

COMMUNITY EDUCATION



Debate & More Middle School Offerings Page 25

CMS Students participated in the Debate City Championships



CENTENNIAL

SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

FALL ACTIVITY GUIDE

August-December 2023

Making connections within the community to provide learners
of all ages with accessible and enriching opportunities

Welcome to Community Education

Centennial Schools is proud to offer community education programs for all ages and abilities. We provide true life-long learning to our residents and beyond in Blaine, Centerville, Circle Pines, Lexington and Lino Lakes.



Fall is on the way!

The crispness in the air we experience this time of year reminds me of several things: a visit to the state fair, getting ready for our annual **Food Truck & Fun Festival** held late August, pumpkin-flavored beverages and all the added fun that is to come with the holiday season ahead.

What fall traditions do you keep? If you're looking to add a new tradition to your family's fall season, may we suggest the **Halloween Hustle 5K**? It'll give you the chance to playfully dress up in a costume (and your pets too) and get great physical activity while supporting Centennial Schools.

Or how about joining us on the **Pepin Heights Apple Orchard and Nelsons Cheese Factory** tour in September? Or the whole family can come out to the **Wolf Howl Bonfire** and learn about Minnesota's most fascinating wildlife, while roasting marshmallows, fireside-you might just hear wolves howling!

Embrace the upcoming fall season and we'd love it if you join us in a Community Ed activity!

- Cori Sendle, Director



Wolf Howl Bonfire

Friday, Sept 29 All ages welcome

Meet and learn about some of Minnesota's most fascinating wildlife during a bonfire program at the areas premiere wildlife facility, the Wildlife Science Center. The center's resident wolves, mountain lions, coyotes, foxes, lynx and raptors will be the focus of this incredible opportunity. At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song (feel free to join in if you like). Dress for the weather as most of the event is outdoors.

#8560 \$20/person 5:30-8 pm Wildlife Science Center

Halloween Hustle 5K

Saturday, Oct 28 Centerville Elementary

Join us for the 6th Annual Halloween Hustle. Bring the entire family; pets are welcome. Dress up in costume if you'd like, and join us for a fun-filled morning.

See page 14 for details



So much for you to do... Just look inside!

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Breakfast with Santa Saturday, Dec 2

Up to age 10 with adult

Come and see Santa before he heads back to the North Pole. Everyone will have a light breakfast of muffins, yogurt, fruit, juice or coffee. The children will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am for a visit.

#8507 9-10:30 am CT: Cafeteria and Gym

Adults: \$4; Child age 2-10: \$12

Family max \$40, which includes two adults max



Santa's Workshop: Gingerbread House Thursday, Dec 7

Ages 3-11 with adult

Run, run as fast as you can, you'll never catch me, I'm the gingerbread man. Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. **All children must attend with an adult. Come anytime from 5:30-7 pm. The gingerbread house will take approx. 30-45 minutes to complete.**

#2028 5:30-7 pm CV: Rm 110 \$25 child/adult

Community Education Offices

The CE main office & Conference Room

4707 North Rd, Circle Pines-door S14
Entrance remains locked for security purposes. Press the doorbell upon arrival.

School year hours-Beginning Sept 5
Mon-Fri, 8 am-4 pm
Closed on non-school days

Summer hours: June 7-September 4
Mon-Thur, 8 am-4 pm; Fri, 8 am-noon

Adult English Second Language - ESL

4707 North Road, Circle Pines/Door S14

Early Childhood Center - ECC

575 Birch Street, Lino Lakes/Door C
(Rice Lake Elementary)

Facilities

Use of school district facilities outside of the regular school day are coordinated and reserved through Community Education. There is often a fee for use. Call 763-792-6104 or apply online at Communityed.isd12.org.

Elementaries

BH—Blue Heron Elementary
405 Elm St, Lino Lakes
After hours Door B5

CT—Centennial Elementary
4657 North Rd, Circle Pines/Door S20

CV—Centerville Elementary
1721 Westview Rd, Centerville/Door A

GL—Golden Lake Elementary
1 School Rd, Circle Pines/Door A or B

RL—Rice Lake Elementary
575 Birch St, Lino Lakes
After hours Door B
Follow exterior signs for gym

Middle & High Schools

MS—Centennial Middle School
399 Elm St, Lino Lakes
After hours Door A12

HS/West—Centennial High School/West
4757 North Rd, Circle Pines/Door S8/Main
Athletic Entrance Door N40

HS/East—Centennial High School/East
4881 101st Ln, Circle Pines/Door S3
Gymnastics/Pool Entrance: Door N52

PAC—Performing Arts Center

Community Ed Programs & Staff

For more fun activities, visit us at [Facebook.com/centennial community education](https://www.facebook.com/centennialcommunityeducation)

Directory

Adult/Youth Enrichment

Sharon Sculley, Coordinator

763.792.6106 ssculley@isd12.org

Yue “Pearl” Cheng, ESL Teacher

763.398.2980 ycheng@isd12.org

Aquatics & MS Sports

Clare Waddell, Coordinator

cwaddell@isd12.org

Pool Office: 763-792-5240

CE Office: 763-792-6115

Driver Education

Sharon Sculley, Coordinator

763.792.6106 ssculley@isd12.org

ECFE & Centennial Preschool

Sara Ison, Coordinator

763.792.6122 sison@isd12.org

Lynn Dierks, Early Childhood
Specialist

763.792.6133 ldierks@isd12.org

Administrative Assistant

763-792-6120

Facilities

Anne Thomas, Coordinator

763.792.6104 amthomas@isd12.org

Kids Club School Age Child Care

Molly Nelson, Coordinator

763.792.6110 mnelson@isd12.org

Heather Watson, Asst Coordinator
& Inclusion Specialist

763.792.6114 hwatson@isd12.org

Dawn Turnblad

Registration/Billing Admin Assistant

763.792.6193 kidsclub@isd12.org



Registration begins Tuesday, August 1 at 8 am

Visit isd12.ce.eleyo.com

Policies

Five business day notice required for cancellations

Cancellation fee of \$10. No refunds for missed classes

Scholarships available for Centennial School District residents
(restrictions may apply)

Full policy and registration info can be found on page 54

Community Education Main Office 763.792.6100

Cori Sendle, Director 763.792.6101 csendle@isd12.org

Jennifer Sand, Lead Admin Assistant 763.792.6102 jsand@isd12.org

Erin Berg, Admin Assistant 763.792.6108 eberg@isd12.org

Joy Orcutt, Marketing & Enrichment Specialist 763.792.6105 jorcutt@isd12.org

Drop Box

The Community Education drop box is available 24/7 and is a great no-contact option! It is located directly in front of the visitor parking spaces at the District Offices, just up the ramp on the black door.

Am I registered?

Once registered, you will receive a confirmation receipt in the email tied to your account. **If you don't receive a confirmation email, your registration did not go through.**

Advisory Council Members

Tracie Dewberry, Renee Dietz, Jodi Gadiant, Mary Healy, Robyn Hendrickson, Nancy Hiemstra, Olivia Johnson, Thomas Knisely, Peter Knoebel, Gloria Murphy, Liz Paulson, Dorothy Rademacher, Katie Rudek, Jeanmarie Scarr, Kellie Schmidt, Sara Shady, Bruce Woznak

Offsite Locations

Caribou Coffee, 730 Apollo Dr. Suite 106, Lino Lakes, MN 55014

Conquer Ninja Gym, 1467 101st Ave NE, Blaine

Hardwood Creek Farm, 2306 80th St E, Hugo

Jim Peterson Athletic Complex, 12302 Cloud Dr NE, Blaine

Nena's Aletier, 434 Hale Ave N, Suite 120, Oakdale

The Rookery Activity Center, 7690 Village Dr, Lino Lakes

Smoland Inn, 11658 WI-70, Grantsburg, WI

Wildlife Science Center, 22830 Sunrise Rd NE, Stacy





Welcome Clare Waddell!

Recreation Coordinator of Aquatics & Middle School Sports

Clare is originally from Phoenix, Arizona and came to Minnesota to attend St. Olaf College. She has a background in coordinating aquatics programs in the metro area and is excited to get to know kids and families through swimming lessons at the Centennial Community Pool! As a former softball player, Clare is also passionate about youth sports and is eager to coordinate middle school sports through Community Education. She lives in Minneapolis and enjoys watching movies and hanging out with her Bernese-mixed rescue dog, Beau.

Open Adult Volleyball

Fridays, Sept 15-May 24, 6:30-9:30 pm

Drop in for a night of volleyball at Centennial Middle School, \$7 drop-in fee payable at the door.

Please bring clean, dry court shoes and exact change.
No class Oct 20, 27 Nov 24, Dec 22 & 29, March 15 & 29.



Centennial Theater Free Senior Previews

Nov 1, 3:30 pm

Centennial Middle School Auditorium

Centennial Middle School Theatre Presents

The Princess



& the Pea

Written and Adapted by Ryan & Tina North

Nov 29, 4 pm

Centennial Performing Arts Center

THE HOUND OF THE BASKERVILLES

A Comic Thriller Starring Shirley Holmes and Jennie Watson

NOVEMBER 30TH – DECEMBER 3RD, 2023

Centennial Performing
Arts Center (PAC)
Thurs, Friday, & Sat: 7:00pm
Sunday: 1:00pm

More Information:
www.centennialtheatre.org
f @theatreofchs

Adapted and dramatized by
Kent R. Brown
Inspired by the novel by
Sir Arthur Conan Doyle



Where Everyone Belongs

Adult Cooking

Virtual Instant Pot & Air Fryer Classes with Kirsten Madaus

A Zoom link will be sent to the email address designated at registration

Registration includes extensive recipe handout and a link to the class recording so you can re-watch at your convenience.



Cooking Beans in the Instant Pot

Sick of the soak? Get ready to take your bean game from basic to BOOM! Kirsten will show you how to take those dry beans from neglected shelf-dwellers to savory superstars in record time with the help of the Instant Pot. No overnight soaking required. You'll be amazed at how versatile, economical, and easy it is to whip up a batch of beans for any occasion, whether you are meal prepping for the week or entertaining guests.

Join Kirsten live online via Zoom as she demonstrates BBQ Baked Beans, Greek Salad with Black-Eyed Peas, One-Pot Lebanese Lentils and Rice, Borracho Beans, Hummus, and more. Pressure cooking tips and tricks provided.

Kirsten Madaus

#4090 Th Sep 28
\$24 6:30-8 pm

Air Fryer Advanced

If you thought air fryers were just for making crispy fries or reheating pizza, think again. Get ready to level up your air frying skills as Kirsten's demonstration takes you on a journey through the ins and outs of air fryer cooking, showing you how to create a wide variety of dishes without turning on your stove. Learn how to whip up delicious and healthy meals in no time, all without sacrificing flavor or texture. Whether you're an omnivore, a veggie fanatic, or a dessert enthusiast, there are recipes for everyone.

#4084 Th Oct 5-12
2 sessions \$42 6:30-8 pm

Instant Pot Holiday Hacks Looking for a way to shake up your holiday cooking routines and impress your guests with some delicious time-saving dishes? From Turkey Stock to Cranberry Sauce and Make-Ahead Mashed Potatoes to sweet Pumpkin Cheesecake, Kirsten's cool-cooking hacks will simplify your kitchen efforts during the hectic holiday season. Discover how to turn your pressure cooker into a holiday miracle worker from the comfort of your own home in this live cooking demonstration. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session.

#4027 Th Nov 2
\$24 6:30-8 pm



Monthly Meal Planning

Are you tired of staring blankly into your fridge, wondering what to make for dinner? Do you find yourself constantly ordering takeout or making the same boring meals on repeat?

Fear not, hungry friend, because Megan and Kirsten are here to spice up your kitchen game in one fun-filled weekend.

Whether you're a beginner or a seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level.

From a month of "Meatless Mondays" and "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone.

Megan and Kirsten believe that meal planning should be fun. They'll share their favorite tips and tricks for making meal prep a breeze, from grocery shopping to prepping ingredients in advance, in a handout full of recipes.

Kirsten Madaus and Megan

#4091 Sa/Su Dec 2-3
2 sessions \$43 3-4 pm

Please consider donating to our scholarship fund

Before you check out add course #50 to make a donation and help our community

See details on page 19



Cinnamon Swirl Breadmaking & Dining Experience

Join Smoland Prairie Homestead Inn proprietor, Virginia Hennessey, for a quaint rural Wisconsin bread making and dining experience. Begin your afternoon or evening by mixing, kneading and preparing your bread. As it rises, enjoy hors d'oeuvres and wine on the porch; Once your bread is ready for the pan and to begin its next rise your host will serve homemade lunch or dinner. Finally, it's time for the oven, while your bread bakes, enjoy coffee and dessert and leave with your warm loaf of cinnamon swirl bread and the recipe to make later. Class fee includes supplies, meals and beverages.

Virginia Hennessey, Smoland Prairie Homestead Inn, Rural Grantsburg Wisconsin

\$55 Smoland Inn Grantsburg WI
 #4078-A M Sept 4 11 am-2 pm
 #4078-B Tu Sept 5 5-8 pm

The Incredible Edible Cake



What's better than chocolate, caramel, pecans and more? This wonderful 2-layer cake that you will mix, bake and create in class. With help from Nancy each participant will take home a lovely, gooey chocolate creation that you will have made to share with family and friends, if you can part with it that is. Please bring a cake carrier or a box to take your cake home in. Please bring to class \$16 cash or check payable to the instructor for supplies.

Nancy Burgeson

#4092 Th Oct 5
 \$30 6-9 pm
 CHS East: Rm 110

Adult Create



Acrylic Pouring "Up North"

Ages 16+

You may have watched the videos online, now discover the magical world of acrylic pouring for yourself in person! Use fluid acrylics and pouring medium, our instructor will show you how to produce the same beautiful abstract artwork you've seen on Pinterest. Create an acrylic pour on a 12" wooden cutout. Choose between three outlines: Minnesota, Bear or Fish. We'll provide a tray to carry your painting home.

Art Innovators

#2089 M Dec 18
 \$50 7-8:30 pm
 CHS East: Rm 111



Pumpkin Still Life

All skill levels welcome

Draw a festive pumpkin still life in colored pencil on tan-toned paper. You will be guided step-by-step to learn about the practice of drawing through close observation. Shape, tone, pattern, texture and drawing basics will be instructed. Watch live demonstrations, experiment with a variety of materials, practice and have fun.

The Blue Fox

#2288 Su Nov 19
 \$56 10 am-12:30 pm
 CHS East: Rm 111



Pallet Painting Class

Come join Aryn and create your own unique barn wood sign on a 14" X 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality.

Note that the wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled.

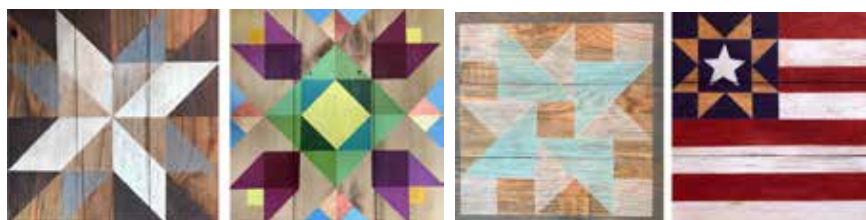
Choose your design and colors.

Options include: JRR Tolkien Quote; Van Gogh Quote; Tom Petty Quote; Beatles Quote; Eagle; Howling Wolf; MN Buffalo Plaid; Bear.

The Blue Fox

#2232-A Th Nov 2
 \$68 5:30-8 pm
 CHS East: Rm 111





1. Friendship Star 2. Tulips 3. Pinwheel 4. Flag



5. Blue Cross 6. Pumpkin 7. Marigold 8. Hidden Cross

Barn Quilt Making

Create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. Note that the wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled.

Choose your design when registering.

