

# Play.

hike. swim. grow. SUP.  
snowshoe. dance. roll.  
paddle. kayak. skate.  
climb. picnic. celebrate. score. walk.  
race. laugh. breathe. jump. connect.  
re-kindle. run. build. explore. recreate.

## Winona Park & Recreation fall guide August 2016—February 2017



Enhancing Community Through People, Parks, & Programs.



Winona Park & Recreation  
207 Lafayette Street Suite 105

(507) 457-8258  
[www.cityofwinona.com](http://www.cityofwinona.com)



# Winona Park & Recreation

Enhancing Community Through People, Parks, & Programs

## Park & Recreation—Who We Are

### Park & Recreation Staff

Maynard Johnson, Park & Recreation Director  
Patrick Menton, Park & Recreation Assistant Director  
Lydia Boysen, Recreation Coordinator  
Zack McKinney, Recreation Coordinator  
Lisa Gernand, Recreation Coordinator  
Holly Hines, Administrative Assistant  
DeeDee Follansbee, Administrative Assistant

### City of Winona Administrators

Steve Sarvi, City Manager  
Chad Ubl, Assistant City Manager  
Marty Mullen, Interim Park Superintendent

### Contact Us

**Park & Rec Main Office**  
207 Lafayette Street, Suite 105  
(507) 457-8258

**Hours: M-F 8am-4:30pm**  
(Labor Day– Memorial Day)

### Recreation Centers & Other Service Sites:

East Recreation Center: (507) 453-1633  
Lake Lodge Recreation Center: (507) 453-1955  
Park Maintenance: (507) 453-1640  
Public Library: (507) 452-4582  
Friendship Center: (507) 454-5212

[www.CityofWinona.com](http://www.CityofWinona.com)

## 2016 City of Winona Elected Officials

### Mayor Mark Peterson

Term Expires 12/31/16  
(H) 507-452-3689 (W) 507-454-2723 ext. 1  
[mpeterson@ci.winona.mn.us](mailto:mpeterson@ci.winona.mn.us)

### Allyn Thurley • 1st Ward

Term Expires 12/31/16  
(H) 507-454-3993  
[thurley@hbc.com](mailto:thurley@hbc.com)

### Gerry Krage • 2nd Ward

Term Expires 12/31/18  
(H) 507-429-0817  
[Gerry.t.krage@gmail.com](mailto:Gerry.t.krage@gmail.com)

### Pamela Eyden • 3rd Ward

Term Expires 12/31/16  
(H) 507-454-6758  
[pamelaeyden@gmail.com](mailto:pamelaeyden@gmail.com)

### George Borzyskowski • 4th Ward

Term Expires 12/31/18  
(H) 507-454-4463  
[borz@charter.net](mailto:borz@charter.net)

### Michelle Alexander • At Large

Term Expires 12/31/18  
(H) 507-474-9179  
[michellewinonacitycouncil@gmail.com](mailto:michellewinonacitycouncil@gmail.com)

### Paul Double • At Large

Term Expires 12-31-2016  
(H) 507-454-4045  
[tentmaker@aol.com](mailto:tentmaker@aol.com)



For a schedule of Public Meetings please visit  
[www.CityofWinonna.com](http://www.CityofWinonna.com)

# Facility Rentals & Reservations

Holzinger Lodge · Valley Oaks Lodge · Jaycee Shelter · Lions Shelter · Hiawatha Valley Marines Shelter · Kiwanis Shelter · Latsch Shelter · Unity Park · Rose Garden Gazebo · Windom Park Gazebo · Levee Park Patio · East Recreation Center · Friendship Center · Lake Lodge Recreation Center · Lake Park Paths · The Willows Disc Golf Course · Bambenek Fields · Bob Welch Aquatic Center · Holzinger Trail System · Historic Masonic Theatre · Winona Bandshell

**When gathering in Winona, consider a City of Winona facility as a meeting place!**

For detailed information about our facilities, visit: [www.CityofWinona.com](http://www.CityofWinona.com) or call **(507) 457-8258**.

To make a reservation, please visit the Park & Rec office:  
**207 Lafayette Street, Suite 105**

**Full-Day · Half-Day · Club & Nonprofit rates available.**

All rentals require \$100 damage deposit

*All Facility Reservations & Payments must be made in person or online.*

# Program & Activity Registration

*Activities & Programs that require pre-registration and/or a registration fee will be noted in the Activity Description. We offer 3 convenient ways to register for programs & activities:*

## Online

Visit [www.CityofWinona.com](http://www.CityofWinona.com) to access our online registration system. Click on the **Park & Recreation** button on the left-hand side of the page. For easy registration, search for an activity by the 4- or 5-digit number listed in the Activity Description. We accept credit card payments online at the time of program registration.

