

FALL 2022



ROBBINSDALE AREA SCHOOLS

COMMUNITY EDUCATION



SCAN QR CODE
to view our
digital brochure.

Welcome

To Community Education's New Look

We are excited to unveil our new look. As you glance through the brochure, you will notice our refreshed design with new logos, and new classes.

The Community Education and Eleyo registration websites also reflect our new look. Both are updated to simplify your browsing experience.

We hope you appreciate our efforts to enhance your Community Education connections. We look forward to seeing you and your family in one of our classes soon.

Best,



Anthony Williams

Executive Director of Community Education

Staff Directory

Robbinsdale Area Schools

Superintendent – David Engstrom

Executive Director of Community Education, Athletics and Activities

Anthony Williams

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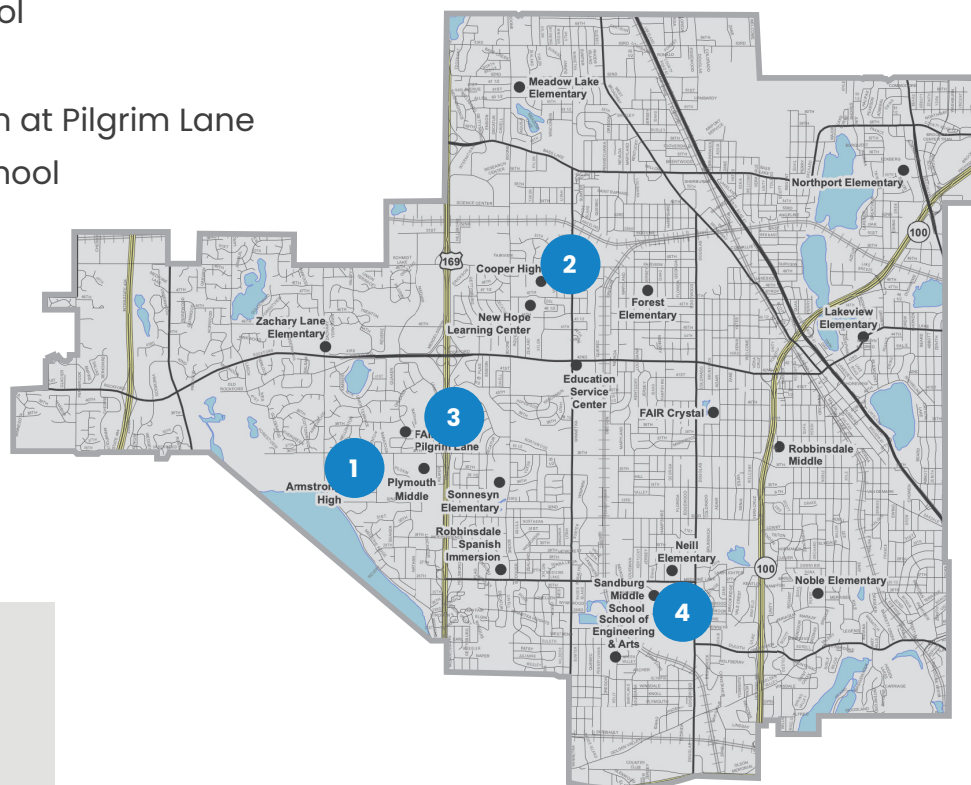
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Community Class Locations

1. AHS | Armstrong High School
2. CHS | Cooper High School
3. PLE | Community Education at Pilgrim Lane
4. SMS | Sandburg Middle School



Icon Legend:

NEW New Classes

 Virtual Classes



Arts & Crafts

NEW Demystifying Oil Painting

Have you ever wanted to try oil painting but don't know where to begin? In this class you will learn the basics from what brushes to use to the paints and liquids needed. This is a hands-on class and you will be creating as you learn.

Th Sep 15 | 6-8 pm | \$49
SMS | AF-AL705 | Merry

Fall One-Stroke Flower Painting

Learn the art of creating beautiful flower paintings in acrylic paint using only one stroke for each petal or leaf. You'll learn the proper technique for loading your brush with paint to create contrast and movement in each leaf and flower. You'll also learn a few basic strokes to create a variety of flowers, and which brushes are best for each stroke.

M Sep 26 | 6-9 pm | \$39
SMS | AF-AL098 | Merry

Holiday Acrylic Pour

Pour painting is an innovative way to use acrylic paint to create an art piece. In this class you'll mix acrylic paint with other materials to give it a more fluid consistency to be pour directly onto a canvas and create a beautiful holiday-themed piece of art. An 8 x 10 canvas and all the supplies for the pour are included. Please bring a box or tray to carry your canvas home.

W Dec 14 | 6-8 pm | \$49
SMS | AF-AL316 | Merry

Impressionist Painting

Learn to paint like an Impressionist artist in this acrylic painting workshop. Learn the history of Impressionist painters and the different techniques used by artists such as Van Gogh, Monet, Cezanne, and Renoir to create beautiful paintings as you create your own masterpiece. This class focuses on a different artist each week, and you'll create a painting in their style following step-by-step instructions.

Tu Sep 20 | 6-8 pm | 4x | \$69
SMS | AF-AL792 | Merry

NEW Acrylic Painting

Create a unique, quick and expressive acrylic painting with one brush and a limited color palette. Working quickly allows colors to blend and brush strokes to show, allowing for dynamic results.

W Sep 14 | 6:30 - 8:30 pm | \$19
Virtual | AV-AL684A | Merry

W Oct 5 | 6:30-8:30 pm | \$19
Virtual | AV-AL684B | Merry

W Nov 16 | 6:30-8:30 pm | \$19
Virtual | AV-AL684C | Merry

W Dec 7 | 6:30-8:30 pm | \$19
Virtual | AV-AL684 | Merry

Linocut Holiday

Linocut is a printmaking technique in which you carve a design into a sheet of linoleum using a variety of specialized tools. Learn how to design, carve, and create multiple prints of your image. You will print five cards and take your piece to print more at home. Give your holidays a special handmade touch!

M Nov 21 | 6-8 pm | \$49
SMS | AF-AL721 | Merry

NEW Needle Felted Gnome

Create a cute decorative gnome out of wool roving. Learn to use felting needles, core wool, and colorful felt batting to create a little gnome to keep or give as a gift.

M Dec 12 | 6-8 pm | \$49
SMS | AF-AL605 | Merry

NEW Oil Pastel Drawing

Learn to create a beautiful image in oil pastels with confidence even if you have never used them before. You'll discover it's easy and fun to draw a landscape by following step-by-step instructions. All supplies are included.

W Sep 28 | 6-8 pm | \$39
SMS | AF-AL720 | Merry

NEW Art Journaling with Watercolor & Pen & Ink

Fill your sketchbook with beautiful works of art. Art journaling is a great stress reliever and way to practice and refine your drawing skills. Each week you'll follow practical examples to strengthen your skills and tap into your creative side. We'll work from basic to advanced drawing skills, color theory, and watercolor technique.

W Oct 12 | 6:30-7:30 pm | 5x | \$75 w/ supplies, \$59 w/o supplies
Virtual | AV-AL793 | Merry

Watercolor Painting for Beginners

Create a beautiful watercolor painting following step-by-step instructions as you learn different painting techniques. This is a great way to learn to paint in watercolors. All supplies provided.

