Florida Keys!
July 15 – 21, 2015
Start planning now for your 2015 summer of fun and learning! This is a snorkel-based course that will introduce students to the life that inhabits the marine ecosystems of the Florida Keys. Course includes online orientation and introduction, snorkeling, field trips, lab activities, fieldwork and discussions, as well as learning about Sea Turtle Biology. For more information call the Continuing Education Office at (920) 929-1155.
Fee: $1,798. A $400 non-refundable deposit is due at time of application.

Costa Rica!
May 27 – June 4, 2015
Join researchers as they patrol the beaches of the Pacuare Reserve by night to collect data on nesting and hatching leatherback sea turtles, and help restore the nesting beaches by day. The course will end with a day of white water rafting on the Pacuare River. For more information call the Continuing Education Office at (920) 929-1155.
Fee: $3,450/person. A $500 non-refundable deposit is due at time of application.

A New England Primer: The Literature, History, and Theology of Boston and Concord, Massachusetts
June 15 – 21, 2015
From Colonial Times until the American Civil War, Boston and Concord were the epicenters of American history, literature, and theology. Join our small group of travelers as we rediscover the importance of these two cities and their connections to the Puritan founders, the Revolutionary War, and the Transcendentalists. We have also set aside plenty of time for you to explore Boston and Concord on your own, enjoy the cuisine, and simply relax in these historic locales. Limited to 16 travelers.
Fee: $2,295/person Double occupancy. See website for details.

Chicago for a Day!
April 25, 2015
Spend the day in Chicago enjoying your favorite museum, The Magnificent Mile, or downtown Chicago. The route will include The Chicago Art Institute, The Field Museum, Shedd Aquarium, Adler Planetarium and Astronomy Museum, and Water Tower Place. We will leave the UW-Fond du Lac North Parking Lot at 7:30 a.m. and return at 9:30 p.m.
Fee: $54 ($49 if you register online). (Museum admissions and meals are not included.)
StrongWomen, Strong Bones™
Strength Training

Instructor: Heather Holland, cert. Strong Women, Strong Bones™ trainer

Option 1:
Mondays and Wednesdays, January 26 – April 1
Session: 9:00 a.m. - 10:00 a.m.
Location: UW-Fond du Lac Campus, Art Building, Room A-216

Option 2:
Tuesdays and Thursdays, January 27 - April 2
Session: 9:00 a.m. - 10:00 a.m.
Location: Founders Hall, 320 Cty Hwy K, St Agnes Convent lower level

Want to get fit? Join this safe, effective, evidence-based strength training program designed by Dr. Miriam Nelson of Tufts University. It helps middle-aged and older women build muscle, strengthen bones, prevent frailty, improve balance and increase overall physical and mental health. Booster Pack option included for returning students that are ready. Space is limited. Participants are required to obtain and sign proper paperwork before the first class.

Fee: $45 (online registration is not available)
Registration open to the public: January 5 – January 23. To register contact Gloria Kelroy (920) 929-3173 or Gloria.kelroy@ces.uwex.edu
Offered in partnership with FDL County UW-Extension.

Martial Arts: Judo

Tuesdays, January 27 - May 12, 1:40 p.m. - 3:20 p.m.
Location: UW-FDL Physical Education Building, Gym
Instructor: Lynn Roethke is an Olympic Silver Medalist and the first woman inducted into the Black Belt Hall of Fame.

Judo is a Japanese martial art in which opponents use balance and body weight, with minimal physical effort, to throw each other or hold each other in a lock. Students will learn the basic skills and terminology of Judo. Skills include proper falling techniques, throwing, pinning and escapes, chokes and arm locks, moves, and self-defense skills.

Fee: $99*

Yoga I

Tuesdays & Thursdays, January 27 – May 12, 9:30 a.m. - 10:20 a.m.
Location: UW-FDL Physical Education Building, Gym
Instructor: Lora Vahlsing

Hatha yoga is the most widely practiced form of yoga in America. It is the branch of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

Fee: $99*

First Semester Italian - Part II

Tuesdays & Thursdays, January 27 - May 12, 11:00 a.m. - 11:50 a.m.
Location: Classroom Building, Room C-241
Instructor: Lea Cicchiello

This class is a continuation of ITA 103 and second module of a two-part introductory sequence. The emphasis is on reading, writing, and speaking in Italian. Classes may include cultural studies of Italy and other Italian-speaking countries or regions. Prerequisite is Italian 103 or consent of the instructor.

Fee: $199*

*Credit Option Available, for pricing please call the Continuing Education Department.

Stained Glass

5 Wednesdays, February 18 – March 18, 2015
6:30 p.m. - 8:00 p.m.
Location: Art Building, Room A-124
Instructor: Charles Wydeven

You can make beautiful stained glass windows and sun catchers using a simple stained glass procedure known as lamination. Bring an old (or new) picture frame with glass in it. The glass will be used for lamination and will be framed after completion. Come to class with some ideas so that you can start your project on the first day.

