

**ECRWSS
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**WARROAD
2018 SUMMER/FALL
COMMUNITY EDUCATION**

POSTAL CUSTOMER

WARROAD PUBLIC SCHOOLS, WARROAD, MN

COMMUNITY EDUCATION

510 Cedar Ave

Warroad, MN 56763

Steve Bengtson, Director 386-6005

Jeri Christofferson, Administrative Assistant 386-6028

COMMUNITY EDUCATION ADVISORY COUNCIL

Peter Haapala, Steve Adams, Melanie Schreiner, Jule Hanson, Sharon Keller,
Deb Landin, Cara Caravetta, Della Knutson, Glenda Phillipe, Kris Edman,
Stephanie Heppner, Tim Fast, Nancy Fisher

KID KARE STAFF

Della Knutson, Coordinator 386-1472 ext 6203, Cell 242-4030

**IF SCHOOL IS NOT IN SESSION, COMMUNITY EDUCATION
CLASSES WILL NOT BE HELD**

Due to the High School remodel many Community Ed programs will be moved to various sites. Please be sure to contact your program supervisor or instructor for locations. We will need everyone's patience as we work through the remodel.

**COMMUNITY EDUCATION REGISTRATION AND CLASS INFORMATION
CAN BE FOUND ONLINE AT
www.warroadpayments.com**

**NOT ALL CLASSES ARE ONLINE REGISTRATION
PLEASE READ THE REGISTRATION INFORMATION
FOR EACH CLASS**

Community Education Fee Policy

The Warroad Community Educations summer activities will have two levels of fees.

1. The cities of Warroad and Roosevelt, and the townships of Lake, Laona, Cedar Bend, the Unorganized township: America, Clear River, Oaks, Beltrami Island Forest have approved the donation of additional funds needed to run the programs this summer. Individuals in these cities and townships will pay the regular fee for Summer Rec Activities.

2. Because the local boards of the following cities and townships did not approve the additional donation of funds needed to run the programs the individuals living in these cities and townships will be charged double fees for all Summer Rec Activities.

- Moranville
- Roseau and other Roseau townships
- Baudette and Lake of the Woods County

****If you reside in Moranville, City of Roseau, Roseau Townships, City of Baudette, or Lake of the Woods County please register in person with the Community Education Office.*

Community Education Office Hours: 7:15am - 3:45pm Monday thru Friday
Starting June 4th until the start of school the office will be located in the Elem

Reminder: Comm Ed Office is closed the month of July 2

Phone: 386-6028 * **Email:** jeri_christofferson@warroad.k12.mn.us



ADULT DANCE

A brand new combination class (tap and jazz) is being offered for dancers. Tap shoes and ballet slippers will be needed for this class. * **Instructor:** Dara Maunu * **Contact:** 218-290-7973 * **Email:** letsdancestudiowarroad@hotmail.com Dates and times to be determined. * **Location:** Let's Dance Studio * **Register and pay Let's Dance Studio**



ADULT EDUCATION

Develop your skills today for a better tomorrow. Open weekly Mon -Thur from 11:00am to 5:00pm. Summers: Tues and Wed from 12:00pm to 4:00pm. Adult Basic Education classes are Free to ABE Eligible Students. 17 or older not currently enrolled in public k-12 school program. Demonstrated need for ABE services to successfully participate in secondary education, post secondary education, or career pathways. Warroad Adult Education offers skill development in the subject area of reading, writing, vocabulary, English, spelling, math, and English as Second Language. We also offer preparation for college, work, and GED. Options available for GED, English as second language, and Adult Education.

Call for details. **Contact:** Traci Pederson 218-386-1472 ext 6165 * **Location:** Warroad Elem School, door #2



ATV TRAINING

Date: May 5th, 2018 * **Location:** Roosevelt Carp's Pit—directions will be posted * **Time:** 10:00 am

Instructor: Barb Arveson * **Ages 6-15. Online course must be completed before class date.**

Contact: Barb Arveson 218-386-1260 * **Register and pay Barb Arveson**



FAMILY BIKE & FITNESS BIKE - No registration necessary

Every Wednesday at 6:30pm * Officially starting in June but will start earlier if weather permits * Meet at Doug's Supermarket parking lot. Distance is determined by age riding from 2 miles to 30 miles depending on levels. All levels welcome beginners, family, and fitness riders welcome. All riders will be rewarded with a special treat & coupons each week. Get discounts from Doug's and Caribou for every week completed.



FAT MAN BASKETBALL - register and pay online

Open Gym time for adults. Date: Mon - Wed - Friday * **Location:** Elementary Gym * **Time:** 6:00 to 7:30 am * **Cost:** \$10.00

Contact: Jules Hanson 218-386-2515 for registration information * **Register and pay online www.warroadpayments.com**



HOLISTIC WELLNESS COACHING

Personalized sessions to help you integrate essential oils and dietary supplements into your self care routine. Services include: helping you create personal skin care products; choosing essential oils to complement your wellness goals; helping you create a dietary supplement protocol to fit your needs. For more rate inquiries or more information, contact Cara Caravetta CA, at learningnaturalwellbeing@gmail.com or call 242-9109 (no texts please).



KID KARE

Kid Kare provides supervision and recreational activities for children in K-6th grade before and after school, all day on school release, on vacation days, and during the summer. **Coordinator:** Della Knutson * **Contact:** 386-1472 ext.6203 or Cell 242-4030 **Time:** Monday thru Friday 6:00 am to 6:00 pm * **Location:** High School Rm#100 Enter through south door on the east side the building door #16. **Payments made direct to Kid Kare**



POPCORN PLAYERS - Entrance subject to change due to HS Construction

Popcorn Players\directed by Prairie Fire Theater. **Production:** Pinocchio This is a one-week commitment.

Auditions/Rehearsal/Performance June 25—June 30, 2018* **Contact Phone:** 386-3435 * **Time:** TBD



SUMMER THEATRE - Entrance subject to change due to HS Construction

Production: "Always a Bridesmaid" * **Dates:** June 7th -10th & 14th -16th, 2018

Musical: "Seussical The Musical" * **Dates:** July 25th -29th & Aug 1st - 5th, 2018

Show Times: Evenings 7:30pm, Afternoon Matinee 2:00pm * **Location:** WHS Theater

Contact: 386-3435 * **Email:** warroadsummertheatre@gmail.com * **Website:** warroadsummertheatre.com



STRETCH AND STRENGTH

This class will be a non-performance class working primarily with core, hip flexor, back, and ankle strength. In addition we will be working on individual tight muscles to prevent injury. This class is open to dancers, non-dancers, and adults. **Instructor:** Dara Maunu * **Contact:** Cell 218-290-7973 or email letsdancestudiowarroad@hotmail.com for more information.

Location: Let's Dance Studio * **Register and pay** Let's Dance Studio



SUMMER MUSIC LESSONS

Instructor: Nancy Fisher - Piano, Voice, Flute - Contact 218-469-3733 Summer is the perfect time to focus on music! 30 minute or 1 hour lessons available. New Students welcome! Dates: June 5 to August 18 Tues-Thurs. Please contact instructor to set up lessons and times. * **Cost:** 16.00 per 30-minute lesson * **Location:** HS Piano Rooms * \$64.00 initial deposit.

