

Welcome to . . .



# Washougal Community Education & Recreation

**Site Address:** Hathaway School Portable D, 630 24th St., Washougal  
**Mailing Address:** P.O. Box 559, Washougal WA 98671

**Staff:**

**Kathy Douglas-Evans**, 954-3838  
Community Education Tech.

**Lisa Young**, 954-3895  
Early Learning Tech.

**Phone: 360-954-3838**

## “Schools and Community Succeeding Together”

### “Hello” from Washougal Community Education & Recreation (WCER)

WCER is a department of the Washougal School district and also receives funding from the City of Washougal. As a service organization, our goal is to meet the needs of east county citizens, of all ages, with programs relevant to the area’s unique lifestyle.

Classes are self-supporting and taught by knowledgeable instructors who share their talents. “Thank you” to all our past instructors, facilitators, and coaches for your contributions.

We want to bring your skills and expertise to your friends and neighbors through the use of your local school facilities. If you are interested in teaching a class, please contact Kathy Douglas-Evans, 360-954-3838.

#### On-site Office Registration

Checks (payable to WCER) or exact cash only  
Hathaway School, Portable D  
630 24th Street, Washougal WA 98671

Monday - Friday

8:00 a.m. - 4:00 p.m.

Registrations/payments may be left in the drop box in Portable B on school days until 6:00 pm.

#### Limited Class Sizes

All classes have a student enrollment limit.

#### School Closures

If school is closed, WCER classes are not held.

#### Mail Registration

WCER  
P.O. Box 559  
Washougal WA 98671

If you need a receipt, include a self-addressed, stamped envelope.

#### Refunds

Prorated refunds will be given if the office is notified prior to the second class. Refunds will be given for one day classes if the office is notified 2 days prior to class. A \$5.00 processing fee will be charged for refunds.

### REGISTRATION FORM

Office Use Only: ✓ # \_\_\_\_\_ Rec. # \_\_\_\_\_

Student’s Name (please print): Last \_\_\_\_\_ First \_\_\_\_\_

Parent’s Name (if student is under age 18) \_\_\_\_\_

Phone: Home # \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Male Female

Youth Information: D.O.B. \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Code #	Class Title	Fee

**\$ Enclosed**

\_\_\_\_\_ has my **permission** to participate in this WCER activity. I understand the Community Education program does not provide insurance. I certify that my child is physically and mentally able to participate in this activity. I, intending to be legally bound, waive and release my rights and claims for damages I may accrue against any and all sponsors of this activity.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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# WASHOUGAL COMMUNITY EDUCATION & RECREATION

[www.washougal.k12.wa.us/wcer](http://www.washougal.k12.wa.us/wcer)

360-954-3838

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The Washougal School District complies with all federal and state rules and regulations and does not discriminate on the basis of race; color; national origin, sex, age; disability; sexual orientation, including gender identity; disability or VietNam and more recent military action veteran status. This holds true for all district employment and educational programs. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28.640 compliance officer and/or Section 504/ADA coordinator.

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## WCER Class Locations:

- Canyon Creek Middle School, 9731 Washougal River Rd., Washougal, WA 98671
- Cape Horn-Skye Elementary School, 9731 Washougal River Rd., Washougal, WA 98671
- Excelsior High School, 1401 39 Street, Washougal, WA 98671
- Gause Elementary School, 1100 34 Street, Washougal WA 98671
- Hathaway Elementary School, 630 24 Street, Washougal WA 98671
- Jemtegaard Middle School, 35300 E Evergreen Blvd., Washougal WA98671
- Washougal High School, 1201 39 Street, Washougal, WA 98671
- WCER Office, Hathaway School, Portable D, 630 24th Street, Washougal, WA 98671



## Camas Community Education:

Educational and recreational classes are also offered through Camas Community Education in the Camas School District. Check out their website at [www.camascommunityed.org](http://www.camascommunityed.org) or call 833-5548. Classes can be taken at Washougal and/or Camas Community Education programs regardless of where you live.

## School Closure Information:

Please go to the district website [www.washougal.k12.wa.us](http://www.washougal.k12.wa.us) and click on "Emergency Info" in the top left hand corner of the web page - cancellations, late starts, bus routes, and other pertinent information will be listed. Information will also be available *via* radio or tv.



**ed2go**

*User friendly, awesome classes, and you don't have to leave the comfort of your home!*

## On-line Classes and Career Courses

Our instructor-facilitated **online courses** are affordable, informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities for learners. All courses run for six weeks with a two-week grace period at the end. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course from your home or office, any time of the day or night. Visit our website and/or call Kathy, 360-954-3838.