1. Friendship Star (beginner friendly)
2. Tulips (painting experience preferred)
3. Pinwheel (beginner friendly)
4. Flag (beginner friendly)
5. Blue Cross (painting experience preferred)
6. Pumpkin (advanced due to time requirements)
7. Marigold (painting experience preferred)
8. Hidden Cross (painting experience preferred)
9. Faded Star - not shown (beginner friendly)

Barn Quilt Class

Create a beautiful barn quilt pattern on reclaimed wood palette. At the start of class you will choose your design. Designs include: Pinwheel, Flag Faded Star, Friendship Star, Marigold, Hidden Cross and Blue Cross. Some designs are better suited for beginners and some are more advanced. [See examples and more details above.](#)

The Blue Fox

#2191 Su Nov 19
\$68 1-4 pm
CHS East: Rm 111

Barn Quilt Kit

Grab your friends and family and gather to create a beautiful barn quilt pattern on a reclaimed wood pallet. Supplies include: Wood pallet, tape, a chalk pencil that erases with water, a brush, and written

Instructor will provide specific paint recommendations for you to purchase on your own based on the design selected.

Kit order must be placed by Nov 10 for pick up the week of Nov 20-22 at the Community Education Offices. [You will be notified when kits arrive and are available for pick up.](#)

The Blue Fox

#2191-Kit \$49

Easy Oil Painting The Bob Ross Method

Ages 12+

Don't think of yourself as an artist? Our Bob Ross style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paints can be.

Bob Ross, is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s.

All materials provided to create a 16" X 20" canvas masterpiece ready to frame for display at home. Frames will be available for purchase at class if you are interested from instructor.

Jay Rupp, certified Bob Ross Instructor in Floral, Wildlife and Landscape



Waterfall

#2145-B Sa Sept 30
\$68 10 am-2 pm
MS: Rm E108



Minnesota Winter

#2145-C Sa Dec 16
\$68 10 am-2 pm
MS: Rm E108



Paint Like Georgia O'Keeffe

Adult and child (ages 7-12)

Join Super Artist and learn to paint like a master. You will work on an 11" x 14" canvas with acrylic paint. Each adult child pair will work on their own canvas.

Ann Roman

#2322 Tu Oct 3 6-8 pm
\$43 (includes all supplies)
MS: Rm E108



Guitar/Ukulele & Vocal Lessons

Private lessons for all ages and abilities

Whether you're a beginner or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl. Lessons will be tailored to each participants needs and interests and will cover guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, and music theory.

Please identify if a vocal or what instrument when registering.

Students must bring their instruments.

Brady Perl, performs his own original music and has gained statewide notoriety making several appearances on television and radio and performing in a number of venues. He is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs.

Mon 4-8 pm CT: conference room

Select your half-hour private lesson during the time frame listed

#5202A Sep 11-Oct 30
7 sessions \$170 No class Oct 9

#5202B Nov 13-Dec 18
6 sessions \$146



Quilting

Led by Kathy Johnson

Quilter's Night Out

Work on quilting projects away from distractions. Bring supplies, materials and equipment (including a working sewing machine). Help with questions and problems will be provided by facilitator, Kathy Johnson. Participate in show and tell, and fabric/pattern swap if interested.

\$7 6-9 pm RL/ECC: Rm 101

#2750-A Sep 8
#2750-B Oct 6
#2750-C Nov 3
#2750-D Dec 1 Holiday Party

Quilter's Day In

Come spend the day with fellow quilters. Arrive anytime between 9 am and 3 pm. Bring a lunch.

\$15 9 am-3 pm RL/ECC: Rm 101

#2751-A Sa Sep 9
#2751-B Sa Oct 7
#2751-C Sa Nov 4
#2751-D Sa Dec 2

Quilter's Night Into Day

Want to extend the time to work on projects, save \$ and have a mini-retreat? Join us for the Friday Quilters Night Out (#2750) leave your set-up and return on Saturday for Quilters Day In (#2751) for the reduced cost of \$20.

#2756-A Sep 8 & 9
#2756-B Oct 6 & 7
#2756-C Nov 3 & 4
#2756-D Dec 1 & 2

Check out Quilt Shop Hop Not Quite Iowa

Sat, Sept 23

See page 17

Photo Organization

Print & Digital

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

Kathy Povolny, over 25 years of experience instructing on this topic

#3512 W Nov 15
\$19 6:30-8:30 pm
CT: Media Center



Photowalks with Don Tredinnick

Don Tredinnick is professional photographer and owner of Frozen Hiker Photography. Join him on these hikes to learn the secrets of great photography. See page 17 for details.

Fall Colors

Wargo Nature Center

Let's capture everything that fall has to offer. Meet in the parking lot where Don will provide some tips on capturing fall colors.

Holiday Lights Photowalk

Join Don Tredinnick in a neighborhood near the middle school as we capture local holiday light displays. Don will provide some tips on photographing holiday light displays.



Adult Dance

Instructor, Carol Brecht-Wiles, over 20 years' experience teaching in a variety of studio and class dance venues. If possible wear shoes without a rubber sole.

Partners encouraged.

Dancing With the Stars Here we Come Ballroom Dance

Ballroom dancing is a fun way to exercise. Class will cover: Fox Trot, Waltz, and Tango steps. Develop and improve leading, following, footwork and partnership connection. Gain confidence on the dance floor. This is a great social/date night venue.

#5309 M Sep 25-Oct 23 6:30-7:30 pm
4 sessions \$52 Couple/\$32 Individual No class Oct 9
RL gym A/cafeteria

Swing Sampler

Learn the beginner steps of the timeless American dance called Swing. This energetic and versatile dance form can be performed to a variety of music styles including big band, rock and roll, disco, and pop. Cover basic footwork patterns and partnership communication to two dances: The four-count swing hustle and single time swing. If you're looking for a fun activity, for your social night out on the "town", swing dancing has it all.

#5315 M Sep 25-Oct 23 7:35-8:35 pm
4 sessions \$52/couple; \$32/individual No class Oct 9
RL: Gym A/Cafeteria

Latin Sampler

Spice up the dance floor with this Latin class. Whether it's for your winter vacation or learning more dance steps. Classes will include basic patterns, fun underarm turns and "partnership connections" in the "vibrant" Salsa and the charming Cha Cha.

#5321 M Nov 6-27 6:30-7:30 pm
4 sessions \$52/couple; \$32/individual
RL: Gym A/Cafeteria

Education & Finance

Online classes will be emailed a Zoom link prior to class. Provide your email address when registering.

Social Security Claiming Facts & Filing Strategies

How do I maximize my Social Security benefits? Explore claiming rules and strategies for couples, divorcees and widowed-surviving spouses to show you how to get the most out of your Social Security benefit. Discuss the important role Social Security plays in your overall retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the "Widow Trap". You should attend if you are within 10 years of retirement.

Charles Taylor

\$16 Individual/couple	6:30-8 pm
#3012-A W Sep 13	CHS West: Learning Commons
#3012-B W Dec 13	RLE: Rm 101



The Special Needs Trust

Estate Planning for Grandparents, Parents, & Families with Special Needs Children **ONLINE**

One should ask: Is it better to have a formal plan in place, or leave things to future family dynamics and the ever-changing benefit system? Did you know with proper planning, both while they are alive and after they have passed, grandparents, parents and family can take care of a child, grandchild, or family member with special needs in their estate plan? Yes, and such planning will not adversely affect the benefits and programs which the person with special needs has available to them. Discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of asset (tangible, income producing or other) there are options you should know. Explore how the special needs trust fits your estate planning, planning for the future of your loved one with special needs, and pros and cons of the special needs trust. A Zoom link and handouts will be sent to the email given during registration.

Steve Ledin, Attorney

#3065 Tu Sep 19 \$16 individual/couple 6:30-8 pm



So You're Thinking About Leaving Minnesota An Attorney's Perspective on How to Do It



A vital part of every retirement of resettlement discussion involves the roadmap of issues that help us decide where we want to call home.

Is it taxes, the political landscape, the weather, the location of family assets, debt or income concerns in retirement, cost of living, health concerns, or our friends are already there.

When should we start this conversation? Did you know how many states do not tax Social Security, pensions or other qualified retirement income sources? Which are the worst states for estate taxes? How do we establish domicile? How about quality of medical resources and retirement facilities, who is good, who is not so good?

All these issues will be raised and discussed in an open and friendly manner with questions encouraged.

Steve Ledin, Attorney

#3080 M Nov 27
6:30-8 pm RL/ECC: Rm 101
\$16 individual/couple

Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65 you should plan on attending this course to learn the basics of what Medicare is, how it works, how to avoid penalties, and what you need to know to prepare yourself for this process.

Charles Taylor, AWMA®, CRPS®, AIF®, Owner Four Points Advisory LLC

\$16 individual/couple 6:30-8 pm
RLE: Rm 101

#3061-A W Sep 20
#3061-B W Dec 20



Questions and Answers with a MN Will and Trust Planning Attorney **ONLINE**

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. You may have questions like: Should I avoid probate? Is a Will good enough? Do I need a Trust? How does my plan deal with a nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? If I am alone, what tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered.

Steve Ledin, Attorney

#3079 Tu Dec 12 6:30-8 pm
\$16 individual/couple

How Wills and Trusts Can and Cannot Help You

What is estate planning and why is it crucial? This class explores the purposes for estate planning; basic plans for married couples and single individuals; and reviews wills and trusts in detail. Also reviewed are powers of attorney, guardianships, health care directives and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability, and will avoid probate and unnecessary fees and delays upon death.

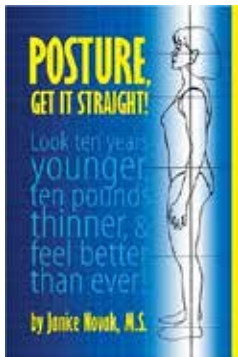
Michelle I. Kelly, private practice attorney focusing on estate planning, probate and trust administration, and elder law.

#3046 Th Oct 12
\$26 6:30-8 pm
RL/ECC: Rm 101

Janice Novak Online Wellness Classes

Classes are held 6-7:30 pm. \$26 per class. **ONLINE**

Please provide email information upon registration so a Zoom link and handouts can be emailed prior to class date.



Janice Novak has a Master's degree in Health Education & is an internationally acclaimed author, speaker and wellness consultant

Acupressure to Relieve Stress, Anxiety, Insomnia and More

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the nine master pressure points which are the most helpful and most frequently prescribed to help and assist every system in your body.

#6319 Tu Sep 26

Posture, Get It Straight

Look 10 years younger, 10 pounds thinner and feel better than ever. Ever caught your own reflection to see that your head hangs too far forward or your shoulders are too rounded, or you slump too much? Acquire quick and easy ways to correct common posture problems. Learn an 'Instant Alignment Technique' that will have you standing straighter immediately. Discover simple, easy to implement tips for when at a computer, in a car or working out. There are many benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it is never too late to make improvements. Your clothes will fit better and look better too. Wear loose, comfortable clothing. You will need a resistance band or tube for some exercises.

#6317 Tu Oct 3

Soothe Those Achy Joints

Do you have joints that ache? A knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

#6320 M Oct 9

Vitamins & Herbs Facts and Fallacies

Confusion abounds about vitamin supplements. Are they needed, which are best, and how to choose? Learn 7 guidelines that determine if a supplement is well balanced or a waste. (The instructor does not sell supplements & is not affiliated with any company). Discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine, Chondroitin, Melatonin, Ginkgo, Ginseng, and Echinacea.

#6313 W Nov 1

Overcoming Carbohydrate Cravings

Do you crave starches, snack foods, and sweets and find the more you eat, the more you want? Discuss a two-week plan that will stop cravings, help you to lose weight and help keep insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how to stop the vicious cycle of food craving and weight gain.

#6357 M Nov 6

Just Breathe

Breath work is the single most powerful thing you can practice for improving energy levels, health, and wellbeing. Learn ancient breathing exercises that will neutralize stress by reprogramming your nervous system, increase energy and vitality, increase brain function, improve immune response, decrease depression and anxiety, and help strengthen your back and abs from the inside out. The simplest and most powerful technique for optimum health of mind and body is free and right under your nose.

#6373 W Nov 8

Women, Weight & Hormones

Discuss concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; simple things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to get your hormone levels checked reliably; steps needed to safely break the vicious cycle of hormone related weight gain to help your body begin to lose weight again.

#6314 Tu Dec 5



Boot Camp/Core

Morning classes open to all fitness levels

Classes will train both cardio and strength using timed, high-intensity intervals. There will also be a focus on building core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Modifications will be offered to assure success for all participants.

*Barb Iacarella-Fudali, Personal Trainer,
Pilates Reformer Specialist and
Instructor*

MWF 5:30-6:15 am	CHS West: Rm 607
#6932-A	Sep 1-22 9 sessions \$50 No class Sep 4
#6932-B	Oct 16-30 7 sessions \$39
#6932-C	Nov 1-29 13 session \$72
#6932-D	Dec 1-29 12 sessions \$66 No class Dec 25

Foot Care Clinic



We are hosting Jessica Lyall will provide private, individual, 30-minute foot care sessions. Services may include toenail trimming, filing down thick nails, removing corns, filing calluses, Diabetic foot assessment, circulation assessment, fungal nails, non-infected ingrown nails, performing a shoe assessment, and making any recommendations for certain skin conditions, products or foot ailments. The room we are utilizing will be designed to provide privacy.

If you have any questions in advance of registering for a session, please contact Community Ed and we can pass along any specific inquiries to Jessica. Select your 45 minute private session during the time-frame listed.

Jessica Lyall, BSN, RN, PHN, CFCN, a mobile nurse specializing in foot care. She has obtained additional training in foot and nail care for healthcare providers, Certified Foot Care Nurse, MN Public Health Nurse

#6098	Sa	Oct 7	9 am-1:30 pm
			\$65 ECC/RL Rm 101



Adult Recreation



Learn to Curl

No curling experience necessary! Come learn the basics of curling! Curling is a social, easy to learn, strategic and great exercise. Instruction will be given followed by a short match. Wear warm clothing. Hats encouraged. Bring a clean pair of tennis shoes in a bag to change into. The arena is 40 degrees. Curling equipment provided. Water bottles allowed. No outside food.

#6412	Sa	Oct 14
		\$40 10:45 am-1 pm Fogerty Arena

Adult Men's 5v5 Basketball League 18+

Officiated men's basketball league. Players must be at least 18 years of age. Games played at Centennial Middle School on Sundays between November 5 and February 18. Game times vary in the evening between 6 and 10 pm.

Includes 10 games plus playoffs. Two officials per game and scorekeeper. No games on Nov 26, Dec 24 Dec 31, or Feb 11. In case of inclement weather, we will have a make up on February 25.

Only the team captain needs to register with your team name. Team captain will be contacted as we get closer to league play for the roster of players. Register by Oct 23. No refunds thereafter.

#6806	Su	Nov 5-Feb 18	6-10 pm
		10 session & playoff	\$600/team CMS: Gyms 1 & 2

Intro to Pickleball

Come join the fun and learn to play pickleball. This is one of the fastest growing sports for adults. If you like tennis or ping pong, you will LOVE pickleball. Learn how to effectively hit the ball, maintain a rally, keep score, the rules and basic game play. Bring equipment if you have it. We have a few paddles available to use.

Dean Kramar

2 sessions	\$24	CMS: Tennis Courts
#6028-A	Tu	Sep 19 & 26 6:15-7:30 pm
#6028-B	Th	Sep 21 & 28 6:15-7:30 pm
#6028-C	Su	Sep 17 & 24 6-7:15 pm

Open Pickleball League All levels welcome

Can't get enough pickleball? Come join us for an open adult pickleball league where you will play matches and rotate with other players. We supply the courts, nets, and balls. Participants bring their own paddles, or we do have some to borrow as well.

Dean Kramar

7 sessions \$64 6:45-8:15 pm
CHS East: Lower Gym

#6013-A	Tu/Th	Oct 3-26	No Oct 19
#6013-B	Tu/Th	Nov 2-28	No Nov 23

Adult Open Volleyball

Drop in for a night of volleyball at Centennial Middle School. Please bring clean, dry court shoes and exact change. No volleyball Oct 20, 27, Nov 24, Dec 22, 29 & Mar 15, 29

Friday	Sep 15-May 24
	\$7 6:30-9:30 pm CMS: Gyms 1 & 2



Tenicity Tennis

Tenicity's Tennis Program is led by former Wimbledon player, winner of ATP Professional titles, and U.S. Collegiate Division 1 National Champion, Harsh Mankad. Harsh has over 10 years of experience leading tennis programs and developing players. His team of coaches are trained in the program's methods to deliver lessons that create fun, positive, and engaging learning experiences.

