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!

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- Sept. 8 Community Open Swim
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- Oct. 12 Forcing Spring Bulbs for Winter Bloom
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NOVEMBER

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- 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

ARTS and CRAFTS

Watercolor Painting

Join local artist Robin Harrison and learn to express your creativity and passion for watercolor art in a meaningful way. By using various techniques, such as wet-on-wet, dry brush, and overlay, you can create a masterpiece of your own style. For these classes, participants will not be locked into a step-by-step process, rather, the instructor will provide support and advice based on the needs of the individual. Participants will have the freedom to express their own inherent creativity in a relaxed and low-pressure environment. Each class will have a pre-drawn easy-to-follow paper and instructions. Some previous experience is helpful, but not required. All levels are welcome. The artwork in these classes will have a nature-based theme.

Ages: Grade 5 - adult

Instructor: Robin Harrison, Artist Fee: \$12/person/class Location: RHS Room 134 (Art Room)

Tranquil Sunset

Learn wet-on-wet techniques and the overlays of the deck and the bird. Leave the moon as a white background on the paper.

Be creative and play with the clouds and how the moon looks.

Date and Time: Wednesday, Sept. 18, 5:30 - 7:30 pm

Registration Deadline: Sept. 16

Changing Seasons

Learn wet-on-wet background technique, leaving the bird white until we go back in to color it. Put two layers of yellow in the bird to give it enough depth and then add a choice of shrubs and trees behind him, over the background that's already painted. Yellow cardinals are a very rare breed and not seen very often in the wild. **Date and Time:** Wednesday, Oct. 9, 5:30 - 7:30 pm **Registration Deadline:** Oct. 7

Chasing Northern Lights

Learn wet-on-wet techniques for building the sky. There are many colors that the Northern Lights come in and it's up to you to decide what colors you want in your painting. After the horizon is built up and semi-dry, you can build in the old wood cottage in the foreground.

Date and Time: Wednesday, Nov. 13, 5:30 - 7:30 pm **Registration Deadline:** Nov. 11

Wonder

In this charming painting, paint the background first so it can become a beautiful backdrop to the wonder of the polar bear and the bird. Paint in the branches and the bird, and the polar bear last.

Date and Time: Wednesday, Dec. 11, 5:30 - 7:30 pm **Registration Deadline:** Dec. 9

Acrylic Painting

Join local artist Robin Harrison and learn new techniques in acrylic painting. Participants will learn how to mix colors from a palette of six basic colors to achieve the delightful effects in each month's painting. Learn different textures by using common household items. Each participant will be able to create and explore their own style and color palette every month. For these classes, participants will not be locked into a step-by-step process, rather, the instructor will provide support and advice based on the needs of the individual. Participants will have the freedom to express their own inherent creativity in a relaxed and low-pressure environment. Some previous experience is helpful, but not required. All levels are welcome. The artwork in these classes will have a nature-based theme.

Ages: Grade 5 - adult

Instructor: Robin Harrison, Artist Fee: \$12/person/class Location: RHS Room 134 (Art Room)

Last Summer Dragonfly

Learn to paint a beautiful dragonfly. Paint the background first in shades of green. Next, paint the flower branch he is clinging to.

Then paint the dragonfly. He has a lot of beautiful copper tones, browns, and spots of white among his yellow color.

He is an important part of nature!

Pate and Time: Wednesday, Sept. 25, 5:30 - 7:30 pm.

Date and Time: Wednesday, Sept. 25, 5:30 - 7:30 pm **Registration Deadline:** Sept. 23

Mother's Love

Learn to paint this beautiful mama cow and her calf.

They're standing in a meadow, looking through the fence, waiting for dinner.

Date and Time: Wednesday, Oct. 23, 5:30 - 7:30 pm **Registration Deadline:** Oct. 21

Mated for Life

These beautiful cardinals will be a joy to paint as they sit on a winter branch, staying warm together. Paint the cardinals first, and then the background. The background is painted with slightly watered down acrylic paint and it can be any color you desire.

Date and Time: Wednesday, Nov. 20, 5:30 - 7:30 pm

Registration Deadline: Nov. 18

Sly Crow

This crow looks like he's smiling at you while wearing his winter festive items. Paint the background first, and then the crow on top of that background.

Date and Time: Wednesday, Dec. 18, 5:30 - 7:30 pm **Registration Deadline:** Dec. 16

Beginning and Intermediate Wheel Throwing

Depending on goals and experience, students will create several wheel-thrown pieces. We will learn about clay preparation, tools, texture, throwing techniques, and new ways to stretch skills learned in previous pottery classes. In addition to the scheduled class meetings on Mondays, there will be two optional Open Studio dates on Thursday, October 17, and Thursday, November 7. These will run 5:00 - 8:00 pm.