### How to Get Started:

1. Visit [www.ed2go.com/washougalcomm](http://www.ed2go.com/washougalcomm) our Online Instruction Center.
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

**New course sessions begin on the third Wednesday of each month.** Start dates for the courses are listed at the Online Instruction Center web-site.

# WASHOUGAL COMMUNITY EDUCATION & RECREATION

[www.washougal.k12.wa.us/wcer](http://www.washougal.k12.wa.us/wcer)

360-954-3838

## Youth Enrichment Programs

### Take A Bite Out Of Science - Mad Science

Grades K-5



*Class size is limited - register early!* Class is educational, entertaining, with hands-on activities and spectacular demonstrations to capture the imagination of children. Our goal is to spark curiosity & instill a clear understanding of what science is and how it affects the world around them.

#### Week topics include: **ENERGY BURST**

What makes a ball bounce? How does a roller coaster work? Why do we eat? The answer is the same... energy! Change the state of energy from chemical, to solar, to mechanical and experiment with rubber bands, race cars, and catapults!

#### **TANTALIZING TASTE**

Science often uses the sense of sight, hearing, smell and touch to make observations - in this class use your sense of taste and literally take a bite out of science!

#### **HARNESSING HEAT**

Fire can be amazing but it is the properties of heat that have all the power! Step into the lab and learn about it while building a thermometer and watching an underwater volcano erupt!

#### **KITCHEN CHEMISTRY**

What happens to the food we eat? Chemistry will help us experiment, analyze and make important conclusions about the foods we put into our bodies.

*Hathaway and Cape students can ride the bus to Gause school. Parents must pick-up students promptly after class.*

#### **Wednesdays**

Jan. 18-Feb. 8 Code: 2030-12  
12:45-1:45 PM Fee: \$60.00  
Gause School - Library  
Mad Science, instructor

### World Arts & Crafts

Grades K-5

*Class size is limited - register early!* Take a trip around the world through the arts and crafts of different countries. We will use drawing, painting, and mixed media to create colorful Chinese paper dragons, Mexican tin art, Native American medicine shields, and Indonesian batik accordion books. Children will gain an appreciation of people and cultures from all over the world.

*Hathaway and Cape students can ride the bus to Gause school. Parents must pick-up students promptly after class.*

#### **Wednesdays**

Feb. 22-Mar. 21 Code: 2045-12  
12:45-2:15 PM Fee: \$60.00  
Gause School - Cafeteria  
Kathy Marty, Instructor



### Safe Sitter® class

Safe Sitter® is a medically accurate, competency-based, highly structured babysitting preparation course **designed for students ages 11 and older.** The course prepares students for the responsibilities of nurturing and protecting children. Learn about babysitting as a business, success on the job, child care essentials, safety for the sitter, injury management, preventing problem behavior, care of choking infant, and care of choking child. It introduces preventing injuries and behavior management. Curriculum was written by pediatrician Patricia A. Keener, M.D).

#### **Friday**

Mar. 16 Code: 2024-12  
9:00 AM-4:00 PM Fee: \$65.00  
Hathaway School - Portable C  
Nikki Mael, Instructor

### Spanish Classes

Grades 1-4

Broaden your child's understanding of the world with the addition of a second language. Class is for new students and students who have taken Spanish classes in the past. Instructor has many years of experience teaching Spanish to students of all ages and levels.

#### **Thursdays**

Feb. 2-Mar. 22 Code: 2004-12  
6:00-7:00 PM Fee: \$55.00  
Jemtegaard M.S. - Room 302  
Nelda Doody, Instructor

Grades 5-8

Learning Spanish now will help prepare your child for language classes in high school. Broaden your child's understanding of the world with the addition of a second language. Class is for new students and students who have taken Spanish classes in the past. Instructor has many years of experience teaching Spanish to students of all ages and levels.

#### **Thursdays**

Feb. 2-Mar. 22 Code: 2005-12  
7:00-8:00 PM Fee: \$55.00  
Jemtegaard M.S. - Room 302  
Nelda Doody, Instructor

**See Dance, Guitar, and Sports programs on pages 7 and 8.**

### Washougal Library Information:

The library will be offering a large variety of youth and adult enrichment programs this winter. Please call 835-5393 or visit 1661 C St., Washougal, or check the website at [www.fvrl.org](http://www.fvrl.org) for more information.



