



LEARNING - the path to our global future

Hudson School District Community Education
A Partnership of Community and Schools

2011 Spring/Summer Brochure

Hudson Community Education mission statement:

To provide self-supporting programming tailored to meet the personal and professional needs of the lifelong learner. Our goal is to enrich lives by offering educational and recreational opportunities to learners of all ages.

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Registration Information

Contact Information:

Michelle Hagen-Coordinator

hagenmm@hudson.k12.wi.us

Karla Wakefield-Secretary

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Phone: 715-377-3722

Registration Information

You may register for classes by mailing in your registration form or dropping it off at our office. At this time we are unable to secure a spot for you with a phone registration. The Community Education office is located on the Oak Street side of Willow River Elementary School. Please ring the bell and we will buzz you in. Our office is open from 9:00 am to 3:00 pm. We will send you an email confirmation when your payment is received if email is provided.

Sometimes classes are cancelled due to low enrollment. If your class is cancelled we will call you on your daytime number and leave a message. Teachers may make their decisions to run the class based on numbers as early as one week before the class date. We recommend you register early to avoid these cancellations.

Refund Policy

If you call 5 business days before the class is scheduled you will be eligible for a full refund. Please call our office to request your refund. Refund checks are mailed each month after the school board meeting, so refunds can take up to four weeks. After 5 business days the instructor is paid so we are unable to give any refunds at that time.

Use of School Facilities

Any community groups wishing to rent classrooms or gyms in the school buildings, including the pool and auditorium should contact the Athletic Office at 715-377-3714.

Class Cancellations

Community Education classes are cancelled if school is cancelled due to inclement weather. Class cancellations and changes are posted on our website at www.hudson.k12.wi.us please click the Community Tab and then Community Education Classes.

Class Offerings

Would you like to teach a class or share a hobby or talent? Is there a skill you would like to learn that you don't see offered?

We are looking for YOU! Please contact our office at the number listed above or email Michelle Hagen at hagenmm@hudson.k12.wi.us.

Computer Classes

Alice Farago

Time: 6:00-9:00 PM
Location: Hudson High School Room 541
(enter door 5)

Fees: \$30.00 (Computer for the Very Beginner)
\$20.00 per class (All other classes)

Computer for the Very Beginner

February 21 & 23

It is never too late to learn how to use a computer! This 2 session class is for those with little or no experience. Learn how to turn the computer on, use the mouse and the keyboard. You will become comfortable with the Microsoft Windows environment. Also work with basic word processing and Internet. We will use IBM compatible computers for this class.

Introduction to Windows

February 28

Learning the basics of Windows will help you feel confident in using the computer and various programs. You will understand the Windows environment and how to manipulate Windows. We will demonstrate the Windows clipboard and why it is important. Work with Windows Explorer to manage your files. Some material in this class is covered in Beginner class.

Introduction to Word

March 14

This class will introduce you to the power of word processing with Microsoft Word. Learn how to produce, save and print documents. Work with formatting, by changing the font and the alignment of the text. Learn how copy, move and paste functions can save you time. Also learn how to automatically bullet or number a list. Some material in this class is covered in the beginner class.

Introduction to Excel

March 21

Spreadsheets are a great tool for work and at home. Learn how to produce, save and print a spreadsheet. We will show you how to do simple formulas and functions. Also learn to format the spreadsheet to create a professional looking report.

Introduction to PowerPoint

March 28

Learn to create professional slide show presentations, insert and delete slides, create slide backgrounds, run automated slide shows and insert charts and pictures.

More Microsoft Word

April 4

You have taken the Introduction to Word class or you already know the Microsoft Word basics. Now you want to learn more. We will learn about tables, header and footers and mail merges. A choice of projects to work on in class will include: an agenda with a logo, a mail merge thank you letter and a term paper with headers and footers.

More Microsoft Excel

April 11

You have some experience or have taken a class in Microsoft Excel. Now you want to learn additional shortcuts and tips. This class will also help you make your spreadsheets look more professional. Learn how to be more efficient when you work with Microsoft Excel.

Book fee of \$8.00 payable to the instructor on the night of the class

Address and Return Label Workshop

May 2

Get your addresses saved onto your computer. We will show you how to get your personal or business addresses saved into a spreadsheet, so next time you need to send out invitations or holiday cards, you can print out labels instead of handwriting all those envelopes! Bring your address book to class, so we can prepare your Microsoft Excel spreadsheet. A few label sheets will be provided for each student. Bring a jump drive to bring your address spreadsheet home.

Clip Art and Graphics in Microsoft PowerPoint and Word

May 9

Learn how to do a lot of things with Clip Art including: resizing, rotating, cropping, layering and re-coloring. Find free Clip Art on the Internet. We will go through all the features of the picture and drawing toolbar. We will work on creating a simple paper greeting card by folding an 8 ½ x 11 sheet of paper into fourths.

Financial Classes

Foundations of Investing

Ron Jenkins

Date: April 19, 2011
Time: 6:30-8:00 pm
Location: Hudson High School Room 540
(Enter Door 5)
Fee: \$10.00 – spouse is free

This is an education program geared to people who are either new to investing or need a refresher.

Participants will learn:

- The key features of bonds, stocks and mutual funds
- The importance of asset allocation
- The impact of inflation of your long-term goals

Roth IRA's

Paul Simmons

Date: February 16, 2011
Time: 6:00-7:00 PM
Location: Hudson High School Room 540
(Enter Door 5)
Fee: \$10.00

Retirement can be less taxing. The seminar will cover the differences between traditional and Roth IRA's, new tax law changes, the benefits of converting to a Roth IRA and related tax consequences. A good audience would be those who may consider converting to a Roth IRA.

Paying for Education Seminar

Paul Simmons

Date: March 17, 2011
Time: 6:00-7:00 PM
Location: Hudson High School Room 540 (Enter Door 5)
Fee: \$10.00

The seminar will discuss various options for education savings, including 529 plans, Coverdell education savings accounts and financial aid. A good audience would be parents or

Fitness Classes

Jazzercise

Marie Medes

Dates: Ongoing-Mon.-Thurs.
Time: 6:00-7:30 PM
Location: Cafeteria, River Crest Elementary
Class Fee: 8 week unlimited \$74.00
EFT unlimited \$32.00 / month
Walk-in \$8.00 / time

All class fees are paid to the instructor at class. Class meets Monday through Thursday.

Come and join us at Jazzercise! Jazzercise is an exercise program that conditions your whole body and the best part is that Jazzercise is FUN!

All Jazzercise routines are professionally choreographed and reviewed by a health and exercise specialist for safety. Jazzercise incorporates the use of dance and music to make the 60-minute program fun for all ages and fitness levels. Each of our professionally certified instructors provides options to make the workout right for you.

