

Winter 2017-2018 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

Unicycle _____ Ages 8 and up

This course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It's fun, challenging, and unique!

Unicycles will be provided for each participant.

Instructor: Paulette Anderson

Every Thursday starting September 14th unless school is closed or gym is in use.

5:00-8:30 PM, Classes and open gym for unicycle practice

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

Location: SCC Elem Large gym in Roberts, WI

Introduction to Fab Lab _____ Ages: 16-Adult

A Fab Lab is a place where anyone can design and create almost anything. The St Croix Central Fab Lab offers local community members access to digital fabrication equipment such as laser engravers, CAD (computer-aided design) software, 3D printers, computer numerical controlled (CNC) milling machines, and a CNC plasma cutter with the addition of more traditional woodworking and manufacturing machinery.

Within this class participants will be introduced to 2D CAD through the use of Adobe Illustrator and the use of laser engravers, vinyl cutter, CNC plasma cutter, and CNC router to create various projects. Projects that will be created will include; a plasma cut metal sign, vinyl decal, serving tray, as well as a laser engraved project. All projects can be changed to meet the needs of the participants. Whether an inventor, hobbyist, or looking to help out your small business, the Fab Lab is an excellent space to make creative ideas a reality!

Participants only need to attend one session on the dates listed below, but are more than welcome to attend both. The fee will cover supplies used in the course and projects will be limited to that amount.

Instructor: Garret Wenzel

Dates/Time: December 9th, 8-12

January 6th 8-12

February 3rd 8-12

Location: St. Croix Central Fab Lab (St. Croix Central High School) Fee: \$15

Basic Welding 101

Instructor: Rich Cronk

Location: Rich Cronk's home, 2285 Co Rd DD, Baldwin, WI 54022

Fee: \$20 includes materials (please bring safety glasses and gloves if possible)

Time: Feb 10, 2018, 1pm-4pm

Beginning Yoga

Any ages

Join us to become more flexible, stronger and more balanced. We will work through a variety of poses and end with a visualization, meditation and relaxation. Bring a mat and wear comfortable clothes.

Date/time: Every Wednesday starting Dec. 6, 5:30-6:30

Location: Town of Hammond Hall, 1816 CO. E.

Instructor: Paulette Anderson

Fee: Free-will donation with 100% of fees collected going the Hammond Nutrition Senior Dinner program held the 4th Tuesday of the month at the Assisted Living dining room. Contact Paulette for more info; 612-229-6014 or

lupine.anderson@gmail.com.

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.11th 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)

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 the first and third 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)1st and 3rd Saturdays of the month @ 10:30am (90 min Class)

SCC Elementary School Secondary Gym in Roberts, WI, rear entry

Sept 9th, Demo, Sept. 23, Oct. 7, 21, Nov. 4 and 18, Dec. 2, Jan 6 and 20, Feb. 3 and 17, March 3 and 17, April 21 and May 5 and 19.

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 or email minnesotamimi@hotmail.com with questions.

Michelle Calcagno michellecalcagno.zumba.com

Licensed Zumba Fitness Instructor Cell: 715-760-0244

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 202, Hammond, WI 54015. Questions? 612-229-6014 or
lupine.anderson@gmail.com THANK YOU FOR YOUR SUPPORT!!**

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Hazel Mackin Community Library

311 West Warren Street, Roberts, WI 54023
(715)749-3849

Weekly Programs:

Story Time: Mondays and Wednesdays from
10:30-11:15AM, recommended ages 4 and under
Play and Learn: Tuesdays 10-11:30AM, registration required
Strong Seniors: Tuesday and Thursdays at 1PM
Stitching Group: Wednesdays 12:30-3PM
Crochet and Knitting Group: Thursdays 2:15-5PM
Senior Coffee and Cookies: Fridays at 10AM

Monthly Programs:

