



JACKSON COUNTY CENTRAL

COMMUNITY EDUCATION

CLASSES & ACTIVITIES



AUGUST THROUGH NOVEMBER 2019

PO BOX 119
JACKSON, MN 56143
507-847-6627
WWW.JCCSCHOOLS.COM

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Hello, FALL! Cooler weather is coming soon and accompanying it are community classes, activities, and events. Enjoy learning a new skill or sign up for an old favorite. Look inside and register today!

-Jacqueline Knips,
JCC Community Services Director

**Tune in to AM 1190/
FM 105.7 for weather
related concerns.**



*What are your talents?
Why not share them with others?*

Over the years, many people have taught Community Education classes for Jackson Country Central. Teaching and sharing skills with others encourages a sense of community and can be very enjoyable. JCC Community Education is always looking for new ideas, classes, activities, and facilitators.

Winter class information for December-March is due on or before October 18, 2019.



@JCC.CommEd
www.jccschools.com



Advisory Council

- | | |
|------------------------|----------------------|
| Jackie Olson | Barry Schmidt |
| Krystal Preuss | Rachel Kruger |
| Bonnie Traetow | Lissia Laehn |
| Melonie Vancura | Amber Lessman |
| Chris Scholten | Lori Henning |
| Kirk Dunlavey | Jean Johnson |
| Erika Freking | |



JCC Community Education

Philosophy for Youth Sports & Activities

JCC Community Education Youth Sports are designed to allow all children an opportunity to have fun, participate and learn fundamental sport skills. We are committed to providing both educational and recreational programs and services. Participants will learn sportsmanship, respect, teamwork, fair play and self-confidence. The sports environment will be safe and well-maintained. Prudent behavior by adults is mandatory.

Essential components of JCC CE Sports Philosophy

1. All children in our communities who meet the basic program registration requirements have a right to participate in JCC CE youth sports programs.
2. JCC CE programs are about the development of the individual and the learning of the sport.
3. JCC CE will offer programs at a reasonable cost while providing quality facilities and quality equipment for both volunteers and participants.
4. JCC CE will recruit volunteers who have the ability to act as role models, mentors and facilitators.
5. All participants in JCC CE youth sport programs shall be treated fairly, and without regard to race, color, disability, religion, sex or national origin.
6. JCC CE youth sport program practices and games should be an enjoyable, challenging and learning experience for all participants.
7. Those people in coaching and leadership positions in JCC CE youth sport programs shall lead by example through the promotion of fair play and sportsmanship.
8. JCC CE programs focus on the enjoyment of the sport—not the score.
9. JCC CE age policy is as follows: a. Children should play at their grade level for CE sports through grade 6. b. In a program set up by grade levels, coaches and volunteers may not bring up a younger player when a player at the correct age level is available—through grade 6. c. If it is necessary to divide a grade level into two teams because of large numbers, the teams should be divided as evenly as possible by skill level. There will not be a “varsity” group and a “b-squad” group. d. Parents may use an “Age Waiver Form” to apply for a higher placement in special circumstances.
10. Parents Guidelines—parents must: a. Select a program that will enhance your child’s emotional, physical, social and educational well-being. Make sure your child is properly equipped. b. Encourage a drug-, tobacco- and alcohol-free environment for their children. c. Recognize that youth sports are only a small part of a child’s life. d. Make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach and/or caring parent. e. Be a positive role model for sportsmanlike behavior at games and practices. f. Insist on safe playing facilities and healthful playing situations. g. Insist on equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability. h. Be drug-, tobacco- and alcohol-free as coaches and fans at youth sports activities.
11. JCC Community Education will follow the MN State High School League guidelines and will not take the place of the high school activities governed by the MSHSL.

Opportunity Fund

The Community Education Advisory Council developed the Opportunity Fund to help cover costs of participation. This fund is made possible by local service organizations' donations.

Visit our website for more information at: www.jccschools.com/community

Facility Usage

The School Board of Jackson County Central Public School District 2895 recognizes that school facilities belong to all of us. Encompassing a wide range of buildings and facilities, our schools are one of the community’s greatest assets. Allowing groups and organizations to utilize school buildings/facilities is an important part of using our schools to the fullest extent.

Obtain a facility use application or to read through Regulations and Charges, visit our website at www.jccschools.com, under the Community tab.

People Powered Health Plans



UCare members may be eligible for \$15 discount on most community education classes. If a class is less than \$15, The member may take the class free of charge. Members must be a UCare member at the time of the registration, and throughout the duration of the class. Members need to include their UCare ID at time of registration. Some restrictions apply.



Early Childhood Family Education

A program of Jackson County Central Community Education



EARLY CHILDHOOD FAMILY EDUCATION provides services for parents and their children ages birth to 5.

The concept...

The beginning years of a child's life are crucial. Intellectual, social and emotional growth occurs rapidly from birth to age 5. During the important years before school, parents are the first and most significant teachers of a child. They direct the child's perception of himself or herself and his or her world.

Come experience all we have to offer!

Early Childhood Family Education provides services for parents and their children ages birth to 5. It is funded through JCC Community Education. You are invited to participate in any program activities if you are the parent of a child ages birth to 5, and if you live within the JCC School District attendance area.

ECFE and Discovery Place Preschool are located in the lower level of Riverside Elementary in Jackson and in Pleasantview Elementary in Lakefield.

• ECFE Fall Session•

The fall session of ECFE is being planned! Come to the first night or morning of class to sign up.

Call today (847-5868) for more details!