Instructor: Cara Caravetta - Violin, Cello-Contact 218-242-9109 (no texts) or symphony_of_joy@yahoo.com. Summer Lessons (Space is limited) Please contact and instructor to set up lessons and times. * **Cost:** 16.00 per 30-minute lesson

Location: HS Piano Rooms * \$64.00 initial Deposit. Please contact Cara to inquire about reduced rate rental instrument availability. **Payments can be dropped at Community Ed Office**

Summer String Ensemble - Its so much fun to play with friends! Violin, viola, and 'cellos are invited to create a summer string ensemble. Ages 10-14 welcome. Beginning skills (sight reading, basic counting and first position) are required. **Cost:** \$96.00 per student. Lessons are 45-60 minutes for 4 weeks. Schedule subject to interest and available space. Call Cara Caravetta at 218-242-9109 to register. Individual lessons with Cara will still be offered.



TOASTMASTERS

THE ART OF SPEAKING - *Does public speaking terrify you?* Welcome to the club! Many people have this fear and are still either required or encouraged to do public speaking for their job. No pressure, no grades, the local *Star of the North Toastmasters* club can help you develop confidence to speak for up to two minutes on a spontaneous topic and speak for 5-7 minutes on a prepared topic in the form of a speech. * **Instructor:** Star of the North Toastmasters Club * **Contact:** Kim Hrubka at 386-2978 or kim@redshoeswriting.com to learn more. * **Register with Kim Hrubka**



WARROAD AREA COMMUNITY CENTER

Contact: 386-2895 for information

- Blood Sugar and Blood Pressure check on 4th Friday of each month 11:00 am
- Distribution of Food Commodities from Food Bank on 3rd Thursday of each month
- TOPS held each Monday at 5:30
- Matter of Balance Classes held twice weekly for 4 weeks
- Free Income Tax Preparation held yearly February-April 15 from 1:00 to 4:00

Rent free location for Senior Activities, birthday parties, reunions, anniversaries, etc.

Health Fair held in October * Senior Meals * Flu shots yearly in October * Zion Quilters Club



WARROAD PUBLIC LIBRARY

Hours: Sunday 1:00 pm to 4:00 pm * Monday, Wednesday, Friday & Saturday 10:00 am to 5:00 pm Tuesday and Thursday 10:00 am to 8:00 pm * **Contact:** 386-1283



WARROAD RESCUE UNIT

CPR and First Aid Initial and Refresher Classes. This program is offered for those that currently hold a valid CPR and First Aid Certification card as well as those seeking one for the first time. All persons wishing to maintain valid certification through American Safety & Health Institute including Day Care providers and Coast Guard captains must attend a refresher every second year. * **Instructor:** Warroad Ambulance Staff. * **Contact:** 386-1161 please register three days in advance of the class you would like to take * **Dates:** 2nd Monday of every month for 1st Aid 2nd Tuesday of every month for CPR * **Time:** 6:00 -10:00 pm
Location: Warroad Fire Hall * **Cost:** \$60.00



WARROAD SENIOR NUTRITION

Come warm up this winter by joining us for a delicious meal and fabulous company! Meals are served at 5:00 pm on Monday and Wednesday evenings and at Noon on Tuesdays, Thursdays, and Fridays at the Warroad Area Community Center. All are welcome! **Contact:** Betty or Dayna 386-4403 to make reservations or if you have any questions **Cost:** \$7.65 for those under 60 years of age, \$4.00 suggested donation for Seniors age 60+. We look forward to dining with you!



WARROAD WOMEN OF TODAY

The Warroad Women of Today is a nonprofit organization that works to raise money for local needs, offer social events to members, and the public. We work to promote personal growth among its members. **Meeting times:** 2nd Monday of each month at 6pm * **Location:** The Den at the Warroad Senior Living Center. **Contact:** Kim Hrubka 386-2978 or

warroadwomentoday@yahoo.com

****** Free Swim for the public provided by Women of Today at the Warroad High School indoor swimming pool Monday August 18th 6:00pm to 8:00pm**



ZUMBA

EXERCISE IN DISGUISE The ZUMBA program is a Latin-inspired dance-fitness class that incorporates Latin and international music and dance movements creating a dynamic, exciting, and exhilarating fitness system. The Zumba Fitness Party is exercise in disguise. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Begins in May **Instructor:** Barb Knutson **Email:** barb_knutson@warroad.k12.mn.us * **Days:** Mon thru Friday * **Time:** 7:20am * **Location:** TBD **Cost:** Drop-in \$6.00/time, Punch card (5) for \$25.00, (10) for \$50.00, One Month Unlimited \$40 **Payments made directly to Barb Knutson**

EXTENDED AREA



Information



AMERICORPS LEGACY CORPS

For Veterans and Military families Member. The primary function is to provide respite service to families in the Clay, Becker, Otter Tail, Red Lake, Polk, Norman, Mahnommen, Pennington, Red Lake, Lake of the Woods, Kittson, Roseau and Marshall County areas who provide continuous, ongoing care for adult senior family members and who would benefit from the respite service provided by program members. Time Commitment: One-year term of service with a minimum commitment of 450 hours in the year (approximately 10 hours per week). * **Contact:** Tara Giese 1-800-488-4146 or tara.giese@lssmn.org



CARING COMPANION

Caring companions are adult's 50+ who help seniors live independently by assisting with grocery shopping, visiting, transportation, and other daily tasks. They are friends from the community who care. People 50 years and older may be eligible for a travel reimbursement, improved quality of life and other benefits. * **Contact:** Jean Halvorson – Coordinator - jean.halvorson@tvoc.org or 1-800-584-7020 Ext 2106



FOSTER GRAND-PARENT PROGRAM

Foster Grandparents volunteer in schools, Head Start, Developmental Achievement Centers, non-profit day cares and juvenile centers under the supervision of a teacher or childcare professional. They assist children with activities in which they need assistance and mentor children and youth. People 55 years and older receive a tax-free stipend, daily meal, transportation, transportation allowance, ongoing training and other benefits. The Foster Grandparent Program offers men and women the opportunity to help children develop the skills, confidence and strength to succeed in life. Foster grandparents make their neighborhoods stronger neighborhoods stronger by helping children. * **Contact:** Jean Halvorson – Coordinator Jean.halvorson@tvoc.org or 1-800-584-7020 Ext 2106



PAUL BUNYAN TRANSFER

**** FREE RIDES FOR KIDS - See below**

Paul Bunyan transit provides a safe, friendly, efficient and economical delivery of public transit service to residents within Roseau, Lake of the Woods counties and the cities of Roseau, Warroad and Baudette.

SERVICES OFFERED: Roseau and Warroad: 4-mile radius from center of each city. We travel between Greenbush, Badger, Warroad and Roseau during the week-daily.

Baudette covers the Lakes Road, Wheeler's Point, East to the County Line and 6 miles to the South.

DIAL-A-RIDE RESERVATIONS: 218-463-3238 or toll free 844-452-0407 Press 1 and 1 again

Dispatch Hours: Monday thru Friday 7:30 to 4:00 pm, busses run as late as 5:00pm

Please call 24 hours in advance to schedule a ride. Transit busses are lift-equipped. Drivers are trained and certified to assist passengers who need lift service. When calling for rides, please tell us you would like to use the lift.

