



WINTER 2023

FRIDLEY COMMUNITY COURSE CATALOG EDUCATION

www.fridleycommed.com

Program Offerings

- Adult Enrichment
- Adult Basic Education
- Fridley Community Theatre
- Fridley Senior Program
- Fridley Event Services
- Youth Enrichment
- Aquatics
- Early Childhood Family Ed
- Preschool Programs
- Tiger Club Childcare



SCAN ME

Adult Enrichment

Youth Enrichment

Fridley Preschool



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Plus More!

Come see what we have to offer!

January 26, 2023



FRIDLEY
SCHOOLS FOUNDATION

BLACK & GOLD

VIRTUAL

Gala

Join us for a virtual night of fun!
The Fridley Schools Foundation will host
the annual Black & Gold Gala, its largest
fundraising event of the year.

- ★ Virtual Silent Auction
- ★ The Golden Apple Award
- ★ Educator Grant Initiative Awards

Don't miss it! RSVP today at www.fridleyschoolsfoundation.org

FACILITIES & INFORMATION:

The abbreviations listed below denote the locations
of the classes listed on the following pages of this catalog:

FRIDLEY SCHOOLS

FCC – Fridley Community Center
6085 Seventh Street NE

FHS – Fridley High School
6000 West Moore Lake Drive

FMS – Fridley Middle School
6100 West Moore Lake Drive

HES – Hayes Elementary School
615 Mississippi Street NE

SES – Stevenson Elementary School
6080 East River Road

ALC – Fridley Moore Lake
Area Learning Center
1317 Rice Creek Road

OTHER FACILITIES

Conquer Ninja Gym Blaine
1467 101st Avenue NE
Blaine, MN 55449

BPEEC – Boulder Pointe Equestrian
6612 189th Lane Northwest
Anoka, MN 55303

WTMA – White Tiger Martial Arts
7263 Commerce Circle W
Minneapolis, MN 55432

VALHALLA COMBAT SPORTS
6269 University Ave NE (northern unit)
Fridley, MN 55432

Office Hours:

FRIDLEY COMMUNITY CENTER
8 AM - 4 PM (Monday through Friday)
6085 Seventh Street NE, Fridley, MN 55432

OFFICE WILL BE CLOSED ON:
Dec. 23 - Jan. 2, Jan. 16, 27, Feb. 20,
April 3-7, and May 29.



ON THE COVER:

*Fridley preschool student pets
skunk fur during Springbrook
nature center's visit.*

DID YOU KNOW ?

*Fridley Preschool is the only
3- and 4-year-old Preschool
in the state of Minnesota to
offer the International
Baccalaureate
Primary Years
Programme.*



See Page 28 for
Preschool Information



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Free Family Movie Night



Friday, January 6 Friday, March 3 Friday, April 14

Fridley Community Education

presents FREE Family Movie Night at the
Fridley District Auditorium

Doors open at 6:30. Movie starts at 7 pm.

Concessions are available for \$1 each. Cash Only.
Youth age 14 and under must be accompanied
by parent/guardian.

Any questions, please call 763-502-5100.



SCAN ME

FRIDLEY COMMUNITY EDUCATION CONTACTS:

Fridley Community Education

6085 Seventh Street NE
Fridley, MN 55432
763-502-5100

Stephen Keeler, Director
763-502-5106

Kelly McConville, Principal of
Alternative Services
763-502-5101

Christy Johnson, Administrative Assistant
763-502-5102

Katie Brown, Administrative Assistant
763-502-5105

Lila Mapp, ECFE Coordinator
763-502-5143

Karin Beckstrand, Pre-K PYP Coordinator
763-502-5117

Sally Leone, Tiger Club Coordinator
763-502-5135

Jordan Wright, Tiger Club Administrative
Assistant
763-502-5107

Maggie Chandler, Adult Programs
& Youth Services Coordinator
763-502-5102

Christine Haubach, Facilities and Senior
Programs Coordinator
763-502-5104

Dan Wold, Auditorium & Events Coordinator
763-502-5631

Alaina Dehnke, Social Worker
763-502-5121

Mora Slifka, Early Childhood Screener
763-502-5157

Jade Tucker, Equity & Inclusion Specialist
763-502-5157

Follow us!

Find class updates, special events and more!

 @FridleyCommEd

 FridleyCommEd

visit www.fridleycommmed.com

ADULT ENRICHMENT

FINANCE & BUSINESS

FOUR SUCCESSFUL STRATEGIES TO PROTECT THE HOUSE, FARM, CABIN & MORE – FCC-Rm 109

Does your family have a cabin, homestead, hunting land, farm, or second home? If you are wondering how to protect this family legacy asset and move its use and enjoyment into the future, we can help!

While various sources and forces threaten your ability keep them, we will provide real-life solutions and explore four paths to resolution that will solve your problems without driving the family apart or sacrificing the family legacy asset. Don't let the nursing home, Medicaid (MA), unequal resources of owners, enjoyment equality, etc. keep you from continuing the legacy. Questions are welcome in this open-forum seminar.

Cost	Class #	Day	Date	Time
\$12	6303	Tues	Jan. 31	6:30-8:00pm

PLAN YOUR MOVE – FCC: Rm 109

It's never too early to start thinking about one of your biggest investments and what changes it will mean for your future when you decide to sell your home. This Planning the Perfect Move senior housing workshop, will bring in experts to teach you about getting your home ready to sell. Hear from local Realtor®, Renee Miller of Keller Williams Realty Elite about how she markets your home, determines home values, and how to time your move to reach your goals. You will also get some valuable market stats for the area that help determine the best time to sell. Learn some tips and resources from a move manager to help you as you begin to downsize and declutter your home. The information included in this informational session is designed to prepare you for selling your home and get you inspired for your next steps.



Cost	Class #	Day	Date	Time
\$5	6553	Thurs	Feb. 2	10:00 - 11:00am

5 KEYS TO RETIRING FEARLESSLY – Online Only

Will I have enough to retire? Will my retirement income last? Are my assets protected? Manage five key risks all retirees face to turn retirement concerns into confidence:

1. Outliving income
2. Inflation
3. Unpredictable events
4. Market volatility
5. Income taxes

Cost	Class #	Day	Date	Time
Free	6301	Thurs	Feb. 16	5:00-6:30pm

TRUSTS & GENERATIONAL ESTATE PLANNING: WHY YOU CAN'T TRUST YOUR TRUST – Online

Do you know what the most oversold and misunderstood legal product on the market today is? The answer is a Revocable or Living Trusts. Trusts are oversold as the end all to fit all. They are full of legal wording that only attorneys understand. Most people believe that their trust shields the assets from the nursing home and creditors. In Minnesota, Revocable Trusts are subject to the nursing home and creditors. If you can change the Trust, the nursing home and creditors can access the money in the Trust. In this class, you will learn what the pros of a revocable trust are and if it is a fit for you. You will also learn and what other options are out there for you. Bring your questions.

Cost	Class #	Day	Date	Time
\$12	6305	Tues	Feb. 21	6:30-8:00pm

SOCIAL SECURITY: TIMING IS EVERYTHING –

Online Only

When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse? You have a lot of questions to answer. Mistakes can be costly. We can provide the guidance you need. Join us for a short presentation, Social Security: Strategize to Maximize, to learn how to sort through the options to help ensure the choices you make are tailored to your needs. *This is an online class*

Cost	Class #	Day	Date	Time
Free	6300	Thur	March 2	12:00-1:30pm

MEDICARE EDUCATION: UNDERSTANDING THE BASICS – FCC-Rm 109

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan.

Cost	Class #	Day	Date	Time
\$12	6310	Wed	March 15	6:30-8:00pm

CHARITABLE PLANNING TOOLS – Online Only

In 2018, the Individual and Married Standard Deduction amounts essentially doubled to \$12,000 and \$24,000. For many families this eliminated the "tax-incentive" to charitable giving. In this class, we will become familiar with charitable legacy tools such as Charitable Lead Trusts, Charitable Remainder Trusts, Private Foundations, Donor Advised Funds and Life Insurance gifting. Questions are welcome in this open-forum seminar.

Cost	Class #	Day	Date	Time
\$12	6304	Mon	March 20	6:30-8:00pm

ADULT ENRICHMENT

WRITE YOUR OWN WILL - *FCC: Room 112*

Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students will need to bring their own laptop with access to wifi to class. All work is completed by the students themselves via their own laptop. Some prep work required; packet will be sent prior to class. NOTE: This is a simple will course, not appropriate for those who have assets in excess of one million dollars who need a trust as well. Couples must register individually.

Cost	Class #	Day	Date	Time
\$60	6309	Tues	March 28	6:00-9:00pm

LET'S PROBATE AN ACTUAL MN ESTATE -

FCC: Room 109

In this class, we will walk through an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts and all the steps in between. Class participants will learn the entire process including:

- current form, court and filing requirements
- accounting and procedural steps
- procedures for the sale and distribution of estate assets

We will also discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. The class will be filled with real-life examples and solutions to the multitude of issues involving a typical (or not typical) Minnesota Probate Estate. Bring your questions.

Cost	Class #	Day	Date	Time
\$12	6308	Thur	April 13	6:30-8:00 pm

COOKING

LEFSE MAKING - *FHS Foods Lab, Room 113*

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 how to serve lefse – with a little bit of history and humor too! Traditional, authentic recipes using potatoes will be explored, along with a version using instant potatoes. Plan to sample and take home your lefse creations and dough to bake and share with family/friends. \$9 food fee paid to instructor in class.

Cost	Class #	Day	Date	Time
\$40	6107	Thur	Jan. 12	6:00-9:00pm

ASIAN FAVORITES - *FHS Foods Lab, Room 113*

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh veggies and the secret sauce. Classic pork chow mein follows, served with crispy egg noodles along with chicken egg foo yung.



Cost	Class #	Day	Date	Time
\$45	6101	Thur	Feb. 2	6:00-9:00pm

CZECH KOLACHES

FHS Foods Lab, Room 113

Kolaches are one of Czechoslovakia's national pastries. Immigrants brought their passion (and recipes) for kolaches to the Midwest as early as the 1860's. Kolaches are marvelous egg-rich, slightly sweet yeast dough – traditionally filled with fruit mixtures such as apricot, cottage cheese, poppy seed or prune. They can be shaped into rounds, square "tied packages", or filled turnovers. We will make variations in class and taste samples. Plan to take home an assortment to share with family, friends or to freeze. You will also leave with many recipes, tips and techniques to master these old world delicacies. Better than the bakery! \$15 food fee paid to instructor in class.

Cost	Class #	Day	Dates	Time
\$40	6108	Sat	March 18	9am-1pm

BAKING SOURDOUGH BREAD 101 -

FCC: Room 109

Learn the basics of sourdough bread baking from a local micro-bakery owner! You will learn how to nurture your own starter, as well as the basic recipe and techniques to make your own sourdough bread. *This is an instructional class.



Cost	Class #	Day	Dates	Time
\$32	6106	Sat	March 25	2:30-4:30pm

ADULT ENRICHMENT

HISTORY & CULTURAL AWARENESS

AN INTRODUCTION TO ISLAM AND MUSLIMS-

FCC-Room 112

This class provides a presentation to understand what Islam teaches and what Muslims practice. The class will introduce basic terminology, demographics, and differences between religion and culture. Participants will learn about the beliefs and practices of Muslims as well as religious celebrations and will also have the opportunity to get questions answered first hand.