*To learn more about the program, visit <https://tenicity.com/>
Please contact Harsh at harsh@tenicity.com with questions.*

Parent/Child Group Tennis Lessons Beginner level player

Learn and enjoy tennis with your children in a fun, positive, and well-structured coaching program created by Tenicity.

4 lessons **Sa** **Sep 9-30** **9-10 am**
\$110 parent/child pair **CHS: Tennis Courts**
 #6221-A Ages 5-8 with adult
 #6221-B Ages 9-12 with adult

Adult Group Tennis Lessons Beginner level player

Join the lifelong sport of tennis and develop fundamental skills to enjoy the game with family and friends.

4 lessons **\$80** **Jim Peterson Athletic Complex**
 #6805-A W Sep 6-27 12-1 pm
 #6805-B M Sep 11-Oct 2 12-1 pm

Adult Group Tennis Fitness

For players who have developed their strokes fundamentals and can rally and serve. Ideal for advanced beginners and higher levels. Gain a great workout along with developing your tennis game skills.

4 lessons **\$80** **Jim Peterson Athletic Complex**
 #6222-A W Sep 6-27 1-2 pm
 #6222-B M Sep 11-Oct 2 1-2 pm



Halloween Hustle 5K

Sat, Oct 28 for all ages

Join us for the 6th Annual Halloween Hustle. This 5K fun run will start at Centerville Elementary, run out the trail and back.

Bring the entire family; pets are welcome (no pets in the school). Dress up in costume if you'd like, and join us for a fun-filled morning. There will be a kid turnaround station about a half mile up, so all ages can join.

We'll have some fun kids activities in the school after the run until 10:30 am. Alumni activities and events will take place after the run, so watch for updates on the Centennial Alumni Association Facebook page.

Participants registered by October 12 will receive a long sleeve t-shirt. No guarantee thereafter. Indicate t-shirt size when registering.

#6100 CVE: Parking lot

\$22/individual; \$60/family of 3;
 \$76/family of 4; and \$90/family of 5.

Check in starts at 8:45 am
 Prizes announced at 10:15 am

Run at 9 am rain or shine

*This run is a collaboration
 between Centennial
 Community Ed & Centennial
 Alumni Association.*

*Proceeds will benefit
 Community Education
 financial assistance and
 the Centennial Alumni
 Scholarship Fund.*





Adult Special Interest



The Assassination of President John Kennedy An In-Depth Analysis

This course will examine the discrepancies between the Warren Commission, that investigated the assassination for ten months and published their findings in September of 1964; along with the conclusions reached by the United States House of Representatives that investigated the assassination for thirty-one months and published their report in March of 1979.

The participants will develop a rounded perspective regarding the many controversies surrounding the assassination of President Kennedy. Each of the sessions will have ample time for participant comments and questions.

David Yorks, has a Master's Degree in American History, attended many national conferences regarding the assassination, and met with witnesses of the assassination and doctors who attended to the President on November 22, 1963.

#8608 Tu/W Dec 5 & 6
2 sessions \$24 6:30-8:30 pm
CHS West: Learning Commons

Intro to Online Genealogy

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

The Formidable Genealogist, LLC

#2323 Th Dec 14
\$30 6-7:30 pm
RL/ECC: Rm 101



Centennial Community Band (Grade 11+)

Part of the Centennial Community since 2003

Own a band instrument? Looking for a place to play? Come experience the joy of ensemble music making with a wide variety of symphonic band literature, even if it has been a while since you played.

This non-audition band, under the direction of Barry Zumwalde, is comprised of musicians from the Centennial area and surrounding communities. Instrumentalists are welcome in percussion, low brass, saxophone, flute and double reed sections. Interested musicians are invited to try up to three rehearsals without obligation.

Rehearsals are Tuesdays 7-9 pm in the CHS band room (occasionally in the MS band room). Visit their website for further information.

centennialcommunityband.org

Age 55+ Driver Discount Program

The Driver Discount Program is a state approved, accident prevention/insurance discount class. Classes are taught by a MN Highway Safety & Research Center certified instructor.

Participants will be provided the latest information in regards to driver and traffic safety, new vehicle technology and updates with traffic laws. This class has something for everyone.

Those completing the course qualify for a 10% discount on their auto insurance premiums for three years.

MN Highway Safety & Research Center Instructor

8-Hour Course

#8100 Tu Oct 10-17
2 sessions \$28 5:30-9:30 pm
RL/ECC: Rm 101

4-Hour Refresher

#8101-A Tu Sep 26
\$24 5:30 pm-9:30 pm
RL/ECC: Rm 101

#8101-B M Nov 13
\$24 1-5 pm
RL/ECC: Rm 101



Trips & Outings

Trips depart from The Rookery Activity Center in Lino Lakes

All return times are approximate. No refunds after registration deadline.



Pepin Heights Apple Orchard and Nelsons Cheese Factory

Thursday, September 21

The apple orchard is calling you! We will make our way down to Lake City where we will stop at Pepin Heights Apple Orchard. Pepin Heights is Minnesota's largest apple grower and distributor of Honeycrisp apples in the nation. In addition to Honeycrisp, Pepin Heights offers over a dozen different varieties of apples. While at the orchard explore and shop for apple products and specialized gifts.

After our orchard exploration, we will head to lunch at Chickadee Cottage Café where we will enjoy Old Fashioned Chicken Salad with grapes, almonds and ring pasta in a delectable creamy dressing accompanied by colorful fresh fruit and homemade nut bread, a small dessert and beverage.

We then venture over the river into Wisconsin, where we will make a stop at Nelsons Cheese Shop at the Nelson Cheese Factory. The founders of the Nelson Cheese Factory have made cheese for over 100 years. While they no longer make cheese at the factory, their offerings have been expanded to include cheese from Wisconsin and around the world as well as fine wines and a gourmet selection of food. We will travel home through Wisconsin along the scenic Great Mississippi River Road through the small riverside villages. Weather permitting, we will make a few scenic overlook stops.

Price includes transportation and lunch. Registration deadline August 21.

#8751 \$90 7:45 am-4 pm

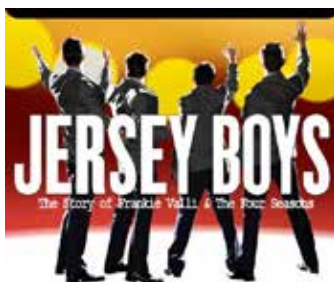
Jersey Boys-Chanhassen Dinner Theater

Wednesday, November 1

With phenomenal music, memorable characters and great storytelling, Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of Best Musical at both the Tony Awards and Olivier Awards, Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom.

Trip includes motor coach, play and lunch. Dessert is on your own. Register by October 3. Space is limited.

#8752 \$99 9:15 am-4:15 pm



Bentleyville 21+

Tuesday, November 28

Billed as America's Largest Free Walk Through Lighting Display, Bentleyville invites guests to stroll under the glow of over 5 million lights in a 20-acre park situated on the shores of Lake Superior, while enjoying complimentary hot cocoa, cookies, popcorn and roasted marshmallows! Before our stop in Bentleyville, we'll visit Hoops Brewing. A BBQ buffet dinner will be served by OMC Smokehouse, pork or brisket with sides. If you'd like, add a tour with tasting that includes 3, 5 oz tasters of the beer that's on tap in the brewery and one free 10 oz beer of your choice from their entire tap list. We'll arrive at the brewing company around 3:15 pm and head to Bentleyville around 5 pm, with an estimated departure at 6:30 pm. Bentleyville has gone from a 2-month hobby to a year-round organization that involves planning, repairing, purchasing, fundraising and organizing one of Minnesota's largest events. Food and toy donations are accepted.

Price includes transportation, dinner, and beer tasting with tour if you choose. The beer tasting is optional. Registration deadline November 17.

#8753 12:45-9:15 pm \$68 or \$88 with brewery tour & tasting

Ozark Country Jubilee

Thursday, November 9

The Ozark Jubilee features an all-star cast of Branson entertainer that is coming to Treasure Island Event Center. This dynamic show salutes the music of the great Legends of Country Music and a variety of Christmas music - from the traditional standards to more contemporary Christmas selections that will touch your heart. This show features vocals, comedy and instrumentals. World-class fiddler, Doofus Doolittle presents his unique brand of humor and some of the best fiddle and violin music ever. Enjoy this holiday musical event with the sounds of laughter, Bluegrass, Gospel, Country, and traditional Christmas music.

Turkey, mashed potatoes, gravy, green beans, dessert, coffee or tea will be served before the show begins. Registration includes transportation in a motor coach and lunch. Register by September 29.

#8754 \$99 10:15 am-5:15 pm

Upcoming Trips!

Look for updates for extended bus trips to Toronto and Niagara Falls in spring of 2024 and Nashville fall of 2024.



The Looney Lutherans I'm Dreaming of A Looney Christmas Thursday, November 30

The Looney Lutherans are back with a brand-new Christmas show, "I'm Dreaming of a Looney Christmas." Full of lots of family friendly music and comedy, including the smash hit "All I Want for Christmas are Some New False Teeth" and the game show, "What's in Your Stocking?" Don't let the season go by without adding a trip to visit the Looney's to your holiday wish list.

Price includes lunch, with chicken breast, mashed potatoes, corn, coleslaw, cookie and coffee or lemonade, show ticket at the intimate Ames Center in Burnsville, and transportation. Registration deadline is October 30. No refunds thereafter.

#8755 \$94 10:30 am-3:45 pm

Paramount Theater Winter Dance Party Thursday, January 25

Join us for a wonderful trip to the Paramount Theater in St. Cloud for John Mueller's "Winter Dance Party". This is the official live and authentic re-creation of Buddy Holly, Ritchie Valens and the Big Bopper's final tour, and the only show endorsed by the Holly, Valens and Richardson estates. Each performance includes over two hours of unbridled high voltage entertainment featuring all the hit songs of the 50's era: That'll Be The Day, Peggy Sue, Oh Boy, Rave on, La Bamba, Chantilly Lace, and many more.

Before the 1:30 show, we'll stop at the Green Mill in St. Cloud for lunch. Lunch choices are Parmesan Walleye Sandwich, Cobb Salad with Chicken, 4-Cheese Bacon Burger, Fettuccine Alfredo or Pomodoro Florentine (shrimp pasta with tomato cream sauce). Indicate your lunch choice when registering. Lunch includes soda or coffee. Other beverages available for a charge. Register by December 21.

#8757 \$99 10 am-4:30 pm

Quilt Shop Hop-Not Quite Iowa

Transportation is district mini vans

Depart & return at Centennial Community Ed

We love to get advice from our hoppers on where to go next. We heard a number of suggestions that we consider heading down to the southern part of MN to check out a few shops. They are also places we have not included in a hop yet. For this fall's trip our first stop will be the Calico Hutch in Hayward. What is unique about their shop is they have over 350 samples, and every sample has a kit. Next up is Granny's Legacy Patterns. They specialize in original wool applique patterns, hand dyed woolens, and wool kits. We will find a nice spot for lunch on your own, location TBD. After lunch it's the Humble Heart Quilt Shop. They offer not only fabrics but crafts and household items as well. We will end our day in the beautiful river valley near Mankato at River City Quilts.

#2700 Sa Sep 23 \$35 8 am-5 pm

Local Outings

Instructor Led Photowalks with Don Tredinnick

Join us for these fun and informative walks with Don Tredinnick, professional photographer and owner of Frozen Hiker Photography. All experience levels are welcome. You will need a camera that allows for manual settings, and a lens that can range in focal length from 35-105mm. We are outside for two hours, so bring water and dress for the weather.

Fall Colors at Wargo Nature Center

Let's capture everything that fall has to offer. Meet in the parking lot where Don will provide some tips on capturing fall colors. During the photowalk Don will help participants with camera settings, composition, and subject selection. Topics covered will include selective focus, subject isolation, adding depth, working with lighting challenges, and finding fall subjects other than fall color.

#8705-A Sa Sep 30 \$30 10 am-noon

Holiday Lights Photowalk

Join Don in a neighborhood near the middle school as we capture local holiday light displays. Meet at Caribou Coffee, 730 Apollo Drive, Lino Lakes where Don will provide some tips on photographing holiday light displays. During the photowalk, Don will help participants with camera settings, focusing at night, creative camera effects such as zooming with long exposures, and shallow depth of field. We will also work on some of the challenges such as dealing with movement, and sequenced light displays.

#8705-B Sa Dec 9 \$30 5-7 pm

Driver Education

Learn to drive safely and with confidence in preparation for your Minnesota provisional driver's license

Participants begin with 30 hours of in-class instruction to prepare for the knowledge (permit) test. Next step is to enroll in a behind-the-wheel program. Participants will then receive a certificate of enrollment and classroom completion card (blue card) allowing them to take their knowledge test. Pass the test and finish the process by completing 6 hours of behind-the-wheel instruction. All instructors are licensed teachers and licensed driver education teachers.

Due to high demand and the need for advanced registrations, any changes or cancellations once registered will incur a \$20 charge per occurrence. Missed driving sessions will be charged \$93 per occurrence.



Driver Education Classroom Ages 14 ½ and older

The first phase of driver education consists of 30 hours of in-class instruction that prepares students for the knowledge (instructional permit) test. Students will increase their understanding of basic skills, principles, and processes of responsible driving. Areas of concentration include driver's rights and responsibilities, alcohol and other drugs, signs-signals-road markings, rules of the road, safe driving tips, Minnesota traffic laws, and limitations for teen drivers. The AAA Driver Training Program curriculum emphasizes the latest concepts in driver safety. Participants who miss a class must wait for the next classroom series to make up for missed time.

Students who are age 15 by the end of classroom and already registered for BTW will receive their Certificate of Enrollment and Classroom Completion card (blue card) the last day of class.

Instructor: Matt Fenno

**Must attend all 10 classes at CHS/West: Rm 623
\$175 (includes MN Driver's Manual)**

#8550 M-F Sep 11-22 4:30-7:35 pm
CHS West: Rm 623

Driver Education Behind-the-Wheel BTW

Prerequisite: Must have completed 30 hours of classroom instruction, be at least 15 years of age

The second phase of driver education consists of 6 hours of hands-on instruction. Students MUST have passed their knowledge test and have their permit to start BTW lessons. Only once you have your permit will you be assigned to an instructor for lessons. Lessons are either one-on-one for three, 2-hour lessons or two-on-one for six, 1-hour lessons.

Instructors: Craig Sturlaugson, Matt Fenno and Mickey Bluedorn

#8551 \$300

All lessons begin and end at the front of the Centennial High School West campus building. See isd12.ce.eleyo.com for more details.

Need a 2-hour refresher before taking your driver's test?

Call Community Education at 763-792-6100

Point of Impact

Parents and their new teen drivers

Participation reduces required practice driving time from 50 to 40 hours. The hours are recorded on the newly required driving log that must be submitted prior to taking the driver's test (effective Jan. 2015).

Newly licensed teen drivers are not necessarily safe drivers. Parents are the first and best source for teaching their children. Safe driving skills are developed over time and a parent's role continues even after they receive their license. Traffic crashes are the leading killer of Minnesota teens. Inexperience, distractions, risk taking, and poor seat belt compliance are the primary factors. Learn the importance of playing a role in developing the safe driving skills of your youth. View a video that presents stories of Minnesota youth and families impacted by crashes.

Centennial Driver Education Instructor Matt Fenno & Lino Lakes Police Officer Adam Halverson.