M Sep 19 | 6-8 pm | \$39

SMS | AF-AL132 | Merry



Watercolor Painting

Learn to paint a beautiful scene in watercolors. Follow step-by-step instructions and engage in discussion on the difference between dry brush work, wet on wet, and wet on dry. Try this great, no-fear class to learn to paint in watercolors.

Th Sep 22 | 6:30-8:30 pm | \$19

Virtual | AV-AL132A | Merry

Th Oct 13 | 6:30-8:30 pm | \$19

Virtual | AV-AL132B | Merry

Th Nov 10 | 6:30-8:30 pm | \$19

Virtual | AV-AL132C | Merry

Th Dec 15 | 6:30-8:30 pm | \$19

Virtual | AV-AL132D | Merry



NEW Paint Like the Greats: O'Keeffe

You'll create an acrylic painting on an 8 x 10 inch canvas in the style of Georgia O'Keeffe. You'll also learn a bit of history about her and her style of painting as you follow step-by-step instructions to create your own masterpiece.

M Oct 10 | 6-8 pm | \$39

SMS | AF-AL669A



NEW Paint Like the Greats: Picasso

You'll create an acrylic painting on an 8 x 10 inch canvas in the style of Pablo Picasso. You'll learn a bit of history about him and his style of painting as you follow step-by-step instructions to create your own masterpiece.

M Nov 14 | 6-8 pm | \$39

SMS | AF-AL669B | Merry



NEW Wool Felt Pumpkins

Create a fun decorative pumpkin out of wool roving. Learn to use felting needles, core wool, and colorful felt batting to create a cute little pumpkin to decorate your home or give as a gift.

Tu Oct 18 | 6-8:30 pm | \$49

SMS | AF-AL675 | Merry



Hobbies & Skills

Basic Home Plumbing Repair

Tired of paying exorbitant fees for plumbers? Master minor plumbing problems and replace fixtures yourself. Take apart different types of faucets, replace a pop-up drain assembly, and discover the internal working parts of a toilet. Cut and glue plastic pipe, and solder copper pipe and fittings. Warning: With your new skills, friends and family will call you before the plumber!

M Oct 17 | 6-8:30 pm | \$39

SMS | AF-HG194A | Novinska

M Nov 28 | 6-8:30 pm | \$39

SMS | AF-HG194B | Novinska



Comedy Writing: How to Be Funny on Paper & Stage

Whether you need to make a dull work presentation more lively, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand-up routine, this fast-paced session will show you how to apply humor to all aspects of your life. You'll learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people.

Sa Sep 24 | 2-3 pm | \$25

Virtual | AF-LA846 | Krusemark

Mike Lynch Starwatch Party

Make the stars your old friends as we watch the great celestial show in the skies over Golden Valley! We'll have giant telescopes aimed at Jupiter, Saturn, Mars, star clusters, galaxies, and more. Live video telescopes will also be available. Get to know constellations like the Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured. All ages welcome.

Th Sep 29 | 7:30-9:30 pm | \$19 Individual, \$29 Couple, \$45 family

SMS | AF-HL509 | Lynch



Be a Better Writer: 10 Easy Tips

to Improve Your Writing Now

We write everyday: emails, social media posts, work projects, and even nonfiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest.

Sa Oct 1 | 2-4 pm | \$35

Virtual | AF-HL849 | Krusemark



Photo Organization: Print & Digital

Imagine all your photos in one place and a system that allows you to access any photo or movie in literally seconds. Learn about scanners for copies and repair of older prints and slides, cloud storage services, and owning vs. renting. Discover everything you need to know to complete this project quickly. Never worry about losing a photo again!

W Oct 26 | 6:30-8:30 pm | \$19

Virtual | AF-AL387 | Povolny



Health & Fitness

Building a Strong Foot Foundation

Over 75% of Americans will experience foot problems, with over half reporting that foot pain limits their activities. Like the rest of our bodies, feet can be strengthened to improve their mobility, increase their strength, and enhance their ability to support us through activities without pain. Learn short-and long-term strategies you can implement to build a strong foot foundation.

Tu Nov 1 | 6-7:30 pm | \$35

SMS | AF-EX841 | Cramer



Happy Joints Yoga

Take an hour for dedicated care to ease the aches and pains associated with the computer body. Let go of tension with guided meditation and specific yoga sequences focused on nurturing and nourishing the soft tissue of the joints and upper body. If your body is tense and inflexible, or you want to increase your range of motion, this practice is for you.

Th Sep 15 | 7:30-8:45 pm | 8x | \$69

SMS | AS-AS381B | Brady

Th Nov 17 | 7:30-8:45 pm | 8x | \$69

SMS | AS-EX381 | Brady

Holiday Travel Health Hints

Does holiday travel leave you stiff, sore, and off your fitness game? Learn movement routines and strategies to relieve the aches and pains of travel, avoid deconditioning, and enjoy the group activities planned for your trip!

Tu Nov 15 | 6-7:30 pm | \$35

SMS | AF-EX844 | Cramer



Barre Fusion Fitness

Inspired by the beauty and strength of ballet, barre fusion enhances muscle tone, posture, flexibility and confidence. This class blends ballet, dance, functional strength, and mind-body inspired movement. Shape and tone your entire body during this challenging but low-impact workout.

Th Sep 15 | 6:30-7:15 pm | 6x | \$49

Virtual | AF-EX708A | Wolvert

Th Oct 27 | 6:30-7:15 pm | 6x | \$49

Virtual | AF-EX708B | Wolvert



Oula Fitness

Oula is a high-energy, easy-to-learn, calorie-burning, crazy-fun dance workout to Top 40 hits. It's one epic hour of sweat, joy, and total inspiration. Breakdowns of songs and moves will ease you into the world of Oula.

M Sep 12 | 6:30-7:30 pm | 6x | \$69

Virtual | AF-EX666A | Wolvert

M Oct 24 | 6:30-7:30 pm | 6x | \$69

Virtual | AF-EX666B | Wolvert

Pickleball-Beginner

Try the fastest-growing sport in America! Pickleball is a combination of ping pong, tennis, and badminton. Played on a court similar to tennis, players hit a wiffle ball with a paddle that is slightly larger than a ping pong paddle. Develop basic skills and implement them in game situations. Learn ball control, forehand and backhand drive, and lob, serve, smash and strategy.

W Sep 14 | 5-6 pm | 4x | \$55

Civic Center Park | AF-EX761A | Rev Sports

W Sep 14 | 6-7 pm | 4x | \$55

Civic Center Park | AF-EX761B | Rev Sports

Pickleball-Beginner/Intermediate

Wed Sep 14 | 7-8 pm | 4x | \$55
Civic Center Park | AF-EX761A1 | Rev Sports

Pilates/Yoga Fusion

Take the therapeutic exercises from mat pilates and integrate them with yoga stretches for a refreshing and engaging workout. Benefits include core strengthening, increased flexibility, stress reduction, and body awareness. A joyful experience for all!

W Sep 14 | 11:30 am-12:15 pm | 5x | \$59
PLE | AF-EX640A | Stoen

W Oct 19 | 11:30 am-12:15 pm | 5x | \$59
PLE | AF-EX640B | Stoen

W Nov 23 | 11:30 am-12:15 pm | 5x | \$59
PLE | AF-EX640C | Stoen

Dance

Easy Partner Dancing

Be one of the best dancers at your event, or just have some fun dancing together at home. Try something new to add laughter and romance to your relationship. Taking steps from classic ballroom dances, you'll learn easy-to-remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more. If you think you have no rhythm and two left feet, this is the perfect course for you. Couples dance together and singles rotate with other singles. Casual dress.

