

South St. Paul COMMUNITY EDUCATION AND EARLY LEARNING



WINTER/SPRING 2023 PROGRAM CATALOG

Questions? Give us a call or stop in!

COMMUNITY EDUCATION

(651) 306-3632

100 7th Avenue North, SSP

EARLY LEARNING

(651) 457-9418

104 5th Avenue South, SSP

REGISTER ONLINE OR
IN PERSON

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

ECFE REGISTRATION
OPENS JANUARY 9



TriDistrict
COMMUNITY EDUCATION

WELCOME TO SOUTH ST. PAUL PUBLIC SCHOOLS

South St. Paul Community Education at Central Square Community Center (CSCC) is a place where our community can come together to learn, grow, and socialize! Come, explore, and see what CSCC has to offer!

Central Square Ammenities 3

55+ Programming

Senior Center	5
Social Trips/Events	6
Health & Lifestyle	9
Fitness	10

Adult Enrichment

Get Fit at Central Square	11
Personal Growth	16
Adult Basic Education	17
Adult and Student Performing Arts	18

Youth Enrichment

Babysitter and Driver's Education	19
Brain Builders	20
Imagine & Design.....	22
Gymnastics	24
Sports and Recreation	26
Kids' Choice- All Day Programming	28

DIRECTOR OF COMMUNITY EDUCATION AND EARLY LEARNING

Jeanne Zehnder

COMMUNITY EDUCATION:

Central Square Community Center
100 7th Avenue North, South St. Paul

Monday - Friday

5:00 am - 8:00 pm

Saturday

7:00 am - 2:00 pm

(651) 306-3632

<https://communityed.sspps.org>

Administrative Assistant:

Amy Trettel

Community Education Facilitator:

Linda Jacobs-Buse

Early Childhood and Family Education

South St. Paul Early Learning	29
About Early Learning	30
Parent-Child Classes	32
Familias Latinas	34
General Information	35
Registration Information	36
Early Childhood Screening	38
Community Preschool	39

EARLY LEARNING:

Family Education Center
104 5th Ave S, South St Paul

Monday - Friday

8:00 am - 3:30 pm

651-457-9418

ecfe@sspps.org

<https://earlylearning.sspps.org>

Early Learning Coordinator:

Kristen Weeks

Administrative Assistant:

Lu Campbell

CENTRAL SQUARE AMENITIES

PROGRAMMING AND REGISTRATION

All Community Education courses take place at Central Square Community Center unless otherwise noted. Registration for courses can be done online at <https://tridistrict.ce.eleyo.com/> or at the Central Square front desk.

FREE WI-FI

Wireless Internet access is available anywhere in the building. No password necessary.

NOTARY SERVICE

Monday - Friday 7:30 am - 4:00 pm

CANCELLATIONS/REFUNDS/INCLEMENT WEATHER

You will be notified by phone or email and given a refund if Central Square cancels a class or activity. Requests for cancellations and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline. If South St. Paul Public Schools is closed due to inclement weather or cold temperatures, Central Square will also be closed.

SWIMMING POOL

Central Square features an indoor pool with a diving board, large open swim area, and a portable tot dock for younger children. The pool begins at a depth of 4 feet and has a maximum depth of 12 feet, length is 25 yards.

Punch card valid for 10 daily admissions (valid for use at CSCC pool only)

\$35 adult (19-64) \$15 senior (65+)

Punch card valid for 30 daily admissions (valid for use at CSCC pool only)

\$70 adult (19-64) \$30 senior (65+)

Daily Rate

\$4 adult (19-64) \$2 senior (65+)

Free lap swim is available for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3:00 pm

Sat from 7:30 am-2:00 am

MEETING ROOMS

Central Square has room rentals available for meetings and gatherings. To inquire about room availability call 651-306-3632 or stop by the front desk.

VOLUNTEER OPPORTUNITIES

Adult Education Tutors - call Linda at 651-306-3632 or stop by the front desk for more information.





FREE TAKE 'N BAKE MEALS AT CENTRAL SQUARE

South St. Paul Community Education has partnered with Minnesota Central Kitchen, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners.

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

Who: All SSP residents

What: FREE meals - either single serve or family style (serves 4)

Where: Central Square - 100 7th Ave N, SSP

When: Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 12:30 pm while supplies last.

FARE FOR ALL

The Fare for All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Due to the COVID-19 emergency response environment distribution has been restructured. Fare for All is welcome to everyone. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit fareforall.org.

One Tuesday each month from 4:00 - 6:00 pm:

- January 17
- February 21
- March 21
- April 18

METRO DINING CARDS

Metro Dining Cards are available at Central Square for \$30/set. Each set has more than 60 cards to local restaurants, which allow you to buy one meal, get one free or 50% off your entree. The cards make great gifts. Stop by Central Square to purchase a set today!

55+ PROGRAMMING

SENIOR CENTER

South St. Paul Senior Center

The South St. Paul Senior Center promotes and provides opportunities in the area of socialization, recreation, education, and health to residents age 55 and up. For more information on these and other Senior Center programs, call 651-306-3632. The Senior Center hours: 7:30 am - 3:00 pm.

Become a Member

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square for only \$12/year. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+). Senior Board meetings take place at 9:30 am the second Wednesday of the month: January 11, February 8, March 8, April 12.

You do not have to be a member to participate in all events.

Ongoing Activities

Walk the Square

Come walk the Square – we're not big, but we are temperature controlled.

Monday - Friday (daily) 7:30 am - 3:00 pm

SSP Buzz

Join your neighbors for a cup or two of joe and get your local buzz of what's happening around the community.

Monday - Friday (daily) 8:30 - 11:00 am

Cribbage

The classic card/board game.

Mondays from 12:00 - 2:30 pm

Penny Bingo

Be the first to turn all your cards face down.

Mondays from 1:00 - 2:30 pm

Woodcarvers

Woodcarvers Group at Central Square is a social group, without formal instruction. Get together with others who share your hobby and learn from each other! Please bring your own tools and supplies.

Tuesdays from 9:00 - 11:00 am

Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed. Instructor Margaret Christians

Tuesdays from 10:30 - 11:30 am

Happy Feet

Happy Feet is scheduled the third Tuesday of the month. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. January 17, February 21, March 21, April 18.

9:00 am - 4:00 pm, \$45 - call for appointment 763-560-5136

Craft Day

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters, pick up a pointer or two, and maybe even start a new hobby.

Tuesdays from 1:00 - 3:00 pm

500 Cards

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wednesdays and Fridays from 11:30 am - 2:00 pm

Hand & Foot Card Games

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Thursdays from 1:00 - 3:00 pm



55+ PROGRAMMING

SOCIAL TRIPS

Around Town Sightseeing Tour

Enjoy a professionally narrated sightseeing tour of Minneapolis and St. Paul. See the birthplace of Minneapolis at St. Anthony Falls and the historic riverfront area. Hear about the milling industry and the “Mississippi Mile.” View the downtown Minneapolis buildings that create its ever-changing skyline including Target Center, Target Field, The Vikings Stadium and more. Drive past the Minneapolis Sculpture Garden, through the U of MN Campus, then Lowertown, learning the history of the city’s beginnings. See the St. Paul Saints Stadium, the magnificent St. Paul Cathedral, and the State Capitol. Continue the tour along St. Paul’s Summit Avenue, passing the Victorian mansions such as the James J. Hill House and the Governor’s mansion. After lunch, walk on your own to The Grand Ole Creamery and the Bread & Chocolate Bakery to purchase goodies or enjoy conversation over a second cup of coffee.

Lunch at Tavern on Grand: walleye basket (battered and deep-fried walleye filet) or the chicken basket (white meat, hand dipped in homemade batter). Both entrees are served with seasoned fries, close slaw and a beverage. Register by January 6.

Thurs, January 26
Bus departs Central Square at 9:30 am

\$87/ person
Includes transportation, lunch, and tour.

History Theater’s Root Beer Lady

Join us for St. Paul’s Minnesota History Theater performance, *The Root Beer Lady*, written and performed by Kim Schultz, directed by Laurie Flanigan Hegge. It is the story of the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters. Schultz’s solo performance reflects on the beauty and hardships of Molter’s solitary yet satisfying life, and pushes back against the premise that her time in the North Woods made her the “Loneliest Woman in America,” as the Saturday Evening Post claimed in 1952. Funny. Smart. Passionate. Dorothy Molter’s story will delight all, young and old. Kéy’s Café for lunch (included) Menu: luncheon portion turkey dinner, mashed potatoes and gravy, stuffing, vegetable, cranberries, bread, beverage and dessert. Register by December 30.

