

Mail this form along with payment to:
 La Center Community Education
 PO BOX 1840, La Center, WA 98629
 360-265-2015



Fall 2011 & Winter 2012 Classes

Return the registration form along with payment to the address listed or send to school with kids & give to the building secretaries in an envelope labeled Community Ed. Or you can drop it off at the District Office. You will be contacted via email or phone as a reminder for class. Don't forget the concussion form.

Office Use ONLY:
 Date Rec'd _____
 Amount: _____
 Cash or Ck# _____

Guardian or Parent Name _____ Phone # _____ Work # _____
 Address _____ City _____ Zip _____
 E-mail _____ Do you want to join our mailing list? Yes No

By signing this my son/daughter has my permission to participate in this Community Education Activity. I assume the responsibility for arranging transportation. I grant permission for emergency treatment to be given. I agree to pay all doctor, hospital & medical costs not covered by my insurance company. I release La Center School District, La Center Community Ed. program & the instructor from responsibility for any costs resulting from injuries incurred while participating in the Community Education Program or if a question of liability should occur. ***To complete the registration you must have a signed **Concussion Information Form**. The form is available on the Community Education page of the district website. WWW.lacenterschools.org Please download, sign & return it with registration form.***

Signature of parent or guardian _____ Date _____ Circle t-shirt size: YS YM YL AS AM AL AXL

Class Title	Code	Participant Name	Age/Grade	Male / Female	Class Fee

Adult Classes:

Winter Veggies Class:
 Karen Kennedy, MS Certified Nutritionist, Instructor
 Our climate allows us to grow many delicious veggies right through the winter. Come get some inspiration for cooking veggies like kale, brussel sprouts, cauliflower, cabbage & root veggies.
Held at the high school Home Ec room #126 from 7-9PM.
Code KK13 Session 1: Tues. Nov. 15, 2011



Three Soups:
 Karen Kennedy, MS Certified Nutritionist, Instructor
 Homemade soups & stews are the cornerstone of an economical & healthy diet. Make a veggie minestrone, a cream soup & a bean soup. Learn how to build flavor & texture with these 3 types of soups.
Held at the high school Home Ec room #126 from 7-9PM
Code KK11 Session 1: Tues. Oct. 25, 2011

Fee: \$25
 minimum of 5 people to do the class.
 (Supplies included in price.)

Fee: \$35
 minimum of 5 people to do the class.
 (Supplies included in price.)



Staci Firl
 Community Education Director
 263-2015
 Email: staci.firl@lacenterschools.org

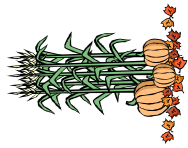


School Locations:
Elementary & Middle Schools: 700 E 4th St.
K-8 Cafeteria: 700 E 4th St. (Brick building on right as you drive up driveway by Elementary school.)
High School (HS): 725 Highland Road
 Classes are subject to change due to school activities. For most current information, check the district calendar at www.lacenterschools.org, call 263-2015, or email director.

To schedule facilities please contact the District Office.
263-2131
 School District hours 8AM-4PM M-F located at 725 Highland Road, first portable on the right.

Program policies:
 Pre-registrations are required for all classes!
 All class registrations are on a first come first serve basis. Refunds issued only if notification of your intent to withdraw is received at least 3 days prior to the start of the first class. **There is a \$8 processing fee to issue refunds. A \$5.00 late fee** will be assessed if payment is paid past the deadline, unless otherwise indicated. If a class is cancelled the class will either be rescheduled or all money refunded. **ALL deadlines are ONE week prior to class, unless other wise indicated.** Some classes have been so full that we now have a 2 day hold time for your spot in the class. At the time you pre-register you have 2 days to turn in your payment/form or your spot will no longer be held. **Although we will do our best, we cannot guarantee shirts for late registrants.**

La Center School District #101
 La Center Community Education
 PO BOX 1840, La Center, WA 98629



Non-Profit Org.
 U.S. POSTAGE
 PAID
 Permit No. 3
 La Center, Washington

**POSTAL CUSTOMER
 LA CENTER, WASHINGTON 98629**

La Center Community Education
Fall 2011 & Winter 2012 Classes

To Register: 360- 263-2015



A time to learn and have fun!