## On the Phone

Give the Park & Recreation main office a call at 507-457-8258. We accept credit card payments over the phone at the time of program registration.

## In Person

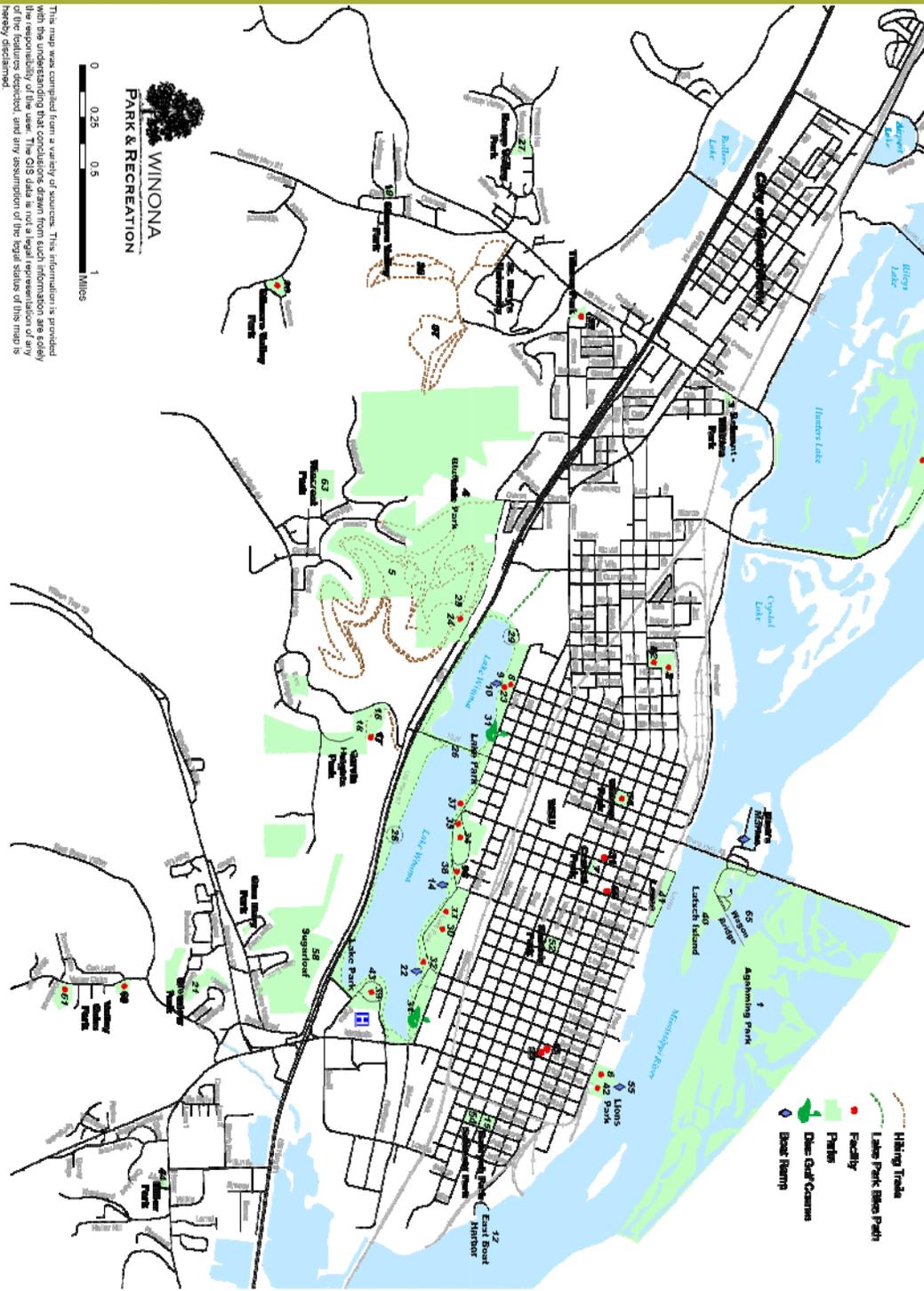
Stop by the Park & Recreation main office at **207 Lafayette Street (Suite 105)**. We accept credit card, cash, & check payments in person.



