

CULTURE & RECREATION PROGRAMMING

KATO TRIVIA

Spring Lake Park Warming House
630 McKinley Ave.

www.darnnicearea.com/culture-recreation-programming

\$12

Not ready to pack it indoors for the year? Join us for a fun Trivia Night! Jeff Lang AKA Stunt Monkey with KATO Hits is our host! Alcohol and Concessions available for purchase. We will be heating it up with the Firepit and Fall Festivities. If you pre-register- \$12/person gets you into trivia, as well as 1 food voucher. \$15 at the door. Must be 21+ to attend, plan for a fun night showing off your knowledge with friends and camping out with beverages by the fire.

November 4- 6:30 p.m. - 10:00 p.m.

December 9- 6:30 p.m. - 10:00 p.m.

RED CROSS CERTIFICATION CLASSES

Certification courses taught by Red Cross Instructor Trainer. Equipment provided.

ADULT & PEDIATRIC FIRST AID/CPR/AED

Spring Lake Park Warming House
630 McKinley Ave.

www.darnnicearea.com/culture-recreation-programming

\$95

This course equips participants with the skills to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants. The certification satisfies OSHA, workplace or other regulatory requirements. Class sessions and times vary. Please see www.darnnicearea.com/culture-recreation-programming for details and to register.

Session 1: November 14- 4:30 p.m. - 6:30 p.m.

Session 2: November 19- 9:30 a.m. - 11:30 a.m.

Session 3: December 15- 4:30 p.m. - 6:30 p.m.

BABYSITTER TRAINING

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\$99

This course offers universal skills and techniques that every babysitter should have. Offered to youth 11-16 years old.

Training includes:

- Basic Care for Infants & Children
- Basic First Aid
- Child Behavior
- Age-Appropriate Activities
- Emergency Protocols
- Pediatric First Aid/CPR training

Participants are provided Babysitter Materials, but need to bring their own lunch.

Session 1: November 22- 9:30 a.m. - 3:00 p.m.

Session 2: December 28- 9:30 a.m. - 3:00 p.m.

Session 3: January 23- 9:30 a.m. - 3:00 p.m.

FITNESS & WELLNESS PROGRAMS

Fitness and Wellness programs related to the general health and improvement in the quality of life provided to the North Mankato Community. Programs options for all ages and fitness levels.

LIFESTYLE/ WELLNESS MANAGEMENT FOR CHRONIC DISEASE

North Mankato Police Annex
1001 Belgrade Ave.

\$39

Session 1: Jan. 25- Mar. 10, 2023 (Days & times TBD)

www.darnnicearea.com/culture-recreation-programming

This 6 week program combines flexibility, strength training, tai chi and aerobic walking with health education for sustained behavior change. Expect to gain a clear understanding of how physical activity can help manage pain and symptoms related to chronic disease such as Arthritis and Parkinson's disease. Learn to perform safe stretching, balance, aerobic and strengthening exercises.

Class meets 2 times/week. The first 45 minutes are devoted to physical activity, and the remaining 30 minutes are focused on health education and lifestyle change to cope and manage pain. Health Education information is provided by the Fit & Strong! Exercise program. Classes are taught by a certified fitness instructor/ personal trainer.

SENIOR EXERCISE WITH SANDY

North Mankato Police Annex
1001 Belgrade Ave.

\$4

Wednesdays: 9:15 - 10:00 a.m.

www.darnnicearea.com/culture-recreation-programming

This weekly class is a drop in format providing exercise opportunities to our active aging population. Exercise class runs 45 minutes and combines equipment and body weight exercises to get a great low impact cardiovascular workout. Each class includes a warm-up, cardio and strength-training exercises, and a cooldown/ stretching. Seated and standing participants welcome.

NORTH MANKATO HAPPIER, HEALTHIER YOU!

www.darnnicearea.com/culture-recreation-programming

Team up with friends and family to achieve all your New Year's wellness goals. This 60 day weight loss challenge will provide resources, information, challenges and motivation to become the best version of you. There will be team and individual prizes for winners as well as many participation prizes along the way. Virtual and in person options. Please follow North Mankato Culture & Recreation of Facebook for program updates and details.

Challenge registration opens December 12, 2022. First weigh-in tentatively mid January 2023.