Thurs, February 9
Bus departs Central Square at 8:45 am

\$95/ person
Includes transportation, lunch, and tour.

Memphis and the Meantimes

Travel to the elegant jewel-box Gideon S. Ives Auditorium in the Heritage Center along the Minnesota River for lunch. Afterwards, enjoy the music of Memphis and the Meantimes Band. This is not “new” country - this is the stuff “new” country can only dream of being. Featuring songs from Cash, Haggard, Lewis, Orbison, Elvis and many others, Memphis and the Meantimes has been thrilling audiences for years by providing them with an 8-piece musical performance. Menu: BBQ ribs & chicken, beer cheese mac, southern style green beans, coleslaw, biscuits with honey butter, beverage, dessert. Register by February 17.

Thurs, March 23

Bus departs Central Square at 10:45 am

\$93/ person

Includes transportation, lunch, and show.

The Music of Bobby Darin at St. Cloud Paramount Theater

Spish Splash - The Music of Bobby Darin, starring Vegas entertainer Ron Gartner. Bobby Darin was a singer, songwriter, multi-instrumentalist, and actor in both film and television. He performed in a range of music genres, including jazz, pop, rock'n'roll, folk, swing and country. In this special show, Vegas entertainer Ron Gartner honors the Darin legacy; singing the songs of the swingin'-est guy who ever put on a tux. This show covers everything from Darin's rock 'n' roll days to the evening at the Copa. Finger-snappin' songs like “Mack The Knife,” “Dream Lover,” “Beyond the Sea,” “Artificial Flowers,” “If I Were a Carpenter,” “Clementine,” “That's All,” and many more! Lunch at Coyote Moon Grille Restaurant Menu: Entrée, popover, salad, side dish, beverage, and dessert. Register by March 17.

Tues, April 25

Bus departs Central Square at 9:00 am

\$96/ person

Includes transportation, lunch, and show.

Historic Fort Snelling and Sibley House

Arrive at Fort Snelling for a one hour & 45 minute self-guided walking tour at your own pace. Explore the results of two years of improvements at the new Plank Museum & Visitor Center and expanded outdoor learning opportunities, paved walking trails, river views and native plantings. Residing on the Dakota homeland Bdote, with history spanning 10,000 years, hear stories of the area and the wide histories of the peoples who lived here. Enjoy lunch at Axels River Grill. Next, tour the Sibley Historic Site, home to the oldest structures still standing in Minnesota. As the center of the fur trade and government during the tumultuous early days of statehood, hear stories of the time, first governor Henry Sibley, and the evolution of the MN Territory. Note: Be prepared for a considerable amount of walking from building to building. Wheelchairs do not fit through narrow doorways.

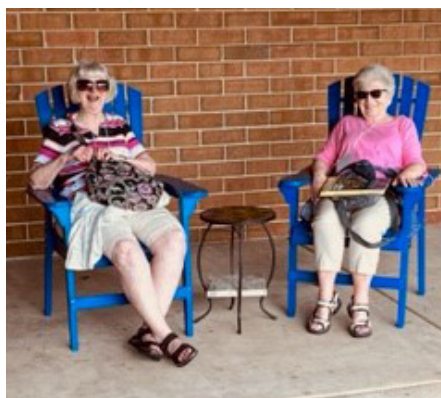
Choose when registering: 1) Steakhouse French dip sandwich & fries; 2) Walleye sandwich & fresh fruit; or 3) Wild rice soup & wedge salad. Register by May 12.

Wed, June 14

Bus departs Central Square at 9:30 am

\$93/ person

Includes transportation, lunch, and tour.



55+ PROGRAMMING

SOCIAL EVENTS

Out and About Lunches

11:00 am, Sign up at Central Square. Lunches take place after Senior Board meetings.

Wed, January 11	Houlihan's
Wed, February 8	Granite City
Wed, March 8	Axel's
Wed, April 12	Outback

Senior Socials

Free, but monetary donations are appreciated.

From 11:30 am - 1:00 pm

Thurs, January 19	Macaroni & Cheese
Thurs, February 16	Baked Potato Bar
Thurs, March 16	Corn Beef & Cabbage
Thurs, April 20	Brunch

Explore Dakota County's History Through Artifacts

The Dakota County Historical Society will use a variety of artifacts from their collection to explore the history of Dakota County. A variety of artifacts will be selected and brought in to include a short presentation on each artifact, followed by time for attendees to share their own experiences with each artifact. This event is free, but monetary donations are appreciated. Presenter: Matt Carter

Mon, March 27

11:00 am - 12:00 pm

Tour the Sibley Site

Visit the oldest Euro-American settlement in Minnesota where three distinctive limestone buildings grace the Minnesota River bluff across from Fort Snelling. These buildings mark the American Fur Company's control over the region's Dakota trade between 1825 and 1853, when Mendota was a major center of the region's fur trade. The tour will briefly explore a variety of topics that range from Native American history, to the fur trade and Minnesota's pioneering life through the houses and people that lived on the site. This event will meet at the Dupuis House on the corner of Sibley Memorial Highway and D Street.

Wed, April 12

\$6 donation at the door

9:45 - 11:00 am

Spring Fashion Show

Hosted by the Senior Center, the annual Spring Fashion Show features apparel, jewelry and handbags by TaylorMarie's Apparel. See our very own members modeling the season's current fashions. The clothes are fun, beautiful, fashionable and affordable! After the show enjoy a delicious lunch catered by Magnolias followed by dessert.

Wed, May 17

\$20/person

11:00 am show, 11:30 lunch





55+ PROGRAMMING

HEALTH & LIFESTYLE

Medicare Educational Presentation

Medicare is a government medical program offered to people 65 and over. However, it does cover individuals under 65 with certain medical conditions. Medicare doesn't cover "everything"! Discuss the differences between plans, how Medicare works, an overview of part D, and how to choose a Medicare plan. Presenter: Greg De Keuster.

Thursday, February 16
6:30 - 8:00 pm

Thursday, March 16
6:30 - 8:00 pm

Thursday, April 27
6:30 - 8:00 pm

Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts! Presenter: Colleen Fitsch.

Tues, January 17
10:00 - 11:00 am

Estate Planning Basics

Learn about Wills, Trusts, Powers of Attorney, and Health Care Directives. Learn how these documents take care of you during your life and after you pass away. Instructor: Chris Kradle

Wed, March 8
6:30 - 7:30 pm

Pre-Planning Cremation Seminar

We invite you to join us for a special informational seminar to learn how pre-planning for cremation services can help you protect your family in the future. Providing peace of mind ensures your wishes are respected and that those you leave behind are cared for in what surely is one of their most difficult times. Protect loved ones from the burden of having to make uncomfortable financial decisions during a stressful and confusing time. Pre-planning is a thoughtful and practical gift. Learn about: the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans' funeral benefits, social security, cremation options and costs, Medical Assistance and asset protection, and how to avoid common mistakes. All sessions are free. Presenter: Danielle Gore with National Cremation Society

Wed, January 18
11:00 am - 12:00 pm

Wed, May 17
11:00 am - 12:00 pm

55+ PROGRAMMING

FITNESS

Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness related activity once per day that will be covered by insurance. For example: one free fitness class or one free lap swim per day. Silver & Fit® members may take two Silver & Fit® fitness classes free per week or participate in lap swim ten times per month that will be covered by insurance.