# City of Winona Parks and Facilities

April 2012

This map shows the locations of parks and facilities in the City of Winona that offer a variety of recreational resources to the public. For information on activities programming at City parks, please contact the Parks and Recreation Department at 507-437-0258.



Park / Facility	Location
1 Agawing Wildlife Refuge	NONE
2 Aquatic Center	700 W. 4th St.
3 Ansonia-Winona Park	210 E. 1st St.
4 Arboretum Park	600 W. Lulu Blvd.
5 Ball Lake Park	600 W. Lulu Blvd.
6 Bad King Park	607 E. Front
7 Central Park (Dow Island)	501 W. Broadway
8 Damon Street Fields	7001 Lincoln St.
9 Damon Street Pier	600 Lincoln St.
10 Damon Street Boat Ramp	600 Lincoln St.
11 Deer Park	1260 E. 4th
12 East Boat Harbor	210 Zumbro St.
13 East Boat Ramp	NONE
14 Franklin Boat Ramp	500 E. 7th St.
15 Garretts Park	250 W. Lulu Blvd.
16 Garretts Heights (Lower)	200 East Garretts Heights Blvd.
17 Garretts Heights Lookout	NONE
18 Garretts Valley Trails	1160 County Dr.
19 Garretts Valley Shelter I	197 Jay Blvd. Dr.
20 Garretts Valley Shelter II	500 Glenview Dr.
21 Garretts Park	NONE
22 Hamilton Street Boat Ramp	527 W. Lulu St.
23 Hamilton Valley Horse Show Shelter	528 W. Lulu Blvd.
24 Holzner Lodge	624 Huff St.
25 Holzner Trails	200 Ringo Valley Dr.
26 Huff Street Pier	NONE
27 Knappe Valley Park	NONE
28 Lala Park	NONE
29 Lake Park - East	NONE
30 Lake Park - West	NONE
31 Larkin Park Fields	200 E. Lulu Park Dr.
32 Lake Park Commons	500 E. Lulu Park Dr.
33 Larks Shelter	500 Lulu Park Dr.
34 Lark Shelter	601 W. Lulu Park Dr.
35 Volunteer Memorial Park	1901 E. Lulu Park Dr.
36 Iowa Station Commons	113 W. Lulu Park Dr.
37 Lulu Park Pier	NONE
38 Lulu Park Pier	890 Rolling Ave.
39 Lulu Park	NONE
40 Lulu Island	NONE
41 Lulu Youth Fields	730 E. Front St.
42 Marquette Park	NONE
43 Miller Park	200 Lulu Lr.
44 Prairie Island	1420 Prairie Island Rd. N.
45 Mackley Landing	1340 Prairie Island Rd. N.
46 Gallopway Boat Ramp	615 Prairie Island Rd. N.
47 Larkin Shelter	1340 Prairie Island Rd. N.
48 Owens Shelter	1120 Prairie Island Rd. N.
49 Prairie Island Campground	NONE
50 Prairie Island Trails	200 Lulu St.
51 Barber Center	3rd floor of Senior Center
52 Mesquite Terrace	510 E. Broadway
53 Stralder Park (S&W Ward)	210 Zumbro St.
54 Stralder Park	501 E. 6th St.
55 Goddard Park (4th Ward)	501 E. Front St.
56 St. Charles Street Boat Ramp	NONE
57 St. Mary's Hiking Trails	NONE
58 St. Mary's 5th Trails	NONE
59 St. Ignace Hiking Trails	NONE
60 Thayer Park	540 Henry Dr.
61 Valley Oaks Park	200 Valley Oaks Dr.
62 Valley Oaks Lodge	600 W. 5th St.
63 Wheel Recreation Center	1900 Plymouth Rd.
64 Wheeler Park (1st Ward)	200 W. Broadway St.
65 Wheeler Park Commons	200 W. Broadway St.
66 Wheeler Park Commons	NONE
67 Wheeler/Phillips	237 Lafayette St.

For printable versions of this map, along with many other maps, visit:  
[www.cityofwinona.com/city-services/parks-recreation/parks-trails/](http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/)

This map was compiled from a variety of sources. This information is provided with the understanding that contributors drawn from such information are solely the responsibility of the user. This GIS data is not a legal representation of any state or federal laws, rules, and any assumption of the legal status of this map is hereby disclaimed.

