

# REGISTRATION INFORMATION

## Recreation & Leisure Services Winter/Spring 2016



**St. Peter Recreation & Leisure Services Staff**  
Jane Timmerman, Department Director  
Lance Dlouhy, Program Supervisor  
Jennifer Harlow, Secretary  
Doug Wolfe, Lead Librarian  
Sylvia Perron, Senior Center Coordinator  
Sarah Hermel, Third Floor  
Youth Center Coordinator

### Contact information

Phone **507-934-0667**  
Fax **507-934-1204**  
E-mail **jenh@saintpetermn.gov**  
Web **www.saintpetermn.gov/recreation**  
Hotline **507-934-0070** for cancellations, updates, and schedules



### Registration

Online **www.saintpetermn.gov/recreation**  
In person **Monday-Friday, 8 a.m.-5 p.m.**  
Mail **Recreation and Leisure Services  
600 S. Fifth St., Suite 200  
St. Peter, MN 56082**



Find us on Facebook

### Registration Information

1. Paid registrations are due at least one week prior to the start of the class.
2. **Community and Family Education Refunds:** Full refunds will be given when Community and Family Education has to cancel an activity due to low enrollment. Refunds, less a \$3 fee, will be given if a person withdraws from a program prior to the registration deadline. Refunds will not be granted if a request to withdraw from the program is made after the registration deadline has occurred. **Recreation Department Refunds:** Full refunds will be given when the Recreation Department has to cancel an activity. Refunds, less a \$3 fee, will be given if a person withdraws from a program prior to the start of the program or by the registration deadline. Refunds will not be granted if a program cancellation is made after the program has begun. (Exception: injury or illness.)
3. U-Care is accepted for **Community & Family Education classes (only)** class payment up to \$15 with identification for most classes. Please contact 934-3048 for more information.
4. Adults with disabilities are invited to take part in the classes and activities of this brochure. With a ten-day notice, we will make every effort to provide everything necessary for an enjoyable experience. To find out more, please contact **Community & Family Education (934-3048)** or **Recreation and Leisure Services (934-0667)**.

**Please note:** Any opinions or viewpoints that are discussed during a class, event, or activity are directly from the instructor or event organizer and may not represent the philosophy or viewpoints of Saint Peter Community and Family Education or St. Peter Recreation and Leisure Services.

## Saint Peter Community & Family Education Winter/Spring 2016

**Saint Peter Community & Family Education Staff**  
Tami Skinner, Director  
Ytve Prafke, ECFE/SR Coordinator  
Tracy Stuewe, Secretary  
Lori Oachs, Programs Assistant  
Amanda Rathman Edwards, SAC Coordinator  
Hannah Karlsrud, Aquatics Coordinator

### Contact information

Phone **507-934-3048**  
Fax **507-934-0202**  
E-mail **tstuewe@stpeterschools.org**  
Web **www.stpetercommunityonline.com**  
Weather Line **934-3048, ext. 411**  
@StPeterCommunityEd

### Registration

In person **Saint Peter Community Center  
600 S. Fifth St., Suite 207**  
Online **www.stpetercommunityonline.com**  
Phone **(507) 934-3048, x. 0**

### OFFICE HOURS:

**Mon.-Thu. 8 a.m.-4 p.m.,  
Fri. 8 a.m.-Noon**  
**Our office will be closed on:  
Jan. 18, Feb. 15, and Mar. 25-28**



Find us on Facebook



**Look for this symbol!**  
Watch for the Recreation and Leisure symbol in the activity description and the blue type—letting you know that you need to register for this activity through the **Recreation & Leisure Services Office, Suite 200.**



**Look for this symbol!**  
Watch for the Community Education symbol in the activity description and the black type—letting you know that you need to register for this activity through the **Community & Family Education Office, Suite 207.**

## Community Associations/Organizations for Winter/Spring 2016

Big Partner/Little Partner	..... Dave Newell, dnevell@gustavus.edu	St. Peter Basketball	..... Tony Pierret, tony.pierret@gmail.com
Boy Scouts	..... Rene Maes, remaes@twinvalleybsa.org	St. Peter Soccer	..... Kirk Carlson, kcarlson@gac.edu
Bulldog Youth Hockey	..... Chuck Wenner, president@bulldoghockey.org	St. Peter Tennis	..... Heidi Carlson, hcarlson2@gustavus.edu
Creative Play Place	..... Kelly Brancamp, creativeplayplace@gmail.com	St. Peter Volleyball	..... Deb Johnson, spvajo@gmail.com
4-H	..... Katie Johnson, kwending@umn.edu	St. Peter Wrestling	..... Chad Larson, chadlarson1975@gmail.com
Girl Scouts	..... girlscouts@girlscoutsvr.org	St. Peter Youth Baseball	..... Jeff Knutson, jeffk@saintpetermn.gov
Girls Fastpitch	..... Laura Boomgaarden, mlboomgaarden@msn.com		

### Room abbreviation Code:

**SPCC = St. Peter Community Center**  
**SPHS = Saint Peter High School**

# ADULT GENERAL INTEREST

## Area Adult Learning Cooperative

Becki Hawkins, Coordinator  
Classes meet until Jun. 24.  
SPCC Rm. 210

### ABE / GED / Diploma

Mon. 8:30-11:30 a.m. & 5-8 p.m.  
Tue. 5-8 p.m.  
Wed. 8:30-11 a.m.  
Thu. 5-8 p.m.  
Sat. 10 a.m.-1 p.m.

### English Language Classes

Tue. 8:30-11 a.m.  
Wed. 5-8 p.m.  
Thu. 8:30-11 a.m. & 5-8 p.m.  
Fri. 8:30-11 a.m.  
Sat. 10 a.m.-1 p.m.

Call 934-6210 or (507) 665-4626 for more information.  
Español? Maria Alvarez 507-304-5582.



## Breakfast at the River for Seniors

**Whiskey River, \$9 includes breakfast & tip.**  
Pre-registration is required and may be scheduled by calling Saint Peter Community and Family Education (934-3048) or the Senior Center (934-7434).

**Tue., Mar. 15, 8:30-9:30 a.m.**  
Special Guest: Sara Hewitt will talk about her family owned farm and Sweet Cheeks Honey business. (Register by: Mar. 11)

**Tue., Apr. 19, 8:30-9:30 a.m.**  
Special Guest: John Nelson of Pet Expo will talk about how to attract birds to your feeders. (Register by: Apr. 15)

**Tue., May 17, 8:30-9:30 a.m.**  
Special Guest: DNR Naturalist Scott Kudelka will talk about the bison in Minneopa Park. (Register by: May 13)

## Tax Preparation Assistance

**Wed., Feb. 3-Apr. 13, 9 a.m.-3 p.m.**  
SPCC Rm. 215, **Free, registration required, call 934-3048.**  
Taxpayers who are senior citizens or anyone who files a basic tax form may be eligible for free help with their tax preparation. Tax preparers are AARP foundation certified through the IRS VITA/TCE program. Call Saint Peter Community and Family Education for an appointment, 934-3048. Appointments are available only on Wednesdays.



## GUSTAVUS ADOLPHUS COLLEGE

**Become an International Friendship Family**  
Develop a relationship with a Gustavus international student. Invite them to your home for an occasional dinner, family function, holiday or trip. Foster a connection by attending special campus events together. It's a great opportunity for your family and the student to share cultures. Each family and student determines how much they will do together. The students live on campus. If interested, please contact Jeff Anderson (933-7493 or jeffa@gustavus.edu) in the Center for International and Cultural Education.

## COMPUTER CLASSES



### Adobe Photoshop Elements Package GI-W01 Q Computers (2140 Hoffman Road, Mankato)

**Tue., Feb. 9-Mar. 1, 6:30-8:30 p.m., \$120**  
A comprehensive class covering organizing and editing digital photos with Adobe Photoshop Elements. You will learn how to organize photos into files and folders, how to organize photos inside Photoshop Elements with tags, basic cropping/editing techniques and also more advanced techniques. By the end of the class you will know how to play a slide show and make photo creations. Classes are held in a computer lab. (Min. 4, max. 10. Register by: Feb. 1)

### Help for the Computer Challenged

**Q Computers (2140 Hoffman Road, Mankato)**  
**Sess. 1: Thu., Feb 11-Mar. 3, 6:30-8:30 p.m. (Register by: Feb. 8) \$120 GI-W02**  
**Sess. 2: Tue., Mar. 1-22, 1-3 p.m. (Register by: Feb. 22) \$120 GI-W03**

You got your document into the computer—now how do you get it out? How do you print those pictures they sent you in that email? How do you attach a picture to an email? Learn each of these skills, and explore more about your computer! Each session covers a different topic: files & folders, internet safety, e-mail best practices, maintaining your healthy computer. Classes are held in a computer lab. (Min. 4, max. 10)

### Computer Cleanup for Everyone! GI-W04

**Q Computers (2140 Hoffman Road, Mankato)**  
**Thu., Mar. 3-24, 6:30-8:30 p.m., \$120**  
This is a hot topic that affects EVERYONE! Is your computer running slow or giving you problems, but you don't know why? Are you concerned about your personal information online? Learn how to take care of your computer properly, and keep your computer out of the repair shop. Each session covers a different topic: protecting your identity and your computer online, computer maintenance, internet search and troubleshooting computer problems. Classes are held in a computer lab. (Min. 4, max. 10. Register by: Feb. 29)

### QuickBooks Package GI-W05

**Q Computers (2140 Hoffman Road, Mankato)**  
**Thu., Mar. 17-31, 6:30-8:30 p.m., \$85**  
Three classes learning how QuickBooks, bookkeeping software for small businesses works and how it can make your business run more smoothly. Each session covers a different topic: money in (invoices and deposits), money out (checks and credits) and payroll and taxes (basic payroll setup and reports) Classes are held in a computer lab. (Min. 4, max. 10. Register by: Mar. 14)



## Join the Nicollet County Historical Society for "A Special Evening of Urban Blues," featuring The Butanes! GI-W06



**Sat., Feb. 6, 7:30 p.m.**  
**Treaty Site History Center. Tickets are \$15.**  
Since the early 1980s, the Butanes have been widely recognized as without peer among Minnesota-based blues bands. With relatively few personnel changes over the years, the band plays with an easy authority forged by decades of gigs. Each member of the band is an acclaimed master at his instrument, as witnessed by the numerous nominations and awards each has received. As a unit, this combination of talents delivers professional performances that leave space for the spontaneity and invention that are the essence of this music. Visit [www.thebutanes.com](http://www.thebutanes.com) for more info. (A cash bar will be available during the event.) (Purchase concert tickets by: Feb. 5)

## Join the Nicollet County Historical Society for Winterfest in 2016 at any, or all, of the following events:

- **Night at the Museum** movie night for families
- **History on Tap** series
- **Super Snow Sunday** with fun outdoor activities



Adult General Interest continued on page 2



# FILMS ON FIRST THURSDAYS

The Nicollet County Historical Society will once again partner with St. Peter Community and Family Education to present our seventh season of documentary films starting in September. They're shown every month from September through May. Admission to the film series is free for all! The Treaty Site History Center is located one mile north of downtown Saint Peter at Highways 169 and 22, across from the Mankato Clinic.

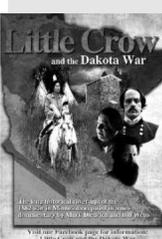


**Farmland**  
Jan. 14, 7 p.m.,  
**Treaty Site History Center**  
**Free. No Registration required.**  
77 min., not rated. Many Americans have never stepped foot on a farm or even talked to the people who grow and raise the food we eat, yet are increasingly passionate about understanding where their food comes from. *Farmland* takes the viewer inside the world of farming for a glimpse into the lives of six young farmers and ranchers in their 20s including Ryan Veldhuizen, a farmer from Edgerton, Minnesota. Watch the film trailer: <https://www.youtube.com/watch?v=Uu3BOK5yN5o>. This film is being shown in partnership with the Nicollet County Farm Bureau who will host a short discussion after the film.