Date and Time: Mondays, Oct. 7 - Nov. 25, 5:30 - 8:00 pm Ages: Adults

Instructor: Ingrid Bodensteiner, Local Artist Fee: \$100/person

Location: RHS Room 131 (Art Room)
Registration Deadline: Oct. 2

Barn Quilt Painting

Barn quilts are a form of American folk art that are usually made of simple geometric shapes – squares, rectangles and triangles. They're often painted in bright, solid colors, though every now and then you'll come across one that has more complex patterns and colors. There are many reasons why someone would want to add a barn quilt to the barn, garage, shed, fence or home exterior. Just because you don't have a barn doesn't mean you can't add a bit of American folk art to your home. In this class you'll learn the basics to create a 24" x 24" barn quilt. You will leave with a completed barn quilt; the pattern, and the knowledge to create more barn quilts in a variety of sizes. The class provides all supplies and instruction with lots of tips for completing your project with ease. So, grab a friend or two and join us!

Date and Time: Thursday, Oct. 17, 5:00 - 9:00 pm

Ages: 12 - adult

Instructor: Dottie Reeder, Local Artist Fee: \$70/person Location: RHS Room 134 (Art Room) Registration Deadline: Oct. 7

AQUATICS

Community Open Swim

For all members of the community! Enjoy family time and lap swim in the Heck Family Community Pool (located in RHS).

Date/Time: Sundays, Sept. 8 – May 11 (throughout the school-year), 9:00 am – 12:00 pm

*Open swim will not take place during holidays and some school breaks.

Please check the website for full details

Ages: All (children under 10 years old must be accompanied by an adult)

Registration: Pre-registration is not required. Sign-in is required upon

DOG OBEDIENCE

Puppy Manners

You brought your puppy home. Now what? Puppy Manners class will get you started on health tips, and behaviors such as potty training, biting, jumping, etc. Puppies will learn commands such as "sit", "down", and "come" calls. They will learn to socialize with other puppies. This class is for puppies up to 6 months old. *Owners must bring a 6-foot leash and the puppy's favorite soft treats*.

Instructor: Carol Lofquist, from TLC – Training with Love by Carol Fee: \$90/dog

Location: Pelican Elementary School Gymnasium

First Offering: Wednesdays, Sept. 18 - Oct. 23, 6:00 - 6:45 pm Registration Deadline: Sept. 16

Second Offering: Wednesdays, Oct. 30 - Dec. 11, 6:00 - 6:45 pm (no class Nov. 27 due to Thanksgiving Break)

Registration Deadline: Oct. 28

K9 Manner

Did you rescue a dog? Or is your dog showing signs of misbehaving and could use some lessons in manners? If either is the case, this class is for you! Sharpen up your dog's skills with distractions. Many problem solving situations will be offered. Basic commands will be taught as well. This class is for dogs ages 7 months and older. Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of rabies vaccination.

Instructor: Carol Lofquist, from TLC – Training with Love by Carol Fee: \$90/dog

Location: Pelican Elementary School Gymnasium

First Offering: Wednesdays, Sept. 18 - Oct. 23, 7:00 - 7:45 pm
Registration Deadline: Sept. 16

Second Offering: Wednesdays, Oct. 30 - Dec. 11, 7:00 - 7:45 pm (no class Nov. 27 due to Thanksgiving Break)
Registration Deadline: Oct. 28

Rally Dog Obedience – Advanced Level

Looking to do something fun with your dog? Rally Class is designed to keep your dog moving while you build a working relationship with your dog. In this class, dog/handler teams will complete courses made up of signs describing specific obedience exercises. Your dog will be off leash when you are working on the course. You will be presented with many new signs. A prerequisite to this class is either the Intro Level or Novice Level of Rally O. Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of rabies vaccination.

Instructor: Carol Lofquist, from TLC – Training with Love by Carol Fee: \$90/dog

Location: Pelican Elementary School Gymnasium

First Offering: Mondays, Sept. 16 - Oct. 21, 6:00 - 6:45 pm Registration Deadline: Sept. 13

Second Offering: Mondays, Oct. 28 - Dec. 2, 6:00 - 6:45 pm Registration Deadline: Oct. 25

A New Leash on Life

Is your dog too strong to go for a walk? Does your dog drag you down the street? This class is designed to educate you and your dog to walk with a loose leash with distractions. You will learn step-by-step techniques to reach your leash walking goals.