## East Recreation Center

210 Zumbro Street

The East Recreation Center is a neighborhood hub where everyone is welcome to come and PLAY! All drop-in recreational activities at the East Rec are included in your free membership. These activities vary from sports & games to crafts & imaginative play. Play opportunities are often self-directed, but our staff love to interact while they supervise. This facility is also available for rent outside of our open, public hours. See page 2 for facility rental policies & pricing.

### Fall & Winter Open Play Hours

September 6-December 30  
Monday-Friday: 3:00-7:00 pm

**Closed:** November 7 & 8, 21-25; December 23-26

### 2016 Membership Rate: FREE

#### Age Requirements:

**5 & Under** must have an adult with them in the ERC.

**Front Desk:** (507) 453-1633

**Email:** recsuper@ci.winona.mn.us

## Lake Lodge Recreation Center

113 Lake Park Drive

Lake Lodge Recreation Center is a great place to participate in outdoor activities this fall & winter. All recreational activities & supplies at Lake Lodge are included in your annual membership. This facility is also available for rent outside of our public hours. See page 2 for facility rental policies & pricing.

**Fall Open Hours**  
**September 1 - October 31**

Monday-Friday: 4:00-7:00 pm  
Saturday-Sunday: 1:00-7:00 pm  
*see page 7 for details*

**Winter Open Hours**  
**December 12-February 28**

Monday-Friday: 4:00-7:00 pm  
Saturday-Sunday: 1:00-7:00 pm  
*see page 8 for details*

#### Closed:

November 1-December 11, as well as  
December 23-26 & December 31 & January 1  
Seasonal hours subject to change based on weather.

**2016 Membership Rate:**  
\$15.00

Memberships valid for 1 year from the date of purchase.

Age 4 & under require membership but it is FREE.

#### Age Requirements:

6 & Under must have an adult with them.

15 & Under must have an adult on the water.

18 & Under must have an adult co-sign waiver at time of membership purchase.

**Front Desk:** (507) 453-1955

**Email:** recsuperII@ci.winona.mn.us

## Holzinger Trails & Bluffsides Park

925 West Lake Blvd

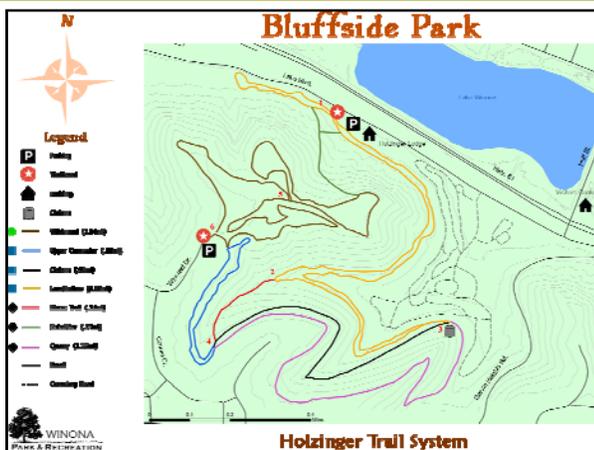
Bluffsides Park is home to the Holzinger Trail System. This region holds approximately 9 miles of hiking trails and picturesque lookouts over the valley. Trails vary in difficulty including Bluff Side, Steep, & Level. Trailhead is approximately 1.2 miles from Lake Lodge.

#### Directions to Holzinger Trails from Lake Lodge:

West on West Lake Street. Left on Huff Street.

Right on West Lake Blvd (.6 mi).

Left into Holzinger Lodge parking lot (top of hill).



Printable versions of this and other trail maps available at:  
[www.CityofWinona.com](http://www.CityofWinona.com)

## Work With Us!

Park & Recreation has part time & seasonal job opportunities for enthusiastic, hard-working folks to help us Enhance Community Through People, Parks, & Programs.