Adult Fare: \$1.50 (within 4 miles of Roseau or Warroad)
 \$2.25 Roseau to Badger
 \$2.25 Roseau to Salol
 \$2.25 Salol to Warroad
 \$3.00 Roseau to Warroad
 \$3.00 Roseau to Greenbush
 \$1.00 Baudette (In-Town service)
 \$2.00 Baudette (Extended service)

Bus Passes: \$15.00 for a 10-punch pass
 \$12.50 for a senior 10-punch pass
 \$15.00 for a Baudette 15-punch pass

Contact: Denise 218-463-3232 or info@paulbunyantransit.com,
www.paulbunyantransit.com www.facebook.com/paulbunyantransit

**** YOUTH SUMMER ACTIVITY PASS!!**

June, July, and August: Students in grades k-12 ride the bus at **NO COST** to summer activities! (Call for information and to check availability in your area). 218-463-3238 * press 1 and 1 again.



RSVP GROCERIES TO GO

The RSVP Groceries to Go Program is a vital service for our seniors 60+ wishing to remain independently in their homes. Groceries to Go volunteers shop for and deliver groceries, or assist seniors with shopping, 2-4 times per month. If you are interested in having a volunteer assist you with grocery shopping, or if you are age 55 or older and would like to volunteer to help senior, please contact Tammy at RSVP: 218-281-8289 or 1-800-862-6466 or email Tammy Frolich tsykes@crk.umn.edu.



RSVP HANDYMAN PROGRAM

The RSVP Handyman Program helps seniors age 60+ and older remain safely and independently in their own home for as long as practicable. Trained RSVP volunteers will provide minor repairs and safety modifications as well as providing safety assessments and educational materials on falls and fire prevention in the home. The labor is free, but the client pays for all necessary materials.



WARROAD ALL-SCHOOL REUNION SCHEDULED FOR JULY 3, 2020

The Warroad High School Alumni Association (WHSAA) Board of Directors has announced that the next WHSAA all-school Reunion will be held on Friday, July 3, 2020. The decision, which was difficult to make, was based on the availability of the Warroad Park Pavilion and upcoming construction projects at the Warroad High School this summer. The WHSAA's decision took the following into consideration:

** The Warroad Community Park Pavilion cannot be rented in 2018, as the final phase of construction at the new park is taking place this summer; the park's green space and the roads surrounding the park will be under construction and repair.

** The Warroad High School is scheduled to undergo a facelift this summer, which will involve several changes is the WHS Commons, so summer activities in the school will be very limited.

If you, a WHS alumni, would like to serve on the WHSAA Board of Directors and would like to help plan the 2020 reunion, please email the WHSAA board at Glenda@mncable.net or leave a message on the WHSAA's Facebook page. Your interest and your desire to help with the reunion will be welcomed and very much appreciated.

COMMUNITY INFORMATION

DATES TO REMEMBER

Warroad City Council

2nd and 4th Monday of the month
Warroad City Hall, 5:15pm

Airport Commission

1st Monday of the month
Warroad Int'l Memorial Airport
5:00pm

Police Commission

2nd Wednesday of the month
Warroad City Hall, 5:15pm

Roseau Cty Board of Commissioners

2nd & 4th Tuesday of the month
Roseau Cty Courthouse, 9:00am

Warroad Chamber of Commerce

1st Thursday of the month
Public Safety Building, 12:30pm

Warroad Am Legion Post 25 and Am Legion Auxiliary Unit 25

3rd Monday of the month
Warroad American Legion, 7:00pm

Warroad VFW Post 4930

2nd Monday of the month
Warroad American Legion 7:00pm

Warroad Eagles Aerie

1st & 3rd Tuesday of the month
Warroad Eagles Club, 7:00pm

Warroad Eagles Auxiliary

1st & 3rd Monday of the month
Warroad Eagles Club, 6:00pm

Warroad Watershed Board

4th Wednesday of the month
Watershed Office; 307 Lake St NE
5:30pm

Warroad School Board

3rd Monday of the month
Warroad High School Library 5:15pm

Roseau Cty Veterans Service Office

Martin A. Howes, Veterans Service Officer
Roseau County Courthouse
606 5th Ave SW, Room 120
Office: 218-463-3308 Cell: 218-242-0886

Veterans support Group and Veterans Caregiver Group

3rd Thursday of the month
Roseau County Courthouse, 3:30-5:00pm

Warroad Public Library Board

2nd Thursday of the month
Warroad Public Library Community Room, 7:00pm

Alcoholics Anonymous

Warroad

Tues: St Mary's Catholic Church, 7:00pm

Wed: Marvin Window & Door conference room 7:00pm

Fri: St Mary's Catholic Church, 7:00pm

Baudette

Tue/Fr: Cornerstone Assembly Church, 7:00pm

Williams

Mon: St. Joseph's Catholic Church, 8:00pm

Al-Anon

Warroad

Fri: St Mary's Catholic Church, 7:00pm

Star of the North Toastmasters Club

2nd and 4th Tuesday of the month
Warroad Senior Living Center Lodge, 7:00-8:00pm
For more info, call, Kim Hrubka 218-469-0204

Alzheimer's Disease/Dementia Support Group

Warroad

2nd Thursday of the month

Warroad Senior Living Center, 6:30-8:00pm

For more info, call Jill Wulff 218-425-7401

Roseau

2nd Wednesday of the month

Masonic Lodge, 6:30pm

Suicide Loss Survivor's Support Group

1st & 3rd Monday of the month

Roseau City Center Library conference room, 7:00pm

For more info, call Vangie 218-469-0890

Warroad Crochet 7 Knit Club

3rd Sunday of the month

Warroad Senior Living Center

South Lobby, 1:00-4:00pm



GENERAL POOL INFO

For updated or additional information regarding the pool or any of the pool events or classes contact: Rebecca Willems 386-6016 * Note: The Community Education Office will be closed for the month of July therefore; after July 1st individuals may purchase summer pool passes at the outdoor swimming pool and online at www.warroadpayments.com



HEAD SWIM COACH

Rebecca Willems is currently the head swim coach for WOW and the North Swim Team. She was named swimming coach of the year in 2007 by the Minnesota Girls Swimming and Diving Coaches Association by Section 8A. She is a former assistant coach for the Mission Viejo Nadadores where she coached former Olympians and worked side by side with former Olympic coach Jim Montrella. Coach Willems is a former National Champion and 15-time All-American.



INDOOR POOL HOURS

Morning Fitness	6:30 to 7:45 am	Mon-Wed-Fri
Senior Fitness	10:00 to 11:00 am	Mon-Wed-Fri
Evening Fitness/Open Swim	6:00 to 8:00 pm	Mon.-Fri.
Evening Fitness	2:00 to 5:00 pm	Sat
Open Swim	7:00 to 9:00 pm	Sat.



INDOOR POOL PRICES

Single Admission \$2.25 0-15 years and Sr. Citizen 60+ \$2.75 Adult (16 and older)



POOL PUNCH CARDS - purchase online at www.warroadpayments.com

Senior Citizen and Student 15 and under	Adult
10 = \$19.00	10 = \$24.00
15 = \$27.75	15 = \$35.75
20 = \$36.50	20 = \$46.50
25 = \$45.25	25 = \$59.75
30 = \$54.00	30 = \$69.00



12 MONTH POOL PASS - purchase online at www.warroadpayments.com

Good for both the indoor and outdoor swimming pools

\$335.00	Family	\$220.00	Single Adult
\$235.00	Single Parent Family	\$235.00	Sr. Couple
\$155.00	Single Sr. Cit.	\$90.00	Child



2017 SUMMER POOL PASS - purchase online at www.warroadpayments.com

June 1st, July, August, through Sept. 4th

Good for both the indoor and outdoor swimming pool \$140.00 per family
(Parents and children under age 18 – this pass does not include grandparents or siblings of Parents purchasing the Pool Pass)



OUTDOOR POOL PRICES

Opens June 12, 2016

All Ages \$3.00 Daily Admission



SUMMER SWIM LESSONS INDOORS

Classes fill fast!