Su Oct 23 | 4-5:30 pm | 4x | \$59
Brookview Community Center | AF-RM130 | Constantine

It Don't Mean a Thing: Couples Swing Dance Workshop

One dance. One day. A lifetime of fun! Remember the swing revival of the 1990s? Well, it never went away. Now is the perfect time to try swing dancing. We've made swing easy, with patterns you can use for years to come.

M Oct 17 | 7-9 pm | \$39
PLE | AF-RM514 | Mohn

Afro Hip Hop Dance Workout

Enjoy the sounds of African hip hop music while getting a full-body workout that improves your health and wellness. This high-energy dance workout is all about having fun and getting your heart rate up while enjoying the beat of African music. You will leave full of energy and joy and wanting more.

Sa Oct 1 | 9-10 am | 5x | \$49
SMS | AF-RM122 | Bellanger

Line Dance for Weddings & Parties

Just in time for the wedding and party season! No need to sit and watch any more: step into the party with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun.

M Sep 26 | 6-7 pm | \$10
PLE | AF-RM191 | Mohn

Line Dance: Mamma Mia's Dancing Queen

Did you sing along to the musical Mamma Mia? Always loved Abba's "Dancing Queen"? Join us for a fun evening learning a fabulous line dance to this toe-tapping song. Who knew exercise could be this fun!

Th Dec 1 | 6-7 pm | \$10
SMS | AF-RM617 | Mohn

Thriller Line Dance

Calling all Zombies to come out and dance to the classic Michael Jackson song "Thriller." This fun line dance is a great, easy version of the classic moves that inspired us all. See you there, 'cause as the song says, "...no mere mortal can resist."

M Oct 17 | 6-7 pm | \$10
PLE | AF-RM588 | Mohn

Two Left Feet Social Dance Workshop

Convinced you have two left feet and dancing is not meant for you? Or someone you know? But you think it would be helpful to know a few steps, just in case. This workshop is easy and only one session. Geared for beginners, you'll learn fun patterns plus a couple of turns by the end of the night. That's more than enough to provide a full night of dancing! Couples only please.

Th Dec 1 | 7-9 pm | \$39
SMS | AF-RM243 | Mohn

Wellness

Forest Bathing-Shinrin-Yoku

Join us on an immersive, meditative, and awe-inspiring Japanese forest bathing experience (Shinrin Yoku). Feel nature's fractals, sounds, and sensations melt away your stress and anxiety and enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of our metro area's green forested spaces. If you are looking to de-stress or reconnect with nature, try forest bathing.

Sa Oct 15 | 9-11 am | \$49
Sochacki Park | AS-HW815A | Motzenbecker

Sa Nov 19 | 9-11 am | \$49
Sochacki Park | AS-HW815B | Motzenbecker

Foot Care Clinic

Take care of your feet! A nurse will give you complete care including a health assessment, nail trimming, callous removal, and foot massage.

\$35 per visit for a 30-minute session.
An appointment is required.

Fridays: Aug 12, Sep 9, Oct 14, Nov 11, Dec 9
PLE, Room 222 | 3725 Pilgrim Ln N, Plymouth, MN
Call 763-504-6990 for an appointment.

Hypnosis: Stop Smoking/Chewing Tobacco

If tobacco is controlling your life, health, and finances and you are ready to quit, hypnosis is a strategy. It can help you stop smoking and/or chewing tobacco without withdrawal, cravings or weight gain. Smokers will have a cigarette break off the school grounds.

Bring a pillow, blankets, and/or a sleeping bag for added comfort. May sit or lie down. Fee includes a reinforcement CD and free reinforcement. Go to www.hypnosisclinic.net for more information.

M Oct 3 | 5:45-9 pm | \$65
PLE | AF-MB663B | Fischer

Hypnosis: Weight Loss/Healthy Eating

Hypnosis can help you in many ways: controlling your eating habits and helping you stop cravings for sweet/salty/greasy foods and soda pop. It will also help you stop overeating and snacking between meals and in the evening. You will learn to eat healthy and be motivated to walk and exercise.

M Oct 3 | 5:45-8:45 pm | \$65
PLE | AF-MB663A | Fischer

Makeup Boot Camp for Women 40 & Better

When was the last time you updated your makeup and beauty regimen? Your skin and hair change over time and so should your look. Discover how to update your look with tips and techniques for ageless beauty. Learn about a variety of products, their application, and the latest trends in makeup and skincare. This class is essential for busy, beautiful women who want a little updating!

W Sep 21 | 6:30-8:30 pm | \$39
Wayzata Central Middle School | AF-MB636 | Sherman

**Metabolism Boosters & Busters**

You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, and feel stronger and more fit. In this class you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn more calories.

Th Oct 6 | 6-7:30 pm | \$35
Virtual | AF-MB851 | Novak MS

**Overcome Your Carbohydrate Cravings**

Ever had a day where you couldn't stop eating? In this workshop, we will discuss a two-week plan that will STOP your cravings, help you lose weight, and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype—just the facts.

M Oct 10 | 6-7:30 pm | \$35
Virtual | AF-MB541 | Novak MS

**Introduction to Meditation**

In these difficult times, most of us are being faced with challenges we never expected. We can't control outside forces, but we can learn not to let the stress overwhelm us. In this completely free Intro to Meditation class, we'll focus on two easy techniques to help you connect to your calm: Mindfulness and Walking. Please log on early; admittance will be closed once the class begins.

W Sep 21 | 6:30-7 pm | 4x | \$49
Virtual | AF-MB137A | Juster

**Posture: Get It Straight!**

You'll learn how to correct common posture problems and an 'Instant Alignment Technique' to stand straighter immediately. We'll discuss computer, car and sleeping postures. Your clothes will fit and look better, too! You'll need a resistance band for some of the exercises.

Th Nov 3 | 6-7:30 pm | \$35
Virtual | AF-MB856 | Novak MS

**Seated Abdominal Strengtheners**

Abdominal muscles weaken due to past pregnancies, surgeries, poor posture, sitting at a desk all day, and being sedentary. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominals, WITHOUT stressing back or neck joints and WITHOUT getting on the floor.

W Oct 26 | 6-7:30 pm | \$35
Virtual | AF-MB854 | Novak MS

**Thyroid: Things You Need To Know**

If you currently take thyroid medication but are still gaining weight and having a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, thinning hair, reduced sex drive, and heart palpitations are only some of the symptoms. We'll talk about many things including info you need to discuss with your doctor.

M Oct 17 | 6-7:30 pm | \$35
Virtual | AF-MB853 | Novak MS

**Osteoarthritis: Myths, Facts & Strategies to Persevere**

Osteoarthritis is very common worldwide but is misunderstood and mistreated. Surgery is not the only solution. Learn myths vs. facts and research-based evidence that can help you manage your osteoarthritis. You can decrease pain while continuing to participate in activities and hobbies you enjoy.

Th Oct 27 | 6-8 pm | \$19
SMS | AF-MB233 | Quanrud

Reclaim Your Balance

Balance begins to decline in our 40s. By age 65, one in three people will experience a fall each year. Learn how to maintain and improve your balance as you age. Leave with a simple daily routine you can do to reclaim your balance!