Instructor: Carol Lofquist, from TLC – Training with Love by Carol **Fee:** \$90/dog

Location: Pelican Elementary School Gymnasium

First Offering: Mondays, Sept. 16 - Oct. 21, 7:00 - 7:45 pm Registration Deadline: Sept. 13

Second Offering: Mondays, Oct. 28 - Dec. 2, 7:00 - 7:45 pm **Registration Deadline:** Oct. 25

FITNESS

"Get Out and Walk" 100 Mile Walking Challenge

Get out and enjoy the fresh air! Get some exercise in the beautiful Northwoods environment! Walk 100 miles in seven weeks. Your walking routes are your choice. Keep track of your distance and log your miles. After the seven weeks is up, submit your completed log sheet. All who complete the challenge will be eligible for a random drawing for Chamber Bucks! All who participate will receive a gift. We encourage you, your family, and friends to take part in this fun activity!

Dates: Monday, Sept. 9 - Sunday, Oct. 27

Ages: All
Facilitator: Mike Cheslock
Fee: \$10/person

Location: Participant's choice Registration Deadline: Sept. 8

Fitness with Carrie

This is a low-impact class for all fitness levels. It focuses on core muscles, not just abs, which are important for flexibility and balance, creating a strong frame for your body that will help prepare you for activities in your daily life. We will focus on using proper form to improve balance, stability, and mobility using kettlebells, dumbbells, body weight and stretching. Please bring light dumbbells and an exercise mat.

Ages: Adults
Instructor: Carrie Ketter, Certified Group Fitness Instructor
Fee: \$45/person

Drop-In Fee: \$5/person/time **Location:** Crescent School Gymnasium

First Offering: Tuesdays and Thursdays, Sept. 10 - Oct. 22, 5:00 - 6:00 pm (no class Oct. 15 - parent-teacher conferences) **Registration Deadline:** Sept. 9

Second Offering: Tuesdays and Thursdays, Oct. 29 - Dec. 12, 5:00 - 6:00 pm (no class Nov. 26 or Nov. 28 - Thanksgiving week)
Registration Deadline: Oct. 28

Balance & Strength: No Falls Approach

Build strength, balance, and everyday living movements with head, shoulder, knee, toe, and hand exercises. We'll add in some marching movements for building that no-falls approach to our aging cycle. Athletic/tennis shoes are required.

Dates and Times: Tuesdays and Thursdays, 10:00 - 11:00 am, Sept. 17 - Nov. 21 (no class Oct. 14 - Nov. 1 due to dome maintenance)

Sept. 17 - Nov. 21 (no class Oct. 14 - Nov. 1 due to dome maintenan **Ages:** Any age (55 and older is target audience)

Instructor: Susie Wegner
Fee: \$45/person
Location: Hodag Dome

Registration Deadline: Sept. 16

Registration Deadline: Sept. 16

Square Dance Lessons

Square dancing is a great way to exercise and socialize! It is a fun activity for families, couples, and single people of all ages. No experience is necessary. If you have previous experience square dancing, consider joining as a refresher course or to help with the beginners. The class will be led by an experienced square dance caller who makes dancing fun and easy to learn!

Dates and Times: Wednesdays, Oct. 2 - Dec. 11, 6:00 - 8:00 pm

(no class on November 27 due to the Thanksgiving holiday)

(no class on November 27 due to the Thanksgiving holiday) **Ages:** 7 years old to adult

Instructor: Jimmie Burss
Fee: \$10 per person

Location: Cedric A. Vig Outdoor Classroom (CAVOC Lodge)
Registration Deadline: Sept. 30

Zumba with Val

The most awesome workout ever! Dance to great music, with great people, and burn calories without even realizing it. No experience necessary! This class is open for participants of all abilities. Dance moves can be modified to fit individual needs.

Dates and Times: Wednesdays, Oct. 30 - Dec. 11, Times 5:30 - 6:15 pm

(No class Nov. 27 - Thanksgiving Break)

Ages: 10 - adult

Instructor: Val Foley
Fee: \$18/person
Drop-In Fee: \$4/person/time

Location: James Williams Middle School Gymnasium Registration Deadline: Oct. 28

Walking for General Conditioning

Walking is effective, convenient, and great for your body. Adding a high intensity interval training component can boost your calorie and fat burning potential substantially, and help you improve your overall health. In addition to outdoor and indoor walking, you will be doing workouts targeting total body, upper body, lower body and core. Get started and practice this new technique for a new you! Each participant will receive a resistance band. Please bring a floor mat.