The 60-minute program provides adequate warm up, aerobics, strength training, stretching and cool down to condition your whole body. You will leave our class feeling energized! It will be the best part of your day! Think exercise and fun do not go together? Then you need to try Jazzercise. Come and see for yourself why Jazzercise is the world's #1 dance fitness program!

Classes run through the school year. You may register at any time. You may contact the instructor at 377-7939 if you have any questions about the class.

Kempo-Goju Karate

Date: Tues, Wed, Thurs. evenings
Time: 6:00-8:00 PM
Location: Hudson High School West Gym-Stage Area
Class Fee: \$24/month for 1 person,
\$44/month for 2 people
\$60/month for 3 or more in same family

Kempo-Goju Karate combines the circular and rapid hand techniques of Chinese Kempo Karate with the striking, blocking, and traditional forms of Japanese Goju Ryu Karate. This system also incorporates some of techniques of aikido, judo, and grappling to help develop a well-rounded martial artist who is able to handle him/herself regardless of the situation. Classes are conducted in the manner of a traditional Japanese School or Dojo and emphasize discipline, physical fitness, sparring and self-defense. The goals are for a student to develop self-confidence, character, leadership skills, honor and a life-time commitment to self-improvement. We welcome students ages 8 on up through adult. We strive to individualize teaching to the appropriate level for age, ability and progressive improvement. For more info, contact Scott Lucas at 715-629-7099 or clucas28@comcast.net.

Kickboxing/Martial Arts Fitness

Jeff Mueller

Dates: February 22-April 5 (Tuesdays) No class March 8
Time: 5:30-6:30 pm
Location: Hudson Prairie Elementary Gym
Class Fee: \$60.00

We will focus on learning practical Martial Arts techniques that can be used for self-defense as well as physical fitness and conditioning. Classes will start out with a warm up and stretching and move into working on proper form and execution of moves, ie punches, kicks, knees, footwork, etc. These techniques are derived from multiple styles such as boxing, kickboxing, Muay Thai, and other types of martial arts. Once the correct technique is learned we will use these moves with a partner in a pad workout, which is a lot of fun. This will help build power and accuracy with your newly learned techniques. We will develop practical combinations and counters that improve speed agility and coordination skills. Towards the end of each class we will incorporate some cardio and fitness drills to increase your stamina and burn calories. This is a great way to shed pounds and get in shape. Class will wrap up with more stretching to prevent injury and increase flexibility. You will leave class feeling empowered and wanting more.

Wear comfortable work out clothing: sweat pants or shorts, t-shirt
Gloves will be provided for all students and are yours to keep.

Fitness Classes

Yoga for Teens and Adults

Laurie Friese

Dates: Feb. 23; Mar. 2, 9, 16, 23, 30
Time: 6:30-8:00 PM
Location: Willow River Elementary Media Center
Class Fee: \$69.00

This class is for all types of bodies! These include: all pregnant women up to their delivery dates; anyone of any weight or age or stiffness; anyone with various sports injuries in neck, arms, wrists, knees or ankles; anyone with heart disease, high blood pressure, fibromyalgia, chronic fatigue syndrome, arthritis, osteoporosis and other chronic illnesses. Check with your doctor before beginning any exercise. We will modify poses to fit your needs.

The class begins with 3-4 minutes of calming, deep breathing and focusing exercises. Most of the class will include slow, gentle, easy stretches, bends and twists that strengthen and relax tension in muscles; stimulate glands and organs of digestion, circulation, assimilation and elimination; and help build bone mass. You will get personal one-on-one attention. Concluding each session is a period of restful body relaxation including guided imagery and listening to soothing music and nature sounds.

EAT VERY LIGHTLY BEFORE CLASS AND BRING A MAT, BOLSTER OR LARGE FIRM PILLOW, 1 OR MORE BLANKETS.

Zumba

Jennifer McCoy

Dates: Feb. 10, 17, 24; March 3, 10, 24
Time: 6:00-7:00 PM
Location: Hudson High School Dance Studio
Class Fee: \$72.00

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience until now!

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: we want you to work out, to love working out, to get hooked. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class!

Fitness Classes

Water Aerobics

Instructor: Nancy Vircks
Dates: Session I: Feb. 7, 9, 11, 14, 16, 18, 21, 23, 28; Mar 2, 4, 14, 16, 18, 21, 23, 25
Session II: Mar. 28, 30; April 1, 4, 6, 8, 11, 13, 15, 18, 20, 25, 27, 29; May 2, 4, 6
Location: Hudson Middle School Pool
Time: 6:00-7:00 PM
Class Fee: \$80.00

Come join instructor Nancy Vircks as she helps you slim down. In this class, you will discover that you don't work as hard in the water as you do on land, it takes 2 months in water to mold your body where on land it takes 5 months. You bench forty pounds of pressure in water but without hurting your joints. In one month of training without changing your diet, you will lose one dress size. You can lower your blood pressure, raise good cholesterol, lower your sugars and burn up to 500 calories a workout. All you need is a swimsuit, towel and water.

Weight Loss 101

Julie Van Busknak

Dates: February 21-April 25, 2011 (Mondays)
No class March 7
Time: 6:30-7:45 PM

Location: Hudson High School Room 540
(Enter Door 5)
Class Fee: \$49.00

What do you have to lose? Do you want to lose weight and increase your nutrition education with the support of a great team? Join our exclusive 10 week Weight Loss Challenge! Weekly topics will teach you how to make better eating and lifestyle choices that will lead to increased energy and get you on your way to your optimal weight. Learn how to reach your goal weight and maintain it for life. Each week there will be a topic related to Healthy Living & Nutrition Education. You will receive a free pre- and post-challenge body analysis, individual coaching, group support and much more. Weekly prizes awarded! The three biggest losers by weight loss percentage will receive cash prizes! This class is facilitated by Herbalife representatives that are devoted to giving each participant the tools and motivation to reach their health and wellness goals. All nutrition plans are welcome-Herbalife is not required

Health/Well Being Classes

Jump Start Your Metabolism

Nutritional Weight & Wellness

Date: March 3, 2011
Time: 6:00-8:00 PM
Location: Hudson High School Room 540
(Enter Door 5)
Class Fee: \$25.00

Is it harder for you to maintain a healthy weight or lose weight than it once was? Have you tried several diets, but had trouble keeping the weight off? Do cravings sabotage your good intentions? Nutritional Weight & Wellness has a healthier, saner approach for lifelong weight control. Learn how eating real foods in balance can help you lose weight, eliminate cravings and increase energy. This interactive class explains how your food choices, blood sugar levels and essential fatty acids affect your energy and your ability to lose or maintain weight.

Food Connection to ADD/ADHD

Nutritional Weight & Wellness

Date: May 18, 2011
Time: 6:00-8:00 PM
Location: Hudson High School Room 540
(Enter Door 5)
Class Fee: \$25.00

Inattentiveness, difficulty concentrating and managing time, inability to start or finish projects, and other symptoms of ADD affect increasing numbers of children and adults. Fortunately, nutrition can help rebalance brain chemistry. Even small dietary changes can improve focus and follow-through.