Cost	Class #	Day	Date	Time
Free	6451	Wed	Feb. 22	6:30-8:00pm

WOMEN IN ISLAM – *FCC-Rm 112*

This presentation covers Islamic teachings about the different roles of Muslim women in society, including cultural differences. The speaker will talk about common misconceptions regarding Muslim women and explain gender equity in the spiritual, social, and economic aspect of life. Muslim women and culture/diversity will also be discussed. The presentation is concluded with examples of Muslim women and their role in history and modern life.

Cost	Class #	Day	Dates	Time
Free	6450	Thur	Feb. 23	7:00-8:30pm

HOBBIES & SPECIAL INTERESTS

VISION BOARD – *FCC: Room 112*

Need help following through on your 2022 resolutions? Seeking change and growth in your life? Get help identifying your values and setting goals by joining Certified Health Coach, Shanna Larson, in an evening of light-hearted and intentional crafting. In this class, you will learn what a vision board is, why they work, and how to utilize this tool in your life.



Cost	Class #	Day	Dates	Time
\$20	6007	Tue	Jan. 24	6:00-8:00pm

PHOTO ORGANIZATION - PRINT & DIGITAL -

FCC: Room 112

Imagine all your photos organized and all in one place, permanently, safely, and you have a system that lets you find any photo in literally seconds! This includes old slides, movies and memorabilia too. We



will talk about scanners and digitizing old media, cloud storage accounts as well as software for creating digital books and projects and how to repair older damaged photos.

Cost	Class #	Day	Dates	Time
\$15	6502	Wed	April 12	6:30-8:30pm

INTRO TO VOICEOVERS – *Online Only*

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! *Once registered, someone from Voices for All will contact you to set up an appointment time.*

Cost	Class #	Day	Date	Time
\$49	6503	TBD	TBD	90 minutes

MUSIC

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE-

Online Only

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do - by using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. This class includes an online book and online follow up video lessons, so you will be able to continue your practice and study on your own. A recording of the class and an optional question and answer session is also included. The course is partly lecture/demonstration and partly hands on instruction. Topics include learning about chords, reading sheet music, and how to handle different keys and time signatures.



Cost	Class #	Day	Dates	Time
\$59	2400	Mon	Feb. 6	6:30-9:30pm

ADULT ENRICHMENT

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE – *Online Only*

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. For ages 13+.

Cost	Class #	Day	Dates	Time
\$59	2401	Tues	Feb. 7	6:30-9:00pm

ONLINE SINGING LESSONS FOR EVERYONE (ALL AGES) – *Online Only*

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction.

***Online singing lessons can be conducted using a computer, tablet or smartphone via Skype, Zoom and most other live chat platforms. Once you've registered, you will be contacted by Holistic Arts to set up a lesson schedule. Please ensure your contact information is complete in your profile.*

Cost	Class #	Day	Dates	Time
\$110	2403	Tues	TBD	TBD

DANCE

SALSA DANCE WORKSHOP –

FCC: Tiger Territory (Dance floor)

Always wanted to learn to salsa? This course is for you! Learn the basics plus spins & turns that will have you looking good and having fun on the dance floor. Couples only please.

Cost	Class #	Day	Date	Time
\$30/couple	6154	Wed	Feb. 22	7:30-9:00pm

SWNG DANCE WORKSHOP –

FCC: Tiger Territory (Dance floor)

One dance and a lifetime of fun! An "Arch" and a "Loop" are just two of the patterns that can take you from the sidelines onto the dance floor. Couples only please.

Cost	Class #	Day	Date	Time
\$30/couple	6153	Wed	March 1	7:30-9:00pm

MAMMA MIA - DANCING QUEEN LINE DANCE –

FCC: Tiger Territory (Dance floor)

Grab some friends and turn Friday night into a delightful line dancing night with this toe tapping song. What a fun way to start the weekend! No partner needed.

Cost	Class #	Day	Date	Time
\$10/person	6152	Thurs	March 23	6:30-7:30pm

2 LEFT FEET DANCE WORKSHOP –

FCC: Tiger Territory (Dance floor)

Convinced that you have two-left feet and that dancing is not meant for you? Or, someone you know? But still... it would be helpful to know a few steps. Just in case... This workshop is easy and only 1 session! Geared to beginners and guided by a dance champion, you'll have basic patterns plus a couple of turns by the end of the night! More than enough to provide a full night of dancing! Couples only please!

Cost	Class #	Day	Date	Time
\$30/couple	6151	Thur	March 23	7:30-9:00pm

WORLD LANGUAGE

CHINESE FOR BEGINNERS –

FCC: Room 109 (Online option available)

This class is designed for Chinese learning beginners. I will teach basic information about the language and culture for daily life, travel, parenthood, and business. By the end of the class, students should feel comfortable making friends with other Chinese speakers and have an easier time traveling to China.

Cost	Class #	Day	Date	Time
\$120	6750	6750	Feb. 2 - Mar 9	6:30-8:30pm
\$120	6750 (online)	6750	Feb. 2 - Mar 9	6:30-8:30pm

HEALTH & WELLNESS

PERSONAL SELF-DEFENSE – *Valhalla Combat Sports*

This personal self-defense course is taught by a judo black belt, a brown belt in Brazilian jiu jitsu, a professional boxer and an MMA fighter. The arts that are implemented are Brazilian jiu jitsu, muay thai, and some Irish gypsy bare knuckle boxing techniques. Regardless of your skill, ability or strength, here is an opportunity to train your mind and body for greater readiness, confidence and sense of personal safety.

Cost	Class #	Day	Dates	Time
\$200	6400	Tues	Jan. 24 - Mar 14	5:30-6:30pm

ADULT ENRICHMENT

MEDITATION FOR RELAXATION AND PERSONAL HEALING – *Online only*

Do you suffer from stress, anxiety, or sleeplessness? How about blood-pressure or hypertension? Is it difficult to slow your mind down? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.

Cost	Class #	Day	Dates	Time
\$125	6401	Tues	Jan. 31 - Feb. 28	6:00-8:00pm

PART 1: WHY SMART WOMEN STAY OR KEEP RETURNING™ (IN-PERSON) – *FCC: Room 112*

Do you ever wonder how you ended up in such an unhealthy relationship? Do ask yourself: is this abuse, or how much abuse is too much? Do you want to move on but find yourself conflicted or feeling stuck? If so, this workshop is for you!



Cost	Class #	Day	Dates	Time
\$75	6402	Sat	Jan. 21	9:00am-1:00pm

PART 2: HOW SMART WOMEN CAN LEAVE ONCE & FOR ALL™ (IN-PERSON) – *FCC: Room 112*

Are you wanting to leave your unhealthy relationship but not sure how? Do you want to learn strategies that can greatly improve your chances for safety and success? This workshop will arm you with practical steps, insight, and support to help you move on for good!

Cost	Class #	Day	Dates	Time
\$75	6403	Sat	Feb. 4	9:00am-1:00pm

Anonymous and cash registrations possible for relationship classes by calling the Fridley Community Center at 763-502-5100 (option 1).

HOW SMART WOMEN CAN HEAL & LIVE A JOY-FILLED LIFE™ (IN-PERSON) – *FCC: Room 112*

Do you find it hard to focus on your own healing after leaving an unhealthy relationship? Are you determined not to repeat the same patterns with someone else but not sure how? This workshop will provide you with the magic combination for healing. You deserve to live a joy-filled life and I'd be honored to be your guide!



Cost	Class #	Day	Dates	Time
\$75	6404	Sat	Feb. 18	9:00am-1:00pm

PART 1: WHY SMART WOMEN STAY OR KEEP RETURNING™ (ONLINE) – *Online only*

Do you ever wonder how you ended up in such an unhealthy relationship? Do ask yourself: is this abuse, or how much abuse is too much? Do you want to move on but find yourself conflicted or feeling stuck? If so, this two-session course is for you!

Cost	Class #	Day	Dates	Time
\$75	6405A	Thur	Feb. 2 & 9	6:30-8:30pm
\$75	6405B	Thur	April 6 & 13	6:30-8:30pm

PART 2: HOW SMART WOMEN CAN LEAVE ONCE & FOR ALL™ (ONLINE) – *Online only*

Are you wanting to leave your unhealthy relationship but not sure how? Do you want to learn strategies that can greatly improve your chances for safety and success? This two-session course will arm you with practical steps, insight, and support to help you move on for good!



Cost	Class #	Day	Dates	Time
\$75	6406A	Thur	Feb. 23 & Mar 2	6:30-8:30pm
\$75	6406B	Thur	Apr 27 & May 4	6:30-8:30pm

HOW SMART WOMEN CAN HEAL & LIVE A JOY-FILLED LIFE™ (ONLINE) – *Online only*

Do you find it hard to focus on your own healing after leaving an unhealthy relationship? Are you determined not to repeat the same patterns with someone else but not sure how? This two-session course will provide you with the magic combination for healing. You deserve to live a joy-filled life and I'd be honored to be your guide!

Cost	Class #	Day	Dates	Time
\$75	6407A	Thur	March 16 & 23	6:30-8:30pm
\$5	6407B	Thur	May 18 & June 1	6:30-8:30pm

ADULT ENRICHMENT

WINNING OVER EMOTIONAL ABUSE™ –

Online only

Do you ever wonder how you ended up in an emotionally abusive relationship? Do you ask yourself questions like: is this abuse or how much abuse is too much? Do you want to move on, but feel stuck or conflicted? Find your answers through watching this prerecorded keynote presentation Winning Over Emotional Abuse.™ Students receive access to the link to watch as many times as they like over a two-week viewing period.



Cost	Class #	Day	Dates	Time
\$30	6408A	Live Link	Jan. 17 - 31	Live link
\$30	6408B	Live Link	March 17-31	Live Link
\$30	6408C	Live Link	April 1-15	Live Link
\$30	6408D	Live Link	May 17-31	Live Link

ADULT FITNESS

YOGA LATE AFTERNOON – FCC: 116 & Online

Explore a deeper mind and body connection with yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress. All classes include classic Hatha or guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

Class #	Day	Dates	Time	Cost
6353A	Thurs	Jan. 5-26	4:30- 5:30pm	\$32
6353A Online	Thurs	Jan. 5-26	4:30- 5:30pm	\$32
6353B	Thurs	Feb. 2-23	4:30- 5:30pm	\$32
6353B Online	Thurs	Feb. 2-23	4:30- 5:30pm	\$32
6353C	Thurs	March 2-30	4:30- 5:30pm	\$40
6353C Online	Thurs	March 2-30	4:30- 5:30pm	\$40

CHOREOGRAPHING SOCIAL JUSTICE: IN MY BODY LIVE MY STORIES –

FCC: Tiger Territory (Dance floor)

In this introductory workshop to social justice choreography, participants will be led through Ananya Dance Theatre exercises, games, and discussions to create personal and collective dance phrases that excavate the stories we carry in our bodies.

Class #	Day	Dates	Time	Cost
6354	Fri & Sat	Jan 27 & 28	3:30-5pm	\$20

YOGA MINDFULNESS – FCC: 114/116 & Online

Explore a deeper mind and body connection with Mindfulness Yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress.

