# School District of Rhinelander Community Education Program

# The Community is Our Classroom

Discover Something New With Lifelong Learning

# WINTER/SPRING 2024 COMMUNITY EDUCATION CLASS GUIDE

Check inside for full descriptions of classes!

### **JANUARY**

- Jan. 15 Golf Lessons Level 1
- Jan. 15 Golf Lessons Level 2
- Jan. 16 Balance & Strength: No Falls Approach
- Jan. 16 Walking for General Conditioning
- Jan. 17 Watercolor Painting Watching
- Jan. 17 Zumba with Val
- Jan. 22 Pickleball Lessons Level 1
- Ian. 22 Pickleball Lessons Level 2
- Jan. 22 Pickleball Lessons Level 3
- Jan. 22 Rally Dog Obedience Novice Level
- Jan. 22 Nosework for Dogs
- Jan. 22 Cardio Kickboxing
- Jan. 24 Puppy Manners
- Jan. 24 K9 Manners
- Jan. 24 Acrylic Painting What?
- Jan. 25 Stamping Class Birthday Confetti Card Kit
- Jan. 29 Wiggle, Giggle, and Shake!
- Jan. 31 Hot Cocoa Potholder/Mug Rug Valentine Gift Set

### **FEBRUARY**

- Feb. 7 Learn to play Kubb
- Feb. 12 Golf Lessons Level 1
- Feb. 12 Golf Lessons Level 2
- Feb. 17 11th Annual Cross Country Ski Clinic
- Feb. 21 Basket Weaving
- Feb. 21 Watercolor Painting Sunset Bliss
- Feb. 28 Acrylic Painting Warmth
- Feb. 28 Zumba with Val

### **MARCH**

- Mar. 4 Northern Lights Chasing 101
- Mar. 6 Healing HeArts
- Mar. 7 Stamping Class "Saying Thanks" Card Kit
- Mar. 11 Golf Lessons Level 1
- Mar. 11 Golf Lessons Level 2
- Mar. 19 Walking for General Conditioning
- Mar. 20 Watercolor Painting Northern Lights
- Mar. 25 Nosework for Dogs
- Mar. 25 Rally Dog Obedience Intro/Novice Level
- Mar. 27 Puppy Manners
- Mar. 27 K9 Manners
- Mar. 27 Acrylic Painting Spring Returns
- Mar. 27 Loom Beading Intermediate Level

# **APRIL**

- Apr. 2 Balance & Strength: No Falls Approach
- Apr. 8 Gentle Yoga Flow
- Apr. 8 Wiggle, Giggle, and Shake!
- Apr. 15 Watercolor Painting Serenity
- Apr. 15 Get out and Walk 100 Mile Walking Challenge
- Apr. 17 Zumba with Val
- Apr. 17 Welcome Spring Potholder/Mug Rug Gift Set
- Apr. 24 Acrylic Painting First Flight

### MAY

May 9 - Barn Quilt Painting

# 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.

# Winter/Spring 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. 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)

### Watching

Paint on a pre-sketched paper a wet on wet technique for the background, painting around the bird for a soft feel. Use a direct technique to paint the woodpecker, leaving the white area unpainted. The last technique is adding spattering over everything.

Technique: wet-on-wet, direct, and spatter

Date and Time: Wednesday, Jan. 17, 5:30 - 7:30 pm Registration Deadline: Jan. 15

We will start this beautiful sunset with pre-drawn paper, using a wet on wet technique, painting as many colors as you want to make this work your own. Expand your imagination on the colors! The mountains and foreground are overpainting processes. We will work on the Norway spruce last. You will be amazed at how creative you are!

Technique: wet-on-wet, overpainting

Date and Time: Wednesday Feb 21 5:30 - 7:30 nm

Registration Deadline: Feb. 19

Capture the energy of the Northern Lights in this pre-drawn sketch. Working with wet on wet to achieve the stunning colors of dancing lights, leaving the details for last. Using direct painting, the trees and stars are painted, then highlights are added to the limbs reflecting the colors of the lights. Stars are

Date and Time: Wednesday, Mar. 20, 5:30 - 7:30 nm

Registration Deadline: Mar. 18

This serene painting starts with a wet on wet technique, and the artist will show you how to achieve the soft garden look. The flowers, gate, and fence are painted last using wet/dry brush techniques. The gate is left the color of the paper, which becomes white. The end result will be a beautiful and vibrant

