

FOR IMMEDIATE RELEASE

For More Information Contact:
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(March 20, 2007)

District 196 Community Education Classes Just For You!

Hundreds of wonderful learning choices for all ages...for more information call 651-423-7920 or visit www.district196.org/ce.

Calendar: Saturday, March 24-30, 2007

Saturday, March 24

Writing Your Own Will from 9-11:30 a.m. at Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley. Learn about estates and wills and actually prepare a legal will in class. Receive instructions and a professionally prepared form in this 1 session, \$49 class. Call 651-423-7920 or register online at www.district196.org/ce.

Little Sports Safari: Little Monkeys (parents and children ages 3-5) from 10-11 a.m. at Apple Valley Community Center, 14601 Hayes Road, Apple Valley. Get those "little monkeys" moving to encourage a healthy, active body. Try out this introduction to a variety of sports skills such as throwing, catching, dribbling and striking in this 1 session, \$16 adult-child pair; \$8 additional child, class. Call 651-423-7920 or register online at www.district196.org/ce.

Ethics, Defensive Driving and Accident Avoidance Training from 9 a.m.-5 p.m. at Dakota County Technical College, 1300 145th Street East, Rosemount. Master ethics and techniques of defensive driving to prevent costly accidents, reduce insurance premiums and save lives. Experience hands-on safe driving techniques by driving on a 2.8-mile course that features a state-of-the-art roadway in this 1 session, \$159 class. Call 651-423-7920 or register online at www.district196.org/ce.

Lifeguarding for Pools and Waterparks (ages 15 and up) from 1-5:15 p.m. at Black Hawk Middle School, 1540 Deerwood Drive, Eagan. If you want to work as a lifeguard at a pool or waterpark, this course is for you! Become certified in American Red Cross Lifeguarding, Waterpark Lifeguarding, First Aid, and CPR and AED for the Professional Rescuer in this 8 session, \$210 class. Call 651-683-6879 or register online at www.district196.org/ce.

Monday, March 26

Defensive Driving 55+ Series: Basic Course (8 hours) from 5:45-9:45 p.m. at Dakota Hills Middle School, 4183 Braddock Trail, Eagan. This defensive driving series has a proven record of reducing accidents and traffic violations. Upon completion, receive a 10 percent reduction in your insurance in this 2 session, \$27 class. Call 651-423-7920 or register online at www.district196.org/ce.

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Monday, March 26 (continued)

Microsoft Word: Document Formatting I from 6:30-8:30 p.m. at Rosemount Middle School, 3135-143rd Street West, Rosemount. Learn how to apply different fonts, sizes and other text styles. Align your text, indent paragraphs and use tabs. Adjust the spacing of words, paragraphs and pages. Create lists. You'll be amazed how much better your documents will look when you use your new formatting skills learned in this 1 session, \$34 class. Call 651-423-7920 or register online at www.district196.org/ce.

Zapping the ACT Test from 3:30-6 p.m. or 6:30-9 p.m. at Falcon Ridge Middle School, 12900 Johnny Cake Ridge Road, Apple Valley. Learn ACT test-taking skills along with test practice strategies in this 2 session, \$79 class. Other convenient times and locations are available. Call 651-423-7920 or register online at www.district196.org/ce.

Thursday, March 29

Cooking's Not Just For Chefs! (parents and children ages 4-6) Bunnies, Ducks, and Eggs...Oh My! from 5:45-7:30 p.m. at Valley Middle School, 900 Garden View Drive, Apple Valley. Create delicious treats and projects as you learn measuring skills in this 1 session, \$24 adult-child; \$15 additional child, class. Call 651-423-7920 or register online at www.district196.org/ce.

Upcoming Calendar: Saturday, March 31-April 6, 2007

Saturday, March 31

Parent/Child 1 & 2 Swim Lessons (ages 6 months to 5 years old) at Black Hawk Middle School, 1540 Deerwood Drive, Eagan or Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley. Enjoy swimming with your child! Build swimming readiness by emphasizing fun in this 8 session, \$46 parent/child class. Other convenient times and locations available. Call 651-683-6879 or register online at www.district196.org/ce.

Preschool Swim Lessons: Levels 1-3 (ages 3 to 5) at Black Hawk Middle School, 1540 Deerwood Drive, Eagan or Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley. Preschoolers learn how to feel comfortable in the water and enjoy water safely without a parent in this 8 session, \$46 class. Other convenient times and locations available. Call 651-683-6879 or register online at www.district196.org/ce.

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Saturday, March 31 (continued)

American Red Cross Swim Lessons (levels 1-6) at Black Hawk Middle School, 1540 Deerwood Drive, Eagan or Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley. Red Cross certified Community Ed instructors will help swimmers of all ages and abilities develop swimming and water safety skills. Group: eight 45-min lessons for \$55; Semi-private: eight 30-minute lessons for \$85; Private: eight 30-minute lessons for \$160. Other convenient times and locations available. Call 651-683-6879 or register online at www.district196.org/ce.

Monday, April 2

Water Safety Aide (ages 13 and up) from 9 a.m.-3 p.m. at Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Students that complete this course will be qualified to apply for employment at the age of 14. CPR and First Aid training are included in this 4 session, \$125 class. Call 651-683-6879 or register online at www.district196.org/ce.

Lifeguarding for Pools and Waterparks (ages 15 and up) from 9 a.m.-4:30 p.m. at Black Hawk Middle School, 1540 Deerwood Drive, Eagan. If you want to work as a lifeguard at a pool or waterpark, this course is for you! Become certified in American Red Cross Lifeguarding, Waterpark Lifeguarding, First Aid, and CPR and AED for the Professional Rescuer in this 4 session, \$210 class. Call 651-683-6879 or register online at www.district196.org/ce.

Wednesday, April 4

Adult, Child and Infant CPR from 9 a.m.-3 p.m. at Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Learn how to care for breathing and cardiac emergencies for adults, children and infants. Skills include assessing a victim, clearing an obstructed airway, rescue breathing, and CPR. Earn American Red Cross certification, valid for one year. Nursing Continuing Education Units (CEUs) are available for an additional fee in this 1 session, \$80 class. Call 651-683-6879 or register online at www.district196.org/ce.

Thursday, April 5

First Aid Basics from 9 a.m.-12 p.m. at Black Hawk Middle School, 1540 Deerwood Drive, Eagan. Be prepared by learning to recognize and deal with emergencies including injuries and sudden illnesses. Hands-on experience with bandaging and splinting will be included. Earn American Red Cross certification, valid for three years. Nursing Continuing Education Units (CEUs) are available for an additional fee in this 1 session, \$50 class. Call 651-683-6879 or register online at www.district196.org/ce.

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District 196 Community Education provides quality lifelong learning opportunities for more than 45,000 participants of all ages. District 196 serves more than 28,000 students in grades K-12 and includes all or part of Rosemount, Apple Valley, Eagan, Burnsville, Coates, Inver Grove Heights, Lakeville and Empire and Vermillion townships. For more information, visit www.district196.org/ce.