Classes available in Lakefield and Jackson for kids 0-5 and their parents/guardians.

“The beginning years of a child's life are crucial.”

Early Childhood Screening

JCC Schools will provide a FREE Early Childhood Screening for preschoolers who are 3 years old by Sept. 1, 2019. Areas screened include speech, language and concepts, motor skills, vision, hearing, emotional and health history. Information packets will be mailed to eligible families in October. Call early to get your child's appointment set. If you do not receive a packet, please call the ECFE office to request one. Early Childhood Screenings are required before entry into kindergarten.

Discovery Place Kids Club

Child care is now available at Discovery Place Preschool. Children must be enrolled in Discovery Place Preschool to attend Kids Club.

Child care is available from 6:30 a.m. to 5:30 p.m. Open year 'round.

Now enrolling children. Please call 847-5868 to talk with Darci Thurmer, Kids Club director.



Kids Club

Discovery Place Preschool

Jackson Campus

4/5-Year-Old Preschool

Children must be 4 years old by Sept. 1, 2019

Classes: Monday, Tuesday, Wednesday, Thursday and Friday: 8 a.m. to 3:05 p.m.

(Early out on Wednesdays at 2 p.m.) \$500/month **OR**

8 a.m. to 10:30 a.m.

\$175/month **OR**

12:15 to 3 p.m. (Early out on Wednesdays at 2 p.m.)

\$175/month

Scholarships available to qualifying families



Jackson Campus

3-Year-Old Preschool

Children must be 3 years old by Sept. 1, 2019

\$125/month

Classes: **Section 1:** Monday, Tuesday, Wednesday, and Thursday:

8 to 10:30 a.m.

Section 2: Monday, Tuesday, Wednesday, and Thursday:

12:15 to 3 p.m. (Early out on Wednesdays at 2 p.m.)

Scholarships available to qualifying families.

Lakefield Campus

3-Year-Old Preschool

Children must be 3 years old by Sept. 1, 2019

Classes: Monday, Tuesday, Wednesday and Thursday: 8 to 10:30 a.m.

\$125/month

4/5-Year-Old Preschool

Children must be 4 years old by Sept. 1, 2019 Classes: Monday, Tuesday, Wednesday, Thursday and Friday: 8 a.m. to 3:05 p.m.

(Early out on Wednesdays at 2 p.m.) \$500/month **OR** 8 a.m. to 10:30 a.m.

\$175/month

Scholarships available to qualifying families.

Classes are almost full. Call or email now to reserve your child's spot: (507) 847-5868.

Looking ahead...

Preschool Entrance Conferences

Tuesday, Sept. 3, 2019

Riverside and Pleasantview preschool rooms. Schedule a time to meet your child's teacher and see the classroom before school starts.

Dad's Night

Tuesday, Sept. 3, 2019

Riverside and Pleasantview preschool rooms. Schedule a time to meet your child's teacher and see the classroom before school starts.

Look for more details in upcoming editions of Scribbles, the official newsletter of the JCC ECFE program.



ECFE/Discovery Place Preschool Office Hours

Monday through Friday
8 a.m. to 3:30 p.m.

Amber Lessman, director
amber.lessman@jccschools.net

Cheerleading Clinic

Calling all kids in grades K-5 to participate in the fall Huskies Cheerleading clinic! You will receive a new cheer shirt, short, and hair bow. Performance will be Thursday, August 29 during half time of the JCC Huskies home football game against NRHEG. Instructor: JCC Varsity Cheerleaders & Coaches
 Date: August 26 through August 29
 Time: 3:30 - 4:30 pm
 Location: JCC HS Commons
 Fee: \$40.00
 Register By: August 20
 Minimum: 10 Maximum: 40



Home Alone!

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether it's for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a child who is mature and well prepared. This class for children will address several topics relating to being "Home Alone" including age guidelines, safe habits, house rules, after school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders, and first aid tips. Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child. For grades 4+

Instructor: Sami Woitalewicz
 Date: October 10
 Time: 3:30 - 5:30 pm
 Location: Jackson Library
 Fee: \$25.00
 Register By: October 3
 Minimum: 10 Maximum: 25



Volleyball Camps

This clinic will be for all skills with a focus on passing. Dates are home game nights. For grades 4, 5, & 6
 Instructor: Deidre Wierson
 Dates: September 19, 24, & October 1
 Time: 3:45 - 4:45 pm
 Location: JCC HS Main gym
 Fee: FREE

Volleyball fundamentals & scrimmaging.
 Grades K-3 & 4-6
 Instructor: Jamie Kubas and Assistants
 Dates: September 7, 14, 21, & 28
 Times: 9:00-10:00 am
 Location: HS Aux gym
 Fee: \$20.00

Child & Babysitting Safety Program

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years. Students attend this class independently. Students are welcome to bring a snack. Parents are encouraged to review the take home information and discuss it with their child.

For grades 4+
 Instructor: Sami Woitalewicz
 Date: October 7
 Time: 4:00 - 7:00 pm
 Location: Lakefield Library Conference Room
 Fee: \$50.00
 Register By: October 1
 Minimum: 10 Maximum: 25



Makeup 101 - An introduction

Young ladies will learn how to apply age-appropriate makeup to gain confidence by accentuating their natural features. Come learn how to keep it simple and learn a quick makeup routine for a casual day. This makeup course will have you out the door looking and feeling fresh. Plus learn how to add a few techniques to get GLAM for school dances. Includes makeup application. With option to build your own personalized makeup bundle. For grades 5-8.

