Signature)

**Please use a separate form for each class. Please make check payable to SCC.  
Mail to SCC Box 294, Hammond, WI 54015. Questions? 612-229-6014 or  
[lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com) THANK YOU FOR YOUR SUPPORT!!**