#8552 Tu Nov 14 6:30-8 pm ECC/RL: Rm 101

Make sure to keep up on the latest news from Centennial Community Education. Find us on Facebook, [Facebook.com/centennial community education](https://www.facebook.com/centennialcommunityeducation) and sign up for our newsletter on our website Communityed.isd12.org



High School

Ski/Snowboard Club Grades 6-12

Skiing and snowboarding are two of the greatest winter sports around. Join fellow Centennial students on the slopes of Wild Mountain or Trollhaugen on select Saturdays this winter as we carve, stomp and traverse the slopes. [See Eleyo for more details.](#)

#6515 Dec 16, Jan 20, Feb 3, 10 & 24
All 5 trips \$269 Individual Trip \$65

Season Pass Holder:

Wild Mountain: \$194/\$40 Trollhaugen \$219/\$42 Chaperones needed

ACT Prep Seminar Grades 11-12

Gain valuable insight into the ACT through a close examination of each type of question. Discover strategies necessary for attacking the types of questions the tests cover as well as exploring general test taking tips. Suggestions given for post-seminar test preparations. Please bring a calculator and two pencils. Instructed by Doorway to College.

#7550 M/Tu Oct 16 & 17 2 sessions \$104 3:30-6 pm
CHS West: Learning Commons

Consider donating to our financial assistance program

Thank you for supporting additional learning opportunities for those in the Centennial community!

Join us in our mission of making connections within the community, removing barriers and providing learners of all ages with accessible and enriching opportunities... by making a financial gift to our financial assistance program. In showing your support, you are helping to ensure that all families in the community have access to learning and enrichment opportunities.

Last year Community Education provided over \$10,000 in financial assistance to families in our community

We are on pace to have a need that will surpass that number this year. Through this program participants are able to experience a wide variety of high-quality enrichment offerings such as STEM/STEAM and academic classes, swimming lessons, driver education, health and wellness, sports and recreational camps and so much more.

Participants enjoy improved abilities, knowledge and social skills. In turn, the community gains greatly as a whole when all are able to pursue quality learning and enrichment opportunities.

When checking out, you can make a financial donation by enrolling in course #50 and help make offerings possible for everyone in our community.

In addition to monetary support, we also welcome the gift of your time and talents through volunteerism.



Scan the QR Code to contribute & get more information



English as a Second Language

Learn English with our help!

English language classes are offered for free right here at Centennial to support adults who may be immigrants or refugees. The curriculum is designed to fulfill learner's practical needs by teaching everyday language focuses on survival skills and everyday living. Students are welcome to join anytime throughout the year. Contact Centennial Community Education, 763-792-6100 for class information.

Adult Basic Education

Centennial Adult Continuing Education has combined with Metro North Adult Basic Education to provide free classes for adults.

- ◆ Earn a high school diploma
- ◆ Prepare for the GED test
- ◆ Study for United States citizenship
- ◆ Build basic skills in math, reading and writing
- ◆ Gain basic computer skills
- ◆ Prepare for college
- ◆ Develop workplace skills

For more information

Call Metro North at 763-433-4200
or visit www.metronorthabe.org

Youth Academics



Stock Market & Personal Finance Club **ONLINE** Grades 6-8

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Create four investment portfolios to compare risk vs return on investment.

Understand how an Initial Public Offering (IPO's) could become the next blue-chip company of tomorrow. Track and trade your stocks, mutual funds, and cryptocurrency to build wealth, not just savings.

Use a personal finance simulator to see how improving your education and experience can raise your income if you can budget your resources and pay your bills. Learn how difficult it is to finance post-secondary education while still holding down your simulated job.

Finally, if participants have interest, they can attempt to build and grow a simulated business.

A Google Meet invitation will be sent to the email entered upon registration.

CSGA Enrichment

#7791	Th	Sep 14-Dec 21
13 sessions	\$157	6:45-7:30 pm
		No class Oct 19, Nov 23
		Google Meet

Science Explorers Kits

Kits are mailed to your home directly and will take approx. 1-4 days to arrive once registered. Please make sure your address in Eleyo is current.



Young Inventor's Kit

Ages 12+ working independently

Age 8+ with an adult

The Young Inventors Kit is a child's first step into tinkering and inventing. You don't need to have gray hair and wrinkles to be an inventor. Children are natural inventors and are curious and imaginative all on their own. Did you know that a child invented the Popsicle or that a 16 year old invented the trampoline? Encourage your child's tinkering spirit with this fun and engaging kit as they build an electrical circuit and learn about pneumatics. Your child will be designing, building, and creating for hours on end. They may just invent the next "big thing". The 175+ piece kit contains tools, adhesives, building materials, craft items, and a 16 page Activity Guide. It is packed with screwdrivers, screws, pliers, 1.5 volt hobby motor, batteries and holder, wheels, scissors, clamps and much, much more. **All supplies included in the kit. #7732 \$68**

STEM Sampler for Preschoolers Kit

Ages 3.5-6 with adult

Join us in a virtual preschool classroom as we explore three areas of STEM. We will investigate a tropical rainforest and its layers while learning about the unique animals that live there. Examine the three most common States of Matter in our environment (solid, liquid, gas) with fun and exciting experiments. Lastly, we will use our natural curiosity to explore force with engaging activities. Kits contain an outline and much of the materials needed to complete the pre-recorded class. A 30-day link will be provided to access a private video on YouTube. **You will need internet access to view video, sink and water, 3 cups, bowl, 1/2 measure cup and glue. #1404 \$36**

Chemistry Fun for Preschoolers Kit

Ages 4-8 with adult

This kit will have your budding scientist exploring the Science side of STEM with engaging experiments and activities. First, learn about primary and secondary colors with Color Mixing Magic. Then, in States of Matter your scientist will investigate the three most common states in our environment with four exciting experiments. Finally, with Silly Slime, learn why slime is delightfully bouncy, stretchy and sticky as your scientist mixes up their own batch of slime and explores it's properties. This kit is more than hands-on, it's hands in. Be prepared to have fun and get messy. Kit contains an outline and much of the materials needed to complete projects. **You will need water, paper towels, scissors, bowls, cups, small waterproof containers, markers, glue. #1405 \$45**



Crazy Chemistry Kit & Video

Grades 2-6

Join us in a virtual laboratory as we become crazy chemists. Investigate the Periodic Table and learn about its families with fun and exciting experiments as we discover the science side of STEM. We will break some chemical bonds, get messy with polymers and much more. Class is hands-on so be ready for a mess. Kit contains an outline and much of the materials needed to complete this pre-recorded class. A 30-day link will be provided via the email you use to register to access a private video on YouTube.

You will need internet access, a tablet or laptop to view class, sink, water, crayons or colored pencils, towel for spills, pitcher, cups, bowls, scissors, plate and 10 pennies. #7742 \$65

STEM Sampler-States of Matter, Electromagnet & Flight 101 Kit

Ages 12+ working independently

Age 8+ with an adult

First, your budding scientist will explore the three most common States of Matter in our environment: a solid, liquid and a gas. Next discover the four forces that allow planes and rockets to fly: thrust, drag, weight and lift as you experiment with these forces with fun, hands-on experiments and activities while using a paratrooper to investigate drag, a disk launcher to explore lift and more. Then you will build and an electromagnet and learn how the electromagnetic field was first discovered. Kit takes approx. 2 hours to complete. All you need to supply is water, a half measuring cup, a bowl or tray, 3-clear cups, tape and a table. #7727 \$34

STEM Sampler-Slime & Catapults Kit

Ages 12+ working independently

Age 8+ with an adult

In this DIY kit, you will first investigate the chemical reaction that creates slime. Mix up your own batches of Glow, Silky and Floam Slimes as you discover why slime is delightfully bouncy, stretch, and gooey. Then build three different catapults to examine how levers, energy, and Newton's Laws of Motion all work together as you fling ping-pong balls while practicing your launching and aiming skills.

This kit is more than hands-on it's hands-in. Items in this kit are for external use only. Do not eat or drink any substance contained in this kit. Keep out of eyes, nose, and mouth. Kit takes approx. 2 hours to complete.

You will need water, paper towels, and scissors. #7731 \$38

DISCOVER CENTENNIAL SCHOOLS

Accepting resident and non-resident (open) enrollment for the 2023-2024 school year for grades PreK-12.

With nine exceptional schools serving 6,500 students, Centennial prepares all learners for excellence in their future. Our high school graduation rate is 95%, one of the highest in Minnesota.

Learn more at isd12.org/enroll-today



CENTENNIAL
SCHOOL DISTRICT 12
CONNECTING. ACHIEVING. PREPARING.

LOOKING FOR
A CAREER MOVE?
**CENTENNIAL
IS HIRING!**
isd12.org/join-our-team

AFTER-SCHOOL ACTIVITIES

Elementary classes are from 3:45 to 4:45 pm unless otherwise noted

See page 22-23 for descriptions

Class	Location	Age/Grade	Day(s)	Dates	Course #
DASH Soccer	BH: Baseball Field	Gr. 2-5	W	Oct 11-Nov1	#6966-C
DASH Flag Football	BH: Baseball Field	Gr. 2-5	Tu	Sep 12-Oct 3	#6956-B
Intermediate Chess	BH: Media Ctr	Gr. 2-5	Th	Nov 9-Dec 7 (no Nov 23)	#7625-B
Winter Magic	BH: Staff Lounge	Gr. K-5	Tu	Dec 5-19	#2321-A
DASH Flag Football	CT: Field 3	Gr. 2-5	Th	Sep 14-Oct 5	#6956-D
DASH Soccer	CT: Field 3	Gr. 2-5	Th	Oct 12-Nov 9 (no Oct 19)	#6966-D
Winter Celebration	CT: Media Ctr	Gr. K-5	Th	Nov 30-Dec 21	#2318-A
Fun Fall Art	CV: RM 116	Gr. K-5	Tu	Sep 26-Oct 10	#2319-A
DASH Flag Football	GL: Field 4	Gr. 2-5	W	Sep 13-Oct 4	#6956-C
DASH Soccer	CV: Field 4	Gr. 2-5	Tu	Oct 10-31	#6966-B
Artist Lab	CV: Rm 157	Gr. K-5	W	Oct 18-Nov 22	#2320
Winter Celebration	CV: Rm 131	Gr. K-5	Tu	Nov 28-Dec 19	#2318-B
DASH Flag Football	CV: Field 3	Gr. 2-5	F	Sep 15-Oct 6	#6956-E
Fun Fall Art	GL: Rm 213	Gr. K-5	W	Sep 27-Oct 11	#2319-B
DASH Soccer	GL: Field 3	Gr. 2-5	F	Oct 13-Nov 10 (no Oct 20)	#6966-E
Winter Celebration	GL: Rm 213	Gr. K-5	W	Nov 29-Dec 20	#2318-C
DASH Flag Football	RL: Field 6	Gr. 2-5	M	Sep 11-Oct 2	#6956-A
Intermediate Chess	RL: Rm 101	Gr. 2-5	Th	Oct 5-Nov 2 (no Oct 19)	#7625-A
DASH Soccer	RL: Field 6	Gr. 2-5	M	Oct 16-30	#6966-A
Winter Magic	RL: Rm 101	Gr. K-5	W	Dec 6-20	#2321-B



DASH Sports provides players with a well-rounded sports experience players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camps end with a scrimmage on the final day. Please bring a water bottle and dress for the weather.



DASH After School Flag Football Camp Grades 2-5

Camp will have little to no contact. Key elements of passing, catching, rushing, and defense will be taught and practiced. (spikes/cleats and mouth guards are optional). Footballs and flag belts are provided. Participants will check in with the instructor in the gym and then go outside for class. If it's raining class will be held inside and players will need tennis shoes.

#6956 \$79 4 sessions 3:55-4:55 pm

DASH After School Soccer Grades 2-5

Camp will cover a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. (spikes and shin guards are optional). Balls are provided.

#6966 \$79 4 sessions 3:55-4:55 pm

#6966-A \$79 RLE only 3 sessions 3:55-5:15 pm





r1108 CKidzArt 2023

Artist Lab

Grades K-5

Experiment with different artist materials after school. Learn to draw an axolotl, a type of salamander, and paint it with watercolors. Create a colorful scratch-art line design of a griffin, and a patterned landscape on metal.

Kidzart

#2320 \$42 3 sessions BH, RL



Fun Fall Art

Grades K-5

Let's design and create autumn-themed art projects in this special three-week workshop. Use acrylic paint on canvas to paint a pumpkin with polka dots, draw furry friends of the forest, and a tree full of fall colors. Also use air-dry color to create a relief sculpture.

Kidzart

#2319 \$42 3 sessions CT, GL



Winter Celebration

Grades K-5

Get ready for winter break by enrolling in this drawing class after school. We'll learn to draw winter characters including a colorful blue jay, playful elves, and other fun and festive characters. It's relaxing and fun!

Young Rembrandts

#2318 \$54 4 sessions CT, CV, GL



Winter Magic

Grades K-5

Be enchanted by this creative winter workshop inspired by all things magical in winter, right after-school. Paint snowflakes with watercolor and crayon resist, sculpt a snowman out of Sculpey clay, and learn to draw kids having a ball sledding down a snow-covered hill.

Kidzart

#2321 \$42 3 sessions BH, RL



Intermediate Chess

Grades 2-5

Learn to play chess in a fun environment, right after school. Expand your knowledge of the game. Learn strategies, moves and counter moves. The session will culminate with an exciting tournament on the last day with prizes.

America's Fun Science

#7625 \$60 4 sessions BH, RL



Middle School

Activity buses depart at 4:45 pm and after school supervision is available at no additional charge in the cafeteria until 6 pm. Please check the box during registration if you'll utilize busing or care.



Cookies & Canvas Grades 6-8

Do you enjoy painting? Are you interested in learning to paint? Come join our "Paint Party" atmosphere, right after school at Centennial Middle School and learn to paint with acrylic paints on a 16" x 20" canvas or two 8" x 10" canvases using the step-by-step method or come with your own idea in mind! We take a cookie break while layers are drying and listen to music, creating a relaxed and fun atmosphere. Beginners and advanced students are welcome to join! All have the option of an "Open Paint Studio."

Sara Koehn, Art Teacher

2 sessions \$49 3-4:35 pm

CMS: Rm E108

#2092-A	M	Sep 18 & 25
#2092-B	M	Oct 16 & 30
#2092-C	M	Nov 13 & 20
#2092-D	M	Dec 4 & 11

Strategy Games Club Games, Collectible Cards, Role Playing, Strategy Grades 6-8

Take strategy gaming to the next level. Play challenging games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, Godsforge, role playing and collectible card games. Games are run by participants. Playing games develops analysis, problem solving, communication, and negotiation skills, and it's great fun!

CSGA Enrichment

#7786-A	M	Sep 11-Oct 30
7 sessions	No class	Oct 9
	\$98	3-4:40 pm
	CMS: Media Center	

#7786-B	M	Nov 13-Dec 18
6 sessions	\$84	3-4:40 pm
	CMS: Media Center	

FIRST LEGO League Robotics Grades 6-8

This year's challenge is all about STEM empowering art. FIRST® IN SHOW LEGO® League is empowering young people to design and build a world of endless possibilities. The future is a place you will create. We will embrace First LEGO League Core values:

- ◆ **Discovery:** We explore new skills and ideas.
- ◆ **Innovation:** We use creativity and persistence to solve problems.
- ◆ **Impact:** We apply what we learn to improve our world.
- ◆ **Inclusion:** We respect each other and embrace our differences.
- ◆ **Teamwork:** We are stronger when we work together.
- ◆ **Fun:** We enjoy and celebrate what we do!

All are welcome, no experience necessary. If you need to ride the activity bus at 4:30 you can leave at that time, or parent pickup at 5.

There is a mandatory parent meeting on Monday, September 11 from 7-8 pm in the cafeteria.

#6635	Th	Sep 14-Dec 14
13 sessions	\$139	3:10-5 pm
	No class	Nov 9 & 21
	CMS: Rm E132 & E136	



Ultimate Outdoor Cooking Grades 6-10

Impress your friends and family by earning the title of Cast Iron Chef! Join Centennial area scouting units as they teach a wide variety of outdoor cooking skills, tips, and tricks right after school at the middle school.

Those who camp or spend time outdoors know that eating is a necessity. Meals should be fun to prepare and the highlight of a trek. Food will brighten a stretch of stormy weather, energize trekkers striving toward a destination, and revive many a weary soul.