Instructor: Amber Olson
 Date: September 14
 Time: 10:00-11:30 am
 Location: Lakefield Library
 Fee: \$40.00
 Register By: September 10
 Minimum: 5 Maximum: 10



Student Driver's Education

Steps to getting your driver's license:

- 30 hours of classroom training
- Must be 15, take & pass permit test
- 6 hours behind the wheel training
- 50 hours logged, supervised driving
- Must be 16, take & pass license exam
- Must have permit for 6 months before taking the exam

Instructor: Steve Condon

Dates: October

Time: M, T, Th, F 3:00 - 6:00 pm; W 2:00 - 5:00 pm

Make up dates:

Location: JCC HS, Room #25

Fee: \$350, due on first day

To enroll email Steve.Condon@jccschools.com

Supplies: Paper, highlighter, & pen/pencil

Additional Instruction: \$60 per hour

Gymnastics

Dream, Believe, Achieve



Instructor: Tammy Handevitd

Instructor contact: tjhandevitd@gmail.com

Dates: October 5, 12 & 26, November 2, 9, 16 & 23, December 7, 14 & 21, January 5 & 11

Times: Beginners 9:00 - 10:00 am

Intermediates 10:00 - 11:30 am

Location: JCC HS gymnastics room

Fee: Beginners \$225.00; Intermediates \$285.00

Registration information:

- Full season payment due upon registration.
- Checks should be made out to JCC Community Education.
- Registrations should be sent to: Tammy Hendevidt, 1519 North Highway Jackson, MN 56143
- Classes fill fast, please register early.
- Beginners must be 4 years old by October 1 in order to participate.



GOLD STAR PERFORMANCE

January 19

High School Main Gym



Name: _____

Age: _____ Date of Birth: _____

Address: _____

City: _____

State: _____ ZIP: _____

Parents Names: _____

Cell/Home phone: _____

Email (required): _____

Signature of parent/guardian: _____

Beginner: _____ Intermediate: _____

Basketball, Grades 4-5-6

This program of practices, scrimmages, and tournaments will begin in November for youth in grade 4-6.

Registration night will be Tuesday, October 15 at 5:30 pm. in the HS media room.

- Sign up to play
- order uniforms
- pay registration and associations fees.

Flag Football

Saturday morning flag football is a time to have fun scrimmaging while learning new skills.

Participants who sign up by August 15 are guaranteed a FREE Huskies foot ball jersey.

Two adults per sessions are needed. If you are able to assist, please sign up on the registration form or call 507-841-3803.

Instructor: Mitch Rowe

Dates: Saturdays, September 14 - October 12

Time: 8:30 - 9:30 am grades 1-2

9:30 - 10:30 am grades 3-5

*Grades 3-5, pending area tournaments.

Location: JCC HS Baseball Fields

Fee: FREE

Register by: August 15 for a jersey, September 13 last date to register.

Gymnastics Policies:

- Gymnasts should wear leotards to practice (no tights or socks - bare feet preferred)
- All gymnasts must have their hair up tight for practice
- Take your child to the bathroom before class - coaches will not leave the gym to take a child to the bathroom.
- No gum, jewelry, food or drink in the gym - exception: water bottles
- Parents are not allowed in the gym during class. There will be a performance at the end of the sessions.
- Please bring your child into the gym and wait right outside the gym doors to pick your child up after class.
- Gymnastics = Risk By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Risk can be reduced, but never eliminated. The risk of injury includes minor injuries such as bruises and more serious injuries such as, broken bones, dislocations, and muscle pulls. The risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head. - USA Gymnastics I understand that Jackson County Central public schools do not provide any accident or health insurance coverage for my child while participating in athletic programs. I fully understand that it is my responsibility to provide insurance coverage for my child. I am aware that the school district DOES NOT cover athletic injuries. I agree not to hold Community Education, the school, or anyone acting in it's behalf, responsible for any injury occurring to the student named in proper course of such athletic activities or travel. I have read the foregoing and will abide by the principles and regulations contained therein. By signing the registration form, I hereby give my consent for the gymnast named to participate.

Modern Makeup for Mature Skin

Women will learn how to achieve a glowing, youthful day makeup look appropriate for mature ladies. Learn a modern and simple makeup look that will work for everyone. Plus learn how to add a few techniques to get GLAM for the Holidays! Includes makeup application. With option to build your own personalized makeup bundle.

For even more learning opportunity, bring your own makeup bag and learn how to use what you already own.

For ages 25+.

Instructor: Amber Olson

Date: September 21

Time: 10:00-11:30 am

Location: Jackson Library

Fee: \$40.00

Register By: September 10

Minimum: 5 Maximum: 10



DIY Manicures & Nail Health

Learn how to perform a professional-looking manicure while using Color Street 100% nail polish strips. You will leave perfectly polished and ready to repeat the process at home.

Instructor: Jordana Runck

Date: October 3

Time: 6:00 - 6:30 pm

Location: JCC HS Auditorium
Conference Room

Fee: \$15.00

Register By: October 1

Minimum: 4 Maximum: 15



CPR

An instructor through the American Safety and Health Institute will certify individuals on heartsaver CPR plus Adult, Children, and Infant CPR. A date will be determined once five individuals show interest.

Instructor: Jeremy Fricke

Date: TBD

Time: 5:30 - 9:30 pm

Location: JCC HS Health
Room (Lot D, Door 12)

Fee: \$60.00

Get your name on a list today!

