

Many Classes Available Through Community Ed

By: Chris Ellefson

Many people tend to make a new years resolution to get in shape or get Healthy. Community Education has some available opportunities to help you with this resolution. Whether it be to get your body and mind at a healthy place we have several opportunities for the remainder of this school year.

Participants can come to Tabata from 5:00-5:40 a.m. Mondays through Thursdays in the gym. A morning fitness group geared to mix it up to keep your mind and body engaged!!

With the basis of tabata, a form of high intensity interval training (HITT) in mind, we'll incorporate endurance, strength, balance, and flexibility. We'll piece together elements from yoga, Pilates, kickboxing, boot camp, core challenges, and a variety of other programs to help you get a well rounded workout. This class is open for all fitness levels! We'll modify and challenge to meet you where you are and where you are going.

There are three different price options include \$30 for unlimited attendance during the month; \$20 for eight sessions and \$10 for four sessions per month. Participants would decide at the beginning of the month how many times they would be coming for the month and pay the first week of the month for the class. This is a great way to shake up your workout routine and get you out of the treadmill rut.

We will be having another session of REFIT starting on March 12th. Do you like music? Can you move (walk, run, sit, etc)? Then REFIT® is for you!

REFIT® has elements of cardio, toning, flexibility and balance packed into an hour of fun. Grab a friend and check it out! The REFIT classes are held on Monday evenings from 6:30-7:30 p.m. in the Elementary school. Classes are on March 12 through the 21st of May. Students must pre-register for this class so we know if we have enough participants.

Some other healthy options that we provide for adults include the Men's Basketball on Wednesday nights. This program is held from 7:00-9:00 p.m. in the high school



These young martial artists demonstrating their self defense moves that they learned in their Tae Kwon Do class.

gym. The cost is \$1 per night to attend. This program runs from November through March. We have our Adult Co-Ed Volleyball program at the elementary gym on Wednesday nights from 7:00-9:00 p.m. This is also \$1 per night and usually runs from the middle of October through March.

We have a Kids Yoga class that will be held for four Tuesdays from 3:30-4:30 p.m. in the high school Wrestling Room. The class dates will be April 10, 17, 24, May 1. This class will be for second-sixth graders. This yoga class is an introduction to yoga for kids that is to create mind and body awareness, using movement of the body to help calm, recharge, and focus.

We will be going through some traditional yoga vinyasa flows that will help develop balance of their body by holding various poses throughout the hour. We will also be learning some breathing techniques along with some mild meditation to help with calming the brain and learning to utilize these techniques when stress arises

On Sundays we have our Family Open Gym from 12:00-2:00 p.m. at the high school. This is for students that are in third grade and older without an adult and for students under third grade with an adult. There is basketball and volleyball and dodgeball available during this time.

Another healthy option is our Tae Kwon Do classes. The martial arts program that teaches students about self defense and structure. Students

learn how to do defensive kicks and moves as they earn different belts during the class. The Tae Kwon Do program meets on Mondays and Wednesdays from 3:30-4:30 p.m. for beginners and 4:30-5:30 p.m. for advanced students.

The Tae Kwon Do program continues in the summer during the months of June and July. There is a monthly fee to participate in Tae Kwon Do and students should plan to attend on a regular basis. Student's that are interested can watch one class to see if it is something they would be interested in learning.

We are offering a Babysitting Clinic on March 10 from 9:00 a.m. to 2:00 p.m. This class will give the students the leadership and confidence to become great care providers. The training includes essential professional, leadership and care giving skills, safety skills to prevent emergencies, how to manage real life problems including emergencies and tips on finding babysitting jobs. Students must be in fifth grade or older to take class

We are offering some youth classes this spring. We will have a Kids N Canvas painting class. The picture is called 'Photo Bomb'. Students will paint an 11 x 14 canvas with step by step instructions. Participants will take their completed painting home at the conclusion of the class. Students should be in first through seventh grade to take this class. The class will be held on Thursday, March 8 from 3:30-5:00 p.m.

We have two Pottery Classes

this spring. Students will learn hand building techniques with clay and will glaze their finished products. All skill levels are welcome, as individual levels will be considered. These classes are for students in third through eighth grade. Class 1 is on Wednesdays, April 4, 11, 18 and 25 and Class 2 is on Wednesdays, May 2, 9, 16 and 23. The Pottery classes are from 3:30-4:30 p.m.

We have a class called Spring has Sprung Arts & Crafts. Songs, stories, projects and a snack all centered around Springtime! Come dressed in your Springtime best as we celebrate all things Spring! The class options are for three and four year olds on Monday, March 26 or for five and six year olds on Tuesday, March 27 from 6:00-7:30 p.m.

We continue to offer the GED class. Now is the time to get your High School Equivalency Degree (GED). Participants will work with the instructor in areas of reading, writing and math. Participation is confidential and free. GED is held on Wednesdays from 5:00-8:00 p.m. in the high school Room 150.

High school students have the opportunity to take the Doorway to College ACT Study Class on March 27 and 28 from 3:30-6:00 p.m. both days. In this class high school juniors will complete practice tests for the ACT as well as the ZAPPING the ACT study guide. They will receive specific strategies for each type of question on the ACT, get general test-taking methods, get a complete explanation of each question and answer on the practice tests and

learn unique system for analyzing errors to identify strengths and weaknesses.

At the present time we are looking for one adult be on the Community Education Advisory Board. The purpose of the Advisory Board is to recommend areas or program development according to the state guidelines. Each school board must provide for an advisory council to consist of members who represent: various service organizations; churches; public and nonpublic schools; local government including elected officials; public and private nonprofit agencies serving youth and families; parents; youth; park, recreation services of municipal or local government units located within the boundaries of the school district; and any other groups participating in the community education program in the school district.

The Advisory Board is made up of four rural citizens, four in town residents and school board representative and a city council representative. We are looking for

one rural representative at this time.

Please contact the Community Education office at 354-2638 if you are interested in more information regarding the Advisory Board positions. This is a volunteer position and the board meets four times per year in approximately the months of January, April, July and October on the fourth Tuesday.

All of our classes are listed on the school website which is www.barnesville.k12.mn.us. Once you are at the website click on the Community Education tab and then look through the class offerings by category of Early Learners, Youth and Adults.

Please call Community Education about any of these programs. We will be working on next year's offerings during July and August. If there is a class you would like to see in the future don't hesitate to contact our office at 354-2638. If you have a talent that you wish to share, we are always looking for people to teach classes.



These two student actors are in character as they perform last years production of Moriarty's Revenge.

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www.barnesville.k12.mn.us
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