Dates and Times: Tuesdays, Thursdays, and Fridays, Nov. 5 - Dec. 13, 7:15 - 8:15 am (no class Nov. 28 or Nov. 29 due to the Thanksgiving holiday) **Ages**: Adults

Instructor: Tori Cihla (Certified Personal Trainer)
Fee: \$95/person

Location: Hodag Dome **Registration Deadline:** Nov. 1

Aspirus Community Fitness Center

Located in Rhinelander High School, the fitness center is available to the community FREE of charge. Use free-weights, machines, treadmills, bikes, and other exercise equipment.

Date/Time: Mondays - Fridays, Sept. 3 - June 4

(throughout the school-year) 5:00 - 6:30 pm

(throughout the school-year), 5:00 - 6:30 pm **Ages:** 12 to adult **Fee:** FREE

Registration: A waiver must be signed prior to using the fitness center. Sign-in is required upon arrival. The fitness center will be closed on certain holidays and school breaks. Visit the School District of Rhinelander website for more information.

FLORAL and GARDEN

Create a Flower Crown

Crown making is fun for everyone! Learn to make your own floral crown with a mixture of beautiful fresh and dried botanicals and ribbons to choose from. You will leave with your own design as well as a new skill that may be used for baby showers, bridal showers, festivals or just to adorn a loved one. **Date and Time**: Tuesday, Sept. 24, 5:30 - 7:00 pm

Ages: Grade 9 - adult
Instructor: Forth Floral
Fee: \$40/person
Location: Forth Floral
Registration Deadline: Sept. 20

Forcing Spring Bulbs for Winter Bloom

Spring flowers can brighten the dreariest of winters. Forcing bulbs is a simple process that gives you spring blossoms indoors months before the snow is gone. We'll teach you how to select, plant, and treat bulbs so they bloom in the midst of winter.

Date and Time: Saturday, Oct. 12, 10:00 - 11:00 am Ages: Grade 9 - adult Instructor: Forth Floral Fee: \$25/person

Fall/Holiday Tablescape Workshop

A tablescape is meant to elevate a dining experience. It's a way to show your family and guests that you care about them and that the meal is special. We'll show you how to elevate your table using florals, plants, candles, and accent items. You will create three beautiful petite arrangements in three keepsake

dishes to take home with you. **Date and Time**: Saturday, Oct. 26, 10:00 - 11:30 am **Ages:** Grade 9 - adult

Ages: Grade 9 - adult
Instructor: Forth Floral
Fee: \$36/person
Location: Forth Floral

Registration Deadline: Oct. 24

Location: Forth Floral

Registration Deadline: Oct. 10

Make a Fresh Seasonal Garland

Back by popular demand! Learn how to create a foliage and floral garland to dress up your holiday table, mantle, or mirror. Using local evergreens, other decorative foliages and flowers and other holiday accents you will create a stunning 6-foot garland to take you through the holidays.

Date and Time: Tuesday, Dec. 3, 5:30 - 7:00 pm Ages: Grade 9 - adult Instructor: Forth Floral Fee: \$36/person Location: Forth Floral Registration Deadline: Nov. 29

HEALTH and WELL-BEING

Mindset Mastery: Unlocking the Power of Positivity for Personal Growth

Join us for an empowering workshop designed to transform your mindset and unlock your full potential for personal growth and happiness. This class is your gateway to a more positive and fulfilling life, providing practical strategies and tools to help you shift from negativity to positivity and overcome common obstacles. You will understand the power of a positive mind, identify four obstacles to sustain positivity, and explore three ways to start transforming your mindset immediately.

Date and Time: Wednesday, Sept. 25, 6:00 - 7:30 pm **Ages:** Adults

Instructor: Kristine Homann, RN – Health and Life Coach Fee: \$20/person Location: RHS Room 111

Registration Deadline: Sept. 23

Health Coaching with Tori: Wellness Workshop

Rediscover your zest for life and embark on your very own personalized wellness journey with this new and inspired wellness course. During this wellness workshop, we will cover community health topics and explore the wheel of wellness to inspire and redefine your personal definition of overall wellness and how to get there by providing a safe and supportive space as well as empathetic listening and continued professional support as you strive for your health goals. All attendees will receive a follow-up voucher for a FREE health coaching session with Tori, post-course, to further continue your journey, get a jump start on new year's resolutions, and be continually guided on their wellness journey. The workshop will be separated into four courses, Spirit & Belonging and Social Relations, Exercise and Nutrition, Emotional and Intellectual, and Recreation and Occupation. Clients may choose to attend all courses or simply select the class with topics that interest you the most. Come discuss invigorating new health topics and meet other like-minded individuals who are also on their healing journey, and let's learn and grow together!