Minimum: 5



Back to school

Are you ready for school to start again?! I'm sure not! However, using our oils can help us all transition to this time of year. Whether it's helping our kids wake up in the morning, calming their school day jitters, helping them get into a bedtime routine, serving them healthy meals, or helping them focus while doing homework, essential oils can help.

Instructors: Adam & Perian Kummrow

Dates: September 10, Lakefield Library

September 19, Jackson Historic State Theater

Time: 6:30 - 8:00 pm

Fee: FREE

Register By: September 6 & September 17

Oils for every aspect

Scrub those counter-tops, polish your pearly-whites – our therapeutic-grade essential oils, with their naturally derived ingredients, can replace the harsh chemicals found in your cleaning pantry all the way to your personal care product line. Join us to make some and take some!

Instructors: Adam & Perian Kummrow

Dates: October 8, Lakefield Library

October 17, Jackson Historic State Theater

Time: 6:30 - 8:00 pm

Fee: \$12

Register By: October 4 & October 15

DIY Christmas Make & Take

DIY Christmas make & take class that is safe, chemical free and also makes great gifts. We will discuss the benefits of this natural process. We will be making dryer ball snowmen and holiday cheer spray.

Instructors: Adam & Perian Kummrow

Dates: November 12, Jackson Library

November 21, Jackson Historic State Theater

Time: 6:30 - 8:00 pm

Fee: \$15

Register By: November 8 & November 19

1-2-3 Magic!

Effective discipline for children 2-12.

Kids are just kids! In addition to being delightful, charming and affectionate, child can also present the adults in their lives with a steady diet of difficult behavior: whining, arguing, teasing, fighting, yelling, tantrums and pouting. The 1-2-3 Magic! program has practical and easy to use discipline techniques for families and educators. You will come away from his training with some techniques that are down to earth, kid friendly and make a dramatic impact in a short time.

Instructor: Sami Woitalewicz

Date: September 28

Time: 9:30 - 11:30 am

Location: Jackson Library

Conference Room

Fee: \$25.00

Register By: September 25

Minimum: 10 **Maximum:** 20

What do you do with the MAD that you feel?

Helping children manage anger and learn self-control.

Examine the developmental stages a child goes through to learn self-control and explore the important lessons early childhood educators can share along the way to support that process. By gaining insight that the ways children deal with their mad feelings is a developmental issue rather than a moral issue, we are able to help the children learn how to deal with difficult feelings constructively.

Instructor: Sami Woitalewicz

Date: October 24

Time: 6:30 - 8:30 pm

Location: Jackson Library

Conference Room

Fee: \$25.00

Register By: October 21

Minimum: 10 **Maximum:** 20



Introduction to Estate Planning

Why should you think about it?

Estate planning isn't just for "rich" people. There are many planning issues that impact all individuals regardless of their financial status. If the thought of "planning your estate" is overwhelming to you, this class aims to help. This one-hour presentation will introduce you to the world of estate planning and explain why it is important for all individuals to take basic planning steps. Planning for incapacity and post-death administration will be discussed, with highlights on the most common planning mistakes and issues you may not be thinking about. This class will break down and summarize key estate planning concepts to help you think about planning for your future.

Instructor: Ashley J.P. Schmit, Attorney with Costello, Carlson, Butzon, & Schmit, LLP

Date: November 12

Time: 6:00 - 7:00 pm

Location: Lakefield Library, Conference Room

Fee: FREE

Register By: November 8

Minimum: 5

Trust Planning & Funding

An ongoing process

You have heard about trusts, but what are they and what can they do for you? Trust planning can provide tremendous benefits if done correctly; however, trusts need to be updated and reviewed on a regular bases to make sure they work as intended upon incapacity or death. Unfortunately, some lawyers and, consequently, their clients believe that trust planning and funding is a one-time project. This is not the case. If your trust is going to be worth more than the paper it is printed on, it is important to recognize the need for ongoing maintenance, funding, and review. this one-hour class will review basic truch planning concepts and provide funding guidane for specific types of assets. If you have a trust and wonder if it is going to "work" as you planned, this class is for you!

Instructor: Ashley J.P. Schmit, Attorney with Costello, Carlson, Butzon, & Schmit, LLP

Date: November 12

Time: 7:15 - 8:15 pm

Location: Lakefield Library, Conference Room

Fee: FREE

Register By: November 8

Minimum: 5



PickleBall

Join in on one of the fastest growing sports in America! Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The basics of Pickleball are:

1. A fun sport that combines many elements of tennis, badminton, and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball. It's a game for everyone!

Supervisors: Bob and Arlene Vee, Linda Pribyl

Date: Sundays

Time: 5:30 - 7:30 pm

Location: JCC High School Aux Gym

Fee: \$2.00 per night, pay at the door. Punch cards available



Zumba

Zumba Fitness is perfect for everybody and every body! Zumba is a total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Super effective? Check. Super fun? Check. Wear comfortable shoes and bring water.

Instructor: Larissa Rassmussen

Dates/Times: Mondays, 5:30 - 6:30 pm

Wednesdays, 5:30 - 6:00 pm

*Starting September 9

Location: JCC Riverside gym

Fee: \$5.00 per class, pay upon arrival

*Subject to change. Please visit Facebook page, MN Larissa Zumba Fitness Classes.

Strong30 packs a challenging total-body workout into 30 minutes. This efficient and focused class helps you fit fitness into any schedule. The result is a group fitness experience unlike any other. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone and definition, and you will experience an increased after burn. Bring plenty of water!