In this course, you will learn about the gear necessary as well as how to plan and cook meals for a variety of outdoor activities. This is a hands-on series of classes that will allow the youth (with adult guidance and supervision) to do actual food prep and cooking over wood fires, camp stoves, Dutch ovens, and lightweight backpacking stoves. Most importantly, they will get to enjoy the results when the food is done.

Scouts BSA Leaders

#6617	Tu	Sep 19-Oct 17
5 sessions	\$38	3-4:30 pm
	CMS: Outdoor space	



Centennial Theater Department MS Play 2023



The Princess & the Pea Grades 6-8

A hilarious, absurd and comical take on the classic Hans Christian Anderson fairy tale re-told by premier Twin Cities Producers and Playwrights Ryan and Tina North.

Mandatory Meeting:

MUST ATTEND ONE.

September 6 or 7 from 3-4:40 pm

Auditions:

MUST ATTEND ONE

September 11 or 13 from 3-4:40 pm

Rehearsals

Begin Sept 18

Shows: Nov 1-4

Online registration opens Sept 16
#6621

Cast and Stage Manager \$150

Booth Crew, Costume Crew,
Set and Props \$80

Debate Club

Debate is a fun, interactive activity about using evidence, reasoning, and public speaking to win your argument. We will be debating topics relevant to the school your life, and society in general.

We want debaters who are excited about arguing, practicing public speaking, and being part of a team community. If you have any questions talk with Jonathan.

After winter break we will be participating in three debate tournaments against students from all over the Twin Cities, let's show them what Centennial Middle School can achieve.

3 tournament dates to be announced. Pizza provided at tournaments. We do ask that students attend most if not all of the sessions as this is a team experience that depends on its members to prepare for the tournament experiences.

The Minnesota Urban Debate League, Augsburg University.
Facilitator Jonathan Kohan

Pizza Kickoff event

Mon, October 25 3:15-4:15 pm

Anyone interested is welcome to attend

#7790 M & W Nov 1-Mar 6 \$240
31 sessions MS: Rm C202 3:15-4:15 pm
No class Nov 6, Dec 25, 27,
Jan 1, 15, 22, Feb 19

Speech Team Grades 6-8



Do you like to talk? Or maybe you want to improve your confidence in yourself? Then you want to be on the Centennial Middle School Speech Team! Speech Team competes in 4 meets a season against other MS speech teams from the Twin Cities metro area.

The Speech Team student researches and writes their own speech or finds a speech already written depending on the category chosen. Students should try and pick the category you wish to compete in and have a rough draft of your category before the first rehearsal/session.

If you want help deciding on your category and how to put together your rough draft, the speech coaches will help in the first scheduled meeting. You will be required to have your category picked and a rough draft by the second meeting/rehearsal session.

The list of categories and more details about how Speech Team works can be found at Centennialtheatre.org. For questions contact ewebster@isd12.org.

Practices will be held in December. January meets are weekdays after school. Tentative dates can be found in Eleyo, with a home meet Thursday, January 11.

Friday, January 26 is a friends and family performance at Centennial Middle School at 6 pm.

Eric Webster

#7565 M/W/F \$150
Practices: Dec 4, 6, 8, 13, 15, 18 20
Cost includes busing for away meets
11 sessions (including meets)
3-4:40 pm
CMS: Auditorium

For more detailed information visit
Centennialtheatre.org.

Middle School

Activity buses depart at 4:45 pm and after school supervision is available at no additional charge in the cafeteria until 6 pm. Please check the box during registration if you'll utilize busing or care.



Improv Grades 6-8

The Middle School Improv team is entering into its 22nd year!

Improvisation is likely to be known as a performance form that allows for audience participation, is based in comedy, and is only for the very quick-witted. Improvisation, however, is a truly adaptable art form that is proven to be an effective tool onstage and off for many different age groups and levels of experience. In other words, while it can be highly entertaining, improvisation is much more than "being funny."

The tenets of improvisation - namely saying yes or accepting ideas without judgement, creating a safe atmosphere and listening - have made this form important to actors and non-actors alike.

For actors, improvisation is crucial to being in the moment and learning to trust your instincts onstage, particularly in auditions. For non-actors, improvisation is an effective tool for sharpening focus, evolving creative ideas, improving communication skills and teamwork.

Students who participate in improvisation greatly improve their listening skills, focus, and school work. For more information, visit Centennialtheatre.org

#6605-A Tu/Th Sep 12-28
6 sessions \$75 3-4:40 pm
MS Auditorium

After School Basketball Grades 6-8

Skyhawks Basketball invites kids to learn, practice through repetition and excel at the ideal skills of basketball. We teach proper fundamentals such as dribbling, footwork and ball handling, passing, shooting, driving, rebounding and defending all while giving them time and space to hone their skills. Whether fairly new to basketball or have been playing mid to high levels for years, bring that enthusiasm and energy and let's have some fun on the court! We guarantee that your kids will gain from this basketball program. This is open to both boys and girls.

Skyhawks

#6614 M/W Nov 20-Dec 20
10 sessions \$175 3:05-4:30 pm
CMS: Gym 1 & 2

Ultimate Frisbee Grade 6-8

Ultimate Frisbee is a fast-paced, athletic sport. Two teams pass a disc on a field with end zones, similar to football. The object of the game is to pass the disc up the field and score by catching a pass in the end zone. Ultimate can quickly transition possession as turnovers occur with a dropped pass, an interception, a pass out of bounds or when a player is caught holding the disc for more than ten seconds. Ultimate is governed by Spirit of the Game, a tradition of sportsmanship that places the responsibility for fair play on the players rather than referees. You will learn to catch and throw - or how to improve! **No experience necessary.**

All students are welcome and encouraged to bring a friend!

Amanda Jacobson

8 sessions M/W Sep 18-Oct 16
No class Oct 9

#6620 \$96 3-4:30 pm
CMS: Field 8 & 9



Cougar Strength Grades 6-8 (All genders)

Cougar Strength is designed for all Centennial student athletes who want to develop explosive power absolute strength, muscular endurance, speed, quickness, agility, flexibility, and cardiovascular fitness.

The program achieves these measured athletic qualities by introducing our middle school athletes to the base movements and their variations along with other movement preparatory exercises; high-intensity, strength-building exercises; exercises containing plyometric properties; proper technique and teaching progressions; and researched program design and periodization.

Cougar Strength is the only program in the school that collects ALL athletes and brings them into one room with a common goal - developing themselves as an athlete to help their teams be successful. Cougar Strength will challenge you and bring your game to the next level.

If you are ready to invest in your future success and more importantly, Centennial athletics future success, sign up today!

Due to the low cost, sessions missed for weather or emergency cancellations will not be rescheduled. Max 30 athletes. Spots fill quickly.

3:10-4:10 pm CMS: Weight Rm

#6607-A Sep 19-Nov 16
17 sessions \$50
No class Oct 19 & Nov 9

#6607-B Dec 5-Feb 29
24 sessions \$70
No class Dec 26 & 28



Cross Country

Grades 6-8

For any Centennial Middle School student - no experience required. Do you enjoy being outdoors? Do you want to meet new people? If the answer is yes, please consider joining the middle school cross-country running team.

This activity is for everyone. Best of all - no experience required. The goal of the cross-country program is to introduce kids to running, and to provide a venue for kids to meet and interact with other kids in a team setting. We have found that our cross-country athletes gain self-confidence and improve their ability to compete against themselves and others in their own age group. As a team, we celebrate individual improvements and achievements throughout the season.

The season will consist of after-school practices and meets, 5 away and 1 home meet at Centennial. The race distance is 1.2 miles over varying terrain including grass, dirt, gravel, and pavement. Practices will include stretching, running games, and distance runs.

Sports physicals are highly recommended for 7th and 8th grade students prior to registration. Sixth grade students currently do not need a physical. Physicals are good for three years unless restrictions exist.

Students have the option to ride the activity bus on Mondays through Thursdays, which departs at 4:45 pm. Otherwise, students can be picked up after practice, or after-school supervision is available at no additional cost for students participating in cross country.

There is no activity bus on Friday, so Friday practices are not mandatory if transportation is an issue. A shirt/uniform to wear for meets is included in the cost of the program. Practices may cancel due to inclement weather.

Robert Danzl and Paul Wiehe

#6618 M-F Sep 6-Oct 13
\$169 3-4:30 pm
CMS: Track

Tennis

Grades 6-8

Learn the lifelong game of tennis in a fun, positive, and well-structured coaching program created by Tenicity. Players will develop strong fundamental skills for higher levels of play and be inspired by the learning environment. Please bring your own equipment if you have it; otherwise, we will have some available to use if needed.

Tenicity

#6613 M/W Sep 11-Oct 4
8 sessions \$161 3:05-4:30 pm
CMS: Tennis Courts

Small Group Fitness

Females Grades 6-8

This circuit style class will teach basic weight training, speed, agility, teamwork and sportsmanship. Participants will move in small groups moving through the workout as a team, helping each other to use safe form and technique, in conjunction with the instructor. The whole group may play a team game to train basic teamwork, listening skills and to have fun.

Barbara Iacarella-Fudali

#6603 W Oct 25-Dec 13
7 sessions \$79 3:05-4:10 pm
CMS: Weight Room

Kickboxing

Grades 6-8

Are you looking to improve on cardio, confidence and release some pent-up energy? Then you're in the right place. Centennial Middle School is offering a new class that will be teaching the basics on the modernized sport of ancient Muay Thai, kickboxing. In the beginning we will learn correct techniques and forms. From there we will learn different punch and kick combos that can be used for self-defense, physical exercise and fun- woohoo! No experience is required, and all are welcome. Please be sure to bring appropriate athletic clothing and socks to wear.

#6622 M Sep 18-Oct 30
6 sessions \$72 3:05-4:05 pm
CMS: Gym 3
No class on Oct 9

Dance

Grades 6-8



Calling all middle schoolers! Join this fun class aimed at dancers of all levels. Learn something new or work on perfecting existing skills. Class will focus on proper technique, terminology, skills such as leaps, turns and kicks and so much more! Great prep for those hoping to do high school dance team in the future!! Dancers will perform in the Holiday Recital for family and friends on Thursday, Dec 14. Mark your calendar! You won't want to miss seeing your dancer in action!

Jazz shoes are required and dancers will be fitted the first week of class.

Please send a check for \$50 made payable to Happy Feet Dance Co, or cash in an envelope with your dancer's name. You may also request an online invoice by emailing missjenny@happyfeetdancecompany.com.

#6604 M Sep 11-Dec 11
11 sessions \$184 3:05-4 pm
CMS: Studio



Ski/Snowboard Club

Grades 6-12

Skiing and snowboarding are two of the greatest winter sports around. Join fellow Centennial students on the slopes of Wild Mountain or Trollhaugen on select Saturdays this winter as we carve, stomp and traverse the slopes. Chaperones needed. **See Eleyo for more details.**

Dec 16 Jan 20 Feb 3, 10 & 24
#6515 All 5 trips \$269
Individual Trip \$65

Season Pass Holder:

Wild Mountain \$194/\$40
Trollhaugen \$219/\$42

Youth Create



Paint Like "Georgia O'Keeffe"

Adult & child (ages 7-12)

Join Super Artist and learn to paint like a master. You will work on an 11" x 14" canvas with acrylic paint. Each adult child pair will work on their own canvas.

Ann Roman

#2322 Tu Oct 3 6-8 pm
\$43 (includes all supplies)
MS: Rm E108

Canvas Fun Pumpkins & Glow Grades K-5

Spend a fun afternoon with your friends painting a festive fall scene on real canvas. Paint pumpkins using neon and glow-in-the-dark paint on a 9" x 11" stretched canvas.

Kidzart

#2275 Sa Oct 14
\$24 9-10 am
CMS: Rm E108

Intensive Sewing Class Ages 8-13

Sketch your own inspired garment or craft project and then create it while learning to sew. Instruction includes basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Participants will create their project and practice techniques using sewing machines provided. All supplies and tools are provided.

Nena Tinoco

#2500 Nov 6 9 am-1 pm
\$88 Nena's Atelier, Oakdale

Scratch and Sniff Christmas Creation

Ages 4-9

Come paint an adorable gingerbread house with a special twist that couldn't be sweeter. We'll use concoctions of art materials mixed with super secret ingredients so our paintings smell as yummy as they look. You'll have to smell it to believe it. Please pack a nut free snack and a drink for your child.

Kidcreate Studio

#2324 Sa Dec 2
\$42 9 am-noon
MS: Rm E108



Coco Cute

Ages 4-9

Seize the moment. This is your chance to design and sculpt your very own sugar skull inspired by your favorite skeletons from Disney's hit movie Coco. We'll use clay, paint, sequins and more as we create and listen to your favorite Coco songs. Please pack a nut free snack and a drink for your child.

Kidcreate Studio

#2325 Sa Sep 30
\$39 9 am-noon
MS: Rm E106



Labradoodle Love

Ages 5-12

They're fuzzy, furry, and a kid's best friend. What could be cuter than a labradoodle puppy? We'll paint it on a canvas board, so adorable. Please pack a nut free snack and a drink for your child.

Kidcreate Studio

#2326 Sa Nov 18
\$39 9 am-noon
MS: Rm E108



Ornament Making

Ages 5-12

Join us for an ornament making party. We will set up 4 stations, each with a different ornament to make. Each participant will be creating an adorable snowman, an ornament inspired by that famous reindeer with the red nose, and so much more. Please pack a nut free snack and a drink for your child.

Kidcreate Studio

#2327 Sa Dec 9
\$39 9 am-noon
MS: Rm E108



Youth Dance, Music & Theater



Centennial Dance Clinic Grades K-6

Join the Centennial High School Dance Team for an evening of dance, pizza and fun. Learn a dance routine from the high school dancers and coaching staff to perform on the field at the Centennial High School stadium at a 7 pm game on Friday, September 8. Guests will need to pay an admission fee to the game.

Practice for the performance will be the Thursday before from 5:30-7:30 pm in the east building lower gym. On Friday, drop your dancer off in the west building cafeteria at 6:30 p.m. to practice before the game.

Price includes a t-shirt, pizza dinner (Thursday), game entry fee for dancer, and dance instruction. Please indicate t-shirt size when registering.

Registration will close 10 days before game day.

Sarah Austin, Dance Coach

#5553	2 sessions	\$49		
	Th	Sep 7	5:30-7:30 pm	CHS East: Lower
	Fri	Sep 8	6:30-7:30 pm	CHS West: Cafeteria

Kids Dance Grades Pre K-5

These high-energy classes focus on improving rhythm, balance and coordination. Younger children will use props: tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. Older children will continue to learn more advanced steps in Jazz, tap and ballet along with dance choreography and technique. Dancers should wear clothing that is comfortable and easy to move in. Season will end with a short recital December 14 at the Centennial Middle School.

All dancers will need tap and ballet shoes which can be ordered through the instructors the first day of class (tap \$30, ballet \$20).

Miss Jenny, Happy Feet Dance Co.

13 sessions \$199 Th Sep 7-Dec 14 No class Oct 19 & Nov 23 CMS: Studio



Hop N' Tots - Preschool 3+

#5001-A 5-5:45 pm

Creative Dance - Kindergarten

#5001-B 5:45-6:30 pm

Intermediate Dance - Entering Grades 1-2

#5001-C 6:30-7:15 pm

Tap, Jazz & Ballet - Entering Grades 3-5

#5001-D 7:15-8 pm

Mayer Arts Musical Theater Classes

Everyone will learn to put together a professional show from start to finish. Learn how to properly speak lines, block a scene, develop a character and much more. We'll also play fun creative games. No experience necessary. Wear comfortable clothing and lightweight tennis or dance shoes. Friends and family are invited to observe a special performance beginning the final 30 minutes of the last class.



Aladdin Musical Theater Ages 4-8

A whole new world. Learn lines, songs and dances from Aladdin and put on a musical.

#2173	Tu	Oct 3-Dec 12
8 sessions	\$86	6-7 pm
No class Oct 17, 31, Nov 7		
CT: Little Theater		

High School Musical Theater Ages 7-11

Grab your towels and sunglasses, and let's hit the pool. Come learn lines, songs and dances from High School Musical and put on a show.