**Applications available at Park & Rec office OR**  
[www.CityofWinona.com](http://www.CityofWinona.com)

**Season:** Fall & Winter (September—March)

**Hiring Areas:** Lake Lodge, East Rec

**Timeline:** Applications available mid-July. Applications due early August. Interviews mid August.

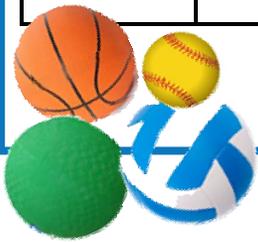
**Season:** Late Spring & Summer (April-August)

**Hiring Areas:** Lake Lodge, East Rec, Aquatic Center

**Timeline:** Applications available late February. Applications due late March. Interviews early April.

# Adult Sports Information

Sport	Divisions Offered	Registration	Program Begins	Program Ends
Softball	Men, Women, & Co-Rec	Late January-Mid February (returning teams) Mid February (New teams)	Early May	Mid August
Volleyball	Co-Rec	Mid July to Early August	Early September	Mid December
Kickball	Co-Rec	Mid July to Mid August	Early September	Mid October
Basketball	Men	Mid September to Mid October	Early December	Mid March
Volleyball	Men & Women	Late October to Mid November	Early January	Late March
Broomball	Co-Rec	Late October to Mid November	Early January	Late February



For more information about Adult Leagues visit:  
[www.CityofWinona.com](http://www.CityofWinona.com) OR call: (507) 457-8258

## Play in the Park Series

Play in the Park is a FREE series of drop-in weekly & special events aimed at encouraging folks to playfully participate in our parks! Look for the PLAY icon in this guide for play opportunities in a park near you!



### Play in the Park Sites:

ERC Neighborhood Park · Windom Park  
 Sinclair Park · Sobieski Park · Levee Park  
 Prairie Island Park · Bluffside Park



## Open Preschool East Recreation Center

### Tuesday & Thursday

9:00am-12:00pm  
 September 6-December 30\*

\*Please see ERC info on page 4 for dates the East Rec is closed.

Open preschool is a free, drop-in service for anyone who takes care of young children. Toys such as tricycles, balls, dress up clothes, blocks, play kitchen/living room sets, and much more, are provided for children. Parents & caregivers interact and socialize while they supervise their children. Park & Rec staff is onsite for Front Desk support, facilitating small activities, and facilitating seasonal programs.

**Laughter Yoga will be offered on Thursday mornings during Open Preschool at 10 am. See Laughter Yoga program description on page 6 for more details!**





## Trail Run Time Trial

Bluffside Park— Holzinger Low Rollers

**Thursdays**

5:00 pm

Time Trials began August 4-October 27

**No registration required. FREE!**

Take your next run off the beaten path! Join Park & Rec for a weekly trail run time trial on the Holzinger Low Rollers. The Time Trial format is simply you racing the clock *and* your Personal Record (PR).

Runners start in 30 second intervals based on PR, slowest runners go first. Times are posted weekly so that you can track your progress.

Follow us on Facebook for updates about weekly runs and results.



## Open Volleyball

East Recreation Center—Gym

**Monday & Thursday**

7:00-9:00 pm

September 6-December 30\*

\*Please see ERC info on page 4 for dates the East Rec is closed.

**No registration required, however ERC membership is required. FREE!  
Must be 12 years or older to attend.**

Volleyball Open Gym provides the space and supplies for area volleyball enthusiasts to have the gym to themselves and play self-directed games. This program is free and all abilities are welcome to participate.



## Latin at the Levee

Levee Park

**Thursday, September 15**

7:00-9:00 pm

**No registration required. FREE!  
All ages welcome.**

There are many things you *don't* need to dance in the park. Among them are: the right kind of shoes; a left and right foot; or a lick of experience. The only things you *do* need are a smile coupled with a ready attitude. Our fabulous dance instructors, Stan & Molly, take care of the rest! The first portion of the event is dedicated to learning the steps and the second portion allows us to practice our new-found skills in a relaxed atmosphere. Snacks and socializing to follow. If you'd like to contribute, bring a snack to share!



## Fall Laughter Yoga Series

East Recreation Center—Studio Room

**Tuesdays**

6:00-7:00 pm

**Session 1:** September 13, 20, 27 (11806)

**Session 2:** October 4, 11, 18 (11807)

**Registration is required but FREE!  
All ages welcome.**

Laughter Yoga is the practice of learning how to laugh for "no good reason," and combining it with yogic breathing to achieve the many benefits of laughter. Join us for a 3 week series where we will learn WHY it's good to laugh and HOW we can exercise our laughter.

Wear comfortable clothes and bring a yoga mat if you have one. If not, we've got you covered!