Tech Night: Second Thursday of each month from 5:30-
7:45PM, sign up required
Tween Book Club: *Grades 4-7*, one Saturday a month from
10-11AM, book available for pickup at the front desk
Teen Book Club: *Grades 8-12*, one Saturday a month from
11:30AM-1PM, book available for pickup at the front
desk
STEM Nights: Once a month from 4:30-5:30PM, *Grades 4-7*,
sign up at the front desk
Lego Club: *Ages 5 and up*, one Saturday a month from
10:30-11:30AM, we will supply all the Legos, all you
need to bring is your imagination
Job Center: Third Wednesday a month from 10AM-12PM
A Novel Idea Book Club: On the last Tuesday of every month at
5:30 at Bobtown Brewhouse
Christmas on Main: December 9th from 11:30-1PM free holiday
ornament make and take craft
Holiday Party: December 19th at 6PM join us for live music,
crafts, refreshments, and pictures with SANTA!
Author Visit: January TBA

Visit our webpage at www.robertspubliclibrary.org for more information about any of these programs, including specific dates for monthly programs. More programs may be added to this schedule as we approach different month. Like us on Facebook at Hazel Mackin Community Library.

Hammond Community Library – 850 Davis Street – Hammond, WI 54015 – 715-796-2281 – mjohnson@hammondpubliclibrary.org

Programs and Activities for December – February.

More information for each program may be found on our web-site

www.hammondpubliclibrary.org.

December 6: Bake Sale hosted by the Friends of the Library from 9-8. Nici Pepper will perform at 6:00 PM.

December 7: Bake Sale hosted by the Friends of the Library from 9-8. Tree Lighting in Veteran's Park with Pep Band Performance at 6:00 PM.

December 12: Mug art and making a special drink mix to fill your mug at 6:00 PM.

January 9: Paint and Sip Night 6:00 PM.

January 11: Fairytales Story-time at 6:00 PM. Princesses, Princes, Frogs, Pigs, who knows who will be making special appearances during this story-time.

January 18: Eric Carle themed story-time at 6:00 PM. Explore the world of Eric Carle through his books and art. Our art will be inspired by Eric Carle's art work—the art activities are fun and easy to do.

January 23: Winter Fun Night, starts at 5:00 PM and run until library closing at 8:00 PM. Games, scavenger hunt, warm drinks and treats, art activities, and music.

January 29: Book Speed Dating. Yes, you can come and interview many dates (books) tonight and see which ones you are going to want to follow up and take home with you. Get pampered, enjoy a glass of mock wine, and enjoy your speed dating experience. 6:00 PM.

February 1: Kevin Henkes themed story-time at 6:00 PM. Tonight we will experience the wonderful world of Wisconsin author Kevin Henkes. Enjoy stories and art projects.

February 5: LEGO Night: Come and build LEGO masterpieces. 6:00-8:00 PM.

February 8: Valentine Craft Evening for all ages 4 and older. 6:00 PM.

February 15: Day after Valentine's Day—Love is in the air and tonight is all about love and family time. Spend the evening with your kids as you enjoy stories, play games, and create a masterpiece together. February 20: Paint and Sip Night 6:00 PM.

February 22: Karma Wilson themed story-time at 6:00 PM. Who doesn't love Bear in Bear Wants More or Bears New Friends?.

February 27: Vintage Library Party at 6:00 PM. An evening filled with trivia, readings from vintage, popular, and classic books, food and drink inspired by the books we all love and adore as well as a few other surprises.

Monthly programs:

2nd Thursday of each month : Coloring Club from 6-8 PM. Come relax, color, and enjoy a warm drink. 3rd Thursday of each month : Cozy Book Club meeting at 7:00 PM. Love reading? Love a good cozy mystery? This is the group for you, choose your book, read it, and then come and share with the group your thoughts.

4th Thursday of each month : STEM group meets. Grades 4K-7th are welcome to come and participate each month in our themed STEM based activity.

2018 Winter Fitness Class Schedule Western Wisconsin Health Fitness Center

Please check our website at www.wwhealth.org or call 715.684.1642 for class updates. We strive to offer you the best possible variety of classes so our schedule evolves on a regular basis.