Class #	Day	Dates	Time	Cost
6351A	Sat	Jan. 7-28	10:00-11:30am	\$36
6351A Online	Sat	Jan. 7-28	10:00-11:30am	\$36
6351B	Sat	Feb. 4-25	10:00-11:30am	\$36
6351B Online	Sat	Feb. 4-25	10:00-11:30am	\$36
6351C	Sat	March 4-25	10:00-11:30am	\$36
6351C Online	Sat	March 4-25	10:00-11:30am	\$36

YOGA – FCC: 114/116 & Online

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. All classes include classic Hatha or stretching, breathing practices, and a guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

Class #	Day	Dates	Time	Cost
6350A	Tues	Jan. 3-31	6:00-7:30pm	\$45
6350A Online	Tues	Jan. 3-31	6:00-7:30pm	\$45
6350B	Tues	Feb. 7-28	6:00-7:30pm	\$36
6350B Online	Tues	Feb. 7-28	6:00-7:30pm	\$36
6350C	Tues	March 7-28	6:00-7:30pm	\$36
6350C Online	Tues	March 7-28	6:00-7:30pm	\$36

CHOREOGRAPHING SOCIAL JUSTICE: TELLING MY OWN STORY –

FCC: Tiger Territory (Dance floor)

This class is an opportunity for those participants who want to continue to build on their stories through movement which we began in our introductory class.



Class #	Day	Dates	Time	Cost
6355	Fri & Sat	Feb 3 & 4	3:30-5pm	\$20

ADULT ENRICHMENT

TAI' CHI CH'UAN – FCC: Tiger Territory (Dance floor)

For centuries Chinese people have practiced Tai' Chi Ch'uan for health, as a martial art, a means of exercise and self-development. See for yourself how the slow movements of this art can help reduce the effects of stress and improve your fitness, flexibility, balance, concentration, and health. This is an excellent, low-impact, non-contact physical fitness program that's ideal for all adults.



Class #	Day	Dates	Time	Cost
6352A	Wed	Jan. 4-25	6:00-7:00pm	\$36
6352B	Wed	Feb. 1-22	6:00-7:00pm	\$36
6352C	Wed	March 1-29	6:00-7:00pm	\$45

BEGINNING TAEKWONDO – WTMA

The class is open to ages 8 years old and up. It will provide the basics of Taekwondo. This is a non-competitive program includes patterns, self defense and sparring that focuses on the development of the student's daily life skills, problem solving, and personal protection. The class is taught by Robert Frankovich and held at White Tiger Martial Arts.



Class #	Day	Dates	Time	Cost
6355B	Tue & Thurs	Jan 17-Mar 30	6- 6:50pm	\$110

ADVANCED TAEKWONDO – WTMA

This class is open to ages 8 years old and up who have taken the Beginning Taekwondo class or have received permission from the instructor. It continues the training program allowing the student to work toward their black belt ranks. The curriculum continues to develop the student's knowledge and self defense. Leadership development becomes part of the student's growth as they take responsibility for helping junior students. Classes are held at White Tiger Martial Arts and taught by Robert Frankovich.



Class #	Day	Dates	Time	Cost
6356B	Tue & Thurs	Jan 17-Mar 30	6- 6:50pm	\$110

KOREAN SWORD (HAIDONG GUMDO) – WTMA

This program is open to ages 12 years old and up or those with permission from the instructor. It utilizes the sword to help students with personal development and leadership skills. It focuses on patterns, fighting drills and target cutting. It is NOT a sport version such as Kendo or Kumdo. The class is taught at White Tiger Martial Arts by Robert Frankovich.



Class #	Day	Dates	Time	Cost
6357B	Tue & Thurs	Jan 17-Mar 30	7- 7:50pm	\$110

HISTORICAL MARTIAL ARTS - LONGSWORD –

FCC: Gym

St. Paul Freifechter is a non-profit (501 c3) organization dedicated to the study and practice of Historical Martial Arts. This session's emphasis is longsword, as it appears in the published works of Joachim Meyer (ca. 1537–1571), a Freifechter (Free Fencer) who lived in Strasbourg in the 16th century. The study group is led by founder, head instructor, and president, Scott MacDonald. Scott holds the rank of Fechter in both Longsword and Dussack. Requirements - 2 months of previous historical fencing experience, with a focus on longsword. Masks and COVID vaccinations required for participation.

Class #	Day	Dates	Time	Cost
6955 - Jan	Sun	Jan 8-29	10:00am-12:00pm	\$40
6955 - Feb	Sun	Feb 5-26	10:00am-12:00pm	\$40
6955 - Mar	Sun	Mar 5-26	10:00am-12:00pm	\$40

POUND - ROCKOUT. WORKOUT. – FCC: Gym

POUND® is a cardio jam session inspired by the infectious, energizing, & sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, & strength training with yoga & Pilates-inspired movements. Using Ripstix®, lightly-weighted drumsticks engineered specifically for exercise. POUND® transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels and easy to modify. Bring a yoga mat and water.

Class #	Day	Dates	Time	Cost
6354A	Thur	Jan 5-26	7:00-8:00pm	\$36
6354B	Thur	Feb 2-23	7:00-8:00pm	\$36
6354C	Thur	Mar 2-30	7:00-8:00pm	\$45

Fridley Community Theatre's Dinner Show Production of

BELLES



by
Mark Dunn

Tickets available online at
www.FridleyCommunityTheatre.org
or calling Fridley Community Center at 763-502-5100

Dinner Show \$35
February 10, 11, 16, 17
Dinner at 6 pm
Performance at 7 pm

Dessert Only Show \$20
February 18
Performance at 2 pm

Fridley District Auditorium
6000 West More Lake Drive

"Belles" is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.
www.concordtheatricals.com

FRIDLEY SENIOR PROGRAM



Supporting a Balanced and Well Connected Life Through Active Aging

Welcome to the Fridley Senior Program! We offer a complete program of social, recreational and educational opportunities for members of our community, featuring a robust and active Senior Program held at the Fridley Community Center. This is the place for seniors to play games with their friends, learn a new skill, pursue a favorite hobby and generally have a good time. We've designed the Senior Program with special activities and services intended just for our seniors, including social events, outings, exercise classes, and a whole lot more.

FRIENDS OF FRIDLEY SENIOR PROGRAM

A 501-c 3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community. Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely.

If you are interested in becoming a Friend to the Fridley Senior Program please call 763-502-5150 or e-mail Christine Haubach -- any size gift is appreciated and is tax deductible.

RESOURCES & SERVICES FOR SENIORS

ON-SITE SOCIAL WORKER

Fridley Community Education has a full-time social worker, Alaina Dehnke, who serves and supports seniors at the Senior Center. Alaina is available to meet one-on-one or with groups to answer questions, talk through concerns, assist with navigating resources, and/or make referrals to outside agencies.

*To contact or schedule an appointment with Alaina, call 763 502-5121.
Her office hours are on Mondays, 1-2 pm.*

SENIOR OUTREACH WORKER

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier. Call Angie Sable, Fridley ACCAP Outreach Worker at 763-783-4741 to set up an appointment.

HEALTH INSURANCE COUNSELING - LINKAGE LINE

To get your questions answered or to schedule a free, individual appointment, please call the LINKAGE LINE at 1-800-333-2433. The Health Insurance Counseling Program is made possible by Trellis (was MAAA) and Anoka County and is not affiliated with any insurance company.

CONTACTS

HELPFUL CONTACTS:

Senior Program - 763-502-5150
Senior Info Line - 763.783-4707
Meals on Wheels - 763-236-3636
ACCAP Outreach - 763-783-4741
Store to Door - 651-642-1892
Chores & More - 763-783-4767

Senior Center is closed December 23 - January 2. We will reopen January 3.

CHRISTINE HAUBACH

Senior Program Coordinator
763-502-5142
christine.haubach@fridley.k12.mn.us

NEWSLETTER

The Senior Newsletter provides up-to-date information, resources, news, events, and more! Most seniors will be able to pick up your newsletters at the Senior Center once again for free! Therefore, we will be returning to a fee-based registration for mailed newsletters. The annual fee is \$10 and you can sign up by calling the Senior Center at 763-502-5150. If you would like to receive the newsletter for free electronically, please email Christine Haubach at Christine.Haubach@fridley.k12.mn.us.

FRIDLEY SENIOR PROGRAM

RESOURCES & SERVICES FOR SENIORS

LEGAL AIDE

The Senior Law Project provides a monthly outreach service for a free, one time, legal advice consultation for common legal issues facing older adults like debtor creditor issues, nursing home and assisted living problems, healthcare issues including Medicare and Medicaid (MA). Appointments are on the first Wednesdays of the month between 10am and 12pm. *Call the Senior Center to set up a 30 minute phone appointment.*

SOUTHERN ANOKA COUNTY COMMUNITY ASSISTANCE (SACA)

The Southern Anoka Community Assistance (SACA) Area Food Shelf serves Columbia Heights, Hilltop, Fridley, Spring Lake Park and NE Minneapolis. Please call for an appointment, 763-789-2444. You will need a photo ID and two pieces of mail for proof of address. Hours are Monday, Tuesday, and Thursday from 8:00-4:30pm, Wednesday from 10:00-6:00pm, closed on Friday. Location: 627 38th Ave NE, Columbia Heights, MN 55421

FARE FOR ALL

Fare For All is a low-cost, mobile grocery purchase program. This program is community-supported and open to everyone. There are no qualifications to participate and no pre-registration. Fare For All will be available at the Fridley Community Center, 6085 7th Street NE, Fridley. *Time: 10 am-12 pm. See Senior Newsletter for upcoming dates.*

CHORES AND MORE

Need help with yard work, snow removal, or cleaning your home? Call Chores and More for more details on how they can help! Call 763-783-4767 for more details.

A LION'S SHARE

The Fridley Lions Club has generously partnered with the Friends of Fridley Seniors Foundation to provide financial assistance to low-income Fridley Seniors that need help with home modifications or maintenance. Our mission is to keep seniors safe in their homes for as long as possible.

Grants are for a portion of the costs. Other resources are also available to help. Contact Christine Haubach at 763-502-5142 with questions or application form. Thanks to the Fridley Lions for their continued support!

THE BOOKSHELF

A kind volunteer has offered to organize/curate a bookshelf for our casual book sharing. This initiative is now sponsored by Anoka County Library Recycled Reads Program. We are limited to a few shelves of space, but if you'd like to bring a few books and take a few, the bookshelf is located in the senior lobby.

COFFEE, GAMES & CONVERSATIONS

All older adults, age 55 and older, are invited to participate in any of our weekly card parties. There is no need to pre-register, just show up and join in the fun!



BRIDGE

Mondays | Time: 12:30-3:00 PM | FCC - Room 114

SOCIAL 500

Tuesdays | Time: 9-11:30 AM | FCC - Room 114

CRIBBAGE

Fridays | Time: 12:30-3:00 PM | Site: Room 114

MONTHLY CARDS

These games happen once a month _____

MAHJONG

Returning in late spring. See senior newsletter

BOARD GAMES

2nd Wednesdays of the month
1:00-3:00 PM | FCC - Room 114

HAND & FOOT

Last Wednesdays of the month
1:00-3:00 PM | FCC - Room 114

HAPPY HIKERS WALKING GROUP (BEGINS IN APRIL)

If you are looking for an opportunity to get more exercise, meet new friends and enjoy nature, then the Happy Hikers walking group would be a good fit for you! These are gentle, scenic walks and the trails have easy access. No need to sign up, just meet in the designated parking lot and start! Please do not bring dogs.



Most park trails are paved and they range in length from 1.5 to 3 miles. The trails loop around past parking lots so you can choose to leave any time. The parks are nearby and easy to find. We meet three times weekly, you choose how often you wish to participate. We gather in the parking lot and begin walking at 9:00 a.m.

