

School District of Rhinelander

Community Education Program



The Community is Our Classroom

Discover Something New With Lifelong Learning

FALL 2024 COMMUNITY EDUCATION CLASS GUIDE

Check inside for full descriptions of classes!

SEPTEMBER

- Sept. 3 - Aspirus Community Fitness Center
- Sept. 8 - Community Open Swim
- Sept. 9 - "Get Out and Walk" 100 Mile Walking Challenge
- Sept. 9 - Pickleball Lessons: Level 1
- Sept. 9 - Pickleball Lessons: Level 2
- Sept. 10 - Fitness with Carrie
- Sept. 16 - Rally Dog Obedience – Advanced Level
- Sept. 16 - A New Leash on Life
- Sept. 17 - Balance & Strength: No Falls Approach
- Sept. 17 - Pickleball Lessons: Level 3
- Sept. 18 - Puppy Manners
- Sept. 18 - Watercolor Painting - Tranquil Sunset
- Sept. 18 - K9 Manners
- Sept. 24 - Create a Flower Crown
- Sept. 25 - Acrylic Painting - Last Summer Dragonfly
- Sept. 25 - Mindset Mastery: Unlocking the Power of Positivity for Personal Growth

OCTOBER

- Oct. 2 - Wellness Workshop - Spirit, Belonging, and Social Relations
- Oct. 2 - Lacrosse 101 for Youth (tennis balls)
- Oct. 2 - Lacrosse 101 for Youth (lacrosse balls)
- Oct. 2 - Square Dance Lessons
- Oct. 7 - Beginning and Intermediate Wheel Throwing
- Oct. 9 - Wellness Workshop - Exercise and Nutrition
- Oct. 9 - Trashcan Lacrosse (for All Ages)
- Oct. 9 - Watercolor Painting - Changing Seasons
- Oct. 12 - CAMP GEORGE

- Oct. 12 - Forcing Spring Bulbs for Winter Bloom
- Oct. 16 - Wellness Workshop - Emotional and Intellectual
- Oct. 17 - Barn Quilt Painting
- Oct. 17 - Art for Your HeArt! - Doodle-Art
- Oct. 23 - Wellness Workshop - Recreation and Occupation
- Oct. 23 - Acrylic Painting - Mother's Love
- Oct. 26 - Fall/Holiday Tablescape Workshop
- Oct. 28 - Rally Dog Obedience – Advanced Level
- Oct. 28 - A New Leash on Life
- Oct. 29 - Fitness with Carrie
- Oct. 30 - Puppy Manners
- Oct. 30 - K9 Manners
- Oct. 30 - Zumba with Val

NOVEMBER

- Nov. 4 - Pickleball Lessons: Level 1
- Nov. 4 - Pickleball Lessons: Level 2
- Nov. 5 - Pickleball Lessons: Level 3
- Nov. 5 - Walking for General Conditioning
- Nov. 13 - Watercolor Painting - Chasing Northern Lights
- Nov. 14 - Art for Your HeArt! - Fold, Cut, and Stitch a Book!
- Nov. 20 - Acrylic Painting - Mated for Life
- Nov. 21 - Art for Your HeArt! - Weaving-Art

DECEMBER

- Dec. 3 - Make a Fresh Seasonal Garland
- Dec. 11 - Watercolor Painting - Wonder
- Dec. 18 - Acrylic Painting - Sly Crow

WE HAVE ONLINE REGISTRATION!



Visit <https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm> for instructions on how to register online with a credit or debit card. Please call 715-365-9745 to inquire about space. Space is limited for all classes.

We encourage online registration, but you can also register by mail or drop off. A paper registration form can be found at: <https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm>. Please print the form, complete it, and mail it with payment to the address on the form. Your registration and payment must be received before the registration deadline for the class. Personal check is preferred.