Date and Time: Wednesday, Apr. 17, 5:30 - 7:30 pm

Registration Deadline: Apr. 15

### **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 tems. 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

Ages: Grade 9 - adult

Instructor: Robin Harrison, Artist Fee: \$10/person/class

Location: RHS Room 134 (Art Room)

Journey through painting this hilarious pose of the cardinal looking around a

Date and Time: Wednesday, Jan. 24, 5:30 - 7:30 pm

Registration Deadline: Jan. 22

Enjoy the warmth of the tropical subject of this painting! Feel the warm breezes through your hair as we delve into a joyous experience! A flamingo basking in the sunset warmth with a reflection on the water as he strolls along

Date and Time: Wednesday, Feb. 28, 5:30 - 7:30 pm

Registration Deadline: Feb. 26

### **Spring Returns**

Bring spring in early by painting this delightful birdhouse in a spring garden. Painting the background of sky, cloud, green foliage, and post of the birdhouse, will set the scene for the beautiful flowers and birdhouse. Date and Time: Wednesday, Mar. 27, 5:30 - 7:30 pm

Registration Deadline: Mar. 25

### First Flight

We will starting with an outline of the Monarch butterfly, and then paint the background of greenery, leaving space for the thistle blossoms. This is a more detailed painting, and some background in painting will give you better results. We will use different size brushes to create the detail of the butterfly

Date and Time: Wednesday, Apr. 24, 5:30 - 7:30 pm

Registration Deadline: Apr. 22

### **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

**Date and Time:** Thursday, May 9, 5:00 – 9:00 pm Ages: 12 - adult **Instructor:** Dottie Reeder, Local Artist

Location: RHS Room 134 (Art Room) Registration Deadline: Wednesday, May 1

### AOUATICS

### **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

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

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

### DOG OBEDIENCE

### Rally Dog Obedience - Novice Level

This is the next level after "Intro to Rally". In this class, dog/handler teams will continue to complete courses made up of signs describing specific obedience exercises. More signs will be introduced at a different level. This is a low-key activity that you can do with your dog no matter what age or ability. 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! Prior Rally O experience is required in order to take this class. Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof

**Date and Time:** Mondays, Jan. 22 – Feb. 26, 6:00 – 7:00 pm Instructor: Carol Lofquist, from TLC – Training with Love by Carol

Location: Pelican Elementary School Gymnasiun

Registration Deadline: Jan. 19

### Nosework for Dogs

Nosework is an activity that allows your dog to use their natural desire to sniff and/or hunt. Your dog will learn a unique ability to detect scent and determine the source. This class is for dogs of any size or age. Come have a blast with your dog as he/she hones their sniffing skills! Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of

First Offering: Mondays, Jan. 22 – Feb. 26, 7:15 – 8:15 pm Registration Deadline: Jan. 19

Second Offering: Mondays, Mar. 25 – Apr. 29, 7:15 – 8:15 pm Registration Deadline: Mar. 22

Instructor: Carol Lofquist, from TLC – Training with Love by Carol Location: Pelican Elementary School Gymnasiu

ought 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 mmands 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 <mark>favori</mark>te soft treats.

> First Offering: Wednesdays, Jan. 24 – Feb. 28, 6:00 – 7:00 pm Registration Deadline: Jan. 22

Second Offering: Wednesdays, Mar. 27 – May 1, 6:00 – 7:00 pm Registration Deadline: Mar. 25

Instructor: Carol Lofquist, from TLC – Training with Love by Carol Location: Pelican Elementary School Gymnasium

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, Jan. 24 – Feb. 28, 7:15 – 8:15 pm Registration Deadline: Jan. 22

Second Offering: Wednesdays, Mar. 27 – May 1, 7:15 – 8:15 pm Registration Deadline: Mar. 25

instructor: Carol Lofquist, from TLC - Training with Love by Carol Location: Pelican Elementary School Gymnasium

### Rally Dog Obedience - Intro/Novice Level Combo

Whether you are brand new to Rally O, or have some experience, this class is for you. This is a combination of Intro and Novice Level. Participants will be placed into separate groups depending on their experience. In this class, dog/handler teams will continue to omplete courses made up of signs describing specific obedience exercises. This is a lowkey activity that you can do with your dog no matter what age or ability. 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.