WEBSITE:
www.lacenterschools.org
(look for Community Ed.)

Welcome!
 La Center Community Education is a department of the La Center School District. We offer educational & recreational activities for most ages through Community Education. We provide activities that are fun & at a low cost to you. Thank you for your support over the years, we are expanding & always trying to improve our programs!

Youth Classes:

Full Circle Driving Classes:

NEW DATES!!

Full Circle Certified Drive, Instructors
Equip your new driver with the real skills they need on the road. We are a state licensed & DOL approved driver's education class. We go the extra mile teaching drivers how to apply safety & responsibility behind the wheel; all while making it fun & stress free. You don't have to worry about driving them far, it is held at the high school! A mandatory parent meeting is required a few days prior to class starting. **Classes held at La Center High School on M/W/F from 3-5PM in Mr. Neiman's Room.**

Code 018L Session 18: Oct. 3-Nov. 7, 2011 (no class 10/14)

Code 019L Session 19: Nov. 9-Dec. 16, 2011 (no class 11/11, 11/23-25)

Code 020L Session 20: Jan. 4-Feb. 10, 2012 (no class 1/16, 1/27)

Code 021L Session 21: Feb. 13-March 19, 2012 (no class 2/20)

Fee: \$325

minimum of 10 students to do the class
A more detailed schedule will be sent to you upon received registration.



Northwest Children's Art Class:

NEW DATES!!

NW Children's Art, Instructor
For grades K-5.
This afterschool program is an introduction to basic art concepts specifically related to drawing. This program will allow your child to strengthen their drawing abilities, build relationships with their peers, & have FUN all at the same time! Your child will work with a variety of art supplies including oil pastel, chalk pastel, markers, watercolors & other various mediums. All skill levels are welcome! Minimum of 5 students to do the class.

WEDNESDAY'S ONLY from 3:05-4:05PM in Mrs. Cooper's class #308

CodeNWCA05 Session 1: Sept. 28-Nov. 9 (no class 10/19)

CodeNWCA06 Session 2: Nov. 16-Jan. 11 (no class 11/23, 12/21, 12/28)

CodeNWCA05 Session 3: Jan. 25-Feb. 29

Fee: \$60

Limit 15 kids per session



Preschool Sports Mania:

NEW DATES!!

Staci Firl, Instructor
For ages 3-6 years.
This continues to be a huge success!! Children will develop motor skills through a variety of games while being introduced to basic skills used in baseball, basketball, soccer, parachute, obstacle course & more!!! Parents are encouraged & welcome to participate!

MONDAY'S from 6:00-6:50PM in Elementary Gym

Code 2012 Session 1: Nov. 14, 21, 28, & Dec. 5, 2011

Code 2013 Session 2: Jan. 9, 16, 23, 30, 2012

Fee: \$25

LIMIT of 15 students!



Fleece Quilt Class:

For ages 8-15.

Staci Firl, Instructor
Come learn how to tie a fleece quilt. You will go home with a blanket done & ready to curl up with at night. This is a fun & easy class, no sewing involved! (You will need to bring 1 1/2 yards each of two coordinating fleece fabrics & sharp scissors.) **Held at the High School Home Ec. Rm #126.**

Code SWF01 Session 1: Tuesday, Nov. 15 from 3:15-5PM

Fee: \$16

Limit 15 students

Gingerbread House:

All ages welcome.

Staci Firl, Instructor
This was fun for all involved last year! The best part is, the mess is in our kitchen! Children get to build a "house" of their own. Let your imagination go...build to take home for display & snacking!! All ages welcome! (children under 8 need a parent for assistance). **Deadline: After Dec. 2, \$20.**

Held at the High School Home Ec. Room #126.

Code 2104 Session 1: Dec. 6 & 8 (Tu/Th) from 3:15-4:15PM

Fee: \$10

Plus a \$10 supply fee due to instructor first day of class.

Mad Science-Jr. Space Cadets:

NEW!!

Mad Science, Instructors
Junior space cadets, here's your chance to fly though the galaxy! The 4 classes will be: living in space, suns & stars, space phenomena, planets & moons. See a more detail list on the website.