# WASHOUGAL COMMUNITY EDUCATION & RECREATION

www.washougal.k12.wa.us/wcer

360-954-3838

## Youth Enrichment Programs

### S.P.A.C.E

(Safe Place Activities CEter)

A Before and After School Care Program offered by Washougal Community Education and Recreation at Gause and Hathaway Elementary Schools for students Kindergarten through Grade 5. Students enjoy enrichment activities, homework help, recreation opportunities, quiet time and nutritious meals and snacks. SPACE is

open Monday through Friday 6:00 AM until the start of school and after school until 6:00 PM. Busing is available for Cape Horn-Skye School students.

For fee and registration information contact Lisa Young at 954-3895 or [lisa.young@washougal.k12.wa.us](mailto:lisa.young@washougal.k12.wa.us).



### Preschool

More and more families realize the benefits of quality preschool for their children. Washougal Community Education & Recreation offers Preschool at each Washougal S.D. elementary school: Cape Horn/Skye, Hathaway, and Gause. Children ages 3-5 (fully potty trained) can attend 2 or 4 days per week in AM or PM sessions. Our program supports the WSD expectations for entering Kindergarten and is developmentally appropriate for students socially and academically. We are committed to addressing the development of the "whole child" in a positive environment. For fee and registration information contact Lisa Young at 954-3895 or [lisa.young@washougal.k12.wa.us](mailto:lisa.young@washougal.k12.wa.us).



## Education

### First Aid/CPR/AED

Adults

First Aid/CPR class meets OSHA and WISHA standards. The card is good for 2 years. Includes AED Training.

Charlene Dawson, Instructor  
Jemtegaard M.S. - Library

#### Tuesday

Jan. 10 Code: 2021-12  
4:00-8:30 PM Fee: \$35.00

or

#### Tuesday

Feb. 21 Code: 2022-12  
4:00-8:30 PM Fee: \$35.00

or

#### Tuesday

Mar. 13 Code: 2023-12  
4:00-8:30 PM Fee: \$35.00

## Finance & Law

### Budgeting

Adults

Learn to budget your money. Are you tired of living from paycheck to paycheck wondering where your money goes? Learn to change spending habits, make a personal spending plan, and gain control of your finances.

#### Thursday

Feb. 23 Code: 2031-12  
6:30-8:00 PM Fee: \$10.00  
Jemtegaard M.S. - Room 301  
Jeff Brooks, Instructor

## Buying/Renting Residential Property/ Know Your Rights

Adults

Create wealth, income, retirement (25%-75% return by saving money). New or experienced; learn negotiating sales price, insurance, taxes, codes, financing, appraisals, inspections, sales agreements, earnest money, return, and leveraging. Handouts/forms included. Knowledge not legal advice. Bring a sack lunch.

#### Saturday

Jan. 14 Code: 2049-12  
9:30 AM-4:30 PM Fee: \$50.00  
Hathaway School - Portable C  
Donald Samec, Instructor

## "The Residential Landlord-Tenant Act" and Laws Against Discrimination

Adults

Learn landlord/tenant rights, local/federal discrimination, rental agreements/leases, codes tenant selection, and evictions. Handouts/forms: credit, condition reports, applications, etc. included. Knowledge not legal advice.

#### Wednesdays

Feb. 22-Mar. 7 Code: 2048-12  
6:30-9:30 PM Fee: \$50.00  
Hathaway School - Portable C  
Donald Samec, Instructor

## Health & Fitness



### Zumba Fitness

Ages 16 to Adult

It's Fun, It's Different, It's Easy! It's Effective! A Latin-inspired, dance-fitness class. This format combines fast and slow rhythms that tone and sculpt the body to achieve a blended balance of cardio and muscle-toning benefits. Zumba is not only great for the body it is great for the mind.

#### First Class Free!

\$20.00, 4 classes  
\$40.00, 8 classes  
\$7.00 per class drop-in  
Gause School - Gym  
Tuesday/Thursday, 4:30-5:30 p.m.  
Wednesday, 7:00-8:00 p.m.  
Saturday, 9:30-10:30 a.m.  
Rocio Wallace, Instructor

### Yoga

Adults

All skill levels welcome. Bring a floor mat. Learn breathing techniques, simple stretches, asanas, and meditation for relaxation. Meridian exercises, plus 5 exercises reputed to increase longevity and youthfulness included.