### Iron Range Minnesota Building America

**Feb. 4, 7 p.m., Treaty Site History Center**  
**Free. No Registration required.**  
56 min., not rated. Unknown to most people, Minnesota's Iron Range was fundamental in shaping America. Eighty percent of the iron used to create U.S. icons from railroads to skyscrapers to iron-fortified bread came from the 100-mile long, 20-mile wide swath of land in northern Minnesota. This land supplied late 19th and 20th century America with the iron needed to fuel industrialization, economic expansion, and military might. The history of the Iron Range tells the history of America; it is the story of immigrants, of conflict and assimilation, of people creating lives for themselves, their families, and for others. And yet, the Iron Range appears as only a footnote in treatments of American histories. Watch the trailer: <https://www.youtube.com/watch?v=Ztr6dUp0bg>



**Little Crow and the Dakota War**  
Mar. 3, 6 p.m.,  
**Treaty Site History Center,**  
**Free. No Registration required.**  
153 min., not rated. The 1862 war between the white settlers and the Dakota began in western Minnesota. Little Crow, the Dakota leader, was largely blamed for the outbreak. Film director and historian Mark Diedrich states,

"There was a decade-long period of massive corruption which greatly affected the treaty relationship between the Dakota and the U.S. government. The facts, as laid out in this documentary, will show that Little Crow used every possible, peaceable means to gain justice for his people. He did so until his people were so angry and maddened and being in a state of starvation, decided to go to war." <https://www.facebook.com/littlecrowandthedakotawar>. After the film, join film director, Mark Diedrich for a short discussion.

### Biophilic Design: The Architecture of Life

**Apr. 7, 7 p.m., Treaty Site History Center**  
**Free. No Registration required.**  
62 min., Rated for Grades 7 to Adult. *Biophilic Design* is an innovative way of designing the places where we live, work, and learn. Come on a journey from our evolutionary past and the origins of architecture to the world's most celebrated buildings in a search for the architecture of life. Together, we will encounter buildings that connect people and nature - hospitals where patients heal faster, schools where children's test scores are higher, offices where workers are more productive and communities where neighbors and families thrive. *Biophilic Design* points the way toward creating healthy and productive habitats for modern humans. Watch the trailer: <http://www.biophilicdesign.net/film-trailer.html>



**The Trouble with Bread**  
May 5, 7 p.m., Treaty Site History Center  
**Free. No Registration required.**  
26 min., not rated. This documentary investigates the changes to something so basic to humanity, and yet recently, so demonized: bread. Film maker Maggie Beideman states, "As a self-deprecating, gluten-intolerant filmmaker, I journey from farm to mill to table on a hunt for the perfect loaf—one I can eat without getting sick—and a quest for answers about gluten intolerance. Along the way, I learn that the way we grow and mill wheat and ferment bread has changed significantly in the past couple of generations, and that these changes could be making me sick. Let's just say that bread as you know it, is not what you think." Watch the trailer: [http://www.thetroublewithbread.com/?page\\_id=31](http://www.thetroublewithbread.com/?page_id=31)

# ADULT GENERAL INTEREST

## MUSIC LESSONS



### Piano or Voice Lessons with Melissa Pate

**Sess. 1: Mon., Jan. 11–Feb. 29 (skip 1/18, 2/15) (6 weeks)** (Register by Jan. 7) \$108 GI-W07  
**Sess. 2: Mon., Mar. 7–Apr. 25 (skip 3/28) (7 weeks)** (Register by Feb. 29) \$126 GI-W08  
 30 min. lessons – call 934-3048 to schedule. Lesson times available between 2:30–7:30 p.m., SPCC Rm. 104. This course is intended for beginning students as well as those with experience. Melissa has more than 15 years of private teaching experience and specializes in instrumental and vocal performance instruction. A keyboard will be provided at the lessons.

### Piano, Violin, Cello, Viola or Mandolin Private Lessons with Lehi Gertz, B.A.

#### Wednesday Lessons

**Sess. 1: Jan. 13–27 (3 weeks)** (Register by Jan. 11) \$59 GI-W09  
**Sess. 2: Feb. 3–24 (4 weeks)** (Register by Feb. 1) \$78 GI-W10  
**Sess. 3: Mar. 2–16 (3 weeks)** (Register by Feb. 29) \$59 GI-W11  
**Sess. 4: Apr. 13–27 (3 weeks)** (Register by Apr. 11) \$59 GI-W12

#### Friday Lessons

**Sess. 1: Jan. 15–29 (3 weeks)** (Register by Jan. 11) \$59 GI-W13  
**Sess. 2: Feb. 5–26 (4 weeks)** (Register by Feb. 1) \$78 GI-W14  
**Sess. 3: Mar. 4–18 (3 weeks)** (Register by Feb. 29) \$59 GI-W15  
**Sess. 4: Apr. 1–29 (5 weeks)** (Register by Mar. 28) \$97 GI-W16  
 30 min. lessons, call 934-3048 to schedule. Times available are Wednesday at 3–8:30 p.m. and Fridays at 4:30–8:30 p.m. SPCC Rm. 104  
 This course is intended to either introduce adults to an instrument or help musicians improve their skills. Students should bring their instrument; a piano will be provided. Lehi has over 13 years of private teaching experience and holds a B.A. in music.



### Just ONCE Guitar for Busy People GI-W17

**Johnathan Moeller**  
**Mon., Apr. 4, 6:30–9:30 p.m.**  
 SPCC Rm. 102, \$54  
 (fee includes workbook & practice DVD)  
 Ages 13 and up. 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. For more info, visit: justonceclasses.com. (Min. 4, max. 15. Register by: Mar. 28)

**Community Education**  
**Weather Hotline 934-3048, ext. 411**  
**or visit our Facebook page**  
**St Peter Community Ed**



## ARTS & CRAFTS

### In With the Old

**Tracy Giza Design**  
**Sess. 1: Sat., Mar. 12, 9–1 p.m., SPCC Rm. 219,**  
 (Register by Feb. 29) \$59 GI-W18  
**Sess. 2: Sat., Apr. 16, 9–1 p.m., SPCC Rm. 219,**  
 (Register by Apr. 4) \$59 GI-W19

Do you have a piece of furniture that needs a “face lift”? If so, this fun and creative workshop is for you! Bring in a chair, small table or cabinet and I'll give you the tools, direction, tips and techniques to transform your piece into something you'll be proud to display! Whether you would like to add color, texture, pattern or purpose, I will guide you through the steps to make your vision come to life. **\*\*Send me a digital image of your piece (tracygizapainting@gmail.com) 1 week prior to class and I will create a personalized plan of action.** All supplies and materials are included in the cost. (Min. 10, max. 20)



## ARTS CENTER CLASSES

315 S. Minn. Ave., St. Peter



**General Information**  
 Clay classes are in the Clay Center, located in the Arts Center. Studio classes are in the Arts Center's lower gallery classroom unless otherwise noted. In the event of weather-related cancellations, classes are made up at the end of the session, scheduled at the instructor's discretion.

Current members of the Arts Center receive a 10% discount off the price of classes from the Arts Center. Contact the Arts Center after registering for more details.

### Intro to Clay

**Caitlin Robb**

**Sess. 1: Thu., Jan. 21–Mar. 3 (skip 2/25) (6 weeks)**

4–6 p.m., (Register by Jan. 18) \$58 ART-W01

**Sess. 2: Sat., Feb. 27–Apr. 9 (skip 4/2) (6 weeks)**

10 a.m.–12 p.m., (Register by Feb. 22) \$58 ART-W02

**Beginner ages 16 & up.** Want to get acquainted with clay or need a space to grow your skills? In this class, you'll learn fundamental skills and try new techniques in both throwing and hand-building, as well as take home hand-made ceramic pieces. Students will have access to the Clay Studio during gallery hours for the duration of the class. (Min. 4, max. 8)

### Guided Work in the Clay Studio ART-W03

**Juana Arias**

**Sun., Apr. 10–May 8, (skip 5/1) (4 weeks) 2–4 p.m., \$62**

**For intermediate to advanced students 16+.** Open workshop

time for past students and those wishing to rekindle their relationship with clay. Not necessary to attend every session or to attend the full two hours. Clay Studio Manager Juana Arias will provide individual guidance on your own project in the works, and/or help you get started on a new one. Students may purchase additional clay for their own use and arrange per-project glazing & firing for a small additional fee. (Min. 4, max. 8. Register by: Apr. 4)

### Daytime Intro to Clay Carving

**for Retirees ART-W04**

**Michelle Kaisersatt**

**Wed., Mar. 23–Apr. 27, (6 weeks) 9–11 a.m., \$85**

**For beginners to intermediate students 65+.** Tell your story

through clay! Learn carving techniques applicable for wheel-thrown or slab-rolled forms. By end of classes you will have created your own sculptural, hangable clay tile. Student work will be fired and ready for pickup within a month of class completion. (Min. 4, max. 8. Register by: Mar. 21)

### Drawing Workshop for All Levels ART-W05

**Melody Taylor**

**Tue., Jan. 12–Feb. 23 (7 weeks) 5–7 p.m., \$45**

**For beginners to intermediate students 16+.** A guided

workshop covering the basics of drawing—line, shape, shading, using graphics as inspiration—and includes relaxation techniques to help you get comfy with the idea of making art, making mistakes and opening up to let inspiration flow. Class time will be spent in the Arts Center gallery and classroom. (Min. 4, max. 8. Register by: Jan. 7)

### Explorations in Printmaking

**with Joel Moline ART-W06**

**Tue., Feb. 2–Mar. 22, (8 weeks)**

**9:30–11:30 a.m.**

**\$95 + materials fee to be determined**

**based on individual projects.**

**For intermediate & advanced adult students.** Explore linoleum

cuts, monotype, drypoint and wood engraving at your own pace with

guidance from a master printmaker. An etching press and proof press will be available for class use. At the instructor's home studio. Not wheelchair-accessible. (Min. 3, max. 4. Register by: Jan. 25)

### Smoothie Smart

**Dr. Cuong Huynh (Dr. C) and Dr. Deb Bobendrier (Dr. B)**

**Thu., Feb. 4, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Learn how to incorporate more fresh fruits and vegetables into your diet and reap the benefits for years to come. We will be providing a

tasting, and will share some of our recipes. If you have a blender, nutribullet, ninja, etc., please bring it along so we can see how different types of blenders work. (Min. 5, max. 25. Register by: Feb. 1)

### Chocolate

**Stefanie Hailperin**

**Thu., Feb. 18, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

If you took the December class, you will want to sign up for this one as well because we will be trying new recipes. This chocolate class features Pot de Crème (an elegant showcase dessert that is trivial to make), chocolate truffles, and a sacher torte. (Min. 5, max. 25. Register by: Feb. 15)

### Seasonal Produce: Winter Edition

**Cody Feder**

**Thu., Mar. 3, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Join Cody from the produce department as he shares some delicious recipes using seasonal produce. (Min. 5, max. 25. Register by: Feb. 29)

### From My Mother's Kitchen

**Stefanie Hailperin**

**Thu., Mar. 17, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

My mother grew up in Nazi-occupied Czechoslovakia, moved to Canada when the Iron Curtain fell, and then moved to the U.S. in 1962. Her cooking reflects that journey. She made some wonderful dishes: chicken stew with artichoke hearts, beef teriyaki, and a great cauliflower dish. (Min. 5, max. 25. Register by: Mar. 14)

### Leftover Makeover

**Veronica Worely**

**Thu., Mar. 24, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Learn to remake a main dish food into completely different meals for the rest of the week. They will never know supper stems from that original item! (Min. 5, max. 25. Register by: Mar. 21)

## COOKING



### Making Meals Easy

#### Denise Peters, Wildtree Freezer Meals

Have you ever thought about “freezer meals”, but don't know where to start? This is where we and Wildtree come in! We have the menus and the finishing products to help you leave the class with FIVE meals (feeds 4-6, or can be split into 2 meals, giving you ten meals) ready to be cooked! You will also go home with 3 full-size Wildtree products and extra recipes to make repeat meals. (\*\*NOTE: 1 week before class, you will receive a grocery shopping list. Bring food, measuring spoons, an apron and a box of gallon sized freezer bags.) (Min. 3, max. 25)

### Kidtastic

**Mon., Feb. 1, 6–8 p.m.**

**SPCC Rm. 215, \$40 GI-W20**

Ranch Pork Chops, Adobo Taco Stack, Slow Cooker Adobo Chicken, Surf-n-Turf Skewers, & Macaroni & Beef Casserole.