Instructor: Larissa Rassmussen

Dates/Times: Thursdays 5:30 - 6:30 pm

*Starting September 12

Location: JCC Riverside gym

Fee: \$5.00 per class, pay upon arrival

*Subject to change. Please visit Facebook page, MN Larissa Zumba Fitness Classes.

National Safety Council - Defensive Driving

8 Hour

4 Hour

An abbreviated, yet engaging course reinforcing good driving skills and habits. This 4-hour course is an ideal refresher. It offers practical strategies to reduce collision-related injuries, fatalities, and costs associated with motor vehicle crashes. Registrants, ages 55+, are eligible to receive a 10% discount on automobile insurance.

Instructor: Kathy Pederson

Date/Location: September 12, Lakefield Library

Time: Noon - 4:00 pm

Date/Location: September 17, Jackson Library

Time: 5:00 - 9:00 pm

Date/location: October 29, Jackson Library

Time: Noon - 4:00 pm

Fee: \$30

Register by: Four business days prior

Minimum: 15

This course is designed to give drivers practical knowledge and what techniques to use to avoid accidents, and how to choose safe, responsible, and lawful driving behavior. This course focuses on:

- Drugs, drinking, and driving
- Physical conditions and emotions
- Recognizing other drivers behaviors
- Rules on the road
- Analyzing driving choices
- And much more!

Registrants, ages 55+, are eligible to receive a 10% discount on automobile insurance.

Instructor: Kathy Pederson

Dates: September 17 & 19

Location: Jackson Library

Time: 5:00 - 9:00 pm

Fee: \$40

Register By: September 12

Minimum: 15



Lunch Hour Laps

Make aqua jogging, water-walking, and lap swimming part of your lifelong fitness goals.

Tuesday, Wednesday, and Thursday
11:30 am - 1:00 pm

Toddler Thursdays

Encourage water discovery and burn off some of your little one's energy in a safe, warm environment during Toddler only swim.

Thursday 10:00 am - 11:30 am
\$1.00 per swimmer

Deb's Aerobics

Relax, lose weight, tone up, and jam out during water aerobics! This low-impact activity is great for sore muscles and joint pain sufferers.

Monday, Wednesday, and Friday
8:00 am - 9:00 am

*Times subject to vary slightly
\$5.00 per class

Schedule

For monthly swimming hours, watch us on facebook at: Jackson County Central Pool
Or check our website at: www.jccschools.com

Splish Splash, Birthday Bash!

Weekend parties at the pool are a fun way to celebrate without all the mess! Reservations must be made at least a week in advance.

Friday evenings, Saturday and Sunday
10:00 am - Noon or 5:00 pm - 7:00 pm
\$40.00 per 10 swimmers
\$1.50 for each additional swimmer

Swimming Lessons

We offer American Red Cross Swimming Lessons for levels preschool - 6.

Session four: August 5-9 and 12-16
8:30 am, 9:30 am, or 10:30 am
Fee: \$40.00

Need private lessons?

10 half hour sessions for \$120.00
Call to schedule, based on instructor availability.

Rates

| | |
|-------------------|-----------------------|
| Daily: | Punch Card: |
| 1-4 \$1.00 | 10 for \$35.00 |
| 5-18 \$3.00 | Family Month: \$40.00 |
| 18-65 \$4.00 | Single Month: \$20.00 |
| 65+ \$3.00 | Family Year: \$400.00 |
| Lap Swim \$3.00 | Single Year: \$200.00 |
| Sauna only \$1.00 | Aerobics \$5.00 |



Fitness Center

The JCC High School Fitness Center offers a complete line of cardiovascular, free-weights, and strength training machines for a safe and effective exercise routine.

Blue Cross, Blue Shield fitness discounts tracked for \$20.00 credit to your personal discount per exercise criteria met. Visit www.bluecrossmn.com/fitnessdiscounts for more information.

*Our facility follows the same weather policy for the rest of the building.

| | |
|-------------------------------------|------------------------------------|
| JCC Student (grades 6 - graduation) | FREE |
| Minnesota West College Student | FREE |
| College Student with ID | \$15 per month / \$75 semi-annual |
| Individuals (adults over 18) | \$30 per month / \$150 semi-annual |

Walking Track

Jackson:
High School gym (parking lot A, Door #2)
Monday through Friday
6:35 am - 9:00 am

Lakefield:
Middle School
Monday through Friday
7:00 am - 8:00 am & 3:00 pm - 5:00 pm

Jackson Area Chamber of Commerce Golf Event

TO REGISTER: WWW.JACKSONMN.COM/CHAMBER-GOLF-EVENT
CONTACT THE CHAMBER OFFICE AT (507)847-3867 OR VIA EMAIL: CHAMBER@JACKSONMN.COM

Event Schedule

2:30 pm
WELCOME
3:00 pm
SHOTGUN START
3-5:30 pm
GOLF TOURNAMENT
5-6 pm
SOCIAL HOUR
5:30 pm
DINNER & AWARDS

THURSDAY, AUGUST 15th • JACKSON GOLF CLUB

Registration Fees

SINGLE GOLFER \$50
(Cart - Dinner)
2-PERSON TEAM \$80
(Cart - Dinner)
4-PERSON TEAM \$160
(2 Carts - Dinner)



HOLE IN ONE PRIZE:

\$10,000

Event Details

9 HOLE
FOUR PERSON SCRAMBLE

Certificates awarded for:

LONGEST DRIVE
(Mens & Womens)
LONGEST PUTT
(Mens & Womens)

CLOSEST TO THE PIN
(Mens & Womens)

Cash prizes awarded to
1st & 2nd, place teams

Sponsorship Opportunities

TITLE SPONSORSHIP - \$500

Exclusive recognition on hole #1 tee box.
Includes 1 foursome (4 golfers), carts and dinner.