See Senior Newsletter for dates/locations. For more information or directions, call volunteer leader Beverly at 763-571-7502.

FRIDLEY SENIOR PROGRAM

SENIOR ACTIVITIES

BINGO

Join us every Thursday for 10 rounds of BINGO. When someone at your table wins, so do all the table mates! We like to pass the luck around.

Thursdays, 10-11:15am FCC-Room 112/114, \$2 for 2 cards

NEEDLES & HOOKS

Wednesdays | 9-11am | FCC-Room 112

BOOK CLUB:

Members meet monthly to discuss selected books and authors.

Fourth Tuesdays of the month | 10 - 11am | FCC-Room 112
For upcoming books see senior newsletter.

GENTLE STRETCH

This is a senior stretching class held on Tuesday mornings. Emphasis is on soft stretching, movement, and flexibility. Appropriate for all fitness levels. The instructor will evaluate abilities at the first class and adapt to fit needs. A \$5 fee will be paid to the instructor. Class meets on Tuesdays, 10-11am in Room 116 at the Senior Center.

FOOT CARE - WE ARE BACK!

1st Thursdays of the Month | Appointment only | FCC-Room 109 | Cost: \$40 per session

VIDEO THEATER

Tuesdays | 1 PM | FCC-Room 109 | Suggested Donation: \$1
See senior newsletter for movie selections

GUITAR CLUB

Will resume in May
Call Clayton for more information:
763-607-4884

UKELELE GROUP

Will resume in May
Call Bonnie for more information;
651-769-7414



QUILTING GROUPS

JAMS - JAMMAS ARE MY SPECIALTY

Join this talented group of individuals that love to sew! They make pajamas, t-shirts and sweatpants for anyone in need. Most of the articles are made from donated material. For more information, please call the Senior Center.

Thursdays | Time: 11am-3pm
Site: King of Glory Lutheran Church,
10103 University Avenue NE, Blaine, MN

FRIDAY QUILTERS

Fridays | 9-11am | FCC-Room 116

CAMPAIGN OF CHEER

This volunteer group makes wheelchair/walker caddies, lap robes, and blankets for children at the Ronald McDonald House, battered women's shelter, and veteran's home. New members always welcome.

Mondays | 8:30-11am | FCC-Room 114/116

SNOWFLAKE STITCHERS

Join the Snowflake Stitchers as they expand to include Quilts of Valor in their repertoire. They meet the 3rd Thursday of the month 9am-4pm in Room 116.

Join them for a morning of quilting and an afternoon meeting each month. Stitchers working on any projects are welcome!

3rd Thursday | 9am-4pm | FCC-Room 116

SPECIAL EVENTS

LANDMARK TRAVEL SHOW FCC-109

Join us as Landmark Tours presents an array of unforgettable travel experiences. A local, family-owned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe motorcoach transportation, and the services of a professional Tour Manager. Discover your next adventure! Plenty of travel adventures to Ireland, Italy, Niagara Falls, Grand Cayon, Cape Cod, Canadian Rockies, Alaska, and more!



Cost	Class #	Day	Dates	Time
Free	6250	Thursday	Feb. 9	1:00-2:30pm

MARDI GRAS CELEBRATION -

FCC Community Rooms

Join us for the annual Senior Center Mardi Gras Celebration! Blackjack, BINGO, beads, and more! Come win prizes and have a great time with friends!



Cost	Class #	Day	Dates	Time
\$2	6261	Tuesday	Feb. 21	1-3pm

FRIDLEY SENIOR PROGRAM

SINNERS & SAINTS TOUR

We'll head to the Landmark Center in St. Paul and meet our costumed Gangster Tour Guide for a 90-minute tour. Imagine that you're living in St. Paul's tumultuous era of prohibition and gangsters. Your Gangster Guide will enhance the experience as they adopt the personae of the infamous gangsters who resided in St. Paul during the 1930s and whose path took them (perhaps unwillingly) into the Federal Court House (now Landmark Center). Guides tell of their "lives as gangsters" and how the criminal justice system functioned during that era. Told with humor, accuracy and liveliness, this tour educates about the life and times of people like "Ma" Barker, Alvin "Creepy" Karpis and more. After our tour we will head to Kéy's Café for a delicious luncheon portion turkey dinner, with all the fixings, and dessert. Our next stop is a guided tour of the St. Paul Cathedral, recognized as a historical landmark. After the tour, we can visit the space at own pace, and stop by gift Kiosks to purchase a memento of your visit.

Cost	Class #	Day	Dates	Time
\$97	6262	Thursday	Feb. 16	8:30am-3pm

Register by: Friday, January 13th

MEMPHIS AND THE MEANTIMES *Ives Auditorium*

Join us to see MEMPHIS AND THE MEANTIMES at Ives Auditorium! This band is a celebration of the music that changed the world from Sun Records and the Grand Ole Opry. Featuring songs from Cash, Haggard, Lewis, Orbison, Elvis and many others, MEMPHIS AND THE MEANTIMES have been thrilling audiences for years by providing them with an 8-piece powerful presentation. Featuring the talents of Dan Neale, Lisi Wright, Ben Kaplan, Peter Guertin, John Wright and vocals by Cate Fierro, Shalo Lee, Mick Sterling and from time to time very special guest vocalists, MEMPHIS AND THE MEANTIMES is a joyful noise celebrating the best of American popular music. Participants will also have the opportunity to visit the Masonic Museum and Library on the second floor prior to the show.

Lunch will be served buffet style prior to the show in the Ives Auditorium dining room and feature BBQ favorites. Note: some stairs may be required based on seating. Bus will pick-up participants at the Fridley Community Center.

Cost	Class #	Day	Dates	Time
\$97	6263	Wed	March 22	Bus pick-up 10:30am

Register by: February 19

INSTRUCTIONAL COURSES

DEFENSIVE DRIVING REFRESHER – FCC Room 109

Now you can renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test. Senior discount already applied.



These classes are all in person. Please wear a mask in the hallways – you may remove upon entry to the classroom. Active participation in the class is expected. A certificate will be issued upon completion of the course.

Cost	Class #	Day	Dates	Time
\$30	6202A	Thurs	Jan. 19	1-5pm
\$30	6202B	Thurs	Feb. 16	1-5pm
\$30	6202C	Thurs	March 16	1-5pm

Fridley Community Theatre's Dinner Show Production of



by
Mark Dunn

Tickets available online at
www.FridleyCommunityTheatre.org
or calling Fridley Community Center at 763-502-5100

Dinner Show \$35
February 10, 11, 16, 17
Dinner at 6 pm
Performance at 7 pm

Dessert Only Show \$20
February 18
Performance at 2 pm

Fridley District Auditorium
6000 West More Lake Drive

"Belles" is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.
www.concordtheatricals.com

EVENT SERVICES & RENTALS

LOOKING FOR A PLACE TO HOST YOUR NEXT EVENT?

Rental opportunities are available through Fridley Event Services. Our facilities are an excellent option for any group large or small!

Whether you are planning to host a conference, banquet, meeting, training, private party, performance (theatre, dance, and concert) or athletic event we have the space that is right for you! Our facilities are conveniently located, easily-accessible and fully serviced.

We can accommodate groups looking for a location to meet once, weekly, monthly, or annually. Our service stands out because of the personal attention our customers receive in all phases of the planning process as well as during and after their event.

Our goal is to partner with you in each stage of the planning process to ensure your event is the absolute best it can be!

FACILITY AMENITIES

Our facilities include the following amenities:



LCD PROJECTION
EQUIPMENT & SCREEN



WIRELESS MICROPHONES



SOUND SYSTEM



HIGH SPEED,
WIRELESS INTERNET

ATHLETIC FACILITIES

GYMNASIUMS AT FRIDLEY HIGH SCHOOL

- Main gym with seating for up to 500
- Concession Area
- Auxiliary gym
- Locker room facilities available

GYMNASIUMS AT FRIDLEY MIDDLE SCHOOL

- Main gym with seating for up to 200
- Auxiliary gym
- Locker room facilities available

THE POOL AT FRIDLEY MIDDLE SCHOOL

- Available for private parties & events
- Lifeguards on duty

TENNIS COURTS AT FRIDLEY HIGH SCHOOL

- 6 courts available
- Reasonably priced

ATHLETIC FIELDS

- Football fields
- Soccer fields
- Baseball fields
- Softball fields
- Multi-use green space
- Reasonably priced

FRIDLEY EVENT SERVICES

BOOK YOUR NEXT EVENT
WITH FRIDLEY EVENT SERVICES!

CONTACT

INFORMATION, TOURS, AND BOOKINGS

For information, to schedule a tour, or to book a facility, please contact:

CHRISTINE HAUBACH

Facilities & Events Coordinator
763-502-5104

christine.haubach@fridley.k12.mn.us

FOR PRICING & BOOKING

www.fridleyeventservices.com
763-502-5104

LOCATIONS

FRIDLEY COMMUNITY CENTER (FCC)

6085 Seventh Street NE,
Fridley, MN 55432

*Conveniently located one mile
north of Hwy 694 on 61st Ave NE*

FRIDLEY HIGH SCHOOL

6000 West Moore Lake Drive,
Fridley, MN 55432

*Conveniently located 1/2 mile north
of Hwy 694 on West Moore Lake Drive*

FRIDLEY MIDDLE SCHOOL

6100 West Moore Lake Drive,
Fridley, MN 55432

*Conveniently located 3/4 mile north
of Hwy 694 on West Moore Lake Drive*

EVENT SERVICES & RENTALS



DISTRICT AUDITORIUM & THEATER

FRIDLEY DISTRICT AUDITORIUM AT FRIDLEY HIGH SCHOOL

- Seating for up to 715
- Proscenium stage with full fly loft
- Orchestra pit
- Lighting and sound system
- Ideal for seminars, conferences, weddings, religious gatherings, musical and theatrical productions

BANQUET SPACE & PARTY SPACE COMMUNITY ROOMS AT FCC

- Multi-purpose room, ideal for meetings, workshops, banquets/award events.
- Audio/Visual equipment
- Seating for up to 150
- Access to outdoor patio space

TIGER TERRITORY (LOWER LEVEL) AT FCC

- Multi-purpose room ideal for birthday parties, showers and small receptions.
- Audio/Visual equipment
- Seating for up to 75

THE GYM AT FCC

- Multi-purpose room ideal for banquets/award events at Fridley Community Center
- Audio/Visual equipment
- Seating for up to 150

THE CAFE AT FRIDLEY MIDDLE SCHOOL

- Multi-purpose room ideal for banquets/award events
- Audio/Visual equipment
- Seating for up to 200

THE CAFE AT FRIDLEY HIGH SCHOOL

- Multi-purpose room ideal for banquets/award events
- Access to beautiful outdoor courtyard space
- Audio/Visual equipment
- Seating for up to 225

CONFERENCES & MEETING ROOMS

FRIDLEY COMMUNITY CENTER

- Meeting facilities for 10-150 with breakout rooms available.
- Flexible spaces to accommodate varying group sizes and activities.



Join the Fridley Public School District team today!

Open roles include:

- Special Education Teacher (multiple)
- Media Clerk Long Term Sub
- Occupational Therapist
- Paraeducator (multiple)
- Water Safety Instructor
- Technology Assistant position
- Cook 4 hr/day Fridley High School
- Math Teacher Long Term Substitute
- School Social Worker
- AND MORE



SCAN TO LEARN
MORE ABOUT
THE AVAILABLE
POSITIONS!

