Wrestling Program *Entering grades K-6*
The Youth Wrestling Program for grades K-6 will focus on defensive and offensive wrestling techniques. This program will improve your physical and mental health and build self-confidence.
Students will be made aware of individual and team wrestling opportunities. Tournament registration fees and transportation is the responsibility of the families. Sweat pants, shorts, t-shirts and gym shoes are appropriate for practice. A Panther Wrestling t-shirt will be provided unless signed-up after January 4.

*Beginning Wrestling*
Class: #4424 Grades K-2
Dates: Mondays Time: 6:00-7:15PM
Location: GSL H/S Wrestling Rm Fee: $20
Class: #4425 Grades 3-6
Date: Mondays Time: 7:15-8:30PM
Location: GSL H/S Wrestling Rm Fee: $20

*Practice Dates:*
January 4, 11, 19, 25
February 1, 8, 16, 22

*Higher Intensity –*
All Grades with minimum 2 years’ experience
Class: #4426
Dates: Thursdays, 6-7:30PM Fee: $30

*Practice Dates:*
January 7,14,21
February 4,11,18,25
March 1,4,15,11,18,22,24,29
**All dates are subject to change and space is limited so please register early**

Karate (*Ages 7 and Above*)
Join us as we practice basics and kata only. Classes involve physical conditioning, learning blocks, strikes and kicks and the proper use of those elements. This class will follow the CDC guidelines of social distancing. Instructor: Sensei Lisa Bohnert
Course: #0008 Time: 6:30-8:00PM
Dates: Mondays and Thursdays, January 4 - 28
Fee: $30 per individual /$50 per family
Location: Lincoln Silver Gym

**Registration Deadlines:**

*Tournament Team Basketball 7-8 Girls*
Registration Deadline: 12/30/2020

*Karate*
Registration Deadline: 1/3/2021

*Youth Wrestling*
Registration Deadline: 1/4/2021

*CPR and First Aid - Adults*
Registration Deadline: 1/4/2021

*Home Alone*
Registration Deadline: 1/4/2021

*YEL Online Coding 1.0*
Registration Deadline: 1/5/2021

*YEL Online Magic 1.0*
Registration Deadline: 1/5/2021

*YEL Online Guitar 1.0*
Registration Deadline: 1/5/2021

*YEL Online Guitar 2.0*
Registration Deadline: 1/6/2021

*YEL Online Magic 2.0*
Registration Deadline: 1/7/2021

*YEL Online Chess 1.0*
Registration Deadline: 1/6/2021

*YEL Online Coding 2.0*
Registration Deadline: 1/6/2021

*Drivers Discount*
Registration Deadline: One week before class starts

*Gymnastics - Registration Deadline:*
One week before class starts
Babysitting Training Course
This is your chance to become a trained babysitter. We will cover appropriate games and activities, telephone common sense, basic first aid, good decision-making skills, and much more. Students should bring a doll to class. Must be 11 years old by the start of the class.
Registration Deadline: February 1
Course: #2510
Fee: $35
Date: Saturday, February 6
Time: 9:30AM-12:30PM
Location: GSL Community Room

Home Alone
Grade K-8
This class will cover the basics of staying home alone and coming and going home safely. Topics of discussion include appliance safety, responsibilities, house rules, first aid and more. Students will feel confident and educated to stay home after attending this class. Questions and answer time provided. Students will leave with take home materials.
Registration Deadline: January 4
Course: #432
Fee: $23
Date: Saturday, January 9
Time: 1:00-2:30 PM
Location: GSL Community Room

CPR and First Aid – Adults
This class will cover adult, infant, child CPR and AED. This course uses terminology that is more technical and has a multiple-choice exam at the end. This certification is valid for 2 years.
Instructor: Kirsten Dean
Registration Deadline: January 4
Course: #2151B
Date: Saturday, January 9
Time: 9:00AM – 12:30PM
Location: GSL Community Room
Fee: $61

Driver Discount - 4 Hour Refresher
Class This refresher class is for those who have taken the full 8-Hour course. A refresher course is required every 3 years in order to maintain an insurance discount.
Registration Deadline: 1 week before class
Instructor: Steve Soefker
Course: #711 – January
Date: Wednesday, 1/13/2021
Time: 9:00AM – 1:00PM
Location: GSL Community Room
Fee: $24
Course: #711 – February
Date: Wednesday, 2/10/2021
Time: 5:30PM – 9:30PM
Location: GSL Community Room
Fee: $24
Course: #711 – March
Date: Wednesday, 3/17/2021
Time: 9:00AM – 1:00PM
Location: GSL Community Room
Fee: $24
Course: #711 – April
Date: Wednesday, 4/14/2021
Time: 1:00PM – 5:00PM
Location: GSL Community Room
Fee: $24
Course: #711 – May
Date: Wednesday, 5/12/2021
Time: 9:00AM – 1:00PM
Location: GSL Community Room
Fee: $24
Course: #711 – June
Date: Wednesday, 6/16/2021
Time: 5:30PM – 9:30PM
Location: GSL Community Room
Fee: $24
{YEL!} ONLINE CHESS 1.0/BEGINNER  
Ages 6-12  
Learn the game played by kings, queens, presidents, and laureates for centuries. Chess benefits student's focus, sportsmanship, problem solving, mental fortitude, and more. Co-hosted by National Chess Master and former state champion Nathan Hoover, YEL Online Chess Lessons are immersive, engaging, and rich with content. Seats are limited, so sign up soon! We suggest participants have a computer with a microphone, speakers, high speed internet, a ChessKid.com account (email us if you need one). We’ll be using ChessKid.com as well as chess.com for lesson analysis. Students will also be invited to participate in free online chess tournaments using ChessKid.com.  
Registration deadline: January 6  
Course: #5328  
Date: Wednesday, January 13 - March 3  
Time: 4:15PM – 5:15PM Fee: $99