Silver & Fit® Explore

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join! Instructor: Kim Befort. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Tues, January 3 - February 28

9:30 - 10:15 am

9 sessions, \$56.25 adult, \$22.50 seniors
Free for Silver & Fit® members

Tues, March 7 - April 25

9:30 - 10:15 am

8 sessions, \$50 adult, \$20 seniors
Free for Silver & Fit® members

Thurs, January 5 - February 23

9:30 - 10:15 am

8 sessions, \$50 adult, \$20 seniors
Free for Silver & Fit® members

Thurs, March 2 - April 27

9:30 - 10:15 am

9 sessions, \$56.25 adult, \$22.50 seniors
Free for Silver & Fit® members

Silver Sneakers® Cardio & Strength

This class is designed to focus on and increase flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance. Focused towards seniors 55+, but all are welcome to join! Instructor: Kim Befort. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Fri, January 6 - February 24

9:30 - 10:15 am

8 sessions, \$50 adult, \$20 seniors
Free for Silver Sneakers® members

Fri, March 3 - April 28

9:30 - 10:15 am

9 sessions, \$56.25 adult, \$22.50 seniors
Free for Silver Sneakers® members

NEW! Senior Circuit

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults. Instructor: Terie Hanson. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Mon, January 9 - February 27

(no class Jan 16 and Feb 20)

6:15 - 7:15 am

6 sessions, \$37.50 adult, \$15 seniors

Mon, March 6 - April 24

6:15 - 7:15 am

8 sessions, \$50 adult, \$20 seniors

Wed, January 4 - February 22

6:15 - 7:15 am

8 sessions, \$50 adult, \$20 seniors

Wed, March 1 - April 26

9:30 - 10:15 am

9 sessions, \$56.25 adult, \$22.50 seniors



ADULT ENRICHMENT

AQUATIC FITNESS

Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors 55+, but all are welcome to join! Instructor: Kim Befort. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Tues, January 3 - February 28
10:30 - 11:30 am

9 sessions, \$56.25 adult, \$22.50 seniors

Thurs, January 5 - February 23
10:30 - 11:30 am

8 sessions, \$50 adult, \$20 seniors

Fri, January 6 - February 24
10:30 - 11:30 am

8 sessions, \$50 adult, \$20 seniors

Tues, March 8 - April 25
10:30 - 11:30 am

8 sessions, \$50 adult, \$20 seniors

Thurs, March 2 - April 27
10:30 - 11:30 am

9 sessions, \$56.25 adult, \$22.50 seniors

Fri, March 3 - April 28
10:30 - 11:30 am

9 sessions, \$56.25 adult, \$22.50 seniors

Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water. Participants must be 19 years of age or older. Instructor: Kim Befort. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Wed, January 4 - February 22
6:00 - 7:00 pm

8 sessions, \$50 adult, \$20 seniors

Wed, March 1 - April 26
6:00 - 7:00 pm

9 sessions, \$56.25 adult, \$22.50 seniors

Open Lap Swim

The pool begins at a depth of 4 feet and has a maximum depth of 12 feet, length is 25 yards.

Punch card valid for 10 daily admissions (valid for use at CSCC pool only)

\$35 adult (19-64) \$15 senior (65+)

Punch card valid for 30 daily admissions (valid for use at CSCC pool only)

\$70 adult (19-64) \$30 senior (65+)

Daily Rate

\$4 adult (19-64) \$2 senior (65+)

Free lap swim is available for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3:00 pm

Sat from 7:30 am-2:00 pm

ADULT ENRICHMENT

GET FIT

Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the #1 fitness programs in the world. We have been providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class. Instructor: Julia Jugovich. To register go to JAZZERCISE.COM and look for Central Square.

Mon and Tues, 4:30-5:30 pm

Sat, 9:00 - 10:00 am

Class fee is \$59/month for unlimited Jazzercise classes

HIIT Boot Camp

Are you ready for some HIIT Boot Camp?! Come join us for a fun filled class with a combination of High Intensity Interval Training and Boot Camp moves and drills! This class will utilize a variety of equipment and will accommodate all fitness levels! Instructor: Michelle Richter. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Mon, January 9 - February 27

(no class Jan 16 and Feb 20)

5:30 - 6:30 pm

6 sessions, \$37.50 adult, \$15 seniors

Mon, March 6 - April 24

5:30 - 6:30 pm

8 sessions, \$50 adult, \$20 seniors

Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results. Instructors: Rita Wurm/Jina Digaetano. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Mon, January 9 - February 27

(no class Jan 16 and Feb 20)

6:30 - 7:30 pm

6 sessions, \$37.50 adult, \$15 seniors

Mon, March 6 - April 24

6:30 - 7:30 pm

8 sessions, \$50 adult, \$20 seniors

TRX® Suspension Training

This small group fitness class focuses on building on Foundational Movements (Plank, Pull, Hinge, Rotate, Push, Squat, and Lunge) using TRX Suspension Training Straps. Dana is a Yellow Ranked TRX Coach who will guide you in using suspension trainers and your own bodyweight to achieve an amazing workout. Instructor: Dana Schulte. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Mon, January 9 - February 27

(no class Jan 16 and Feb 20)

6:30 - 7:30 pm

6 sessions, \$37.50 adult, \$15 seniors

Mon, March 6 - April 24

6:30 - 7:30 pm

8 sessions, \$50 adult, \$20 seniors



Total Body

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going. Instructor: Kim Befort. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Tues, January 3 - February 28

5:15 - 6:15 am

9 sessions, \$56.25 adult, \$22.50 seniors

Wed, January 4 - February 22

4:30 - 5:30 pm

8 sessions, \$50 adult, \$20 seniors

Thurs, January 5 - February 23

5:15 - 6:15 am

8 sessions, \$50 adult, \$20 seniors

Tues, March 7 - April 25

5:15 - 6:15 am

8 sessions, \$50 adult, \$20 seniors

Wed, March 1 - April 26

4:30 - 5:30 pm

9 sessions, \$56.25 adult, \$22.50 seniors

Thurs, March 2 - April 27

5:15 - 6:15 am

9 sessions, \$56.25 adult, \$22.50 seniors

Cardio Kickboxing

This interval-based class combines fun kickboxing moves with energetic music for a high calorie burn and full body-sculpting workout. This class uses Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level. Instructor: Jina Digaetano. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Tues, January 3 - February 28

5:30 - 6:30 pm

9 sessions, \$56.25 adult, \$22.50 seniors

Tues, March 7 - April 25

5:30 - 6:30 pm

8 sessions, \$50 adult, \$20 seniors

Mat Pilates

This class uses both body weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Modifications are offered to accommodate all fitness levels. Please bring your own mat for class. Instructor: Dana Schulte 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Tues, January 10 - February 28

(no class Feb 7)

6:30 - 7:30 pm

7 sessions, \$43.75 adult, \$17.50 seniors

Tues, March 14 - April 25

(no class April 4)

6:30 - 7:30 pm

6 sessions - \$37.50 adult, \$15 senior

Tuesday Night Boot Camp

We will utilize a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome; come join the fun! Instructor: Dana Schulte 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Tues, January 3 - February 28

6:30 - 7:30 pm

9 sessions, \$56.25 adult, \$22.50 seniors

Tues, March 7 - April 25

6:30 - 7:30 pm

8 sessions, \$50 adult, \$20 seniors

Kettlebell-TRX® Fusion

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power, strength, flexibility, and balance while combining cardio drills and kettlebells. Instructor: Michelle Richter. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Wed, January 4 - February 22

6:30 - 7:30 pm

8 sessions, \$50 adult, \$20 seniors

Wed, March 1 - April 26

6:30 - 7:30 pm

9 sessions, \$56.25 adult, \$22.50 seniors

R.I.P.P.E.D.®

The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a one stop body shock-just what you're looking for! Instructor: Rita Wurm. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Thurs, January 5 - February 23
5:30 - 6:30 pm

8 sessions, \$50 adult, \$20 seniors

Thurs, March 2 - April 27
5:30 - 6:30 pm

9 sessions, \$56.25 adult, \$22.50 seniors

Yoga

Are you ready to inhale the future and exhale the past? Do you have a desire to increase your flexibility, build core strength and practice mindfulness and synchronized breath with movements? If so, please join us for an hour long yoga routine that will include basic yoga poses, music, and always the best part - a Savasana/final relaxation. Instructor: Rita Wurm. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Thurs, January 5 - February 23
6:30 - 7:30 pm

8 sessions, \$50 adult, \$20 seniors

Thurs, March 2 - April 27
6:30 - 7:30 pm

9 sessions, \$56.25 adult, \$22.50 seniors

Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun! Instructor: Dana Schulte. 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Fri, January 6 - February 24
6:00 - 7:00 pm

8 sessions, \$50 adult, \$20 seniors

Fri, March 3 - April 28
6:00 - 7:00 pm

9 sessions, \$56.25 adult, \$22.50 seniors

SSP Pound (ages 16+)

POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. POUND is for ANYBODY in ANY body! 1 day drop-in also available \$8 adult, \$4 seniors (65+).

Sat, January 7 - February 25
11:15 am - 12:00 pm

8 sessions, \$50 adult, \$20 seniors

Sat, March 4 - April 29
11:15 am - 12:00 pm

8 sessions, \$50 adult, \$20 seniors





Virtual Fitness Classes

You will need a free ZOOM account to participate in virtual fitness classes.

Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving. Instructors: Dana Schulte, Terie Hanson, and Rita Wurm.

Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress. Instructor: Terie Hanson.

Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation. Instructor: Terie Hanson.

Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises. Instructor: Terie Hanson.