****ALL CLASSES ARE FREE JANUARY 2ND TO JANUARY 5TH!****

After Work 'Shake Up'

Mondays and Wednesdays: 4:00 to 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

Aqua Yoga (6-week session starts January 8th)

Mondays: 4:15 to 5:00pm

Get active and fit with Aqua Yoga. This is a low-impact class where participants take yoga poses off the mat and into the water. The poses performed in the warm water (90 degrees) help you to develop whole-body strength, static balance, and an increased range of motion.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Angie

Body Blast

Thursdays: 5:30 to 6:00pm (Ongoing)

Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class's needs from week to week. This is a great time to enjoy the music and feeling the burn! All fitness levels welcome.

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

Instructor: Alexis

Cardio Circuit and Stretch

Wednesdays: 7:00 to 7:30pm (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. Each class ends with a 15 minute whole body stretch. This class is suitable and modifiable for all fitness levels!

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

Instructor: Bonnie

Fitness Stretch and Tone (6-week session starts January 9th)

Tuesdays 6:45 to 7:30pm

FST blends the best of mind/body formats in an energizing and calming atmosphere.

All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Anna

Forever Active

Mondays and Wednesdays: 9:00 to 9:30am (Ongoing)

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: Kelly and Darcy

Fundamental Yoga Monday PM (6-week session starts January 8th)

Mondays: 5:45 to 6:45pm

Fundamental Yoga 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.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Angie

Heated Yoga (6-week session starts January 10th)

Wednesdays: 7:00 to 7:45am

Hot Yoga is a "slow flow" class held on the pool deck in a warm, humid environment. The heat helps to loosen muscles leading to greater depth of stretch and releasing of bodily toxins. This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief. All poses can be modified for any fitness level. Don't forget to bring your water!

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Angie

Java Jumpstart

Mondays and Wednesdays: 5:45am to 6:10am (Ongoing)

Start your day with some java! 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 and Darcy

Noontime Fitness Fusion

Thursdays: 12:05 to 12:25pm (Ongoing)

20 minute fitness class including strength, cardio, and core components. Come for a great workout with Fitness Instructor, Alexis! Class is suitable and modifiable for all fitness levels.

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

Instructor: Alexis

Pilates (6-week session starts January 12th)

Fridays: 9:15am to 10:15am

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 members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Anna

Power Yoga (6-week session starts January 9th)

Tuesdays: 12:00 to 12:45pm

Unroll your yoga mat for a full-body workout where you'll explore the yoga postures and fundamental principles of Vinyasa yoga. This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement. Class is 45 minutes long and set to modern energizing music.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Molly

Specialty Snapshot

Saturdays: 8:30 to 9:00am (Ongoing)

We will explore different styles of specialty classes that we may want to offer in the future on Saturdays. Come with an excitement for something different every weekend!

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

Instructor: Darcy

Spin AM (6-week session starts January 9th)

Tuesdays: 5:45 to 6:30am

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Stephanie

Spin Interval (6-week session starts January 12th)

Fridays: 5:15 to 6:00am

Join us for Spin Interval, a high-intensity interval class that gets your heart rate up with a variety of cycling exercises! This is not your typical spin class as each class offers something different!

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Scott

Straightforward Spin (6-week session starts January 11th)

Thursdays: 4:00 to 4:45pm

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Stephanie

Spin Revolution (6-week session starts January 8th)

Mondays: 12:00 to 12:45pm

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Scott

Tai Chi (6-week session starts January 9th)

Tuesdays: 1:00 to 2:00pm

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: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Emily

Triple Threat Tuesday

Tuesdays: 6:00 to 6:30pm (Ongoing)

This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time. Triple Threat Tuesdays is suitable and modifiable for all fitness levels!

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

Instructor: Mary Lou

TRX Movement (6-week session starts January 11th)

Thursdays: 5:30 to 6:15am

Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups. This class also may include cardio, strength, and balance elements. TRX Movement is a fun and invigorating workout that is appropriate for all levels and no prior experience is necessary.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Kerri

Wild Card Workout

Tuesdays: 5:15 to 5:45pm (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

Changes coming in 2018!

Starting January 1st, 2018, classes prices will be as follows:

Fitness center members: \$30 for a 6-week session

Non-members: \$50 for a 6-week session

Drop-in: \$10 for members and non-members