MUST PREREGISTER online at www.warroadpayments.com 1 week prior to the start of each session– FOR AVAILABILITY (A Child Must be 3'5" (41 inches) or 5 years of age to sign up for swim lessons – if they do not meet the size or age requirement they need to sign up for the mommy/daddy and me program) * **Cost:** \$40.00 for a two-week session (Monday – Friday) * **Time:** 11:30 to 12:30 PM or 5:30 to 6:30 PM

- Session 1 June 4 – June 15 morning class 11:30 – 12:30
- Session 2 June 4 - June 15 night class 5:30 – 6:30
- Session 3 June 18 – June 29 morning class 11:30 – 12:30
- Session 4 June 18 – June 29 night class 5:30 – 6:30
- Session 5 July 9 – July 20 morning class only 11:30 – 12:30

YOU MUST PRE-REGISTER – www.warroadpayments.com - THE POOL WILL NOT ACCEPT ANY INDIVIDUALS ON THE FIRST DAY OF A NEW SWIM SESSION!!!! First time individuals will receive a swim certification for free. If you have already completed swim lessons and have misplaced or lost your swim certificate you will need to purchase a new one from Rebecca for \$3.00. Please give your certificate to the lifeguard on the first day of lessons; you will get it back on the last day of lessons. Thank you! **Check WHS District website Pool Information for your child's level passed.**



MOMMY DADDY AND ME INDOORS - register online at www.warroadpayments.com

MUST PREREGISTER by June 22nd – Minimum 5 for class to run COST \$40.00. Parent required to be in the pool with child age 3 and under*. Session B July 9– July 20 evening class 5:30-6:00 PM (Monday, Wednesday, Friday)



ADULT SWIM LESSONS INDOOR - register online at www.warroadpayments.com

MUST PREREGISTER by June 22nd – Minimum 5 for class to run COST \$40.00. July 9– July 20 night class 6:00 – 6:30 PM (Monday, Wednesday, Friday)



AQUA PARACOURSE INDOOR

Circuit training – maintain your physical fitness and health. The Aqua-Parcourse is a series of fitness stations, which are performed in the pool using the water for resistance. Available on a daily basis during pool hours.



WATER EXERCISE PROGRAM INDOOR

Follow a training list at your own pace for benefits in your physical fitness, strength, and cardiovascular benefits. Available on a daily basis during pool hours – grab a list as you sign in.



HOT TUB/SPA INDOOR

Warm water therapy in hot tub spas help individuals heal. Heat, buoyancy, and massage create an experience that is both relaxing and healthy. Hot tub hydrotherapy on a regular basis provides physical health benefits that go much deeper than just relaxation and pleasure. If you are experiencing joint or muscle pain, having trouble sleeping, or just plain stressed out, spending time in hot tub spas can provide therapeutic benefits for just about everyone. Available on a daily basis during pool hours



SAUNA AND STEAM ROOM INDOOR

Saunas and Steam Rooms cleanse and rejuvenate skin. Mental and physical relaxation is also a major benefit of sauna and steam room use. In addition, saunas and steam rooms relax sore muscles and help in relieving stress and tension. The sauna and steam room also improves one's immune system, metabolic rate, and circulation. Available on a daily basis.



2018 LIFEGUARD CLASS INDOOR - register at www.warroadpayments.com

May 19th & May 20th * MUST PREREGISTER at www.warroadpayments.com by May 5th

Class will run from 8 am until all material is covered each day * Cost: 160.00 includes material * INDIVIDUALS MUST BE ABLE TO SWIM 500 yards (20 laps there and back) in less than 10 minutes. Please make sure you are able to do this before signing up as there are no refunds and you will not pass if you are unable to do this – Thank you! Participants must be at least 15 years old by the last day of the course



2018 LIFEGUARD RE-CERTIFICATION CLASS INDOOR

Register online at www.warroadpayment.com

May 19th * MUST PRE-REGISTER at www.warroadpayments.com by May 5th * Class will run from 8 am until all material is covered * The cost of the Re-Certification is \$45.00



2018 INDOOR POOL CLOSINGS

Thanksgiving Holiday November 22 and 23
New Years Eve December 31
Presidents Day February 19
Prom May 5
Memorial Day May 28
Labor Day September 3rd

Christmas Holiday December 24 and 25
New Years Day January 1
Good Friday March 30
Graduation Day May 25
Independence Day July 4



2018 OUTDOOR POOL HOURS

June 9th – Sept 3rd * Open Swim Times * Monday through Sunday 12:00AM to 6:00 PM (Pool will remain open longer on warm weather days if enough swimmers are present) * Rain Days and cold weather days– Pool will be closed.



YOUTH “WOW” SWIM TEAM INDOOR - Register and pay Rebecca Willems

This is a competitive swim program that utilizes the Warroad Indoor Pool. We encourage participation as much or as little as your personal schedule and commitment will allow. **SWIMMERS MUST BE ABLE TO SWIM 25 YARDS (1 Length of freestyle/ front crawl across the pool without stopping, if swimmers are unable to do this they need to attend swim lessons prior to joining the swim team) Prior swim lessons individual you must have passed level 7 in order to join WOW** Swimmers learn: Strokes and skills * Goal-setting * Organizational Skills * Commitment and Sportsmanship and how to be part of a team! **Team workouts start March 1, 2018 on Tues and Thur 3:00pm to 4:00pm Ending May 25th, 2018. Starting May 29th practice days are Mon thru Thur 8:00am to 9:00am ending on July 27th, 2018.**



 **SWIM CAMP INDOOR** - register online at www.warroadpayments.com

There must be 5 individuals signed up in order for the camp to run (you must be able to swim all 4 competitive strokes in order to sign up for this swim camp) **MUST PRE REGISTER** at www.warroadpayments.com by **May 25th** This swim camp is designed to give individuals a good foundation in swimming fundamentals. There will be a good mixture of technique and challenging training session. The camp will cover all four competitive strokes and a limited amount of time on starts and turns. * **Date:** June 11th – June 15th from 9:00 am - 10:00 am * **Location:** Warroad Indoor Pool * **Cost:** \$50 per diver * Camp is directed by Rebecca Willems

 **DIVE CAMP INDOOR** - register online at www.warroadpayments.com

There must be 5 individuals signed up in order for the camp to run (you must be going into your 6th grade school year in order to sign up for this camp) **MUST PREREGISTER** by **May 25th** * **The Program:** Springboard diving camp operates at three levels: beginning, intermediate, and advanced. All divers go through drills and review of basic techniques, strength and flexibility exercises, hurdle steps, and entries. Equipment: 1-meter diving board, crash pads and landing mats. The camp will be a mixture of technique and challenging training session **Date:** June 11th– June 15th from 8:00 am – 9:00 am * **Location:** Warroad Indoor Pool * **Cost:** \$50 per diver

 **WATER AEROBICS CLASS** - register online at www.warroadpayments.com

MUST PREREGISTER - Minimum 5 for class to run **COST \$40.00** * www.warroadpayments.com
January 7th to January 18th, 2019 night class 3:00pm to 4:00pm Monday thru Friday



****If you reside in Moranville, City of Roseau, Roseau Townships, City of Baudette, or Lake of the Woods County please register in person with the Community Education Office.*

 **BASEBALL PROGRAM SUPERVISED BY BRYCE DEMOLEE**

Bryce expects all participants to...

