

Grand Meadow Community Education

2024 Spring Booklet March, April, May



Community Education Director:

Cathy Paul

Email: cpaul@gm.k12.mn.us

Office Phone: 507-857-1120 Ext. 7707

Community Education is a means by which life-long learning may be carried out.

My name is Cathy Paul, and I have the privilege to coordinate the Community Education program of Grand Meadow. My goal is to provide positive experiences and learning opportunities for the area. By participating in self-enrichment programs and continuing education, we as a community are supporting and improving the quality of life of our community.

Community Education includes a wide variety of topics to satisfy all age groups; there is something for all interests! I will leave you to enjoy exploring the booklet of our offerings with one of my favorite quotes:

“Every successful individual knows that his or her achievement depends on a community of persons working together.”

Thank you,
Cathy Paul

Do you have a skill or experience to share? Chances are someone is interested in learning it! Please let me know, and let's work to help improve our community.

Grand Meadow Community Ed. Needs Instructors For:

Father/Son Carpentry:

We need someone skilled with simple carpentry to lead a class for some manly time together and learn some carpentry skills at the same time.

Please contact Cathy at Grand Meadow Community Ed if interested in helping lead these programs!

The next Grand Meadow Community Ed meeting is:

In April

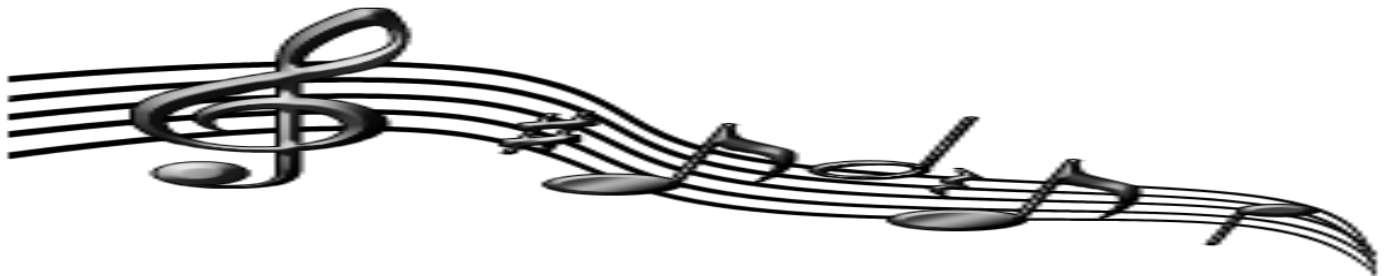
in the High School Commons at GM School

We invite anyone interested in becoming more involved in Community Ed to attend our upcoming meeting.

We welcome new ideas!

Grand Meadow School Concerts

7th- 12th Grade Spring Concert
March 21st at 7:00 pm
Location: Legacy Gym



Elementary Spring Concert
Preschool- 6th grade
April 12th at 1:30 pm
Location: Legacy Gym

Grand Meadow SAC: School Aged Care

Grand Meadow Kindergarten through 4th-grade students are offered after-school care from 3:00-6:00 pm. It will be located in the SAC room in the elementary dome.

After school, a snack will be served each day.

*** If the school announces a weather-related early release (unscheduled), SAC will be available for one hour following the dismissal so parents can more easily make necessary arrangements for their child/children to be picked up. If school is canceled there will be no SAC.**

PLEASE NOTE: This does not include scheduled early releases, on which days there will be NO after-school SAC offered.

COST: \$2.75/hr.

There is an annual \$35 registration fee for new families or \$15 registration fee for returning families. Families will be billed bi-weekly for services.

For questions, contact Cathy Paul at 507-857-1120, Ext. 7707 or email cpaul@gm.k12.mn.us



*Grand Meadow Early Childhood Family Education
(E.C.F.E)*

Family Events Ages Birth- 5 Years

Spring 2024

ECFE classes are for children ages birth-5 years and their parents. Registering for all spring session classes (not events) will be done at one time in order to account for participation numbers. Payment and registration for events can also be made at this time, however that will remain optional. Early registration is helpful to account for participation numbers. Payment should be made for all classes at once for the entire session. Cost per class is \$2/child.