Darlene Kvist, licensed nutritionist and host of the weekly radio show, Dishing Up Nutrition on FM107.1, developed these classes. Nutrition educators from Nutritional Weight & Wellness teach this informative and interactive class. The course has been designed to meet continuing education criteria for registered nurses and is approved for 2.4 CEU's. RN's are responsible for determining whether the course meets their needs.

Health and Fitness Group Hypnosis

With Dr. Mary Fischer, D.C.H.C.Ht.

Date: March 28, 2011
Time: 6:30-9:30 PM
Location: Willow River Elem. Media Center
Class Fee: \$60.00

Weight Loss

Tired of spending money on diet programs where you lose weight and then gain it back plus more? The more you think about being thin, the more you eat? You know you will never succeed on any weight control program until you get control. Hypnosis can stop constant thinking about food, cravings, overeating, and snacking. We will also work on things such as desiring the right food, drinking water, pushing your plate away when you're full, and motivating you to exercise.

Stop Smoking and Chewing Tobacco

Are you finally ready to stop smoking or chewing for YOU and not because others are pressing you? Using hypnosis, you can stop smoking or chewing immediately without weight gain, others smoking or chewing around you will not bother you. Don't let tobacco rule you as it has many others. Quit this costly and deadly habit. Stop smoking or chewing and add years to your life.

Check in begins at 6:15 PM. Both sessions must attend orientation from 6:30-7:30 and then the class breaks into different sessions. All clients receive a free reinforcement tape and a written lifetime guarantee to attend any future seminars free, if reinforcement should be needed.

Wear comfortable clothing and bring a pillow, sleeping bag or blanket to sit or lie on for more comfort.

Enrichment Classes

How to Grow Healthier Plants and Prove It

Mike Deneen

Date: March 1, 2011

Time: 7:30-9:00 PM

Location: Hudson High School Room 540 (Enter Door 5)

Class Fee: \$10.00

The next advanced level/type of horticulture is the use of environmentally friendly fertilizer, amendments, tools, and practices to balance the soil to produce healthy plants and nutrient dense food and prove it.

Is this organic or conventional farming? It takes the best of both of those and with well proven core science of soil microbiology, soil agronomy, and plant physiology, integrate more independent science and gives us an even bigger tool box. It has several names, with theories that get us to the causes of poor soil health, therefore corrects the symptoms. Then it goes the extra step to prove/verify results.

How to Buy Nutrient Dense Food

Mike Deneen

Date: March 15, 2011

Time: 7:30-9:00 PM

Location: Hudson High School Room 540 (Enter Door 5)

Class Fee: \$10.00

The culprit... The USDA and UK Ministry of Agriculture statistics show that food grown today has from 30 to 70 percent less nutritional value than the same foods grown 50 years ago. The market pays for weight and volume. Does Certified Organic prove that it is more nutritious. Maybe our diet is deficient of biologically complex forms of food necessary to prevent us from becoming a grim statistic in a world where half of us suffer a degenerative condition.

Perhaps the solution...Independent science has added more opinion to our tool box. The next advanced level or type of horticulture is the use of environmentally friendly fertilizer, amendments, tools and practices to balance the soil to produce healthier nutrient dense plants/food.

Straw Bale Gardening-Breaking New Ground

Joel Karsten

Date: April 27, 2011

Location: Hudson High School 540
(Enter Door 5)

Time: 6:30-9:30 PM

Class Fee: \$32.50

If you thought the only place to grow healthy crops was in black dirt, you must attend this new class. You will learn how to grow a bountiful garden without using herbicides, insecticides or fungicides and without weeding. Learn how to plant a wide variety of vegetables, root crops, vine crops, fruit crops and even beautiful flower gardens, directly into your "conditioned" straw bales. You will never do the "heavy lifting" or bending over that is required with normal soil-based gardens again. Learn this revolutionary and easy gardening method to create a beautiful and productive garden, without lifting a shovel and without using dirt.

Enrichment Classes

Introduction to Watercolor Painting Sally Antree

Dates: April 5, 12, 19, 2011
Time: 6:30-8:30 PM
Location: Willow River Elem. Art Room
Class Fee: \$26.00

Learn how to work with watercolors! Your introduction will include tools and equipment needed: color wheel, washes and techniques and your watercolor landscape. Teacher will have brushes, paints and paper for first class. You may bring your own paints/brushes to the other classes or use the instructors for a \$4.00 supply fee.

Decorative Painting Sally Antree

Dates: April 14, 21, 28, 2011
Time: 6:30-8:30 PM
Location: Willow River Elem Art Room
Class Fee: \$26.00

Would you like to learn how to paint, but have no experience? You can easily learn the one stroke technique! Learn how to paint rosebuds, roses, leaves and butterflies. In this class we will paint a card and a gift bag. Acrylic paint, brushes and worksheets provided. \$4.00 supply fee payable at class.

Fabulous Faux – Metallics, Tuscan, Classic Mel Manthey

Date: March 31, 2011
Time: 7:00-9:00 PM
Location: Willow River Elementary Atrium
Class Fee: \$20.00

Save thousands and learn a faster, easier way to use paint to replicate Old World, stone-like walls, and classic looks for a traditional theme. Learn how to add “bling” from metallics. A professional decorative painter with many years experience in the easy method, shows beginners some tricks of the trade, money-saving tips, how to have perfect edges and how to “rescue” your wall. Bring a paint shirt. A required materials fee of \$31 + tax will be collected in class by the instructor for the painting kit which includes a custom roller, pan and DVD to accomplish these looks.

Mel Manthey is an experienced professional faux painter and has operated his faux painting business in Apple Valley since 1985. Mel specializes in decorative painting and his work is now featured in expensive homes around the metro area. Mel is a certified faux painting instructor for Just Once Classes and through his teaching students are able to learn how to achieve looks that mimic expensive decorative painting.

Enrichment Classes

Create Your Own Cookbook with Photos

Marion Burch and Barb Christensen

Dates: May 3 and May 10, 2011
Times: 6:30-9:00 PM
Location: Hudson High School Room 541 (Enter Door 5)
Class Fee: \$20.00

Create a keepsake cookbook to share favorite recipes and family traditions. Include photos, stories and typed or hand-written copies of treasured, well-loved recipes from family and friends. Bring 25-30 recipes, digital photographs (on a CD or flash drive) or up to 25 printed photos (max. size 8-1/2x11") and we will scan and digitize them for you in class. Books are created using the Heritage Makers online graphics studio and digital publishing. Best for students who have basic computer skills and high-speed internet access from home, so you can work on homework between classes.

\$25 materials fee, payable to the instructor on the night of class. Fee covers cost of making a 21-page, full-color, spiral-bound cookbook with laminated pages. (Additional copies can be ordered).

