

**Winter SCC Community Education Classes**  
**Dec. Jan. and Feb. 2011-2012**  
**scce.com or 715-796-8869**

Unicycle	Beginning Dance
Sewing 101	Get Fit Bootcamp
Basic Pie Crust	Zumba
Guitar	Pottery
Weaving	Knitting
Travel	Dog Training

**Unicycles for Beginners**

Ages 6 and up

This beginner course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It's fun, challenging, and unique! Come and join in the fun! Unicycles will be provided for each participant.

Instructor: Tanya O'Brien and members of the TCUC (Twin Cities Unicycle Club)

Date: Six Thursdays

Fall Session: Sept. 29, Oct. 6, 13, 20, 27 and Nov 3 FILLED

Winter Session: Jan. 5, 12 and 19 and 26, Feb 2, 9 FILLED

Spring Session: March 1, 8, 22, 29 April 5 and 12

6:00 PM – 7:00 PM Beginner unicycle class

7:00 PM – 8:30 PM Open gym for unicycle practice for TCUC members

Fee: \$10 per person for six sessions; \$25 per family for six sessions

Location: SCC Elem Large gym

**Sewing 101**

10 years and up

For anyone who sewed at one time or has never run a sewing machine. Brush up on your skills and techniques; learn the magic of creating with textiles; learn to make friends with your machine and you will enjoy years of happy adventures together.

All supplies and equipment provided to make a small project.

Date/Time: Wednesday, Feb 8<sup>th</sup>, 6:00-9:00 PM

Location: SCC HIGH SCHOOL

Instructor: Kathy Peterson

Fee: \$5 (also \$5 fee for families or a group of friends)

**Sweetheart Vase**

7<sup>th</sup> grade to adult

You will learn about the principles of floral design and make your own Sweetheart Vase. Instruction, tools, and all supplies will be provided. If you have any unused vases left from other arrangements, please bring one along.

Date/Time: Thursday, Feb. 9<sup>th</sup>, 6:30-8:00 PM

Location: SCC Middle School FCE room

Instructor: Liz Beukema

Fee: \$35

**Basic Pie/Pastry Crust** 10 years and up

Learn the techniques required to make flakey pastry (flour based) piecrust. No fail techniques your grandma didn't tell you! The ingredients will be provided. If you already own please bring the following, 1-3 pie tins (foil and glass okay), pastry cutter and rolling pin. If you don't have these just let us know and we will provide.

Date/Time: Wednesday, January 25, 6:00-9:00 PM

Location: SCC HIGH SCHOOL

Instructor: Kathy Peterson

Fee: \$5 (also \$5 fee for families and/or a group of friends)

**Christmas by Candlelight** 7<sup>th</sup> grade to adults

You will learn about the principles of floral design and make your own Christmas Candlelight centerpiece. Take home a gorgeous handmade design that will last for weeks in your home. Instruction, tools, and all supplies will be provided. If you have a certain color scheme for the holidays in your home, feel free to bring some items along if you wish.

Date/Time: Tuesday, Dec. 13, 6:30-8:00 PM

Location: SCC Middle School FCE room

Instructor: Liz Beukema

Fee: \$30 per arrangement

**Beginning Pottery Wheel** 15 to adult

Students will learn the process of forming an open vessel on a potter's wheel. This class is intended to prepare individuals for independent studio access. All tools, clay and glaze provided. Please dress to get dirty.

Date/Time: Four classes either Wednesdays, 10-11:30 am or Thursdays, 6-7:30 pm  
Wed.---- November 30, Dec. 7, 14 and 12

Jan. 4, 11, 18 and 25

Feb. 1, 8, 15 and 22

Thurs.---- Dec. 1, 8, 15 and 22

Jan. 5, 12, 19 and 26

Feb. 2, 9, 16 and 23

Location: Kinnickinnic Clayworks, 127 N Main St. River Falls, WI

Fee: \$45 for a series of four classes

Instructor: Jennifer King, 715-222-4035 or [jking@kinniclay.com](mailto:jking@kinniclay.com)

<http://www.kinniclay.com/> Please register with Jennifer.

## **Get Fit Bootcamp**

Teens and Adults

If you are a beginner, an avid fitness enthusiast or just tired of the same routine come try this whole new approach to exercise...fun! Get Fit Bootcamp is a unique Bootcamp style class that combines cardio, strength training and core work all in an exciting 60 minute workout. This 10 session fitness program offers fitness instruction, nutritional counseling and motivational training - jam packed with fun and energizing activities designed to help you reach your fitness goals.