Class dates and times for this session are as follows:

- April 15th
- April 22nd
- April 29th

****All classes will be held in the Grand Meadow
Preschool Classroom and will start promptly at
6pm.**

Grand Meadow ECCE Family Fun Night!

Friday, May 31st

5:30-7:00 p.m.

Veteran's Memorial Park



FREE FOR THE WHOLE FAMILY

Join us at Veteran's Memorial Park in Grand Meadow to celebrate a fun and exciting year of Early Childhood Family Education! ECCE is for families with children 5 years of age and younger. This event also includes older siblings and other family members. We will be serving a main dish and will be providing plates, silverware and napkins. Please bring your own beverages and a dish to share (hot dish, salads, desserts, chips, etc.).

RSVP to Paige Ulwelling
(507) 857-1120 ext. 7745
pulwelling@gm.k12.mn.us

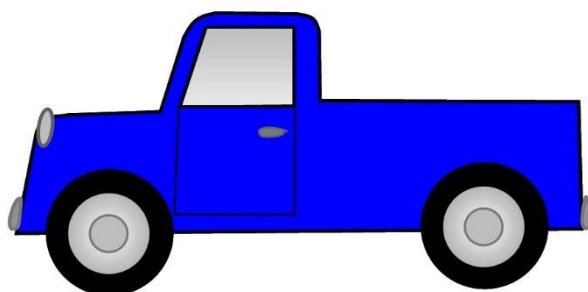
Grand Meadow ECFE Touch-a-Truck Night!

Monday May 6th, 2024

5:30-7 pm

Gravel Parking Lot

This will be a free event, but we will be taking donations for future ECFE events!



Join us at school for 2nd ECFE Touch-a-Truck Night! Come explore multiple different kinds of big rigs and talk to their drivers! We are hoping to have quite the assortment and of course have lots of fun! Let me know if you have a vehicle that you would like to bring as well! We would love to see it!

You can contact Paige Ulwelling
(507) 857-1120 ext. 7745
pulwelling@gm.k12.mn.us



Spring is in the air and the 2024 summer ball season is upon us! See below for the various teams offered again this year.



FASTPITCH SOFTBALL

<u>AGES 4-7</u>	<u>AGES 7-9</u>	<u>AGES 10-12</u>	<u>AGES 13-15</u>
BEGINNER LEVEL (T-BALL STYLE AS NEEDED)	CO-ED TEAM(S)	CO-ED TEAM(S)	CO-ED TEAM
	COST - \$50	COST - \$50	COST - \$50
	MAY – JULY	MAY – JULY	MAY – JULY
CO-ED TEAM			
COST - \$30	TWICE WEEKLY PRACTICES IN MAY; ONCE WEEKLY PRACTICES IN JUNE/JULY	TWICE WEEKLY PRACTICES IN MAY; ONCE WEEKLY PRACTICES IN JUNE/JULY	ONCE OR TWICE WEEKLY PRACTICES (TBD)
JUNE – JULY			
ONCE WEEKLY PRACTICES	GAMES ON MONDAY EVENINGS BEGINNING IN JUNE (½ HOME, ½ AWAY)	GAMES ON MONDAY EVENINGS BEGINNING IN JUNE (½ HOME, ½ AWAY)	GAMES ON FRIDAY EVENINGS BEGINNING IN JUNE (½ HOME, ½ AWAY)
NO GAMES			
	END OF SEASON TOURNAMENT	END OF SEASON TOURNAMENT	END OF SEASON TOURNAMENT

***Softball registration available online at www.grandmeadowfastpitch.com. Registration deadline: April 15th.**

See website for program details, practice schedules, etc. More information will be posted throughout the season. Contact Paul Eickhoff at 507-951-6804 with any questions.