{YEL!} ONLINE CODING 1.0 | ANIMATION  
Ages 8-14  
Learn basic and intermediate coding techniques with Scratch®. Students will be introduced to the vital field of coding and learn how to use movement blocks, loops, control blocks, and other basic coding for animation. Students will be given a Scratch® user account. More details will be sent on how to join the class. Students can share their code online with other Scratch kids, and they can keep it in their own account.  
Registration deadline: January 5  
Course: #5320  
Date: Tuesdays, January 12 - March 2  
Time: 4:15PM – 5:15PM Fee: $99

{YEL!} ONLINE CODING 2.0 | VIDEO GAMES  
Ages 8-14  
Design, code, test, and share your very own video game using Scratch®. Students will be introduced to the vital field of coding and learn how to use movement blocks, loops, control blocks, and other basic coding for use in designing their own video games. Students will be given a Scratch® user account. More details will be sent on how to join the class. Students can share their code online with other Scratch kiddos, and they can keep it in their own account.  
Registration deadline: January 6  
Course: #5321  
Date: Wednesday, January 13 – March 3  
Time: 4:15PM – 5:15PM Fee: $99

{YEL!} ONLINE MAGIC 2.0 | BEGINNER 1  
Ages 10-15  
For students who have completed {YEL!} Magic 1.0. We will do new tricks and fine tune our presentation on all tricks. NOTE: We will send a full list of necessary items prior to the first class.  
Registration deadline: January 5  
Course: #5324  
Date: Tuesdays, January 12 - March 2  
Time: 4:15PM – 5:15PM Fee: $139

{YEL!} ONLINE MAGIC 2.0 | BEGINNER 2  
Ages 10-15  
For students who have completed YEL Guitar 1.0 | Beginner class. We continue the musical journey learning more notes on the 3rd, 4th, 5th, and 6th strings; more chord options; and more songs. Continue what you started.  
Registration deadline: January 5  
Course: #5325  
Date: Wednesday, January 13 – March 3  
Time: 4:15PM – 5:15PM Fee: $139
Community Education Gymnastics

Panther Toddlers Tumblers (Parent/Child Class): ages 18 months-3 years old A class for our littlest gymnasts with the assistance of parent involvement. The class will involve instruction from a coach who will set up fun activities to do in the gym.

Panther Tumblers: 3 years old - 4 years old. Beginning recreational gymnastics with an emphasis on listening skills and learning about the different skills and vocabulary of the equipment in the gym.

Level 1 – Beginners: This class is for students who have passed out of Tumblers or are at least 5 years old and have no prior gymnastic experience. We will learn skills on bars, beam, floor and vault. On bars we will work on swinging skills and pullovers. On beam we will work on balance and basic walking and jumping skills. On floor we will introduce forward and backward rolls, cart wheels and handstands.

Level 2 – Intermediate: This class is for students that have passed Level 1, or have had prior gymnastic experience. Students will work on some of the same skills as level 1 but with more difficult skills added.

Level 3 – Advanced: This class is for students that have successfully passed level 2, or have had prior gymnastic experience. We will be perfecting skills learned in Level 1 and Level 2.

Level 4 - Pre-Team: This class is for students that have successfully passed level 3, and want to continue developing their gymnastics skills but are not ready to move to Panther Paw Team.

One-on-One Training Sessions: Are you looking to stick a particular skill? This is your opportunity to receive individualized training with one of our adult coaches. One hour sessions are $25. Register by calling 320-864-2690. Our staff will connect you with a coach to set-up the scheduled training session(s) based on gym availability.

Session 4
Mondays: 1/4, 1/11, 1/18 1/25, 2/1, 2/8
Course: #4020M Parent/Child 6:00-6:30PM
Course: #4021M Panther Tumblers 6:00-6:30PM
Course: #4321M Level 1 6:00-6:45PM
Course: #4421M Level 2 6:30-7:30PM
Course: #4320M Level 3 6:30-7:30PM
Course: #4420M Level 4 6:45-7:45PM

Wednesday: 1/6, 1/13, 1/20 1/27, 2/3, 2/10
Course: #4020W Parent/Child 6:00-6:30PM
Course: #4021W Panther Tumblers 6:00-6:30PM
Course: #4321W Level 1 6:00-6:45PM
Course: #4421W Level 2 6:30-7:30PM
Course: #4320W Level 3 6:30-7:30PM
Course: #4420W Level 4 6:45-7:45PM

Gymnastics - Registration Deadline: One week before class starts

While there is still a great deal of uncertainty surrounding the remainder of the summer seasons, we are working hard to get our kids back into activities in safe manner and in a manner that will provide a meaningful opportunity for our kids’ athletic and social development. GSL Community Education will follow guidance from the Minnesota Department of Health and Minnesota Department of Education. We are purposely designing our programs and classes to have new health and safety procedures.

Class sizes are Limited… Please register Early!