Apply now at fridleyschools.org/jobs

YOUTH ENRICHMENT

ENRICHMENT

SAFeway DRIVER'S EDUCATION – FHS - Rm 171

Learn how to drive with Safeway Driving School. Classroom and behind-the-wheel lessons emphasize defensive driving techniques tailored for the inexperienced teen driver while targeting to influence the invincible teen attitude.



Classroom instruction prepares the student to take the Minnesota permit test and behind the responsibility of driving. The 30 hours of classroom is structured into 10 dependent lessons. Students can take the class at age 14, but cannot take their permit test until age 15.

After class is completed, students who are 15 are eligible to take their permit test. The permit test is not provided during the class. No class January 16.

Class #	Days	Dates	Time
2240	Mon-Thurs	Jan. 9-25	3:15-6:15pm

Cost
Pay in full: \$385 Includes classroom and behind-the-wheel lessons.
Payment Plan: \$215 payable to Fridley Schools at time of registration & \$170 payable to Safeway for behind-the-wheel lessons.

HEY GIRL (GRADES 5-8) –

FCC: Tiger Territory (lower level)

Hey Girl (Growing, Independent, Responsible Leaders) is for girls ages 10-13. Hey Girl provides a safe and fun space where girls can have freedom of expression. The girls will build long-lasting friendships and share similar experiences. Daily group activities will center around leadership and community building while exploring who we are as middle schoolers and who we want to be in high school. Hey Girl helps to explore and expand all possibilities while having fun and taking on responsibilities. Sign up TODAY! After school snack provided. Journal books and club activity materials included. No class April 3 & 5.



Cost	Class #	Day	Dates	Time
Sliding	2201	Mon/Wed	Feb. 13- May 10	3:15-4:30pm

CHESS CLUB (GRADES K8) – FCC-Rm 114

Challenge yourself! Exercise your brain! Impress your opponents and increase your IQ while having fun playing chess. Learn from Twin Cities Chess Club instructors who have years of teaching experience. All chess levels are welcome!

Cost	Class #	Day	Dates	Time
\$72	2210	Fridays	Feb. 3 - Mar 10	4:15-5:15pm

TWISTY TURNS RUBIK'S CUBING (GRADES 6-8)

– FCC- Tiger Territory

C.U.B.E! Compete, Upgrade, Build, Explore! Compete in 2x2, 3x3, pyraminx, and skewb if you are an intermediate to advanced solver. Come prepared to win fabulous prizes! Upgrade your skills through provided packets and free puzzles. Build mosaics, custom cubes, or a LEGO Spike Prime Rubik's Cube Solving robot. Explore bluetooth Rubik's cubes and cubing games!

Cost	Class #	Day	Dates	Time
\$100	2211	Tue	Jan. 17 - Mar 7	3:15-4:15pm

TWISTY TURNS RUBIK'S CUBING (GRADES 2-5)

– FCC- Tiger Territory

Hosted by a Rubik's speed cuber/official Rubik's ambassador, this course provides opportunities for all skill levels to C.U.B.E! Compete, Upgrade, Build, Explore! Compete in a variety of cubing games. Upgrade your Rubik's knowledge with provided resources and instruction in the fundamentals. Build your cube collection as each participant is provided cubes. Explore a variety of twisty puzzles from no-brainers to brain-busters.

Cost	Class #	Day	Dates	Time
\$100	2212	Tue	Jan. 17 - Mar 7	4:15-5:15pm

Free Family Movie Night



Friday, January 6 Friday, March 3 Friday, April 14

Fridley Community Education

presents FREE Family Movie Night at the Fridley District Auditorium

Doors open at 6:30. Movie starts at 7 pm.

Concessions are available for \$1 each. Cash Only. Youth age 14 and under must be accompanied by parent/guardian.

Any questions, please call 763-502-5100.

SPORTS & FITNESS

MY LITTLE HORSE DAY CAMP (AGES 2-5) –

Boulder Pointe Equestrian Center

This 2 hour camp is designed for adults and children. The kids will get to ride a horse, find out about the different horses at the Boulder Pointe Equestrian Center, and how to groom them, all with a focus on safety. Campers will also make horse treats to feed their new friends and will also do an art project. Camps are held rain or shine. Students should dress for the weather and bring a water bottle. One parent is allowed to attend with child.



Cost	Class #	Day	Dates	Time
\$64	2220A	Sat.	Jan. 14	12:00-2:00pm
\$64	2220B	Sat.	Feb. 11	12:00-2:00pm
\$64	2220C	Sat.	March 11	12:00-2:00pm
\$64	2220D	Fri	March 17	12:00-2:00pm

HORSE BACK RIDING SINGLE DAY CAMP

(AGES 6-17) – *Boulder Pointe Equestrian Center*

Spend the day learning how to ride a horse, including balance and control in the saddle, leading and in-hand work. Other activities include braiding a horse's mane, groom, play horse tag and help feed, water and care for horses. Parent/guardian required to drop off and pick up at Boulder Pointe Equestrian Center. Students should dress for the weather and bring a lunch, snacks, and water.



Cost	Class #	Day	Date	Time
\$109	2270A	Mon	Jan. 2	9:00-3:00pm
\$109	2270B	Mon	Jan. 16	9:00-3:00pm
\$109	2270C	Fri	Jan. 27	9:00-3:00pm
\$109	2270D	Mon	Feb. 20	9:00-3:00pm
\$109	2270E	Fri	March 10	9:00-3:00pm
\$109	2270F	Mon	March 13	9:00-3:00pm
\$109	2270G	Wed	March 15	9:00-3:00pm
\$109	2270H	Mon	March 20	9:00-3:00pm
\$109	2270I	Fri	March 24	9:00-3:00pm
\$109	2270J	Fri	March 31	9:00-3:00pm

CONQUER NINJA REC TEAM (AGES 6-13) –

Conquer Ninja Blaine

Our Conquer Rec Team is designed for youth ages 6-13, beginner to intermediate levels. This Rec team is great for those just starting their ninja journey or those looking to start competing!



We will have weekly practices, all in house, with the same group of kids. In house gym competitions will be the 4th & 8th weeks.

All classes are held at Conquer Ninja Blaine, 1467 101st Avenue NE, Blaine, MN 55449. *In-house competitions will be January 26 & February 26.

Cost	Class #	Day	Dates	Time
\$185	2747	Sun	Jan. 8- Feb. 26	6:30-7:30pm

NON-SCHOOL DAY ACTIVITY: UNLIMITED FUN OBSTACLE COURSE (GRADES K-5) –

FCC: Gym

Get ready for a fun-filled fitness journey with us. Have a blast with a variety of different fitness based activities and fun games and jumping challenges and loads of FUN! Learn balance, flexibility, agility, coordination, speed and sports-manship. Creativity will be encouraged throughout the class in a safe and fun environment with upbeat music. At the end, relax with a quick mindfulness activity.

Cost	Class #	Day	Dates	Time
\$35	2746	Fri	January 27	2:00-3:00 PM

NON-SCHOOL DAY: MBP INTRO TO BOULDERING (AGES 6-12) –

Minneapolis Bouldering Project

Bouldering engages kids in their practice of climbing movement and bouldering. In the Minneapolis Bouldering Project's Intro to Bouldering class, participants will learn to work through challenges and support one another through age-appropriate games and activities. Our facilitators teach a variety of techniques including careful footwork, and efficient energy use as well as social emotional learning involving risk management, grit, and teamwork.

Cost	Class #	Day	Dates	Time
\$25	2745	Mon	February 20	10am-12pm

YOUTH ENRICHMENT

WINTER CHEER CLINIC (GRADES K-5) –

FHS: Wrestling Area

Join the Fridley High School Cheerleaders for a cheerleading clinic. Participants will learn motions, jumps, cheers, and stunting. These cheer elements will be used to create a short routine that will be performed at half-time during the Friday, February 24 Varsity Basketball game. **Please register by February 3 if you would like the t shirt. Registrations after February 3 may not be guaranteed a t shirt.**



Cost	Class #	Day	Dates	Time
\$25	2810	Sat	February 18	1:00-4:00 PM

LANGUAGE

MI HIJO Y YO LEEMOS (GRADES K-2) –

FCC: Room 114

Hablan español en su casa? Quiere que su hijo aprenda a leer y escribir en español pero no sabe como empezar? Vengan a juntarse con nosotros! Este grupo es para niños de 5-8 años (k-2 grado) y sus papás. Leeremos libros en español juntos y los padres harán actividades junto con sus hijos que ayudarán a los niños con su lectura y ortografía en español.

This parent/child class will focus on literacy in Spanish for K-2 grade children whose home language is Spanish. Children will have the opportunity to “play” with Spanish with other Spanish-speaking children and their parents, and the guided activities in class will give parents ideas for continuing to help their child learn to read in their native language.

Cost	Class #	Day	Dates	Time
\$10	2300	Tue	Jan. 10- Mar. 28	5:45-6:45pm

FRIDLEY AREA: JUST FOR KIX!

At Just For Kix, kids shine!

We celebrate the achievements of all students. Focus is on teamwork, technique, doing your best, having fun, and learning new routines!

Styles include kick, hip hop, jazz, lyrical, and more!

Most classes also include basic ballet technique.

Older classes will get the opportunity to compete, and all classes perform multiple times!



Proven company starting its' 42nd year of dance classes, our 20th year in Fridley! Come join our JFK family!

REGISTER ONLINE AT:

www.justforkix.com/danceclasses/fridley-mn



FRIDLEY PUBLIC SCHOOLS

The first and only school district in Minnesota to provide the full E-12 International Baccalaureate Continuum

Primary Years Programme
 Middle Years Programme
 Diploma Programme
 Career-related Programme

Ready to join our World Class Community of Learners?
Become a Fridley IB Scholar today!

Contact our Enrollment Office at 763-502-5081 to learn more and schedule a tour of our IB World Schools





Winter 2023 - Fridley Community Education Aquatics

SWIM CLASS DESCRIPTIONS

PRESCHOOL (AGES 3-4):

In this introductory class, students will learn to enter safely into the pool, to blow bubbles through their mouth and nose, to submerge their eyes, nose, and mouth in the water, to float on front and back, to use arm and leg actions, and water safety. Student/teacher ratio is 4:2.

LEVEL 1 - INTRODUCTION TO WATER SKILLS:

Swimmers learn to submerge mouth, nose, and eyes; float on front and back; swim on front and back using arm and leg action; tread water; and water safety. Students must be five years old to be in Level 1.



LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS:

Swimmers learn to jump from side of pool, roll over from front to back, tread water, swim on side, and swim on front and back using combined strokes.

LEVEL 3 - STROKE DEVELOPMENT:

Swimmers learn to jump into deep water, diving from kneeling and standing, survival float and back float, front and back crawl, and water safety.

LEVEL 4 - STROKE IMPROVEMENT:

Students will learn to swim under water utilizing the front crawl and backstroke open turns, survival swimming, treading water, and water safety. They will also learn the basics of these strokes: breaststroke, sidestroke, and butterfly.



LEVEL 5 - STROKE REFINEMENT:

These lessons teach further coordination and refinement of strokes. Swimmers learn the front flip turn, backstroke flip turn, breaststroke, butterfly, sidestroke, and water safety.

LEVEL 6 - SKILL PROFICIENCY/FITNESS SWIMMER:

These lessons refine the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances up to 100 yards. Students will swim to improve their fitness level as they refine their strokes.

