### Youth Enrichment

#### Safe Sitter® Class

**Monday**
- Apr. 6  Code: 2029-15
- 9:00 AM-4:00 PM  Fee: $70.00
- Jemtegaard M.S. - Library
- Nicole Mael, Instructor

#### Star Wars Camp
4 Years to Grade 5
Come you must for Jedi training! The force is awakening and the dark side is near. Help us build your lightsaber, LEGO star fighter, droids, create a Princess Leia hair bun (girls) and much more! Learn the ways of the Jedi as you complete your training. Wear your Star Wars outfit if you have one. Theme snacks are provided to replenish your energy and mind.

**Monday**
- Jan. 23  Code: 2010-15
- and/or Create a LEGO Game Board  Code: 2011-15
- Feb. 20  Code: 2012-15
- Star Wars  Fee: $45.00
- 6:00PM-9:00PM
- First student $25.00, each add. sibling $15.00
- Gause School - Library
- Nicole Mael, Carrie Hopkins

### Education

#### Math 911:
Help Your Child with Common Core Math
Parents of K-5 students, gain a better understanding of the Common Core State Standards in math. Help your child to be successful with their adding, subtracting, multiplication, division, and fraction homework.

**Wednesday**
- Feb. 2-25  Code: 2053-15
- 6:00PM-7:30PM  Fee: $5.00
- Jemtegaard M.S. - Library
- Kathy Sloop, Instructor

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Please use the Registration Form on Page 4. Thank you for your support!
Education, Cont.

First Aid/CPR/AED
Adult
First Aid and CPR class meets OSHA and WISHA standards. The card is good for 2 years. Infant CPR is not included. AED training is now included. Chatene Dawson, Instructor Jemtegaard M.S. - Library 4:15-7:45 PM Fee: $35.00 Tuesday Jan. 20 Code: 2033-15 or
Thursday Feb. 19 Code: 2034-15 or
Monday Mar. 16 Code: 2035-15

Health & Fitness

Zumba Fitness
Ages 16 to Adult
Latin-inspired, dance fitness that incorporates Latin music and dance. Combines fast and slow rhythms that tone and sculpt the body to achieve a unique blended balance of cardio and muscle-toning benefits. Buy a Punchcard at class. $20.00, 4 classes; $40.00, 8 classes + 1 FREE Tuesdays, 5:45-6:45 p.m. Thursdays, 5:45-6:45 p.m. Saturdays, 9:30-10:30 a.m. Gause School, Gym Rocio Wallace, Instructor

Yoga & Tai Chi/Qigong
Adult
Jill Mitchell’s Winter Classes are on hold at this time. Please call WCER, 360-954-3040, the week of January 12 for more information.

Hobbies

Wood Carving
Adult
No experience required. Learn new techniques and share resources. Materials needed will be discussed at class. Wednesdays Jan. 14-Apr. 1 5:30-8:30 PM Fee: $25.00 Washougal H.S. - Woodshop Dave Cox, Instructor

Home & Garden

Make Raw Sauerkraut
Adult
Cabbage is the best starter vegetable to become familiar with fermenting. Each student makes their own and then comes back 3 weeks later to test the creation. Lacto fermentation is the old fashioned way to add good bacteria (probiotics) to our guts. Fee includes jar, cabbage, and salt. Thursday Feb. 5 & 26 Code: 2052-15 6:30-8:30 PM Fee: $30.00 Location: 1277 B St., Washougal Pixie LaPlante, Instructor

Music/Dance

Ballroom Dance
Ages 16 to Adult
No partner needed. For new and returning students - Learn Ballroom Dance from the best. Dave Watson 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 Dancing and has taught for 38 years. Students will gain confidence and poise as they learn basic patterns, fundamental footwork, correct posture, and develop expression, style, and the importance of connecting with their partner. More patterns and dances will be added as students progress. Mondays, No class Feb. 16 Fee: $30.00 per class (10 classes) Location: Washougal H.S. - Commons Dave Watson, Instructor

Language

Beginning Spanish
Adult
Would you like to be able to speak and understand Spanish? Whether you want to learn Spanish for a job, for a trip, or so you can communicate with your neighbor - this is the class for you! No Tests - No Stress, just plain fun with your compañeros de clase. Text available at class for $13.00.

Thursdays
Jan. 29-Mar. 19 Code: 2026-15 7:00-8:30 PM Fee: $70.00 Washougal H.S. - 127 Nelda Doody, Instructor

Advanced Spanish
Adult
For students who have attended Beginning Spanish or by teacher recommendation.

Tuesdays
Jan. 27-Mar. 17 Code: 2027-15 7:00-8:30 PM Fee: $65.00 Washougal H.S. - 127 Nelda Doody, Instructor

Combination Dance Classes
Pay $5.00 fee for class and recital supplies to the instructor at the first class.
For living room leapers, bedroom ballerinas, and front yard frolickers - Combination Dance Classes offer the perfect venue to harness all that toe-tapping energy. The Community Education dance program introduces children to ballet and tap while allowing them to express themselves through creative movement. In addition, dancers spend part of each class working on tumbling skills to help with poise and balance. Students may also choose to attend performance opportunities throughout the year! Each session ends with a recital where students share their accomplishments with family and friends!