Whether you want to shape up, bust out of a fitness rut or just get fit before that special occasion, this is the program for you!

Please bring an exercise mat (if you have one), water & a great attitude!

Fee: \$10 for 1 time class / \$70 for 10 class punch card / \$40 for a 5 class punch card

Class Schedule: Sept.12th and every Monday unless school is closed or gym in use

Time: 6:30 - 7:30 pm

Location: SCC Elementary Large Gym (in back) Roberts

Instructor: Tera Busker (for more info contact [tera@fitnesstogo.net](mailto:tera@fitnesstogo.net))

Contact Tera To Register: [tera@fitnesstogo.net](mailto:tera@fitnesstogo.net)



## **ZUMBA**

Are you tired of the 'same old, same old' routine in your workout?

Why not try the hottest thing in fitness - ZUMBA®.

Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that is fun and easy to do! You can achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Please wear comfortable active clothing that is not restrictive and shoes with plenty of cushion and not a lot of tread, court or aerobic shoes are ideal. Also suggested: Water bottle and a towel.

Session: 1 hour (10 min Warm Up, 45 min Cardio, 5 min Cool Down/Stretch)

Licensed ZIN Instructor: [Michelle Calcagno](#)

Session I: Sept. 7-Dec. 14 (If School is closed; including weather related-NO CLASS)

Session II: Jan. 7-May 16 (If School is closed; including weather related-NO CLASS)

Wednesdays @ 6:30 at the SCC Middle School Small Gym, Hammond

Saturdays @ 10:30 at the SCC Elementary School Large Gym (in back) Roberts

FEE: 12 class punch card: \$72; 8 class punch card \$56; 6 class punch card: \$48; or

Drop-In: \$10/class. Student Rate (13-18) Half Price. Ages 13-16 must be accompanied by a parent/guardian. (not necessarily in the class)

REGISTER : at class and first one is always free.

PAYMENT: Make checks payable to the instructor.

Contact instructor Michelle at 715-760-0244 or email

([minnesotamimi@hotmail.com](mailto:minnesotamimi@hotmail.com)) with questions regarding Zumba®.

BWCE classes run Tuesday and Thursday



Location: SCC Middle School

### **Ceramics Studio and Workshops**

Kinnickinnic CLayworks LLC is a ceramics studio in River Falls that offers 2 and 3-day skill specific workshops for beginners and studio access for those with experience.

Individuals interested in studio access can purchase a \$60 PUNCH CARD that will allow ten- 2 hour visits to the studio. There is also a \$1 per pound charge for fired work.

Tools available at Kinnickinnic Clay are: 8 electric potter's wheels, Cone 8 electric kiln, pottery wheel tools, plastic bats, mid fire white clay, glaze, various hand buildings tools, extruder and dies, work tables, drying shelves and 2 giffen grips.

Contact: [jking@kinniclay.com](mailto:jking@kinniclay.com) or call [715 222-4035](tel:7152224035) with questions!

### **Puppy Class**                      8weeks-8 months

The goals of this class are interacting with other dogs, people and new environments.

\*Reading your dog and setting up parameters

\*Beyond Survival: What your puppy requires for good health and attitude

\*Simple commands to make life easier with your companion

Date: Eight Wednesdays, Dec. 7, 14, 21, Jan. 4, 11, 18, 25 and Feb. 1.

Time: 6:00-7:00 PM

Fee: \$85 for an 8-week class

Location: Angels Pet World, 1801 Ward Ave. Hudson, WI 54016 Hudson, WI

Supplies to bring: 6' leash, collar, treats, toy and copy of rabies certificate due 1<sup>st</sup> day of class.

Instructor: Emily Vondriska

Please sign up with Emily at 715-441-1578 or [Emily@aboutwildearth.com](mailto:Emily@aboutwildearth.com)

### **Basic Training Class for Dogs**      8 months and up

The goals of this class are

\*Interacting with dogs, people and new environments

\*House Rule; Basic command language for your dog at home and in the show ring

\*Training your dog to be a walking companion and not a lion on a leash.

Date: Eight Wednesdays, Dec. 7, 14, 21, Jan. 4, 11, 18, 25 and Feb 1.