THURSDAYS from 3:05-4:05PM, room TBA at Elem.

Code MS01 Session 1: Oct. 13-Nov. 3, 2011

Fee: \$60

minimum of 12 students to do the class



Youth Classes:

LEGO Engineering Class:

NEW!!

YMCA, Instructors
For ages 7-12.
LEGO camp! Gears. Pulleys. Machines. What more do we need to say. This ain't your lil' siblings Lego Camp. No sirreee, Bob. We'll make cars, robots & we'll make some monster nifty as we move with motors!

Held on MONDAY'S at the K-8 Library from 3-4:30PM.

Code YMCA02 Session 1: Sept. 19-Nov. 7 (no class 10/17)

Code YMCA03 Session 2: Dec. 5-Feb. 6 (no class 12/19, 12/26, 1/16)

Pee Wee Basketball Skills Clinic:

Herm VanWeerdhuizen & HS Boys BB team, Instructors
This co-ed skills camp is offered to all **K-2nd graders.** Sportsmanship & positive attitude will be emphasized while basketball skills are introduced. Kids will work their way through a variety of stations & scrimmages will be added when appropriate. (Bring youth size basketball & water bottle.) Net proceeds go to the HS boys basketball program. **Held in the Elem gym.**

Code 805 Session 1: Jan. 21 & 28 (Sat) from 2-4PM

Luv 2 Dance Class:

NEW!!

Debby Kramer, Instructor
For ages 3-6 years.
Basic skills in ballet, tap, jazz, hip hop & other forms of movement are taught to boys & girls in a unique way designed to hold the attention of small people. Proper vocab. & terms are taught along with coordination, focus & confidence. Recital held on Jan. 21 @5:30PM. LIMIT of 13 students!
Held on WEDNESDAY'S at the K-8 Cafeteria from 3:30-4:15PM.

Code DK01 Session 1: Oct. 5-Jan. 11 (no class 11/23, 12/21, 12/28)

Wildcat Cheer Camp:

Andrew Waldner & Wildcat Cheer Team, Instructors
For grades K-5.
Attention Future Wildcat Cheerleaders!!! Come & learn cheer basics with fun cheers & a dance with the high school Cheerleaders. You will then perform at a halftime Wildcat Football game! **Held at the HS Commons.**

Code HSCT01 Session 1: Sept. 26 & 28 (M/W) from 5-6:30PM (with a performance at half time at the HS Football game Sept. 30) On Friday Sept. 30 meet in the Elementary gym at 7:15PM to get ready for half time, wear your shirts!

Youth Basketball:

For boys & girls grades 3-6. This La Center basketball league will compete against Ridgefield Community Ed. youth basketball program! The season is 12 weeks long with 7 games. See a more detailed list on the website. **Registration starts Oct. 1-Nov. 18.**

****Volunteer coaches needed! Paid referees needed!****

Dec. 7-3/4 grade coaches & assistants only! Held at 7PM in K-8 Library!

Dec. 8-5/6 grade coaches & assistants only! Held at 7PM in K-8 Library!

Saturday games start: Jan. 14-Feb. 25, 2012

A more detailed registration will be distributed through La Center Schools.

Jr. Hoops Co-ed:

For boys & girls grades 1-2. This 5 week introductory basketball league will help develop basic skills. It will consist of games, practices & playing on 8 1/2" hoops. See a more detailed list on the website. ****Volunteer coaches needed! Registration starts Oct. 1-Nov. 18.**

Saturday games: Feb. 11, 18 & 25, 2012

A more detailed registration will be distributed through La Center Schools.

Intro to Sewing:

Teri Le Sharp, Instructor
For ages 12 & up.
Learn the basics of fabric selection, how to read patterns & create a few items to take home. We'll start with pillowcases, a pillow, then an item of clothing of your choice.

Held WEDNESDAY's at the HS in Home Ec room #126 from 6-8PM.