Tu Sep 13 | 6-7:30 pm | \$35
SMS | AF-MB841 | Cramer



Lifelong Learning

Computers & Technology

How to Cut the Cable Cord

Cable (or satellite) television is the most expensive utility for many households. This class will show you many viewing options that are free or much lower cost than cable. We'll discuss the pros and cons of cable, how to get internet without cable, how to get TV from your computer to your television, and much more. Find out why and how thousands of TV watchers are ditching cable forever!

Tu Sep 27 | 7-8:30 pm | \$29
SMS | AF-CM500 | Timm



A Parent's Guide to TikTok

Have you heard about the app called TikTok? In this fun class we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can help their kids stay safe while using it. We'll cover everything you need to know.

Tu Sep 27 | 12-1 pm | \$19
Virtual | AF-CM786 | Welsh



Cell Phones & Parenting

Know how to keep your children safe as they use their smartphones. Learn recommended safety settings on popular social media apps, parental apps for your child's smartphone and more! We simplify this complicated technology so you and your child can use the phone without worry.

M Oct 10 | 12-1 pm | \$19
Virtual | AF-CM821 | Welsh



Ease Into Social Media

Do you want to gain a better understanding of exactly what social media is all about? Go over step-by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Review common questions and insights on social media to get up to speed on the latest buzz-words and topics. Learn to share, search and connect as a savvy social media user!

M Sep 12 | 12-1 pm | \$19
Virtual | AF-CM748 | Welsh



Help with Facebook: Get the Answers You Need!

New to Facebook? Discover how to use the world's most popular social media site to safely connect with family and friends. Learn to log in, create your page, post photos, choose recommended privacy settings, and more top tips for using the site. Gain the knowledge to navigate confidently through Facebook.

Tu Sep 13 | 12-1 pm | \$19
Virtual | AF-CM557 | Welsh



Help with Snapchat

What exactly is Snapchat? Discover everything curious parents need to know about one of the most popular social media apps used by tweens and teens worldwide. Learn how it's used, the basic features and more. Stay up-to-date in today's digital world! Attendees will learn the basics of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members.

M Sep 26 | 12-1 pm | \$19
Virtual | AF-CM752 | Welsh



How to Create Your Own YouTube Channel

In this fun beginner class, you'll learn the basics to create and begin your own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world as your audience!

Tu Oct 11 | 12-1 pm | \$25
Virtual | AF-HL367



How to Use Uber for Transportation Independence

Do you hate to drive in bad weather or when it's dark outside? Tired of waiting for Metro Mobility? Expand your transportation options and independence through the ride-sharing service Uber. Gain the skills to use Uber safely to go wherever you need to go.

Tu Oct 4 | 12-1 pm | \$19
Virtual | AF-CM750 | Welsh

**Podcasts 101**

Heard about podcasts? Not sure how to access them and want to know? Learn how to listen to these online digital audio shows about virtually any subject. Discover why podcasts are now one of the most popular tools for learning and personal growth, as well as fun entertainment! No prior experience required. Learn how to download a podcast app, how to subscribe to a podcast you enjoy, understand the different categories to choose from, and how to listen to them while in your home, car, or out for a walk.

M Sep 19 | 12-1 pm | \$19
Virtual | AF-CM749 | Welsh

**Social Media for Business**

Driving new customer traffic to your website and promoting your business are imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers, and implement tips to grow your business, all while staying organized without technology overload.

Tu Sep 20 | 12-1 pm | \$19
Virtual | AF-CM777 | Welsh

**What in the World are NFTs?**

Learn what you need to know about this digital asset in today's technology world. You'll leave the class with a basic understanding of what exactly an NFT is, how they are used, and their impact on the future for music, artists and digital creators!

M Oct 17 | 12-1 pm | \$19
Virtual | AF-CM834 | Welsh

**Twitter for Beginners**

What is Twitter and how do you use it? Explore the basics of one of the largest social media platforms in the world. Learn how to create a profile, read what others are saying, send a tweet and more. Whether you are just curious or want to become a user yourself, this is a class you need to get up to date in today's digital world.

M Oct 3 | 12-1 pm | \$19
Virtual | AF-CM751 | Welsh

**Need-to-Know Changes to the College Planning Process**

The past year has resulted in some of the most significant changes to the college planning process in decades. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Recent legislation included substantial changes to the FAFSA and college financial aid. Behind-the-scenes rules have changed on how colleges can recruit students and award scholarships. If you are the parent of a high school student in grades 9-11, this is important info you will not want to miss. Register today!

M Oct 3 | 7-8 pm | \$10
Virtual | AF-FL842A | Wittman

Financial & Legal

Retirement Planning Today

Blend financial education with estate planning to build wealth, align your money with your values, and achieve your retirement goals. Learn to manage investment risk, use tax laws to your advantage, and make informed decisions about your company retirement plan. Couples may attend together for a single fee.

M Sep 19 | 6:30-9:30 pm | 2x | \$49
PLE | AF-FL155A | Smrekar

W Sep 28 | 6:30-9:30 pm | 2x | \$49
PLE | AF-FL155B | Smrekar

Revocable Trusts

A Revocable Living Trust may not be for everyone, but for many people, it can save time, money and frustration for their loved ones in the future. Learn what it is, how it can help avoid probate and secure your estate, and how to assess if a Revocable Living Trust makes sense for you.

W Oct 26 | 6:30-8 pm | \$19
PLE | AF-FL079 | Michaelis

**Save Money with Extreme Couponing**

Learn how to save \$\$ every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you where to find all different types of coupons, even for high ticket items; how to find the best coupon apps and websites; and how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee.

Sa Oct 1 | 10-11 am | \$25
Virtual | AF-HL848 | Krusemark

Wills, Trusts & Other Estate Planning Tools

What is the difference between a will and a trust? Which tools are right for you, given your goals and intentions for your estate? This class will review the key planning tools available to you, including wills, trusts, Powers of Attorney and Health Care Directives. Information will also be provided on probate avoidance and recent shifts in the laws that may impact your planning options and strategies.

W Oct 19 | 6:30-8 pm | \$19
PLE | AF-FL078 | Michaelis



Cooking

Beginning Cake Decorating

Learn the basics of decorating your own cakes. We will learn shell borders, writing, and many ways to decorate your cake beautifully. Each student will take home their 8" boxed cake to enjoy. There will be starter kits available to take home for an additional \$12.

W Sep 28 | 6:30-8:30 pm | \$39
SMS | AF-CK836A | Hirte

Easy as Pie & Tarts!

Just because Norman Rockwell didn't paint our lives, it doesn't mean we don't aspire to picture-perfect holiday pies. This class offers workable and delicious recipes, helpful tips, and hands-on practice for making pie and tarts. Spend the evening learning and sampling and leave ready to present beautiful pies and tarts this holiday season. Recipes include homemade apple pie, pumpkin pie, date-goat cheese tart and chocolate-raspberry tart.

Tu Oct 25 | 6-9 pm \$49
SMS | AF-CK840A | Skold

Great Bundt Cakes

Bundt Cakes have become very popular. Learn tips and tricks as we prepare, bake and glaze several types of bundt cakes in class. Students will take home four boxed 5" bundt cakes. We will make lemon, triple chocolate, cherry cheesecake, and one seasonal cake.