Ages: Adults
Instructor: Tori Schoone, Health and Wellness Coach
Location: RHS Room 111

Registration Deadline: Sept. 30

Registration Deadline: Oct. 7

Registration Deadline: Oct. 14

Spirit, Belonging, and Social Relations
Date and Time: Wednesday, Oct. 2, 5:30 - 6:30 pm
Fee: \$20/person

Exercise and Nutrition
Date and Time: Wednesday, Oct. 9, 5:30 - 6:30 pm
Fee: \$20/person

Emotional and Intellectual

Date and Time: Wednesday, Oct. 16, 5:30 - 6:30 pm

Fee: \$20/person

Recreation and Occupation
Date and Time: Wednesday, Oct. 23, 5:30 - 6:30 pm
Fee: \$20/person
Registration Deadline: Oct. 21

CAMP GEORGE

Please join us for the 2nd annual Camp George, a one-day grief camp for children in the Northwoods. If you have a child in grades Kindergarten through 6th, who have experienced loss in their life (parent, grandparent, sibling, pet, divorce), we welcome them to join us at CAVOC for the day to engage in grief-related activities. We will design and create t-shirts, break flower pots, and so much more. If you have any questions before signing up, please reach out to Lexi Allen by email at allenale@rhinelander.k12.wi.us or visit Camp George's website for more information at https://sites.google.com/rhinelander.k12.wi.us/camp-george/camp-george. Lexi will reach out with additional paperwork and information prior to the event. Parents are encouraged to attend for the last 30 minutes of the program.

Ages: Kindergarten - 6th grade
Facilitator: Lexi Allen, High School Counselor
Fee: \$5/child (to cover the cost of the t-shirt)

Fee: \$5/child (to cover the cost of the t-shirt)
Location: CAVOC (Cedric A. Vig Outdoor Classroom)
Registration Deadline: Oct. 1

Date and Time: Saturday, Oct. 12, 9:00 am - 4:00 pm

Art for Your HeArt!

Help keep your heart and mind healthy... through art! Sign up for each class individually. Take one, some, or all three of these therapeutic art classes! Help reduce stress and promote relaxation and tranquility.

Ages: adults

Instructor: Louise Perreault (Lifelong art and craft instructor with training in art therapy)

Location: RHS Library

Date and Time: Thursday, Oct. 17, 5:00 - 7:00 pm

Doodle-Art

Start your art by tracing your hand! Then practice the art of ZenDoodle. Fill your design with patterns, words, or any kind of self-expression while your heart and mind "unwind". Materials will be provided. Your "open mind" and desire to relax is all you need to bring!

Fee: \$12/person
Registration Deadline: Oct. 15

Fold, Cut, and Stitch a Book!

Learn the art of creating simple handmade books. Practice techniques for making small books and journals. All material will be provided. Your books and journals will be ready to take home so you can begin writing and adding your own embellishments.

Date and Time: Thursday, Nov. 14, 5:00 - 7:00 pm

Fee: \$12/person

Registration Deadline: Nov. 12

Weaving-Art

Over-Under, Over-Under – practice the "Zen" of weaving!
Design and weave a cotton-loop potholder on a traditional
metal frame. Loops will be provided in many color choices and
combinations, including fall and seasonal holiday colors.

Date and Time: Thursday, Nov. 21, 5:00 - 7:00 pm

Fee: \$12/person

Registration Deadline: Nov. 19

RECREATION and SAFETY

Outdoor Safety Courses

The School District of Rhinelander and the Oneida County Sheriff's Office work together to offer several safety courses throughout the year. This includes Hunter's Safety, Snowmobile Safety, ATV Safety, Boater Safety, and MORE! Call Mike at 715-365-9745 to inquire.

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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.

Instructors: Larry McKitrick 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 McKitrick 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

 $\textbf{Second Offering} : Mondays \ and \ Wednesdays, \ Sept. \ 9-Oct. \ 2, \ 7:00-8:00 \ pm$

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.

Instructor: Larry McKitrick 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,

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

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.

 $\underline{\textbf{GEOCACHING}} - \textbf{There are several geocaches located on the 160-acre CAVOC property}.$ 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

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. 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.

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. If the online software indicates that the class is full, please call 715-365-9745 to inquire about space.

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. Personal check is preferred.