12U TRAVELING BASEBALL

<u>CURRENT 5TH/6TH GRADE BOYS</u>	COST - \$50 (OR \$125 IF UNIFORM IS NEEDED)
COACH: TARAN JACK	WEEKLY PRACTICES ON WEDNESDAYS 6-7:30PM STARTING MAY 1 ST
WEEKEND TOURAMENTS	WEEKLY AWAY GAMES BEGINNING JUNE 1 ST (NO HOME GAMES)
*IF YOUR SON IS INTERESTED IN JOINING THIS TEAM, <u>TEXT TARAN AT 507-251-6090</u>. THE DEADLINE TO REGISTER A TEAM WITH THE ZUMBRO VALLEY YOUTH BASEBALL LEAGUE IS APRIL 1ST SO WE NEED TO GAUGE INTEREST NOW. OFFICIAL REGISTRATION WILL TAKE PLACE AT A LATER DATE.	
<i>*YOUR SON IS WELCOME TO PARTICIPATE IN BOTH THE CO-ED SOFTBALL TEAM AND THE BASEBALL TEAM; PRACTICES AND GAMES WILL BE SCHEDULED ON SEPARATE DAYS TO AVOID CONFLICTS.</i>	



J.O. Volleyball

J.O. Volleyball shall provide an opportunity for girls to develop their individual and team volleyball skills. Players will have the opportunity to play along players of the same skill level.

When: the season will go from
March until the middle of May.





Ninja Academy Karate Classes

Karate Classes: Tang Soo Do (Korean Karate)
Taught by: Yennie Martial Arts

Ages: 3 ½ years and up

Time: 5:00-6:00pm

Location: Grand Meadow Elementary School Cafeteria

Price: \$25 per person with free t-shirt for 4-week course

When: April 22nd , 29th , May 6th and 13th

Please register by April 19th

Description: Tang Soo Do is to learn self-defense, discipline, balance, and martial arts techniques. It's a great way to get a good work out and have a lot of fun learning new movements. This is an introduction class to see if martial arts is for you. We offer year-round classes if student is interested in continuing their martial arts career.

**Contact Information: Shawn R. Yennie, Head Instructor/owner, 507-951-5223,
www.yma@yenniemartialarts.com**

****Make Checks payable to Grand Meadow Community Ed**

Name_____

Grade: _____

Phone: _____

Shirt size_____

Email: _____

****After attending the academy you can sign on for weekly karate held here at Grand Meadow school on Monday's**



Meadow Speed/Strength

*****Next Year Football Players 8th-12th Grade
Speed – Power – Strength – Endurance

- Supervised Lifting March 4- August 9
- Wednesday Speed/Agility at 7 AM starts March 6- May 29 (13 sessions)
- Summer Speed Program (2x a week) June 3- June 27

I would like to participate in...

- ☐ **Strength Program (free)**
- ☐ **Speed & Agility: Spring and Summer (\$40)**
- ☐ **Other (lifting off campus)**

Workout times that best fit my schedule...

Spring (March 11th- May 30th)

___ **Afternoon 3:10- 4:15**

___ **Morning 6:30- 7:45**

Summer (June 6- August 12)

Evening TBD

This program was constructed by Anthony Stejskal a Certified Strength & Conditioning Specialist and supported by the GM Coaches to build better athletes in Cross Country, Football, Basketball, Wrestling, Baseball, and Golf.

Student's Name: _____

Parent Signature: _____

Please take the time to talk with your son about enrolling in this great opportunity we have to take our athletics to the next level. Please return this form to Coach Bain no later than Tuesday, March 5th. If interested in the Speed & Agility portion, make checks payable to Community Ed. Money will be due on or any time before May 3rd.

Community and High School Weight Lifting



The weight room will be open during adult fitness from **5:30pm-7:30pm** Monday through Friday. You must have a signed form on file to participate and sign in and out every time you use the facility.

This will be for kids in 9th through 12 (this also includes kids in fall sports going into 9th grade).

There will be no inappropriate music and all rules for the weight room must be followed.

You must sign in and out on the sign-up sheet every day.

If these rules are not followed your name will be documented and you will not be allowed to participate.

Supervisor for this time will be Randi McClellan

Any Questions please contact Cathy Paul Community Ed Director at cpaul@gm.k12.mn.us

High School Weightlifting Agreement

I _____ will follow the rule and the times allowed for High School weight lifting and understand that if above rules aren't followed I will not be allowed to participate for the remainder of the year (Possibly longer)

Name _____

Grade: _____

Phone: _____

Email: _____

ADULT VOLLEYBALL

All adults (18+ only) are welcome to join in the fun and get some exercise too!
Please, do not bring children and remember to always bring indoor shoes to wear inside the gym.