#### Mondays, no class Feb. 20

Jan. 23-Mar. 19 Code: 2002-12  
6:30-7:45 PM Fee: \$60.00  
Cape Horn-Skye School - Pod B  
Jill Mitchell, Instructor

# WASHOUGAL COMMUNITY EDUCATION & RECREATION

www.washougal.k12.wa.us/wcer

360-954-3838

## Health & Fitness Continued

### Tai Chi/Qigong Classes

Adults

The ancient arts of Tai Chi and Qigong combine natural, physical movement with breathing visualization, and mental concentration to give you a full body and mind workout. This art form helps relieve stress, lowers blood pressure, and improves strength, balance, mobility, and endurance. All exercise form is done standing up. Wear comfortable clothing.

Gause School - Cafeteria  
Jill Mitchell, Instructor

#### Beginning Wednesdays

Jan. 25-Mar. 21 Code: 2000-12  
6:00-7:10 PM Fee: \$60.00

#### Returning

Class is for returning Tai Chi/Qigong students.

#### Wednesdays

Jan. 25-Mar. 21 Code: 2001-12  
6:30-7:45 PM Fee: \$60.00

### Holistic Weight Loss

Adults

Holistic approaches to weight loss do not adopt one-size-fits-all methods. Class provides information on medical and biological reasons why people gain weight and correct them. The class will be based on Metabolic Typing: an individual evaluation of each participants particular metabolism, find why the natural metabolic balance is upset, and ways the imbalance can be corrected. If you are interested in the class, please stop by the Community Education office for a free informational hand-out. Then join the class and let your "diet roulette" be over.

#### Thursdays

Jan. 26-Mar. 15 Code: 2044-12  
7:00-8:30 PM Fee: \$99.00  
Jemtegaard M.S. - Library  
Helena Green, Instructor



### Introduction to Yoga and Pilates

Adults

Find out what Yoga or Pilates is all about. Fee is for 1 class per week - new schedule with more class options. For the class schedule go to [www.rushingwater yoga.com](http://www.rushingwater yoga.com) or call Rushing Water Yoga at 834-5994. Register and pay at Community Ed.

Paul Cheek, Instructor  
Rushing Water Yoga, 417 NE Birch St., Camas WA 98607

Fee: \$50.00

**Feb. 1-29** Code: 2032-12  
or

**Mar. 1-31** Code: 2033-12  
or

**Apr. 1-30** Code: 2034-12

### Introduction to Personal Healing

Adults

Learn how to help keep you and your families immune system at a high level and stay balanced in today's world. This natural and drug-less healing method (Reiki) has been used around the world. Learn the history and experience the healing energy in a mini-treatment. Wear loose, comfortable clothing.

No disrobing is required. Our instructor has been practicing this simple but profound healing art for over 20 years.

#### Thursday

Mar. 8 Code: 2027-12  
7:00-9:00 PM Fee: \$10.00

Hathaway School - Portable C  
John Janssen, Instructor

### Homeopathy

Adults

Homeopathy is an old, side-effect free alternative way of healing which is very prominent in the U.S. In this presentation you will learn what homeopathy is, definitions of illness in holistic terms, history, how it works, why it is not commonly used, real life examples, and a discussion/question time.

#### Wednesday

Feb. 29 Code: 2037-12  
6:30-8:30 PM Fee: \$15.00

Jemtegaard M.S. - Library  
Linda Goodling, Instructor

## Hobbies

### Wood Carving

Adults

Class is for new or skilled carvers. Learn new techniques and share resources. Materials needed will be discussed at class.

#### Wednesdays

Jan. 11-Mar. 28 Code: 2018-12  
5:30-8:30 PM Fee: \$20.00

Washougal H.S. - Woodshop  
Dave Cox, Instructor

## Home & Garden

### Mason Bees Workshop

Adults

Learn from an expert! Are you a backyard gardener who wants more fruit production from your trees or do you want to establish a habitat for this NW native? Learn to identify, build, and setup your garden for this very important pollinator. Bamboo for a housing unit, and material to make your own straws provided. Handouts included: where to buy bees and how to create a bee garden. Pay instructor a \$5.00 fee for materials at class.

#### Tuesday

Mar. 13 Code: 2035-12  
6:00-7:30 PM Fee: \$10.00

Hathaway School - Portable C  
Sherian Wright, Instructor

### First Aid Gardens

Adults

Plan and plant an herb garden for food and medicine. Learn what to grow where, and how to use it. An introduction to great herbs to have in your garden. Step beyond the garden and plant herbs all around your home. Pixie's 40 years of exploring the world of herbs makes her the perfect one to go to when you want to get down and dirty in the garden. Fee includes samples to take home, weather permitting!