W Oct 19 | 6:30-9 pm | \$49
SMS | AF-CK837A | Hirte



Air Fryer Advanced

Are you ready to up your air fryer game? Join Kirsten live online from her home kitchen as she demonstrates a variety of advanced air fryer cooking methods. Recipes include "Everything Bagel" rolls with holes, Sweet Potato Hash, Wild Rice and Kale-stuffed Chicken Thighs, and Mini Pumpkin Pies.

Tu Sep 13 | 6:30-8 pm | 2x | \$49
Virtual | AF-CK843A | Madaus

Lefse

This wonderful Norwegian delicacy is made for banquets, holidays, weddings and all special occasions. Learn the fine points of making the dough, baking, storing and, of course, serving lefse. We begin with fresh potatoes and use a number of authentic recipes. Then we'll do a modern version using instant potatoes. Plan to sample your fresh warm creations with traditional fillings, plus take home finished lefse and dough to bake and share with family and friends.

Sa Nov 12 | 9 am-12 pm | \$39
SMS | AF-CK065 | Severson



Restaurant CopyCat Recipes For Your Instant Pot

Restaurant favorites made at home in your pressure cooker? You can do this! Join Kirsten live online from her home kitchen as she demonstrates Wisconsin Cheddar Fondue like the Melting Pot, Pasta e Fagioli like Olive Garden, Traditional Wings like Buffalo Wild Wings, Pumpkin Cheesecake like the Cheesecake Factory, and more.

Tu Nov 15 | 6:30-8 pm | \$29
Virtual | AF-CK858 | Madaus

Pan Searing & Pan Sauces

How does your favorite restaurant manage to cook your favorite entrée "just right" every time? Simplify even busy weeknight dinners in your kitchen by using this two-step pan-searing technique for meat, poultry, or fish. Featured recipes will be boneless pork chops with dried cranberries & mustard, Salmon with Curried leeks, Turkey Tenderloin with Spinach and Roasted Garlic, and Chicken Breast with Tomatoes, Kalamata Olives and Goat Cheese.

Tu Sep 27 | 6-9 pm | \$59
SMS | AF-CK839A | Skold

Special Interest



Oktoberfest Senior Luncheon & Dance

Don't miss this celebration of good food and 'German-style' fun. Together, Robbinsdale Area Schools Community Education, along with the cities of Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Plymouth and Robbinsdale, present an Oktoberfest Senior Lunch and Dance on Thursday, September 29, 2022, from 11:30 am-1:30 pm at the Edinburg Golf Course in Brooklyn Park, MN.

During the luncheon, entertainer 'Squeazy' Wes Miller will delight attendees with authentic polka and Oktoberfest accordion music. A seasoned accordion performer, 'Squeazy' will be walking through the crowd to entertain audiences and provide a fun Oktoberfest party atmosphere. Afterwards, dance or just sit back and listen to the Fridley City Polka band play a variety of dance music, polkas and old-time classics.

Tickets for the event are \$20 each and include entertainment and the luncheon.

Register at rdale.eleyo.com. Limited space available. Registration will close when filled or no later than Wed, Sep 19.

Th Sep 29 | 11:30 am-1:30 pm | \$20

Edinburg Golf Course | AF-Oktoberfest | Cities Collaboration



A Conversation on Death & Dying

W Oct 12 | 6:30-8 pm | \$35
Virtual | AF-MB550A | Juster



Developing Intuition

W Nov 30 | 6:30-8 pm | \$35
Virtual | AF-MB838A | Juster



Beginner's Guide to Getting Published

Tu Sep 27 | 5-7 pm | \$35
Virtual | AF-LA847 | Krusemark

Reptiles & Amphibians as Pets

Tu Oct 4 | 6-7:30 pm | \$35
PLE | AF-HL850 | Stine



The Basement

Need a place for your Middle School Student before or after school?

The Basement will provide students with an opportunity to hang out with friends, finish up any assignments, participate in fun, hands-on activities. The Basement will run Monday-Friday before and after school for 6-8th grade students. This is a great option for district students to stay engaged and get involved with their school community.

For more information:

Scan the QR Code



Youth Leadership and Employment Opportunities

Interested in volunteering or beginning your first job? Our youth leadership and employment program is a great place to start. We have volunteer options in our summer programs, aquatics, Student Advisory to the Board of Education (SABE), etc.

If you are 14 years of age or older and interested in working in a hands-on environment, consider a student internship. You'll gain confidence, new friends, and valued leadership skills.



Welcome to Adventure Club!

Adventure Club is the School-Age Child Care Program of Robbinsdale Area Schools. There are several convenient locations at district schools for students in Kindergarten through fifth grade. Hours are 6:30 am until 6 pm.

Adventure Club is staffed by trained professionals who have a combination of education and experience especially suited to working with school-aged children. With curriculum designed to enhance learning, students are encouraged to make choices, practice decision-making skills and build positive peer relationships.

Activities

Our program offers extracurricular activities which are designed to promote social-emotional development, involve physical activity and achieve educational goals. Daily activities include gym games, science experiments, cooking projects, social recreation and art.

Adventure Club Rates for 2022-2023

Contract Choice	Location	5 Days/Wk Daily Rate	2-4 Day/Pick Your Days Daily Rate	Drop-In Daily Rate
Before School	RSI/SEA	\$15.00	\$15.50	\$18.50
Before School	All Other Sites	\$12.00	\$12.50	\$15.50
After School 5 pm	RSI/SEA	\$12.00	\$12.50	\$15.50
After School 5 pm	All Other Sites	\$15.00	\$15.50	\$18.50
After School 6 pm	RSI/SEA	\$13.25	\$13.75	\$16.25
After School 6 pm	All Other Sites	\$16.25	\$16.75	\$19.25

Space is limited, so join us now. To register go to: rdale.eleyo.com

For more information

Visit our website ced.rdale.org/Adventure-Club

Call us at 763-504-5320

Email us at: Adventure_Club@rdale.org



REVSPORTS

A Revsports instructional sports class maximizes the time that a player spends developing individual skills. Topics include dribbling, passing, shooting, defending, and more. Class starts with an active skill-based warm-up, transitions into a fun, more challenging game and ends with an age-appropriate small-sided scrimmage. All ability levels are welcome. Focus is on individual player development and helping each player become more confident with the skills of the game. **No class Oct 22 and Nov 26.**

TotStars, PreStars and KinderStars Soccer are parent/child classes.
All basketball classes will meet four times in Gym C at Sandburg Middle School.