Date and Time: Mondays, Mar. 25 – Apr. 29, 6:00 – 7:00 pm Instructor: Carol Lofquist, from TLC – Training with Love by Carol

Location: Pelican Elementary School Gymnasium Registration Deadline: Mar. 22

### **FITNESS**

### **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.

First Offering: Tuesdays, Thursdays, and Fridays, Jan. 16 – Mar. 1. 7:15 - 8:15 am (21 meetings)

Registration Deadline: Jan 15

Second Offering: Tuesdays, Thursdays, and Fridays, Mar. 19 – May 10. 7:15 – 8:15 am (no class March 22 or March 29) (22 meetings)

Instructor: Tori Cihla (Certified Personal Trainer) Fee: \$120/person

### **Balance & Strength: No Falls Approach**

Registration Deadline: Mar. 18

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.

> First Offering: Tuesdays and Thursdays, Jan. 16 – Mar. 7, 10:00 – 11:00 am Registration Deadline: Jan. 12

Second Offering: Tuesdays and Thursdays, Apr. 2 – May 23, 10:00 - 11:00 am Registration Deadline: Mar 29

Ages: Any age (55 and older is target audience) Instructor: Susie Wegner Fee: \$45/person

# Location: Hodag Dome

Location: Hodag Dome

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, Jan. 17 – Feb. 21, 5:15-6:15 pm Registration Deadline: Jan. 15

Second Offering: Wednesdays, Feb. 28 – Apr. 10, 5:15-6:15 pm (no class Mar. 13 – Spring Break) Registration Deadline: Feb. 26

Third Offering: Wednesdays, Apr. 17 – May 22, 5:15-6:15 pm Registration Deadline: Apr. 15

Instructor: Val Foley Drop-In Fee: \$4/person/time Location: James Williams Middle School Gymnasium

out and try this hottest new fitness craze!

### This class will involve a Martial Arts inspired workout that mixes kickboxing moves with a great cardio workout. Using punches, blocks, and kicks to get an overall body workout while burning calories and toning muscles, along with increasing balance, flexibility, and agility. All moves can be modified to fit your fitness level. No experience necessary. Come

**Date and Time:** Mondays, Jan. 22 – March 4, 7:00 – 8:00 pm (no class Feb. 12) Ages: Grade 9 - adult Instructor: Terri Wilmot, Certified ACE Group Fitness Instructor and ISSA Certified

Kickboxing Instructor Location: Hodag Dom Registration Deadline: Jan. 18

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 eave feeling refreshed, rejuvenated, and ready to take on whatever comes your way. **Date and Time:** Mondays, Apr. 8 – May 6, 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: Apr. 5

### "Get Out and Walk" 100 Mile Walking Challenge

Get out and enjoy the fresh air! Get some exercise in the beautiful Northwoods 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, Apr. 15 – Sunday, June 2 Ages: All Facilitator: Mike Cheslock

Fee: \$10/person Location: Participant's choice Registration Deadline: Apr. 14

### **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

Date/Time: Mondays – Fridays, Sept. 5 – June 4 (throughout the school-year), 5:00 - 6:30 pm Ages: 12 to adult

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

### **HEALTH and WELL-BEING**

### **Healing HeArts**

"Winter blues" affects many of us this time of year – and is even greater if accompanied by loss or social isolation. Healing HeArts offers art projects as an outlet that can help lift our spirits, after long winter months or any time of year. You'll be guided by instructors that have experienced loss and are trained in art therapy. Art experience and/or creative abilities are not required or expected. The projects are personal and confidential - participants are not required to share with others but can do so if they choose.

Date and Time: Wednesday, Mar. 6, 5:30-7:00 pm

Ages: adults Instructor: Louise Perreault / Old School Arts & Learning Center Fee: \$20/person

Location: RHS Library Registration Deadline: Mar. 4

### **HOME and HOBBIES**

### Stamping Class – Birthday Confetti Card Kit

This is an all-inclusive birthday kit. It includes easy to create fun, festive, confetti shaker cards featuring bright, bold colors. Your kit includes everything you need to create 9 birthday cards. Your kit comes with a stamp set you can use over and over again, ink spot, clear block to mount your stamps and adhesive to put your beautiful projects together. This is a perfect way to send happy birthday wishes throughout the year.

**Date and Time:** Thursday, Jan. 25, 5:30 – 7:30 pm Instructor: Kristy Hicks, Local Stampin' Up! Demonstrator

Fee: \$23/person Location: RHS Room 111 Registration Deadline: Jan. 22 Registration Deadline: Mar. 4

### Hot Cocoa Potholder / Mug Rug Valentine Gift Set

Weave two traditional potholders and make two Valentine "gifting cards" in Hot Cocoa colors – great for Valentine's Day! (or one to keep and one to share with a friend), "Cotton loops" make thick, useful potholders or "mug rug" hot pads - and are machine washable. They're just like the ones we used to make in summer camp! These projects will include an additional special treat for gifting too!

