

CULTURE & RECREATION PROGRAMMING FALL & WINTER 2023-24

TRIVIA WITH RADIO MANKATO

September 29, October 13, November 3, December 1

6:30 p.m. - 9:30 p.m. - trivia begins at 7:00 p.m.

Spring Lake Park Warming House

630 McKinley Ave.

www.northmankato.com/culture-and-rec

\$15

Join us and Radio Mankato for Trivia Nights this fall! Teams will be eligible to win prizes at each event, as well as accumulate points for each night you attend for a chance to win the grand prize on December 1st. Tickets are \$15/person and includes appetizers & bar snacks, and one drink ticket. Additional food & beverage available for purchase. Bring your friends and show off your knowledge, and also enjoy our firepit, s'mores, and yard games! Must be 21+ to attend.

Trivia Night themes: History (80's, 90's, & 2000's), Movies, Music, and Pop Culture!

RED CROSS CERTIFICATION CLASSES

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

\$99

ADULT & PEDIATRIC FIRST AID/CPR/AED

Location TBD

www.northmankato.com/culture-and-rec

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. Please see www.northmankato.com/culture-and-rec for details and to register.

Session 1: Monday, October 2 - 5:15 - 7:30 p.m.

Session 2: Thursday, October 19 - 4:30 - 6:45 p.m.

Session 3: Saturday, November 4 - 10:15 - 12:30 p.m.

Session 4: Wednesday, November 15 - 4:30 - 6:45 p.m.

Session 5: Saturday, December 16 - 10:15 a.m. - 12:30 p.m.

BABYSITTER TRAINING

Spring Lake Park Warming House

630 McKinley Ave.

www.northmankato.com/culture-and-rec

\$105

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 need to bring their own lunch.

Session 1: Thursday, October 19: 9:30 a.m. - 3:00 p.m.

Session 2: Friday, November 10: 9:30 a.m. - 3:00 p.m.

Session 3: Wednesday, December 27: 9:30 a.m. - 3:00 p.m.

Session 4: Monday, January 22: 9:30 a.m. - 3:00 p.m.

FITNESS & WELLNESS PROGRAMS

The following fitness and wellness programs are offered to improve the general health and quality of life of the North Mankato Community. Program options for all ages and fitness levels are provided.

LIFESTYLE/ WELLNESS MANAGEMENT FOR CHRONIC DISEASE

*North Mankato Police Annex
1001 Belgrade Ave.*

Mondays & Wednesdays: 8:00 - 9:15 a.m.

Session 1: November 6 - December 13

Session 2: January 22 - February 28

www.northmankato.com/culture-and-rec

\$45

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.

\$4

SENIOR EXERCISE WITH SANDY

*North Mankato Police Annex
1001 Belgrade Ave.*

Tuesdays: 9:15 - 10:00 a.m. starting October 3

www.northmankato.com/culture-and-rec

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 WEIGHT LOSS CHALLENGE: JOURNEY TO WELLNESS

www.northmankato.com/culture-and-rec

Team up with friends and family to achieve all your New Year's wellness goals. The second annual 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 the North Mankato Culture & Recreation Facebook page for program updates and details.

Challenge registration opens December 15, 2023. The program will begin January 15, 2024.