DINNER SPONSORSHIP - \$300

Recognition on place mats/tables. Includes 1 twosome (2 golfers), cart and dinner.

CART SPONSORSHIP - \$300

Recognition on all carts. Includes 1 twosome (2 golfers), cart and dinner.

HOLE-IN-ONE SPONSORSHIP - \$300

Exclusive recognition on hole #5. Includes 1 twosome (2 golfers), cart and dinner.

GAMES SPONSORSHIP - \$300

Exclusive recognition at the Chip in the Boat.
Includes 1 twosome (2 golfers), cart and dinner.

HOLE SPONSORSHIP - \$100

Recognition on tee box or putting green.



Jackson Women of Today

Mother / Son Kickball is scheduled for Sunday, September 22 in the JCC Softball Complex for grades PreK-5. Pre-sale tickets will be available. Follow Jackson Women of Today on Facebook for further information.

Ladies of Lakefield

The 4th Annual Trunk or Treat is scheduled for a Saturday in October. Watch Facebook for future details.

Holiday BINGO is for the whole family with food, fun, and prizes for the littles.

Hit the Ground Bikin'

Rides take place in Jackson, starting at Ezekiel's Wheel. Open to all kids. Parents are encouraged to join!
Date: August 8
Time: 4:00 pm - finished
Theme: Pajamas
Date: August 22
Time: 4:00 - finished
Theme: Sports

Wednesday Night Fellowship

Wednesday Night Fellowship invites 6th-12th grade youth to gather together to spend time praying for each other, discussing the Gospel of Jesus Christ and play games.
Facilitators: Sam Espey & Thor Kurtz
Location: Dumont Park
Dates: August 14, 21, & 28
Times: 6:30 - 8:30

Jackson City-Wide garage sales September 13 & 14

Jackson City-Wide Clean-up

West Side - September 28

East Side - October 5

Family Community Resource Fair

Date: September 17, Tuesday

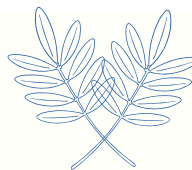
Location: High School Aux gym

Sponsored by: Family Services

Network and Jackson Kiwanis Club

Watch our local media resources

for more information to come.



Fort Belmont

Pioneer Days - August 24 & 25

Visit Historic Fort Belmont and witness a Buckskinner Camp, Blacksmithing, Black Powder Riffle Shoot, Horse-drawn Wagon rides and more! Events vary from year to year!



Love & Logic Parenting Class

Learn hands-on techniques for children of any age! This class provides information on:

- How to avoid power-struggle and arguments
- How to give choices and set enforceable limits
- How to avoid enabling and begin empowering your child
- How to teach problem -solving skills to build self-esteem
- How to help kids learn from their mistakes rather than repeat them
- How to raise kids to be family team members & have fun parenting
- How to take care of yourself and get ideas througoh fun videos.

The Love & Logic Workbook will be available for \$10.00.

Plus FREE Childcare is provided!

Instructor: Licensed Social Worker, Angie Titus

Dates: Tuesdays in October

Time: 6:00 - 8:00 pm

Location: Riverside Elementary

Register: Call Family Services Networks at 507-847-4441

Lakefield Food Shelf

Location: 416 Broadway, Lakefield
 Contact: Connie Rossow
 Phone: 507-841-3350
 Emergency phone: 507-993-6041
 Email: connie@therossows.com
 Facebook: Lakefield MN Food Shelf
 Hours of Service:
 • Tuesdays 4:30 - 5:30

Jackson Food Shelf

Location: 1229 North Highway, Jackson
 Contact: Tracey Schley
 Phone: 507-841-8373 or 507-993-6041
 Email: jacksonfoodshelf@gmail.com
 Facebook: Jackson County Food Shelf
 Hours of Service:
 • Tuesday 10:00 am - Noon & 4:00 pm - 5:30 pm
 • 1st & 3rd Thursday 10:00 am - Noon
 • Every Thursday 4:30 - 5:30
 • Friday 10:00 am - Noon
 • Produce Distribution Days August 13 & September 10 from 10:30 - Noon

Community Transit

Public Transportation available for all residents of Jackson and Cottonwood Counties

Community Transit of United Community Action Partnership is available to provide transportation for riders of all ages and incomes.

- Our lift accessible buses operate Monday - Fridays, 6:30 am to 6:00 pm.
- Dispatch hours are Monday - Friday, 8:00 am - 4:30 pm.
- Ride requests are to be scheduled 24 hours in advance.
- Monthly unlimited bus ride coupons are available..
- Volunteer drivers who drive their own vehicles are also available for rides to areas or hours not served by the buses.

Contact Community Transit at 507-847-2632, extension 1 for more information.



Head Start



Head Start is a FREE, family-focused preschool program for income-eligible children ages 3 to 5. Head Start is a comprehensive program that provides a quality preschool experience while helping parents to assure that children are receiving needed health, dental, and nutrition education and services. In Jackson County, Head Start is provided by United Community Action.

Children may participate in our classroom program which meets in Jackson 4 days/week for 6 hours each day during the school year. Transportation is provided within the City of Jackson. Free breakfast and lunch is provided. Early Head Start is for children ages birth - 3 years old. Weekly home visits with these families as well as occasional group meetings are done.

For information about Head Start, contact United Community Action at 1-800-658-2448.