LEVEL 7 - COMPETITIVE SWIMMER:

This course will focus on getting you prepared to take the next to step towards competitive swimming or get you ready for the next swim season. All competitive strokes will be taught and individual improvement will be the focus. We will work on competitive swimming skills like stroke techniques, endurance, starts, and turns.

FEMALE ONLY:

These lessons are reserved for those women who, due to religious considerations, require a female only environment for swimming. Levels of swim lessons will be assessed on the first day of lessons.

LOCATION

FRIDLEY MIDDLE SCHOOL POOL
6100 West Moore Lake Drive, Fridley, MN 55432

AQUATICS

WINTER 2023

DAYTIME LESSONS Saturdays
January 21 - March 11 (8 sessions)

Young Swimmer Lessons (Ages 6 months - 6 years old)

Class Time: 25 min	Group	Cost
10:30-10:55am	Parent/Child #3000A	\$55
11:00-11:25am	Preschool #3007A	\$55

Regular Lessons (Ages 5 and up)

Class Time: 40 min	Group	Cost
11:00-11:40am	Level 1 #3001A Level 2 #3002A	\$65
11:45-12:25pm	Level 2 #3002B Level 5/6 #3056A	\$65
12:30-1:10pm	Level 1 #3001B Level 2 #3002C Level 3 #3003A	\$65
1:15-1:55pm	Level 1 #3001C Level 3 #3003B Level 4 #3004A	\$65



EVENING LESSONS Tuesdays
February 21 - April 11 (8 sessions)

Young Swimmer Lessons (Ages 6 months - 6 years old)

Class Time: 25 min	Group	Cost
6:15-6:40pm	Parent/Child #3000B	\$55
6:45-7:10pm	Preschool #3007B	\$55

Regular Lessons (Ages 5 and up)

Class Time: 40 min	Group	Cost
6:30-7:10pm	Level 1 #3001D Level 3 #3003C	\$65
7:15-7:55pm	Level 2 #3002D Level 4 #3004B	\$65



EARLY CHILDHOOD FAMILY EDUCATION



We offer multiple classes and programs to meet the needs of you and your family!

WELCOME TO ECFE!

The Early Childhood Family Education (ECFE) program offers fun, interactive and educational activities to parents and children ages birth to five years. The goal of the program is to strengthen families and help parents and children grow and develop within a circle of support. Parents and children participate in fun activities that encourage learning. Parents participate in discussions led by a parent educator while their children play, learn and socialize with other children.

*The word “parents” includes all individuals who function in a parenting role – mothers, fathers, partners, grandparents and other relatives, foster parents, etc.

Come for your child... Stay for yourself!

ABOUT FRIDLLEY ECFE:

- ECFE welcomes all parents
- Our parent educators offer research-based information to our program participants and are always available to answer questions
- Our classes are fun and educational for both parents and children
- We offer parent discussions to connect parents to other parents in the community
- Parents can learn about community resources

ECFE/PRESCHOOL ADVISORY COUNCIL

Are you in an ECFE class? Do you come to the Creative Play Center? Or are you interested in becoming a community member? We invite you to join our Advisory Council.

The Advisory Council advises Fridley Community Education and advocates for its programs and community engagement. The council's input and planning has been looked upon to guide community needs and create events that welcome and support all Fridley families. The council meets once a month. All parents and community members are welcome! Please call Lila Mapp at 763-502-5143 for more information.



CONTACTS



DILELIA (LILA) MAPP
ECFE Coordinator
763-502-5143
Dilelia.Mapp@Fridley.k12.mn.us

MORA SLIFKA
ECFE Teacher, Early Childhood Screener
763-502-5157
Mora.Slifka@Fridley.k12.mn.us

All ECFE classes are held at the Fridley Community Center, 6085 7th Street NE, Fridley, MN 55432

“ I love being able to play with my child, and then go and learn and socialize with other parents. This is one of the best ECFEs! ”

Fridley ECFE Parent

REGISTER NOW!



SCAN ME

EARLY CHILDHOOD FAMILY EDUCATION



Schedule an Early Childhood Screening

Will your child be attending preschool this year? Is your child between the ages of 3 and Kindergarten? If you answer yes to either of these questions, then Early Childhood Screening is for your child!

Screening is a free and quick look at how your child is growing and developing. Ideally, the screening process serves children between the ages of 3 and 4, and is required before your child registers for Preschool and Kindergarten throughout the state of Minnesota.

Screening identifies possible learning or health concerns so that children can get the help they need before starting school.

Appointments are necessary!

To schedule a screening, please call 763-502-5111 or register online at: <https://fridley.ce.eleyo.com>

(Search for Early Childhood Screening in the search area for available appointments)

EARLY CHILDHOOD SCREENING WINTER 2023 DATES

January 3	11am-6pm	February 22	9am-4pm
January 4	9am-4pm	February 23	10am-5pm
January 5	10am-5pm	February 24	10am- 5 pm
January 6	9am-12pm	March 14	11am-6pm
January 25	9am-4pm	March 15	9am-4pm
February 21	11m-6pm	March 16	9am-4pm

HELP ME GROW

While all young children grow and change at their own individual rate, some children experience delays in their development. Help Me Grow is a group of service providers who work together providing free early intervention referral services for children birth to three-years-old. MN Children who qualify could be eligible for services in their home, child care setting, or school. Further resources are provided by calling **Anoka Area Help Me Grow Central 1-866-693-GROW (4769)** or go to helpmegrowmn.org to schedule and gain more information regarding a free screening.

WE'RE LOOKING FOR THE "NEW KIDS IN TOWN!" HOME VISITS

Fridley's Early Childhood program wants to support all families. If you have a new baby or have recently moved into the Fridley School District, we deliver a free baby bag for your new baby at the parent's request and provide information for the entire family on Early Childhood Family Education (ECFE) programs. We will also add your children to our district census to be sure you get the appropriate mailings as your child grows and nears school age.

Call us today at **763-502-5143** to let us know about the new baby and children of your household.

Is your child in the Census?

Sign up to receive information on our schools and programs. The Fridley School District uses the census information as we inform the community of our programs and schools. To put your child on the census please call the district's enrollment center at **763-502-5081**.

CREATING ACCESS TO ECFE CLASSES

Our goal is to serve as many families, especially new families as much as possible. In order for new families to have the opportunity to enroll in our courses we ask that you please only enroll for 1 class at this time. If you are enrolling more than 1 child you will need to do multiple enrollments per child. All of our ECFE registrations are individual per child.

EARLY CHILDHOOD FAMILY EDUCATION

ECFE CLASSES

TODDLERS AND TWO'S NEXT STEPS! (12-36 MONTHS) 8 WEEK SEPARATING CLASS –

FCC: Rm 125/127

Toddlers and two-year-olds are full of energy during this busy age. Parents may find themselves searching for valuable resources to understand and address their child's growing development. Our parent educator will facilitate conversations on the joys and challenges of parenting a toddler while building their relationship with children at this age of development. Parent-child time will kick off each class, followed by an informal parent discussion led by a licensed parent educator exploring different topics like developmentally appropriate language, potty training, challenging behaviors and emotions, different parenting styles and much more! Children can explore the room under the supervision of an Early Childhood Teacher during that time with developmentally appropriate activities to support the child in their learning journey! No class February 21.



Class #	Day	Dates	Time
6630-W	Tues	Jan. 10- March 7	9:45am-11:45am
Cost			
Sliding Fee, Chart A (8 sessions, separating)			

CREATIVE PLAY CENTER - 8 WEEK NON-SEPARATING CLASS – *FCC: Rm 125/127*

Are you looking for someplace to go and something to do with your children? Fridley offers the Creative Play Center once a week for small pods of children birth-5 years old and their care giver. Join us for enriching activities including daily crafts, painting, sensory play, blocks, puzzles, and imagination centers. Large group circle time incorporates music, movement, and story time. Large muscle activities include outdoor play or the gym. No class January 16 and February 20.



Class #	Day	Dates	Time
6605-W	Mon	Jan. 9 - March 13	9:45am-11:45am
Cost			
Sliding Fee, Chart A (8 weeks, separating)			

MIXED AGE DAYTIME CLASS (0- 5 YEARS) 7 WEEK SEPARATING CLASS – *FCC: Rm. 125/127*

In this mixed age class, you will enjoy time with your children (birth to 5 years) exploring sensory, literacy, and social experiences. Parents will separate for a discussion focused on the joys and challenges of raising young children in a supportive atmosphere. Parent topics are led by a licensed parent educator to encourage self-confidence in parenting skills. Our licensed teachers will help your child develop in their social interactions and language through play with activities like play dough, painting, classroom exploration and many others. No class January 25 and February 22.



Class #	Day	Dates	Time
6610-W	Wed	Jan. 11- March 8	9:45am-11:45am
Cost			
Sliding Fee, Chart A (7 sessions, separating)			

THURSDAY NIGHT LIVE! (0-5 YEARS) – 8 WEEK SEPARATING CLASS – *FCC: Rm. 125/127*

In this mixed age class, you will enjoy time with your children (birth to 5 years) exploring sensory, literacy, and social experiences. Parents will separate for a discussion focused on the joys and challenges of raising young children in a supportive atmosphere. Parent topics are led by a licensed parent educator. No class February 23.



Class #	Day	Dates	Time
6615-W	Thurs	Jan. 12- March 9	6:00-7:30pm
Cost			
Sliding Fee, Chart A (8 sessions, separating)			

FRIDLEY ECFE

Serving parents and children from birth to five years

We offer many opportunities to learn and grow with your child!



EARLY CHILDHOOD FAMILY EDUCATION

ECFE EN ESPAÑOL (EADAES 0-5 AÑOS) CLASE POR SEPARADO – FCC: Rm 125/127

Nuestro objetivo es servir a tantas familias, especialmente familias nuevas tanto como sea posible. Para que las nuevas familias tengan la oportunidad de inscribirse en nuestros cursos, le pedimos que solo se inscriba en 1 clase en este momento. Si está inscribiendo a más de 1 niño, deberá hacer varias inscripciones por niño. Todas nuestras inscripciones ECFE son individuales por niño.

Clase en español ofrecida por el programa de Educación Familiar para la Niñez Temprana (ECFE, por sus siglas en inglés), para familias con niños recién nacidos y hasta los cinco años de edad.

Esta clase se divide en dos secciones. Durante la primera parte, los padres tendrán la oportunidad de interactuar o jugar con sus hijos con una gran variedad de actividades diseñadas especialmente para ellos. Durante la segunda mitad de la clase los padres asistirán a charlas enfocadas en la familia mientras los maestros se quedan a cargo de los niños, realizando una gran variedad de actividades educativas y jugando con sus otros compañeros. No hay clase el 16 de Enero, 20 y 23 de Febrero.

Class #	Day	Dates	Time
6625-W	Lunes	Enero 9- Marcha 13	1:00-2:30pm
6620-W	Jueves	Enero 12- Marcha 9	9:45-11:45am
Cost: \$10			

BOOK DISCUSSION CLASS (0- 5 YEARS) 8 WEEK SEPARATING CLASS – FCC: Rm 125/127

In this two-hour class, parents separate after the first hour for a discussion about the book: *All Joy and No Fun: The Paradox of Modern Parenthood* by Jennifer Senior. In *All Joy and No Fun*, award-winning journalist Jennifer Senior analyzes the many ways children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. Thousands of books have examined the effects of parents on their children. But almost none have thought to ask: What are the effects of children on their parents?