Fee: $74.00 includes materials ($69 if you register online)

Retirement Planning 101: Planning for a successful Retirement and Optimizing Social Security Benefits

Option 1:
Thursdays, March 5th – March 19th, 6:00 p.m. - 9:00 p.m.
Location: Art Building, Room A-120
Instructors: Bonita L. Graff, CPA, CDFA Brenda L. Rolli, AAMS® Cassandra N.F. Dorn, CFP® of Provident Financial Consultants, LLC

Are you looking for a comprehensive course designed to help you understand the basics of Social Security optimization and retirement planning? Retirement Planning 101 is your solution. See website for details.

Fee: $64 ($59 if you register online) and includes instruction for up to two individuals in the same household and one course manual. Extra course manual is $25. NOTE: When registering enter the second attendee’s name in the COMMENTS section.

Peaceful Warrior

Monday, April 20, 2015, 6:30 p.m. - 8:30 p.m.
Location: Art Building, Room A-210
Instructor: John Oestreicher, Certified Reiki Master/Teacher

Do you have a short fuse or get into frequent arguments and fights, have explosive anger? Relaxation expert John Oestreicher will teach you to understand, control and find healthier ways to express your anger. In this class you will learn the early anger warning signs and ways to cool down quickly. You will also be given techniques to respond and perceive situations calmly and effectively. Learn a practical and holistic approach to move thru life as a Peaceful Warrior.

Fee: $34.00 ($29 if you register online)

WEATHER-RELATED CANCELLATIONS

For information on weather-related class cancellations:
Radio Stations – Weather cancellation –
KFIZ AM 1450 Call: 920-929-1155
K107.1 FM Online: fdl.uwc.edu
Our Philosophy
Our athletic programs emphasize quality over quantity where all children have an equal opportunity to learn and develop. This is done in a safe, social and fun environment to help children reach their potential. Our coaching staff is committed to incorporating sportsmanship, teamwork, and good health into the teaching of the individual sports skills. Limited enrollment in all programs and a low instructor to student ratio provides a safe environment and results in learning excellence.

Basketball Skills (Grades 4-8)
5 Saturdays: March 7, 14, 21, 28, and April 11
Grades 4-8: 2:00 – 4:00 p.m.
Location: UW-FDL Physical Education Bldg (West Parking Lot)
Director: John Quella, 14 years experience as a high school varsity coach and college assistant coach.
Come learn basketball basics and develop skills to improve your game. The focus will be on fundamentals, such as shooting, dribbling, passing, defense, and many of the finer points of the game of basketball. Game on!
Fee: $74 ($69 if you register online)

Mary Kelly Youth Gymnastics…over 40 years of tradition in excellence
5 Saturdays, April 11 & 25, May 2, 9 & 16
Location for all gymnastic classes: UW-FDL Physical Education Building (West Parking Lot)
Directors: Abby Zubella & Heather Kil

Parent, Infants & Toddlers in Motion (Ages 1-3)
8:30 a.m. – 9:00 a.m.
Parents come and join the fun. You will have the opportunity to work one-on-one with your child in a safe environment exploring balance, coordination, rhythm and more. You and your child will experience music and movement activities and learn how to jump, climb and land safely as your child explores the world around them.
Fee: $39 ($34 if you register online)

Run, Jump and Tumble (Ages 3-4)
9:10 a.m. – 10:00 a.m.
Bring your friends and get ready to run, jump and tumble! This beginner gymnastics program is sure to excite your preschool aged child. With music, exploratory movement and basic gymnastics, this class will offer the opportunity for your child to increase his/her attention span, balance and coordination while meeting new friends and having fun! Strengthening listening skills, following oral directions, cooperation and taking turns are necessary skills for young children; add in the opportunity to expend energy and explore physical capabilities…this class is a winner!.
Fee: $49 ($44 if you register online)

Tee-Ball: Preschool/Kindergarten
(For students in Grades 4 and 5 by start date)
5 Mondays: July 6, 13, 20, 27, and August 3 (Raindate: Thursday, August 6)
Your child will learn the basics of throwing, catching and batting along with how to run the bases and field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning.
Fee: $44 ($39 if you register online) includes t-shirt.

Softball: Grades 3-4
(For students in Grades 3-4 during the 2015-16 school year)
5 Mondays & Wednesdays: July 6 - August 5
(Raindate: Thursday, August 6)
Children will be introduced to the basics of softball including pitching, stealing bases, hitting, fielding and running bases. Coaches will teach fundamentals which will build the children’s physical skills and confidence level. Good sportsmanship will also be emphasized. This is a more competitive league with outs and scoring. League standings are not kept.
Fee: $54 ($49 if you register online) includes t-shirt.

Baseball: Grades 1-2
(For students in Grades 1-2 during the 2015-16 school year)
5 Mondays & Wednesdays: July 6 - August 5
(Raindate: Thursday, August 6)
Your child will learn the basics of throwing, catching and batting along with how to run the bases and field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning.
Fee: $54 ($49 if you register online) includes t-shirt.

Tee-Ball/Baseball/Softball
Location to be determined within the city of Fond du Lac
Director: Beth Olson, Lakeshore Elementary Phy Ed
Games at 5:00, 6:00, 7:00 p.m.
Registration deadline: June 12, 2015.
Game schedules will be mailed to participants one week prior to the program start date. Participant to staff ratio: 10/1. Parent volunteers are needed. If interested, please indicate on the registration form in Comments section.

