

School District of Rhinelander

Community Education Program



The Community is Our Classroom

Discover Something New With Lifelong Learning

FALL 2023 COMMUNITY EDUCATION CLASS GUIDE

Check inside for full descriptions of classes!

SEPTEMBER

Sept. 5 - Aspirus Community Fitness Center
Sept. 10 - Community Open Swim
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Sept. 11 - "Get Out and Walk" 100 Mile Walking Challenge
Sept. 13 - Watercolor Painting - Spring Renewal
Sept. 13 - Puppy Manners
Sept. 13 - K9 Manners
Sept. 20 - Zumba with Val
Sept. 20 - Acrylic Painting - Sunset Peace
Sept. 21 - Stamping Class - "Saying Thanks" Card Kit
Sept. 25 - Pickleball Lessons: Level 1
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OCTOBER

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Oct. 2 - Lacrosse 101
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Oct. 10 - Dried Flower Swag
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Oct. 16 - Wiggle, Giggle, and Shake!
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Oct. 21 - Moss and Airplant Frame Class

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Oct. 23 - Pickleball Lessons: Level 3
Oct. 23 - Rally Dog Obedience
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Oct. 24 - Basic Chocolate Melting and Simple Candy Making
Oct. 25 - Puppy Manners
Oct. 25 - K9 Manners
Oct. 25 - Oil Painting
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Oct. 28 - Plant an Ecosystem Terrarium
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NOVEMBER

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Nov. 2 - Loom Beading
Nov. 2 - Truffles and Turtles
Nov. 7 - Mediterranean Cooking Series: Tunisian Meal
Nov. 8 - Watercolor Painting - Northern Wonder
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Nov. 27 - Pickleball Lessons: Level 1
Nov. 27 - Pickleball Lessons: Level 2
Nov. 27 - Pickleball Lessons: Level 3
Nov. 28 - Make a Fresh Seasonal Garland
Nov. 30 - Stamping Class - "Cozy & Bright" Card Kit

DECEMBER

Dec. 5 - Mediterranean Cooking Series: Turkish Meal
Dec. 13 - Watercolor Painting - Huddling
Dec. 13 - Ornament Paint Pour
Dec. 20 - Acrylic Painting - Spirit Gifts

WE HAVE ONLINE REGISTRATION!

Visit <http://www.rhinelander.k12.wi.us/community/communityeducation.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: <http://www.rhinelander.k12.wi.us/community/communityeducation.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.



Fall 2023 Community Education Class Guide

ARTS and CRAFTS

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 19 and on Thursday, November 2. These will run 5:00 – 8:00 pm.*

Date and Time: Mondays, Oct. 2 – Nov. 20, 5:30 – 8:00 pm
Ages: Adults
Instructor: Ingrid Bodensteiner, Local Artist
Fee: \$95/person
Location: RHS Room 131 (Art Room)
Registration Deadline: Sept. 28

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. 26, 5:00 – 9:00 pm
Ages: 12 - adult
Instructor: Dottie Reeder, Local Artist
Fee: \$70/person
Location: RHS Room 134 (Art Room)
Registration Deadline: Monday, Oct. 16

Oil Painting with Tom Barnett

Join professional artist Tom Barnett in his studio for these amazing learning experiences! No previous painting experience is required. With Tom's step-by-step teachings you will create a masterpiece you can be proud of. All materials are supplied.

Ages: Adults
Instructor: Tom Barnett, Professional Artist
Fee: \$35/person/class
Location: Tom's Drawing Board, 52 N. Brown St. in Rhineland
First Offering: Wednesday, Sept. 27, 5:00 – 7:00 pm
Theme: Landscape
Registration Deadline: Sept. 25

Second Offering: Wednesday, Oct. 11, 12:00 – 2:00 pm
Theme: Landscape
Registration Deadline: Oct. 9

Third Offering: Wednesday, Oct. 25, 5:00 – 7:00 pm
Theme: Spooky October Landscape
Registration Deadline: Oct. 23

Fourth Offering: Wednesday, Nov. 15, 12:00 – 2:00 pm
Theme: Landscape
Registration Deadline: Nov. 13

Ornament Paint Pour with Tom Barnett

Are you ready to get messy? Join professional artist Tom Barnett in his studio as he teaches you the joys of messy painting! He will take you through start to finish on how to create your very own abstract masterpiece!