This class begins with parent/child group time, then a book discussion as parents and children separate into different rooms. Parent discussion is focused on the book *All Joy and No Fun: The Paradox of Modern Parenthood* by Jennifer Senior. Children will explore sensory, role playing, literacy, social experiences and positive approaches to learning with a licensed ECFE teacher during separation. No class January 27 and February 24.

Class #	Day	Dates	Time
6600-W	Fri	Jan. 13- March 17	9:45am-11:45am
Cost			
Sliding Fee, Chart A (8 sessions, separating)			

ATTENDANCE AT ECFE COURSES

It is extremely helpful for each family to communicate their absences to Lila (763-502-5143) or Mora (763-502-5157) if you know that you will be unable to attend an entire class, multiple and/or individual sessions. If you do not plan to return to a particular class, please inform Lila or Mora so we can add other families from the wait list. We appreciate your help ensuring that as many people as possible have access to ECFE courses.

SPECIAL EVENTS

GYM PLAYTIME (SPONSORED BY ECFE ADVISORY COUNCIL) – FCC: Gym

Are you looking for someplace to go and something to do with your children during the long months of winter. Join the ECFE Advisory Council for some low-key and casual play time for your children.

Class #	Day	Dates	Time
	Sat	February 25	9:30-11:00am
	Sat	April 15	9:30-11:00am
Free			



FRIDLEY PRESCHOOL

**Preschool
Registration
Night - Feb. 28**

5:30-7 PM at the FCC 2023-24 school year

Attend **Fridley Preschool Registration Night** to learn more about our 3- and 4-year-old International Baccalaureate World School Preschool.

Learn more at:
www.fridleyschools.org/preschoolregistration
Contact 763-502-5105 with questions.

CLASS REGISTRATION FORM

Class Number	Class Title	Price
		Total \$

Parent(s) Attending _____
 Address _____
 City _____ ZIP _____
 Home Phone _____ Work/Cell _____
 Email _____

Children Attending
 Name _____ Birthdate _____ Grade _____
 Name _____ Birthdate _____ Grade _____

Do you or your child have health or other special needs? _____

Do you need sibling care? Yes No

Are you a Fridley School District resident? _____

Payment Information: Check enclosed (payable to ISD 14)

Charge My: Visa MasterCard Discover

Card Number _____ Expiration Date _____ 3 Digit Security Code _____

Signature _____

SLIDING FEE SCALE ECFE CLASSES					SLIDING FEE SCALE 3-YEAR-OLD PRE-K (HALF DAY)			
Family Income	Separating			Sibling Care	Non-Separating	2022-23: 3-year-old Preschool		2023-24
	7 wks	8 wks	12 wks			7 wks	Family Income	
\$110,000 +	\$100	\$114	\$171	\$85	\$48	\$110,000 +	\$300/mo	\$325/mo
\$100-109,000	\$93	\$106	\$159	\$70	\$40	\$100-109,000	\$275/mo	\$300/mo
\$90-99,000	\$86	\$98	\$147	\$60	\$32	\$90-99,000	\$275/mo	\$300/mo
\$80-89,000	\$79	\$90	\$135	\$50	\$26	\$80-89,000	\$250/mo	\$275/mo
\$70-79,000	\$72	\$82	\$123	\$40	\$22	\$70-79,000	\$225/mo	\$250/mo
\$60-69,000	\$70	\$80	\$120	\$35	\$18	\$60-69,000	\$200/mo	\$210/mo
\$50-59,000	\$64	\$73	\$110	\$30	\$16	\$50-59,000	\$175/mo	\$185/mo
\$40-49,000	\$50	\$57	\$85	\$25	\$14	\$40-49,000	\$145/mo	\$155/mo
\$30-39,000	\$32	\$36	\$54	\$20	\$12	\$30-39,000	\$95/mo	\$100/mo
\$20-29,000	\$19	\$21	\$32	\$15	\$10	\$20-29,000	\$60/mo	\$65/mo
\$19,999 or less	\$10.00	\$10.00	\$10.00	\$10.00	\$8.00	\$19,999 or less	\$35/mo	\$35/mo
Chart A					Chart B	Chart C		



First and only International Baccalaureate program for 3- and 4-year-old Preschool in Minnesota

WELCOME TO FRIDLEY PRESCHOOL, AN IB WORLD SCHOOL!

Fridley Preschool is the only International Baccalaureate (IB) 3- and 4-year-old Preschool program in the state of Minnesota. Additionally, our school district is the first and only district in the state, and one of few in the nation, to offer the full PreK-12 IB Continuum to all students.

Here at Fridley Public Schools, we focus on developing the whole child, and that starts with our district's earliest learners. Both 3- and 4-year-old preschool programs are designed to provide your child with the necessary learning experiences to prepare for kindergarten. Utilizing our transdisciplinary IB curriculum framework, your child will be a step ahead when it comes to "kindergarten readiness" and a holistic IB educational experience.

WHY CHOOSE FRIDLEY PRESCHOOL?

Our high quality Preschool Program has multiple options to meet your families needs. This includes low cost half-day 3-year-old, NO COST half-day 4-year-old, and scholarship eligible cost based 3 & 4-year-old full-day preschool.

- **IB Primary Years Programme**

Fridley Preschool is an International Baccalaureate (IB) World School that offers the Primary Years Programme (PYP). Founded on a philosophy that recognizes a child's natural curiosity, creativity and ability to reflect, the PYP generates a stimulating, challenging learning environment to nurture those assets and foster a lifelong love of learning in every child.

- **Caring and nurturing teachers**

Each classroom is led by a Minnesota Department of Education (MDE) licensed Early Childhood Educator. Your child will receive personalized attention as each class is capped at 20 students with a teacher and classroom assistant in each classroom.

- **Parent Aware Four-Star Rating**

Fridley Public Schools is proud to offer a 4 Star Parent Aware rated Preschool Program to help prepare your child for school success.

- **High-quality and Aligned Curriculum**

Our preschool curriculum has been written to encompass several areas of inquiry and is aligned with Minnesota's Early Childhood Indicators of Progress (ECIPs). The ECIPs are Minnesota's early learning standards that provide a framework for developmentally appropriate expectations from birth to kindergarten. They also align to the Minnesota Kindergarten Academic Standards.

CONTACT

Preschool Program Questions:

KATIE BROWN

Secretary (half-day)
763-502-5105

JORDAN WRIGHT

Secretary (full-day)
763-502-5107

4-year-old enrollment:

LORI O'DOWD

Enrollment Coordinator
763-502-5081

Additional contacts:

KELLY MCCONVILLE

Principal of Alternative Services
763-502-5101 (half-day)

STEPHEN KEELER

Community Education Director
763-502-5106 (full-day)

KARIN BECKSTRAND

Preschool IB PYP Coordinator
763-502-5117 (half-day)

SALLY LEONE

Childcare Coordinator
763-502-5135 (full-day)

Preschool Location:

Fridley Community Center

6085 7th Street NE
Fridley, MN 55432

An International Baccalaureate World School



2022-23 SEMESTER 2 AM & PM SESSION SEATS OPEN

Dates: Jan 30 - June 8 **Time:** 8:15-11 am 12-2:45 pm

Secure your child's entry point into our Fridley Public Schools IB World Schools District!

Fridley Preschool is accepting new AM & PM session enrollments for Semester 2, which will run from January 30 - June 8. Families are able to register through our online portal at www.fridleyschools.org/enroll or visit us at the Enrollment Office, located in the Fridley Community Center, at 6085 Seventh Street NE. Office hours are M-F from 10 a.m. to 3 p.m.

REGISTER TODAY!

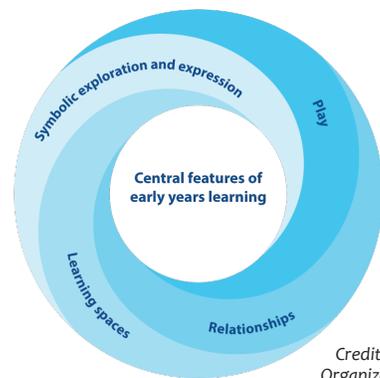
**Call 763-502-5081 or visit the
Enrollment Center, 6085 Seventh Street NE**

CENTRAL FEATURES OF FRIDLEY PRESCHOOL CURRICULUM

Fridley Preschool delivers a high-quality education to our students, focusing on Social and Emotional Learning, Mathematics, and Literacy. Your child will develop a love for learning while building a solid foundation for their educational journey.

The way teachers support learning in the early years of the IB PYP Programme are by:

- Planning uninterrupted time for play
- Building strong relationships with students and their families
- Creating and maintaining responsive spaces for play
- Offering many opportunities for symbolic exploration and expression.



Credit: IB Organization

upcoming event:

FRIDLEY PRESCHOOL REGISTRATION NIGHT (2023-24 school year)

Tuesday, February 28, 2023 5:30 - 7:00 pm at the Fridley Community Center

Attend **Fridley Preschool Registration Night** to learn more about our 3- and 4-year-old International Baccalaureate World School Preschool. Staff will help to complete registration for your child and answer questions that you may have. For additional information, please visit www.fridleyschools.org/preschoolregistration or call 763-502-5105.

TRANSPORTATION PROVIDED!

NORTHWEST SUBURBAN INTEGRATION SCHOOL DISTRICT

Fridley Public Schools is a member of the **Northwest Suburban Integration School District**. Our 4-year-old preschool program is available via lottery application to all families who reside in NWSISD school districts: *Anoka-Hennepin, Brooklyn Center, Buffalo-Hanover-Montrose, ISD728 (Elk River Area), Fridley, Osseo, Rockford*. **Free bus transportation is provided.**

Families are required to complete and submit an NWSISD online application. The priority application time period starts mid-October and goes through December 31. NWSISD will conduct a lottery based on its policies and procedures if the number of applicants exceeds the number of available seats. For more information and to submit an application, go to www.nws.k12.mn.us.

3- & 4-YEAR-OLD CLASS OPTIONS

2023-24
school year



3-YEAR-OLD PRESCHOOL CLASS OPTIONS

Children must be 3 years old on Sept. 2, 2023. Your child must fall into the birthdate range of: Sept. 2, 2019 - Sept. 1, 2020.

Class Options:	
AM SESSION	Monday - Thursday Mornings 8:15 - 11:00am 9 monthly payments of \$300/mo or \$2700 annually A Sliding Fee Scale is also available. See page 27.
PM SESSION	Monday - Thursday Afternoons: 12:00 - 2:45pm 9 monthly payments of \$300/mo or \$2700 annually A Sliding Fee Scale is also available. See page 27.
FULL DAY OPTION	Monday - Friday Full Day: 7:30am - 4:30pm \$345 per week Needs-based scholarships available

To Register:

To register, you must submit an application:

- Online at: <https://fridley.ce.eleyo.com>
- By phone at 763-502-5105 with Visa/MasterCard/Discover
- In-person at the Enrollment Center in the FCC
- **For more information about half-day preschool** - Please call Katie Brown at 763-502-5105.
- **For more information about the full-day preschool option** - Please call Jordan Wright at 763-502-5107.

You must submit all required documents listed below:

- Child's original birth certificate
- Up-to-date immunization records

4-YEAR-OLD PRESCHOOL CLASS OPTIONS

Children must be 4 years old on September 2, 2023. Your child must fall into the birthdate range of: Sept. 2, 2018 - Sept. 1, 2019.