THE COMMUNITY IS OUR CLASSROOM

Discover something new with LIFELONG LEARNING

Fall 2024 Community Education Class Guide

SPORTS and GAMES

Pickleball Lessons: Level 1 (four offerings)

This class is for beginners and nearly-new players. If you've never played pickleball before or have played very little, these lessons are for you. No prior skills are required. Learn serve, return of serve, basic volley and overhead, dinking and the No Volley Zone, third shot drop, basic strategy and positions, rules, faults, court geometry, and scoring.

Ages: Adults

Instructors: Larry McKittrick and others

Fee: \$60/person

Location: Hodag Dome

First Offering: Mondays and Wednesdays, Sept. 9 – Oct. 2, 12:15 – 1:15 pm

Registration Deadline: Sept. 13

Second Offering: Mondays and Wednesdays, Sept. 9 – Oct. 2, 6:00 – 7:00 pm

Registration Deadline: Sept. 13

Third Offering: Mondays and Wednesdays, Nov. 4 – Nov. 27, 12:15 – 1:15 pm

Registration Deadline: Nov. 1

Fourth Offering: Mondays and Wednesdays, Nov. 4 – Nov. 27, 6:00 – 7:00 pm

Registration Deadline: Nov. 1

Pickleball Lessons: Level 2 (four offerings)

This class is for intermediate players. You will continue to practice and improve on all of the skills presented in Level 1.

Ages: Adults

Instructor: Larry McKittrick and others

Fee: \$60/person

Location: Hodag Dome

First Offering: Mondays and Wednesdays, Sept. 9 – Oct. 2, 1:15 – 2:15 pm

Registration Deadline: Sept. 13

Second Offering: Mondays and Wednesdays, Sept. 9 – Oct. 2, 7:00 – 8:00 pm

Registration Deadline: Sept. 13

Third Offering: Mondays and Wednesdays, Nov. 4 – Nov. 27, 1:15 – 2:15 pm

Registration Deadline: Nov. 1

Fourth Offering: Mondays and Wednesdays, Nov. 4 – Nov. 27, 7:00 – 8:00 pm

Registration Deadline: Nov. 1

Pickleball Lessons: Level 3 (two offerings)

This is a drills class for anyone at a 3.5 skill level or higher.

Ages: Adults

Instructor: Larry McKittrick and others

Fee: \$45/person

Location: Hodag Dome

First Offering: Tuesdays, Sept. 17 – Oct. 8, 12:30 – 2:00 pm

Registration Deadline: Sept. 13

Second Offering: Tuesdays, Nov. 5 – Nov. 26, 6:00 – 7:30 pm

Registration Deadline: Nov. 1

Lacrosse 101 for Youth (tennis balls)

Calling all youth athletes! Join Coach Jeffery in the Hodag Dome and learn the basics of the fastest growing sport in America. Participants will learn the basics of lacrosse, including but not limited to, ground balls, cradling, dodging, passing, catching and shooting. This class will use tennis balls, and therefore not as much protective gear is required. Participants are encouraged to bring hockey gear (helmet, etc.) if they have it, but this is not required. We will have some helmets available for those who do not have their own.

Date and Time: Wednesday, Oct. 2, 6:15 – 7:45 pm

Ages: 15 and younger

Instructor: Will Jeffery, Lacrosse Coach

Fee: \$15/person

Location: Hodag Dome

Registration Deadline: Sept. 30

Lacrosse 101 for Youth (lacrosse balls)

Calling all youth athletes! Join Coach Jeffery in the Hodag Dome and learn the basics of the fastest growing sport in America. Participants will learn the basics of lacrosse, including but not limited to, ground balls, cradling, dodging, passing, catching and shooting. This class will use lacrosse balls, and therefore protective gear MUST be worn. Please bring your hockey equipment! This includes, but is not limited to, helmet, chest protector, elbow pads, gloves, cup, etc.