Create Your Own Playing Cards with Photos

Marion Burch and Barb Christensen

Dates: April 5, 2011
Time: 6:30-9:00 PM
Location: Hudson High School 541 (Enter Door 5)
Class Fee: \$20.00

Create a customized deck of cards for family game night, gifts and more! Use up to 52 different photos of your kids, family, friends, pets-anything you'd like to see on a card. Bring digital pictures to the class, along with any other printed pictures or artwork you would like to have scanned (maximum size 8-1/2x11") and digitized so you can put them onto your deck. You will be using Heritage Makers online publishing studio to create your cards.

\$25.00 materials fee payable to instructors for the first night of class. Fee covers cost of making one deck of cards (Additional copies can be ordered).

Enrichment Classes

Flavors from Around the Globe

Chef Brian Linehan

Date: March 16-May 18, 2011, Wednesday's
Time: 6:30-8:30 PM
Location: Hudson Middle School Family & Consumer Ed Room
Class Fee: \$100.00

Take a journey with Chef Brian as he stops to taste dishes from around the world. This class is a travel log of flavor that educates the palate and allows us to understand the origins of our favorite cuisines. In each class there will be a demonstration and discussion revolving around that days topic. A class that utilizes all your senses as you step into other cultures through food.



How to Break an Egg

Chef Brian Linehan

Dates: March 17-May 19, 2011, Thursdays
Time: 6:30-8:30 PM
Location: Hudson Middle School Family & Consumer Ed Room
Class Fee: \$100.00

In this basic class, Chef Brian teaches us how to be comfortable and confident in the kitchen. You will learn the basics necessary to create culinary delights in your home kitchen. Through hands on demonstrations and informative discussions you will learn the secrets of professional chefs. Chef Brian will teach you how to extract flavors from ordinary ingredients and turn your bland everyday meal into something to be proud of.

Enrichment Classes

Public Speaking Workshop

Alice Farago

Date: May 16 & 18, 2011

Time: 6:00-9:00 PM

Location: Hudson High School Room 541 (Enter door 5)

Class Fee: TBD

Do you dread speaking in front of groups? Do you need to brush up your presentations skills? This two session class offers the opportunity to practice speaking or presenting in front of others. Tips and techniques will be reviewed in the first session and presentations will be delivered in the second. Computers and projection screens will be available to deliver PowerPoint or computer applications. The instructor and class members will offer feedback and constructive criticism. Prepared presentations will also be available for students to use if needed. Presentation tools, such as PowerPoint, use of jump drives, and handouts will be covered.

Open Road Biking Around Hudson and Somerset, WI

Alice Farago

Date: May 23, 2011

Time: 6:00-9:00 PM

Location: TBD

Class Fee: \$20.00

Bike riding in the country just outside of Hudson, River Falls and Somerset, Wisconsin is fantastic. There are plenty of great low traffic, paved roads that offer super open road biking. The instructor has been riding and building routes in these areas for years. The roads marked "bike route" by the state signs can be some of the worst roads for a biker to safely ride on. We will review routes that are put together so a rider can park a car and make a loop in the lower traffic areas. Whether you want to ride 5 miles or 50, we will find a route for all types of riders.

Learn to Sell Like a Pro on eBay

Joel Karsten

Date: May 25, 2011

Time: 6:30-9:30 PM

Location: Hudson High School Room 540 (Enter Door 5)

Class Fee: \$39.00

The best way to ensure you receive top dollar for the items you sell on eBay, is to learn from a pro! Joel Karsten is one of the top three "Certified eBay Education Specialist" in the country, with vast experience having listed over 700,000 items of eBay. The class begins with the basics of how to set up accounts and covers every subject required to become a successful eBay seller including: safety, pricing, photography, titles, descriptions, policies, shipping, returns, feedback and selling strategies. Even experienced sellers will learn many new skills to help them understand how eBay's new "best match" search system operates and how it will improve their eBay sales. A detailed workbook printed by eBay Press is optional for each student for \$15.00 and is very helpful as a step-by-step guide for reference after the class. Basic computer knowledge is helpful; however students WILL NOT be working on computers during the class.

Four Corners of Britain

Andy Tatham

Date: April 12, 2011

Time: 6:30-9:00 PM

Location: Willow River Media Center

Class Fee: \$5.00

From the wild country of England's border with Scotland to the idyllic old-world charm of the Suffolk coast; from the semi-tropical gardens of Devon and Cornwall to the medieval castles of Wales... Explore new areas of Britain that are seldom visited by tourists. Photos galore and an informed and light-hearted commentary will make for a fun and educational evening.

Enrichment Classes

Each course runs six weeks and is in an independent learning format, students work at their own pace. The classroom is open 24 hours per day. We accept late enrollments, as much as two weeks into the semester. Classes get under way on:

- Tuesday, January 18, 2011 to March 3, 2011
- Tuesday, March 8, 2011 to April 21, 2011
- Tuesday, April 26, 2011 to June 9, 2011
- Tuesday, June 14, 2011 to July 28, 2011

How to Start An Internet Business

Do you fear being left behind the Internet explosion? Don't know how or where to start? How much richer would your life be if you operated your own business? Take the online step-by-step class that includes how-to mentoring. Topics include: Identifying web businesses that do well - How to conduct market research on your idea - Adding shopping carts and secure shopping for free - Get your Web site online - Strategies on getting others to pay you for advertising - How to bring traffic to your site - Winning the search engine game. No additional fee or purchases will be necessary to complete your project. Read lessons, participate in exercises, and hold **live** interactive discussions with instructor Gary Fugere and fellow students in your on-line classroom. Runs for 6 weeks and is self-paced. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Don't forget to include your email with registration

Teaching on the Internet

Don't be left behind. Your competitors are using the Internet for training and communication with large, geographically wide-ranging groups. Take this online class and create your first class. Learn from someone on the front line. Topics include: Converting existing classes - Streaming audio/video, slides, graphics - Learning Management Systems - Courseware options - Holding online meetings - Testing and cheating - Facilitating a class - Where to find free resources - Getting buy-ins for your class - Convincing upper management. By the end of Lesson 4, you'll be inviting students to your new classroom without spending a dime. Read lessons, participate in exercises, and hold **live** interactive discussions with instructor and fellow students online. Runs for 6 weeks and is self-paced. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Don't forget to include your email with registration.

How to Earn a Living Freelancing

Do you fear being downsized? Millions of people prosper as independent contractors. How successful could you become? This online class provides mentoring and step-by-step techniques and strategies to achieve success. Topics Include: Who hires freelancers - What skills do you need - Finding the work - The hot markets - How to market yourself - How to establish your fees - Tax deductions - How to get started - How to incorporate for under \$50! This is not a construction class. Read lessons, participate in exercises, and hold **live** interactive discussions with instructor and fellow students in your on-line classroom. Runs for 6 weeks and is self-paced. Complete the lessons on your own timetable. Course requirements include intermediate PC skills. For more information visit www.gsinet.org. Don't forget to include your email with registration.