BE DEPENDABLE our summer baseball leagues are recreational, but we do have certain expectations for all of our players. We expect our players to be at their practices and games, and to be on time unless they have very good excuses. All of our players and coaches will be depending on each other to have a good summer of baseball.

SPORTSMANSHIP we would appreciate help from parents. We expect all of our players to constantly do their best in practices and in games, show respect for the coaches and each other and to demonstrate good sportsmanship. As coaches, we do our best to see that these things happen, but with so many players and so few coaches, it is obvious that support from parents is very important. We appreciate your help!

 **BASEBALL (Ages 7-12)**

June 4th - July 13th, 2018 * Mon thru Fri * In-house program only
 7 & 8 year olds — will not turn 9 before 5/1/18 8:15am to 9:30am
 9 & 10 year olds — will not turn 11 before 5/1/18 9:30am to 10:45am
 11 & 12 year olds — will not turn 13 before 5/1/18 10:45am to 12:00pm

Cost: \$35.00 Register and pay online at www.warroadpayments.com

 **BASEBALL Jr Babe Ruth**

Age 13 and will not turn 14 before 5/1/18
 June 4th into August * Mon thru Fri * Played at the baseball field * 9:00am to 11:00am * **Cost: \$85.00**
Register and pay online at www.warroadpayments.com



BASEBALL Babe Ruth

Age 14 & 15 and will not turn 16 before 5/1/18

June 4th into August * Mon thru Fri * Played at the baseball field * 11:00am to 1:00pm * Cost: \$85.00

Register online at www.warroadpayments.com



BASKETBALL OPEN GYM

Basketball Open Gym for boys and girls unless specified * **Location:** Elementary Gyms

Mon thru Thur from 6:00pm to 9:00pm * Warwick Workout Camp July 23, 24, 25



CAL RIPKIN BASEBALL

Team size is limited and there will be tryouts. To qualify for this league you must also be in the morning Summer Rec Baseball. Skills are taught in morning ball. Cal Ripkin teams are separate from morning ball and games are on weekends and evenings.

*9 year old league— will not turn 10 before 5/1/18

*10 year old league—will not turn 11 before 5/1/18

*11 year old league—will not turn 12 before 5/1/18

*12 year old league—will not turn 13 before 5/1/18

Sign Up Deadline: May 21, 2018 * **Cost:** \$85.00 Checks made payable to Warroad Baseball Association and may be dropped at the Comm Ed Office * **Start Date:** TBD



DOC'S HARBOR INN Call 218-452-3302 to Register Fun in the Sun!!

Private paddleboard lessons for youth and adult

Nervous or anxious or just need encouragement! You will enjoy this 1-1 instruction that promises to be supportive, fun, and purposeful! **Available when you are!** * Call Doc's for more information **218-452-3302**

Boat tours of the Warroad River

Cost: \$50

All ages * Max of 6 per group * Enjoy a scenic and historic two-hour cruise up the Warroad River.

We will depart from Doc's, meander to where the old Johnston's mink ranch once flourished, motor along Riverside cemetery up to where the river forks to either Roseau or the Beltrami Forest. * Bring your own beverage * Call to book your trip **218-452-3302**

Box Lacrosse – May 14 - 18

Cost: \$50

Ages 8-14 * **Time:** 3:20-4:20pm * **Location:** Olympic Arena * Mix of skills and game play each night * Lacrosse is one of the oldest team sports in America, started by the Native Americans in the 12th century. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment. * Sticks and balls provided

Athlete needs hockey helmet, shoulder pads, and hockey glove

Beginners Canoe Camp: June 12-14

Cost: \$35

Ages 7-12 * A 3-day, 1 hour camp from 5:00 to 6:00pm * BWCA instructor * Life jackets provided

Snacks provided * Supervisors: Doc's Crew Limited space (14 kids)

Intermediate Canoe Camp: June 12-14

Cost: \$35

Ages 7-12 that have passed beginners camp or have approval from Doc's * A 3-day, 1 hour camp from 6

6:15 - 7:15pm * BWCA instructor * Life jackets provided * Snacks provided * Supervisors: Doc's Crew

Limited space (14 kids)

Camp Out on the Warroad River – June 14-15

Cost: \$12

Ages 6-14 * Learn how to pitch and sleep in a tent * Roast S'mores and story telling around the campfire

Create fire starters to take home * Breakfast by campfire * Tents provided * Drop off at 7:30pm, pick up at

8:00am * Bring your own sleeping bag, water bottle



DOC'S HARBOR INN CONT'D

Call 218-452-3302 to Register

Advanced Canoe Camp with overnight stay – June 20-22

Cost: \$40

Mini BWCA trip on LOW: Learn to pack a Duluth Pack, cook over a campfire, pitch a tent, paddle through elements – WOW! * Ages 8-12 and must have canoeing experience. Limited to 12 kids. Meet at Doc's June 20 to learn how to put up tents and pack Duluth packs 7:00 to 8:00pm * Depart from Doc's on June 21st at 3:00pm * Starting at Doc's Harbor Inn, canoe the Warroad River with a stop at Cal's Boathouse. Continue into the Big Traverse paddling along the shoreline of Lake of the Woods passing by Taylor's Road, the golf course, and reaching our destination on the North side of Springsteel Island. We will make camp (pitch tents, cook over the open fire, and sleep in Nature). The morning will include breakfast over the fire, break camp, pack gear, and pick up at Springsteel Island at 10:30am. * Duluth Packs and meals provided. Camper provides sleeping bag, water bottle, sunscreen, and snacks

American Ninja Warrior Camp - May 29-30, June 18-19, June 26-27 (11:00-12:30) Cost: \$36 per camp

Ages 8-14 * A 2-day camp with new challenges to go with some of the favorites!

Run the warp wall, swing from tree to tree, leap through the quad steps, scale the rope ladder, walk the suspended stretch line, climb pallet wall, crawl through the army netting, compete for Warroad's Ninja Warrior!

American Ninja Warrior Camp for Little Ones –June 5-6, July 10-11 (11:00-12:30pm),

July 17-18 (4-5:30pm)

Cost: \$36 per Camp

Ages 4-7 * A 2-day camp * Miniature American Ninja Warrior Camp * See American Ninja * Warrior Camp for details

Ski Camp July 23-24

Cost: \$100

Ages 5 and up * 9:30 -11:00am * Limited to 6 * Campers will spend two hours each day participating in all aspects of water skiing. They will learn boating etiquette, hone basic water skiing skills from to learning how to cut in and out of the wake or drop a ski. Campers will ski behind a world class waterski boat and use top of the line equipment.

(Available for private lessons)

Wakeboard Camp July 23 - 24

Cost: \$100

Ages 5 and up * A 2-day camp from 12:30-2:00pm * Limited to 6 people * We will show you all the best techniques and movements combined with a world class water ski boat to get you up and riding in no time. Whether you are learning for the first time or are an avid water sports enthusiast, we will guide you every step of the way. All equipment and coaching will be provided so all you need is a swimming suit and towel and you're ready to rock from the dock!