Virtual Fitness Class Fees

1 time per week - \$20 per month

2 times per week - \$30 per month

3 times per week - \$40 per month

Unlimited - \$55 per month

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Cardio	9:00 am	8:30 am		8:30 am 6:00 pm		5:30 pm	8:00 am
Senior Strength Cardio					9:30 am		
Senior Yoga		9:30 am		9:30 am			
Yoga				5:00 pm	8:30 am		9:00 am



ADULT ENRICHMENT

PERSONAL GROWTH

Past Life Workshop

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity. Bring a notebook and pen for taking notes. Instructor: Lily McNamara

Tues, January 3
6:30 - 8:30 pm, \$45

Experiencing Auras

What is an aura? Why are they important? Come learn these answers and much more. In class you will experience seeing and feeling auras through various exercises. Feel where one stops and another begins as well as how an aura changes with emotion and intention. Bring a notebook and pen for taking notes. Instructor: Lily McNamara

Tues, February 7
6:30 - 8:30 pm, \$45

Meet Your Spiritual Guide Meditation

Have you ever wondered who has your back? Who can you turn to when there is no one? We all have Spiritual Guides who are there to help support us and protect us. Come and learn more about them. Through guided meditation meet one of your own spirit guides. There will be an opportunity to journal your experience, followed by a Q&A after the meditation. Instructor: Lily McNamara

Tues, March 7
6:30 - 8:30 pm, \$45

Basics of Mindfulness and Meditation

Do you think you're bad at meditation, that you just can't do it? Not true, you just haven't learned the right combination of technique and style. In class you'll learn what mindfulness is and how to achieve it. Also a solid foundation of what your personal style of meditation is for you through a series of exercises and experiences to compare and contrast. Instructor: Lily McNamara

Tues, April 4
6:30 - 8:30 pm, \$45

ADULT EDUCATION

IT'S NEVER TOO LATE TO LEARN



South Suburban Adult Education (ABE)

SSABE's mission is to provide adults in the TriDistrict Area of Northern Dakota County with educational opportunities to acquire and improve their literacy skills necessary to become self-sufficient and to participate effectively as productive workers, family members, and citizens. All classes are FREE. Classes are offered during the day and evening.

ENGLISH LANGUAGE LEARNERS (ELL) LEVELS PRE-LITERACY - 6

Learners are placed in the appropriate class level according to their goals and skill levels. In each class, teachers offer students a variety of learning activities and experiences to enhance their literacy, writing, speaking, and listening skills based on life skills, civics, and work related content.

ENGLISH LANGUAGE LEARNERS (ELL) ON-LINE CONVERSATION CLASS

Classes are leveled and meet twice a week. Students participate in large and small group conversations, work on their pronunciation, and gain confidence.

GENERAL EDUCATION DEGREE (GED)

Adult learners are prepared for next steps based upon their goals when entering the program. Learners are tested to determine levels of readiness and are guided towards their goals which may include, but are not limited to, obtaining a GED credential, entering college and training programs, securing a job and career advancement. Learners work closely with their teacher to complete the necessary steps to achieve their goal.

TESTS OF ESSENTIAL ACADEMIC SKILLS (TEAS) VI PREPARATION

We offer classes in collaboration with Inver Hills Community College to provide pre-nursing students with skill-building opportunities in the areas of reading comprehension, math, language usage, science and testing practice and preparation. Fall/ Winter Spring sessions.

HEALTHCARE CAREER PREP COURSE

This class will benefit individuals preparing for jobs or careers as: Nurses, Certified Nursing Assistants, Phlebotomists, Emergency Medical Technicians, Medical Lab Technicians, Other health science careers.

CIVICS/CITIZENSHIP CLASS

This class helps non-native speakers prepare for the citizenship process. This class will work on the following subjects: developing English language skills, learning about the N-400 form, civic content knowledge, and the citizenship interview.

To enroll in any SSABE courses stop by the Central Square front desk or call 651-306-3632.

Volunteer Opportunities

Adult Education is always looking for tutors to help our many students with their studies. If you are interested in volunteering, call Linda at 651-306-3632 or stop by the front desk for more information.



ADULT/YOUTH ENRICHMENT

PERFORMING ARTS

Instant Piano for Hopelessly Busy People(13+)

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-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home to take this course. This course 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 as well as a recording of the class. The course is partly lecture/demonstration and partly hands-on instruction. Topics included: How Cords in songs work, How to get more out of sheet music, how to form the three main types of cords, How to handle different keys and time signatures, how to avoid counting, and how to simplify over 12,000 complex chords. Instructor: Craig Coffmen

Mon, March 27

6:30 - 9:30 pm, \$59

At-home/Virtual Course

Instant Guitar for Hopelessly Busy People (13+)

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 course 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 as well as a recording of the class. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class limited to 15 students. Topics included are: How chords work in a song, how to form the three main types of cords, how to tune your guitar, Basic strumming patterns, how to buy a good guitar, and how to play a simple tune. Instructor: Craig Coffmen

Tues, March 28

6:30 - 9:00 pm, \$59

At-home/Virtual Course

Piano Level 1 and 2 (Grades 2-5)

Keyboards, instruction and music book are included. Instructor: Lori Lencowski

KAPOSIA EDUCATION CENTER

Mon, January 9 - April 3

(No Class Jan 16, Feb 6, 20, Mar 13, 27)

7:50 - 8:50 am

8 sessions, \$89

LINCOLN CENTER

Tues, January 10 - April 4

(No Class Jan 17, Feb 7, 21, Mar 14, 28)

7:10 - 8:10 am

8 sessions, \$89

Allegro Choir Offerings (Grades 1-6th)

Performance attire, music, water bottle, cinch sack, and a T-shirt the kids can keep are provided. The choirs will have a final performance at the end of the session. Instructor: Allegro Choir

All rehearsals take place at Eastview High School in Apple Valley

GRADES 1 & 2

Thurs, February 16 - May 8

6:20 - 7:20 pm, \$140

GRADES 3 & 4

Thurs, February 16 - May 8

6:20 - 7:45 pm, \$160

GRADES 5 & 6

Thurs, February 16 - May 8

6:20 - 8:00 pm, \$173



YOUTH ENRICHMENT

BABYSITTER AND DRIVERS EDUCATION

One Day Class! Certified Babysitter's Training (ages 11 & up)

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Youth will learn skills in four core areas: leadership and professionalism, safety, basic care for infants and children and first aid. Participants will receive their Babysitter's Training Certification and Babysitter's Handbook. Please bring a nut free bag lunch. Instructor: Deb Gutzman.

Sat, January 14
9:00 am - 12:30 pm, \$75

Fri, February 3
9:00 am - 12:30 pm, \$75

Fri, March 10
9:00 am - 12:30 pm, \$75

Sat, April 22
9:00 am - 12:30 pm, \$75

Easy CPR for Babysitters and Teens (ages 11 & up)

BREATHING or NOT BREATHING - this is all you need to know to determine how to care for your unconscious victim. This CPR class is very easy to learn and to remember!! Learn how to recognize emergencies, how to help a choking victim, care for an unresponsive person, and gain confidence in your skills. Certification is valid for 2 years in Basic Adult/Child & Infant CPR and AED. You will have unlimited practice opportunities during your certification period and unlimited digital access to the workbook materials. This class does NOT have a written test. Instructor: Deb Gutzman.

Sat, January 14
1:00 - 3:00 pm, \$45

Fri, February 3
1:00 - 3:00 pm, \$45

Fri, March 10
1:00 - 3:00 pm, \$45

Sat, April 22
1:00 - 3:00 pm, \$45

In-Person Driver's Education

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Driver Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction. Classroom instruction takes place at the Secondary Building.

Mon-Fri, January 18-31
2:45-5:45 pm, \$399

Mon-Fri, April 3-14
2:45-5:45 pm, \$399



YOUTH ENRICHMENT

BRAIN BUILDERS

Video Production for YouTube (Grades 3-7)

Learn how to produce a YouTube Video! YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Additional Technical Requirement: Cell Phone video camera or external webcam, movie (Mac) or Filmdora (Windows trial version) software. Instructor: Tech Academy.

Sat, January 7 and 14
10:30 am - 12:30 pm
2 Sessions, \$70

Game Coding: Star Wars (Grades 2-5)

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). Additional Technical Requirement PC needed, will not work on Chromebook, tablets, or phones. Instructor: Tech Academy.

Sat, February 4 and 11
8:00 - 10:00 am
2 Sessions, \$70

Escape the Ender Dragon: Escape Room (Grades: 1st-6th)

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed Escape Room Adventure Map. Our mission to race through the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home. Basic computer skills needed (basic keyboarding and using a mouse). Additional Technical Requirement: Minecraft Java Edition PC needed, will not work on Chromebook, tablets, or phones. Instructor: Tech Academy.