TotStars Basketball (Ages 2-3)			
Course Number	Date	Time	Cost
XF-T345B	Sa Oct 15-Nov 12	9-9:25 am	\$49, \$35*
XF-T345C	Sa Nov 19-Dec 17	9-9:25 am	\$49, \$35*
Pre-Stars Basketball (Ages 3-5)			
XF-P345B	Sa Oct 15-Nov 12	10-10:40 am	\$49, \$35*
XF-P345C	Sa Nov 19-Dec 17	10-10:40 am	\$49, \$35*
KinderStars Basketball (Ages 4-5)			
XF-K345B	Sa Oct 15-Nov 12	10-11:25 am	\$49, \$35*
XF-K345C	Sa Nov 19-Dec 17	10-11:25 am	\$49, \$35*
MightyStars Basketball (Grades 1-2)			
XF-I345B	Sa Oct 15-Nov 12	11:30 am-12:10 pm	\$49, \$35*
XF-I345C	Sa Nov 19-Dec 17	11:30 am-12:10 pm	\$49, \$35*
SkillStars Basketball (Grades 3-5)			
XF-3345B	Sa Oct 15-Nov 12	12:15-12:55 pm	\$49, \$35*
XF-3345C	Sa Nov 19-Dec 17	12:15-12:55 pm	\$49, \$35*

* For those who qualify for Educational Benefits

TotStars, PreStars and KinderStars Soccer are parent/child classes.
All Soccer classes will meet four times in Gym B at Sandburg Middle School

TotStars RevSports Soccer (Ages 2-3)

Course Number	Date	Time	Cost
XF-T247A	Sa Sep 17-Oct 8	9-9:25 am	\$49, \$35*
XF-T247B	Sa Oct 15-Nov 12	9-9:25 am	\$49, \$35*
XF-T247C	Sa Nov 19-Dec 17	9-9:25 am	\$49, \$35*

Pre-Stars RevSports Soccer (Ages 3-5)

XF-P247A	Sa Sep 17-Oct 8	9:30-10:10 am	\$49, \$35*
XF-P247B	Sa Oct 15-Nov 12	9:30-10:10 am	\$49, \$35*
XF-P247C	Sa Nov 19-Dec 17	9:30-10:10 am	\$49, \$35*

KinderStars RevSports Soccer (Ages 4-6)

XF-K247A	Sa Sep 17-Oct 8	10:15-10:55 am	\$49, \$35*
XF-K247B	Sa Oct 15-Nov 12	10:15-10:55 am	\$49, \$35*
XF-K247C	Sa Nov 19-Dec 17	10:15-10:55 am	\$49, \$35*

MightyStars RevSports Soccer (Grades 1-2)

XF-I247A	Sa Sep 17-Oct 8	11-11:40 am	\$49, \$35*
XF-I247B	Sa Oct 15-Nov 12	11-11:40 am	\$49, \$35*
XF-I247C	Sa Nov 19-Dec 17	11-11:40 am	\$49, \$35*

SkillStars RevSports Soccer (Grades 3-5)

XF-3247A	Sa Sep 17-Oct 8	11:45 am-12:25 pm	\$49, \$35*
XF-3247B	Sa Oct 15-Nov 12	11:45 am-12:25 pm	\$49, \$35*
XF-3247C	Sa Nov 19-Dec 17	11:45 am-12:25 pm	\$49, \$35*

* For those who qualify for Educational Benefits

Advantage Education Programs: ACT Preparatory Classes

The Advantage provides valuable instruction for students taking the ACT (American College Test). The course includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, English strategies and review, essay writing, reading comprehension improvement, and math strategies and review.

Tuition for the ACT course is only \$150, and students may repeat the course in future offerings during the winter, spring, summer, or fall – free of charge. Make up sessions are available. All class materials are included in the tuition fee.

YF-ACT326 | M Sep 26-Oct 17
4x | CHS | 5:45-8:45 pm

YF-ACT344 | W Oct 28-Nov 18
4x | AHS | 5:45-8:45 pm

Kid Fu

More than a self-defense class! Kid Fu improves balance, coordination, flexibility and endurance, while building strength. It also improves self-awareness and builds self-esteem and confidence while developing concentration and leadership skills. Class is taught in a fun, fast-paced, relaxed atmosphere allowing kids to progress at their own pace. Parents may register separately and take the class with their child. No class Sep 19, 21.

PLE Gym – 8 sessions
\$59, \$35* one day per week
\$89, \$49* two days per week

Beginners Gr K-8 All classes meet 5:30-6:30 pm
XF-0829A | M Sep 12-Nov 7
XF-0829B | W Sep 14-Nov 9

Yellow Sash III & Above Gr K-8
All classes meet 6:30-7:30 pm
XF-0830A | M Sep 12-Nov 7
XF-0830B | W Sep 14-Nov 9



Aquatics

Level 1: Introduction to Water Skills - Age 3+

For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2: Fundamentals of Aquatic Skills - Age 4+

Swimmers should already be able to float on front and back and put their head under water. Swimmers will work on independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3: Stroke Development - Age 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on gliding, freestyle with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4: Stroke Improvement - Ages 7-8+

Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5: Stroke Refinement - Ages 9-10+

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6: Swimming and Skill Proficiency - Age 11+

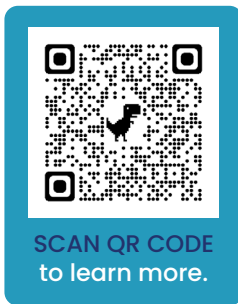
Swimmers should already be able to: swim front and back crawl 50 yards, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue. Please note: Not all pools are deep enough to teach all the diving segments of all levels – program modifications may be required to meet safety guidelines.

Level	Class Title	Course Number	Cost
Tu & Th Sep 13–Oct 6 6:25–6:55 pm 8 Sessions			
1	Introduction to Water Skills - Age 3+	SwimSMS-Fall-6:25-L1	\$79
2	Fundamentals of Aquatic Skills - Age 4+	SwimSMS-Fall-6:25-L2	\$79
3	Stroke Development - Age 5+	SwimSMS-Fall-6:25-L3	\$79
4	Stroke Improvement - Ages 7-8+	SwimSMS-Fall-6:25-L4	\$79
5	Stroke Refinement - Ages 9-10+	SwimSMS-Fall-6:25-L5	\$79
6	Swimming and Skill Proficiency - Age 11+	SwimSMS-Fall-6:25-L6	\$79

