

Little Chefs • Ages 3-5 years



Join Hy-Vee Dietitian Denise Boozell for this new parent/child cooking class for kids ages 3-5! We will let our littlest chefs get involved in the cooking process by encouraging measuring, stirring, and assembling kid-friendly, healthy foods with the parent's assistance. What a great way to teach some basic cooking and nutrition skills while having fun with your child! And of course at the end of our class, the children will get to enjoy the delicious food they prepared. The menu will include Mini Cheese Quinoa Cups, Banana Muffins and Fruit Smoothies.

A Hy-Vee Cooking Class Waiver is required for each participant and is available on our website. Please bring the signed waiver to class.

Program # 5784

Min/Max: 5/10

Age: 3-5 years

Day/Date: Tuesday, February 12

Time: 5:30-6:30 pm

Location: Indianola Activity Center, Buxton Room

Fees: \$18.75 (\$15) (adults free)

Registration Deadline: Tuesday, February 5, or when full

Kids Cook! • Grades 1 - 3

Hy-Vee's kids cooking classes are a great way to get your children to try new foods while being hands-on in the kitchen. Your child will have the chance to learn about the importance of including all the food groups in his/her diet. Join Hy-Vee Dietitian Denise Boozell for a fun, hands-on hour of measuring, stirring, preparing and sampling nutrition-packed recipes. A Hy-Vee Cooking Class Waiver is required for each participant and is available on our website. Please bring the signed waiver to class.

Program#: 5785 **That's Amore!** *We'll prepare three Italian kid-friendly recipes sure to make your taste buds fall in love!*

Day/Date: Tuesday, February 5

Time: 4:00 - 5:00 pm **Ages:** Grades 1 - 3

Min/Max: 5/10

Location: Indianola Activity Center Kitchen

Fee: \$18.75 (\$15) per course

Registration Deadline: Tuesday, January 29, or when full

Rounded Minds Sports Exploration

Ages 3-6

This 5-week program is a great way for children to experience a variety of new games and activities in a format that is structured, engaging, and most of all... FUN! Rounded Minds prepares children for organized games without the threat of competition or the fear of getting hurt. Children will have an opportunity to explore a new SPORT each class (Soccer, Softball, Flag Football, Volleyball, Basketball), improve motor skills, and participate in fun games that will reinforce listening, teamwork, and the joy of being active!

We focus on fundamental motor skills and coordination. This will provide them the confidence to participate in competitive sports as they grow older and at the same time they will be learning Spanish. The entire Rounded Minds programs have a learning benefit while children are playing by giving them an introduction to the Spanish language. Children should wear comfortable clothing and tennis shoes.

Program # 5793

Age: 3-6 yrs

Min/Max: 6/14

Days: Saturdays

Dates: Feb 16 - March 16

Time: 10:30 - 11:15 am

Location: Wilder Elementary Gym

Fees: \$63 (\$58)

Registration Deadline: Friday, Feb 8, or when full

Program Fees

When two fees are shown for a program, the first is the regular fee. The second price in parenthesis shows the fee for residents living inside the city limits of Indianola. Residents receive a discount because they make a significant contribution to the financing and operation of the department through property taxes.
Fee: Nonresident fee (Resident fee with discount)

To register, call (515) 961-9420
or register online at
www.indianolaiowa.gov