Enrichment Classes

Dog Training Classes

Shar Patnoe

My Dog is Driving Me Crazy

March 31, 2011

7:00-7:30 PM

Is your dog driving you crazy with barking, jumping and or other un-liked behaviors? You are not alone! Everybody's canine friend has (or has had) a crazy behavior. While that may be bad news, the good news is the solution is pretty simple. There is time for open discussion. **NO DOGS ALLOWED**

Good Manners

April 28-June 2 (Thurs evenings) 6:00-7:00 PM

A well mannered canine is not one that just does what you say, but can make a decision on his own to do the right behavior. This course is the foundation for motivating your dog to good behavior and to repeat it. You and your dog will learn how to work as a team to walk without pulling, greet politely, sit and wait, down and stay and come when called. Training handouts each session. One person per dog please. Bring your dog on a 6ft leash (no retractable leashes), water, pooper bags and lots of small treats. This class is for dogs 5 months and older.

What? Your Dog Doesn't Listen?

May 2

7:00-7:30 PM

Why does your dog ignore your commands? Is he doing those "bad" behaviors intentionally? This seminar will focus on those little we unknowingly do to create a dog that doesn't listen. Strategies that really work! **DO DOGS ALLOWED**

Helping Your Dog Prepare for the New Arrival

May 9 & 16

7:00-7:30 PM

Have a dog and expecting a baby? What can be done to prepare for this exciting event to alleviate anticipated stress and confusion for your dog? The time to start preparing your dog for the new arrival is **BEFORE** you bring the new bundle home! Preparation will help ensure safety and harmony for all. Session 1 – Learn how to prepare your dog before and after the baby arrives. Session 2 – Help your dog prepare for the toddler stage.

Class Fees: \$60.00 – Good Manners

\$5.00 + dog food donation – all other classes

Location: Hudson Prairie Elementary

- Field – Good Manners
- Media Center – all other classes

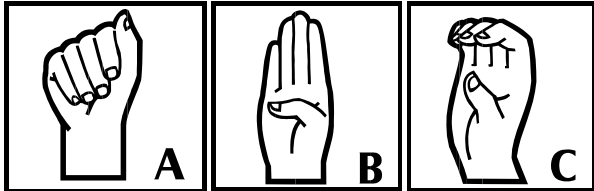
Language Classes

English as a Second Language

Elaine Fredrikson

Dates: Feb. 10-May 12 (Thurs.) No class
Feb. 24 or March 10
Time: 7:00-8:30 PM
Location: Willow River Elementary Media Center
Class Fee: \$70.00

This class is for adults who need assistance in learning the English language. Topics to be covered are speaking, reading and pronunciation



ASL-1 Part 2

Instructor: Suzanne Downs

Dates: Feb. 2, 9, 16, 23; March 2, 16, 23, 30;
April 6 & 13
Time: 7:00-8:30 PM
Location: TBD
Class Fee: \$60.00 per person
\$100.00 2 family members in same household

This class is a continuation of the class that started in September.

ASL (American Sign Language) is the 4th most commonly used language in the U.S. today. ASL is used by people who are deaf, hard of hearing and hearing. This class will be geared towards people who have a functional need and interest in the use of ASL in their lives. Whether the need is communicating with babies, non-verbal children, or simply the interest in learning a new language; this class will begin with basic ASL vocabulary and grammar.

Music Classes

Piano Your Teacher Never Taught You Instructor: Kris Simonson

Date: March 28, 2011
Time: 6:30-9:30 PM
Location: Willow River Elem. Music Room
Class Fee: \$20.00

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop.

Topics include:

- How chords work in a song
 - How to get more out of sheet music by reading less of it
 - How to form the three main types of chords
 - How to handle different keys and time signatures
 - How to avoid counting
- How to simplify over 12,000 complex chords

Materials fee of \$27.69 will be collected in class by the instructor. This fee includes a book and CD.

Instant Guitar Instructor: Jeff Doheny

Cancelled due to instructor illness.

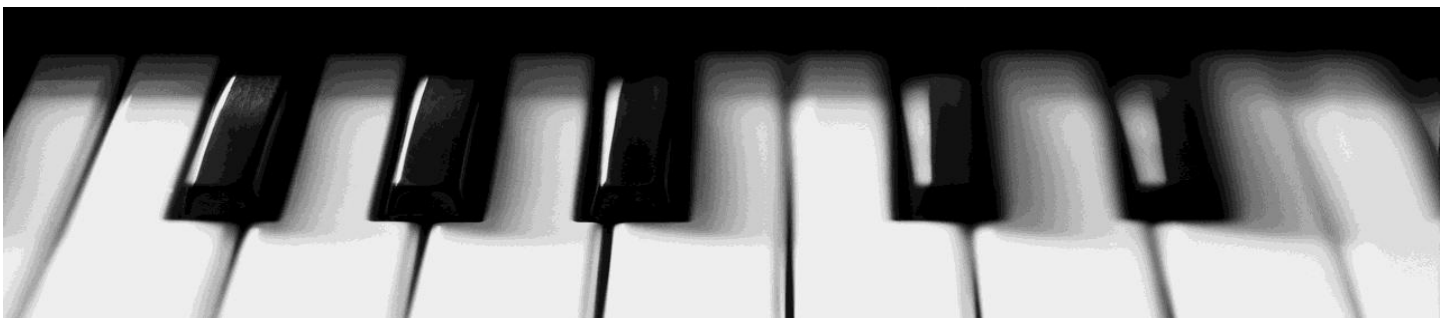
Time: 6:30-9:00 PM
Location: Madison High School Room 540
(Enter Door 5)
Class Fee: \$20.00

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to instantguitarnow.com

Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

Materials fee of \$29.00 will be collected in class by the instructor. This fee includes a workbook and practice DVD.



Astronomy Classes

Mike Lynch's Star Watch Party

Instructor: Mike Lynch

Date: April 6, 2011
Time: 8:00-10:00 PM
Location: Houlton Elementary Gym/Outside
Class Fee: \$20.00 per adult, \$10.00 per child ages 6-18.

Come out and make the stars your old friends! Catch the wonderful family friendly celestial show in the skies over Houlton-Hudson-Stillwater. We'll start out inside for a brief orientation and then we head outside to get up close and personal with our universe. Get to know the constellations like The Big Bear, Casiopeia the Queen, Orion the Hunter, Gemini the Twins and many of the great stories about how they made it up in the heavens. We'll also use large reflecting telescopes, including a giant 20" reflector, one of the biggest mobile telescopes in the upper Midwest for close up views of the planet Saturn, star clusters, nebulae, galaxies and other wonders in our skies. We'll also use a brand new astronomical camera telescope system for an extra special view of our universe. You'll get a great handout package with user-friendly star maps and constellation charts, websites, a telescope-buying guide and more!