Level	Class Title	Course Number	Cost
Tu & Th Sep 13–Oct 6 6:25–6:55 pm 8 Sessions			
1	Introduction to Water Skills – Age 3+	SwimSMS–Fall–7:00–L1	\$79
2	Fundamentals of Aquatic Skills – Age 4+	SwimSMS–Fall–7:00–L2	\$79
3	Stroke Development – Age 5+	SwimSMS–Fall–7:00–L3	\$79
4	Stroke Improvement – Ages 7–8+	SwimSMS–Fall–7:00–L4	\$79
5	Stroke Refinement – Ages 9–10+	SwimSMS–Fall–7:00–L5	\$79
6	Swimming and Skill Proficiency – Age 11+	SwimSMS–Fall–6:25–L6	\$79
Tu & Th Sep 13–Oct 6 7:40–8:10 pm 8 Sessions			
1	Introduction to Water Skills – Age 3+	SwimSMS–Fall–7:00–L1	\$79
2	Fundamentals of Aquatic Skills – Age 4+	SwimSMS–Fall–7:00–L2	\$79
3	Stroke Development – Age 5+	SwimSMS–Fall–7:00–L3	\$79
4	Stroke Improvement – Ages 7–8+	SwimSMS–Fall–7:00–L4	\$79
5	Stroke Refinement – Ages 9–10+	SwimSMS–Fall–7:00–L5	\$79
6	Swimming and Skill Proficiency – Age 11+	SwimSMS–Fall–6:25–L6	\$79
Tu & Th Oct 11–Nov 3 6:25–6:55 pm 8 Sessions			
1	Introduction to Water Skills – Age 3+	SwimSMS–Fall–7:00–L1	\$79
2	Fundamentals of Aquatic Skills – Age 4+	SwimSMS–Fall–7:00–L2	\$79
3	Stroke Development – Age 5+	SwimSMS–Fall–7:00–L3	\$79
4	Stroke Improvement – Ages 7–8+	SwimSMS–Fall–7:00–L4	\$79
5	Stroke Refinement – Ages 9–10+	SwimSMS–Fall–7:00–L5	\$79
6	Swimming and Skill Proficiency – Age 11+	SwimSMS–Fall–6:25–L6	\$79
Tu & Th Oct 11– Nov 3 7–7:30 pm 8 Sessions			
1	Introduction to Water Skills – Age 3+	SwimSMS–Fall–7:00–L1	\$79
2	Fundamentals of Aquatic Skills – Age 4+	SwimSMS–Fall–7:00–L2	\$79
3	Stroke Development – Age 5+	SwimSMS–Fall–7:00–L3	\$79
4	Stroke Improvement – Ages 7–8+	SwimSMS–Fall–7:00–L4	\$79
5	Stroke Refinement – Ages 9–10+	SwimSMS–Fall–7:00–L5	\$79
6	Swimming and Skill Proficiency – Age 11+	SwimSMS–Fall–6:25–L6	\$79
Tu & Th Oct 11– Nov 3 7:40–8:10 pm 8 Sessions			
1	Introduction to Water Skills – Age 3+	SwimSMS–Fall–7:40–2–L1	\$79
2	Fundamentals of Aquatic Skills – Age 4+	SwimSMS–Fall–7:40–2–L2	\$79
3	Stroke Development – Age 5+	SwimSMS–Fall–7:40–2–L3	\$79
4	Stroke Improvement – Ages 7–8+	SwimSMS–Fall–7:40–2–L4	\$79
5	Stroke Refinement – Ages 9–10+	SwimSMS–Fall–7:40–2–L5	\$79
6	Swimming and Skill Proficiency – Age 11+	SwimSMS–Fall–7:40–2–L6	\$79

Class Ratios 1:6**Pool Temperature**

Please be aware that the water temperatures are cooler during the school year. The pool temperature is kept at 82 degrees. A swim shirt is highly recommended.



SCAN QR CODE
to learn more.

Robbinsdale Area Schools Early Learning Programs

Robbinsdale Area Schools offers exceptional early learning programs designed to strengthen families and support children's healthy growth and development.

Early Childhood Family Education (ECFE)

ECFE offers daytime and evening classes for expecting families and families with infants, toddlers and preschoolers. Families have time to play and learn with other children and a licensed teacher. Families also have time to connect with other parents and a teacher to discuss a variety of parenting topics.

ECFE also offers free home visits with a licensed parent educator. A teacher can come to your home or meet with you virtually to answer your parenting questions and provide information on child development and community resources. Call 763-504-4170 for more information.

Preschool

Teachers help children engage and learn in ways that support all areas of growth and development (cognitive, physical, language and social). Our preschool programs have received the highest possible rating by Minnesota's quality rating system for early education settings. Call 763-504-5330 for more information.

Drop-Off Preschool for 3 & 4 year olds Classes meet 2-5 days per week, for 2.5 hours each day.

ECFE Preschool for 3 & 4 year olds One day per week, parents and children attend together. Children attend alone for an additional 1-2 days per week. It's the perfect combination!

5-Day Preschool for 4 year olds Classes meet 5-days per week, for 2.5 hours each day. Preschools are held at elementary schools across the district and at the New Hope Learning Center. Transportation is available within your attendance area school boundaries.

Family Literacy (For parents and children 33 months-5 years old)

Parents and their children attend school together. Parents can access a variety of Adult Academic Programming, in addition to attending parenting classes. Children attend preschool to prepare them for kindergarten. Classes meet Monday-Thursday, 9 am-2 pm. For information or to register, call Adult Academic Programs at **763-504-8300**. Online registration is not available for this program.

Early Childhood Screening (For children ages 3-5)

All 3 to 5-year-old children in Minnesota are required to complete an Early Childhood Screening. Early Childhood Screening is a free and simple check of your child's vision, hearing, height, weight and development as well as a review of immunizations. The screening helps to identify children who may need additional support or services prior to kindergarten. Schedule an appointment online at rdale.ce.eleyo.com or call the screening office at **763-504-4180**.

Early Childhood Special Education

Early Childhood Special Education provides opportunities for growth and support for children and their families. Any child between birth and five years of age with a demonstrated developmental delay, and who meets the eligibility criteria in early childhood special education, is eligible to receive services. If you have concerns about the way your child moves, sees, hears, plays, talks, or behaves, a referral for a free screening and/or evaluation can be completed through the Minnesota Help Me Grow website. Call 763-504-4160 for more information.

Early Adventures

Early Adventures is the full-day care with preschool component of Robbinsdale Area Schools. By combining high quality childcare with the district's preschool curriculum, this program offers an opportunity for students to prepare for Kindergarten in a safe, nurturing setting with adults especially trained to work with preschool students.

Ages

Early Adventures is open to any student who turns 4 by September 1, 2022 and going into Kindergarten in the fall of 2023. All students must be toilet trained.

Location

Early Adventures is located at Neill Elementary and FAIR Pilgrim Lane, where students have access to many amenities including a playground, a gym and a computer lab.

Fees and Schedules

- Wed, Sep 6, 2022 - Wed, Jun 7, 2023.
- The program is open on all school days, as well as many non-school days.
- Early Adventures will open at 6:30 am and close at 6 pm each day.
- Students must be registered Monday-Friday. The cost is \$230/week.

Parent Aware 4 Star Rated

All Robbinsdale Area Schools preschool programs have received the highest possible rating by Minnesota's quality rating system for early education settings.





Take charge of your future!

Earn your GED or diploma...for FREE

Earn a GED or diploma

- Day or evening classes with licensed, experienced teachers
- Online learning options---study on any device at any time
- Test at the official GED testing center at our location

Other opportunities for students and families:

- ESL classes to help students improve English speaking, writing, reading, and listening skills
- Improve reading, math, and computer skills
- Prepare for college entrance exams
- College prep classes with Hennepin Technical College
- Academic recovery classes for adults who have had a brain injury or a stroke (see below)
- Free preschool classes for children (33+ months) of our adult students
- Extra classes such as Citizenship Prep and Driver's Ed Prep (for written driver's permit test)

Recovering from a Stroke or Brain Injury?

Free classes to regain academic skills

- **RELEARN** academic skills like reading, writing, math, and digital literacy
- **IMPROVE** confidence to perform lost abilities
- **CONNECT** with others who are facing similar challenges
- Get the tools to **ACHIEVE** college, career, and life goals

For more information or to register, call **763-504-8300** or visit **Rdale.org/AAP**



Call Us Today!
763-504-8300

Website: rdale.org/AAP

Adult Academic Program
Crystal Learning Center
305 Willow Bend
Crystal, MN 55428



Community Programs

Help us Grow



Expecting? Adopting? Newborn
Or Infant Up To Age Three?

Helping Us Grow (HUG) provides no-cost home visiting from a licensed early childhood parent educator to any family expecting, adopting or with a newborn child up to age two. HUG visits are offered in the comfort of your home or other convenient location.

In need of diapers? Visit the HUG web site and submit a request on the "Contact Us" page.