(Available for private lessons)

Games Camp - July 25-27 (10-12pm)

Cost: \$35

Ages 7-12 * FUN! * A 2-hour camp where kids play 6 different sports in 3 days * Exposure to different sports and activities * Focus on building skills through warm-ups, progressive activities, and small games Foster learning in an active environment while developing teamwork and leadership skills

Jungle ball	Big Base	Big Ball	Circle Dodge Ball
Speedball	Badminton	Field hockey	Archery
Ultimate Frisbee	Newcomb	Sabakiball	Kick the Can
9 Square in the Air	Slip N Kick		

Tidbits: Wear a good pair of running shoes – no cleats

- Bring a water bottle and snack
- Dress for the weather. Layers are always encouraged!
- Camp will take place, unless it is thundering and lightning

Starting June 4th Community Education Office will be located in the Elementary until the start of the school year due to high school remodel. The office will be open until June 29th and will resume regular hours August 1st.

Phone: 386-6028 * Email: jeri_christofferson@warroad.k12.mn.us



LAKETRAILS CAMP - Register and pay Sue Lemm

Laketrails Base Camp on Oak Island, MN has numerous offerings for the summer season. Regular sessions of wilderness canoeing and camping for teens and middle school youth are available as well as Mother-Daughter, Father-Son, and adult canoe trips. Key activities in all programs include canoeing, swimming, fishing, and campfires. **Youth from Northern, MN are eligible to receive a scholarship of \$310** for a 9-day session. Bus transportation from Roseau, MN is included in the fees along with meals and camping equipment. No prior canoeing or camping experience is necessary. Registration forms available in the Comm Ed Office or Elem Office or at www.laketrails.org. For more information please contact Sue Lemm, Camp Director, at 218-223-8281 or info@laketrails.org



LifeCare PowerSports Program - Register at www.lifecaremedicalcenter.org

Athletic performance is enhanced through the development of strength, power, speed, agility, and endurance. The focus of this program is to accelerate this development by challenging your limits as an athlete and improve your overall ability. Classes will be Monday / Tuesday / Thursday * **Location:** Warroad High School Gyms * **Dates:** June 18th to August 3rd * **Time:** 10:30am to 11:30am * **Ages:** 7th to 12th grade (going into 7th grade) * **Instructor:** Niki Gorvin, ATC & Chelsey Hamness, PTA * **Fee:** \$175/per athlete, \$300 cap per family * **Contact:** LifeCare Rehab at 218-463-4787



PARENT ASSISTED T-BALL - Register at www.warroadpayments.com

T-Ball for ages 3-6 with parent participation starting June 13th to July 25th. * **Instructor:** Jenny Olson * **Cost:** \$15.00 * **Contact:** 701-330-0658 * **Time:** Wed nights 6:30pm to 7:30pm * **Location:** TBD



SUMMER BAND LESSONS AND SIGN UP - Register at www.warroadpayments.com

Summer lessons will be offered for any student in band and required for the new 5th graders joining band. If you have any questions please call Mr Beaudine at 386-6047 or email Elijah_beaudine@warroad.k12.mn.us * **Instructor:** Mr Beaudine * **Date:** August * **Location:** HS Band Room * **Cost:** \$60.00 for 6 lessons. * **Location:** HS Band Room * **Time:** 1/2 hr lesson between 8:00am and 4:00pm (Individual times will be set up by Mr Beaudine.) **Host:** Popplers Music Store * **New Student Sign Up * Date and Time:** May 21st 2:30pm to 6:00pm



SUMMER VOLLEYBALL CAMP - Register at www.warroadpayments.com

University of Minnesota Crookston Volleyball Camp July 25th & 26th . U of M-Crookston VB Head Coach Sarah Rauen and staff is excited to host a 2 day camp for girls entering 1st grade thru 12th grade for the 2018/19 school year. Younger players will focus on learning the game, skills, and techniques. No experience needed! Older player will refine skills and techniques in all aspects of the game. * **Location:** TBD * **Time:** 9:00am to 11:00am 1st-6th grade, 11:30am to 2:00pm 7th-12th grade, 3:00pm to 5:00pm 7th-12th * **Cost:** 1st-6th \$35.00, 7th-12th \$95.00



SUMMER JO VOLLEYBALL - register with Michele Jackson

JO Volleyball practice from 1:00 to 2:00pm in the High School Gym. Monday thru Thursday during the month of June. Open to 10U and 12U players only. Tryouts for JO will be held and this will be practice for the girls that make the teams. For information on JO tryouts and registration please contact Michele Jackson at 218-242-4649



SUMMER TRACK - No registration required

ALL AGES WELCOME!! No registration required. Ribbons awarded for each event completed.
 Order of Events: 3200m, 1600m, 800m, 400m, 200m, 100m * Relays: 4x800m, 4s400m, 4x200m, 4x100m
Time: Thursdays at 6:00 pm * **Location:** WHS Track * Weather permitting on the following
Dates: June 7, 14, 21, 28 and July 5, 12, 19, 26



WARRIOR FITNESS - Register online @ www.warroadpayments.com

8 week program consisting of 30 minutes of running/plyos and 1 hour of varied weight training. Open to ages 12 & up.
 Two sessions available with a possible 3rd if there is a large amount of athletes. Session 1: 7:00am to 8:30am Session 2: 8:30am to 10:00am * **Dates:** June 4th ending (tentative) on August 3rd. * Monday thru Friday unless specified by instructor John Larson
Location: WHS Gyms, Weight Room, and Track **Cost:** \$150.00 per athlete. **Contact:** 218-280-7580



WARROAD SUMMER GOLF - Register online @ www.warroadpayments.com

Boys and Girls Grades 1-6 * Basic golf skills will be taught: grip, posture, stance, swing, and putting * We will play a few holes later in the weeks and also learn basic terms and rules. Golf clubs will be provided unless you have your own set of clubs. **NO Flip Flops!** * **Instructor:** Jay Hardwick, Head Boys Golf Coach * **Date:** June 18, 25 and July 9, 16, 23 Mondays Time: Group 1 grades 1-3 11:00am to 12:00 noon, Group 2 Grades 4-6 12:00 noon 1:00 pm, * **Place:** Warroad Estates Golf Course * **Cost:** \$35.00



WARROAD SUMMER HOCKEY - Register with Jay Hardwick

YOUTH HOCKEY PLAYERS—Registration forms available in the Community Education Office

Objective: To develop shooting, passing, stick handling, and skating skills in a fun competitive environment. To develop game and individual skills through station work and game like situations. **Format:** Sessions will be 2 hours in length and consist of power skating, individual skill drill, and scrimmages. * Mon & Wed ice sessions will be followed by 1 hour of dry land training. Puck shooting and stick handling will be emphasized. Please bring appropriate clothing and tennis shoes. **Date:** July 22 - 26

Time: 4:00-6:00pm * **Location:** Warroad Olympic Arena * **Cost:** \$200.00 per Skater \$50.00 per Goalie (credit card payments accepted) Registration Deadline is July 16 * **Instructors:** Head Boys Hockey Coach Jay Hardwick

HIGH SCHOOL PLAYERS—Registration forms available in the Community Education Office.

Objective: To develop skills in a high tempo fast paced environment. Work on individual skills that will help for upcoming season.

Format: Sessions will be 1 hour in length and will consist of 30 minutes of skill development and 30 minute scrimmage to follow.