Softball: Grades 3-4
(For children ages 4 and 5 by start date)
5 Mondays & Wednesdays: July 6, 13, 20, 27, and August 3 (Raindate: Thursday, August 6)
(For students in Grades 3-4 during the 2015-16 school year)
5 Mondays: July 6, 13, 20, 27, and August 3 (Raindate: Thursday, August 6)
Your child will learn the basics of throwing, catching and batting along with how to run the bases and field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning.
Fee: $44 ($39 if you register online) includes t-shirt.

Baseball: Grades 1-2
(For students in Grades 1-2 during the 2015-16 school year)
5 Mondays & Wednesdays: July 6 - August 5
(Raindate: Thursday, August 6)
Your child will learn the basics of throwing, catching and batting along with how to run the bases and field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning.
Fee: $54 ($49 if you register online) includes t-shirt.

Little Kickers Indoor Soccer Academy
4 Saturdays, January 10, 17, 24, and 31
Preschool/Kindergarten: 9:30 - 10:30 a.m.
Grades 1-4: 10:40 a.m. - 11:40 a.m.
Location: UW-FDL Physical Education Bldg (West Parking Lot)
Directors: Trent & Travis Rieder
The PK/K program is a fun-filled, pressure-free introduction to sports for your budding soccer player. Instruction centers on fun activities that encourages children to explore their physical abilities, while learning ball-handling skills. The appropriate curriculum will engage all players, even newcomers with no experience. This program is all about having fun! Must be four years of age by camp start date. Sessions for Grades 1 & 2 continue to offer players a fun-filled environment while focusing on individual skills and collaboration with a partner. Players in Grades 3 & 4 continue to hone their soccer skills through participation in small-group activities. The curricular emphasis on small-sided soccer makes for an enjoyable experience and leads to greater ball-handling skills. Sessions are all about player development! Parental participation is encouraged.
Fee: $44 ($39 if you register online) includes a t-shirt.

Tee-Ball: Preschool/Kindergarten
(For children ages 4 and 5 by start date)
5 Mondays: July 6, 13, 20, 27, and August 3 (Raindate: Thursday, August 6)
Your child will learn the basics of throwing, catching and batting along with how to run the bases and field a ball in a positive and fun environment! The first twenty-five minutes will be spent on drills followed by thirty-five minutes of game time. Scores and outs will not be kept, and all will have a chance to bat one time per inning.
Fee: $44 ($39 if you register online) includes t-shirt.

Softball: Grades 3-4
(For students in Grades 3-4 during the 2015-16 school year)
5 Mondays & Wednesdays: July 6 - August 5
(Raindate: Thursday, August 6)
Children will be introduced to the basics of softball including pitching, stealing bases, hitting, fielding and running bases. Coaches will teach fundamentals which will build the children’s physical skills and confidence level. Good sportsmanship will also be emphasized. This is a more competitive league with outs and scoring. League standings are not kept.
Fee: $54 ($49 if you register online) includes t-shirt.

Register Online at fdl.uwc.edu/ce or Call (920) 929-1155
Android-Controlled Robotics
Grades: 4-9
9 Saturdays, January 24 – March 21, 2015
Workshops: January 24 – March 14, 9:00 - 11:00 a.m.
Location: Science Building, Room S-227
Competition: Saturday, March 21, 9:00 a.m. - Noon
Location: Prairie Theater
Instructor: John Papenheim, WTCS Certified electronics and robotics instructor. Founder, Fondy Heat Robotics.
If you’re new to robotics or have taken robotics in the past, this class has something for everyone. This intense nine week robotics class will include eight weeks of creating customized robots culminating in a competition on week nine. Students will program apps on a Wi-Fi-enabled android device to control their robots. Each student will build a robot with interchangeable parts, with flashing lights, moving motors, wheels, levers and arms. Innovation and creativity are required. For best success, students will take home the robot to build, modify, and tweak each week. Enrollment is limited to 16 students so sign up early.
Fee: $134.00 ($129.00 if you register online)

Suzuki Violin
September 8, 2014 – May 8, 2015
Director: Gloria Schroeder
Children learn to play the violin using the ‘Mother Tongue approach” (also known as the Suzuki Method) developed by Shinichi Suzuki. Parents are an integral part of this method. Each student will receive a weekly private lesson and a group class lesson. There will be recitals and opportunities to play for the public.
Fee for the 26 week program: 30 minute private lessons - $600.00, 45 minute private lessons - $850.00, and 60 minute private lessons - $1,100. Tuition may be paid in four installments. First installment must accompany registration.
Mid-season registrations are welcome. Rates will be prorated based on start date. Call 920-929-1155 to register.

SCHOLARSHIPS
Students who receive free or reduced price lunches are eligible to apply for a partial scholarship for Continuing Education courses.
For more info, call (920) 929-1155.

ONLINE LEARNING OPPORTUNITIES
We offer THREE options for Online Learning opportunities, many classes start as low as $99!
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For more information please go to the Continuing Education website and select Online Learning.