(Register by: Jan. 18)

### Get Your Grill On

**Mon., Apr. 25, 6–8 p.m.**

**SPCC Rm. 215, \$40 GI-W21**

Asian Ginger Beef Tips w/spicy slaw, Cheddar & Garlic Turkey Burgers, Savory Grilled Tilapia, Rancher Burgers w/Grilled Onion Strings, Grilled Asian Ginger Chicken Skewers. (Register by: Apr. 11)

### Classes @ the Co-op

228 Mulberry St., St. Peter

### Thursday Classes

#### Make-Your-Own Kombucha

**Meg Covey**

**Thu., Jan. 14, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Kombucha is a fermented drink growing in popularity. I'll make a batch, show off bottling, storage, and answer your questions. I will be able to give away some scobies, bring a container so you can start your own batch! (Min. 5, max. 25. Register by: Jan. 11)

#### Pressed Sushi

**Sushi Bob**

**Thu., Jan. 21, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Sushi does not mean raw fish or seafood! Learn the simple techniques of preparing “pressed” Sushi with little or no NORI (seaweed). Sushi can range from Vegan to Omnivore, Traditional to Contemporary. (Min. 5, max. 25. Register by: Jan. 18)

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**Thu., Mar. 24, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Learn to remake a main dish food into completely different meals for the rest of the week. They will never know supper stems from that original item! (Min. 5, max. 25. Register by: Mar. 21)

### Simple Sides!

**Erica Idso-Weisz**

**Thu., Mar. 31, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Often the main dish gets all the attention and we are left wanting for glorious sides that make our taste buds dance! This class will focus on simple sides that will add the perfect complement to any meal. (Min. 5, max. 25. Register by: Mar. 28)

### Detoxing with Real Food

**Stacie Hassing, RD, LD and Jessica Beacom, RDN, CLT**

**Thu., Apr. 14, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

In this class, Jessica and Stacie, the dietitians behind Simply Nourished Recipes, are sharing their nutrition expertise and delicious detoxing recipes. Spring is the perfect time to give the body a good re-set but that doesn't mean you have to do a “juice cleanse” or fast for days. In this class, we will share our top picks of natural detoxing foods. You'll also learn ways to incorporate those foods into your everyday diet in a tasty and enjoyable way. (Min. 5, max. 25. Register by: Apr. 11)



### Think Spring, Think Rhubarb!

**Medea and Mike Myhra**

**Thu., Apr. 21, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Rhubarb is not just for bars and cakes anymore. Come learn some new recipes for using rhubarb, have fun, and enjoy delicious samples along the way. (Min. 5, max. 25. Register by: Apr. 18)

### Breakfast, it's what's for Dinner!

**Erica Idso-Weisz**

**Thu., Apr. 28, 6–7:30 p.m.**

**St. Peter Food Co-op, FREE!!**

**FREE, pre-register by calling 934-3048.**

Delightful breakfast recipes that you can whip up for breakfast, brunch, lunch, snack, dinner, or anytime the urge strikes! (Min. 5, max. 25. Register by: Apr. 25)



### Tuesday Classes

#### KITCHEN BASICS: Produce

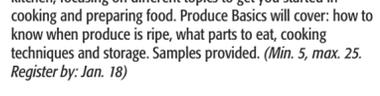
**Cody Feder**

**Tue., Jan. 26, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Kitchen Basics is a new series designed for beginners in the kitchen, focusing on different topics to get you started in cooking and preparing food. Produce Basics will cover: how to know when produce is ripe, what parts to eat, cooking techniques and storage. Samples provided. (Min. 5, max. 25. Register by: Jan. 18)



#### KITCHEN BASICS: Bulk

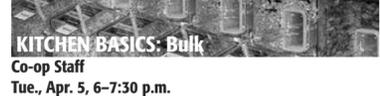
**Cody Feder**

**Tue., Apr. 5, 6–7:30 p.m.**

**St. Peter Food Co-op**

**FREE, pre-register by calling 934-3048.**

Kitchen Basics is a new series designed for beginners in the kitchen, focusing on different topics to get you started in cooking and preparing food. Bulk Basics will cover: a bulk aisle tour to see how to shop the aisle and what is available, how the bulk aisle can help you save and how to cook with some favorite bulk ingredients. Samples provided. (Min. 5, max. 25. Register by: Mar. 28)



#### HEALTHY ON A BUDGET

**Becca Haack-Damon**

# ADULT HEALTH & WELLNESS



## Community CPR: Infant, Child & Adult with AED LS-W06

Mary Powers, RN  
**Tue., Mar. 8, 5:30-8:30 p.m., SPHS Rm. 203, \$87**  
 Learn to care for victims of all ages. Topics include rescue breathing and CPR, first aid for choking, and reducing the risk of cardiovascular disease. **Note: this class is not for the professional rescuer. Certification received upon successful completion of course and is valid for two years.** (Min. 4, max. 12. Register by: Feb. 22) **CE**

## First Aid LS-W07

Mary Powers, RN  
**Tue., Mar. 15, 5:30-7:30 p.m., SPHS Rm. 203, \$66**  
 This course helps students recognize and deal with emergencies, injuries and sudden illness. Students practice several first aid techniques. **Certification received upon successful completion of course and is valid for three years.** (Min. 4, max. 12. Register by: Feb. 29) **CE**

## Beginning Hatha Yoga

Tressa Bushaw, RYT  
**St. Peter Yoga Studio (112 Grace St.)**  
**Sess. 1: Wed., Jan. 13-Mar. 2 (8 weeks) 7-8 p.m.**  
 (Register by: Jan. 11) \$45 WEL-W01  
**Sess. 2: Wed., Mar. 9-Apr. 27, (8 weeks) 7-8 p.m.**  
 (Register by: Mar. 7) \$45 WEL-W02

Strengthen your body and calm your mind with yoga! In this 60-minute gentle yoga class, strength, flexibility, balance and breath work will be the main focal points. This class is ideal for you if you are new to yoga or have been away and need a refresher. Yoga mats provided, wear comfortable clothing. info@stpetercommunityedonline.com (Min. 8, no max.) **CE**



## All-Levels Flow Yoga

Tressa Bushaw, RYT  
**St. Peter Yoga Studio (112 Grace St.)**  
**Sess. 1: Wed., Jan. 13-Mar. 2 (8 weeks) 5:30-6:30 p.m.**  
 (Register by: Jan. 11) \$45 WEL-W03  
**Sess. 2: Wed., Mar. 9-Apr. 27, (8 weeks) 5:30-6:30 p.m.**  
 (Register by: Mar. 7) \$45 WEL-W04

Start the New Year by taking care of you in this flowing yoga class that will strengthen, heal and detoxify the body and mind. This creatively sequenced vinyasa class consists of poses that are linked to breath leaving you feeling refreshed and strong. Previous yoga experience not required. info@stpetercommunityedonline.com (Min. 8, no max.) **CE**

## All-Levels Hatha Yoga

Tressa Bushaw, RYT  
**St. Peter Yoga Studio (112 Grace St.)**  
**Sess. 1: Mon., Jan. 11-Feb. 29 (8 weeks) 12-1 p.m.**  
 (Register by: Jan. 8) \$45 WEL-W05  
**Sess. 2: Mon., Mar. 7-Apr. 25 (8 weeks) 12-1 p.m.**  
 (Register by: Feb. 29) \$45 WEL-W06  
**Sess. 3: Thu., Jan. 14-Mar. 3 (8 weeks) 9-10 a.m.**  
 (Register by: Jan. 11) \$45 WEL-W07  
**Sess. 4: Thu., Mar. 10-Apr. 28 (8 weeks) 9-10 a.m.**  
 (Register by: Mar. 7) \$45 WEL-W08

You will experience more energy and flexibility after taking this 60 minute class. You'll move purposefully through the sequences for strength, flexibility, balance and breath work. This class is designed for all fitness levels. Previous yoga experience not required. info@stpetercommunityedonline.com (Min. 8, no max.) **CE**



## Stressed To the Max WEL-W09

Dr. Steven J. Moore, D.C.  
**Mon., Jan. 11, 6:30-7:30 p.m.**  
**Cornerstone Wellness Center, 220 W. Broadway Ave., \$5**  
 What does stress do to your body and your health? Dr. Moore will explain ways to manage your stress level. (Min. 3, max. 10. Register by: Jan. 7) **CE**

## Fat Loss Summit WEL-W10

Dr. Steven J. Moore, D.C.  
**Tue., Jan. 12, 6:30-7:30 p.m.**  
**Cornerstone Wellness Center, 220 W. Broadway Ave., \$5**  
 What is body composition and why does it matter? Dr. Moore will tell you why it matters if you want to change how you look. (Min. 3, max. 10. Register by: Jan. 7) **CE**

## Blood Sugar Summit WEL-W11

Dr. Steven J. Moore, D.C.  
**Wed., Jan. 13, 6:30-7:30 p.m.**  
**Cornerstone Wellness Center, 220 W. Broadway Ave., \$5**  
 Blood sugar management ideas naturally, presented by Dr. Moore. (Min. 3, max. 10. Register by: Jan. 7) **CE**

## Digestive Summit WEL-W12

Dr. Steven J. Moore, D.C.  
**Thu., Jan. 14, 6:30-7:30 p.m.**  
**Cornerstone Wellness Center, 220 W. Broadway Ave., \$5**  
 Allergy, food intolerance and indigestion? Dr. Moore has the tools to increase your overall health. (Min. 3, max. 10. Register by: Jan. 7) **CE**

## Total Barre WEL-W13

Cornerstone Wellness Staff  
**Mon. & Wed., Jan. 11-27, (6 sessions) 4:15-4:45 p.m.**  
**Cornerstone Wellness Center, 220 W. Broadway Ave., \$38**  
 A high-energy 30-minute workout done at the ballet barre, focusing on strength, flexibility, stamina, and dynamic stability by combining elements from pilates, dance, cardio, and strength training. (Min. 3, max. 10. Register by: Jan. 7) **CE**

## Can you hear me? WEL-W14

Dr. Seth Nelson, D.C., CVSMT  
**Thu., Jan. 14, 5:30 p.m.**  
**Rising Sun Chiropractic, 1520 S. Minn. Ave., \$5**  
 Our bodies talk with us in many different ways, sometimes it's a whisper, sometimes a shout. Most health issues begin with a whisper and can be resolved long before your body is shouting. Come join us for a fun class in understanding how your body talks through all its different languages and leave with tools to take charge of your health for the years to come. (Min. 4, max. 20. Register by: Jan. 11) **CE**

## Nutrition Makeover WEL-W15

Dr. Seth Nelson, D.C., CVSMT  
**Thu., Feb. 18, 5:30 p.m.**  
**Rising Sun Chiropractic, 1520 S. Minn. Ave., \$5**  
 Nutrition, dietary supplements and herbs are a big focus in health care and wellness because they are powerful tools to use in healing and treating many different health concerns. Learning where to begin is an important first step. We will be discussing nutrition basics, how to choose your products, what should we all be taking and where to begin. Walk away with a new power to shop smart in the nutrition and supplement industry and get the most from your health dollars. (Min. 4, max. 20. Register by: Feb. 15) **CE**

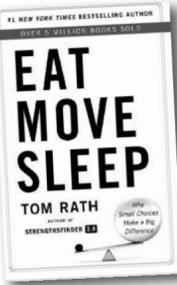
## Chiropractic 101 WEL-W16

Dr. Seth Nelson, D.C., CVSMT  
**Thu., Mar. 10, 5:30 p.m.**  
**Rising Sun Chiropractic, 1520 S. Minn. Ave., \$5**  
 Chiropractic care continues to grow more and more into a mainstream medical service but did you know there are 141 recognized techniques? Different techniques focus on different parts of the body, different approaches to care, employ different tools and philosophy. Finding the right fit for you makes a big difference in the care you receive. We will discuss the most common techniques and therapies applied by chiropractors and how to find a chiropractic physician that is a great fit for your health and wellness goals. (Min. 4, max. 20. Register by: Mar. 7) **CE**



## Young Living Essential Oils

Denise Peters  
**Sess. 1: Mon., Jan 11, 6:30-8 p.m. (Register by: Jan. 7)**  
**WEL-W17**  
**Sess. 2: Mon., Feb 8, 6:30-8 p.m. (Register by: Feb. 1)**  
**WEL-W18**  
**Sess. 3: Mon., Apr 18, 6:30-8 p.m. (Register by: Apr. 1)**  
**WEL-W19**  
**SPCC Rm. 102, \$10 + \$10 instructor supply fee**  
 Have you heard people talking about essential oils and supplements wondered what it's all about? Are you interested in living a healthier, chemical free life for you and your family? Join me to discuss essential oils. What they can be used for in your home. How they can help you get healthy and stay there. I will also bring a variety of roller bottle recipes to choose from if you'd like to make something. (Min. 4, no max.) **CE**



## Mankato Clinic's

2016

Community

Wellness

Initiative

Jan. 11-Dec. 31

Read the book, *Eat Move Sleep*

by Tom Rath. Copies are

available at the library.