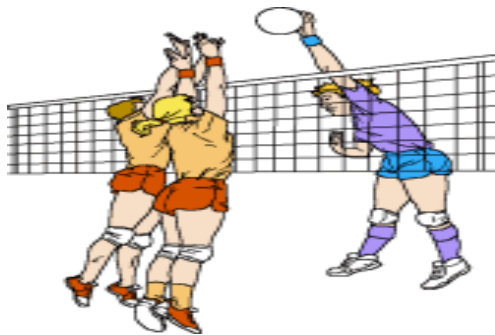
Contact Persons: Greg Lamp, Lori Stier

WHEN: Wednesdays at 6:30pm-8:30pm*
November 8th to March 20th

WHERE: Grand Meadow School Gym

COST: \$20.00/person for the season
Or \$5/ week up to \$25 for the season

REGISTRATION DUE: Upon joining. A person can join anytime during the season.



Actual talent not required, but will help save you some pride! 😊

*No Adult Volleyball on days when school is not in session

Adult **FITNESS**

We have the walking track, weight room, and aerobic room for the public to use for FREE (with the exception of special fitness classes).

Time: 6:30-7:30am (Monday, Wednesday, and Friday)

5:30-7:30 pm (Monday through Friday)

Cost: FREE

Bring: You must bring extra shoes to use in the fitness areas to keep our areas nice and clean. Please keep all areas clean by putting equipment away and no food or drink in these areas except for water.

You must have a registration form on file!

Sign in on the clip board at the ticket booth and fill out your times every time you use the facility!



OPEN GYM!

Get your friends and head to the gym for some fun, active quality time! ALWAYS bring indoor shoes to be worn for the gym. Please be respectful of school property; gym supervisor has the authority to ask anyone to leave if they are being disrespectful

Season Starts: Dec. 3rd and ends March 24th

Grades 3rd-12th

Sundays from 1-3 pm

**Except for Sundays when there is a scheduled event, please check the facility calendar on the school website for availability.*



WHERE: Grand Meadow School Gym

COST: \$20 for the season

Supervisor: Cathy Paul

ALL participants must sign waiver at the gym EVERY time!

Swimming Lessons



Swimming lessons will be offered through Stewartville Pool. There will be 10 sessions, each lesson is 30 minutes long, taught by certified American Red Cross Water Safety Instructors. The American Red Cross swim program is divided into six different levels. When registering, please indicate what level your child needs. We also ask that an adult volunteer rides the bus to the pool each day. Please indicate on registration form if you are willing to do so, no swimming required.

WHEN: June 17th -June 28th

Session 1= 11:00am Lesson with bus leaving at 10:30am

COST: \$55 including the bus

Bus will meet outside of the high school entrance.

Please complete registration form for
Swimming lessons.

2024 STEWARTVILLE SUMMER SWIMMING LESSONS

Swimming lessons will be offered through the Stewartville Pool. There will be 10 lessons, each lesson is 30 minutes long taught by certified American Red Cross Water Safety Instructors. The American Red Cross swim program is divided into six different levels (a copy of the level descriptions is contained below). When registering, please indicate what level your child needs. **We also ask that an adult volunteer rides the bus to the pool each day- please indicate below if you are willing to do so-no swimming required.**



Dates: Monday through Friday June 17th – 28th

Times: Session 1: 11am session (bus will leave at 10:30 am and return at 11:55)

Cost \$55.00 (Includes Lessons and bus)

*Make Checks payable to Grand Meadow Community Ed

Note: Bus departs from the High school Entrance

Deadline: March 1st - Late registrations will not be guaranteed a spot

PLEASE CHECK STUDENT'S LEVEL:

_____ LEVEL 1 Beginners

_____ LEVEL 2 Beginner

_____ LEVEL 3 Intermediate

_____ LEVEL 4 Intermediate

_____ LEVEL 5 Advanced

_____ Level 6 Advanced

Please feel free to ride the bus with your child if you are able!

2024 Swimming Lessons Information Form (Please complete 1 form per child)

Child's Name _____ Age: _____

Parent's/Guardian's Name _____ email _____

Phone: _____

Emergency Contact: _____ Phone: _____

Payment Amnt. _____ Cash: _____ Check: _____

My child has permission to participate in the summer swim lessons program. I will not hold the Grand Meadow School, Stewartville Pool or it's employees responsible for any accidents that may occur. In the event that I am not available, I give my permission to the lifeguards to provide first aid or, if necessary, to contact emergency medical services.