Date and Time: Wednesday, Dec. 13, 5:00 – 7:00 pm
Ages: Adults
Instructor: Tom Barnett, Professional Artist
Fee: \$35/person/class
Location: Tom's Drawing Board, 52 N. Brown St. in Rhineland
Registration Deadline: Dec. 11

Watercolor Painting

Learn to paint in Watercolor in a class where you can explore your creativity. Put different techniques into practice. 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.

Ages: Grade 9 - adult
Instructor: Robin Harrison, Artist
Fee: \$10/person/class
Location: RHS Room 134 (Art Room)

Spring Renewal
Paint a pre-sketches birdhouse with apple blossoms in a rustic setting. Learn how to highlight with color to show the sun shining through the leaves.
Technique: Direct Paint
Date and Time: Wednesday, Sept. 13, 5:30 - 7:30 pm
Registration Deadline: Sept. 11

Last Warmth
Paint a pre-sketches paper of a calming beach scene with a setting sun and comfortable chairs. Learn how to highlight with color to show the sun shining on the water and chairs.
Technique: Partial Wet-on-Wet and partial Direct Paint
Date and Time: Wednesday, Oct. 11, 5:30 - 7:30 pm
Registration Deadline: Oct. 9

Northern Wonder
Paint a pre-sketches paper in a wet-on-wet technique for the Northern Lights, adding the details of the old church in a direct method. A beautiful scene to warm the heart during the cold moving into the Northwoods.
Technique: Direct Paint
Date and Time: Wednesday, Nov. 8, 5:30 - 7:30 pm
Registration Deadline: Nov. 6

Huddling
Paint a pre-sketches paper in a wet-on-wet technique for the background, with mama sheep and baby. Add the details of the faces, legs, and decorations followed by the snow falling. A beautiful scene to warm the heart during the coldest months in the Northwoods.
Technique: Direct Paint
Date and Time: Wednesday, Dec. 13, 5:30 - 7:30 pm
Registration Deadline: Dec. 11

Acrylic Painting

Learn to paint in Acrylic in a class where you can explore your creativity. Put different techniques into practice. 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.

Ages: Grade 9 - adult
Instructor: Robin Harrison, Artist
Fee: \$10/person/class
Location: RHS Room 134 (Art Room)
Sunset Peace
Paint on canvas this beautiful sunset in the background with the sun highlighting the water. Paint the fisherman in silhouette and the grass and land in the background. This is very vibrant, but peaceful too.
Technique: Direct Paint and Overpaint
Date and Time: Wednesday, Sept. 20, 5:30 - 7:30 pm
Registration Deadline: Sept. 18
Last of Summer
Paint a barn, sunset and background first. Then, overlay the fence and flowers. Another peaceful scene to remember our summer.
Technique: Direct Paint
Date and Time: Wednesday, Oct. 18, 5:30 - 7:30 pm
Registration Deadline: Oct. 16

Falling
Paint the background elements of tree branches, fence, and sunset colors. Then add in the color of leaves on the tree falling to the ground below. Imagine swinging and running your feet through the pile of leaves.
Technique: Direct Paint
Date and Time: Wednesday, Nov. 15, 5:30 - 7:30 pm
Registration Deadline: Nov. 13

Spirit Gifts
Sketch trees and a bird, then paint those elements, leaving the main tree as the foreground interest. Add birch tree scars, branches, and pine limbs poking through. Lastly, add a cardinal and ornaments.
Technique: Direct Paint
Date and Time: Wednesday, Dec. 20, 5:30 - 7:30 pm
Registration Deadline: Dec. 18

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. 10 – May 19 (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)
Fee: FREE
Registration: Pre-registration is not required. Sign-in is required upon arrival. The pool will be closed on certain holidays and school breaks. Visit the School District of Rhineland website for more information.