**LAUGHTER YOGA**  
FOR HEALTH & HAPPINESS



## Fall Open Paddling

Lake Lodge

September 1-October 31

### Monday—Friday

4:00-7:00 pm

### Saturday & Sunday

1:00-7:00 pm

**\*Fall paddle season subject to change based on weather & conditions.**

Join us at Lake Lodge this fall for the tail end of paddle season. Observe the leaves changing from your kayak on beautiful East Lake Winona, play a game of table tennis indoors, or— as the weather gets cooler— enjoy a cozy fire in the fireplace! Paddle equipment including canoes, kayaks, sit-on-top kayaks, Key Log, & Stand Up Paddle Boards, are all available for use with your annual Lake Lodge membership.



See page 4 for details about membership fees at Lake Lodge.

## Fall Group Paddle

Lake Lodge

September 1-October 31\*

(closed November)

### Tuesdays & Thursdays

8:00-11:30 am

**\$40-\$60**

depending on the size of your group

**\*Fall paddle season subject to change based on weather & conditions.**

Group Paddle is a team building challenge course on the water for everyone. Your group will work together to accomplish a common goal. Groups can range from 2-100 people. This is a great activity for school groups, teams, and businesses. **Please request your group time with at least 2-weeks notice to account for staff scheduling.**

To make an appointment during the above times, please contact Zack at:

**zmckinney@ci.winona.mn.us**  
(507) 453-1955 (Lake Lodge)  
(507) 457-8258 (Park & Rec Office)



## Fall Sailing Classes

Lake Lodge

September 1-October 31\*

(closed November)

### All Classes by Appointment

**Introduction to Sailing:** \$55/pair

**Small Boat Sailing:** \$75/pair

**\*Fall sailing season subject to change based on weather & conditions.**

**Introduction to Sailing:** Covers the basics including boat, sailing vocabulary/terms, & water time.

**Small Boat Sailing:** Builds on the basics. Students gain additional understanding of sailing. Successful completion of this course allows students to sail the boat independently. Introduction to Sailing Course is not a pre-requisite.

To make an appointment, please contact Zack at:

**zmckinney@ci.winona.mn.us**  
(507) 453-1955 (Lake Lodge)  
(507) 457-8258 (Park & Rec Office)

## Re-Kindling Project

East Recreation Center

**October 8** (11804)

5:00-8:00 pm

Register by October 7

**December 17** (11805)

5:00-8:00 pm

Register by December 16

**Registration is required but FREE.  
Ages 3-12 years.**

We'll tend the kids... you tend the flame. Let us help you spend quality time with your "spark". While you are out, we'll provide:

- 1 CPR and FA certified staff for every 5 children
- A tasty snack (please notify us of allergies)
- A rambunctious activity to tucker everyone out
- Plenty of games & fun



Drop off your kids, go on a date and return refreshed, rejuvenated, & Re-Kindled!



## Thanksgiving Community Meal

East Recreation Center

**Tuesday, November 22**

5:00-7:00 pm

**No registration required. FREE!  
All are welcome.**

Please join us this Thanksgiving season for a delightful community feast: a time for us to eat, enjoy each other's company, and count our many blessings. Many hands are responsible for making this event happen.



If you would like to volunteer your time or resources, we welcome your help!

Please send inquiries to:  
[recsuper@ci.winona.mn.us](mailto:recsuper@ci.winona.mn.us) or  
(507) 453-1633

## Winter Farmers Market

East Recreation Center

**Various Saturdays**

9:00-12:00 pm

They're back again filling the Rec with savory smells, fresh foods, and excellent people! Keep watch on the East Recreation Center Facebook page for specific dates that the market is at the ERC!



## Snowshoes & Skate Sharpening

Lake Lodge

December 12-February 28

**Monday—Friday**

4:00-7:00 pm

**Saturday & Sunday**

1:00-7:00 pm

**Closed:** December 23-26 & December 31 & January 1

**Snowshoe Rentals:** Included with your annual Lake Lodge membership. Snowshoes can be rented and taken off-site for up to 24 hours and are available on a first come, first serve basis. Ask a friendly Lake Lodge staff person for information and a map of some great destinations for snowshoe exploration!

**Skate Sharpening:** Drop off your skates at the Lake Lodge front desk for sharpening. Drop ins welcome. Please allow a 2 day turn around. Fee is \$5 per pair.

### Questions?

Call Zack at (507) 453-1955 (Lake Lodge)

See page 4 for details about membership fees at Lake Lodge.