#### Monday

Feb. 6 Code: 2025-12  
6:30-9:00 PM Fee: \$20.00

Hathaway School - Portable C  
Pixie LaPlante, Instructor

# WASHOUGAL COMMUNITY EDUCATION & RECREATION

www.washougal.k12.wa.us/wcer

360-954-3838

## Authentic German Cooking Classes

Adults

Students will prepare, cook, enjoy eating their meal, and take home recipes. Please bring an apron and containers for left-overs. Cooking skills learned in class can be used to make a large variety of other dishes. Pay an \$18.00 materials fee to the instructor at the first class. Linda Goodling, Instructor Washougal H.S. Room 195  
• *Students have the option to pay \$120.00 for all 4 classes (savings of \$20.00) - does not include \$18.00 materials fee for each class.*

### Week 1

#### Gulasch, Spaetzle, Pfannkuchen, fresh salad, and dessert

Wednesday

Feb. 1 Code: 2040-12

6:00-9:00 PM Fee: \$35.00

• *See fee information above.*

### Week 2

#### Hearty Winter Vegetable Soup w/ Bread, and German Cake

Wednesday

Feb. 8 Code: 2041-12

6:00-9:00 PM Fee: \$35.00

• *See fee information above.*

### Week 3

#### Authentic Bavarian Sauerkraut w/Sausage, potato dish, and dessert

Wednesday

Feb. 15 Code: 2042-12

6:00-9:00 PM Fee: \$35.00

• *See fee information above.*

### Week 4

#### Hand Breaded Schnitzel, potato salad, fresh greens, and dessert

Wednesday

Feb. 22 Code: 2043-12

6:00-9:00 PM Fee: \$35.00

• *See fee information above.*



Prepare - Cook - Enjoy !

## Introduction To Living Foods - Go Nuts!

Adults

Register by February 27. Living foods are fruits, vegetables, and sprouted nuts, grains and beans deliciously prepared without raising temperature for optimal enzyme and nutritional value. Learn how to sprout, grow sunflower greens, cook with a food dryer etc. Explore the energy benefits of adding the fantastic colors, tastes, and textures of living foods into a balanced menu plan. Samples and recipes included.



### Monday

Mar. 5 Code: 2026-12

6:30-9:00 PM Fee: \$20.00

Hathaway School - Portable C

Pixie LaPlante, Instructor



## Language

### Spanish Classes

Adults

Learning to speak and understand the Spanish language is very beneficial whether talking to your neighbor, preparing for a trip, or having an additional skill for work.

Washougal H.S. - 127  
Nelda Doody, Instructor

#### Level 2

For students who have attended Spanish or by teacher recommendation.

#### Wednesdays

Feb. 1-Mar. 21 Code: 2006-12

7:00-8:30 PM Fee: \$55.00

#### Spanish, Level 3

For students who have attended Spanish, Level 2 or by teacher recommendation.

#### Tuesdays

Jan. 31-Mar. 20 Code: 2007-12

7:00-8:30 PM Fee: \$55.00

## Music & Dance

### Combination Dance Classes

Recital on the last day.

*\$5.00 fee for class and recital supplies paid to the instructor at the first class.*

Gause School - Cafeteria

Lynne Mitchell, Instructor

**Mondays, no class Feb. 20**

Jan. 23-Mar. 19

#### Ages 3 & 4

Tap, Pre-Ballet/Creative

Movement, and Tumbling

4:30-5:15 PM Code: 2012-12

Fee: \$45.00

#### Ages 4 & 5

Tap, Pre-Ballet,



Creative

Movement, and Tumbling

3:45-4:30 PM Code: 2013-12

Fee: \$45.00

#### Ages 5 to 7

Tap, Ballet/Creative Move-

ment, and Tumbling

5:15-6:00 PM Code: 2014-12

Fee: \$45.00

#### Ages 8-12

Tap, Ballet, and Tumbling

6:00-7:00 PM Code: 2015-12

Fee: \$55.00

#### Ages 12-15

Tap, Ballet, Jazz, Tumbling

7:00-8:30 PM Code: 2016-12

Fee: \$65.00

#### Ages 16-Adult

Tap, Ballet, and Jazz.