Sat, February 14 and 21
6:00 - 7:30 pm
2 Sessions, \$55

Video Production for YouTube: Podcasting (Grades 3-7)

Learn how to produce a YouTube- Learn the ins and out of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Additional Technical Requirement: Cell Phone video camera or external webcam, Imovie (Mac) or Filmdora (Windows trial version) software, Audacity free software download. Instructor: Tech Academy.

Sat, March 4 and 11

8:00 - 10:00 am

2 Sessions, \$70

Code Championship Tournament Series Virtual Computer Coding Competition (Grades 3-9)

Build a computer bot to play head-to-head against other coders! Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. The Fall 2023 Code Championship Series consists of six tournaments. These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Participants must know how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament. Instructor: Code Championship

Sat, April 1-22

9:00 - 11:00 am

4 Sessions, \$75

ACT Prep In-Person

This 12 hour course includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, math strategies and review, English strategies and review, essay writing and reading comprehension. Students benefit from personal instruction taught by experienced instructors. Students who complete an in-person course may repeat the course as often as they wish, free of charge using the online version. Instructor: Advantage Prep.

Tues, February 6 - March 6

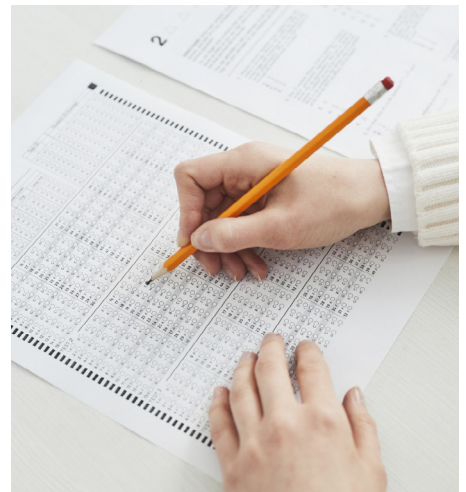
5:45 - 8:45 pm

4 sessions, \$180

Tues, May 1-22

5:45 - 8:45 pm

4 sessions, \$180





YOUTH ENRICHMENT

IMAGINE & DESIGN

Scratch Board Puppy Portrait w/Kidcreate Studio (Ages 4-9)

In this class, artists will learn to draw a silly cartoon puppy in a truly unique way using the sgraffito technique. (That's fancy for scratchboard!) These adorable pups, created on real canvas boards, are sure to be a hit! Instructor: Kidcreate Studio.

Sat, January 21
9:00 am - 12:00 pm, \$44

XOXO Snow Globe with Kidcreate Studio (4-9 years)

Be Mine, Valentine! One of our most popular projects is BACK, Valentine's Day-style! In this class, artists will create their very own Valentine's Day-themed snow globes using glitter, Model Magic, and so much more. This project is great to keep, or it makes the perfect Valentine's Day gift for a very special someone. Please pack a nut free snack and drink for your child. Instructor: Kidcreate Studio.

Sat, February 11
9:00 am - 12:00 pm, \$44

Easter Craft Party with Kidcreate Studio (4-9 years)

"Here comes Peter Cottontail, hoppin' down the bunny trail." Hop on over to the studio to create Easter-themed art! We'll create an Easter Bunny bobblehead made out of model magic clay. Please pack a nut free snack and drink for your child each day. Instructor: Kidcreate Studio.

Sat, February 11
9:00 am - 12:00 pm, \$44

Rainbow Candy Scene with Kidcreate Studio (4-9 years)

Red, orange, yellow, green, blue, indigo, and violet! We'll explore the colors of the rainbow as we use sprinkles, Fruit Loops, marshmallows, frosting, and more to create a colorful candy scene complete with a 3D rainbow. Sweet! Please pack a nut free snack and drink for your child. Instructor: Kidcreate Studio.

Sat, February 25

9:00 am - 12:00 pm, \$44

Smart Art with Kidcreate Studio (5-12 years)

Art is smart, and this class proves it! During this class we'll explore S.T.E.A.M. (Science-Technology-Engineering-Art-Math) concepts in creative ways, resulting in fridge-worthy masterpieces, tons of experiential learning, and loads of messy fun. We'll design our own mini playgrounds, learn about M.C. Escher and Picasso, make our own lava lamps, and more. This is no ordinary S.T.E.M. class! Instructor: Kidcreate Studio.

Sat, March 4-25

10:00 - 11:00 am

4 sessions, \$67

How to Draw a Bunnicorn with Kidcreate Studio (5-12 years)

What do you get when you combine a unicorn horn with a cute and cuddly bunny? An adorable and magical BUNNICORN!!! In this class, artists will learn a simple step-by-step drawing process as they create a cute bunny rabbit complete with a magical unicorn horn. So cute! Please pack a nut free snack and drink for your child. Instructor: Kidcreate Studio.

Sat, April 1

9:00 am - 12:00 pm, \$44

Mother's Day Framed Memories with Kidcreate Studio (4-9 years)

Kids, come make a special Mother's Day present for Mom, Grandma, or another special caregiver that will be cherished for years to come! Using oil pastels, sequins, paint, and more, artists will design a special picture frame. Add in one of your favorite photos, and you've got the best gift a mom could ask for! Please pack a nut free snack and drink for your child. Instructor: Kidcreate Studio.

Sat, May 6

9:00 am - 12:00 pm, \$44





YOUTH ENRICHMENT

GYMNASTICS

Gymnastics - Tumble Together (18 months - 4 years old + adult)

Discover gymnastics while learning to hang, swing, roll, jump, and balance. Tumble together is an interactive class where adult-child pairs explore different equipment throughout the gym with the guidance of coaches.

Tues, January 3 - February 14

5:30 - 6:00 pm

7 sessions, \$48

Sat, January 7 - February 18

8:30 - 9:00 am

7 sessions, \$48

Gymnastics - Tumble Bees (3-4 years old)

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

Thurs, January 5 - February 16

5:30 - 6:10 pm

7 sessions, \$61

Sat, January 7 - February 18

9:15 - 10:00 am

7 sessions, \$61

Sat, January 7 - February 18

10:00 - 10:45 am

7 sessions, \$61

Gymnastics - Beginners (4-14 years old)

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

Tues, January 3 - February 14
6:05 - 7:00 pm

7 sessions, \$61

Thurs, January 5 - February 16
6:15 - 7:15 pm

7 sessions, \$61

Thurs, January 5 - February 16
7:15 - 8:15 pm

7 sessions, \$61

Sat, January 7 - February 18
11:00 am - 11:55 pm

7 sessions, \$61

Sat, January 7 - February 18
12:00 am - 12:55 pm

7 sessions, \$61

Gymnastics - Advanced Beginners (Coach Approval)

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility.

Thurs, January 5 - February 16
7:15 - 8:15 pm

7 sessions, \$61

Sat, January 7 - February 18
1:00 - 2:00 pm

7 sessions, \$61

Gymnastics - Flips (Coach Approval)

Grow and develop as a gymnast as you continue to practice advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as round-offs and walkovers on floor, along with hip circles and pullovers on bars is required. Gymnast must possess basic strength and flexibility.

Tues, January 3- February 14
7:00 - 8:15 pm

7 sessions, \$63

Sat, January 7 - February 18
1:00 - 2:15 pm

7 sessions, \$63

Spring gymnastics class schedules will be released at a later time. Check the website in February as the schedules become available: <https://communityed.sspps.org/programs/gymnastics>



YOUTH ENRICHMENT

RECREATION

All Ninja Classes take place at Conquer Ninja Woodbury Gym: 707 Commerce St. Ste 120, Woodbury, MN 55125

Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active, come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

Sun, January 8 - February 26

9:00 - 10:00 am

8 Sessions, \$225

Sun, April 16 - May 21

9:00 - 10:00 am

6 Sessions, \$175

Sun, January 8 - February 26

10:00 - 11:00 am

8 Sessions, \$225

Sun, April 16 - May 21

10:00 - 11:00 am

6 Sessions, \$175

Intro to Ninja (Ages 5-8)

Ninjas develop strength and agility during this 8 weeklong course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

Wed, January 4 - February 22

6:30 - 7:30 pm

8 Sessions, \$160

Wed, April 5 - May 24

6:30 - 7:30 pm

8 Sessions, \$160

Conquer Ninja Rec Team (Ages 6-13)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross- training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve.