Visit <http://mankatoclinic.com/thrive> for activities and other info. **CE**

## Let it Go! Sparking

a Lifestyle of Health, Freedom and Joy GI-W20  
**Kris Langworthy, The Hokey-Pokey Clinic**  
**Tue., Feb. 9, 16 & 23, 7-9 p.m., SPCC Rm. 217**  
**\$88 + \$25 supply fee paid to instructor.**  
 Discover the connection between your emotional and physical health, embrace your personal strengths, and experience a renewed sense of passion and purpose in this three part class. Topics include: Let it Go, The Cold Never Bothered Me Anyway and It's Time to See What I Can Do. Participants will receive a book and have access to online tools. Bring paper and pen. Kris is a motivational speaker, chaplain, registered nurse, and the mother of six talented children. She delights in discovering the strengths of others and helping people recognize their unique greatness. (Min. 6, max. 30. Register by: Jan. 25) **CE**



## Courage & Confidence:

Daring to Pursue Your Dreams GI-W21

**Kris Langworthy, The Hokey-Pokey Clinic**  
**Tue., Mar. 22, 7-9 p.m., SPCC Rm. 102, \$65**  
 You can't afford to leave that dream list tucked under your stack of bills or filed away. In this follow up to the "Let It Go" class, you will experiment with 3 specific tools to propel you into the next level of bringing those dreams to pass. Your strength for life is depending on you remembering and working towards those dreams. It's not as hard as you think! You can do this! Participants will take home templates and tools they utilize in class. **(Note: you are encouraged to attend the "Let it Go" class prior to Courage and Confidence, but it is not required.)** Kris is a motivational speaker, chaplain, registered nurse, and the mother of six talented children. She delights in discovering the strengths of others and helping people recognize their unique greatness. (Min 5, max 30. Register by: Mar. 14) **CE**

See Aquatics Section for Scuba Diving & Water Aerobics



# ADULT GENERAL INTEREST



## AARP Driver's Safety Classes

Course Fees: AARP Members \$18\*

Non-AARP Members \$23\*

Classes meet in the St. Peter Community Center

### ~REFRESHER COURSES~

DATE & TIME	LOCATION	ID#
4 hr. Tue., Jan. 26 1-5 p.m.	Rm. 217	<b>LS-W01</b> (register by Jan. 18)
4 hr. Mon., Feb. 22 1-5 p.m.	Rm. 217	<b>LS-W02</b> (register by Feb. 15)
4 hr. Mon., Mar. 21 5:30-9:30 p.m.	Rm. 217	<b>LS-W03</b> (register by Mar. 14)
4 hr. Thu., Apr. 14 1-5 p.m.	Rm. 217	<b>LS-W04</b> (register by Apr. 11)
4 hr. Tue., May 17 1-5 p.m.	Rm. 217	<b>LS-W07</b> (register by May 9)

### ~FIRST-TIME COURSE~

8 hr. Mon./Tue., Mar. 14 & 15 5:30-9:30 p.m.	Rm. 217	<b>LS-W06</b> (register by Mar. 7)
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Register by contacting Community and Family Education at 934-3048, extension '0' or online at [www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com) **CE**

\*AARP membership card will need to be presented at the class

# St. Peter SENIOR CENTER

St. Peter Senior Center  
 St. Peter  
 Community Center,  
 Rm. 219.

Sylvia Perron,  
 Senior Center Coordinator,  
 Office phone: 934-7434  
[www.saintpetermn.gov/recreation](http://www.saintpetermn.gov/recreation)



## P.A.L.S. Exercise

Partners in Active Living for Seniors  
**Mon., Wed., Fri., 10-11 a.m.**  
**\$25, SPCC Multi-Purpose Rm. 310A**  
**Sess. 1: Feb. 8-Mar. 18 (no class 2/15)**  
**Sess. 2: Mar. 21-Apr. 29 (no class 3/25)**  
**Sess. 3: May 2-June 3 (no class 5/30)**  
 A health and fitness program designed to help older adults be more active, enjoy a better quality of life and have fun. All fitness levels welcome. Call Sylvia at 934-7434 to register or sign up at the Recreation Office. PALS is sponsored by the Saint Peter Senior Center & Nicollet Co. Public Health.



**A MATTER OF BALANCE**  
 MANAGING CONCERNS ABOUT FALLS  
**Thu., March 17-May 5, 1-3 p.m.**  
**No charge, Saint Peter Public Library meeting room.**  
 Call Sylvia at 934-7434 or VINE at 386-5586 to register.  
 Sponsored by MN River Area Agency on Aging, Saint Peter Senior Center, and VINE.

## Medicare & Health Insurance Help

**Thu., Jan. 7, Feb. 4, Mar. 3, Apr. 7, May 5**  
**Senior Center Rm. 219.**  
 One-on-one assistance, no appointment needed. Sponsored by MN River Area Agency on Aging.

## Welcome to Medicare

**Thu., Apr. 21, 3-5 p.m., Senior Center, no charge**

If you are getting ready to turn 65 or just want information about Medicare benefits this class is for you! Register by calling Sylvia at the Senior Center, 934-7434. Sponsored by MN River Area Agency on Aging.

## Breakfast at the River for Seniors

**Whiskey River, 8:30 a.m., \$9 (includes breakfast & tip) CE CE**

To register call either the Senior Center (934-7434) or Community & Family Education (934-3048)  
**Tue., Mar. 15-Sara Hewitt, Sweet Cheeks**  
 Honey-business and family farm.

**Tue., Apr. 19-John Nelson, Pet Expo-attracting birds to your feeders.**

**Tue., May 17-Scott Kudelka, DNR Naturalist-Bison in Minneopa Park.**



## Senior Dances

**Tuesday, 1-4 p.m., American Legion, \$5 at the door**

**Jan. 12** Lyndon Peterson  
**Feb. 9** Bud Berhow  
**Mar. 8** Don Klossner  
**Apr. 12** Luverne Wanous  
**May 10** Lyndon Peterson

## GAC Buffet Lunch for Seniors

**Wed., Jan. 13, Feb. 10, Mar. 9, Apr. 13, May 11**  
**11 a.m.-12:30 p.m., Gustavus Three Crowns Room, \$6.75**  
 No registration required.

## Foot Care Clinics

**Tuesday appointments**  
**Jan. 5 & 19; Feb. 2 & 16; Mar. 1 & 15; Apr. 5 & 19; May 3 & 17,**  
**SPCC Rm. 215, \$24**  
 Call 934-0667 for an appointment.

## N.A.P.S.

The Nutrition Assistance Program for Seniors is available to low-income seniors 60 years and over. Food is distributed at the Senior Center from 3-4 p.m. on **Thu., Jan. 7, Feb. 4, Mar. 3, Apr. 7, May 5.** Please register ahead by calling 1-800-365-0270. Sponsored by Second Harvest Heartland.

## Weekly Cards @ the Senior Center

**Tuesday** 500 at 1 p.m.  
**Tuesday** Bridge at 1:15 p.m.  
**Thursday** Men's Cards at 1 p.m.  
**Friday** Pfeffer at 1:30 p.m.



## Bi-monthly Senior Center Newsletter

Get all the latest news from the Senior Center! If you would like to receive a free newsletter by mail or e-mail please call 934-7434. Available on line at [www.saintpetermn.gov/senior-center](http://www.saintpetermn.gov/senior-center).

## Community Senior Services

### Nicollet County Senior Transportation

Rides are provided to those in need of transportation to medical appointments. Call 934-7227 at least two days prior to needing a ride. Donations are accepted for this service which is supported in part by the Greater Mankato Area United Way.

### Senior Nutrition Program & Meals on Wheels

**Park View Manor, 1010 S. 4th St., St. Peter**  
 Anyone over 60 years of age and/or spouse is welcome to participate. Reservations for both programs must be made one day in advance by calling 934-8850 between 10 a.m. and 12:30 p.m.



# Youth General Interest

**Scholarships:** Saint Peter Community & Family Education has youth scholarships for families who may find that the full registration fee for an activity is a hardship. To be eligible for a youth scholarship, an individual must have a financial need and reside in the Saint Peter School District or participate in the open enrollment option for the district. To receive a scholarship application, call 934-3048 or stop by the office in Rm. 207 at the Community Center.

## Spanish for Kids

**Tamara Gordy**  
**Grades K-2 at South Early Learning Center**  
**Sess. 1: Mon., Jan. 25-Feb. 29 (skip 2/15) (5 classes)**  
 2:45-3:45 p.m., Media Ctr., (Register by: Jan. 18) \$39 CY-W03  
**Sess. 2: Mon., Mar. 7-Apr. 11 (skip 3/28) (5 classes)**  
 2:45-3:45 p.m., Media Ctr., (Register by: Feb. 29) \$39 CY-W04  
**Grades 3-6 at North Intermediate**  
**Sess. 1: Tue., Jan. 26-Mar. 1 (skip 2/16) (5 classes) 3-4 p.m., STEM Rm., (Register by: Jan. 18) \$39 CY-W05**  
**Sess. 2: Tue., Mar. 8-Apr. 5 (5 classes) 3-4 p.m., STEM Rm. (Register by: Feb. 29) \$39 CY-W06**

Childhood is the ideal time to learn a second language. Learning a second language can improve listening and memory skills, self-esteem, overall comprehension and test scores. In **Spanish for Kids**, children will learn Spanish naturally through hands-on, interactive experiences. Participants will learn the sounds, phrases and vocabulary while reinforcing their new knowledge with games, music, activities, and crafts. Children that struggle with academics are highly encouraged to register. Each session is different; you can register for both or just one. (Min. 5, max. 15) **CE**



## STEM Innovation Lab & Makerspace

**Angie Potts**  
**Grades 3-6: Wed., Mar. 2-Apr. 6, 3-4 p.m., North Intermediate STEM Rm., \$38 CY-W07**  
 Have a great idea but just need some tools, resources, and support to get it running? Interested in trying out robotics, coding, 3D printing, Little Bits, green screen, podcasting, or game creation? Come join us as we dive into the Makerspace world! Students will get a chance to try and extend their use of a variety of tools and STEM materials they have not had the opportunity to really dig into during their regular school STEM time. Students will have the freedom, resources, and time to work on high interest projects throughout our Makerspace time. (Min. 2, max. 30. Register by: Feb. 29) **CE**

## Watch Me Draw! Arctic Art Lab

**Watch Me Draw Staff**  
**Grades K-2: Thu., Jan. 28-Feb. 25, 2:45-3:45 p.m., South Early Learning Center Art Rm., \$51 CY-W08**  
**Grades 3-6: Wed., Jan. 27-Feb. 24, 3-4 p.m., North Intermediate Art Rm., \$51 CY-W09**  
 It may be cold outside, but it's heating up in the art lab! You'll sculpt a cozy igloo and polar bear out of clay, use oil pastels and water colors to make your own Aurora Borealis, design a speedy toboggan and other super cool projects! Our classes provide progressive art-enriched experiences designed to build solid skills and artistic confidence in each child. (Min. 6, max. 20. Register by: Jan. 18 for either) **CE**