## Winter Open Skating

Lake Lodge

December 12-February 28\*

**Monday—Friday**

4:00-7:00 pm

**Saturday & Sunday**

1:00-7:00 pm

**Closed:** December 23-26 & December 31 & January 1

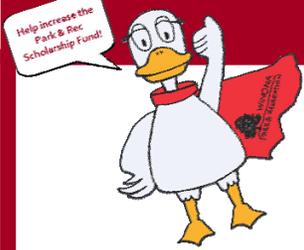
**\*Winter skating season subject to change based on weather & conditions.**

Bring your own or borrow a pair of ours and enjoy open skating on frozen Lake Winona! Ice skate use and access to the warm and cozy Lake Lodge is included in your annual Lake Lodge membership. Hot chocolate, wood burning fireplace, wireless internet, and more available during winter open skate.



# 2017 Park & Recreation Goose Bump Jump

Raising Money for the Park & Rec Scholarship Fund!



Lake Lodge Recreation Center  
Sunday, February 12  
2:30pm Registration, 3:00pm Jump

Join us during the Winter Carnival to take a icy dip into Lake Winona to raise money for the Park & Rec Scholarship Fund! Scholarships help fund thousands of dollars in recreation program fees for community members who qualify!

Pre-registration opens October 3 and closes February 10 at 4:30pm

4 Convenient Ways to register:

- In Person
- Online
- On the Phone
- Day-Of (2:30pm)



Join the carnival's collection of organizations coming together during 1 weekend to host a variety of events!

We are now accepting events for the  
**2017 Winter Carnival!**

For information about how your event can benefit from the collective energy of the Winter Carnival, or to submit information about your event, please contact Lisa:

**Email:** [lgernand@ci.winona.mn.us](mailto:lgernand@ci.winona.mn.us)

**Phone:** (507) 457-8258

For up to date information about all of the events at the 2017 carnival, please visit us online & on social media!

[www.WinonaWinterCarnival.com](http://www.WinonaWinterCarnival.com)

@winonawintercarnival

# WINONA WINTER CARNIVAL

FEBRUARY 10-12, 2017



## Winter Log Rolling Clinics

**\$20**

**Saturday, January 7 (12320)**

9:00am –12:00pm

Winona Middle School Pool

Registration opens Sept 12

Register by Jan 6

Log Rolling is a great full-body activity that will challenge you both physically and mentally. Join a Winona Park & Rec Log Rolling instructor on January 7 at the Winona Middle School for a 3 hour demo on some of our Key Logs. This is a great time to give something new a try, or to work on some of the skills you gained during a Log Rolling class at the Aquatic Center this past summer! Information will be available about Log Rolling opportunities in the area.



## Lifeguard Re-Certification

**\$65**

**Saturday, April 8 (11811)**

8:00am-4:00pm

Winona Middle School Pool

Registration opens Sept 12

Register by Apr 3

**American Red Cross** program designed to review participants knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. This course will re-certify Lifeguarding, CPR/FA/AED credentials. All content and testing is administered during this in-person session.



## Lifeguard Certification

**\$215**

**March 4 & 5 (11809)**

8:00am-4:00pm

WSU Memorial Pool

Registration opens Sept 12

Register by Feb 20

**March 18 & 19 (11810)**

8:00am-4:00pm

WSU Memorial Pool

Registration opens Sept 12

Register by Mar 6

Learn lifesaving skills to help keep people safe in, on, and around the water. The Lifeguard Certification course is an **American Red Cross** certificate program. The course is a combination of **online learning** and **hands on skill assessment**. Online portion of the course must be completed prior to first in-person meeting, and will take approximately 8-10 hours. Upon successful completion of the course, participants will hold an American Red Cross certification in lifeguarding, with the ability to be employed in the aquatics field.

**Participants must be at least 15 years of age and attend both days of class.**

We recommend registering in advance. Courses will not run if a minimum number of students is not reached.

## Water Safety Instructor Certification

**\$215**

**April 8 & 9 (12308)**

8:00am-4:00pm

WSU Memorial Pool

Registration Opens Sept 12

Register by Mar 20

Participants will be trained to teach water safety, including the **American Red Cross Learn to Swim Program**. Participants must demonstrate maturity and responsibility throughout the course. The course consists of 2 days of classroom time and hands on learning in the pool. Upon successful completion of the course, participants will hold an American Red Cross certification in Water Safety Instruction, with the ability to be employed in the aquatics field.

**Participants must be at least 16 years of age and attend all meeting dates.**

We recommend registering in advance. Courses will not run if a minimum number of students is not reached.