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.*

First Offering: Wednesdays, Sept. 13 – Oct. 18, 6:00 – 7:00 pm
Registration Deadline: Sept. 11

Second Offering: Wednesdays, Oct. 25 – Dec. 6, 6:00 – 7:00 pm (no class Nov. 23 due to Thanksgiving Break)
Registration Deadline: Oct. 30

Instructor: Carol Lofquist, from TLC – Training with Love by Carol
Fee: \$80/dog
Location: Pelican Elementary School Gymnasium

K9 Manners

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.*

First Offering: Wednesdays, Sept. 13 – Oct. 18, 7:15 – 8:15 pm
Registration Deadline: Sept. 11

Second Offering: Wednesdays, Oct. 25 – Dec. 6, 7:15 – 8:15 pm (no class Nov. 22 due to Thanksgiving Break)
Registration Deadline: Oct. 23

Instructor: Carol Lofquist, from TLC – Training with Love by Carol
Fee: \$80/dog
Location: Pelican Elementary School Gymnasium

Rally Dog Obedience

In this class, dog/handler teams will complete courses made up of signs describing specific obedience exercises. This is a low-key activity that you can do with your dog no matter what age or disability. Rally Obedience helps your dog be more disciplined with leash work, and strengthens the bond between you and your dog. It's a great way for you and your dog to have fun together! *Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of rabies vaccination.*

First Offering: Mondays, Sept. 11 – Oct. 16, 6:00 – 7:00 pm
Registration Deadline: Sept. 7

Second Offering: Mondays, Oct. 23 – Dec. 4, 6:00 - 7:00 pm (no class Nov. 22 due to Thanksgiving Break)
Registration Deadline: Oct. 19

Instructor: Carol Lofquist, from TLC – Training with Love by Carol
Fee: \$80/dog
Location: Pelican Elementary School Gymnasium

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. 11 – Sunday, Oct. 29
Ages: All
Facilitator: Mike Cheslock
Fee: \$10/person
Location: Participant's choice
Registration Deadline: Sept. 10

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.

First Offering: Wednesdays, Sept. 20 – Oct. 25, 6:00-7:00 pm
Registration Deadline: Sept. 18

Second Offering: Wednesdays, Nov. 1 – Dec. 13, 6:00-7:00 pm (no class Nov. 22 - Thanksgiving Break)
Registration Deadline: Oct. 30

Ages: 10 - adult
Instructor: Val Foley
Fee: \$18/person
Drop-In Fee: \$4/person/time
Location: Crescent School Gymnasium

Gentle Yoga Flow

This gentle yoga class is designed to be accessible to all levels of experience and ability. In this class we'll focus on slow, flowing movements and deep breathing to help calm the mind and release tension in the body. With an emphasis on proper alignment and modifications to accommodate limitations, this class is a great option for beginners or anyone looking to take a slower, more mindful approach to their yoga practice. You'll leave feeling refreshed, rejuvenated, and ready to take on whatever comes your way.

Date and Time: Mondays, Oct. 2 – 30, 5:30 – 6:30 pm
Ages: 9th grade and older
Instructor: Brittney Webster, Yoga Alliance Certified Yoga Instructor
Fee: \$25/person
Location: RHS Library
Registration Deadline: Sept. 29

Strength and Flexibility for Better, Safer Pickleball

This hour-long class will focus on improving strength and flexibility to prevent common injuries and make your game fabulous. We'll work with hand weights and stretching. Jane is a pickleball nut and a certified yoga and group fitness instructor. Note: this is not a yoga class. Please bring hand weights and a mat.

First Offering: Tuesdays, Oct. 3 – Nov. 7, 9:00 – 10:00 am
Registration Deadline: Sept. 29

Second Offering: Thursdays, Oct. 5 – Nov. 9, 11:00 am – 12:00 pm
Registration Deadline: Oct. 3

Ages: Adults
Instructor: Jane Banning, Certified Yoga and Group Fitness Instructor
Fee: \$10/person
Location: Hodag Dome

Aspirus Community Fitness Center

Located in Rhineland 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. 5 – June 4 (throughout the school-year), 5:30 – 6:00 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 Rhineland website for more information.

FLORAL and GARDEN

Dried Flower Swag

Dried Flowers are very popular. Learn how to dry your own flowers, care for, and use them in your home decor. Create a dried flower swag to use on a table or on the wall. Price includes all materials and instruction.

Date and Time: Tuesday, Oct. 10, 5:30 - 7:00 pm
Ages: Grade 9 - adult
Instructor: Forth Floral
Fee: \$45/person
Location: Forth Floral
Registration Deadline: Oct. 6

Moss and Airplant Frame Class

Create a unique way to display air plants. This air plant and moss picture frame will add color, dimension, and texture into your space. Design your own sculpture with three air plants, assorted mosses, and accents in a wooden frame. Price includes all materials and instruction.