Code TLS02 Session 1: Jan. 18, 25, Feb. 1 & 8, 2012

Fee: \$64

minimum of 6 students to do the class



Fee: \$30

(Includes a t-shirt) **no shirts available for those who register after the deadline. **Deadline: Jan. 13**

Fee: \$109

plus a \$10 rental fee to instructor for costumes (minimum of 6 students to do the class)

Fee: \$25

(Includes a t-shirt & snack)



Fee: \$65

Deadline: after

Nov. 18

\$75.00



NEW!

Fee: \$45

Deadline: after

Nov. 16

\$55.00

Fee: \$50

minimum of 4 people to do the class (supply list will be given to you upon registration)

Youth Classes:

Young Author's Writer's Workshop:

NEW!!

Teresa Robinson, Instructor
For grades K-5.
This is for students who are truly interested in creating their own manuscript & having it published, in a hard bound book. You will be guided through the creation & illustration process necessary to become an author. There will be some assignments to do at home. (bring a snack & eat it before class!) **Held at Mrs. Lindblom's room #326. TUESDAYS from 3-4:30PM.**

Code TR01 Session 1: Jan. 24, 31, Feb. 7, 14 & March 6 & April 24 (This is when you read your book when it comes back from publishing.)

Adult Classes:

For Yoga classes:(Bring your own yoga sticky mat & thin blanket for padding; wear comfortable clothes you can move & stretch in, we practice in bare feet. Avoid eating a large meal 2 hours prior to class.)

Beginners Yoga Course:

Karen Kennedy, Instructor
General level, beginners welcome! This six week class is to learn how to safely move using classical yoga postures & yoga breathing techniques. Relax, stretch, strengthen & focus.

WEDNESDAY'S ONLY from 6:30-7:45PM in the K-8 Cafeteria

Code 2023 Session 1: Oct. 12-Nov. 16, 2011

Code 2024 Session 2: Jan. 11-Feb. 15, 2012

Code 2025 Session 3: Feb. 22-March 28, 2012

Intro to Yoga:

Karen Kennedy, Instructor
This is for those that are new to yoga, have injuries or who need a little more time getting comfortable in a class. Everyone will learn what to expect in a yoga class while doing a few basic yoga poses & breathing exercises. **Held in the K-8 Cafeteria.**

Code KK09 Session 1: Wed., Oct. 5, 2011 from 6:30-7:45 PM

Pet Nutrition Class:

Tammy Adolphe, Instructor
This adult class will give pet parents a better understanding of what their pets nutritional needs are. Topics covered, pet nutrition, decoding pet food label, what to look for in pet food & if its right for your pet, breakdown kibble diet, & healthier pet food. **WEDNESDAY'S from 6:30-8:30PM** in the High School Library.

Code TA01 Session 1: Sept. 21, 28, Oct. 5, 12, 2011

Code TA02 Session 2: Jan. 11, 18, 25 & Feb. 1, 2012

Beginning Bread Class:

Teri Le Sharp, Instructor
For ages 13 years & up
Learn basics of baking with yeast to create a variety of different breads, rolls & dessert breads, like cinnamon rolls. Work hands-on to bake & taste & go home with ready to bake samples along with a book of recipes.

Held at the high school Home Ec room #126 from 7-9PM.

Code TLS01 Session 1: Oct. 18 & 19 (Tu/W)

Beginning Internet Research Class:

Beth Marshall, Instructor
For ages 14 years & up
This hands-on class will help you better understand the Internet & give you tips on how to find things on the World Wide Web. Class topics include: planning search, where to search, research tips, validating information, copyright, internet safety & ID protection.

MONDAYS held at the High School Library from 6-7:30PM.

Code BM01 Session 1: Oct. 3, 10, 17, 2011

Fee: \$45

(Includes materials & publishing of 1 book)
Limit 15 kids student!!
DEADLINE: Nov. 25

Fee: \$45

Per session or \$10 drop-in fee, (minimum of 5 people to do the class)

Fee: \$8

No drop in's pre-registration only!

NEW!!

Fee: \$69

minimum of 5 people to do the class.

NEW!!

Fee: \$25

minimum of 5 people to do the class. A \$5 supply fee to the instructor first day of class

NEW!!

