



LeRoy-Ostrander Community Education

March 2023

CPR

Certification is through the American Heart

- High-quality CPR for adults, children, and infants
- The AHA Chain of Survival, specifically the BLS components
- Important early use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multi rescuer resuscitation and performance as an effective team member during multi rescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants

Ages: All ages
 Cost: \$45 per person
 Date/Time: Saturday, March 18th 9:00-11:30AM
 Instructor: Emily Brumm, RN
 Location: LeRoy-Ostrander School
 Register by: March 16th

Tae Kwon Do

Want to learn self-discipline, build confidence, learn self-defense and exercise all at the same time? Join us in this Tae Kwon Do class. White uniforms can be purchased anywhere or check with the instructor about ordering.

Ages: 5 to adult
 Cost: \$35 per person/month
 \$65-2 family members/month
 \$95-3+ family members/month
 Date/Time: Tuesdays, 3-4:30pm, starting March 7th
 Location: LeRoy Community Center
 Instructor: Mrs. Donna Bird
 3rd degree Blackbelt, AITS
 Contact Info: 641-832-8245 or aitstkd@yahoo.com
 Register by: Ongoing Registration - Join anytime!

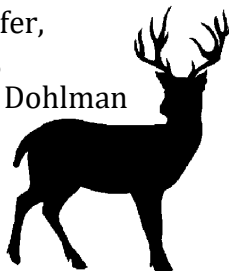
Firearm Safety Course

State law requires a hunter safety certificate be issued to a person that does not have a valid driver's license.

You must be 11 years old by March 16, 2023.

Instruction will include safety and use, transport of weapons, and correct safe hunting procedures.

Ages: 11+
 Cost: \$10/person
 Classroom: Friday, March 17th 7:00-9:00PM
 Saturday, March 18th 8:00AM-1:00PM
 Sunday, March 19th 12:00N-4:00PM
 LeRoy Community Center
 Field Day: Saturday, April 1st 8:00AM-until done
 LeRoy Rod and Gun Club
 Instructors: Mike Welsh, Gary Schaefer,
 Brian Miller, Nick Kasel,
 Dan Hockens and Brent Dohlman
 Contact Info: Mike 507-696-2336
 mwelsh72@gmail.com
 Register by: Thursday, March 16th



Gym open to all ages!



Dates:

- March 12th - Big Gym Only
- March 26th - Both Gyms

Times:

- 2:00-3:00PM Age 0 to Grade 3 (plus families)
- 3:00-5:00PM Grade 4 to Adult

Cost: Free

Please note:

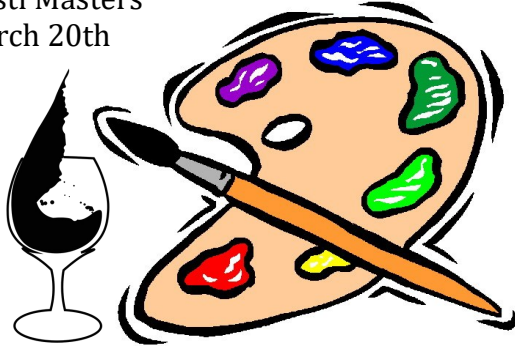
Proper athletic shoes are required. Please bring your own equipment. Minimal provided. Children 6th grade and below will require an adult chaperone.

Paint & Sip

A night out with **A Gift to Gab's** Cristi Masters!
Bring your own beverages and enjoy a fun evening
with friends while you paint something for
Spring to brighten your home!

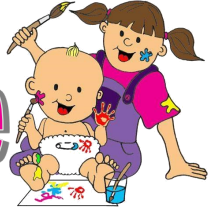
Ages: 21+
Cost: \$35 per person
Date/Time: Monday, March 27th from 7:00-8:30PM
Location: LeRoy Community Center
Instructor: Cristi Masters
Register by: March 20th

Note:
Bring clothes to
paint in and your
own beverages
to sip!



April UPCOMING CLASSES:

Babysitter/Home Alone



After-School Swim

Youth Soccer



TO REGISTER FOR CLASSES:

- Go to the school's webpage, click on Community Ed, and select Class Registration.
- OR Type <https://leroy.cr3.rschooltoday.com/public/home/> into any browser.



- OR Complete the form and turn it into the office.

Select all that apply: Tae Kwon Do CPR Firearm Safety
 Paint & Sip

Participant Name: _____ Age/Grade: _____

Parents Names: _____

Address: _____

Phone: Cell: _____ Email: _____

Emergency Contact Name/Number: _____

Person Picking Up (other than parent): _____

My child has permission to walk home after class: ___ Yes ___ No

May we post pictures of your child on the Community Ed Facebook page? ___ Yes ___ No

For more information, contact Kate Rohrer at krohrer@leroy.k12.mn.us.