Date: July 8 - 27 * **Time:** 9:00 pm * **Location:** Warroad Olympic Arena * **Cost:** \$200.00 per skater * Registration deadline July

Instructors: Warroad High School Coaching Staff * **Contact:** Jay Hardwick at 218-349-2191 or email jay@hwagency.com



WARROAD TEAM EPIC YOUTH COALITION AND COMMITTEE

**Youth Coalition open to all Warroad High School students, Team EPIC is a group that strives to empower our community to keep youth substance free by creating positive programs, policies, and healthy alternative activities to combat alcohol, tobacco and other drug use. There are many ways you can be involved in the WHS Coalition whether it be volunteering, planning, recruiting, or marketing, there is a place for you on the Warroad Team! Let us know if you're interested by calling Steph Heppner at 242-0375. Meeting dates during the summer is the 2nd Wednesday of the month; time and location are TBD. Watch Roseau County Team EPIC Facebook page for updates and announcements.

** Team EPIC Warroad Committee - On the 2nd Wed of every month, at noon in the Warroad H.S. Conference Room, a group of passionate members meet to discuss the needs of Warroad when it comes to our youth. The Team EPIC Warroad Committee is open to anyone who is interested. Text or call Steph Heppner at 242-0375 or email teamepic.dfc@gmail.com if you are interested or have any questions.



WHITE KAPS - YOUTH FASTPITCH SOFTBALL - Checks payable to Warroad White Kaps

*** All 8U and 10U participants are required to register and participate in Youth Summer Rec if you are playing 12U White Kaps. Maximum of 15 players per group * **Program Director:** Terry Sadler 386-6080 * **Age Levels:** 12U, 14U, 16-18U

Date: May 29 Mon thru Thur * **Location:** Softball Fields * **Cost:** \$60.00 checks made payable to Warroad White Kaps can be dropped at the Community Ed Office * Sign up sheet in the Community Ed Office

SUMMER



REC Cont'd

YOUTH SOFTBALL PROGRAMS - Register online @ www.warroadpayments.com

Age 8U as of Jan 1, 2018 * **Time:** 8:30am to 9:30am * Age 10U as of Jan 1, 2018* **Time:** 9:30am to 10:30 * **Date:** June 4 to July 14, 2017 Mon thru Thur * **Cost:** \$30.00 * If a student turns 9 or 11 on or after Jan 1 they can still play at the 8U and 10-U groupings. Bring your glove to the ball field and learn how to play the great game of fastpitch! Girls will learn fundamentals according to their age group. **Instructor:** Molly McDonald * **Contact:** 218-242-5549 or mollyyerin33@gmail.com

FALL



ACTVITIES

ADULT VOLLEYBALL - Register with Jessica

Starting Oct 9th thru March every Monday that school is in session. * **Cost:** 120.00 per team **Time:** 8:00pm
Location: Elem Gym * **Contact:** Jessica at 701-261-6356 or **Email:**jesscaleigh_photos@yahoo.com

AWANA - No Registration required

Weekly Kids club featuring handbook awards, awesome stories, contest, and amazing games. Meets Wednesdays during the school year from 6:00pm to 7:30pm * **Location:** Elem gyms and cafeteria * **Date:** Staring Sept 12, 2018
Contact: Wayne Maxwell 386-2241 for more information

CROSS COUNTRY RUNNING CLUB - No registration needed

Open to all Warroad 5th and 6th graders * Practice with the Warroad Warriors Cross Country Team. Workouts will help each runner develop speed, endurance, strength, and flexibility. Meet at the outside elementary basketball court. Not practice when the Cross Country Team is at meets. Each student will be responsible for transportation to the meets. * **Practice time:** Starting Aug 15, 2017 **Time:** 9 :00am or 6:00pm * **Practice time:** Starting Sept 5, 2017 after school until 5:00 pm * **Race Dates:** TBD

DRIVERS EDUCATION Register online @ www.warroadpayments.com

Class consists of 36 hours of classroom instruction. Behind the wheel training consists of 12 hours, 6 hours of individual driving and 6 hours of observation time with another driver.

- Students must be 15 by the first day of class or be eligible for a farm permit.
- Maximum of 35 students
- Students must bring with them a certified birth certificate and social security card or a Minnesota identification card from the Roseau License Bureau.
- Foreign exchange students bring a legal passport

Date: Begins September 10th * **Time:** 7:00-8:00 am * **Location:** HS Room #96 * **Cost:** \$310.00 paid in full by Sept 1st. \$15.00 late fee added on after Sept 1st. Spring Classes are offered starting in May. Check online payment website for dates.

FIREARM SAFETY - Register online @ www.warroadpayments.com

Class open to the first 40 students who pay the registration fee of \$10.00 and are age 11 before the first day of class. Must be present at all 5 days. An additional fee will be required when sending in the state application.

Instructor: Jared Olafson * **Cost:** \$10.00 * **Date:** August 14, 16, 21, 23 * **Time:** 6:00 pm to 9:00 pm at the Warroad High School Theater * **Date:** August 25* **Time:** 8:00 am to 12:00 noon at the Lost River Complex. Spring classes are offered in April. Check online payment website for dates.




MUSIC LESSONS

Instructors: Nancy Fisher - Piano, Voice, Flute - Contact 218-469-3733 * Annie Warkentin - Piano-Contact 218-469-9445
 Cara Caravetta - Violin, Cello-Contact 218-242-9109 or symphony_of_joy@yahoo.com * Please contact and instructor to set up lessons and times. **Cost:** 16.00 per 30-minute lesson * **Location:** HS Piano Rooms * \$64.00 initial Deposit



NORTHERN EDGE MARTIAL ARTS - Payments made directly to Northern Edge

Come discover confidence, self-defense, discipline, control, strength, flexibility, and fun. Tenants of Tae Kwon Do: Courtesy, Integrity, Self Control, Perseverance, and Indomitable Spirit. * **Instructor:** Mr. Scott Henrikson 2nd Degree Black Belt Tae Kwon Do, 1st Degree Black Belt Hapkido, and Kukkiwon Certified * **Contact:** 218-242-4562 or skhenrikson08@gmail.com or
Date: Tuesdays Starting September 11, 2018 * **Time:** Children's Class (age 6-9) 5:00 to 5:45 pm Junior's Class (age 10-13) 6:00 to 7:00 pm Adult's Class (age 14 and up) 7:15 to 8:15 pm * Elem Lunch Room * **Cost:** \$35.00 per month with a \$5.00 discount for multiple family members **Testing Fees** are based on belt rank and usually are every 3 months



WARROAD WARRIOR TRAP CLUB - Drop payments in Community Ed Office

The Warroad Warriors Trap Club will be having their FALL TRAP SHOOTING LEAGUE starting the middle of September and ending the end of October, dates to be announced later. All interested students 6th through 12th grade, girls and boys are welcome to join the fastest growing sport in high school. High School Trap Shooting is the safest sport in high school. The Fall league is a six week program with an opportunity to participate in a pheasant hunt at the end of the season. The Fall league shoots on Sunday afternoons at the Warroad Lost River Sportsmen Complex. Registration will start in August and the deadline is during the first week of school in September. Cost for this sport will be announced at that time. Our team manager is Terri Grill. You can contact her at warroadwarriorstrapclub@gmail.com with any questions.