Parent/Guardian Signature: _____ Date: _____

Make an Impact with Grand Meadow Community Education!

Our community has such a variety of skills; however, the most difficult part is helping talented individuals come forward with those talents and how to share it with others. Most people are not born instructors; however, if anyone is passionate about an interest, you being there sharing your knowledge is going to be better than not helping at all.

If you have concerns as to how to hold a class, no worries! You already have the skill, I can help you get set up and ready to lead a class.

If you are interested in a class not listed, please contact Cathy Paul by email: cpaul@gm.k12.mn.us or call 857-1120 Ext. 7707. It's great to offer fun and interesting classes to our area, if you have a skill or a talent you are willing to show others, let's get you set up!

Benefits of Leading a Community Education Class:

- By sharing your knowledge, you are contributing to the overall success of Grand Meadow
- You can decide if you would like to volunteer your time or be compensated, either way works
- We provide space to enable your class to take place comfortably
- As an instructor, you will be covered under Community Education's liability insurance.
- Bring more awareness to your relatable business by teaching us more about it
- You have the opportunity to offer new interests and perspectives to our community!

Grand Meadow Community Education Registration Procedure and Guidelines:

1. Fill out all information on registration form. If form exists for specialty class, please complete that pertaining form instead.
2. Please send registration form(s) with corresponding class fee(s) via check (preferably) or cash. If registering for more than one class, please make out separate checks for each class. You will **NOT** be considered registered until payment is received.
3. Send to:

**Grand Meadow Community Education
PO Box 68**

Grand Meadow, MN 55936

-Or-

Drop off at the Community Education office at school.

- Participants will not be officially registered until payment is received.
- **A minimum of 5 participants must be registered by registration due date.** If not, the class will unfortunately be canceled and any already registered participants will be refunded.
- **INCLEMENT WEATHER:** When school is closed during the day, **ALL** scheduled evening classes are canceled. In this event, you will not be notified on an individual basis. You will be notified of a rescheduling of a class (please make sure to provide accurate contact info during registration).
- Please include your email, you will be contacted through email on schedule updates.

**Thank you for your cooperation. Please check online often for updates
and/or additions of classes!**

Grand Meadow Community Education Registration Form

Name of Class/Event: _____

Participant(s): _____

Participant(s) age: Please check appropriate one:

Preschool____ Student____ Adult____ 55 & Over _____

Address: _____

Phone: _____

Email: _____

Included Payment Amount:

Payment Method: Cash _____ Check# _____

Grand Meadow Community Education Registration Form

Name of Class/Event: _____

Participant(s): _____

Participant(s) age: Please check appropriate one:

Preschool ____ Student____ Adult ____ 55 & Over _____

Address: _____

Phone: _____

Email: _____

Included Payment Amount:

Payment Method: Cash _____ Check# _____

ECFE Registration

Event/Class	Cost	Child's full name	Age
Spring Session Classes <ul style="list-style-type: none"> • April 15th • April 22nd • April 29th 	\$2/child For each class		
ECFE Family Fun Night	FREE		

Spring Session Classes \$_____

TOTAL COST FOR SPRING SESSION CLASSES \$_____

Checks payable to:	Grand Meadow ECFE
Mail registration to:	Grand Meadow School Attn: Paige Ulwelling 710 4 th Avenue NE Grand Meadow, MN 55936

E.C.F.E. believes that "All families are welcome. No one will be turned away due to inability to pay." If you have any concerns please contact the E.C.F.E. Coordinator, Paige Ulwelling

Remember to like us on
Facebook...



“Grand Meadow
Community Education”

we are A
Community

Upcoming events....

Summer youth Basketball camps

Summer volleyball camps k-12

And more....



Grand Meadow Public Schools
Community Education
PO Box 68 Grand Meadow, MN
55936
Spring 2024

CARRIER ROUTE PRESORT
NON-POFIT ORG.
U.S. POSTAGE
ECRWSS
PERMIT NO. 30
GRAND MEADOW, MN 55936

BOXHOLDER