ABE/GED

The Southwest Adult Basic Education website provides classes around the area. Go to: www.southwestabe.org then select the Jackson region.

JCC Music Boosters

Supporting the Music Program, One Note at a Time!

The JCC Music Boosters goal is to support our Band and Choir programs at JCC Schools, through fundraising, donations, volunteerism and awareness so any student can participate in these great groups!

If you are interested in making a donation to the JCC Music Boosters, your name will be recognized at all Choir and Band events. Please fill out the form below.

If you would like more information, please contact jccmusicboosters@gmail.com, follow us on twitter @jccmusicbooster or like us on Facebook: JCC Music Boosters.

Name _____

Mailing Address _____

Email Address _____

Donation Amount \$ _____

Please send to:
 JCC Music Boosters, PO Box 119 Jackson, MN 56143

Story Hour

Children's story hour is held each week at the Jackson County Libraries. Stories, games, fingerplays, and crafts are provided for preschool age children.

JACKSON (Begins September 9, 2019)

Every Monday morning beginning at 10:00

LAKEFIELD (Begins September 12, 2019)

Every Thursday morning beginning at 10:00

HERON LAKE (Begins September 10, 2019)

Every Tuesday morning beginning at 9:45



After School Programs

After school children's programs are held each month at the Jackson County Libraries. All programs are free of charge. Call your library for more information.

JACKSON

Second Wednesday of each month @ 3:30

LAKEFIELD

Second Thursday of each month @ 3:30

HERON LAKE

First Wednesday of each month @ 3:30

Teen Advisory Group

Teen advisory groups meet at the Heron Lake, Jackson & Lakefield Libraries. Interested teens may join and help with planning events at the library. The group meets on a monthly basis and will be responsible for planning some teen programs, helping with youth programs, bulletin boards, selecting books for the collection and more. For more information, contact your local library.

Tween/Teen Programs

Tween (grades 5-7) and Teen (grades 8-12) programs are held each month at each of the Jackson County Libraries.

HERON LAKE – Teen events 2nd Wednesday and Tween events 3rd Wednesday of the month.

JACKSON – Teen events 3rd Tuesday and Tween events 3rd Thursday of the month

LAKEFIELD – Teen and Tween events 4th Wednesday of the month

Call your local library for times and events.



Brown Bag Lunch Program

The brown bag lunch program discusses a wide variety of topics with various speakers and presenters. The program is held from 11:00-12:00 PM in the Jackson Public Library meeting room.

Afternoon Coffee Break

An afternoon coffee break program will be held at the Lakefield Library meeting room from 2:00-3:00 pm. Various speakers will be featured for your enjoyment.

Sunset Spotlight

A Sunset Spotlight program will be held at the Heron Lake Library meeting room from 6:00-7:00 pm. A wide variety of topics and various speakers will be featured.

Book Discussion Group

A monthly book discussion group meets at the Jackson County Libraries. These groups select titles to read and discuss. For more information and to sign up, please contact your local library.

JACKSON

Third Monday of each month @ 1:00 PM in the library meeting room (Exceptions – October, January & February is the 2nd Monday)

LAKEFIELD

First Wednesday of each month @ 3:00 PM in the library meeting room

HERON LAKE (September-May)

Third Tuesday of each month @ 2:00 PM in the library meeting room

Evening Book Discussion

An evening book discussion group meets on the third Thursday of each month @ 7:00 PM.

Monthly Movie- Adults

A movie and popcorn event for adults is held on the third Friday of each month @ 1:00 PM at the Lakefield Library.

Annual Book Sale

Jackson County Library System book sale will be held on September 12-14, 2019. A pre-sale will be held on the evening of September 11 for Friends of the Jackson Library members. A variety of items will be available. The sale will be held at the Jackson County Fairgrounds in the blue building.

Meeting Room Available

Each of the libraries offers a meeting room for civic, cultural, educational and public informational meetings and can be reserved up to 6 months in advance. There is no charge to use the room and it may be used after hours. Call your local library for more information.

Library Hours

JACKSON (847-4748)

Monday, Tuesday, Thursday 10 AM – 7 PM

Wednesday, Friday..... 10 AM – 5 PM

Saturday 10 AM – 3 PM

LAKEFIELD (662-5782)

Monday.....1 – 5:30 PM

Tuesday, Wednesday 11 AM – 5:30 PM

Thursday 11 AM – 7 PM

Friday 11 AM – 5 PM

Saturday 10 AM – 1 PM

Heron Lake (793-2641)

Tuesday, Thursday 2 - 6 PM

Wednesday 3 – 8 PM

Friday 11 AM – 5 PM

Saturday 10 AM – 12 Noon



Nature Tots

Bring all kids ages 0-5 to explore the natural world around them with hands-on activities, crafts, and songs.

Cost (per child per program): Free for members, \$3 for non-members.

Programs:

- Wednesday, August 21st, 4 pm**
- Wednesday, September 18th, 4 pm**
- Saturday, October 5th, 10 am**
- Wednesday, October 16th, 4 pm**
- Wednesday, November 20th, 4 pm**
- Wednesday, December 18th, 4 pm**

Pre-registration programs

Programs will cancel if minimum enrollment has not been met by the registration deadline. Please help us ensure the success of these programs by registering ahead of time. Call 507-662-5064 or send an email to: marilyn@ecologybus.org. Interested in becoming a member and receive program discounts? Membership information is available at the PEBC office or online at www.ecologybus.org. Ask us about family discounts!