#2074	Tu	Oct 3-Dec 12
8 sessions	\$86	7-8 pm
No class Oct 17, 31, Nov 7		
CT: Little Theater		



Music Together

Newborn to PreK with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. We bring families together in a warm, supportive environment with the goal of having everyone feel comfortable singing, dancing and jamming. Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music-makers just by having fun making music themselves. Classes are mixed age so siblings can be together.

\$195 first child/*\$109 additional sibling. Infants under eight months on the first day of the fall session (born after January 25, 2023) attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook, and parent educational materials. Infants without a sibling attending are welcome, they pay full class fee. *Discount in rate applies towards siblings in the same household.

10 sessions RL/ECC: Rm 101 (Dec 6 ONLY – RL: Media Ctr)

#1017-A	W	Sep 27-Dec 6	4:30-5:15 pm	No class Nov 22
#1017-B	W	Sep 27-Dec 6	5:30-6:15 pm	No class Nov 22
#1017-C	Th	Sep 28-Dec 14	10-10:45 am	No class Oct 19, Nov 23

Free Demo Class

Visit a FREE demo class before the sessions start to learn more about the program to see if Music Together is a good fit for your family.

Demo classes are free but registration is required.

RL/ECC: Rm 101

#1017-Demo A	W	Sep 13	4:30-5:15 pm
#1017-Demo B	W	Sep 13	5:30-6:15 pm
#1017-Demo C	Th	Sep 14	10-10:45 am

Private Guitar/Ukulele & Vocal Lessons

All ages and abilities are welcome

Whether you're a beginner or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl. Lessons will be tailored to each participants needs and interests and will cover guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, and music theory. **Please identify if a vocal or what instrument when registering. Students must their instruments.**

Brady Perl, performs his own original music and has gained statewide notoriety making several appearances on television and radio and performing in a number of venues. He is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs.

Mon 4-8 pm CT: conference room

Select your half-hour private lesson during the timeframe listed

#5202-A	Sep 11-Oct 30	7 sessions	\$170	No class Oct 9
#5202-B	Nov 13-Dec 18	6 sessions	\$146	

Tech Academy Online classes

Additional Technical Requirement for Game Coding & Minecraft Mod Dev: PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Game Coding Nintendo Characters

Grades 2-4

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. Inspire your child to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like Legos.

#7566 Th Oct 12 6-7:30 pm \$26

Minecraft Mod Dev Lucky Blocks & Ores

Grades 2-6

Take your game to the next level by creating your own custom Minecraft mod. This class will teach you how to create new blocks and ores for the Java Edition of Minecraft. **You will need to have Minecraft and mod creation software (free download) installed prior to class. Video instructions will be sent prior to first class.**

#7567 Sa Nov 4-11 10 am-noon
2 sessions \$66

Video Production YouTube Shorts & IG Reels

Grades 2-6

Learn the art of producing video shorts for Tiktok, YouTube Shorts, and Instagram Reels. Edit the video, add motion graphics, and special effects to your own video short, while practicing storytelling and film production techniques. **Additional Technical Requirement: Cell phone video camera or external webcam. Filmora (free version) software**

#7568 Sa Dec 2-9 10:30 am-noon
2 sessions \$66



Birthday Parties

Ages 4-12 up to 15 children. Parties booked year round on Saturday afternoons and are one and a half hours in length.

Spend the first hour doing gymnastics or playing in the pool. The last half hour reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings. All participants must have a signed waiver to participate. Party host on site for the duration of your party.

Swim Relax and enjoy your child's birthday or special occasion in our indoor pool that is especially reserved for your child. Certified lifeguard on duty but parents/guardians must accompany swimmers who cannot swim the width of the pool with front crawl, non-stop with rhythmic breathing.

Gymnastics Throw an energized party where guests will tumble, flip, swing and dangle in a safe, fun gymnastics environment. Start with a short warm up and then choose from three combinations of activities to customize your party. Gymnastic staff on hand at all times to supervise and lead gymnastic activities.



Reserve your date today!

Parties booked Saturday afternoons
Call Community Education for
availability 763-792-6100.

Have a special date or time request that is outside those listed?

Give us a call and we'll see if we can make it work.
\$125 HS/East: Lower Level

Tot Skates

Ages 2-5

Join other little ones your own age and their grown-ups they have brought along for some open skate time.

We will play some kid-friendly music to set the mood and spend some time building balance, coordination, and basic skating skills together.

Skating is also a great way to burn off extra energy for little ones. Don't forget it's okay to fall, in fact learning to do it safely is a great skill to have. Skating is a great hobby for enjoying our Minnesota winters and for some it may be just the first step to learning more advanced skills.

You will also get the chance to see our community rink and have it all to yourselves! **Very limited skate rentals available at this time.**

Ice Arena Staff Will be Present

Sep 11-Dec 20 Mon & Wed 1-2:30 pm

\$5/per skating group
(up to 2 adults per child)

No open skating on no-school days
Oct 9 & Nov 6



Youth Recreation & Sports



Archery Club Grades 2-8

Explore archery as a lifetime sport while developing National Archery in the Schools Program (NASP) target archery skills.

Learn safe techniques and practices; acquire skills related to effective communication, cooperation, rules, and respect in a group; use practice to improve skills and reach goals; rehearse good sportsmanship and gain exposure to the value of natural resources and the outdoor community.

Equipment provided (Genesis Compound bows) via the Minnesota Department of Natural Resources (NASP), National Wild Turkey Federation (Struttin' Toms Chapter), Minnesota Deer Hunters Association (Lakes Chapter), Minnesota Bowhunters, Inc., Centennial Community Education and Anoka County Youth Initiatives Grant.

Matt Doth

3 sessions \$45
CHS East: Lower Gym

Grades 2-4 Mon Dec 4-18
#6360-A 6-7 pm
#6360-B 7:15-8:15 pm

Grades 5-8 Tues Dec 5-19
#6360-C 6-7 pm
#6360-D 7:15-8:15 pm

Spark Equestrian Day Camp Ages 6-12

Participants will learn the basics of horse care, grooming and riding. Take turns riding and leading horses for other riders while learning the techniques to walk, steer and stop a horse properly. Camp also includes games, crafts, and making treats for the horses. We will spend time both indoors and outside so wear multiple layers. Long pants and close-toed shoes are required. Helmets will be provided. A waiver will be provided upon registration, completed waivers must be handed in at camp. Please bring a peanut-free lunch and beverage.

Kate Goodpaster

\$140 9 am-2 pm Hardwood Creek Farm
#6960-A M Oct 9
#6960-B M Nov 6
#6960-C F Dec 29



Intro to Basketball Ages 4-9

Classes will be age appropriate, with the younger group focusing on more introductory skills, learning the very basics of basketball and just being with friends and having fun. Older children will work on skills and drills as well, with possibly moving into some friendly competition. We will work on dribbling, passing, shooting, and working with teammates. Please bring a water bottle and carry in dry shoes to wear in the gym. Please be sure to register for the correct session based on your child's age.

Vincent Murphy

3 sessions \$18 Su Nov 5-19 CV: Gym
#6140-A Ages 4-6 6-6:40 pm
#6140-B Ages 7-9 6:50-7:35 pm

Fencing Grades 2-8

New and returning participants invited. Join this fast-growing Olympic sport. Each class follows four basic components:

- ◆ Teach It: Hall of Fame Olympic Fencing Coach Ro Sobalvarro crafts our lessons and curriculum.
- ◆ Practice It: Pair up and practice fencing moves or concepts, rotate partners and repeat.
- ◆ Move It: Participate in fencing matches using only the moves taught so far.
- ◆ Play It: 10-15 minutes each class fence with multiple fencers at your skill level.

All equipment provided. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment. Sign up today to think, learn, and play well.

Youth Enrichment League

#6029 Th Nov 2-Dec 14
6 sessions \$88 5:30-6:30 pm
RL: Gym C No class Nov. 23



Elementary Cheer

Grades 1-5

Focus on the elements of competitive cheer including jumps, tumbling, motions, dance, cheer routines and stunting. Participants will also take part in 2 competitions/exhibitions that will most likely be held at STMA and Minnetonka.

Practices are held on Tuesday nights with added Fridays as we get closer to the exhibitions/competitions. We will also perform in a district-wide cheer show at Centennial in January, date TBD, where family and friends can attend.

These classes are a great way to explore an interest in competitive cheerleading. Wear comfortable clothes, tennis shoes*, and bring a water bottle and snack.

Cost includes a uniform to use for competition, competition fees, a practice t-shirt and a bow.

***Participants will need to have white tennis shoes with white bottoms for competitions.** You can find your own or purchase online for approximately \$40 and up.

Lindy Ogenga was in cheerleading in high school for a couple of years. In her spare time she loves spending time with her 4 kids and 3 dogs. She currently resides in Circle Pines.

Isabelle (Izzy) Zalewski is a current sophomore at Centennial High School in her 5th year of cheering. In addition to cheering she loves to hang out with her friends, water ski, read, and run track.

#5052

Tues, Oct 17-Jan 16 (no Dec 26, Jan 2)

Fri, Nov 17, Dec 1-8, Jan 5-19

18 sessions \$259 6:15-7:45 pm CMS: Gym 5 Studio

Recreational Cheer Team

Grades 4-8

This recreational program will teach you the basics of cheerleading without the hustle of competing in the official middle school division. Team White will still attend two competitions and the Centennial all-program show, but will perform the routine as an exhibition.

Girls will have the excitement of showing off their skills without the pressure of competing in the middle school division. Anyone is welcome to join the team, regardless of their current skill level. Recreational cheer/Team White will also participate in the Blue Heron Days Parade, Homecoming Parade, and more- just the same as Competitive Cheer.

Athletes Recreational cheer/Team White will also be considered to move up to Team Red if the need arises. Team White is highly encouraged for 4th grade and up athletes that plan to pursue cheerleading in middle school. Fee includes practice space, coaches, t-shirt and bow.

Rachael Lichtenberg cheered for Centennial Middle School in 6th and 8th grade, Centennial Varsity 2010-2013 and Northern Elite All Stars 2012-2013. Her favorite parts of cheer were stunting and tumbling. She visited the Centennial Middle School team during the 2020-2021 season and was immediately interested in joining the coaching team! After a long break from cheer, she is ready to join the program again and bring her skills to the team.

#6510-B \$225 22 sessions 7:15-8:30 pm CHS West: Cafeteria

Tu Sep 19-Jan 30 No Oct 31, Nov 7, Jan 16

Th Nov 2, Jan 4-18

W Nov 8



Conquer Ninja Training

All activities are held at Coquer Ninja Gym in Blaine and coached by their experienced instructors



Ninja Day Camp Ages 6-13

Ninja Day Camp consists of 6 hours of open gym, hands-on instruction, ninja movie, obstacle courses, games and challenges. Includes 1-2 slices of pizza and Gatorade. Bring a nut-free snack and a water bottle. Close-toed shoes required.

#6215 Th Oct 19
\$109 9 am-3 pm

Intro to Ninja Ages 6-13

Young Ninjas develop strength and agility during this 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.

8 sessions \$160

#6210-A Su Sep 10-Oct 29 4-5 pm
#6210-B W Sep 13-Nov 1 5:15-6:15 pm

6 sessions \$130

#6210-C Su Nov 5-Dec 17 4-5 pm
No class Nov 26
#6210-D W Nov 8-Dec 20 5:15-6:15 pm
No class Nov 22

Level 1-2 Ninja - A Step Above Intro Ages 6-13

For the ninja who has taken Intro to Ninja and feels like they're ready for just a bit more! A fun, structured class with stations, a bit of open gym, and hands on training!

Wed 6:30-7:30 pm

#6217-A Sep 13 - Nov 1 8 sessions \$160
#6217-B Nov 8 - Dec 20 6 sessions \$125
No class Nov 22

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! 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 Rec Team is designed for youth ages 6-13 of all experience levels. 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 program consists of 6 practices and 2 competitions.

8 sessions \$185

#6213-A Su Sep 10-Oct 29 5:15-6:15 pm
#6213-B Tu Sep 12-Oct 24 5:15-6:15 pm & Su Oct 29 6:30-8 pm
#6213-C Tu Sep 12-Oct 24 & Su Oct 29 6:30-8 pm

6 sessions \$150

#6213-D Su Nov 5-Dec 17 5:15-6:15 pm No class Nov 26
#6213-E Tu Nov 7-Dec 19 5:15-6:15 pm
#6213-F Tu Nov 7-Dec 19 6:30-7:30 pm No class Nov 21





Fall Recreational Soccer Program Starting Soon for Grades K-5!

Centennial Soccer Club introduces age-appropriate, individual technical development and the tactical concepts of soccer to children in kindergarten through 5th grade. Practices and games will be age appropriate that include ball control, dribbling, passing, shooting, defending, and teaching the basics of the game. All sessions are led by volunteer coaches. Schedule, field info, team info, etc will be powered by the Sports Engine App. More info will be sent out.

Season Dates: Aug 26-Oct 14.

No soccer Sept 2. Practice will be 50 minutes long. Practice is Wednesday between 5:30-8:30 pm with all games being played Saturday mornings between 9 am-noon.

Bring a soccer ball: Grades K/1 size 3; Grades 2-5 size 4. Please wear soccer cleats, and shin guards.

#6381 \$140

Rice Lake Elementary-SE soccer fields
Registration Deadline: August 10

We are looking for coaches!

Coaches get a reimbursement for the season! Please indicate your interest when registering if you are willing to help! Curriculum will be provided.

Mini Kickers

Ages 3-5

Mini Kickers is a high-energy program for soccer players 3-5 years old. Mini Kickers is a FUN, age-appropriate and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these newfound skills in a daily scrimmage. Bring a size 3 soccer ball. Shin guards optional. Tennis shoes only (no cleats). For safety and cleanliness, please carry tennis shoes into gym.

Jeff Ottosen

5 sessions	\$59	6-6:40 pm
#6379-A	M	Nov 13-Dec 11
	CVE: Gym	
#6379-B	Tu	Nov 14-Dec 12
	RLE: Cafeteria	
#6379-C	W	Nov 15-Dec 13
	RLE: Gym	

Fall Soccer Skills

Grades K-1

Learn how to "Defend the Den" with the Centennial Cougar recreational soccer program. This program is open to boys and girls of all levels of ability from kindergarten through 5th grade. We strive to provide an environment of wholesome, competitive fun, developing good character and sportsmanship, team play, and an education in the rules of skills of soccer. Small-sided games are used to teach and equip our youth with the fundamentals of soccer. This program will focus on individual skills and help players improve their balance, control, and agility. Instruction and training provided by high school coaching staff and advanced high school players.

Please bring a size 3 soccer ball, shin guards and a water bottle to each session. For safety and cleanliness, please carry in your tennis shoes.

Jeff Ottosen

5 sessions	\$55	6:45-7:30 pm
#6376-A	M	Nov 13-Dec 11 CVE Gym
#6376-B	Tu	Nov 14-Dec 12
	RLE Cafeteria	
#6376-C	W	Nov 15-Dec 13 RLE: Gym

Cougar Soccer Academy

Serious about your soccer development? Then we want you in Cougar Soccer Academy - the highest level of technical and tactical advancement with curricular-based learning at its best. 60-minutes of training followed by a 30-minute futsal game for friends and family to watch. Building a pathway to Excellence in our community.

Coach Ottosen, Head Boys Varsity Coach; Erik Bloom, Professional soccer player and CHS coach and Centennial Grad; Coach Cooksley, JV head coach; and various recent Centennial graduates currently playing college soccer.

CHS East: upper and lower gyms 4-9 pm window*

Schedules will be sent before the session begins. K-3 will be at the earliest times.