Class Options:	
AM SESSION	Monday - Friday Mornings 8:15am - 11:00am No cost to families
PM SESSION	Monday - Friday Afternoons: 12:00pm - 2:45pm No cost to families
FULL DAY OPTION	Monday - Friday Full Day: 7:30am - 4:30pm \$275 per week Needs-based scholarships available

To Register:

- Online at: www.fridleyschools.org/preschoolregistration
- In-person at the Enrollment Center in the FCC
- **For more information about enrolling into our half-day preschool program** - Please call Lori O'Dowd at 763-502-5081.
- **For more information about the full-day preschool option** - Please call Jordan Wright at 763-502-5107.

You must submit all required documents listed below:

- Proof of address (driver's license, utility bill, rental/purchase agreement) OR Open Enrollment Form
- Child's original birth certificate
- Up-to-date immunization records
- Preschool screening documents if screened outside our district

Copies will be made of each document and originals returned to you.

Registration is not complete until we have received all of the above documents.



DOES YOUR 4-YEAR-OLD HALF-DAY STUDENT NEED BUS TRANSPORTATION?

Free transportation is provided for families within Fridley district boundaries and those who reside in the Northwest Suburban Integration School Districts, which include: Anoka-Hennepin, Brooklyn Center, Buffalo-Hanover-Montrose, ISD728 (Elk River Area), Fridley, Osseo, and Rockford.

LEARN MORE!

FULL DAY 3 - & 4-YEAR-OLD FRIDLEY PRESCHOOL

Get a Head Start on your First Steps!

LEARN MORE ABOUT OUR 2023-24 3- & 4-YEAR-OLD PRESCHOOL FULL DAY OPTION

Your child will be a step ahead in their educational journey with our full day Preschool program. We offer a great option for working families in need of full day care.

- **Hours:** 7:30 AM - 4:30 PM
- **Fridley Preschool** is seamlessly blended with **Tiger Club Childcare**, the district's high-quality and educational childcare program
- Students will receive **International Baccalaureate (IB) Licensed instruction** and enjoy structured learning all day long
- Your child will be **Kindergarten-ready** and fully prepared for their next steps into elementary school
- **Tuition:** 3-Year-Old - \$345 per week; 4-Year-Old - \$275 per week; Needs-based scholarships are available for 3- and 4-Year-Old options



Register Today!

Please contact Jordan Wright at **763-502-5107** to learn more about the Full Day Preschool option!

TIGER CLUB CHILDCARE



High-quality Fridley School District Childcare program for students in K-6

WELCOME TO FRIDLEY TIGER CLUB SCHOOL-AGE CHILDCARE

Located within the Fridley Community Center, our program offers before-and-after care on school days, and all-day care on Non-School days to students K – Grade 6. Our School-Age-Care program is Minnesota School-Age Childcare Association (MnSACA) Accredited and Department of Human Services (DHS) Certified.

LEARNING & CURRICULUM

Tiger Club is an ideal place where students can explore their interests through fun and challenging activities designed to build confidence and foster independence in a safe, nurturing environment. Our program is choice-based and play-based, and our team creates a variety of games, crafts, experiments and much more in interest areas that include, art, literacy, math, science, dramatic play, and technology. Whether delivered in a classroom, gym, playground, or outdoors, our curriculum will give children opportunities to learn and grow in an engaging and informal way.



ABOUT OUR STAFF

Our staff are trained in “out of school time” curriculum planning, choice-based programming, child development, active supervision, CPR, and First Aid. A staff to child ratio of 1:15 or less is maintained at all times to provide small group and individual attention. Staff build one-on-one connections with students and work to support each child’s individual social emotional growth.



CHILDREN WILL ENJOY:

- Daily Gym and/or Playground time
- Daily Creative and Dramatic Play
- Daily planned activities to choose from incorporating art, literacy, math, science, and much more
- Seasonal Community Service projects
- Daily Meals: Breakfast & Snack (Plus Lunch on Non-School Days)
- Fieldtrips and/or On-site presenters on Non-School Days
- Annual Special Events & Parent Engagement opportunities

CONTACT

For more information or questions regarding Tiger Club School Year, contact:

JORDAN WRIGHT
Tiger Club Secretary
763-502-5107
jordan.wright@fridley.k12.mn.us

LOCATION:

Fridley Community Center
6085 7th Street NE,
Fridley, MN 55432

REGISTRATION

REGISTER ONLINE AT:

<https://fridley.ce.eleyo.com>

New registrations are required every season. Registrations are accepted first come; first serve regardless of prior season attendance.

Watch for Summer 2023 enrollment in our Spring/Summer 2023 Catalog.

School Year 22-23 enrollment remains open until May 1st.

(New contracts are accepted based on space availability)

WELCOME TO

FRIDLEY TIGER CLUB

SCHOOL YEAR 2022-23

TIGER CLUB SCHOOL-AGE CHILDCARE



Welcome to **Fridley Tiger Club School-Age Childcare**! Located within the Fridley Community Center, our program offers before-and-after care on school days, and all-day care on Non-School days to students K – Grade 6. Our School-Age-Care program is Minnesota School-Age Childcare Association (MnSACA) Accredited and Department of Human Services (DHS) Certified.

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- Seasonal Community Service projects
- Daily Meals: Breakfast & Snack (Plus Lunch on Non-School Days)
- Fieldtrips and/or On-site presenters on Non-School Days
- Annual Special Events & Parent Engagement opportunities

REGISTER ONLINE: <https://fridley.ce.eleyo.com>

SPACE IS LIMITED: Register early to begin the first week of school!

New registrations are required every school year, registrations are accepted first come; first serve regardless of prior season attendance.

Once School Year begins, new contracts are accepted based on space availability!



SCAN ME

For information or questions regarding Tiger Club School Year, contact:

Jordan Wright (Tiger Club Secretary) at 763-502-5107 or jordan.wright@fridley.k12.mn.us

SCHOOL YEAR 2022-23 SEASON:

DAYS & DATES:

Monday through Friday; September 8 – June 8
*Closed and Non-School Days schedule available

HOURS OF OPERATION: School Days: 6:30 a.m. to School Start; School Release to 6:00 p.m.

Non-School-Days: 6:30 a.m. to 6:00 p.m.

REGISTRATION FEE: \$25 per child, required at time of registration. (Non-Refundable)

TUITION RATES:

Elementary Tuition:

- AM & PM - \$33 per day (Drop-In rate: \$44)
- AM or PM - \$20.50 per day (Drop-In rate: \$23.50)

Middle School Tuition:

- AM & PM - \$33 per day (Drop-In rate: \$44)
- AM ONLY - \$18.50 per day (Drop-In rate: \$21.50)
- PM ONLY - \$22.50 per day (Drop-In rate: \$25.50)

Non-School-Day Tuition:

- Full Day - \$50 per day (Drop In rate: \$61)

*We accept County Childcare Assistance Program (CCAP)

TUITION INCLUDES:

All daily activities, meals (Breakfast & Snack), and transportation to and/or from school on School Days; and all activities (including Fieldtrips) and meals (Breakfast, Lunch & Snack) on Non-School Days.

SCHEDULE OPTIONS:

- Consistent weekly set schedules ONLY
- Minimum of one (1) set scheduled day a week
- No “drop-in only” OR rotating schedules available
- Tuition is due each week regardless of attendance
- Non-School-Days not required; Separate sign-up

TRANSPORTATION:

On school days, children are escorted between the FCC and their attending school via the district’s Transportation department according to their weekly set schedule.



FRIDLEY COMMUNITY EDUCATION

6085 7th Street NE, Fridley, MN 55432 | 763-502-5107

HOW TO REGISTER



Online

Register online at:

<https://fridley.ce.eleyo.com>

If you need assistance in setting up your account, please call 763-502-5100.



Phone

Register by phone by calling

763-502-5100

with *Visa, MasterCard or Discover*



By Mail or In-Person

Register by mail or visit the Fridley Community Center in-person to register. Mail registration form to:

**Fridley Community Center
6085 7th Street NE,
Fridley, MN, 55432**

Office Hours:

Monday – Friday, 8:00 am – 4:00 pm



Fax

Fax your registration to us with your *MasterCard, Discover, or Visa* information. Fax to:

763-502-5140

DISTRICT POLICY

It is our policy not to discriminate on the basis of sex, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.



CLASS REGISTRATION POLICIES

FEES

Fees must accompany your registration. You may pay with cash, check (Please make all checks out to ISD #14), or Visa/MasterCard/Discover credit cards.

CANCELLATIONS

Fridley Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

REFUNDS

Refunds minus a \$5 processing fee will only be issued if requested one (1) business day prior to the start of the first day of class. No refunds will be given after a class has started. For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. Full refunds or credits are issued if Community Education cancels a class or tour, or the class or tour is already filled.

CLOSINGS DUE TO WEATHER

In case of bad weather, check the district's website at www.fridleyschools.org for the most current updates. You may also tune in to local media – broadcast, print and online for information on school closures. Classes are not held when Fridley schools are closed due to the weather.

SAFETY DISCLAIMER

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Fridley Public Schools (ISD#14) assumes no responsibility for injuries received during activities. Any changes in participants' current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

SPECIAL SERVICES

Persons with disabilities are welcome in any class or activity and may bring a helper at no extra charge in most cases (please call first). If you need a reasonable accommodation, please contact the Community Education Office at 763-502-5100.

CONFIRMATION

If you have an email address on file with us, you will receive confirmation. You may also call to confirm your registration. You will be called if the class is canceled or filled.

PHOTO AGREEMENT

Fridley Public Schools Community Education has my permission to use photographs of the person/s enrolled in the course in public releases and or information publications about the program. If you do not want pictures in public releases, you need to contact the Community Education office in writing at fridleycommunityed@fridley.k12.mn.us.

FEE ASSISTANCE

Residents of the Fridley School District who are unable to pay the full registration fee for classes may request fee assistance by calling 763-502-5100 or email fridleycommunityed@fridley.k12.mn.us. Some classes may not qualify for fee assistance or it may be limited. Students within the district on free or reduced lunch are eligible for reduced prices on most classes with proof of participation in the free or reduced lunch program.

UCARE DISCOUNT

UCare members may take up to a \$15 discount on most classes listed in our catalog. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and through the duration of the class(es). Members will need to include their ID number when registering. Classes that are not eligible for the discount include homeopathy, high risk activities (rock climbing, etc.), hypnosis, and personal trainers. UCare for seniors allows one discount per year.

SENIOR CITIZEN DISCOUNT

Community members 62 years and older may attend classes at 10% off of the regular fee unless otherwise noted. This discount does NOT apply to classes offered outside of Fridley or Fridley Senior Program Classes.



**Satisfaction
Guaranteed**

We are committed to providing high-quality Community Education programs and classes. Please call us if you are not satisfied with any Community Education class.



6085 Seventh Street NE.
Fridley, MN 55432

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ECRWSS POSTAL CUSTOMER



2023-24 school year

Fridley Preschool Registration Night

February 28, 2022 5:30-7 PM
at the Fridley Community Center

Attend **Fridley Preschool Registration Night** to learn more about our 3- and 4-year-old International Baccalaureate World School Preschool. Staff will help to complete registration for your child and answer questions that you may have.

Please be sure to have the following required documents with you when registering:

- Proof of address (driver's license, utility bill, rental/purchase agreement) OR Open Enrollment Form.
- Child's original birth certificate.
- Up-to-date immunization records.
- Preschool screening documents if screened outside our district.

Please note: Registration is not complete until we have received all of the above documents.

Do you have questions? Please contact 763-502-5105



LEARN MORE:
www.fridleyschools.org/preschoolregistration