## Watch Me Draw! Clay Dazzle Art Studio

**Watch Me Draw Staff**  
**Grades K-2: Fri., Apr. 15-29, 2:45-3:45 p.m., South Early Learning Center Art Rm., \$35 CY-W10**  
**Grades 3-6: Tue., Apr. 12-26, 3-4 p.m., North Intermediate Art Rm., \$35 CY-W11**  
 Clay Dazzle is part acrylics on canvas and part clay sculpture, combined to create original 3-D masterpieces. Use fun techniques to make your art pop, add embellishments to style your masterpieces. Take home your own whimsical clay and painting creations each day! (Min. 6, max. 20. Register by: Apr. 4 for either) **CE**

## Ninth Street Jazz Cats CY-W02

**Lauren Shoemaker**  
**Tue., Feb. 2-Mar. 22 (skip 2/16), 3-4 p.m., North Intermediate Band Room, \$70**  
 Bebop, boogie and groove as you learn to play jazz rhythm and sounds! If you are a sixth grade band student, you will want to join this fun jazz band! Bring your instrument and get ready to play some swingin' sounds. (Min. 12, max. 20. Register by: Jan. 25) **CE**

## Piano, Violin, Cello, Viola or Mandolin Private Lessons

**Lehi Gertz, B.A.**

### Wednesday Lessons

**Sess. 1: Jan. 13-27 (3 weeks) (Register by: Jan. 11) \$54 CY-W12**  
**Sess. 2: Feb. 3-24 (4 weeks) (Register by: Feb. 1) \$71 CY-W13**  
**Sess. 3: Mar. 2-16 (3 weeks) (Register by: Feb. 29) \$54 CY-W14**  
**Sess. 4: Apr. 13-27 (3 weeks) (Register by: Apr. 11) \$54 CY-W15**

### Friday Lessons

**Sess. 1: Jan. 15-29 (3 weeks) (Register by: Jan. 11) \$54 CY-W16**  
**Sess. 2: Feb. 5-26 (4 weeks) (Register by: Feb. 1) \$71 CY-W17**  
**Sess. 3: Mar. 4-18 (3 weeks) (Register by: Feb. 29) \$54 CY-W18**  
**Sess. 4: Apr. 1-29 (5 weeks) (Register by: Mar. 28) \$89 CY-W19**

**30 min. lessons, call 934-3048 to schedule. Times available are Wednesday at 3-8:30 p.m. and Fridays at 4:30-8:30 p.m. SPCC Rm. 104**

This course is intended to either introduce participants to an instrument or help musicians improve their skills. Students should bring their instrument; a piano will be provided. Lehi has over 13 years of private teaching experience and holds a B.A. in music. **CE**

## Piano or Voice Lessons with Melissa Pate

**Sess. 1: Jan. 11-Feb. 29 (skip 1/18, 2/15) (6 weeks) (Register by: Jan. 7) \$99 CY-W20**  
**Sess. 2: Mar. 7-Apr. 25 (skip 3/28) (7 weeks) (Register by: Feb. 29) \$116 CY-W21**  
**30 min. lessons on Mons, call 934-3048 to schedule. Lessons available between 2:30-7:30 p.m., SPCC Rm. 104.**  
 This course is intended for beginning students as well as those with experience. Melissa has more than 15 years of private teaching experience and specializes in instrumental and vocal performance instruction. A keyboard will be provided at the lessons. **CE**

## Fun with Books: Let it Snow CY-W22

**Lori Oachs**  
**Tue., Feb. 9, 2:45-3:45 p.m., South Early Learning Center Art Rm., \$4**  
**Grades K-2:** Do you have fun playing outside in the snow? During this class we will have fun with snow in the classroom. We will read several books, create a project and have a snack focusing on different things made out of snow. (Min. 5, max. 10. Register by: Feb. 1) **CE**

## Fun with Books: Think Spring CY-W23

**Lori Oachs**  
**Thu., Apr. 21, 2:45-3:45 p.m., South Early Learning Center Art Rm., \$4**  
**Grades K-2:** Are you ready for spring? It is the time of year when the snow is starting to melt and the flowers are starting to bloom. We will read several books, create a project and have a snack focusing on the season of spring. (Min. 5, max. 10. Register by: Apr. 18) **CE**

## Book Adventures: The Miraculous Journey of Edward Tulane CY-W24

**Lori Oachs**  
**Thu., Feb. 18-Mar. 31 (skip 2/25 & 3/24), 3-4 p.m., North Intermediate STEM Rm., \$20**  
**Grades 3-6:** Have you ever imagined what it would be like if one of your stuffed animals went on a journey? In this five week class we will explore *The Miraculous Journey of Edward Tulane*, by Minn. author Kate DeCamillo, with discussions and fun projects. Join in our adventure to find out more about Edward Tulane's journey. The book is yours to keep at the end of the class! Students should bring a snack each week. (Min. 5, max. 8. Register by: Feb. 15) **CE**

## Math Mania CY-W25

**Lori Oachs**  
**Grades K-2: Tue., Mar. 8-15, 2:45-3:45 p.m., South Elementary Media Ctr., \$8**  
**Grades 3-6: Thu., Mar. 8-15, 2:45-3:45 p.m., South Elementary Media Ctr., \$8**  
 Do you like to play games? In this class we will play fun math games and solve logic puzzles. Students will learn how much fun math can be as they develop logical and critical thinking skills. Bring a snack each week. (Min. 5, max. 10. Register by: Feb. 29) **CE**

## Kids in the Kitchen

**Montana Rasmussen**  
**Tue., Feb. 23, 4-5:30 p.m., St. Peter Food Co-op, FREE!!**  
**FREE, pre-register by calling 934-3048.**  
 A hands-on cooking class for kids (10 and under) and their parents/caregivers to learn how to get along in the kitchen—we'll practice child-appropriate tasks that will help build kitchen-independence. Kids will create a simple recipe that feature fruits or vegetables as a way to encourage better eating habits for both kids and adults alike. (Min. 5, max. 25. Register by: Feb. 15) **CE**

**Parents, are there times when finances are tight and it's hard to put food on the table? There are options for families with children in the school district.**

### • Children's Weekend Food Program

During the school year, this program serves students at South Early Learning Center and North Intermediate with child-friendly, nutritious, non-perishable food items for breakfast, lunch and snacks for most non-school days. At South, contact Kathy (Woyda) Johnson 934-2754 x.275. At North, contact Deb Hentges 934-3260 x.619.

### • Teen Pantry

During the school year, teens can sign up with one of the school counselors to receive nutritious, non-perishable food items for breakfast, lunch and snacks for most non-school days. The pantry operates in the Community Center and has scheduled pick up dates twice a month.

**Both of these programs are affiliated with St. Peter Area Food Shelf and Saint Peter Public Schools.**

## YOUTH ARTS CENTER CLASSES

315 S. Minn. Ave., St. Peter

**General Information**  
 Clay classes are in the Clay Center, located in the Arts Center. **The Arts Center will open 15 min. prior to the start of each class.** In the event of weather-related cancellations, classes are made up at the end of the session, scheduled at the instructor's discretion.

Current members of the Arts Center receive a 10% discount off the price of classes from the Arts Center. Contact the Arts Center after registering for more details.

### Kids' Clay ART-W07

**Clay Center staff**  
**Thu., Jan. 21-Mar. 3 (skip 2/25) (6 weeks) 4-6 p.m., \$58**  
**For beginners 8-12.** Come play with clay! In this introduction to the medium, students will learn basic techniques and create several hand-built pieces to take home (fired and ready for pickup within a month of class completion). *New: Kids' Clay is simultaneous with Sess. 1 of Adult Clay. Adults on the wheels and Kids' Clay at the hand-building table & in the classroom. Not necessary to register as a family, just a nice new option. (Min. 4, max. 8. Register by: Jan. 18) **CE***

### Spring Break Teen Pottery ART-W08

**Caitlin Robb**  
**Mar. 22, 23, 24, 28, 29, & Apr. 5, 4-6 p.m., \$98**  
**For beginners & intermediate students 12-15.** (In conjunction with Dist. 508 spring break). Dig deeper into clay! For new beginners and seasoned returners, this six-day intensive will cover ceramics basics and explore new techniques on and off the wheel. Student work will be fired and ready for pickup within a month of class completion. (Min. 4, max. 8. Register by: Mar. 14) **CE**

**See Adult Section for more Teen Classes**

## Open Gym at SPCC Gym

- Scheduled, supervised time for youth.
- Monthly schedules posted on the Recreation website, [www.saintpetermn.gov/recreation/openschedule](http://www.saintpetermn.gov/recreation/openschedule), available at the community center, or on the Recreation Hotline 934-0070. Updates will be posted on Facebook.
- No charge, donations welcome.
- Open gym policies:**
  - Clean non-marking gym shoes are required.
  - Courteous behavior towards staff and other program participants is expected.
  - Fighting, arguing, and profanity will not be tolerated.
  - Gym users may not loiter in or around the facility during open gym.
  - Failure to follow these expectations may be cause for immediate dismissal from the facility.

## Grandmaster of Chess Grades K-5

**Sess. 1: Tue., Jan. 19-Mar. 8, 6:30-7:45 p.m., SPCC Rm. 310B, \$66**  
**Sess. 2: Tue., Mar. 22-May 10, 6:30-7:45 p.m., SPCC Rm. 310B, \$66**  
 Become a Grandmaster of Chess by learning everything from basic piece movement and checkmate patterns to strong openings, discovered check, back rank mates and more advanced concepts. New players as well as intermediate and advanced players are welcome. Players are paired up with students of similar age and skill level; instructors direct them on strategy, application of studied concepts, and how to analyze a game. (Min. 6, max. 20) **CE**

## Fencing Grades 2-12

**Gr. 2-5: Thu., Jan. 28-Mar. 17, 6:15-7:15 p.m., SPCC Gym, \$85**  
**Gr. 6-12: Thu., Jan. 28-Mar. 17, 7:20-8:20 p.m., SPCC Gym, \$85**  
**New & returning students invited.** Get ready to face your foe in mano-a-mano matches that will test your strength, speed, discipline and desire. New students will learn the basics of fencing while returning students take it up a notch and hone their skills. Young student fencing classes improve dexterity, speed, quickness & focus. SAFETY is our first priority. We supply safety swords, protective masks & jackets, and a high-octane, inclusive environment. ARE YOU READY TO DUEL? For safety considerations, please wear long pants and athletic shoes. (Min. 6, max. 20) **CE**

## Fencing Tournament Prep Grades 2-12

**Gr. 2-5: Thu., Mar. 31-May 19, 6:15-7:15 p.m., SPCC Gym, \$85**  
**Gr. 6-12: Thu., Mar. 31-May 19, 7:20-8:20 p.m., SPCC Gym, \$85**  
**Get pumped and prepped for our end-of-year tournament.** This session is designed to sharpen your skills and focus your talent to be the best you can be. Safety is our first priority. We supply safety swords, protective masks & jackets, and a high-octane, inclusive environment. Through fencing you can acquire quick reflexes, strategic abilities, and concentration. ARE YOU READY TO DUEL? There will be an opportunity to attend a Fencing Tournament. Time, date, fee, and location of tournament have yet to be determined. Details will follow. (Min. 6, max. 20) **CE**

## Extreme LEGOS:

**Hammers & Ballerinas Grades 1-5**  
**Sat., Jan. 23-Feb. 20, 10:30-11:30 a.m., SPCC Rm. 310B, \$40**  
 Build an automated hammer and a bouncing ballerina. Design and build your own "Mystery Contraption" and much more. The newest, coolest LEGO projects are found here. Students will build specific projects to investigate basic principles of levers, gears and pulleys and then be asked to use what they have learned to design, build, test and modify their own creations. Creative and engaging for any young builder! (Min. 6, max. 16) **CE**

# ECFE

(Early Childhood Family Education)

## What you'll find in an ECFE Class!

- Parent/Child Time** – Parents and children experience a wide variety of learning opportunities planned by a licensed teacher that promotes a child's growth and development and gives parents ideas to try at home.
- Separating Classes** – Parents and a licensed parent educator share experiences, ideas, and information. Parents move to a separate room for their time.
- Child Time** – After parents leave for discussion, the children remain with an early childhood educator, and participate in age appropriate activities.

## ECFE Information

• Weather Cancellation Policy – ECFE cancels when the Saint Peter Public Schools close. Call the Community Education Weather Information Line at 934-3048 x411.

• Sibling Care is available for all ECFE classes for siblings from birth to kindergarten.