Su Oct 29-Nov 19 4 sessions \$109

#6193-A	Grade K-3
#6193-B	Grade 4-6
#6193-C	Grade 7-9

Su Dec 3-17 3 sessions \$81

#6193-D	Grade K-3
#6193-E	Grade 4-6
#6193-F	Grade 7-9

Su Jan 7-28 4 sessions \$109

#6193-G	Grade K-3
#6193-H	Grade 4-6
#6193-J	Grade 7-9

Su Feb 4-25 4 sessions \$109

#6193-K	Grade K-3
#6193-L	Grade 4-6
#6193-M	Grade 7-9

Cougar Cup Soccer Starting soon for Grades K-6!

Come experience the first annual back-to-school Cougar Cup. Grades K-3 and 4-6. Teams will experience a 30-minute training session and then be coached by high school soccer players and coaches in two games. Players will receive a youth night Game Pass and a t-shirt.

\$25 Sa Aug 19 2 pm CHS: Stadium

#6194-A	Grades K-3
#6194-B	Grades 4-6



Tenicity Tennis

Coaching Team: Tenicity's Tennis Program is led by former Wimbledon player and United States Tennis Association Award winning coach, Harsh Mankad. The program's coaches are trained by Harsh to develop strong fundamental tennis skills and to positively develop youth via sports. Check out <https://tenicity.com/> to learn more about the program. Please contact Harsh at harsh@tenicity.com with questions.



Beginner & Intermediate Group Tennis Lessons

Ages 5-17

Players will develop their athletic skills and stroke play technique. Participants will learn the game's rules and scoring through instruction and games during the structured 4-week session. Each lesson is designed to develop participants' skills progressively and to create fun, positive, and engaging learning experiences.

8 lessons M/W Sep 6-Oct 2
\$110 Jim Peterson Athletic Complex

#6204-A1	Ages 5-7	5-6 pm
#6204-A2	Ages 8-10	5-6 pm
#6204-A3	Ages 8-10	6-7 pm
#6204-A4	Ages 11-17	6-7 pm

Parent/Child Group Tennis Lessons

Beginning level players

Learn and enjoy tennis with your children in a fun, positive, and well-structured coaching program created by Tenicity.

4 lessons Sa Sep 9-30 9-10 am
\$110 parent/child pair
CHS: Tennis Courts

#6221-A	Ages 5-8 with adult
#6221-B	Ages 9-12 with adult

Tenicity Junior Training Camps

Ages 5-17

The training camps will provide players with an immersive training experience to develop their game. Players will make new friends and be part of a positive group training environment. Players are requested to bring a snack.

Skill level: These training camps are suitable for players at all skill levels. Players will be assessed and placed within a group at their age range and skill level.

4 sessions Su Sep 10-Oct 1
2-6:30 pm \$275 CHS: Tennis Courts
#6203-A Ages 5-10
#6203-B Ages 11-17



Team Tennis Match Play Program

Ages 10-16

Match play ready players (please see skill description below) are invited to join this new and exciting team tennis match play program. Players will represent one of three teams and gain experience in varied match play formats.

Match Play Ready Skills:

Please use the below list to gauge the player's readiness for this program:

1. Has developed full swings on ground strokes and can rally on the full court length
2. Has developed consistency and placement on the serve and return of serve to begin points
3. Has developed foundation net play (volleys and overheads) technique
4. Knows tennis rules and scoring for singles and doubles play

For questions regarding match play readiness, please contact Coach Harsh Mankad at harsh@tenicity.com or at 651-285-7280.

Program Teams

There are 3 teams: Centennial, Blaine, and New Brighton. A player registering from Centennial will be placed on Centennial's team and the same for the others. Each team per age group will consist of 6 players.

4 match plays Sa Sept 9-30
10 am-noon \$141 CHS Tennis Courts

#6201-A	Ages 10-12
#6201-B	Ages 13-16

Please consider donating to our scholarship fund.

Before you check out add course #50 to make a donation and help our community.

See details on page 19



Volleyball Intro Skills & Games

Grade 3

Join us for a fun introduction to volleyball. We'll learn the basics and have lots of fun with skills and drills, and then at the end we'll play some games and invite parents to watch and show off what we've learned. T-shirts are included. Volunteer coaches are needed. Player fees are waived for volunteer coaches.

#6348 \$94 6 sessions CMS: Gym 1
 Practices: Th Sep 21-Oct 5 6:15-7:30 pm
 Games: Th Oct 12, 26, Nov 2 Time TBD

Fall Volleyball League

Grades 4-8

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, and game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Numbers permitting, teams will be formed by school. Wear comfortable clothes, dry athletic shoes, and bring a water bottle. No street shoes.

Season: Practices will start the week of September 18. Monday nights are game nights, but the first couple of Mondays will be practices. Practice night is on Tuesdays. Games and practices happen between 6 and 8:30 pm and are played at either Blue Heron or Centennial Middle School starting Monday, October 9. Season ends November 6.

Parents/siblings will not be allowed into the schools during practice times. Families will be able to attend all games at the Middle School.

We are looking for volunteer coaches. Coaches will receive instruction and support. If you are interested in coaching, please contact csendle@isd12.org.

#6349 M/Tu Sept 18-Nov 6 6-8:30 (approx)
\$99 Registration deadline Aug 25

Please indicate school, grade, and t-shirt size when registering.

Late registrations accepted if space permits, cost increases to \$119. No refunds after August 25.

Learn to Ski/Snowboard

Grades 5-9

Each winter, Wild Mountain teaches thousands of kids to ski and snowboard.

Consider introducing your child to a lifetime sport of skiing! This specialized program includes lift ticket, rental equipment, helmet and "learn to ski or snowboard" lesson.

Parents and children can register for this program. If a parent is participating or will be present the entire time, you are welcome to stay as long as you'd like.

If students are being dropped off, they will check in with the chaperone, and will need to be picked up by 3 pm.

Instructions for drop off/pick up will be sent before the program.

#8704 Su Dec 3
\$30 10:15 am-3 pm
 Wild Mountain Ski Resort



Ski/Snowboard Club

Grades 6-12

Skiing and snowboarding are two of the greatest winter sports around. Join fellow Centennial students on the slopes of Wild Mountain or Trollhaugen on select Saturdays this winter as we carve, stomp and traverse the slopes. Chaperones needed. See Eleyo for more details.

Dec 16 Jan 20 Feb 3, 10 & 24
#6515 All 5 trips \$269
 Individual Trip \$65

Season Pass Holder:

Wild Mountain \$194/\$40
 Trollhaugen \$219/\$42

Skyhawks

The Skyhawks curriculum is built on a progression. Our staff focus on the whole player, teaching respect, teamwork and responsibility. Our programs introduce young children to the basics of sports in a fun approach to help promote a lifelong love of sports. Please bring snack and filled water bottle and wear appropriate athletic wear. For outdoor camps & classes bring sunscreen and dress for the weather. For inside classes bring clean, dry shoes for the gym.



Hoopster Tots Basketball Ages 2-5

Hoopster Tots Basketball uses age-appropriate games to engage kids in sports. These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

4 sessions \$69 Su Oct 8-Nov 5

CHS East: Lower Gym No class Oct 22

#6160-B1 Ages 3-4 4:45-5:15 pm

4 sessions \$69 Sa Nov 11-Dec 9, no class Nov 25

BHE: Gym 1 & 2

#6160-A1 Ages 2-3 9-9:30 am

#6160-A2 Ages 3-5 9:40-10:10 am

Basketball Camp Ages 6-12

This fun, skill-intensive program is designed for the beginning player. An active camp involving passing, shooting, dribbling, and defense makes this one of our most popular programs.

4 sessions \$85 Su Oct 8-Nov 5

No class Oct 22 CHS East: Lower Gym

#6160-C Ages 5-7 3:30-4:30 pm

4 sessions \$85 Sa Nov 11-Dec 9, no class Nov 25

BHE: Gym 1 & 2

#6160-A Ages 6-7 10:20-11:20 am

#6160-B Ages 8-10 11:30 am-12:30 pm

Pickleball Ages 5-11

America's #1 growth sport, pickleball, is now available with Skyhawk Sports! Campers will learn how to serve, hit groundstrokes and volley with instruction from our coaches while we provide a fun atmosphere with exercises and games to help promote the lifelong sport of pickleball.

4 sessions \$85 Su Oct 8-Nov 5 CHS East: Lower Gym

#6179-A Ages 5-7 1-2 pm

#6179-B Ages 8-11 2:15-3:15 pm

Mini Spikers Camp

Ages 4-6

Skyhawks Mini-Spikers camp takes the energy and excitement of this great team sport of volleyball and puts it all together in one fun-filled camp. All aspects of the game are taught through drills and games that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner player and will incorporate essential life lessons such as teamwork and sportsmanship. Our volleyball staff will help each athlete develop the game's fundamental skills through game-based drills aimed at developing the whole player.

#6157-A1 Sa Nov 11-Dec 9 No class Nov 25

4 sessions \$75 12:40-1:40 pm BHE: Gym 1 & 2

Volleyball Camp

Ages 7-9

All aspects of volleyball are taught through drills and exercises that focus on bumping, setting, hitting, and serving. This program is designed for beginner and intermediate players. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Participants should wear appropriate clothing, and bring two snacks and a water bottle.

#6157 Sa Nov 11-Dec 9 No class Nov 25

4 sessions \$85 1:50-2:50 pm BHE: Gym 1 & 2





More Skyhawks Activities

These activities are held at Jim Peterson Athletic Complex



First Down Tots Ages 2-4

Boys and girls learn skills on both sides of the football, including the core components of passing, catching and defense all in a fun and positive environment.

4 sessions \$69 Th Sep 21-Oct 12
#6417-A Ages 2-4 5:15-5:45 pm

4 sessions \$69 Sa Oct 28-Nov 18
#6417-B Ages 2-3 9-9:30 am
#6417-C Ages 3-4 9:40-10:10 am

Flag Football Ages 5-10

Boys and girls learn skills on both sides of the football, including the core components of passing, catching and defense all in a fun and positive environment.

4 sessions \$85 Th Sep 21-Oct 12
#6158-A Ages 5-7 5:55 - 6:55 pm
#6158-C Ages 8-10 7:05 - 8:05 pm

4 sessions \$85 Sa Oct 28-Nov 18
#6158-B Ages 5-7 10:20 - 11:20 am

Super-Tots Soccer Ages 2-5

Super-Tots Soccer uses a variety of fun and age-appropriate games with lots of physical activity. The goal of this class is to develop kicking, running control, and dribbling skills. It focuses on building motor skills and self confidence while introducing an element of light competition. Bring running shoes.

4 sessions \$69 Tu Sep 19-Oct 10
#6161-E Ages 3-4 4:30-5 pm

4 sessions \$69 Sa Sep 23-Oct 14
#6161-F Ages 2-3 9-9:30 am
#6161-G Ages 3-4 9:40-10:10 am

Soccer Camp Ages 5-10

This fun, skill-intensive program is designed for the beginning player. An active camp that involves passing, shooting, dribbling, and defense makes this one of our most popular programs.

4 sessions Tu Sep 19-Oct 10
#6161-A Ages 5-6 5:10-5:55 pm \$75
#6161-B Ages 7-10 6:05-7:05 pm \$85

4 sessions \$85 Sa Sep 23-Oct 14
#6161-C Ages 6-7 10:20-11:05 am \$75
#6161-D Ages 8-10 11:15 am-12:15 pm \$85



Dash Sports



Flag Football Tykes Camp

Ages 3-5

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. Athletes should bring a water bottle (spikes/cleats are optional). Footballs and flag belts are provided. **Parent participation is encouraged when needed.**

#6957 Tu Sep 12-Oct 3
4 sessions \$69 5:05-5:35 pm
BHE: Baseball Field

Basketball Tykes

Ages 2-6

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. Athletes should bring a water bottle. Balls are provided. Parent participation is encouraged when necessary.

4 sessions Sa Oct 28-Nov 18 \$69
CMS: Gym 3
#6953-A Ages 4-6 4:10-4:40 pm
#6953-B Ages 2-3 4:50-5:20 pm

Soccer Tykes

Ages 2-6

DASH Sports Soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes and shin guards optional). Soccer balls are provided. Parent participation is required for the 2-3 year old group and recommended when needed for the 4-5 year old group.

4 sessions \$69 Oct 11-Nov 1
BHE: Baseball Field
#6965-A Ages 2-3 5:05-5:35 pm
#6965-B Ages 4-6 5:45-6:15 pm

Volleyball

Grades 1-4

DASH Sports Summer Volleyball camps provide players with a well-rounded experience in a fun environment. Key volleyball skills such as passing, serving, and hitting will be taught and practiced. Fun, volleyball skill specific games are also incorporated, giving players game type experience, and a better understanding of the game. Athletes should bring a water bottle and snack (knee pads optional). Balls are provided.

#6955 Sa Oct 28-Nov 18
4 sessions \$79 5:45-6:45 pm
CMS: Gym 3

NBA Basketball Camp

Grades 1-4

DASH Sports Jr. NBA basketball skills camps provide players with 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. This camp features 2 days of basketball skills training and instruction and 2 days of instructor led games/scrimmages. Each player will also receive a customized Jr. NBA jersey of their favorite team with registration.

Athletes should bring a snack and water bottle. Balls are provided.

#6954 Sa Oct 28-Nov 18
4 sessions \$99 3-4 pm
CMS: Gym 3



Multi-Sport Non-School Day Camp

Grades K-5

Looking for a fun non-school day filled with fun sports activities? This multi-sport camp includes fun skills training and games in three sports: soccer, basketball, and flag football. Athletes will spend roughly 2 hours on each sport, performing instructor-led fun skill-based activities and games. Athletes should bring two snacks, a lunch, and a water bottle.

\$79 9 am-4 pm CMS: Gym 3
#6216-A M Oct 9
#6216-B Th Oct 19
#6216-C F Oct 20
#6216-D M Nov 6



Events



Halloween Hustle 5K

Sat, Oct 28 for all ages

Join us for the 6th Annual Halloween Hustle. Bring the entire family; pets are welcome. Dress up in costume and join us for a fun-filled morning. We'll have some fun kids activities in the school after the run until 10:30 am.

See page 14 for details.

Little Nature Adventures!

Parent & Child Ages 2-5

Let's go outside for some fall fun. Bring your preschooler and join Naturalist, Jon, at Wargo Nature Center for a story and a hike!

Adults and children will have the opportunity to work and learn together on these nature adventures. We'll explore with our senses and see what we can find.

Classes will be held outside at Wargo Nature Center. Come dressed for the weather and ready to explore.

Mon 10-11 am \$15 per adult/child pair

#1056-A Sep 18 Bugs in the Prairie

#1056-B Oct 16 Apple Cider Time
*bring 1 apple per attendee

#1056-C Nov 20 Fall Color Hunt

#1056-D Take all 3 adventures for the reduced cost of \$40

Wolf Howl Bonfire

Friday, Sept 29 All ages

Meet and learn about some of Minnesota's most fascinating wildlife during a bonfire program at the areas premiere wildlife facility, the Wildlife Science Center. The center's resident wolves, mountain lions, coyotes, foxes, lynx and raptors will be the focus of this incredible opportunity. At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song (feel free to join in if you like). Dress for the weather as most of the event is outdoors.

#8560 F Sep 29
\$20/person 5:30-8 pm
Wildlife Science Center

Holiday Open Skating

All ages

Grab your friends and family and let's kick off the holiday season at the ice arena. Enjoy some seasonal music, holiday themed lights and time with some of your favorite people. Ice Arena staff will be present.

Sun, Oct 29 & Dec 17 2-3:20 pm
\$5/person (children 6 and under free)
Payable at the door



Breakfast with Santa Sat, Dec 2

Come see Santa before he heads back to the North Pole. Everyone will have a light breakfast of muffins, yogurt, fruit, juice or coffee. The children will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am for a visit.

#8507 9-10:30 am Adults: \$4; Children age 2-10: \$12 CT: Cafeteria and Gym
Family max \$40, includes 2 adults max



Santa's Workshop Gingerbread House

Thursday, Dec 7

Ages 3-11 with adult

Run, run as fast as you can, you'll never catch me, I'm the gingerbread man. Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive.

Children must attend with an adult.
Come anytime between 5:30-7 pm.
The gingerbread house will take approx. 30-45 minutes to complete.