Time: 7-8 PM

Fee: \$85 for an 8-week class

Location: Angels Pet World, 1801 Ward Ave. Hudson, WI 54016 Hudson, WI

Supplies to bring: 6' leash, collar, treats, toy and copy of rabies certificate due 1<sup>st</sup> day of class.

Instructor: Emily Vondriska

Please sign up with Emily at 715-441-1578 or [Emily@aboutwildearth.com](mailto:Emily@aboutwildearth.com)

### **Travel Peru**

A foreign and enchanting land of extremes. Peru is a place of colonial architecture, ancient ruins, markets and museums, miles of cliffs overlooking endless beaches below, delicious dishes paired with a full and unique assortment of wines, chocolatiers and antique shops, sand dunes, mountains, and canyons, and much more. Is Peru safe to travel? What about getting there and getting around? What to pack and know before you go? And, what do once you arrive to Peru? This course will answer the question of "Why Peru?"

**Instructor:** Leila Albert

**Date/Time:** 6:30 – 7:30

**Fee:** \$8

**Location:**

**Register by:** one week prior

Leila Albert is a historian with extensive travel experience and research focused throughout Latin America and Peru. She received a baccalaureate degree with a major in History and minors in Anthropology and Spanish at UWRF. Leila later completed her History MA at UWEC. She has travelled from north to south and from beaches to mountains of Peru by plane, train, automobile, and even horseback. Some of her work is available for viewing at <http://web.me.com/albertwebb> and many of her travel experiences at [www.mytb.org/Albert-Webb](http://www.mytb.org/Albert-Webb)

### **Color Crossing Knitting Classes**

Please register at [www.colorcrossing.com](http://www.colorcrossing.com)

or [715 749 3337](tel:7157493337)

### **Saroyan Scarf**

This scarf is a quick knit with a lovely lace leaf edge using two skeins of Malabrigo Worsted and size 9 24" circular needles. This scarf is knit in one piece tapering to the ends. Almost any weight of yarn and appropriately sized circular needles of 24" or longer can be used for this versatile scarf. You will begin your scarf in this one session class and learn to knit the lace leaf edging. You will need to download the free Saroyan pattern by Liz Abinante from Ravelry.

**Cost:** \$20.00 plus materials

**Class date:** Thursday, December 1, 1:30-3:30 pm

**Instructor:** Beth Schmeling

### **Brioche Scarf**

We will learn the Brioche stitch with this two-color scarf. The brioche stitch creates a distinct two-sided knit fabric: a light side and a dark side. Let's experiment with color as we learn a new technique. The pattern is a free download.

**Cost:** \$20.00 plus supplies

**Class dates:** Thurs., Dec. 8, 1:30-3:30 p.m. **or** Thursday, February 9, 5-7 p.m.

**Instructor:** Rachel Sternisha

### **Simple Moebius Scarf**

In this one session class you will learn the magical moebius cast on and begin to knit this scarf with a twist. It has only one edge and is knit from the inside out. The sample was made with one skein of Malabrigo Rios using size 8 47" circular needles. You may choose up to 60" long circulars. This is a quick knit you can have done for Christmas.

**Cost:** \$20 plus materials.

**Date/Time:** Dec. 10, 10:00 am- Noon

**Instructor:** Beth Schmeling

### **Peek-a-Bead Scarf**

Learn a new beading technique! As you knit this light and airy scarf you will learn how to incorporate beads with a crochet hook as needed to accent the honeycomb lace patterning in your knitting! How fun and interesting! Please have pattern (available for purchase online) ready for class. Must know how to CO, k, p, BO.

**Cost:** \$20.00 plus materials

**Class dates:** Thursday, January 5, 1:30-3:30 p.m. **OR** Wed., February 15, 6-8 p.m.

**Instructor:** Rachel Sternisha

### **Cables and Lace Cowl**

Two techniques, cables and lace, combine in this neckwarmer knit with soft and warm Crystal Palace Sausalito yarn. You should be able to cast on, knit, purl and bind off. The pattern will be provided.