Fee: \$25

minimum of 5 people to do the class



Adult Classes:

Certified CPR Class:

Clark County Fire & Rescue, Instructors
The course covers the Emergency Care & Safety Institute CPR/First Aid program. Topics include: training in CPR, infant CPR, AED use, traumatic injuries, medical emergencies, breathing problems, diabetes, stroke, heart attack, choking & much more. **Be on TIME!!**

Sign up for one session only! (Bring a lunch & beverage.)

Each session is from 8:30-1:00PM.

Saturday, September 10, 2011

Saturday, October 22, 2011

Saturday, November 12, 2011

No CLASS in DECEMBER

Saturday, January 28, 2012

Saturday, February 25, 2012

All classes held at Ridgefield Fire station in the conference room.
Ridgefield Fire Station 2-1: 911 N 65th Ave., Ridgefield, 98642

ZUMBA® TONING:

Andrew Waldner, Instructor
While regular ZUMBA® class is exciting & fun, Toning adds another dimension to the workout party. ZUMBA® TONING is a breakthrough muscle shaping system with the use of toning sticks that can be used like a set of maracas. The sticks weigh 1.5 lbs.

MONDAYS from 6-7PM. Held in the K-8 Cafeteria.

Come try it out, if you have never done it, first class is **FREE.**

CodeAW04 Fall Quarter: Sept. 12-Dec. 12 (no class 9/26, 10/31)

CodeAW05 Winter Quarter: Jan. 2-March 26 (no class 2/20)

ZUMBA®:

Andrew Waldner, Instructor
ZUMBA® is a fitness program inspired by Latin music & dance such as meringue, cumbia, salsa & reggaeton. ZUMBA® combines rhythms with cardio exercise to create an aerobic routine that is fun & easy to follow. For beginners to advanced! **Held in the K-8 Cafeteria TUES. & THURS. from 6-7PM & SAT. from 8-9AM.**

Come try it out, if you have never done it, first class is **FREE.**

Code AW03 Fall Quarter: Sept. 1-Nov. 29, 2011

Code AW06 Winter Quarter: Dec. 1, 2011-Feb. 28, 2012

(Make sure you are on the email list, so you know of class changes)

Knife Skills-Mastering the Onion!

Karen Kennedy, Instructor
Slash the time it takes to prepare meals for your family, include more veggies & make it more fun! Learn & practice basic cuts on some of the more common & challenging foods. We'll make a stir-fry to test out our new skills. **Please bring your chef's knife, sharpening steel & cutting board if you have them.** **Held at the High School in the Home Ec. Room #126 from 7-8:30PM.**

Code KK14 Session 1: Thurs. Jan. 19, 2012

Hummus, Foccocia bread & Salad Dressings!

Karen Kennedy, MS Certified Nutritionist, Instructor
Learn how to make great hummus at home, how to make your own fabulous salad dressings & a quick & delicious foccoccia bread to eat on its own or as a pizza base. Having these 3 items under your belt gives you some great dishes for your family! Come Hungry!

Held at the high school Home Ec room #126 from 7-9PM.

Code KK10 Session 1: Thurs. Feb. 23, 2012

Soup Stock:

Karen Kennedy, MS Certified Nutritionist, Instructor
What to do with that leftover chicken carcass from the Costco roasted chicken? Make your own beef or vegetable broth? They are easy once you know how! Learn how to make & freeze them so you will always have a great base for soups & sauces at home!

Held at the high school Home Ec room #126 from 7-8:30PM

Code KK12 Session 1: Thurs. Nov. 3, 2011

NEW DATES!!

Fee: \$40
(pre-registration required, choose one session—minimum of 5 people to do the class!)

This includes your booklet & course completion CPR/First Aid card valid for 2 years.



NEW!!

Fee: \$50
For a 10 class punch card - Unsure what to do: drop in fee \$7 no punch card required.

NEW DATES!!

Fee: \$50

For a 10 class punch card or \$95 for a 20 class punch card.

Unsure what to do: drop in fee \$7 no punch card required.

Fee: \$20

minimum of 5 people to do the class (Supplies included in price.)



Fee: \$35

minimum of 5 people to do the class. (Supplies included in price.)



Fee: \$35

minimum of 5 people to do the class. (Supplies included in price.)