• **Pre-registration for sibling care is required by Jan. 18th.**

## ECFE Fees

Fees for all Joy of Parenting classes and sibling care are based on a family's yearly gross income. Payments are confidential. Consider the sliding fee scale below and choose what your family can afford. Saint Peter School District residents will not be denied participation due to inability to pay. *Call 934-3048 with questions.*

Family's Yearly Gross Income	Winter Session Fee	Sibling Care Fee per Family
U-CARE Family	\$ 0	\$ 0
Qualify for free or Reduced lunch	\$ 7	\$ 7
\$20,000-\$30,000	\$ 22	\$ 22
\$30,000-\$40,000	\$ 30	\$ 30
\$40,000-\$50,000	\$ 39	\$ 39
\$50,000-\$60,000	\$ 63	\$ 63
\$60,000 +	\$ 88	\$ 88
Non-resident	\$108	\$108

(Non-resident availability confirmed by Jan. 11th)



## Extreme LEGOS: Gear Jammers Grades 1-5



**Sat., Mar. 12-Apr. 9 (No class Mar. 26), 10:30-11:30 a.m., SPCC Rm. 310B, \$35**  
 Build a clock, windmill and a powerful street sweeper. Design your own egg-beater and gear it up to make it blend faster. We will use our structures to investigate basic engineering concepts and components of gearing. A pioneering class designed for adventurous LEGO engineers. (Min. 6, max. 16) **CE**

## Child & Baby-Sitting Safety (CABS) Grades 4-8

**Fri., Mar. 18, 1-4 p.m., SPCC Rm. 217, \$40, (Early Release Day)**  
 Learn the responsibilities of being a babysitter. Topics include starting your own babysitting business, child development, proper feeding & diapering techniques, personal safety, medical emergencies, and basic first aid care and fire safety. The CABS book (yours to keep) and the course were developed by the American Safety and Health Institute and approved by the American Pediatrics Association. Instructor: Lori Hameister. (Min. 12, max. 20) **CE**

## Home Alone Grades 3 and up

**Thu., May 12, 3:15-5:15 p.m., SPCC Rm. 217, \$25**  
 Just mention the words "Home Alone," and children think of the excitement depicted in the movies of the same name. However, the reality of being home alone can evoke fear and anxiety in many children. Whether left alone for an hour after school or several hours a day during the summer, children should feel comfortable being alone. This workshop for children will address several topics to relating to being "Home Alone". Topics include personal safety tips, stranger danger, basic first aid, fire safety, handling the unexpected, internet safety, dealing with loneliness and boredom, storm safety, dealing with siblings as well as trust and honesty. Instructor: Lori Hameister. (Min. 12, max. 20) **CE**

## MinnAqua Fishing Clinic

**Pre-registration required, free**  
**Sess. 1: Ages 0-11 (must be accompanied by an adult), Sat., Jun. 4, 9 a.m.-12 p.m., Hallett's Pond, (Min. 3, max. 10)**  
**Sess. 2: Ages 12-16, Sat., Jun. 4, 1-4 p.m., Hallett's Pond, (Min. 3, max. 15)**

In anticipation of the Nicollet County Historical Society's hosting of the Smithsonian's *Water/Ways* exhibit NCHS is partnering with the Hallett's Pond Association to bring *MinnAqua*, a Minnesota Department of Natural Resources education program, to St. Peter. *MinnAqua* staff will demonstrate how to catch fish with a pop can, teach us about Minnesota fish, water habitat, conservation practices, fishing safety, and how to tie and bait hooks. All fishing will be catch and release. Fishing licenses are not required for registered adult and youth participants. **CE**

## Registration along with a permission/release form for each participant must be completed at the Recreation office prior to the event.



# Parks

## Snowshoes for Rent!

Bundle up, get outside, and experience the season! Enjoy the winter by taking a snowshoe stroll through the woods. The Saint Peter Recreation Department and Treaty Site History Center provide adult and youth size snowshoes for rent. Please call 934-0667 (Recreation) or 934-2160 (Treaty Site History Center) for more information.

## Rental fees:

\$5 per pair per day  
 \$10 for the weekend  
 (Deposit of \$50 per pair due upon pick up)  
 Adult and youth sizes are available. Please call ahead for larger groups.

## Ice Skating

**Veteran's Park Rinks**  
 Two public ice skating rinks are located on the west side of Veteran's Park (located along 5th Ave. North between Skaro & Chatham streets).

## Warming House Hours

A warming house/rink attendant is on duty during the following scheduled hours:

Mon.-Fri.	4-9 p.m.
Sat.	10 a.m.-9 p.m.
Sun.	1-9 p.m.
School Vacation Days	1-9 p.m.



## Leisure Skating Only Hours

Mon.-Fri.	6-7 p.m.
Sat./Sun.	1-3 p.m.

One of the Veteran's park rinks will be available during these hours for leisure skating only. Questions: Talk with the warming house/rink attendant or contact the Recreation Department at 507-934-0667 or email [jenh@saintpetermn.gov](mailto:jenh@saintpetermn.gov).

## Rink Closure Guidelines

Air temperature at -15 or colder.  
 Wind chill temperature at -20 or colder.  
 Temperatures that soften the ice.  
 When more than 1" of snow accumulates on the ice and maintenance crews are not available (e.g. holidays, weekends).  
**Warming House / Rinks may close early due to lack of skaters.**

**For information on warming house/rink closures call the Rec Hotline at 934-0070.**

## Looking ahead to summer....

**Picnic shelter reservations**  
 Shelters are available at Minnesota Square, Gorman Park, Gault Park, and Riverside Park (Mill Pond).

Plan ahead and reserve a picnic shelter for your gathering. Forms are available at the Recreation Office, SPCC, 600 S. 5th St., Ste. 200. Call 934-0667 or email [jenh@saintpetermn.gov](mailto:jenh@saintpetermn.gov) with questions.

**\$40 Res., \$52 Non-Res., plus a \$100 damage deposit.**

## Park Alcohol Permits

Permits are available for alcohol consumption in the parks. To receive a permit, complete a park alcohol permit form and provide a \$100 damage deposit. Forms are available at the Recreation office, SPCC, 600 S. 5th St., Ste. 200. Call 934-0667 or email [jenh@saintpetermn.gov](mailto:jenh@saintpetermn.gov) with questions.

**Recreation & Leisure Hotline 934-0070 for cancellations**



## ECFE SPECIAL EVENTS

**School Readiness (Preschool) Open House for 2016-2017 Registrations**  
**Sat., Feb. 27, 9-11 a.m.**

**SPCC Rm. 117, no registration required.**  
 The Saint Peter School Readiness Program will be hosting an open house for families who are interested in getting more information about the preschool programs being offered in the fall of 2016. Applications for the program will be available and teachers will be on hand to answer questions about the classes offered.

## ECFE Vehicle Fair

(Early Childhood Family Education)  
**Thu., May 12, 5:30-7 p.m.**  
**First Lutheran Church Parking Lot, 1114 W. Traverse Rd. FREE, no registration required.** Bring your whole family! Come to look, climb on, and even sit in a fire truck, police car, school bus, ambulance, and more! Pizza, fruit, and pop will be available to purchase at the concession stand. (Rain date 5/19).



## help me



**Concerned about your child's development?** Help Me Grow is a group of service providers working together to help families in St. Peter, Nicollet, Cleveland, St. Clair, Lake Crystal, Maple River, and Le Sueur-Henderson school districts. They provide free early intervention referral service to help families find and coordinate resources for their children aged birth to 3 years old. **Call (507) 934-5420 (ext. 1253).** Like us on Facebook @ MVED Early Intervention.

**20-36 Months (Separating Class)**  
**Wed., Jan. 27-May 4, 10:15-11:45 a.m. Rm. 119, ECFE-W05**  
**2s and 3s (Separating Class)**  
**Thu., Jan. 21-May 12, 6-7:30 p.m., Rm. 119, ECFE-W06**  
**3s, 4s, and 5s (Separating Class)**  
**Sess. 1: Wed., Jan. 27-May 4, 8:15-9:45 a.m. Rm. 119, ECFE-W07**  
**Sess. 2: Mon., Jan. 25-May 9, 6-7:30 p.m. Rm. 119, ECFE-W08**

# Aquatics



**American Red Cross Swim Lessons**  
Saint Peter High School & Community Pool



## Water Babies

**Sess. 1: Sat., Jan. 9-Feb. 13, 9:15-9:45 a.m.** (Register by: Jan. 4) SWM-W01  
**Sess. 2: Tue. & Thu., Feb. 16-Mar. 3, 5:15-5:45 p.m.** (Register by: Feb. 8) SWM-W02  
**Sess. 3: Sat., Mar. 12-Apr. 23 (skip 3/26), 9:15-9:45 a.m.** (Register by: Mar. 7) SWM-W03  
**6 Lessons, \$30**

Age 6 mos.-2 yrs. This class focuses on water adjustment and swim readiness. Children must wear a swim diaper or plastic pants with their swim suit. A caregiver (age 18 or older) is required to be in the water with each child. (Min. 4, max. 10) **CE**

## Aqua Tots

**Sess. 1: Sat., Jan. 9-Feb. 13, 10-10:30 a.m.** (Register by: Jan. 4) SWM-W04  
**Sess. 2: Tue. & Thu., Jan. 12-28, 6-6:30 p.m.** (Register by: Jan. 4) SWM-W05  
**Sess. 3: Sat., Mar. 12-Apr. 23 (skip 3/26), 10-10:30 a.m.** (Register by: Mar. 7) SWM-W06  
**Sess. 4: Tue. & Thu., Apr. 5-21, 5:55-6:25 p.m.** (Register by: Mar. 28) SWM-W07  
**6 Lessons, \$30**

Ages 2-4 yrs. Learn water adjustment, explore submerging and buoyancy. Children who are not toilet trained must wear a swim diaper or plastic pants with their swim suit. A caregiver (age 18 or older) is required to be in the water with each child. (Min. 4, max. 10) **CE**

## Dolphins

**Sess. 1: Sat., Jan. 9-Feb. 13, 9:15-9:45 a.m.** (Register by: Jan. 4) SWM-W08  
**Sess. 2: Tue. & Thu., Jan. 12-28, 6-6:30 p.m.** (Register by: Jan. 4) SWM-W09  
**Sess. 3: Tue. & Thu., Feb. 16-Mar. 3, 5:55-6:25 p.m.** (Register by: Feb. 8) SWM-W10  
**Sess. 4: Sat., Mar. 12-Apr. 23 (skip 3/26), 9:15-9:45 a.m.** (Register by: Mar. 7) SWM-W11  
**Sess. 5: Tue. & Thu., Apr. 5-21, 5:55-6:25 p.m.** (Register by: Mar. 28) SWM-W12  
**6 Lessons, \$30**

Age 4 yrs. Learn water adjustment, breath control, submerging and buoyancy on front and back with support. (No parent in water with child.) (Min. 4, max. 6) **CE**

## Sharks

**Sess. 1: Sat., Jan. 9-Feb. 13, 10-10:30 a.m.** (Register by: Jan. 4) SWM-W13  
**Sess. 2: Tue. & Thu., Feb. 16-Mar. 3, 5:15-5:45 p.m.** (Register by: Feb. 8) SWM-W14  
**Sess. 3: Sat., Mar. 12-Apr. 23 (skip 3/26), 10-10:30 a.m.** (Register by: Mar. 7) SWM-W15  
**Sess. 4: Tue. & Thu., Apr. 5-21, 5:15-5:45 p.m.** (Register by: Mar. 28) SWM-W16  
**6 Lessons, \$30**

Age 5 yrs. Learn breath control, submerging, swimming and floating on front and back with support, water safety rules, using a life jacket and how to get help in an emergency. (Min. 4, max. 6) **CE**

## Whales

**Sess. 1: Sat., Jan. 9-Feb. 13, 10-10:30 a.m.** (Register by: Jan. 4) SWM-W17  
**Sess. 2: Tue. & Thu., Jan. 12-28, 5:15-5:45 p.m.** (Register by: Jan. 4) SWM-W18  
**Sess. 3: Sat., Mar. 12-Apr. 23 (skip 3/26), 10-10:30 a.m.** (Register by: Mar. 7) SWM-W19  
**Sess. 4: Tue. & Thu., Apr. 5-21, 5:15-5:45 p.m.** (Register by: Mar. 28) SWM-W20  
**6 Lessons, \$30**