**Cost:** \$20.00 plus supplies

**Class date:** Thursday, January 26, 1:30-3:30 p.m.

**Instructor:** Beth Schmeling

### **Knit-a-Long a Kimono Cardigan**

Start off your new year by knitting yourself a simple and very attractive cardigan. This sweater consists of five separate garter and stockinette stitch rectangles seamed together, with a garter neckband. Join us for our kick-off meeting on Saturday, January 7. Purchase your pattern and select your yarn and needles between 10 and 11 a.m. (or shop in advance to ensure appropriate quantities of your favorite yarn), then join Rachel and Beth for swatching, size selection, treats and beverages. You will be knitting independently and will receive encouragement and any help needed at the shop's scheduled open knitting sessions. Attend the finishing class to learn how to seam your rectangles and pick up stitches for your garter neckband. You'll have a lovely versatile garment to wear for the transitional weather of March!

**Cost:** \$30.00 plus supplies

**Class dates:** Kick-off, Saturday, January 7, 10 a.m.-noon **AND** finishing class, Saturday, March 3, 10 a.m. to noon.

**Instructors:** Rachel Sternisha and Beth Schmeling

### **Celebrate February with your own Lady or Baby Sweater!!!**

Create Elizabeth Zimmerman's original February baby sweater from her **Knitter's Almanac** or make the sweater sized for a grownup lady based on her classic original. Beth and Rachel will walk you through EZ's "pithy" instructions incorporating some techniques from the upsized "lady sweater" pattern. This cardigan sweater has a garter stitch yoke, gentle swinging styling and lovely gull lace. You must have a copy of Elizabeth Zimmerman's anniversary edition book to have both patterns.

**Cost:** \$60.00 for the adult sweater, \$30.00 for the baby sweater plus supplies

**Class dates:** Wednesdays, January 11, 18, and February 8, adult sweater class meets from 6-8 pm; baby sweater class meets from 7-8 p.m.

**Instructors:** Beth Schmeling and Rachel Sternisha

### **Beginning Knitting**

This felted one skein small purse is knit in BOKU on size 10 needles. You will learn to cast on, bind off, the knit stitch, the purl stitch, seam sewing and felting in this two-session class. The pattern will be provided and some "homework" will be necessary between classes.

**Cost:** \$40.00 plus supplies

**Class dates:** Wednesdays, January 25 and February 1, 6-8 p.m.

**Instructor:** Beth Schmeling/Rachel Sternisha

### **Basic Mittens**

These mittens sport a ribbed cuff; a thumb gusset and easy top decrease knit on double pointed needles with worsted weight yarn. The pattern will be provided for this two-session class.

**Cost:** \$40.00 plus supplies

**Class dates:** Thursdays, January 12 and 19, 5-7 p.m.

**Instructor:** Beth Schmeling

### **Simple Cap**

If you have mastered the basics of knitting then this cap is the next step. You will learn to knit in the round on a circular needle and then switch to double points for the top decrease. Once you know how, the variations are endless. A pattern will be provided. **Cost:** \$40.00 plus supplies

**Class dates:** Thursdays, February 16 and 23, 5-7 pm **Instructor:** Beth Schmeling

### **Cap with Provisional Cast On Band**

This cap will teach the provisional cast on technique as you knit the band. You will knit the band in class and complete the cap on your own. You will need to know how to decrease for the top of the cap using double points. A pattern will be provided. Other applications for using the provisional cast on will be discussed in class.

**Cost:** \$20.00 plus supplies

**Class date:** Thursday, March 8, 5-7 p.m.

**Instructor:** Beth Schmeling or Rachel Sternisha

**Tunisian Crochet Sampler**

Tunisian crochet has been known by many names through the years: afghan stitch, shepherd's knitting, and tricot crochet to name a few. Thanks to creative designers, it's currently enjoying a revival and many crochet magazines now include at least one Tunisian pattern each month.

In this introductory class, you'll complete a sampler that shows some of the beautiful stitches available in Tunisian. You'll go home with a nice project plus a handout with instructions for all the stitches as well as links to videos and other web resources specifically for Tunisian. Plus I'll bring sample projects, books, and patterns to spark your imagination for all things Tunisian.

This class is suitable for crocheters and knitters. The only pre-requisite skills are ability to do a yarn over and the ability to make a chain stitch with a crochet hook.

**Cost:** \$30.00 plus materials

**Class date:** Saturday, January 21 10:00am - 1:00pm

**Instructor:** Maxine Pike

**Plastic Tote from recycled seed bags**

During one class session turn a pet food bag into an earth friendly waterproof tote. All supplies are included, but you will need to bring your sewing machine, thread, and scissors.