Date and Time: Wednesday, Jan. 31, 5:00-7:00 pm Ages: adults **Instructor:** Louise Perreault / Old School Arts & Learning Center

Location: RHS Library Registration Deadline: Jan. 29

### **Basket Weaving**

Fee: \$25/person

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

Date and Time: Wednesday, Feb. 21, 5:00 – 7:30 pm Instructor: Theresa Rauworth, Native American Oijbwe

Location: RHS Room 122 (Science Room)

Registration Deadline: Feb. 19

Registration Deadline: Feb. 29

**Northern Lights Chasing 101** Have you recently seen the Northern Lights and wondered when you can see them again? Or maybe you've seen 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 now upon us, Northern Wisconsin has front row seats to view magnificent displays of the Northern Lights. Join Michele Sadauskas, a nightscape photographer who has chased the Northern Lights for well over a decade, in exploring where to look, when to look, and what you should expect to see. Michele has picked an early March workshop date, for a reason. Great aurora shows tend to happen right around the spring equinox! After attending class, participants will be able to understand what aurora is, when are the best times to see the aurora, and 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 Times: Monday, Mar. 4, 5:30 - 7:30 pm

Instructor: Michele Sadauskas, Nightscape Photographer Location: RHS Room 111

## Stamping Class - "Saving 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

Date and Time: Thursday, March 7, 5:30 – 7:30 pm Ages: 10 - adul Instructor: Kristy Hicks, Local Stampin' Up! Demonstrator Location: RHS Room 111

### **Loom Beading - Intermediate Level**

Loom Beading is a super-fun activity! In this class we will begin by making a bracelet that you can take home with you. We will be exploring the next levels to loom beading. You can choose to go all the way to a seed bead or a bigger bead. If you have beads or a loom you would like to use, feel free to bring it to class. Also, you can go online to find a free loom pattern if you choose to. Be sure to not make it too difficult. **Date and Time:** Wednesday, Mar. 27, 5:00 – 7:30 pm

Instructor: Theresa Rauworth, Native American Ojibwe Fee: \$15/person Location: RHS Room 122 (Science Room) Registration Deadline: Mar. 25

### Welcome Spring Potholder / Mug Rug Gift Set

Veave two traditional potholders and two "gifting cards" in seasonal pastel colors – great for spring celebrations! (or one to keep and one to share with a friend). "Cotton loops" make thick, useful potholders or "mug rug" hot pads – and are machine washable. They're just like the ones we used to make in summer camp! These projects will include an additional special treat for gifting too!

Date and Time: Wednesday, April 17, 5:00-7:00 pm

Instructor: Louise Perreault / Old School Arts & Learning Center Fee: \$25/person Location: RHS Library Registration Deadline: Apr. 15

### **RECREATION and SAFETY**

### 11th Annual Cross Country Ski Clinic

Brought to you by Coasters Cycle Works, participants will learn the basics of cross country skiing. If you do not have your own skis, please contact Mike Bellile at 715-224-3522 and provide your height, weight, and shoe-size, or stop by Coasters Cycle Works in Tomahawk to get fitted prior to Friday, February 16, and equipment will be provided for you. There is no charge for use of equipment. Participants may bring their own equipment.

Date and Time: Saturday, Feb. 17, 9:00 am – 12:00 pm Ages: All ages are welcome

### **Outdoor Safety Courses**

to offer several safety courses throughout the year. This includes Hunter's Safety,

### **SPORTS and GAMES**

This beginner program is for individuals wishing to learn about the game of golf. You will

First Offering: Mondays and Wednesdays, Jan. 15 – Feb. 7.