Our Conquer Rec Team is designed for youth, ages 6-9 and 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their Ninja Skills with over 40 different obstacles! This 8 week long Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

AGES 6-9

Fri, January 6 - February 24

4:00 - 5:00 pm

8 Sessions, \$185

Fri, April 7 - May 26

4:00 - 5:00 pm

8 Sessions, \$185

Fri, January 6 - February 24

5:00 - 6:00 pm

8 Sessions, \$185

Fri, April 7 - May 26

5:00 - 6:00 pm

8 Sessions, \$185

AGES 8-13

Fri, January 6 - February 24

6:15 - 7:15 pm

8 Sessions, \$185

Fri, April 7 - May 26

6:15 - 7:15 pm

8 Sessions, \$185

Basketball (Grades K-5)

DASH Sports basketball camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camp ends with scrimmages/games on the final day. Takes place at Kaposia Education Center.

Tues, February 7-28

3:45 - 4:45 pm

4 Sessions, \$69

Basketball Tykes (Ages 2-5)

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Parent participation is encouraged when necessary. Takes place at Kaposia Education Center.

AGES 2-3

Tues, February 7-28

5:00 - 5:30 pm

4 Sessions, \$59

AGES 4-5

Tues, February 7-28

5:40 - 6:10 pm

4 Sessions, \$59

Flag Football (Grades K-5)

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage the final day. Takes place at Kaposia Education Center.

Tues, February 7-28

3:45 - 4:45 pm

4 Sessions, \$69

Flag Football Tykes (Ages 2-5)

Dash Sports flag football Tykes camps provide players with an introductory experience to the great game of football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Parent participation is encouraged when needed. Takes place at Kaposia Education Center.

AGES 2-3

Tues, February 7-28

5:00 - 5:30 pm

4 Sessions, \$59

AGES 4-5

Tues, February 7-28

5:40 - 6:10 pm

4 Sessions, \$59



KIDS' CHOICE

SCHOOL-AGE ALL DAY PROGRAMMING

The South St. Paul Kids' Choice School-Age Care Program is a safe place for children to go before and after school and on non-school days. Kids' Choice operates year round in each of the elementary school buildings for youth in grades K-6. Visit communityed.sspps.org/programs/kids-choice to sign up. **Non-refundable registration fee of \$36 per child.**

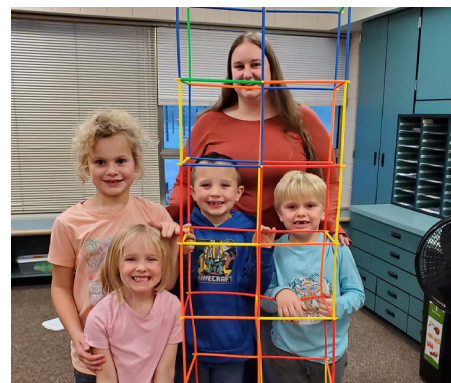
KAPOSIA EDUCATION CENTER

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30 - 8:50 am	5	\$11.25/day
Before School - Part-Time	6:30 - 8:50 am	1-4 days	\$14.25/day
Before School Drop-in	6:30 - 8:50 am	--	\$19.25/day
After School - Full-Time	3:35 - 6:00 pm	5 days	\$12.25/day
After School - Part-Time	3:35 - 6:00 pm	1-4 days	\$15.50/day
After School Drop-in	3:35 - 6:00 pm	--	\$20.50/day
School Release Day Before Deadline	6:30 am - 6:00 pm	--	\$38/day
School Release Day After Deadline	6:30 am - 6:00 pm	--	\$43/day

LINCOLN CENTER

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30 - 8:20 am	5	\$9.25/day
Before School - Part-Time	6:30 - 8:20 am	1-4 days	\$11.50/day
Before School Drop-in	6:30 - 8:20 am	--	\$16.75/day
After School - Full-Time	3:00 - 6:00 pm	5 days	\$14.25/day
After School - Part-Time	3:00 - 6:00 pm	1-4 days	\$18/day
After School Drop-in	3:00 - 6:00 pm	--	\$23/day
School Release Day Before Deadline	6:30 am - 6:00 pm	--	\$38/day
School Release Day After Deadline	6:30 am - 6:00 pm	--	\$43/day

- Full-Day – Full-Time registrations will receive priority.
- Fees are based on enrollment, not attendance. Tuition refunds or credits will not be given for emergency school closing days, absences, illness (including covid related), or vacations.
- Fees are subject to change.



SOUTH ST. PAUL EARLY LEARNING



SOUTH ST. PAUL PUBLIC SCHOOLS
E.C.F.E.
Early Childhood Family Education

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

EARLY LEARNING OFFICE:

Family Education Center
104 5th Ave S, South St Paul
Open Monday - Friday, 8:00 am - 3:30 pm
651-457-9418
ecfe@sspps.org
earlylearning.sspps.org

EARLY LEARNING STAFF:

Director of Community Ed and Early Learning: Jeanne Zehnder
Early Learning Coordinator: Kristen Weeks
Administrative Assistant: Lu Campbell
Early Learning Cultural Liaison: Maria Teresa Castellanos
Parent Educator: Patty Cooper
Early Childhood Teacher: Jana Beck
Classroom Assistants: Diane Czeck and Denise Gerldernick



REGISTRATION BEGINS
January 9, 2023

Mail-In, Drop-Off, or Online at:
<https://tridistrict.ce.eleyo.com>





EARLY LEARNING

ABOUT OUR PROGRAM

PROGRAM GOAL

The goal for Early Childhood and Family Education is to strengthen families through education and support with research-based child development information. The foundation of early learning is building close relationships between caregivers and children. Creating a rich learning environment by talking to your child and allowing them to explore is essential to physical and mental growth.

PROGRAMS INCLUDE:

- Early Childhood Family Education (ECFE)
- Early Childhood Screening
- Community Preschool

You are your child's first, most significant teacher!
Check out our programs to support you too.

ECFE IS...

- For all families in the South St. Paul School District with children from birth up to kindergarten.
- A fun, informal place to meet, learn and play with other children and parents.
- Creative play and learning activities for all families.
- Here to provide the best possible start for children and for you.

WHAT ARE ECFE CLASSES LIKE?

Separating Classes

- Begin with Parent-Child Time...activities and playtime together appropriate to the age of the child.
- Then, Parent Discussion...meet with other parents
- and a licensed parent educator to share, learn and
- gain support on parenting, child development, discipline and current issues.
- Children remain in the early childhood classroom and participate independently and learn through guided play; individual, small and large group, including snack time, stories and songs to promote growth in all areas!
- Parents and children end class together at circle time.

Non-Separating Classes

- Parents and children play, explore and learn together. ECFE rooms are designed with learning centers so that children learn through interaction with their environment and you.

WHY BEGIN AT BIRTH?

A baby is born with 100 billion brain cells which are not completely developed. The work of early learning is to strengthen these cells by interactions and nurturing relationships with caregivers who engage the child in everyday experiences. After the age of 5, the connections of these cells slows down dramatically. You are your child's first and most important teacher!

- Talk and sing to you baby daily (while changing diapers, in the car, etc)
- Sit your baby on your lap and read a book (they may not be interested at first but the repetition and the physical closeness will remind them of happy times spent with you)
- Come to ECFE classes to learn together and connect with resources for school success.

JOIN OUR MAILING LIST

All residents of the district should be listed on the school district census, including:

- New babies
- All toddlers and preschoolers
- New families in the district

Call 651-457-9418 or stop at the Family Education Center to join the mailing list.

Having your name on the district census will ensure that you receive information on:

- Early Childhood Family Education
- Early Childhood Screening
- Community Preschool
- Kindergarten Registration
- Other pertinent SSPPS District news as your child becomes school age

IN THE EVENT OF SEVERE WEATHER

A decision to close school or a delayed school opening is made by the SSP superintendent of schools and announced through the website www.sspps.org, Facebook, on WCCO 830 AM radio, KSTP (channel 5) and WCCO (channel 4) television stations. Morning classes are canceled if there is a delayed opening (late start).

EARLY LEARNING SUBSTITUTES NEEDED

We have a variety of substitute opportunities available in our district with various hours.

Call Teachers on Call at 800-713-4439 or visit their website www.teachersoncall.com for more information.

EARLY LEARNING ADVISORY COUNCIL

The Early Learning Advisory Council (ELAC) is a volunteer organization that supports and assists the SSP early learning programs, including community preschool and early childhood family education (ECFE). We sponsor family events, community outreach programs, engage with local government, and hold fundraisers to raise money that has been used to purchase classroom supplies and eliminate student lunch debt. We are always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email us at sspelac@gmail.com.