Date and Time: Saturday, Oct. 21, 10:00 – 11:00 am
Ages: Grade 9 - adult
Instructor: Forth Floral
Fee: \$40/person
Location: Forth Floral
Registration Deadline: Oct. 19

Plant an Ecosystem Terrarium

Not your ordinary terrarium, we will show you how to create a terrarium with plants, moss, and contoured soil with natural (or whimsical) accents. Price includes all materials and instruction.

Date and Time: Saturday, Oct. 28, 10:00 – 11:00 am
Ages: Grade 9 - adult
Instructor: Forth Floral
Fee: \$35/person
Location: Forth Floral
Registration Deadline: Oct. 26

Make a Fresh Seasonal Garland

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

Date and Time: Tuesday, Nov. 28, 5:30 – 7:00 pm
Ages: Grade 9 - adult
Instructor: Forth Floral
Fee: \$36/person
Location: Forth Floral
Registration Deadline: Nov. 24

FOOD and COOKING

Mediterranean Cooking Series: Tunisian Meal

Enjoy an evening with the staff from Crimson Curry Café as they guide you through the creation of a delicious Tunisian meal. Participants will learn about, make, and take home Kaffaji (sauteed veggie side dish), with Harissa Chicken (spicy chicken) and Veggie Couscous. Bring a container so you can take home your new Mediterranean dish.

Date and Time: Tuesday, Nov. 7, 6:00 – 7:30 pm
Ages: 16 - adult
Instructor: Amy Laxton and McKenna Brown from Crimson Curry Café
Fee: \$25/person
Location: RHS Room 112 (Cooking Classroom)
Registration Deadline: Nov. 3

Mediterranean Cooking Series: Turkish Meal

Come join the folks from Crimson Curry Café as they guide you through the creation of Turkish cuisine, including Iskender Kabab (seasoned beef kabab), with Imam Bayildi (stuffed eggplant), and Kayisi Tatlisi (stuffed apricot dessert). Bring a container and take home this mouthwatering meal.

Date and Time: Tuesday, Dec. 5, 6:00 – 7:30 pm
Ages: 16 - adult
Instructor: Amy Laxton and McKenna Brown from Crimson Curry Café
Fee: \$25/person
Location: RHS Room 112 (Cooking Classroom)
Registration Deadline: Dec. 1

Basic Chocolate Melting and Simple Candy Making

In this class you will learn the basics of chocolate melting, and make nut clusters, caramel-wrapped pretzel rods, dipped apricots, dipped potato chips, and almond bark. We will also make Hershey Kiss Mice! This is a make-and-take class. Please bring a container to take candy home.

Date and Time: Tuesday, Oct. 24, 6:00 – 7:30 pm
Ages: Adults
Instructor: Linda Krebsbach
Fee: \$25/person
Location: RHS Room 112 (Cooking Classroom)
Registration Deadline: Oct. 20

Truffles and Turtles

In this class you will make salted caramel truffles, pecan turtles, cashew turtles, coconut truffles, and lemon truffles. We will also make chocolate covered cherries, peppermint patties, and peanut butter truffles. This is a make-and-take class. Please bring a container to take candy home.

Date and Time: Thursday, Nov. 2, 6:00 – 7:30 pm
Ages: Adults
Instructor: Linda Krebsbach
Fee: \$25/person
Location: RHS Room 112 (Cooking Classroom)
Registration Deadline: Oct. 31

HEALTH, NUTRITION and WELL-BEING

Stewards of Children® - Child Sex Abuse Prevention

Darkness to Light is a national not-for-profit leader in the prevention of child sexual abuse. Guided by the vision of a world where children can grow up happy, healthy, and safe, Darkness to Light is committed to empowering people to prevent child sexual abuse. They believe that protecting children is an adult's responsibility, and that through education and training, adults will be empowered to act. Stewards of Children® is an evidence-informed, award-winning two-hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities. This program is offered by Kari Vadis, an Authorized Facilitator, and approved for 2.5 contact hours of continuing education (2.5 CEUs).