Mike Lynch is a meteorologist at WCCO Radio and has been teaching astronomy classes for over 39 years. He also writes a weekly stargazing column for the St. Paul Pioneer Press and is the author of the books, "Mike Lynch's Minnesota Star Watch" and "Wisconsin Starwatch" that will be available for purchase at a discount.

For the best picture of Mike check his website at www.lynchandthestars.com.

Ages 6 and up only please

Bring a lawn chair

Dress accordingly



Backpackers

At School Age Care our goal is to provide a safe and exciting experience in which your children have the opportunity to learn leadership skills while planning their own summer curriculum.

Elective Courses and Activities

Arts/Crafts
Scientific Exploration
Musical Performance
Gym
Outside Games
Computer
German
Newspaper
Sports
Cooking
Imaginative Play
Library/Reading
American Sign Language
Fashion
Movie Production

Our mission statement: To provide childcare in a fun, safe and caring environment that fosters self-esteem and learning while promoting the interests and social skills of the individual child.



In addition to the numerous elective courses, we also offer several exciting and educational field trips. Field trip calendars will be available on the first day of the summer program!

Registration information will be available at all School Age Care locations beginning March 1, 2010 or on-line through the School Age Care link on all websites.

Billing Options

- 5 days a week \$120
- 4 days a week \$104
- 3 days a week \$84
- 2 days a week \$59
- Minimum of 25 varying days \$30/day
- Drop In (per day) \$35

Swim Classes

New and Improved

Dates - Session A: February 10, 15, 17, 22, 24; March 1, 2, 3
Session B: March 15, 17, 22, 24, 29, 31; April 5, 7
Session C: April 12, 14 19 21 26 28; May 3, 5

Times: 6:00-6:30 PM Level 1, 2
6:40-7:10 PM Level 1, 2
7:10-8:05 PM Level 3, 4
7:10-8:05 PM Water Aerobics for youth (must be at least level 3)

Children need to be 4 years old by the start of the class for level 1.

Youth Water Aerobics

Looking for a different and fun way to get your child to exercise?

We will use water resistance, noodles, aqua belts and music to get your child moving and having fun!

Is your child getting bored in level 3 but not quite developmentally ready for level 4? This class may be what they need!

Level Definitions

Your child/ren should be able to complete the following tasks to pass on to the next level.

Level 1 – Water Exploration

The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.

- Fully submerge face (3 seconds)
- Experience buoyancy (bob 10 times)
- Supported float on front/back
- Basic breath control (bubble blowing)
- Supported kicking on front/back

Level 2 – Primary Skills

Level 2 is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills

- Fully submerge head (hold 3 seconds)
- Retrieve objects in chest deep water
- Front and back float unsupported
- Flutter kick on front/back
- Back crawl arm action
- Combined stroke front/back using kick/arm movements (5 yards)
- Turning over front/back, back/front

Level 3 – Stroke Readiness

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

- Retrieve object, eye open, no support
- Jump into deep water from side of pool
- Kneeling dive and compact dive from side of pool
- Front/back glide w/push off (2 body lengths)
- Coordinate arm stroke for crawl with breathing to side
- Coordinate back crawl
- Elementary back stroke (10 yards)
- Reverse direction while swimming on front/back
- Tread water

Level 4: Stroke Development

Level 4 develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns.



*Classes are on Tuesday and Thursday evenings at Hudson Middle School pool. Cost is \$45.00 for Level 1 & 2 per child, per session
\$50.00 for Level 3 & 4 per child per session
\$35.00 for Water Aerobics*

Swim/Fitness Classes

Lifeguard Training

Nancy Vircks

Dates: March 26, 27 and April 2, 3, 2011
Time: 9:00 AM – 4:00 PM
Location: Hudson Middle School Pool
Class Fee: \$140.00

Age Requirement: 15 by March 26, 2011

Pre-Test: The ability to tread water for 2 minutes using legs only, participants cross their arms across their chest; swim 500 yards continuously using each of the following strokes for at least 100 yards: crawl, breaststroke, and sidestroke, the stroke(s) used for the remaining 200 yards are the participants' choice; submerge to minimum depth of seven feet, retrieve a 10 pound object and return to the surface

Yoga for Families Laurie Friese

Dates: Feb. 22, March 1, 15, 22, 29; April 5
Time: 5:30-6:30 PM
Location: Willow River Media Center
Class Fee: \$59.00

This class is for ages 7-14.
Under age 10 must have parent
in class.

Learning basic yoga poses as a child before bones, muscles and ligaments are “set” is a wonderful way to keep youthful suppleness and flexibility well into old age. Here in the US we focus on competitive sports and building muscles without giving equal attention to stretching and relaxing them, which can lead to injuries and lifelong pain and disabilities. Equally important is learning to focus and calm the mind to strengthen the nerves, and think deeply, creatively and joyously to solve life's problems despite distractions in one's outer environment.

In this class we encourage kids (and parents) to have fun, focus and use their imaginations as they perform poses of birds, animals and nature while enjoyably learning lifelong skills to keep their bodies and minds elastic as well as strong. We will end with a short period of deep relaxation with music and guided imagery.

Dance Classes

Happy Toes Pre Dance:

Ages 3 and 4

Time: 3:40-4:15 PM

Encourage your little dancer's imagination as they explore playful movement and dance using beautiful music and colorful props. Your child will love twirling, skipping and jumping in this 35 minute class designed just for their energetic spirits fostering musicality, body awareness, concentration and age appropriate class etiquette. The atmosphere is fun and joyful and students are given positive praise for participation. Happy Toes Dance Class is sure to create smiles and laughter giving your child something special to look forward to each week!

\$44.00

Let's Dance 1

Ages 4 and 5

Time: 4:15-4:55 PM

In this 40-minute class, students will begin to lay the foundation of dance as they explore the joy of movement, imagination and music in their very first dance class. Imagine leaping over clouds and rising so high on tippy toes that you can reach the highest star! Your little dancer may not know it but they are learning fundamental skills that will help develop coordination, musicality, flexibility and individual and peer group skills. Individualized attention and positive feedback help even the most timid to develop self confidence and everyone makes new dancing friends.

Tap & ballet shoes required

\$52.00 per session

ShowKidz!

Ages 7+

Time: 5:00-5:50 PM

In this 50-minute class, students are immersed in a fast paced, energetic dance/theatre based class where they will learn 3 performance pieces in a 6-week session. Creative drama based games and activities encourage cooperative learning and help students to build trust and self confidence. Song choice is carefully selected to promote healthy self image and a strong sense of community value. The best part of ShowKidz though, is that it is great fun! Please wear comfortable clothes to dance in and tennis or dance shoes. \$64.00 per session

All classes are held at Hudson High School in the Dance Studio.