**Cost:** \$25, includes all supplies

**Dates/Time:** Thursday, January 12 or 19, at 7-9pm.

**Instructor:** Nancy Gavin

**Winter Weaving Classes** at Color Crossing, 201 N. Vine St, Roberts, WI.

[www.colorcrossing.com](http://www.colorcrossing.com) or 715-749-3337. Store hours are 10 -7 on Wednesdays, 10-5 on Thursday and Friday, and 10-4 on Saturdays.

**Kids Holiday Special Christmas Runner Class:** Use holiday reds and greens to weave a table runner! All the materials are provided to make a holiday runner with a variety of weaving techniques. Limit of 6 per class. Cost \$60 Class date: December 10 Noon-4 Instructor: Judy Larson

**Intro to Weaving:** Make a table runner on a two-harness loom, and a place mat on a 4-harness floor loom. All materials are provided. Class meets noon-4. Limit of 4 per class. Cost \$60. Instructor: Judy Larson Class date: January 7 or February 11

**Rag Rug Class** : Bring in 3 3-yard pieces of prewashed cotton fabric( at least 9 yards total). You'll learn to cut strips first, and then weave your own rug, using tabby, log cabin, meet and part, two shuttle and three-shuttle techniques. The loom will be pre-warped and ready for you to weave! Cost: \$200 Class meets for two days. Class dates: January 14 (9-5)/January 15(11-6) or January 28/February 4 (9-4 both days) or February 25 (9-5)/February 26 (11-6). Instructor: Judy Larson Please sign up at least one week before, so I know how many looms to warp up.

**Warping a Loom**: Learn to read a draft, wind a warp, and warp a loom. Then you can weave off your own table runner. Bring three yards of cotton fabrics, pre-washed. Class meets from 9-4 on January 14 or February 25. Cost is \$110, includes warp and a reed hook. Instructor: Judy Larson

**Color Crossing Weaver's** will be meeting from 10-Noon on the third Saturday of each month. It is a time to bring in what you have woven, ask questions about what you are weaving, or get inspired to do more weaving! Our first meeting will be on January 21 in the Studio space classroom. Contact Judy Larson at [chjulars@centurytel.net](mailto:chjulars@centurytel.net) or 715-796-2481 if you have questions about the meeting. It will be interesting, informational, and inspiring to see what the Color Crossing Weavers are doing on their looms. Any level of expertise or any kind of weaving is welcome!

## **OTHER COMMUNITY CLUBS, EVENTS AND GROUPS**

### **Hammond Arts Alliance**

Monthly gallery events  
Oct-April  
[lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com)

### **Running of the Llamas**

Saturday, September 8, 2012  
[www.therunningofthellamas.com](http://www.therunningofthellamas.com)

### **I Dig Gardens Club**

[www.hammondgardentour.com](http://www.hammondgardentour.com)  
Meets Second Tuesday of the month  
Email [lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com) to get on email notice list

### **Hammond Community Library**

[www.hammondpubliclibrary.org](http://www.hammondpubliclibrary.org)

### **Hazel Mackin Community Library (Roberts)**

[www.robertspubliclibrary.org](http://www.robertspubliclibrary.org)

**SCC Community Education Registration Form**

Name/s \_\_\_\_\_

Address \_\_\_\_\_

Phone (H) \_\_\_\_\_ (O) \_\_\_\_\_

Name of Class \_\_\_\_\_

Date/s \_\_\_\_\_ Time \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ E-mail \_\_\_\_\_

Permission to videotape or photograph for the use of promoting the SCC community education programs in advertising via web-page or newspaper or other promotional material. \_\_\_\_\_

(Signature)

**Please use a separate form for each class. Please make check payable to SCCCE.  
Registrations may be dropped off at the Community Education Office, 915 Davis Street (Associated Bank)-Inside drop box or outside deposit box. You can also mail your registration to: St. Croix Central Community Education, PO Box 294, Hammond, WI 54015. Questions? 796-8869 THANK YOU FOR YOUR SUPPORT!!**

**SCC Community Education Registration Form**

Name/s \_\_\_\_\_

Address \_\_\_\_\_

Phone (H) \_\_\_\_\_ (O) \_\_\_\_\_

Name of Class \_\_\_\_\_

Date/s \_\_\_\_\_ Time \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ E-mail \_\_\_\_\_

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