WARROAD YOUTH FOOTBALL LEAGUE - Register at Tailgate Shed Aug 13th

Open to boys going into Grades 3,4,5,6 in September, 2018 The WYFL's mission is to promote football and teach proper football fundamentals. Emphasis will be placed on participation, sportsmanship teamwork, and a fun rewarding learning environment that includes emphasis on player safety and understanding the basics of football. Practice and game times schedules will be finalized and distributed on Registration night. Generally, the commitment is 2 nights a week and the season wrap-up (Championship Day) is on Saturday morning September 22, 2018 * Registration night: Monday, Aug 13, 2018 * Time: 6:00pm to 8:00 pm
Location: Tailgate Shed by Warroad School * **Cost:** \$50.00 includes leased equipment for tackle football, WYFL t-shirt, and lots of fun!!! Checks made payable WYFL



ZUMBA - Register and pay with Barb Knutson

EXERCISE IN DISGUISE The ZUMBA program is a Latin-inspired dance-fitness class that incorporates Latin and international music and dance movements creating a dynamic, exciting, and exhilarating fitness system. The Zumba Fitness Party is exercise in disguise. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Begins Aug. **Instructor:** Barb Knutson

Email: barb_knutson@warroad.k12.mn.us * **Days:** Mon, Tue, Wed, and Thur. * **Time:** 4:20pm and Sat at 9:00am

Location: Elem Lunch Room * **Cost:** Drop-in \$6, Punch card (5) for \$25 (10) for \$50, One Month Unlimited \$40

Payments made direct to Barb Knutson

FALL PLAYER/PARENT MEETING * AUGUST 1st , 2018 WARROAD ELEMENTARY LIBRARY 6:00pm

Please use online registration and payment whenever possible.

www.warroadpayments.com

(not all classes are pay online, please check listings)

WHS 2018/19 FALL & WINTER SPORTS SCHEDULES



Cross Country

8/13/18 Practice Starts
 8/31/18 @ TRF
 9/6/4 @ Roseau
 9/10/18 Home Meet
 9/18/18 @ Bagley
 9/22/18 @ Milaca
 9/27/18 @ EGF
 10/4/18 @ Warren
 10/9/18 Warroad Conf
 10/16/18 Bemidji
 10/26/18 @ Bagley Section
 10/28/18 Awards Pot-Luck
 11/3/18 State @ Northfield

Swimming

8/30/18 Patk Rapids
 9/4/18 @ F/B
 9/13/18 @ Crookston
 9/18/18 @ Bemikji
 9/25/18 Crookston
 9/27/18 F/B
 9/29/18 @ Bemidji
 10/2/18 TRF
 10/13/18 Section True Team
 10/16/18 I Falls
 10/26/18 NB Conference
 11/9/18 Sections TBD
 11/14/18 @ State Swim Uof M

Volleyball

8/13/18 Practice Starts
 8/28/18 @ N/F (Karlstad)
 9/4/18 @ G/G
 9/6/18 Roseau
 9/8/18 @ Browerville Tourn
 9/11/18 LOW
 9/13/18 @KCC (Lancaster)
 9/18/18 BGMR
 9/20/18 G/G
 9/22/18 @ Crookston Tourn
 9/25/18 @ Roseau
 9/27/18 EGF
 10/2/18 @ Crookston
 10/4/18 @ LOW
 10/8/18 Bagley
 10/11/18 @ BGMR
 10/16/18 TRF
 10/18/18 @ FF Tourn
 10/25/18 Play in Hi Seed
 10/26/18/1/4 @ Hi Seed
 10/30/18 Semi TBD
 11/3/18 Final TBD

Football

8/13/18 Practice Starts
 8/25/18 Scrimmage
 8/30/18 @ Roseau
 9/7/18 PR-B
 9/14/18 @ Blackduck
 9/21/18 F - B
 9/28/18 PCW
 10/5/18 @ Red Lake
 10/12/18 @ RLC (Oklee)
 10/17/18 Bagley
 10/23/18 1/4 @ Hi Seed
 10/27/18 Semi@ High Seed

****Schedules are subject to change****

Please check the Warroad

District Website

www.warroad.k12.mn.us

Girls Basketball

11/12/18 Practice Starts
 11/27/18 @ Roseau
 12/1/18 W-A-O
 12/6/18 @ BGMR
 12/7/18 @ Crookston
 12/11/18 LF/BF
 12/13/18 @ TRF
 12/15/18 Mahn/Waubun
 12/18/18 N/K
 12/20/18 @ RLCC
 1/3/19 Roseau
 1/7/19 @ F/C
 1/11/19 LOW
 1/15/19 @ G/G
 1/17/19 KCC
 1/19/19 Bagley
 1/21/19 @ N/F
 1/24/19 @ S/A
 1/26/18 EGF
 2/1/19 @ Laporte
 2/2/19 @ Cass Lake
 2/7/19 @ Bagley
 2/8/19 G/G
 2/12/19 BGMR
 2/15/19 @ LOW
 2/19/19 I Falls
 2/21/19 @ KCC (Lancaster)

Boys Basketball

11/19/18 Practice Starts
 11/29/18 TRF
 12/1/18 W-A-O
 12/7/18 @ Crookston
 12/11/18 @ BGMR
 12/13/18 Roseau
 12/18/18 @ LOW
 12/20/18 N/F
 12/28/18 @ PR
 1/8/19 KCC
 1/11/19 @ DGF
 1/12/19 @ G/G
 1/18/19 S/A
 1/19/19 Bagley
 1/24/19 I Falls
 1/26/19 EGF
 2/1/19 Crookston
 2/5/19 LOW
 2/9/19 @ Fargo (Hawley)
 2/12/19 @ KCC (Lancaster)
 2/14/19 @ S/A
 2/19/19 @ Roseau
 2/22/19 BGMR
 2/26/19 G/G
 3/1/19 @ TRF

Girls Hockey

10/29/18 Practice Starts
 11/2/18 Scrimmages TBD
 11/9/18 Prior Lake & Roseau
 11/13/18 Scrimmage (Roseau)
 11/16/18 Lakeville North
 11/17/18 Minnetonka
 11/20/18 @ EGF
 11/24/18 River Lakes
 11/27/18 Bemidji
 11/30/18 @ Breck
 12/1/18 @ Mounds View
 12/7/18 @ South St Paul
 12/8/18 @ Northfield
 12/11/18 EGF
 12/15/18 Brainerd
 12/18/18 @ TRF
 12/21/18 @ Duluth Stars
 12/26/18 Holiday Tourn
 1/5/19 Detroit Lakes
 1/8/19 Roseau
 1/11/19 Hibbing
 1/17/19 TRF
 1/21/19 @ Crookston
 1/24/19 @ Bemidji
 1/26/19 Rochester Lourdes
 2/2/19 @ Moorhead
 2/4/19 @ Roseau

Boys Hockey

11/12/18 Practice Starts
 11/17/18 Scrimmage Fest
 11/27/18 @ Bemidji
 11/30/18 @ St Cloud Cathedral
 12/1/18 @ Sartell
 12/4/18 Crookston
 12/7/18 @ Virginia
 12/8/18 @ Grand Rapids
 12/13/18 @ TRF
 12/20/18 @ EGF
 12/27/18 Holiday Tourn
 1/4/19 FF
 1/5/19 Dt Lakes
 1/10/19 Roseau
 1/12/19 @ Crookston
 1/17/19 TRF
 1/19/19 Gr Forks Red River
 1/22/19 Park Rapids
 1/25/19 Hibbing
 1/26/19 Duluth Denfeld
 1/29/19 @ Roseau
 2/2/19 @ Moorhead
 2/5/19 EGF
 2/7/19 Bemidji
 2/12/19 @ LOW
 2/19/19 Play In High Seed
 2/21/19 @ 1/4 Hi Seed
 2/23/19 Semi @ EGF
 2/28/19 Final @ EGF