PARENT/CHILD CLASSES

SEPARATING, NON-SEPARATING, AND DROP-IN CLASSES

All Baby Classes are FREE

Join anytime during the session. Register online or call the Early Learning office to check class availability. The first year is filled with lots of questions, incredible discoveries and first experiences. Share joys, concerns and gain parenting tips in your new role. Find out how to stimulate your baby's brain and development! Listen to a story, sing songs and have fun together.

Baby & Me *(non-separating)*

Ages birth to 12 months

Mon, February 13 - May 15

(no class Feb 20, March 13, 27)

10:15 - 11:15 am

Little Ones Drop-In Playtime *(non-separating)*

Ages birth to 24 months

Thurs, February 9 - May 18

(no class March 30)

5:00 - 6:30 pm

Tiny Tots (Ages 12-24 months) *(non-separating)*

Your one-year old is busy, curious and ready to play! Enjoy playing with your little one in a safe environment designed for exploring and lots of movement! Important social and emotional skills are developing during this time. Learn the hows and whys of this stage. Parents and children do not separate in this class.

Mon, February 13 - May 15

(no class Feb 20, March 13, 27)

9:00 - 10:00 am

Young Toddlers (Ages 18-30 months) *(separating)*

Young toddlers are full of energy, independence and curiosity! Join us in activities designed for self-discovery, developing confidence in talking, self-help skills in a variety of sensory experiences.

Wed, February 8 - May 17

(no class March 29)

9:00 - 11:00 am

Mixed Ages (Ages 2 years - Kindergarten) *(separating)*

One child or more, learn together in our mixed ages class! A variety of hands-on learning opportunities promote growth in social skills, language and literacy and problem solving with peers.

Mixed Ages- Morning

Tues, February 7 - May 17

(no class March 28)

9:00 - 11:00 am

Mixed Ages- Afternoon

Thurs, February 9 - May 18

(no class March 30)

12:00 - 2:00 pm

Terrific Twos and Threes *(separating)*

Children learn through hands-on and movement activities especially in this curious, busy, on-the-go age. Explore, create and delight in the new discoveries in the child's classroom. Meet your need to find out more about two and three-year old development stages and how to better respond to everyday challenges with your child.

Thurs, February 9 - May 18

(no class March 30)

9:00 - 11:00 am

Monday Evening Play and Learn Sessions *(non-separating)*

Ages 2.5 to Kindergarten.

Caregivers and children join our early learning staff for fun activities with your child. The evening will include a circle time and enriching activities to go along with the theme. Registration required for each session.

SESSION 1

Mon, February 13, 27, March 6, 20

6:00 - 7:30 pm

\$12 / child

SESSION 2

Mon, April 3, 10, 17, 24

6:00 - 7:30 pm

\$12 / child

SESSION 3

Mon, May 1, 8, 15

6:00 - 7:30 pm

\$12 / child

Drop-In Play; No Registration Necessary

Ages 0-5 years, \$3 / family

Caregivers from South St. Paul are welcomed on a first-come, first served basis until room capacity is reached. Parents are responsible for the care and supervision of their children. No strollers please! Come anytime during the first hour; leave when you need to. Licensed teachers are available to share parenting tips, information on child development, community resources, and answer questions.

IMPORTANT!

Please bring your child's Immunization Record to the first Drop-In Play you attend.

Daytime Drop-In Play

Fri, February 10 - May

(no class March 10, 31)

9:00 - 11:00 am

After Nap Drop-In Play

Wed, February 8 - May 17

(no class March 29)

2:30 - 4:00 pm

Evening Drop-In Play

Tues, February 7 - May 16

(no class March 28)

6:00 - 7:30 pm





FAMILIAS LATINAS

COMIENZOS SANOS

¿EMBARAZADA? ¿UN BEBÉ RECIÉN NACIDO?

Queremos darle la bienvenida a usted y su bebé al distrito escolar #6! Las visitas de bienvenida se pueden hacer en casa o en nuestro centro de educación infantil para:

- Prepararse para su bebé
- Consejos e información sobre el desarrollo del embarazo y cuidado del bebé
- Supervisión del peso del bebé
- Contestar sus preguntas en general
- Recibir una bolsa de regalos de bienvenida

REGISTRESE EN SU DISTRITO ESCOLAR

Todos los residentes del distrito escolar deben registrarse incluyendo:

- Bebés recién nacidos y niños en edad preescolar
- Nuevas familias en el distrito
- Tener su nombre registrado en el distrito escolar asegura que usted reciba información sobre:
- Programas de ECFE
- Evaluación del desarrollo infantil
- Preescolar de la comunidad
- Inscripción para Kinder y más

Clases Para Las Familias Latinas

Educación temprana para sus hijos de cero a 5 años de edad. Experiencias positivas que influyen en el desarrollo de los niños donde aprenden habilidades sociales/ emocionales, desarrollo del lenguaje y matemáticas. El aprendizaje es a través del juego, leyendo, cantando y divirtiéndose.

En esta clase los Padres de Familia aprenden como construir un mejor futuro para sus hijos y como involucrarse más su educación. También obtienen información sobre áreas de Desarrollo infantil, Relaciones entre Padres e Hijos, Desarrollo Familiar, la Cultura y Recursos de la Comunidad e inglés cotidiano.

Las Familias Latinas - Martes

Martes, Febrero 7 - Mayo 16

(No hay clase el 28 de Marzo)

12:00 pm - 2:00 pm

Las Familias Latinas - Miercoles

Miercoles, Febrero 8 - Mayo 17

(No hay clase el 29 de Marzo)

12:00 pm - 2:00 pm

GENERAL INFORMATION

IMMUNIZATION REQUIREMENT

Minnesota Immunization Law Details

Minnesota requires that all children entering child care, early childhood programs, and elementary or secondary schools (public or private), have up-to-date immunizations on file with the provider.

Children enrolled in SSD 6 ECFE programs will be required to provide a copy of an immunization record for each child enrolled prior to the child attending the program.

The school district will be following up on each and every child enrolled as required by law. You must bring your child's immunization record the first day of class. Any child who does not have up-to-date immunizations on the first day of class will not be allowed to attend.

SCHOOL DISTRICT RESIDENT PRIORITY

Registration is on a first-come, first-served basis, with priority given to South St. Paul school district families.

SIBLING CARE:

- All babies must be registered: infants under eight weeks old may remain with parent. If you will need sibling care during the session, you must reserve a spot with your registration.
- Please bring along a blanket or any other "comfort" item your child uses at home.
- Make sure your children in sibling care are fed and dry before separating. If necessary, we will call you.
- Registration and payment are made at the same time you register for class.
- If we are unable to provide care for your child, you will be notified by phone before the session begins.
- Sibling care is offered on a limited basis.
- **If you need to bring an extra child to class or sibling care, this must be approved by calling the ECFE office at 651-457-9418.** (This is for the safety of the children in class and to assure that we have correct ratios for our staffing.)

There is a fee of \$6 per child per time for the extra child and this is payable to ECFE office or to the teacher.

CHILD CARE PROVIDERS

Full-time child care providers may attend with their child and **enroll one other child in class**, if space is available. If the class has full enrollment, a parent attending with their child will be given priority for registration.



REGISTRATION INFORMATION

CLASS CANCELLATION/REFUNDS/FULL ENROLLMENT

- SSP ECFE wants every parent to have the opportunity to participate.
- The program reserves the right to cancel classes or sibling care due to low enrollment; your fee will be refunded and you will be notified by phone.
- If you cancel a registration before class begins, a full refund will be made, less a \$10 handling fee.
- If enrollment in your class choice is full and we are unable to fit you into another class, a full refund will be made.
- No refunds are given after the first class is held.
- Fees for cancelled days due to district closing, staff professional days or emergencies are not refunded.

FEES

- Payment options - you may pay with a personal check, cash or with a MasterCard, Discover or VISA credit card.
- The class fee scale below applies to ECFE sessions.
- Fees for other programs, activities and sibling care are listed at the end of each class description.
- No one will be denied participation due to inability to pay. All families are welcome!

TO REGISTER ON-LINE:

Online registration is available at www.joinecfe.org.

Bring a completed immunization record to class or fax to our office.

TO REGISTER BY MAIL OR IN PERSON:

Send or bring completed registration form (next page) and payment to:

Family Education Center

104 5th Avenue S, South St. Paul, MN 55075

ECFE OFFICE HOURS:

104 Fifth Avenue S, SSP
Mon-Fri, 8:00 am-3:30 pm

Phone: 651-457-9418

FAX: 651-457-9485

2022-23 Class Fee Scale

Use the Class Fee Scale below to determine your class fee for one child in one class for a 14-17 week class.