8:30-10:00 PM Code: 2017-12

Fee: \$75.00

### Beginning Guitar

Ages 13 to adult

Bring an acoustical guitar (a guitar not necessary to plug-in).

Learn basic

skills. Class

includes an

introduction

to basic technique - position-

ing, rhythm, notes, timing,

chords (if time allows), and

helpful websites. Students

will, at the minimum, be able

to play simple songs when

class is finished.

#### Tuesdays

Jan. 24-Feb. 28 Code: 2036-12

7:00-7:45 PM Fee: \$80.00

Washougal H.S. - Room 212

Owen Sanford, Instructor



# WASHOUGAL COMMUNITY EDUCATION & RECREATION

www.washougal.k12.wa.us/wcer

360-954-3838

## Music & Dance Continued



### Beginning Ballroom Dance

Adults

No partner needed. For new and returning students - Our instructor has trained many National Champions and studied under the finest instructors and coaches available, including World Champions! The instructor is fully certified in all 5 styles of Ballroom Dance and has taught for 38 years. Gain confidence and poise, learn patterns, fundamental footwork, correct posture, develop expression, style, and the importance of connecting with your partner. **Mondays**, no class Feb. 20  
Jan. 30-Mar. 19 Code: 2003-12  
7:00-8:30 PM Fee: \$60.00  
Washougal H.S. - Commons  
Dave Watson, Instructor

## Sports

### Basketball Fundamentals Camp

Boys and girls, learn a variety of skills and fundamentals from our Washougal H.S. Coach. Camp includes ball handling, shooting, defense, rebounding, fast break drills, and fundamentals of the screen and roll. Play small sided games. Bring a water bottle.  
Washougal H.S. - Gym  
Charles Boyce, Instructor  
**Monday, Tuesday, Wednesday**  
Apr. 2-4  
Fee: \$30.00  
**Grades 2-4**  
9:00-11:00 AM Code: 2046-12  
**Grades 5-8**  
12:00-2:00 PM Code: 2047-12



### Moo Duk Kwan Tae Kwon Do Classes

Register for 2 classes a week and get a \$10 discount.

#### Beginning

Class builds flexibility, concentration, confidence, and strength. Lecture and demonstration. Modern and traditional techniques through individual and group drills. Self-defense is included.

Wear comfortable sweats.

Gause School - Gym  
Steve Brown, Instructor

#### Ages 6-12

##### Tuesdays

Jan. 10-Mar. 20 Code: 2008-12  
6:00-7:00 PM Fee: \$60.00

##### Ages 13-Adult

Jan. 10-Mar. 20 Code: 2009-12  
7:15-8:15 PM Fee: \$60.00

#### Advanced

More attention to bag work, sparring, and advanced techniques. Wear comfortable sweats.

Gause School - Gym  
Steve Brown, Instructor

#### Ages 6-12

##### Thursdays

Jan. 12-Mar. 22 Code: 2010-12  
6:00-7:00 PM Fee: \$60.00

##### Ages 13-Adult

##### Thursdays

Jan. 12-Mar. 22 Code: 2011-12  
7:15-8:15 PM Fee: \$60.00



### Co-Ed Flag Football

A no-contact game to build passing and running skills with a teamwork focus. Practices are in April, games begin in May. Games are against other programs in Clark County and in the evenings. Enroll by age on September 1, 2011. Parent participation is appreciated. If you are interested in helping, please put your name and contact information on your child's registration form. Fee includes shirt and flags. Mouth guard is required.

#### Mondays & Thursdays

Apr. 12-May 31

5:30 PM-7:00PM

Fee: \$40.00

Jemtegaard M.S. - Football  
Fieldand/or Danielsen Field  
Dan Davis, Instructor

**Ages 6-8**

Code: 2019-12

**Ages 9-11**

Code: 2020-12



## ed2go On-line Classes and Career Courses

Don't leave the warmth and comfort of your home - enroll in our instructor-facilitated **online courses** that are affordable, informative, fun, convenient, and highly interactive. Instructors are famous for their ability to create warm and supportive communities for learners. All courses run for six weeks with a two-week grace period at the end. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course from your home or office, any time of the day or night. Visit [www.ed2go.com/washougalcomm](http://www.ed2go.com/washougalcomm) our Online Instruction Center and/or call Kathy, 360-954-3838.

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browser. Some courses may have additional requirements. **New course sessions begin on the third Wednesday of each month.** Start dates for the courses are listed at the Online Instruction Center web-site.