Registration Deadline: Jan. 12

10:00 am - 12:00 pm

Third Offering: Mondays and Wednesdays, Mar. 11 – Apr. 3,

Instructor: Mike Tolystad, Augden Windelborn, and Tammy Enzor

Golf Lessons – Level 2 This program is for individuals who have either taken beginner lessons or have previous golf experience. The objective will be to refine your existing golf skills. Topics discussed will include: physical and mental preparation, refining your swing, selection of golf clubs, of special golf balls that will help with the development of putting skills. Clubs will be

First Offering: Mondays and Wednesdays, Jan. 15 – Feb. 7, 1:00 - 3:00 pm Registration Deadline: Jan. 12 Second Offering: Mondays and Wednesdays, Feb. 12 – Mar. 6,

Third Offering: Mondays and Wednesdays, Mar. 11 – Apr. 3. Registration Deadline: Mar. 8

Instructor: Mike Tolystad, Augden Windelborn, and Tammy Enzor

### Learn to play Kubb

Kubb (rhymes with tube) is a Scandinavian game where the object is to knock over 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

**Date and Time:** Wednesday, Feb. 7, 7:00 – 8:30 pm Ages: 14 – adult

# Location: Hodag Dome

Instructor: Kathy Ugo and Tom LaDue

Fee: \$5/person

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

First Offering: Mondays and Wednesdays, Jan. 22 – Feb. 14, 12:15 - 1:15 pm

Registration Deadline: Jan. 20 Ages: Adults

### Location: Rhinelander High School (trails and fields) Registration Deadline: Feb. 14

The School District of Rhinelander and the Oneida County Sheriff's Office work together Snowmobile Safety, ATV Safety, Boater Safety, and MORE! Call Mike at 715-365-9745

### Golf Lessons – Level 1

develop the basic skills and knowledge of golf, which will allow you to feel comfortable golfing with friends and family. The lessons will consist of explanation of topics and skills, followed by practice on either the Simulator or the turf. Come learn golf in an informative, fun, and low pressure environment! Clubs will be available for individuals who do not have clubs. Everyone who completes the class will receive a punch card for 4 hours of

10:00 am - 12:00 pm

Second Offering: Mondays and Wednesdays, Feb. 12 – Mar. 6,

10:00 am - 12:00 pm Registration Deadline: Mar. 8

Registration Deadline: Feb. 9

### Fee: \$40/person Location: Hodag Dome

chipping, putting, hitting off a slope, and more! Every participant will receive a 3-pack available for individuals that do not have clubs. Everyone who completes the class will

receive a punch card for 4 hours of simulator time

1:00 - 3:00 pm Registration Deadline: Feb. 9

## Location: Hodag Dome

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 backyard game, Kubb is an international sport - the US Kubb Championship is played in

Registration Deadline: Feb. 5 Pickleball Lessons: Level 1

drop, basic strategy and positions, rules, faults, court geometry, and scoring.

Registration Deadline: Jan. 20 Second Offering: Mondays and Wednesdays, Jan. 22 – Feb. 14, 6:00 - 7:00 pm

Instructors: Larry McKitrick and Jon Koch Fee: \$60/person Location: Hodag Dome

# Winter/Spring 2024 Community Education Class Guide

### Pickleball Lessons: Level 2

These lessons are for those who have completed and mastered Level 1 skills. 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,

Jan. 22 – Feb. 14, 1:15 - 2:15 pm

Registration Deadline: Jan. 20

Second Offering: Mondays and Wednesdays,

Jan. 22 – Feb. 14, 7:00 – 8:00 pm

Registration Deadline: Jan. 20

Ages: Adults

Instructor: Larry McKitrick and Jon Koch

Fee: \$60/person

Location: Hodag Dome

### Pickleball Lessons: Level 3

For those who have completed and mastered Level 2 skills. 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.

**Dates and Times:** Mondays and Wednesdays, Jan. 22 – Feb. 14, 2:15 - 3:15 pm

Ages: Adults

Instructor: Larry McKitrick and Jon Koch

Fee: \$60/person
Location: Hodag Dome
Registration Deadline: Jan. 20

# 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

# 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.

**First Offering:** Mondays, Jan. 29 – Mar. 4, 5:30 – 6:15 pm

Registration Deadline: Jan. 25

**Second Offering:** Mondays, Apr. 8 – May 13, 5:30 – 6:15 pm

Registration Deadline: Apr. 4

**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

# **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 <a href="www.geocaching.com">www.geocaching.com</a>, set up an account, and use your orienteering skills to find the hidden caches.

<u>TRAIL USE</u> – 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 <a href="https://www.rhinelander.k12.wi.us/schools/cavoc/">https://www.rhinelander.k12.wi.us/schools/cavoc/</a> 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/activities/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 <a href="https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm">https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm</a> 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 <a href="https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm">https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm</a>. Please print the form, complete it, and mail it with payment to the address on the form. Personal check is preferred.