Dates: Feb. 10, 17, 24; March 3, 10, 24

All classes meet on Thursdays



Classes taught by Ms. Jennifer McCoy

Ms. Jennifer has been teaching dance for over 30 years. The last 7 years she has taught at River Falls Park and Recreation, Hudson Children's Community Center and Helmer Dance School.

Theater Classes

Theater Crafts: Make-and-Take Puppets Workshop Sue Dorsch

Dates: Feb. 15, 22, March 1
Time: 4:00-5:30 PM
Location: Willow River Auditorium
Class Fee: \$25.00 (includes materials)

Never taken a theater class, not sure where to start? This class is the perfect place to begin. Each week we will make a different puppet and improvise a story to go with it. We will imagine what kind of voice your puppet would have and the silly situations they get into.

For children in grades K-5.

Fairytales on Stage Sue Dorsch

Dates: March 15, 22, 29; April 5, 12, 19
Time: 4:00-5:30 PM
Location: Willow River Auditorium
Class Fee: \$45.00

Calling all princesses, big bad wolves and miscellaneous amphibians (frogs). Bring stories to life! Each session, students will hear a new story and then use improvisation to bring it to life. The basics of theater, such as storytelling, conflict, character and theme are taught as students act out a new tale each day. Let's bring fairy tales and stories to life on stage!

For children in grades K-5.

Aspiring Actors Sue Dorsch

Dates: April 26; May 3, 10, 17, 24, 31
Time: 4:00-5:30 PM
Location: Willow River Auditorium
Class Fee: \$45.00

After this class any aspiring actor will be ready to try their hand at school and community productions. This beginning acting class will teach the basics: theater terminology, what goes into a production, how to build a scene and a character, and how to conquer stage fright! We'll also discuss the audition process and the difference between prepared auditions and cold readings. Calling all aspiring young actors!

For children in grades 3-5



Computer/Technology Classes for Kids

Eco-Engineering: Solar Car Challenge

Instructor: Computer Explorers

Date: July 18 and 19
Time: 9:00 AM – 12:00 PM
Location: Hudson Middle School Media Center
Class Fee: \$73.00

Combine engineering and alternative energy (solar, hydro & wind)! Build cars, cranes, drawbridges, etc. from LEGO® kits and operate them using alternative energy sources. Students working in teams will start with electricity and use a multimeter to measure continuity, resistance, and voltage. Adding concrete experiments with wind, water and solar panels produces a high-powered and high-energy course! Building projects include: waterwheel, windmill, Ferris wheel, and solar car. Students achieve an understanding of how energy is developed from the Sun, wind and water. Solar energy can be captured by the LEGO® Solar Cell and used to power their models. On the last day students will use the concepts they learned to design and create a test car to compete against their classmates.

Grades: 3-8

Crazy Action Contraptions

Instructor: Computer Explorers

Dates: July 20 and 21
Time: 9:00 AM – 12:00 PM
Location: Hudson Middle School Media Center
Class Fee: \$73.00

If you love building and inventions, our hands on building activities will inspire you! Students working in pairs will work with special LEGO® gears and levers and discuss the engineering science behind each model. Students will build models and discuss the engineering science behind each model. This fun, hand-on class show students how engineering can be fun and silly, yet still educational. Students will then be challenged to improve the model and customize their creations.

Grades: K-6

Video Game Animation

Instructor: Computer Explorers

Date: July 18-21
Time: 12:30-3:00 PM
Location: Hudson Middle School Computer Lab
Class Fee: \$120.00

Dive into the world of video game design and animation by creating characters that move and interact with one another. Working in pairs, students will add sound effects and music clips to create a dynamic video animation game using Scratch, the innovative programming language created just for kids by the MIT Media Lab. Learn to make 2D video games in the hands on class. The first part of each class will be instructor led, with the time remaining students will have the opportunity to solve challenge or develop a game with what was learned. You can post your game online so that your friends, your parents, even your grandmother can play you video game! Creativity rules in this fun version of video game design! Games created in class will be available online or students can bring in a USB drive for immediate access.

Grades: 1-6

Computer/Technology Classes for Kids

3D Video Game Design

Instructor: Computer Explorers

Date: July 25-28
Time: 9:30 am-12:00 PM
Location: Hudson Middle School Computer Lab
Class Fee: \$120.00

Design your own 3D video game! This class challenges the creativity and imagination in your student. At the end of class we will burn each video game created onto a CD (Windows compatible only), so they can share it with family and friends! Students working in pairs will go through four tutorials and activities, leading them to create their own game in the last session. The abundant choices for environments, terrains, tracks, obstacles, vehicles, characters, upgrades and even cheats give users infinite possibilities in creating levels and customizing their own 3D game. Students will either be creating a first person shooter game or an adventure game. They will pick from the following characters: tanks, helicopters, super cars and crazy karz, paint ball, rocket packs, dinosaurs, bugs, aliens and more. Games created have game controller and multiplayer support for even more game play options. Game creation software (only available on Windows) will be available for purchase online.

Grades 3-8

Robotics: Battlebots

Instructor: Computer Explorers

Date: July 25-28
Time: 12:30-3:00 PM
Location: Hudson Middle School Computer Lab
Class Fee: \$120.00

Working in pairs, students will use LEGO® Mindstorms Robotics RCX System to compete in fun real-world challenges like obstacle courses, sumo wrestling, maze solving and much more! On the last day, student teams will apply their skill for the ultimate “battlebot” tournament. Each day will bring a new adventure, students will build a concept model, and then morph it to better adapt and compete in each daily challenge.

Students will have the opportunity to work with complex robotic sensors, robot arms, drive trains and programming “smarter” robots. Students will program robots to move, act and think on their own. They will learn advanced programming skills that allow their robots to react to many different sensory inputs, that include advanced touch and light sensors. Each day we will explore new engineering and robotic concepts to prepare student teams to design and experiment with their own battlebot.

Grades 3-8

Mad Science

Forces, Electricity and Flight System

Fun-damental Forces

Feel the force...that is, the force of gravity, inertia, and momentum. Use Newton's Laws of Motion to zing toy cars through gravity defying loops. Let Newton's Third Law turn you in circles as you experiment with a giant bike wheel gyroscope. Take home your own Gravity Game.

"Current" Events

Take a tour on the electron freeway! Learn about conductors, insulators and other elements in the world of electricity. See an overloaded fuse pop a balloon. Make your own series and parallel circuits and try the nerve tester game. Take home a Circuit Maze that you put together.

Fantastic Fliers

Follow in the footsteps of the Wright Brothers and learn about aircraft and the four forces that affect flight. Learn how to make your paper airplanes do amazing loops and rolls and build a Rotor Kite. Build a Skyhawk glider with rubber band powered launcher to take home.