Date and Time: Thursday, September 28, 5:30 – 8:00 pm
Ages: Adults only
Instructor: Kari Vadis, Authorized Facilitator
Fee: \$20/person (all participants will receive a workbook)
Location: Rhineland High School Room 108
Registration Deadline: Sept. 26

HOME and HOBBIES

Stamping Class – “Saying Thanks” Card Kit

In this class you will learn stamping basics. This card kit contains all the supplies to put together nine thank-you cards and envelopes for three different designs. Stamping is one of the best ways to create super-impressive, professional-looking cards. It's a wonderful hobby you can take part in with family and friends. Or, get involved and make a new friend!

Date and Time: Thursday, Sept. 21, 5:30 – 7:30 pm
Ages: 10 – adult
Instructor: Kristy Hicks, Local Stampin' Up! Demonstrator
Fee: \$18/person
Location: RHS Room 108
Registration Deadline: Sept. 19

Northern Lights Chasing 101

Have you recently seen the Northern Lights and wondered when you can see them again? Or maybe you saw the Northern Lights as a child and haven't seen them since. Could it be you've never seen the Northern Lights? With the peak of Solar Cycle 25 quickly approaching, Northern Wisconsin has front row seats to view magnificent displays of the Northern Lights. Join Michele Sadauskas, a night photographer who has chased the Northern Lights for well over a decade, in exploring what aurora is, and where and when to look for it. Learn about great resources that will put you in the right spot at the right time. Attendees will also gain a greater appreciation for the night sky in Northern Wisconsin. Participants should bring their smartphone to class for a more immersive experience.

Date and Time: Monday, October 2, 5:30 - 7:30 pm
Ages: All
Instructor: Michele Sadauskas, Night Photographer
Fee: \$15/person
Location: RHS Room 108
Registration Deadline: Sept. 28

Photographing the Night Sky in Northern Wisconsin

This 2-part course is designed for beginning night photographers, but everyone is welcome! During Day 1, participants will learn what it takes to photograph the night sky in Northern Wisconsin. Attendees will learn what to look for in our night skies, which camera settings to use, how to compose a shot, how to focus in the dark, and what tools to use. Please bring your camera and tripod as we will practice in the classroom and on the school grounds. We'll take what we learned on Day 1 and put it into practice in the field on Day 2 of the class. We'll travel to the Willow Flowage to shoot the setting moon and Milky Way over the beautiful Willow Flowage Scenic Area where dark skies abound! Participants will continue to receive hands-on instructions on how to set up in the field, compose a shot, focus, and capture the Northwoods at night. Please bring a camera that can be set in manual mode and a tripod for both days of the class. This class will not focus on using cell phone cameras, however, those having only cell phone cameras are more than welcome to attend. Much of what will be discussed can be applied to cell phones. *Note: You must be able to provide your own transportation to the Willow Flowage or be willing to carpool with a fellow participant. The Willow Flowage site is a half-hour drive west of Rhineland and was chosen for its dark skies, wide open spaces, and safety.*

Date and Time for Day 1: Monday, Oct. 9, 5:30 - 7:30 pm
Location: RHS Room 108 and RHS Grounds
Registration Deadline: Oct. 5
Date and Time for Day 2: Monday, Oct. 16, 6:00 - 9:00 pm
Location: Willow Flowage Scenic Area
**Alternate field date will be Wednesday, Oct. 18 in the event of cloudiness or inclement weather.*

Ages: All
Instructor: Michele Sadauskas, Night Photographer
Fee: \$25/person

Basket Weaving

Basket weaving is a great hobby! In this class you'll create a small basket you can take home with you. A great basket for beginners will be introduced, as well as a fun one for more experienced weavers. You get to pick your own colors and each is uniquely your own.

Date and Time: Wednesday, Oct. 18, 5:00 – 7:30 pm
Ages: All
Instructor: Theresa Rauworth, Native American Ojibwe
Fee: \$25/person
Location: RHS Room 122 (Science Room)
Registration Deadline: Oct. 16

Loom Beading

Loom Beading is a super-fun activity! In this class we will begin by making a bracelet that you can take home with you. You will learn the basic loom beading techniques. We will also be exploring and preparing you for the next levels to loom beading.