Date and Time: Wednesday, Oct. 2, 6:15 – 7:45 pm

Ages: 15 and younger

Instructor: Will Jeffery, Lacrosse Coach

Fee: \$15/person

Location: Hodag Dome

Registration Deadline: Sept. 30

Trashcan Lacrosse (for All Ages)

Join us for a fast, fun version of lacrosse using trashcans and tennis balls. Helmet and gloves are required. Participants can expect 15 minutes of instruction (ground balls, throwing, catching and basic strategy), followed by a trashcan lacrosse tournament. Sign up individually. Don't forget to tell your friends to sign up too for a super-fun time! This class will use tennis balls instead of lacrosse balls. Some experience, or Lacrosse 101, is preferred prior to taking this class.

Date and Time: Wednesday, Oct. 9, 6:15 – 7:45 pm

Ages: All ages are welcome

Instructor: Will Jeffery, Lacrosse Coach

Fee: \$15/person

Location: Hodag Dome

Registration Deadline: Oct. 7

TECHNOLOGY and ENGINEERING

HODAG FAB LAB COMMUNITY HOURS

The Hodag Fab Lab exposes the Rhinelander community to some valuable tools that will provide many opportunities for creativity. Some of the tools available include cutters, scanners, printers, replicators, engravers, routers, saws, surfacers, jointers, and sanders. Some examples of what can be created in the Fab Lab include: signs, benches, plaques, glass engravings, key chains, medals, cribbage boards, and more! Please contact Mike Wojtusik at 715-365-9500 or wojtumic@rhinelander.k12.wi.us to inquire about sign-up.

Date and Time: Mondays and Wednesdays, 4:00 - 8:00 pm

Ages: All ages welcome (children younger than 9th grade must be accompanied by an adult)

Instructor: Mike Wojtusik, RHS Industrial Technology Teacher and Fab Lab Director

Fee: FREE to try out! 1-year memberships are \$50/single and \$75/family. Rhinelander students are free!

Location: RHS Fab Lab

CAVOC for the COMMUNITY

The Cedric A. Vig Outdoor Classroom (CAVOC) has many opportunities for community use!

RENTALS – CAVOC is available for birthday parties, family reunions, weddings, bridal showers, baby showers, holiday gatherings, conferences/retreats, business meetings/workshops and MORE! Call (715) 365-9745 for information on how to rent the CAVOC facilities.

ROPES COURSE – The Challenge Ropes Course is available for community groups. It is a tool for personal and educational growth. Build trust, teamwork, and courage! The course consists of high and low elements constructed of ropes, beams, and cables within the forest. Activities are led by trained facilitators. Call (715) 365-9745 for information on how to reserve the Ropes Course.

GEOCACHING – There are several geocaches located on the 160-acre CAVOC property. This is a fun activity to take-part in with your family and friends, or as an individual. Visit www.geocaching.com, set up an account, and use your orienteering skills to find the hidden caches.

TRAIL USE – The CAVOC trail system is available year-round for walking, running, and cross-country skiing. There is a special area for snowshoeing as well. Use of the CAVOC trails is FREE and sign-up is not required. Trails are not available during special events like ski meets. Pets are not allowed at CAVOC.

Visit the CAVOC website at <https://www.rhinelander.k12.wi.us/schools/cavoc/> for a full listing of what CAVOC has to offer.

HODAG DOME

The Hodag Dome is a large, climate-controlled indoor facility that serves the students of SDR as well as our community. Community members living within SDR boundaries may purchase an annual membership for \$15/year. Kids are free. Amenities include indoor walking, pickleball, tennis, open turf times for free play, batting cages, and golf simulators. More information can be found at <https://www.rhinelander.k12.wi.us/hodag-dome/> or by calling (715) 365-9520.

If you have an idea for a community class, or if you have a skill, talent, or knowledge you would like to share with the community, please contact Community Education Manager Mike Cheslock at 715-365-9745 or cheslmik@rhinelander.k12.wi.us.

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