Super Structures

Junior engineers discover the amazing strength of triangles, cylinders and arches. Solve the puzzle of constructing a Roman arch. Perform tension tests on various materials for bridge cables. Build and test your own Mad Science arch bridge to take home.

Under Pressure

Have fun learning about air pressure. Try out the leaping ping pong ball activity. Learn about Bernoulli's Principle and use it to make a ball float in mid air. Watch the effects of a swirling vortex as it sails across the classroom. Take home your own Air Blaster.

Wacky Waves

Investigate the concept of density, predict which object will sink and which will float. Simulate an oil spill and experiment with the different techniques available to contain it and clean it up! Learn about ocean waves, convection currents and buoyancy. Build your own Rescue Diver to take home.

Dates: March 24, 31; April 7, 14, 21, 28, 2011

Locations: Willow River Elementary Art Room, Hudson Prairie Elementary Art Room,
North Hudson Elementary Art Room

Times: WRE 3:25-4:25 PM - HPE 3:40-4:40 PM – NHE 3:35-4:35 PM

Class Fee: \$80.00

ACT Prep

ACT Test Prep Class

Instructor: Greg Walsh

Dates: March 19, 2011 Pre-test
March 22, 24, 29, 31; April 5, 7 study sessions
Time: 9:00 AM-1:00 PM Pre-test, 2:45-3:45 PM study sessions
Location: March 19 – Willow River Elementary Media Center
Hudson High School Room 540 (all other dates)
Class Fee: \$195.00

The course will review the four subject tested by the ACT (Math, Science, Reading and English).

The text for the course is “The Real ACT Prep Guide” written by the people that write the test.

The Course includes:

- A complete ACT pre-test with detailed scoring to identify areas that need improvement
- 1 hour teaching general test strategy, managing your time, setting goals and preparation
- 1 hour of pre-algebra, intermediate algebra and word problems
- 1 hour teaching geometry and trigonometry
- 1 hour reviewing science
- 1 hour of reading
- 1 hour focusing on vocabulary, grammar and word tense
- 1 hour sentence structure
- A copy of “The Real ACT Test Prep Guide” valued at \$31.00

In addition to reviewing subjects, each lesson demonstrates how questions will be asked on the test. The class will show students how to eliminate answers to increase your chances of a right answer. We’ll also outline which areas are tested the heaviest, how to spot “trick” answers, when you should skip a question and how much time should you spend checking your work.

Summer Camps/Lessons

Tennis Lessons

Instructor: Dave Dahl

Date: June 13-24, 2011
Location: Hudson High School Tennis Courts
Class Fee: \$35.00
Lesson Times: 8:00 – 8:55 AM Beginners 8 yr. and under
9:00 – 9:55 AM Beginners 9 yr. and over
10:00-10:55 AM Advanced Beginners
11:00-11:55 AM Intermediate
12:00-12:55 PM Advanced Beginners

Beginners will get an introduction to tennis and the basic skills of play and strategy. The Advanced Beginner and Intermediate players will follow progression after the beginning class to continue working on their individual skills. Students are to bring a racquet everyday and a new unopened can of tennis balls to the first class.

Open Facility

Basketball (Adults)

Wednesdays 6:00-8:00 pm
High School East Gym
Oct. 6-April 6 \$30.00

Basketball (Over 35)

Wednesdays 6:30-8:00 pm
Middle School Gym
Nov. 3-April 6 \$30.00

Open Gym (Adults)

Saturdays 9:00-11:00 am
Willow River Gym
Oct.2-April 23 \$30.00

Walking

Mon-Fri 6:30-7:30 am & 6:30-8:00 pm
EP Rock , North Hudson & River Crest Elementary
October 4-May 27 Free

Open Swim

Tuesdays & Thursdays 6:00-8:00 pm
Middle School Pool
Feb. 8-May 5 Must have punch card-available
at the Community Education office for \$10.00/5
punches.

The diving board and zero depth area may not
always be available due to the lessons being
taught.

If you were issued a badge last year, you will not need to get a new one, you will just need to complete the registration form and pay the registration fee. Walkers will need to get their school district badges re-activated. New walkers will need to register with Community Services (located in Willow River Elementary School) and then get a School District ID badge from the Administrative Services Building (located on Brakke Drive). Drivers license/state ID required for registration.

Open Facility Use Policy

Due to the Hudson School District's commitment to safe and secure schools, the Hudson Community Education Program has changed its facility use policy. The following steps must be taken in order for residents to participate in our open facility use.

All people participating in an open facility use program must wear a badge. This badge may be obtained at the Hudson Community Services office. If you cannot pick one up during our normal business hours, a time after hours may be arranged for you to obtain one. All people using our facilities must have this badge on while participating in open activities.

The following classes are considered open facility. (You must have a badge to participate. If you do not have a badge you will be asked to leave the facility.)

Basketball (Adult, Over 35) (Community Education badge)

Walking (School District badge)

The fees listed are for the entire length the activity runs. Everyone will be paying the same amount, it will not be a per use fee.

We appreciate your continued help in making our schools a safer place for students and community members.

Gyms, cafeterias and the auditoriums are available for rent when student groups are not using the space. Please contact the Athletic Office to obtain information about space rental at 377-3714.

All open facility cancellations will be posted on the School District's web site at www.hudson.k12.wi.us. Click on "Community," then select "Community Education."

Registration Forms

Community Services Registration Form

Participant's Name _____

Address _____ Zip _____

Phone _____
(Daytime) (Evening)

Class _____

Fee _____ Date of Class _____

Email Address _____

Make checks payable to: Hudson Community Services (HCS)

Mail to: 421 Oak Street, Hudson, WI 54016

Community Services Registration Form

Participant's Name _____

Address _____ Zip _____

Phone _____
(Daytime) (Evening)

Class _____

Fee _____ Date of Class _____

Email Address _____

Make checks payable to: Hudson Community Services (HCS)

Mail to: 421 Oak Street, Hudson, WI 54016

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Community Services Registration Form

Participant's Name _____

Address _____ Zip _____

Phone _____
(Daytime) (Evening)

Class _____

Fee _____ Date of Class _____

Email Address _____

Make checks payable to: Hudson Community Services (HCS)

Mail to: 421 Oak Street, Hudson, WI 54016

Swimming Registration Forms

Swimming Lessons Registration Form

Participant's Name _____ Age _____

Address _____

Phone _____
(Daytime) (Evening)

First Choice Level _____ Time _____ Second Choice Level _____ Time _____

Session _____ Session _____

Email address: _____

Make checks payable to: Hudson Community Services (HCS)
Mail to: 421 Oak Street, Hudson, WI 54016

Swimming Lessons Registration Form

Participant's Name _____ Age _____

Address _____

Phone _____
(Daytime) (Evening)

First Choice Level _____ Time _____ Second Choice Level _____ Time _____

Session _____ Session _____

Email address: _____

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Mail to: 421 Oak Street, Hudson, WI 54016