Ages 4 & 5 Tap, Pre-Ballet/Creative Movement, and Tumbling. Code: 2023-15 Fee: $60.00 4:00-4:45 PM

Ages 5 to 7 Tap, Ballet/Creative Movement, and Tumbling. Code: 2024-15 Fee: $70.00 6:30-8:00 PM

Ages 8-12 Prerequisite: A minimum of 3 consecutive semesters of Combination Dance, ages 5-7. Tap, Ballet, and Tumbling Code: 2025-15 Fee: $80.00 8:00-9:30 PM

Music/Dance

Tap, Ballet/Creative Movement, and Tumbling. Code: 2026-15 Fee: $80.00 4:45-5:30 PM

Ages 3 & 4 Tap, Pre-Ballet/Creative Movement, and Tumbling. Code: 2027-15 Fee: $80.00 4:45-5:30 PM

Ages 4 & 5 Tap, Pre-Ballet/Creative Movement, and Tumbling. Code: 2028-15 Fee: $80.00 4:45-5:30 PM

Ages 5 to 7 Tap, Ballet/Creative Movement, and Tumbling. Code: 2029-15 Fee: $80.00 6:30-8:00 PM

Ages 8-12 Prerequisite: A minimum of 3 consecutive semesters of Combination Dance, ages 5-7. Tap, Ballet, and Tumbling Code: 2030-15 Fee: $80.00 8:00-9:30 PM

Music/Dance

Tap, Ballet/Creative Movement, and Tumbling. Code: 2031-15 Fee: $80.00 4:45-5:30 PM

Ages 3 & 4 Tap, Pre-Ballet/Creative Movement, and Tumbling. Code: 2032-15 Fee: $80.00 4:45-5:30 PM

Ages 4 & 5 Tap, Pre-Ballet/Creative Movement, and Tumbling. Code: 2033-15 Fee: $80.00 4:45-5:30 PM

Ages 5 to 7 Tap, Ballet/Creative Movement, and Tumbling. Code: 2034-15 Fee: $80.00 6:30-8:00 PM

Ages 8-12 Prerequisite: A minimum of 3 consecutive semesters of Combination Dance, ages 5-7. Tap, Ballet, and Tumbling Code: 2035-15 Fee: $80.00 8:00-9:30 PM
Basketball Lessons
Basketball Lessons are available for high school age students through WCRF and Larry Jury with the Dream Team. For information on lessons, please call Larry at 503-320-1594.

Baseball Clinic
Grades 1-6
A great opportunity! Join WHS Baseball Coach Greg Lewis and work on hitting, throwing, and defensive fundamentals. Bring your glove, bat, and batting helmet if you have them. Also, bring a water bottle. Informational Flyers will be distributed in the schools in January.

Intermediate Volleyball
Ages 16 to Adult
Class is for Level "B" and BB players - moderately competitive. Players should have a basic understanding of the following skills, but may not be able to consistently execute them - ball serving, bump/pass, bump set or hand set, and spike/attack. Players should also have a good understanding of game rules and the role of each player. Facebook page, www.facebook.com/groups/ShourVBall.

Advanced Volleyball
Ages 16 to Adult
Class is for upper BB and A level players and is considered very competitive. Players must know where to be on the court, understand the communication needed within the team, how to cover for each other, and be proficient in bump/pass, set, spike/attack, block and serve. When playing 6's, players should have a good understanding of running 6-2 and 5-1 plays.

Speed, Power & Agility Training
Grades 8-12
Speed training - develop fast twitch muscle fibers, build power, and enhance athleticism. Speed and power training - plyometrics, ladder and hurdle drills, side-to-side position training, form drills, medicine ball throws, and Olympic lifts. Training focus is on force application with an emphasis on rotational, linear, and lateral movements. Mike Hickey is currently a Nike Professional Track & Field Coach, a former Division I Track Coach, and has a Speed & Agility Training Certificate.

Volleyball - Middle School & High School
Students
Volleyball mechanics, serving, passing, hitting, court awareness, and teamwork. Participate in drills to learn and practice fundamentals. Class will include scrimmaging to gain court awareness, incorporate fundamentals learned, and build teamwork.

Tae Kwon Do
$5.00 Discount for additional family members or if you attend Mondays and Thursdays.

Advanced Tae Kwon Do
$5.00 Discount for additional family members or if you attend Mondays and Thursdays.

Co-Ed Flag Football
A no-contact game to build passing and running skills with a teamwork focus. Practices in April, games begin in May. Enroll by age on September 1, 2014. Parent participation is needed. Fee includes shirt and flags. Mouth guard is required. Mondays, Thursdays
No Game May 25.
Apr. 13-May 28
5:30 PM-7:00PM
Fee: $45.00
Jemtegaard M.S. - Danielsen Field
Dan Davis, Instructor

Ages 6-8 Code: 2030-15
Ages 9-11 Code: 2031-15

Basketball Tournaments
Basketball Tournaments are available. Contact Mike Hickey for more information.

Co-Ed Flag Football

Website: www.washougal.k12.wa.us/wcer Phone: 360-954-3040
WCER is a department of the Washougal School District and receives funding from the City of Washougal. Our goal is to meet the needs of east county citizens, of all ages, with quality educational and recreational programs. Classes are self-supporting and taught by knowledgeable instructors who share their talents. 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, contact Kathy Douglas-Evans, 360-954-3040.

REGISTRATION FORM
Office Use Only:  

Student’s Name (please print):  

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  

I have 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  

Website:  www.washougal.k12.wa.us/wcer  

Phone: 360-954-3040  

Registration
(Checks or exact cash only)

Bring or mail registration form with payment to:

WCER  

4855 Evergreen Way  

Washougal, WA 98671  

Monday-Friday  

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

Closed Holidays

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

Refunds

Prorated refunds may 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.

Limited Class Sizes

All classes have a student enrollment limit. Pre-register early.

School Closures

If Washougal Schools are closed, there are NO WCER classes. If Washougal Schools have a late start, WCER classes are held as normal, except those that meet immediately after school on an early release Wednesday, as the early release will not take place.