A Step Back in Time

August 5th, 9:00 am - 11:00 am, Entering 3rd - 6th grade
 Cost: \$5 members / \$10 non-members
 Pretend to be a pioneer as we learn about when the prairie was first settled. Play pioneer games, do crafts, and learn about customs. Find out if you have a knack for life on the prairie!

Fantastic Beasts and Where to Find Them

August 14th, 9:00 am - 3:00 pm, Entering 4th - 6th grade
 Cost: \$30 members / \$40 non-members
 Join our magizoologists as they lead you on an expedition to find the magical creatures that live in our world. Learn about many of the real life animals that inspired mythical creatures and how to care for your own magical menagerie.

Nature Romp

August 19-20th, 9:00 am-Noon, Entering PreK-2nd grade
 Cost: \$20 members / \$30 non-members
 Create your own trails in this two day camp. Dig in the dirt, run through the grass, and hide in the trees with this hands-on exploration of the nature around us.



17th Annual
Prairie Winds Kite Fly

Saturday, September 7, 2019
 10 a.m. to 4 p.m.

Jackson Municipal Airport, Jackson, MN
In Jackson, travel Hwy 71 just north of I90. Turn east on 800th Street to airport.

Professional Kite flyers from five states will bring out *GIANT*, Inflatable Show Kites! Bring your chair - Enjoy and Relax
 Kite making for kids • Kids Candy Drop • Music • Concessions • Kites for sale • And more!

A Family Event FREE ADMISSION to the Public!

Sponsored in part through the Robert & Helen Remick Charitable Trust. For more information, call 507.662.5064 or go to the [Prairie Ecology Bus Center website at www.ecologybus.org](http://www.ecologybus.org).

Turtle Care 101

August 24th, 9:00 am - 10:30 am, Families
 Cost: Free for member / \$3 non-member
 A class for new turtle parents to learn how to properly care for their new pet. Join our naturalists as they walk you through proper diets, housing and enrichment.

Halloween Night Sky Program

October 26th, 6:00 pm - 7:30 pm, Families
 Cost: Free for members / \$3 for non-members
 Cozy up by the fire under a sky full of stars and hear stories of the heroes and creatures that make up the constellations. Join PEBC for an evening by the fire with marshmallows and tales of the fall sky.

Plenti-fall Party

November 8th, 5:00 pm - 7:00 pm, Families
 Cost: Free
 We have a cornucopia of fun planned to celebrate the harvest season. Enjoy cider and fall snacks while making seasonal art projects and family activities.

Nature Writing Club

November, Grades 6th - 8th, Watch for more information
 The great poets and story writers of the ages have always found inspiration in nature. Become a great writer yourself as we explore nature through poetry, short stories, journaling, and more!

Registration made easy:

- **Mail in registration forms to:**
JCC Community Education
PO BOX 119
Jackson, MN 56143
- **Drop off registrations forms to:**
JCC High School front counter
Door #2
- **Email registration forms to:**
Jacqueline.Knips@jccschools.com
- **Need another form?**
www.jccschools.com/community
- **Please submit a seperate check for each class or activity.**

Guidelines:

Register Early: Avoid disappointment. Many classes have limited enrollment and are filled on a first come, first serve basis. On the flip side, if minimums are not met, classes are subject to cancellation.

Confirmation: Once your fee is paid, you are officially registered. Please plan to attend. You will only be notified if the class is cancelled.

Enrollment Cancellation: Please notify the Community Education Office prior to the first day of the class. Refunds will not be given if cancellation is received any later.

Inclement Weather: Weather-related changes will be announced on KKOJ 1190 AM / KRAQ 105.7 FM. Community Education classes are not held when school is cancelled.

Registrations Information:

Participant Name: _____ **Circle One:** **Male** **Female**

Current Grade (Fall 2019): _____ **Date of Birth:** _____

Does the participant require any accommodations (Circle One)? **YES** **NO**

If Yes, please explain: _____

Parent/Guardian Name: _____ **Phone:** (_____) _____ - _____

Email: _____

Address: _____ **City/State/Zip:** _____

Ucare ID (if applicable): _____

Payment Included: **CASH** **CHECK** **CHECK NUMBER** _____



Circle One:

Adult Interests

- Back to School Oils, FREE
- CPR, \$60.00
- Defensive Driving 4 Hour, Lakefield
 - License Number _____
- Defensive Driving 4 Hour, Jackson - September
 - License Number _____
- Defensive Driving 4 Hour, Jackson - October
 - License Number _____
- Defensive Driving 8 Hour
 - License Number _____
- DIY Christmas Make & Take Oils, \$15.00
- DIY Manicures, \$15.00
- Intro to Estate Planning, FREE

- Modern Make-up, \$40.00
- Oils for Every Aspect, \$12.00
- Trust Planning & Funding, FREE
- What to do about the Mad, \$25.00
- 1,2,3 Magic, Effective Discipline, \$25.00

Youth Interests

- Cheer, \$40.00
- Child & Babysitting Safety, \$50.00
- Flag Football, FREE
- Home Alone, \$25.00
- Make-up 101, \$40.00
- Volleyball Clinic, FREE
- Volleyball Fundamentals, \$20.00

PARENT PERMISSION:

I, the undersigned parent/guardian of the above identified, a minor child, hereby consent to the participation of said child in the JCC Community Education program, activity, or class and do further agree to hold harmless the Jackson County Community Education, its officers, directors, members, agents and employees from any and all claims, actions, or demands arising out of or which occur by reason of the participation of said minor.

X _____
 Signature of Parent/Guardian

DATE