

SEPTEMBER 2010 OPPORTUNITIES

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CommUNITY Education

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ATTENTION! **YOGA &** **NO FLOOR YOGA** **Participants**

Beginning Tuesday, September 7th, CommUNITY Ed will transition from paying per session to paying per class with our new punch card system. **Punch cards are available at the CommUNITY Education office at 419 Lake Avenue** in either a 10 class card for \$50 or a 5 class card for \$25. To "pay", simply present your card at each class you attend. Classes will continue to be offered every Tuesday at the times and locations listed below.

YOGA

Kathryn McKinley's classes use stretching, yoga postures, yoga breathing and relaxation to develop flexibility, balance and strength. Stretchy clothing and a towel/yoga mat are helpful.

Tuesdays, 5:45-7 pm,
SL Middle School Music Room

No Floor YOGA

This class is designed for people with mobility issues- postures will be done *standing* and *sitting* and will be adapted to your abilities.

Tuesdays, 10-11:00 am,
South School (1st floor)

REMINDER- Punch cards are available at the CommUNITY Education office at 419 Lake Avenue.

Calendar:

- Yoga (ongoing)
- No Floor Yoga (ongoing)
- 2- Low Impact Exercise
- 2- Teen Link Book Club- *Wintergirls* by Laurie Halse Anderson
- 12- Start Smart Football
- 12- Youth Soccer
- 12- High School Intramural Flag Football
- 13- Emeritus University: *Is Everyone Racist?*
- 15- Adult Coed Volleyball
- 16- Women's Studies Book Club- *An Education* by Lynn Barber
- 21- Introduction to Facebook
- 23- Community Book Club- *Shanghai Girls* by Linda See

Low **Impact Exercise**

Rachel Franklin leads this on-going low impact class for all ages. The class includes a warm up, strength training, many different exercises, and a cool down. Be ready to move around and tone up your body in 2010. Participants are asked to bring a towel or an exercise mat.

Date/Time: Sept 2-30,
Tues/Thurs, 5:30-6:30 pm
Location: South School (1st floor)
Fee: \$40
Registration Deadline:
Tues, Aug 31

Introduction to Facebook

Facebook has over 500 million registered users. It has helped millions of people stay in touch or reconnect with friends from the US or even around the world. You can join this social networking site with the help of instructor, Geoff Eddie. Geoff will take you step by step through creating your Facebook profile page. We will also cover posting on your friend's wall, adding friends, adding pictures, and some of the millions of applications Facebook offers. **Class size limited to 6 students.**

Date/Time: 2 Tuesdays, September 21 and 28, 6:30-8:00 pm
Location: Storm Lake High School, room 79
Fee: \$25
Registration Deadline: Friday, September 17

Emeritus University:

Is Everyone Racist? Measuring Subtle Racism in the U.S. Today

Many psychologists argue that racism and other forms of prejudice in the U.S. have not decreased over time, they have simply changed forms. Fifty years ago, it may have been socially acceptable to be publicly prejudiced, but today racism is often more subtle. Dr. Wind Goodfriend, Associate Professor of Psychology, will discuss theories on why humans are prejudiced, forms of racism over time, and ways to measure racism. This will include controversial surveys that may show that everyone is racist, sometimes even against our own ethnic groups.

Date/Time: Monday, September 13, 3:30-5pm
Location: United Methodist Church Sanctuary

No Charge-
No Registration
Required

MAIL TO: COMMUNITY EDUCATION
419 Lake Avenue • PO Box 638 • Storm Lake, IA 50588

Name: _____
Street: _____
Phone: _____ Email Address: _____

Course Title

Fee

FOR OFFICE USE ONLY
FEE _____ CASH _____ CHECK # _____
Received by _____ Date _____

Start Smart Football

A parent/child program
for 5, 6 & 7 year olds

Sponsored By:
Sunrise Pointe Golf Course & Lake Creek

Start Smart Programs offer the opportunity
for parents to work one-on-one with their
child in learning the basic skills of a sport.

For football they will learn skills such as
throwing, catching, kicking and punting.

The program will be held on Sundays,
September 12-October 17

4-5pm.

in the Storm Lake High School Gym.

Registration Fee: \$15

Registration Deadline: September 8

Youth Soccer

Boys and Girls Grades K-8th
Sponsored By: Citizens Bank

Registration Fee: \$10

Includes a team shirt

Kindergarten thru 4th grade
games will be played at the Field of Dreams
Sundays, September 12-October 17

Starting in the 5th grade, boys and girls will be
on separate teams. These teams (5th-8th) will
travel out of town for games on either
Saturdays or Sundays.

Coaches Needed

There is a box on the registration form for parents to mark
if they are interested in coaching their child's team.

Please help us out if you can.

Registration Deadline: August 27

Forms will be handed out at school and are also
available at the CommUNITY Ed Office

High School Coed Intramural Football

Games will be on Sunday evenings on
the High School practice football fields

Play dates of Sept. 12, 19, 26,
Oct. 3, 10, & 17

Teams will need to consist of 8 players,
2 of which **MUST** be female.

Forms are available in the HS office. All
forms and money must be turned into
the office by September 3rd.

Fee: \$10 per person (includes T-shirt)

Adult Coed Volleyball

Teams are needed for the
Coed Volleyball League.

Games will be scheduled for
Wednesday nights starting
September 15
at the Storm Lake Middle School.

Call the CommUNITY Ed Office @
732-5711 to sign up your team.
Individuals interested in getting on a
team are encouraged to call. We will
check with the teams to try to get
you placed with one or if we have
enough interested individuals, we will
form a new team.