Age 6 yrs. Learn to fully submerge and hold breath, tread water, and change direction of travel while swimming on front or back. Age appropriate water safety topics are also covered. (Min. 4, max. 6) **CE**

## Level 1

**Sess. 1: Sat., Jan. 9-Feb. 27, 9:15-9:55 a.m.** (Register by: Jan. 4) SWM-W21  
**Sess. 2: Tue. & Thu., Jan. 12-Feb. 4, 5:15-5:55 p.m.** (Register by: Jan. 4) SWM-W22  
**Sess. 3: Sat., Mar. 12-May 7 (skip 3/26), 9:15-9:55 a.m.** (Register by: Mar. 7) SWM-W23  
**8 Lessons, \$40**

Age 7 yrs. Learn front and back independent floating/kicking, alternating arm action, water safety rules, and using a life jacket. (Min. 4, max. 12) **CE**

## Level 2

**Sess. 1: Sat., Jan. 9-Feb. 27, 9:15-9:55 a.m.** (Register by: Jan. 4) SWM-W24  
**Sess. 2: Tue. & Thu., Jan. 12-Feb. 4, 5:15-5:55 p.m.** (Register by: Jan. 4) SWM-W25  
**Sess. 3: Tue. & Thu., Feb. 16-Mar. 17, 5:55-6:35 p.m.** (Register by: Feb. 8) SWM-W26  
**Sess. 4: Sat., Mar. 12-May 7 (skip 3/26), 9:15-9:55 a.m.** (Register by: Mar. 7) SWM-W27  
**8 Lessons, \$40**

Ages 7 yrs. & up. Learn submerging, front and back glide, jellyfish, back float, tread water, and swim on front and back for 15 feet. (Level 1 pre-requisite) (Min. 4, max. 12) **CE**

## Level 3

**Sess. 1: Sat., Jan. 9-Feb. 27, 10-10:45 a.m.** (Register by: Jan. 4) SWM-W28  
**Sess. 2: Tue. & Thu., Feb. 16-Mar. 17, 5:15-6 p.m.** (Register by: Feb. 8) SWM-W29  
**Sess. 3: Sat., Mar. 12-May 7 (skip 3/26), 10-10:45 a.m.** (Register by: Mar. 7) SWM-W30  
**Sess. 4: Tue. & Thu., Apr. 5-21, 5:15-5:55 p.m.** (Register by: Mar. 28) SWM-W31  
**8 Lessons, \$40**

Learn to jump into deep water, kneeling dive, rotary breathing, survival float, tread water, front crawl, elementary backstroke, flutter kick, dolphin kick and scissors kick. (Level 2 pre-requisite) (Min. 4, max. 12) **CE**

**Community Education**  
Weather Hotline 934-3048, ext. 411  
or visit our Facebook page  
St Peter Community Ed

## Level 4

**Sess. 1: Sat., Jan. 9-Feb. 27, 10-10:45 a.m.** (Register by: Jan. 4) SWM-W32  
**Sess. 2: Sat., Mar. 12-May 7 (skip 3/26), 10-10:45 a.m.** (Register by: Mar. 7) SWM-W33  
**Sess. 3: Tue. & Thu., Apr. 5-21, 5:15-6 p.m.** (Register by: Mar. 28) SWM-W34  
**8 Lessons, \$40**

Learn standing and surface dives, swim underwater, open turn, front and back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. (Level 3 pre-requisite) (Min. 4, max. 12) **CE**

## Level 5

**Sess. 1: Sat., Jan. 9-Feb. 27, 10:45-11:30 a.m.** (Register by: Jan. 4) SWM-W35  
**Sess. 2: Sat., Mar. 12-May 7 (skip 3/26), 10:45-11:30 a.m.** (Register by: Mar. 7) SWM-W36  
**8 Lessons, \$40**

Learn shallow dive, surface dives, flip turn, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, and survival swimming. (Level 4 pre-requisite) (Min. 4, max. 12) **CE**

## Level 6

**Sess. 1: Sat., Jan. 9-Feb. 27, 10:45-11:30 a.m.** (Register by: Jan. 4) SWM-W37  
**Sess. 2: Sat., Mar. 12-May 7 (skip 3/26), 10:45-11:30 a.m.** (Register by: Mar. 7) SWM-W38  
**8 Lessons, \$40**

**Fitness swimmer.** Work on stroke proficiency, open and flip turns, use pull buoy, fins, paddles, pace clock, calculate target heart rate, water exercise and fitness training. (Level 5 pre-requisite) (Min. 4, max. 12) **CE**

## Private Lessons

\$54, Three 30 min. lessons per child. One-on-one private lessons must be arranged through Community and Family Education, call 934-3048 to register. **CE**

## Semi Private Lessons

\$81/pair, Three 30 min. lessons per two children at the same level. Semi-private lessons with a ratio of one instructor to two students. Lessons must be arranged through Community and Family Education, call 934-3048 to register. **CE**

**Interested in applying at the Outdoor Pool?**  
The Recreation Office will begin taking applications for summer aquatics staff on Feb. 10. You must be certified to apply.

## Water Safety Instruction SWM-W51

Nicole Ruhland  
Sun., Jan. 17 & 31, 9 a.m.-4 p.m.  
Saint Peter High School and Community Pool \$109 + \$35 certificate fee paid to the Red Cross  
For ages 16 years old and up on or during the course of the class. This class has an online component. Participants will be responsible to view 10 hours of online instruction and videos outside of class through the Red Cross website (available only through Internet Explorer). A sound background in all six swimming strokes is required. Classes must be successfully completed and none may be missed. A 7-point written test and performance test will be given. Candidates will perform several teaching presentations to the class. Certification will be granted only upon successful completion of the course. Students with valid certificates are eligible to apply for open positions at area pools. Bring a sack lunch. (Min. 7, max. 14. Register by: Jan. 4) **CE**

**Library Hours:**  
Monday-Thursday 10 a.m.-8 p.m.  
Friday 10 a.m.-5 p.m.  
Saturday 9 a.m.-4 p.m.  
Sunday & Holidays Closed

## Storytime Bags: English & Español

Bring storytime home in a bag! Each bag includes several books, song and poem sheets, activity ideas and hands-on manipulatives all centered on a common theme. Spanish Storytime bags are now available! ¡Ya llegaron las Bolsas Literarias en Español, para la hora del cuento y la diversión familiar!

## eBooks at the Library

Follow the Overdrive Button on our webpage: <http://www.saintpetermn.gov/library> to browse the eBook collection. Have your library card handy to check out right from the comfort of your own home!

## Zinio: The World's Largest Virtual Newsstand

Follow the Zinio button on our webpage: <http://www.saintpetermn.gov/library>  
1. Click on "create new account"  
2. Enter your library card number  
3. Fill in the blanks (name, e-mail address, password)  
1, 2, 3! It really is that easy!

## Help Support the Saint Peter Public Library!

When you shop on Amazon.com or bn.com, 6-8% of all you spend (on anything, not just books!) can come back to the library as a credit toward e-books (with no extra cost to you!). **SO BEFORE you shop, follow the WIN button on our webpage: <http://www.saintpetermn.gov/library>.** Thank you for your support!

**Wowbrary** is available at the Saint Peter Public Library. Be among the first to learn about the newest books, DVDs, and CDs acquired by the library. Sign up for Wowbrary at [www.wowbrary.org](http://www.wowbrary.org). This public service sends weekly e-mails showcasing the library's most recent acquisitions. There's even a click-through to the library to place a hold on a new title. And best of all-it's free!!

Visit the library webpage at [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library) and click on current events to see what's happening at the library!



## ADULTS

**Early Morning Lap Swim/Water Walking**  
Mon.-Fri., Jan. 4-May 20, 5:45-7:15 a.m. (No swimming Jan. 18 & Feb. 15)  
\$3.50 per time or \$46 for 20 punch ticket  
Pay the lifeguard at the pool.



## Moderate Intensity Water Aerobics

Hannah Karlstrud  
Enjoy a fast paced workout involving strength training (wrist/ankle weights), aqua joggers and high cardio portions. The goal is to provide the best work out possible, doing what you can do and pushing yourself to do more! (Min. 8, max. 25) **CE**

## REGISTER FOR ONE OR ALL THREE DAYS

Saturdays, 7:30-8:30 a.m.  
**Sess. 1: Feb. 6-Mar. 19 (6 classes)** (Register by: Feb. 1) \$32 SWM-W52  
**Sess. 2: Apr. 2-May 7 (6 classes)** (Register by: Mar. 28) \$27 SWM-W53

## Monday, 5:15-6:15 p.m.

**Sess. 1: Jan. 4-Feb. 8 (skip 1/18) (5 classes)** (Register by: Jan. 4) \$23 SWM-W54a  
**Sess. 2: Feb. 22-Mar. 21 (5 classes)** (Register by: Feb. 15) \$23 SWM-W55a  
**Sess. 3: Apr. 4-May 2 (5 classes)** (Register by: Mar. 28) \$23 SWM-W56a

## Wednesdays, 5:15-6:15 p.m.

**Sess. 1: Jan. 6-Feb. 10 (6 classes)** (Register by: Jan. 4) \$27 SWM-W54b  
**Sess. 2: Feb. 24-Mar. 16 (4 classes)** (Register by: Feb. 15) \$18 SWM-W55b  
**Sess. 3: Mar. 30-Apr. 27 (5 classes)** (Register by: Mar. 28) \$23 SWM-W56b

## Afternoon Aqua Fit (Water Aerobics)

Mon. & Thu., 4-5 p.m.  
**Sess. 1: Jan. 4-Feb. 11 (skip 1/18) (11 classes)** (Register by: Jan. 4) \$50 SWM-W57  
**Sess. 2: Feb. 18-Mar. 21 (10 classes)** (Register by: Feb. 17) \$45 SWM-W58  
**Sess. 3: Mar. 31-May 2 (10 classes)** (Register by: Mar. 28) \$45 SWM-W59

Get a great cardiovascular workout in the water! Elevate your heart rate in the training zone without stress to your joints. Appropriate for all levels of fitness. (Min. 8, max. 25) **CE**

## Evening Aqua Fit (Water Aerobics)

Mon. & Thu., 6:30-7:30 p.m.  
**Sess. 1: Jan. 4-Feb. 11 (skip 1/18) (11 classes)** (Register by: Jan. 4) \$50 SWM-W60  
**Sess. 2: Feb. 18-Mar. 21 (10 classes)** (Register by: Feb. 17) \$45 SWM-W61  
**Sess. 3: Mar. 31-May 2 (10 classes)** (Register by: Mar. 28) \$45 SWM-W62

Get a great cardiovascular workout in the water! Elevate your heart rate in the training zone without stress to your joints. Appropriate for all levels of fitness. (Min. 8, max. 25) **CE**



## Scuba Diving SWM-W75

Tom Rodgers, PADI Certified Scuba Instructor  
Sat., Feb. 27, 8:30 a.m.-4:30 p.m.  
Saint Peter High School and Community Pool \$235 (includes use of scuba equipment)  
For proficient swimmers who are 10 years and older. Ever since you were a kid you know you've wanted to try it! You've seen it in movies and TV shows. Now is your chance to explore the basics of scuba diving! There will be classroom instruction and an underwater dive at the High School Pool. A week prior to class, you will view a 4 hr. DVD at home. (DVD may be picked up from Community Education the week of Feb. 15). Students 10-13 years can also take the class if their parent/guardian is a registered participant. Bring a sack lunch. Questions? (507) 235-3830 or trodgers@famersagent.com (Min. 4, max. 10. Register by: Feb. 15) **CE**

## FAMILY

### Friday Night Family Swim

Jan. 8, 15, 22, 29  
Feb. 5, 12, 19, 26  
Mar. 4, 11, 18  
Apr. 1, 8, 15  
6-8 p.m., \$2.50 per swimmer, pay lifeguard at the pool. A special time just for families! Come and play in the water with your floaties and water toys. Children must be accompanied in the water by an adult caregiver at all times.