To schedule a home visit or find out more information:

763-504-4983 or
HelpingUsGrow.org

VIP

Volunteers In Partnership (VIP)
"Volunteers reflect the best of our nation. We will succeed to the degree that citizens are active participants in building strong, sustainable, caring and enriching communities for all."

Go to ced.rdale.org/community/volunteers and click on Becoming a Volunteer.

Contact 763-504-6994
Email mindy_potvin@rdale.org

13th Annual Empty Bowls Fundraiser

Tuesday, March 7, 2023

Want to help?

Call 763-504-6990 or email

robbinsdaleareacommunityed@rdale.org

Be Part of the Legislative Action Coalition

Help advocate on behalf of Robbinsdale Area Schools and public education. Join us on the third Thursday of the month from 5-6:30pm (September through June).

Check the website @ ced.rdale.org/community/legislative-action-coalition to sign-up to receive more information or call 763-504-8028.



Seven Dreams Education Foundation

Supporting Robbinsdale Area Schools

Help us fund innovative, hands-on experiences for our students! Seven Dreams Education Foundation is a nonprofit that raises money to make grants to Robbinsdale Area Schools. Attend our events and donate time or funds so that we can enrich our students' education!

Instruments 4 Kids program

Donate your used instruments for students in need (or money for repairs).

Give to the Max Day

Thursday, November 17, 2022

10th annual Bird Bash gala event

Saturday, March 4, 2023

For more information, to volunteer or make a donation or legacy gift, email us at info@sevendreams.org or visit our website at SevenDreams.org.



COMMUNITY EDUCATION
Robbinsdale Area Schools

Where Lifelong Learning Begins!



Register NOW for Community Education Classes



Online
Visit rdale.eleyo.com



By Phone
763-504-6990



In Person
Community Education at
Fair Pilgrim Lane, Mon-Fri
8 am-4 pm



By Mail
Attn: Community Education
3725 Pilgrim Lane North
Plymouth, MN 55441

First Come, First Served

Registrations are processed in the order received to the maximum number determined by the instructor for each class.

Registration

Unless we contact you, know that you are enrolled and the course will be held at the time and place indicated. An automated confirmation and email receipt will be sent if you provide your email address upon registration.

Please Note

Some of these classes might be considered "alternative" approaches to fitness, health, financial, special interests, and so on. The views expressed in the classes do not necessarily reflect those of the administration or the district. We simply provide a means for the community to learn about ideas and services.

Registration opens Aug 24 | Fall 2022

Fee Assistance

There is fee assistance available for Robbinsdale Area Schools residents with financial need who qualify, and adults with disabilities enrolled in specific Medicaid programs. Call for more information at 763-504-6990.

Refunds/Cancellations

If you cancel ten business days prior to the class start date, we will gladly apply the entire fee to a future class or refund the price of the class less a \$5 processing fee. Less than ten business days prior to the class start date, refunds will be granted only in case of serious illness or family emergency and will be assessed a \$5 processing fee.

If your class is cancelled you will receive a full refund. If you are on a waiting list and a spot opens up, you will automatically be moved into the class and charged the class fee. If you did not provide payment upon registration an attempt will be made to contact you. If we are unable to contact you, the next person on the list will be admitted to the class.

Weather Cancellations

If Robbinsdale Area Schools is closed due to inclement weather, or students are dismissed early, the Community Education classes and activities are cancelled.

For classes that may need to be cancelled due to inclement weather, we will do our best to reschedule but cannot guarantee that this will be possible.

If the weather changes late in the day, Community Education may cancel classes. We will do our best to contact you via email. Please check our website for information.

Our Office Will Be Closed:

Sep 5, Nov 24, 25. During this time please register online or mail your registration.



Robbinsdale Area Schools Community Education Class Registration

Participant's Name _____
Address _____
City _____ Zip _____
Preferred Phone _____
Email _____

Date of Birth ____ / ____ / ____ ☐ Male ☐ Female
Ethnicity/Race _____
If student: Grade ____ School _____
Emergency Contact _____
Phone _____ UCare ID# _____

Course #	Course Title	Start Date	Time	Price
Total Due:				\$

PAYMENT METHOD ☐ Cash ☐ Check (Payable to: District 281) ☐ Visa ☐ Mastercard ☐ Discover

Card Information Card # _____ Expiration CC ____ / ____

Cardholder Name _____ Signature _____

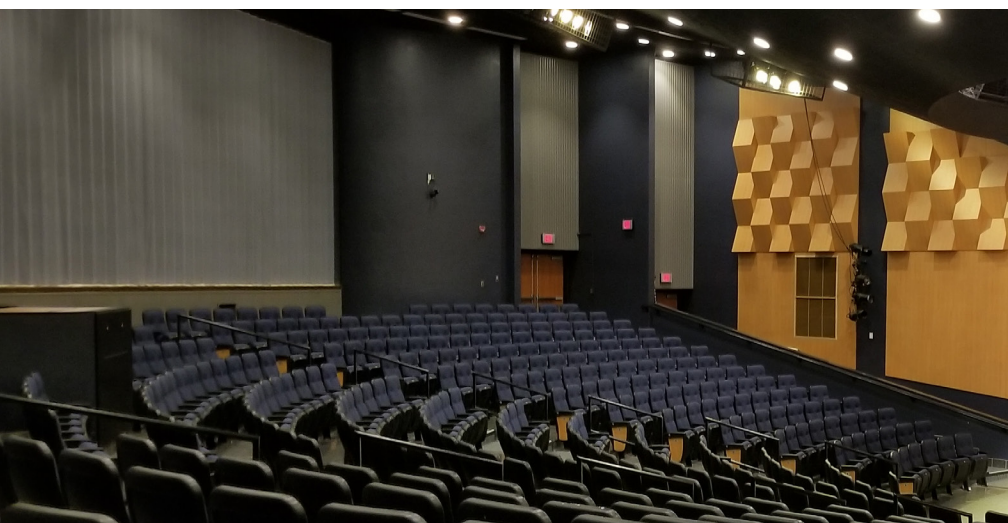
For more information visit rdale.eleyo.com



Robbinsdale Area Schools

Independent School District 281
4148 Winnetka Avenue North
New Hope, MN 55427-1288

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PERMIT NO. 3027



Facility Scheduling

Our buildings are your buildings! Hold your meetings, sports practices, recitals, and more in our district facilities.

For more information, contact **763-504-6990**.

Do you like working with kids?!! Work for *Adventure Club!*

- ★ 6:30-9:30 am and 1:30/2 pm-5:30/6 pm shifts available
- ★ Subbing opportunities for flexible schedule
- ★ Starting at **\$16.36/hour**
- ★ Prorated benefits available

Call 763-504-5320 for additional information



Enrollment Center

Robbinsdale Area Schools Enrollment Center

The Enrollment Center provides services for families wishing to enroll their students in grades K-12. We offer a one-stop-shop for resident, magnet and non-resident enrollment.

Services include:

- Information about district and community programs
- English Learner registration assistance
- Find neighborhood school
- Connections with other resources (example: immunizations)
- Spanish-speaking staff members (other languages available by request)

We offer two ways you can enroll your student: online or complete in person. Information is available at rdale.org/enroll

Contact enrollment@rdale.org or call 763-504-8080 for more information.

ENROLLING NOW!