Date and Time: Thursday, Nov. 2, 5:00 – 7:30 pm
Ages: All
Instructor: Theresa Rauworth, Native American Ojibwe
Fee: \$15/person
Location: RHS Room 122 (Science Room)
Registration Deadline: Oct. 31

Stamping Class – “Cozy & Bright” Card Kit

Get ready for Christmas! Learn stamping basics. This card kit contains all the supplies to put together twelve cards of two different festive Christmas designs, with envelopes. Stamping is one of the best ways to create super-impressive, professional-looking cards. It's a wonderful hobby you can take part in with family and friends. Or, get involved and make a new friend!

Date and Time: Thursday, Nov. 30, 5:30 – 7:30 pm
Ages: 10 – adult
Instructor: Kristy Hicks, Local Stampin' Up! Demonstrator
Fee: \$25/person
Location: RHS Room 108
Registration Deadline: Nov. 28

OUTDOOR RECREATION and SAFETY

Outdoor Safety Courses

The School District of Rhineland 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.

SPORTS and GAMES

Lacrosse 101

Participants will be taught the basic fundamentals of throwing, catching, cradling and picking up a lacrosse ball. Taught by former Division I player and NCAA Lacrosse Coach Will Jeffery, this program is intended for players interested in learning a new sport and having fun! Participants will be provided with a helmet and stick to use during class, but are encouraged to bring their own if they have them. Hockey helmets are welcome.

Date and Time: Monday, Oct. 2, 6:00 – 7:30 pm
Ages: Grade 3 - adult
Instructor: Will Jeffery, Lacrosse Coach
Fee: \$10/person
Location: Hodag Dome
Registration Deadline: Sept. 28

Lacrosse Mini Games

Participants of all skill-levels are invited to participate in various activities and competitions designed to improve basic lacrosse fundamentals while having fun. Lacrosse 101 is not a prerequisite for this program, however, it is strongly encouraged for maximum enjoyment. Some lacrosse helmets and sticks will be provided. Please bring your own stick and/or hockey helmet if possible.

Date and Time: Monday, Oct. 16, 6:00 – 7:30 pm
Ages: Grade 3 - adult
Instructor: Will Jeffery, Lacrosse Coach
Fee: \$10/person
Location: Hodag Dome
Registration Deadline: Oct. 12

Learn to play Kubb

Kubb (rhymes with tube) is a Scandinavian game where the object is to knock over wooden blocks (kubbs) by throwing wooden batons at them. The ultimate goal is to knock over the kubbs on the opposite side, then knock over the king (kung) before the opponent does. Games can last from 5 minutes to over an hour. Kubb can be played on a variety of surfaces- grass, sand, snow and ice, or indoors on artificial turf. Mostly played as a backyard game, Kubb is an international sport - the US Kubb Championship is played in Eau Claire.

Date and Time: Monday, Oct. 30, 6:00-8:00 pm
Ages: 14 – adult
Instructor: Kathy Ugo and Tom LaDue
Fee: \$5/person
Location: Hodag Dome
Registration Deadline: Oct. 26

Pickleball Lessons: Level 1

If you've never played pickleball before or have played very little (hit balls for less than 10 outings in the last year), 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.

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Pickleball Lessons: Level 2

Requirements to enroll are: Must know how to keep score; Be able to serve and return successfully 7 out of 10 times sequentially; Must understand the No Volley Zone; Can dink unattackable balls successfully at least 5 sequential shots; Can volley more than 3 times in a sequence; Have basic overhead skills; Must understand the lob, third shot drop, and other reset shots; Can usually be in the right court position; Understand court geometry.

First Offering: Mondays and Wednesdays, Sept. 25 - Oct. 18,
1:15 - 2:15 pm
Registration Deadline: Sept. 23

Second Offering: Mondays and Wednesdays, Sept. 25 - Oct. 18,
7:00 – 8:00 pm
Registration Deadline: Sept. 22

Third Offering: Mondays and Wednesdays, Oct. 23 - Nov. 15,
1:15 - 2:15 pm
Registration Deadline: Oct. 20

Fourth Offering: Mondays and Wednesdays, Oct. 23 - Nov. 15,
7:00 - 8:00 pm
Registration Deadline: Oct. 20

Fifth Offering: Mondays and Wednesdays, Nov. 27 - Dec. 20,
1:15 - 2:15 pm
Registration Deadline: Nov. 24