### Saturday Open Swim

Jan. 9-Apr. 16, 1-3 p.m. \$2.50 per swimmer, pay lifeguard at the pool.  
Note: Children 7 and under must be accompanied by a proficient swimmer age 13 or older or wear a life jacket.

## FACILITY USE

Pool Weather Cancellation/Closing Policy: The pool follows the same policy as ISD 508 regarding closings and cancellations. Call the Community Education Weather Info. Line: 934-3048 x411.

## Rentals

The pool is available for rental on:  
Fri., 6-9 p.m., Sat., 4-9 p.m., and Sun., 12-8 p.m.  
Make your reservations at least 2 weeks in advance.  
Call Community Education at 934-3048.

## RENTAL FEES PER HOUR

1-25 swimmers	\$55 Res. / \$72 Non-Res.
26-50 swimmers	\$65 Res. / \$85 Non-Res.
51-75 swimmers	\$75 Res. / \$98 Non-Res.
76-100 swimmers	\$85 Res. / \$111 Non-Res.

# Saint Peter Public Library



601 S. Washington • 934-7420 • [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library)

## Library Newsletter and Current Events

"Facts from the Stacks"  
Visit the library webpage at [www.saintpetermn.gov/library](http://www.saintpetermn.gov/library) and click on the Library Newsletter link to see what's happening at the library! If you'd like to sign up to receive a copy of the monthly newsletter, you may do so at the library, or open a copy of the newsletter on our webpage and click on "Join our mailing list" at the top of the page.

## Community Wellness

**Common Reads for 2016**  
The Saint Peter Library is partnering with the Mankato Clinic to promote a 2016 Community Wellness Initiative based on the book *Eat Move Sleep* by Tom Rath. The premise of the book is about making small choices that lead to big changes in overall health. The library will have several copies of *Eat Move Sleep* available for check out, as well as copies of Rath's companion book for children, *The Rechargeables*.

## FREE Special Events @ Your Library

**Making Modern America: 1910-1920**  
Tue., Jan. 12, 6:30 p.m.  
Join Randal Dietrich, World War I program specialist at the Minnesota Historical Society, as he shares a wide-ranging look at World War I as a transformational event in Minnesota and American history—the centerpiece of a vast spectrum of social movements and social change.

## Bedtime Buddy Storytime and Sleepover

Fri., Jan. 15, 6:30 p.m.  
Bedtime storytime with local author Sandy Walsh  
Sat., Jan. 16, 9 a.m.  
Pick up your buddy and enjoy a slide show and a light breakfast!

Registration required. Watch the library newsletter and webpage for registration information.

Have you ever wondered what happens at the library when it's closed? We will share our secret world with your stuffed animal friends at our bedtime buddy sleepover! Come to the library with your bedtime stuffed animal or doll for a special bedtime storytime, bedtime snack and craft. (One toy per child please.) Tuck in your buddy for the night. Please be sure it's a buddy you can live without for one night! Come back the next morning to see what they were up to after the library was closed!

## February is I Love to Read Month!

Watch for activities in the library during February!



## Vintage Valentines: Historical Craft Workshop

Mon., Feb. 1, 6:30 p.m.  
Revive the lost art of letter writing in this fun, two-hour workshop! Make a vintage valentine and a modern pop-up valentine for loved ones.

## The History of Baseball in Minnesota

Mon., Mar. 7, 6:30 p.m.  
Join the Minnesota Historical Society for a fascinating lecture on the history of the Great American Pastime in the North Star State, from the early days of town ball to the latest seasons of the Twins and the Saints.

## Allen Eskens Author Event—St. Peter Reads

Thu., Mar. 10, 7 p.m.,  
Saint Peter Treaty Site History Center  
Allen Eskens, author of *The Life We Bury*, winner of the Rosebud Award for Best First Mystery Novel, has been named a finalist for five additional awards including the prestigious Edgar® Award for Best First Novel. It was chosen by Suspense Magazine and MysteryPeople as one of the best books of 2014, and called a "masterful debut" in a starred review by *Publishers Weekly*.



## Spring Break Drop-in Craft Day

Fri., Mar. 25, 10 a.m.-4 p.m.  
Need something to do on your day off from school? We'll have family spring crafts available in the library!

## Knit Night at the Library

Tuesdays, 6-7:30 p.m.  
Hang out with creative knitters and crocheters. Share your skills, learn something new, or just work on that project you've been meaning to finish! Bring your project and meet by the fireplace in the library for this informal night out.

## Wednesday Storytime

Wed, 10:30 a.m.  
Storytime and movement, songs, puppets, crafts, writing and play! You'll get a little bit of everything at Wednesday Storytimes. Check the library webpage for the storytime theme of the week!

## Stories

Tue., 10 a.m., Thu., 10:30 a.m.  
A staff member or volunteer will read one or two stories with children that come on Tuesdays and Thursdays.

## Birthday Book Club

Kids, ages 1-12 are eligible to take advantage of the birthday book club in the children's area! Come to the library on your birthday, with your library card or an adult, and you will receive a book to keep!

All Storytimes follow the school calendar. When there is no school, there will be no Storytime.

# Youth Sports

## Indoor Soccer Camp

SPCC Gym  
Sun., Feb. 28-Mar. 20, \$40  
Ages 4-5, 4-4:50 p.m., (Min. 6, max. 25)  
Ages 6-7, 5-6 p.m., (Min. 6, max. 25)  
Ages 8-9, 6:15-7:30 p.m., (Min. 6, max. 16)  
This 4-week camp is designed to help young players develop fundamentals with a focus on ball control and passing. Take advantage of this opportunity to get some touches on the ball before the summer season begins. (Each child should wear gym shoes and shin guards. NO CLEATS. Please do NOT bring soccer balls to the camp. Training equipment is provided by camp staff.) **CE**

## St. Peter Recreational Soccer Club

Register by Fri., Apr. 1 for all leagues  
**U4** (Birthdates: 8/1/11-7/31/12)  
**U5** (Birthdates: 8/1/10-7/31/11)  
**U6** (Birthdates: 8/1/09-7/31/10)  
Sat. mornings, 9 a.m., Apr. 23-Jun. 11, \$40 (scholarships available)  
**Veterans Memorial Field**  
Everyone plays! This 8-week training program is designed to teach young players the fundamental techniques of soccer. Development happens through drills and fun games presented in an energetic and nurturing atmosphere. Small organized games will be played the last part of the morning. Instructors will be provided by the St. Peter Soccer Club. **CE**

All Leagues Register by Fri. Apr. 1



## U7 (Birthdates: 8/1/08-7/31/09)

## U8 (Birthdates: 8/1/07-7/31/08)

## U9 (Birthdates: 8/1/06-7/31/07)

Sat. Apr. 23 (morning time TBA)  
is first meeting date, \$50 (scholarships available)  
Practice schedule is determined by each coach and will begin week of Mon., Apr. 25  
One practice per week, plus Sat. morning games (times TBD)

# WINTER 2016 BROCHURE

## Community & Family Education and Recreation & Leisure Services January-April 2016 Classes & Activities Registration begins immediately

Community Education & Recreation & Leisure Classes & Activities Brochure, published three times a year. 2016 / Issue # 1



### Community & Family Education

register online at:  
[www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)

Phone: 934-3048

### City of St. Peter Recreation & Leisure Services Department

register online at:  
[www.saintpetermn.gov/recreation](http://www.saintpetermn.gov/recreation)

Phone: 934-0667



St. Peter Community Center  
600 South Fifth Street  
St. Peter, MN 56082

Nonprofit Org.  
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**POSTAL PATRON**  
St. Peter, MN 56082

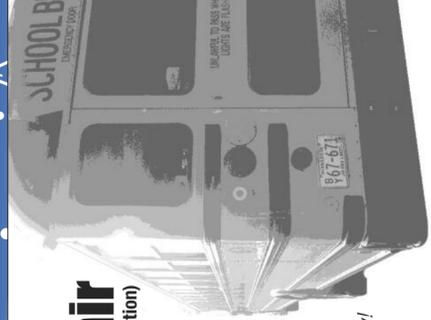
## ECFE Vehicle Fair

(Early Childhood Family Education)

Come to look at, climb on, and even sit in a fire truck, police car, school bus, ambulance, and more!

Thursday, May 12, 5:30-7 p.m.  
First Lutheran parking lot  
1114 W. Traverse Rd.  
(Rain date May 19)

FREE! Bring your whole family!  
Pizza, fruit & pop will be available to purchase at the concession stand.



5 Reasons why you should look into getting your GED

- 1 Better employment opportunities
- 2 Earn higher wages
- 3 Increase your self-confidence
- 4 Set a good example for your children
- 5 Enroll in college classes

Call (507) 934-6210 or stop in at Room 210 in the Community Center to find out how to register for free GED classes.

## “Working to Form a More Perfect Union”

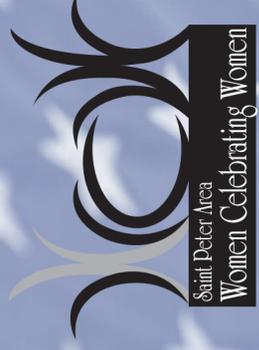
Honoring Women in Public Service & Government

Keynote  
**Kathy Brynaert**  
Former member of the  
Minnesota House of Representatives

**Tuesday, March 15**  
5:45 p.m. Social Time  
6:30 p.m. Dinner & Program

Jackson Campus Center  
Gustavus Adolphus College  
Adults \$22 / Students \$15

Register by March 10 / **G1-W99 CE3**



## Join the St. Peter Reads for Winter Read 2016

with **Allen Eskens** author of *The Guse of Another*

**Thursday, March 10, 2016, 7 p.m.**  
Treaty Site History Center  
(1851 N. Minn. Ave., St. Peter)

**Free Author Talk open to the public**  
Cash bar provided by Patrick's

Books available at Book Mark and local businesses

[www.facebook.com/StPeterReads](http://www.facebook.com/StPeterReads)



The 2016 Winter Reads is brought to you by:



# ROCK THE '80S

## Daddy-Daughter Dance

Dads, Uncles, Grandpas, Big/Little Brothers, Friends, Cousins... bring the special “daughter” in your life to this memorable evening!

**Saturday, March 5**  
6-8 p.m. Pictures  
6-8 p.m. Dance & Activities

**\$25 per couple \$5 each additional guest**  
Sign up at the Recreation Office  
**\$30 per couple at the door**  
**St. Peter Community Center Lobby & Gym**  
Sponsored by St. Peter Recreation Department  
934-0667 [www.saintpetermn.gov/recreation](http://www.saintpetermn.gov/recreation)

## Facts from the Stacks

Beyond Books—what’s happening at your library?

Sign up for “Facts from the Stacks – Beyond Books” e-newsletter and keep up with all that is happening at our library!

Open the Library Newsletter on our webpage ([www.saintpetermn.gov/library](http://www.saintpetermn.gov/library)), then click on “Join our mailing list” at the top of the newsletter page.

Need help? Call 934-7420.

Hard copies also available at the library.

## Seasonal Positions Available

Interested in working with the Recreation and Leisure Services Department in the 2016 summer? Watch for seasonal position listings at [www.saintpetermn.gov/employment](http://www.saintpetermn.gov/employment).

- Sports/Special Events Coordinator
- Create-a-Camp Coordinator
- Specialty Camps/Preschool Coordinator
- Volunteer in the Park Coordinator
- Recreation Leaders full-time and part-time
- Head Lifeguard
- WSI Lifeguard
- Lifeguard
- Pool Cashier



**Empowering girls in 3rd through 5th grade**  
Girls on the Run™ uses the power of running to help prepare girls for a lifetime of self-respect and healthy living.

**Tue. & Thu., Feb. 9-Apr. 26**  
(no class Mar. 8, 10, 24)  
3-5 p.m., SPCC Rm. 310A  
Register for Girls on the Run at [www.mankatoywca.org](http://www.mankatoywca.org).  
Program Fee: \$125.

Based on a sliding fee scale determined by household income.  
For information on scholarships please contact Sheri Sander-Silva at [sheri@ywcamankato.org](mailto:sheri@ywcamankato.org).

eliminating racism empowering women  
**ywca**

Girls on the Run 5k Community Run/Walk Event  
Sat., April 23 / Sibley Park, Mankato