Household Size Total Yearly Household Income

Household Size	Total Yearly Household Income			
2	Up to \$20,709	\$20,710 - \$29,471	\$27,472 - \$38,233	\$38,234 and up
3	Up to \$26,117	\$26,118 - \$37,167	\$37,168 - \$48,217	\$48,218 and up
4	Up to \$31,525	\$31,526 - \$44,863	\$44,864 - \$58,201	\$44,864 - \$58,201
5	Up to \$36,933	\$36,934 - \$52,559	\$52,560 - \$68,185	\$68,186 and up
6	Up to \$42,341	\$42,342 - \$60,255	\$60,256 - \$78,169	\$78,170 and up
7	Up to \$47,749	\$47,750 - \$67,951	\$67,952 - \$88,153	\$88,154 and up
8	Up to \$53,157	\$53,158 - \$75,647	\$75,648 - \$98,137	\$98,138 and up

ECFE Class Tuition	FREE	80% Discount	50% Discount	Full Pay
1 hour	\$0	\$25	\$63	\$126
1.5 hours	\$0	\$35	\$87	\$174
2 hours or more	\$0	\$46	\$116	\$232

Sibling Care (per child) or Additional Child in Same Class

1 hour	\$0	\$9	\$22	\$45
1.5 hours	\$0	\$11	\$26	\$53
2 hours or more	\$0	\$14	\$34	\$68

REGISTRATION FORM

Return with payment and Immunization Record to (Regréselo con el pago y reporte de vacunas a) ECFE Office, Family Education Center, 104 5th Ave S, South St Paul MN 55075. Online registration available at www.joinecfe.org (Inscripción disponible en línea en www.joinecfe.org).

Parent/Guardian (Legal Name) <i>nombre del padre/tutor</i>
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Child Attending <i>Nombre del niño</i>	Birthdate <i>Fecha de Nacimiento</i>	Gender <i>Género</i>	Class/Event <i>Clase o evento</i>	Birth to Three Services <i>Servicios de Nacimiento a Tres</i>
Sibling Care <i>Cuidado de hermanos</i>	Birthdate	Gender	Class/Event	Birth to Three Services

Any child allergies, health or physical concerns we should be aware of: <i>Alguna alergia, problema fisico o de salud que deberíamos saber:</i>

Address <i>Calle y número (incluya el número del apartamento)</i>
--

City/State/Zip <i>Ciudad/Estado/código postal</i>
--

Home Phone <i>Teléfono (Casa)</i>	Work/Cell Phone <i>(Cel)</i>
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Email

<p>Ethnic information is used for reporting ethnic composition for administrative and Office of Civil Rights purposes. It will be treated in accordance with the Federal Data Privacy Act of 1974 and State of Minnesota Privacy Law. Is the student Hispanic/Latino? _____</p> <p>Regardless of your answer above, please continue to answer by circling one or more to indicate this student's race: American Indian/Alaska Native, Asian, Black/African American, Native Hawaiian/Other Pacific Islander, White.</p> <p>Origen Étnico Esta información se usa para reportar la composición étnica para propósitos administrativos y para la Oficina de Derechos Cívicos. Será tratada de acuerdo a la Ley Federal Data Privacy de 1974 y de la Ley de Privacidad del Estado de Minnesota. Es estudiante Hispano/Latino? _____</p> <p>Independientemente de su respuesta anterior, por favor continúe checando lo siguiente para indicar la raza del estudiante: Indo Americano/Nativo Alaska, Asiático, Negro/Africano Americano, Hawaiano/Islas Pacífico, Blanco.</p>
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METHOD OF PAYMENT (MÉTODO DE PAGO)

Class Fee *Clase Cuota* \$ _____ Sibling Care Fee *Cuidado de hermanos Cuota* \$ _____

Fee assistance request: I am able to pay *Solicitud de beca. Yo puedo pagar* \$ _____

Visa/MC/Discover # _____ Exp. ____/____ Cardholder Signature _____
Número de Tarjeta de crédito Fecha de caducidad Firma

Cash
Efectivo

Check # _____ or money order (Payable to Special School District 6)
Cheque o giro postal adjunto, a nombre de: Special School District 6

ECFE OFFICE USE: ELEYO ____ IMMUNIZATIONS ____



EARLY CHILDHOOD SCREENING

Do you have a 3-year-old? Come and see us! Early Childhood Screenings are free and provide a valuable snapshot of your child's development as you begin to prepare for kindergarten. Our goal is to meet and get to know every family with young children in our district before they turn 4 years old. You can learn more about how your child is growing and developing, and go home with advice, support, and resources.

WHY IS THIS VISIT IMPORTANT?

- Every child is different. We can help your child build on their strengths to get ready for school learning.
- Children's brains grow the fastest in the first three years of life.
- The sooner we see you, the more we can offer!

HOW IT HELPS YOUR CHILD

- Get their hearing, vision, height, and weight checked.
- Find out more about how they play, talk, and develop.
- The go home with a free book!

MAKE YOUR EARLY CHILDHOOD SCREENING APPOINTMENT TODAY! 651-288-6897

Screening takes place at the Family Education Center

There are several programs available to help children who are showing delays in understanding concepts, speech and language, motor development, vision or hearing, and social skills. Your child may be eligible for a developmental assessment and services designed to help him/her grow.

Ages Birth to Three: 651-306-3682

Ages Three to Six: 651-457-9497

LA EVALUACIÓN DEL DESARROLLO DEL NIÑO:

La evaluación se realiza entre los 3 ½ y 4 años de edad, antes de entrar al Kinder. Son gratis y se ofrece una variedad de horarios para las citas.

La evaluación consiste en los siguientes exámenes:

- Oído
- Vista
- Comunicación y lenguaje
- Desarrollo social y emocional
- Habilidad motriz
- Registro de Inmunizaciones

Recibirá información de:

- Desarrollo de su hijo(a)
- Cómo prepararlo para el Kinder
- Recursos para la escuela y para los padres



HelpMeGrowMN.org
1-866-693-4769

PRESCHOOL

FOR CHILDREN AGES 2.5 - 5 BY SEPTEMBER 1



LIL' PACKER AND THREES PRESCHOOL:

- Learn to share/take turns, work in a group, and take direction
- Encourage speaking and sharing ideas
- Separate from family and learn school routines
- Expand attention span
- Stimulate brain development by moving and hands-on experiences
- Work on name writing, letters, numbers, colors, shapes, rhymes, and vocabulary building.



FOURS PRESCHOOL (IN ADDITION TO SKILLS LISTED ABOVE):

- Targeting specific Kindergarten readiness skills: letter names, sounds, writing, and number know-how
- Learn problem-solving techniques
- Work with MN Reading Corps protocol to meet Kindergarten aligned targets for success

We support children in developing a lifelong love of learning and to promote exploration, creativity, and inquiry. We partner with families to encourage the development of the whole child.

FREE VOLUNTARY PREK CLASSES AVAILABLE!

South St. Paul Offers Preschool Classes at:

Kaposia Education Center
1225 First Avenue South

Lincoln Center
357 Ninth Avenue North

For information and to register, call 651-457-9418
www.earlylearning.sspps.org

For information on scholarships for preschool and other funding for the school year call 651-306-3642. Scholarships available with appropriate paperwork and certain requirements.

WE ARE PART OF MINNESOTA READING/MATH CORPS!

The goal of the Minnesota Reading/Math Corps is to help every child become a successful reader by the end of third grade. Research has shown this starts even earlier than preschool! To expand your child's development, each classroom will implement strategies from Reading/Math Corps in large and small groups. Some classroom will also have Reading Corps members to work with students. All classrooms will have a literacy rich environment and schedule to promote skill building and active learning.



South St. Paul
Public Schools



104 5th Avenue South
South St. Paul, MN 55075

Nonprofit organization
US postage Paid
SOUTH ST. PAUL, MN
PERMIT #134

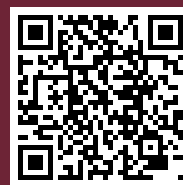
Current SSP Resident

SOUTH ST. PAUL PUBLIC SCHOOLS IS HIRING!

SSPPS is hiring for both full and part time positions:

- License and non-licensed
- Competitive pay
- Central Square: gymnastics and aquatics
- Both daytime and evening hours

MORE INFORMATION AT: WWW.SSPPS.ORG/DEPARTMENTS/HR



Scan the QR code to view
current openings and apply.