Ages: Adults
Instructor: Darrell Schmidt, Larry McKitrick, and Jon Koch
Fee: \$60/person
Location: Hodag Dome

Pickleball Lessons: Level 3

Requirements to enroll are: Must have mastered scoring; Can put 8 out of 10 sequential serves and returns in play with depth consistently; Can hit some spin serves; Can volley consistently four or more sequential shots; Has a reliable overhead that can place 8 out of 10 sequential shots for some winners; Can dink unattackable balls successfully and consistently at least 6 sequential shots ; Can successfully hit 8 out of 10 third shot drops sequentially forehand or backhand from anywhere; Can hit 8 out of 10 sequential forehands or backhands keeping the ball in play; Has good control over the No Volley Zone and understands court position and strategy.

First Offering: Mondays and Wednesdays, Sept. 25 - Oct. 18,
2:15 - 3:15 pm
Registration Deadline: Sept. 23

Second Offering: Mondays and Wednesdays, Oct. 23 - Nov. 15,
2:15 - 3:15 pm
Registration Deadline: Oct. 20

Third Offering: Mondays and Wednesdays, Nov. 27 - Dec. 20,
2:15 - 3:15 pm
Registration Deadline: Nov. 24

Fourth Offering: Mondays and Wednesdays, Nov. 27 - Dec. 20,
7:00 – 8:00 pm
Registration Deadline: Nov. 24

Ages: Adults
Instructor: Darrell Schmidt, Larry McKitrick, and Jon Koch
Fee: \$60/person
Location: Hodag Dome

Pickleball “Drills” Class

Most pickleball players love the game so much, a common comment is “I need to drill to improve my play.” The drills in this class will focus on multiple aspects of the game. Examples of topics are: serves/returns, third shot drop and drive, dinking, volleying, non-volley zone play, resets, etc. Each meeting will focus on a different skill, with repetition being a common theme.

First Offering: Tuesdays and Thursdays, Oct. 3 - 26, 1:15 - 2:15 pm
Registration Deadline: Sept. 29

Second Offering: Tuesdays and Thursdays, Oct. 3 - 26,
2:15 - 3:15 pm
Registration Deadline: Sept. 29

Ages: Adults
Instructor: Jon Koch
Fee: \$40/person
Location: Hodag Dome

TECHNOLOGY and ENGINEERING

The Coolest Tools in the Fab Lab

Participants will learn basics of, and explore several tools commonly used in, the Hodag Fabrication Lab including vinyl cutters, laser engravers, and 3D printers. Students will be instructed in the software used to design various projects using the designated tools. Examples of projects include t-shirts, personalized mugs and glasses, laser-engraved signs, and simple 3D printed objects. Bring your imagination and project ideas and learn about a few of the tools available to you in the Hodag Fab Lab!

Dates and Times: Tuesday, Oct. 24; Thursday, Oct. 26; Thursday, Nov. 2; Tuesday Nov. 7, 6:00 - 8:30 pm
Ages: Adults
Instructor: Mike Wojtusik, RHS Industrial Technology Teacher and Fab Lab Director
Fee: \$40/person
Location: RHS Fab Lab
Registration Deadline: Oct. 20

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 wwojtumi@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

YOUNG CHILD

Wiggle, Giggle, and Shake!

Presented by Children’s Wisconsin, “Wiggle, Giggle, and Shake!” is a music and movement program for caregiver and child, designed to stimulate your child’s development while celebrating and nurturing the remarkable bond you share.

Date and Time: Mondays, Oct. 16 – Nov. 20, 5:30 - 6:15 pm
Ages: Children birth to 5 years with any adult caregiver
Instructor: Nicole Lilek from Children’s Wisconsin
Fee: \$15/family (can include multiple children within a family)
Location: Central Elementary School Gymnasium
Registration Deadline: Oct. 12

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) 365-9714 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) 365-9714 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.

Visit the CAVOC website at 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/community/hodag-dome.cfm> 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 Coordinator Mike Cheslock at 715-365-9745 or cheslmik@rhinelander.k12.wi.us. We have ONLINE REGISTRATION! Visit <http://www.rhinelander.k12.wi.us/community/communityeducation.cfm> for instructions on how to register online with a credit or debit card. 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 on website. Please print the form, complete it, and mail it with payment to the address on the form. Personal check is preferred.