



Classes Available Through Community Ed This Spring

By: Chris Ellefson

The Winter/Spring Community Education brochure was introduced to the public in a different manner this year. We chose to mail postcards telling people about the brochure being on the school website instead of mailing out brochures to every person. This was a decision based on the cost of printing 3,500 brochures and the amount of time to get it ready to mail. The brochure is available to anyone that wants one.

To view the brochure, go to the school website at barnesville.k12.mn.us and find the Community Education link. The brochure can be printed from the web site and then filled out and returned. We will also mail the brochure to people who want one. We have brochures available in our office as well. We are located in the high school district office.

There are several class options for adults and students this winter and spring. The brochure runs from January through May. We have some physical activities for participants that include Tabata, REFIT, men's basketball, adult volleyball, floor hockey, family open gym and Tae

Kwon Do. These programs are explained below.

Participants can come to Tabata from 5:00-5:40 a.m. Tuesdays, Thursdays and Fridays in the high school gym. This is 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 (HIIT) 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. Three different price options include \$25 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 plan to come 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. This is open to adults and students that have completed

ninth grade

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 and Wednesday mornings from 5:00-6:00 a.m. at the high school and Tuesday and Thursday evenings from 6:00-7:00 p.m. in the elementary school. Participants decide at the beginning of the month their approximate commitment to coming and pay that amount. The options are:

- Attend three to four classes per week for \$36 for the month;
- Attend two classes per week at \$24 for the month;
- Attend one class per week at \$12.

This is open to adults and students who have completed ninth grade.

Some other healthy options that we provide for adults include men's basketball on Wednesday nights. This program is held from 7:00-9:00 p.m. in the high school 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 adult floor hockey on Sunday nights from 8:00-9:30 p.m. at the elementary gym. This is \$1 per night and runs from December through March. These activities are open to post high school graduates and adults. No high school students may attend.

On Sundays we have our family open gym from 12:00-2:00 p.m. at the high school. This is for students 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. This runs from November through March and is \$1 per person to attend per time.

Another healthy option is our Tae Kwon Do classes. The martial arts



Parents can register their preschooler this spring for the Community Education Preschool classes that are offered during the school year.

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. Students interested can watch one class to see if it is something they would be interested in learning.

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 high school room 150. Students must be at least 17 to participate in the GED classes.

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

We have a diffuser bracelet workshop on Thursday, April 4, at 7:00 p.m. Participants will learn step by step how to make and use a diffuser bracelet to take home. All materials and an essential oil sample are provided. There is also a chakra diffuser bracelet workshop on Thursday, April 11, at 7:00 p.m. Come learn more about your chakras and how to bring them into balance with essential oils and natural stones. All materials will be provided to make your own bracelet to take home.

Every fall and spring we offer a driving skills for seniors 8-hour class and a driving skills for seniors 4-hour refresher course. The spring course for this year was the middle of March. Watch for information next fall when we have our fall classes set up.

We have some early childhood class offerings still available for this spring. We have the class meet in March that will be on Thursday, March 28, at 6:00 p.m. or on Friday, March 29, at 9:00 a.m. We have Springtime Fun on Thursday, April 11, at 6:00 p.m. and again on Friday, April 12, at 9:00 a.m. The ECFE classes are open to students zero to five years old and not in kindergarten. A parent or other adult brings the child to the ECFE class and stays for the class. There is play time with other students and some parent discussion with other parents.

All our classes are listed on the school web site, 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 you wish to share, we are always looking for people to teach classes.



Weight lifting is another healthy option for area youth through the Barnesville Community Education program.

QUALITY EDUCATION AT BARNESVILLE PUBLIC SCHOOLS

All 850+ Barnesville students in grades K-12 enjoy the attention of a dedicated staff who are focused on delivering their best in an innovative environment including iPads for EVERY student.

The Vision Of Barnesville Schools

Recognized for excellence, integrity, and challenging learners to reach their full potential.

A Focus On Academic Excellence

Barnesville Public Schools is proud of its long-standing record of exemplary academic success that is traditionally portrayed by exceptional MCA test scores in the areas of mathematics, reading and science.

Small Class Sizes

With small class sizes, your child will have the individualized attention they deserve from talented instructors.

Abundance Of Extracurricular Activities

Whether your preference is athletics, the arts or both, your child can participate in activities of their choice.

MOVE 21 - iPad Initiative

E-Learning Days implemented in school year 2018-2019.

M=Motivation to Learn,
O=Opportunity to Grow,
V=Vision Embracing the Future,
E=Educational Excellence & Engagement for ALL!
21=21st Century Learning Skills

Summer Recreation Program

Community Education and Summer Recreation Programs for all ages and interests.

• Commitment
To Excellence •

• Every Child K-12
Gets An iPad

• Small Class Size

• Advanced
Placement Classes

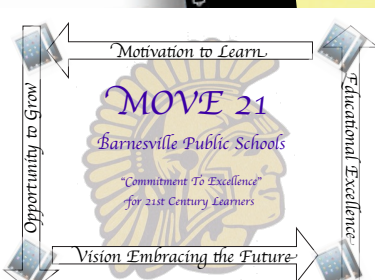
• Cutting Edge
Technology

• Preschool
Programming



Mission Statement

Working collaboratively to develop responsible students in an innovative environment.



www.barnesville.k12.mn.us

Superintendent's Office - 218 354-2217

High School - 218 354-2228

Elementary School - 218 354-2300

Community Education - 218 354-2638