#2028 5:30-7 pm CV: Rm 110
\$25 child/adult

Gymnastics

Gymnasts of all ages and abilities will learn the basics of gymnastics while improving strength, coordination, flexibility, balance, agility, confidence, and social skills for children of all ages and abilities.

Lead Instructor Kelly Border All classes are held at High School East Building Gymnastics Room - across from pool locker room, use entrance D13. **With the exception of Wiggle Time, parents/guardians asked to wait for children outside of the gymnastics room; you may want to bring a chair.**



Wiggle Time-Parent/Child Ages 2-3

Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment. Children run, tumble, and spend time with you, while developing their gross motor skills. Class consists of 10 minutes of group time, 30 minutes of open (semi-structured free time) and five minutes of group time at the end of class.

Little Tumblers Ages 3-4

Must be potty trained, able to follow basic instructions and be comfortable in a group without parent Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment. No tights. Socks or bare feet only. Class ratio 6:1.

Tumblers Ages 5-7

Gymnasts will learn basic tumbling skills (forward and backward rolls, cartwheels, handstands, basic jumps and locomotor skills) and discover the basics on bars, balance beam, and vault. More advanced Tumblers will work on: Intermediate skill progressions on floor, bars, balance beam and vault. New skills introduced include: back bends, front and back handsprings on floor, back hip circles, and stride circles on bars and cartwheels on low beam.

Twisters Ages 8+ All Gymnastic levels

Gymnasts will work on skills according to ability. After initial group warm-up, gymnasts will be divided each session according to skill level from Beginner I to Intermediate.

Advanced Gymnastics Invitation only

Contact us if you believe you may be eligible. Gymnasts invited to this class will be required to have advanced skills on most events, have a strong work ethic, and desire to excel at a faster pace.

Session I

Mon, Sep 11-Oct 30 7 sessions No class Oct 9

Tumblers	#6000-A	5:30-6:30 pm	\$66
Twisters	#6034-A	6:40-7:10 pm	\$99
Tumblers	#6000-B	6:40-7:40 pm	\$66

Tue, Sep 12-Oct 24 7 sessions

Little Tumblers	#1401-A	5-5:45 pm	\$50
Tumblers	#6000-C	5:50-6:50 pm	\$66
Twisters	#6034-B	7-8:30 pm	\$99

Wed, Sep 13-Oct 25 7 sessions

Little Tumblers	#1401-B	5:30-6:15 pm	\$50
Wiggle Time	#1400-A	6:25-7:10 PM	\$50

Thur, Sep 14-Oct 26 6 sessions No Class Oct 19

Twisters	#6034-C	6-7:30 pm	\$85
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Sat, Sep 16-Oct 28 6 sessions No Class Oct 21

Wiggle Time	#1400-B	9-9:45 am	\$43
Little Tumblers	#1401-C	9:55-10:40 am	\$43
Tumblers	#6000-D	10:45-11:45 am	\$57
Twisters	#6034-D	10:45-11:45 am	\$57

Session II

Mon, Nov 13-Dec 18 6 sessions

Tumblers	#6000-E	6-7 pm	\$57
Twisters	#6034-E	6-7:30 pm	\$85
Open Gym	#6039	7:30-8 pm	\$5

Tue, Nov 14-Dec 19 6 sessions

Little Tumblers	#1401-D	5-5:45 pm	\$43
Tumblers	#6000-F	5:50-6:50 pm	\$57
Twisters	#6034-F	6:55-8:25 pm	\$85
Tumblers	#6000-G	6:55-7:55 pm	\$57

Wed, Nov 1-Dec 20 7 sessions No class Nov 22

Wiggle Time	#1400-C	6:40-7:25 pm	\$50
Little Tumblers	#1401-E	5:45-6:30 pm	\$50

Thu, Nov 2-Dec 21 7 sessions No class Nov 23

Twisters	#6034-G	6-7:30 pm	\$99
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Sat, Nov 4-Dec 16 6 sessions No class Nov 25

Wiggle Time	#1400-D	9-9:45 am	\$43
Little Tumblers	#1401-F	9:55-10:40 am	\$43
Tumblers	#6000-H	10:45-11:45 am	\$57
Twisters	#6034-H	10:45-11:45 am	\$57



Aquatics

Lessons, training and recreational opportunities for people of all ages

When registering your children for swim classes, please remember to do so based on their current skill level and their ability to be appropriately challenged.

A class level too difficult or too easy will hinder the progress of the swimmer and possibly distract others in the class as well. Your child will benefit most being in the appropriate class level, based on their ability. We're here to guide your swimmers to confidence and success. Don't put your children in the same swim class for convenience. **The Centennial Community Pool is in the high school east building. Enter through door N52 accessible from stadium parking lot from 103rd Lane NE.**



Our Aquatics program provides swim lessons aimed at teaching relaxation and comfort in the water, stroke skill development, diving, lifeguard training, open swim and more to area youth and adults. Programs run year round with limited class time in the fall and winter due to swim team use of pool.

Cancellation & Makeup Classes

Make-up swim lessons are not available when participants are unable to attend their scheduled lessons. In case of emergency closure, lessons will be extended at the end of the session.

If your child has special needs or you have concerns

If your child has special needs or you have concerns about your child, talk to the instructor on the first night to help the instructor better adapt and/or understand the needs of your child with the focus on continued growth in developing their swimming skills.

Diaper-aged children or participants experiencing habitual accidents are required to wear a swim diaper covered by a swimsuit, as recommended by the Minnesota Department of Health.

**Registration questions call 763-792-6100 or email cceonline@isd12.org.
For general questions email cwaddell@isd12.org**

Learn to swim in progressive classes

When choosing lesson skill levels, choose the one that most closely fits, making note of any prerequisites.

It is common for some children to repeat a level several times before mastering all skills and advancing to the next level. Help your child's progress by making sure they attend each class, as each new skill builds on those learned in previous classes. All teachers are American Red Cross certified in water safety instruction and/or lifeguarding.

Unsure of what level you should register your child?

Call 763-792-5240 to arrange an appointment for testing.

Pool Temperatures

Centennial Community Pool is a multi-purpose pool serving all ages. It's impossible to maintain a temperature suitable for all swimming activities. Some may find it too warm, and others too cold. Size, depth of facility and required chemical treatment impact the overall temperature. The water temperature cannot be raised beyond a certain degree as chlorine-based disinfectants become less effective and increase the possible multiplication of bacteria and other microorganisms.

Pool Temperatures

**84 degrees - End of February
to the 1st week of August**

**80-82 degrees - 1st week of
August to end of February**

During high school competitive swim season, Minnesota State High School League requires all pools to be 82 or below. In comparison, surrounding community pools are set at the same temperatures; hotel pools, 80-83 degrees; college competitive pools, 78-80 degrees; and therapeutic pools, 94-96 degrees.

Parents of children up to five years old may want to add a T-shirt or a wet suit to increase body insulation. Increased movement will also increase body temperature.





Swim Class Levels

Tiny Tots & Poly Wogs for ages 18 months to age 5 will return in the spring of 2024

Bobber

Ages 5-6

Introduction to swimming for children who are not comfortable in the water or have no previous lesson experience

Participants will develop comfort with water, correct body position and be introduced to swimming on their front and back. Advance to Poly Beginner 1. Limit 4.

Poly Beginner 1

Ages 5-7

Children who are comfortable in water and have some lesson experience (Poly Wog, Tiny Tot, etc. or equivalent skills)

Children will wear flotation belts for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner 2. Limit 6.

Poly Beginner 2

Ages 5-7

Prerequisite: passed Poly Beginner 1 or have equivalent skills.

Skills taught: review of Poly Beginner I skills, plus front and back glides in the streamline position, and one pool width of front crawl while blowing bubbles with face submerged. Introduced to rhythmic breathing. Children will wear flotation belts for maximum of two classes to review correct body position. Advance to Poly Beginner 3. Limit 6.

Poly Beginner 3

Ages 5-7

Prerequisite: passed Poly Beginner 2 or have equivalent skills.

Skills taught: review of Poly Beginner II skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Beginner

Ages 8+

Introduction to basic swimming skills.

Skills taught: general comfort in the water, correct body position, and one pool width each of puppy paddle and monkey airplane soldier. Introduced to front crawl with rhythmic breathing. Advance to Advanced Beginner. Limit 6.

Advanced Beginner

Ages 8+

Prerequisite: passed Beginner or have equivalent skills. Skills taught: review of Beginner skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Red Cross Level 3

Prerequisite: passed Advanced Beginner, Poly Beginner III, or have equivalent skills.

Skills taught: 25 yards each of front crawl, back crawl, and elementary backstroke, diving using the sitting, kneeling, and standing position, and treading water. Introduced to dolphin kick and breaststroke. Advance to Red Cross Level 4. Limit 10.

Red Cross Level 4

Prerequisite: passed Red Cross Level 3 or have equivalent skills.

Skills taught: review of Red Cross Level 3 skills, plus 50 yards each of front crawl, back crawl and elementary backstroke, 25 yards of breaststroke, 15 yards of butterfly, scissors kick, treading water, and rescue breathing. Advance to Red Cross Level 5. Limit 10.

Red Cross Level 5

Prerequisite: passed Red Cross Level 4 or have equivalent skills.

Skills taught: review of Red Cross Level 4 skills, plus 100 yards each of front crawl, back crawl, and elementary backstroke, 50 yards of breaststroke and sidestroke, 25 yards of butterfly, turns, standing dives from the board, and surface dives. Advance to Red Cross Level 6. Limit 10.



Intro to Diving Ages 9-13

Prerequisite: Passed Red Cross Level 3 or equivalent skills, able to swim one length front crawl and demonstrate basic diving principles. Designed for children wanting to try diving or to work on diving techniques. Learn basic techniques such as approach, hurdle, height and entry on dives, as well as dry-land training for refining each technique.

Private or Semi-Private Lessons

Personalized high-quality swim instruction for those with special needs where class settings are challenging, or if your child cannot be independent in a group setting

These lessons offer 1:1 for private or 2:1 for semi-private swim instruction. These classes are to help you improve on your skills and be successful and safe in and around the water.

Participants receive eight 30-minute lessons for \$300. Our coordinator will work with you to determine the dates and times of each lesson.

Call 763-792-5240 and leave a day and evening phone number and you will be called after registration deadlines. Our instructors have other job responsibilities outside of private lessons. For this reason, notice of any cancellation must be given 24-hours in advance, or you will forfeit the lesson with no option to make up.

Cougar Adaptive Lessons

Program is for children who are challenged to participate independently in a standard group lesson. The program uses techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs and goals. Lessons are created for, but not limited to, those with anxiety, physical, sensory, communication or behavior challenges. This is a 1:1 ratio of student to instructor.

4 lessons \$75 CHS/East: Pool

9880-F1	Sun, Sep 10-Oct 1	4:30-5 pm
9880-H	Tu/Th, Oct 24-Nov 2	6-6:30 pm
9880-J	Tu/Th, Nov 9-21	6-6:30 pm



Open Swim

Saturdays, Sep 9-Nov 4 12-1 pm

Children under 12 must have passed ARC level 3 or be able to swim 25 yards of front crawl with rhythmic breathing to swim on their own during open swim.

All others must have a parent or adult guardian in the water with them. All children 6 years of age and under must have an adult guardian in the water with them regardless of swimming ability. **No Open Swim October 21.**

\$2 Per Person Pay At The Door



We would love for you to join our team!

New Community Education Instructors & Staff Are Always Welcome

We are hiring for Aquatics, Driver Ed, Kids Club School Age Care, Facilities and Gymnastics staff and instructors.

Contact Community Education at 763-792-6100 for details.

Mermaid Tails: Learn How to be a Mermaid **Ages 6-11+**

Have you ever wanted to be a Mermaid? The Discover Mermaid™ experience introduces simple mermaid activities in a pool, shallow enough in which to stand. It is designed as a flexible, informative, enjoyable, and controlled experience centered on letting you discover what it's like to mermaid dive. To enroll in a Discover Mermaid experience, you need to be in good physical health and comfortable in the water. No prior experience with snorkeling, skin diving or free diving is required.

The PADI Discover Mermaid experience consists of 2 introductory phases:

- ◆ After signing up for the PADI Discover Mermaid program you will listen to a briefing from your PADI Mermaid Instructor to learn the basics about being a mermaid.
- ◆ A shallow water session in which you'll wear a mermaid tail followed by mermaid swimming, going underwater and games. You will use a monofin (i.e. mermaid tail), mask, snorkel and fins all provided.



Ages 6-8	\$85	6:15-8:15 pm
#9655-A1	Tu	Sep 12
#9655-A2	Tu	Sep 19
Ages 8-10	\$70	6:15-7:15 pm
#9655-B1	Tu	Sep 26
#9655-B2	Tu	Oct 3
Ages 11+	\$60	5-7 pm
#9655-C1	Th	Sep 14
#9655-C2	Th	Oct 5

Fall Swim Schedule

Registration deadline in Wednesday, September 6 at noon.

Late registrations accepted directly at the pool office for any remaining openings after deadline

SATURDAY MORNINGS

Sept 9-Nov 4 (No lessons Oct 21)

Bobbers	9009-E1	9:30-10 am	\$95
Bobbers	9009-E2	10:30-11 am	\$95
Poly Beginner 1	9010-E1	9:30-10 am	\$95
Poly Beginner 1	9010-E2	11-11:30 am	\$95
Poly Beginner 2	9020-E1	10-10:30 am	\$95
Poly Beginner 2	9020-E2	11-11:30 am	\$95
Poly Beginner 3	9030-E1	10:30-11 am	\$95
Beginners	9100-E	9-9:30 am	\$95
Adv Beginner	9200-E	9-9:30 am	\$95

SUNDAY AFTERNOONS

Sept 10-Nov 5 (No lessons Oct 22)

Bobbers	9009-F1	2-2:30 pm	\$95
Bobbers	9009-F2	3-3:30 pm	\$95
Bobbers	9009-F3	4-4:30 pm	\$95
Poly Beginner 1	9010-F1	2-2:30 pm	\$95
Poly Beginner 1	9010-F2	3-3:30 pm	\$95
Poly Beginner 1	9010-F3	3:30-4 pm	\$95
Poly Beginner 2	9020-F1	2-2:30 pm	\$95
Poly Beginner 2	9020-F2	3-3:30 pm	\$95
Poly Beginner 2	9020-F3	4-4:30 pm	\$95
Poly Beginner 3	9030-F1	2:30-3 pm	\$95
Poly Beginner 3	9030-F2	3:30-4 pm	\$95
Beginner	9100-F1	2:30-3 pm	\$95
Beginner	9100-F2	3:30-4 pm	\$95
Adv Beginner	9200-F1	2:30-3 pm	\$95
Adv Beginner	9200-F2	3:30-4 pm	\$95
ARC Level 3	9300-F	2-2:50 pm	\$99
ARC Level 4	9400-F	3-3:50 pm	\$99
ARC Level 5	9500-F	4-4:50 pm	\$99

MONDAY NIGHTS

Sept 11-Oct 30

Bobbers	9009-G1	6:30-7 pm	\$95
Bobbers	9009-G2	7-7:30 pm	\$95
Poly Beginner 1	9010-G1	6:30-7 pm	\$95
Poly Beginner 1	9010-G2	7-7:30 pm	\$95
Poly Beginner 2	9020-G1	6:30-7 pm	\$95
Poly Beginner 2	9020-G2	7-7:30 pm	\$95
Poly Beginner 3	9030-G	7:30-8 pm	\$95
Beginner	9100-G	7:30-8 pm	\$95
Adv Beginner	9200-G	7:30-8 pm	\$95
Intro to Diving	9701-G	6:30-7 pm	\$95

WEDNESDAY NIGHTS

Sept 13-Nov 1

Bobbers	9009-K	6:30-7 pm	\$95
Poly Beginner 1	9010-K	6:30-7 pm	\$95
Poly Beginner 2	9020-K	7-7:30 pm	\$95
Poly Beginner 3	9030-K	7-7:30 pm	\$95
Beginners	9100-K	7:30-8 pm	\$95
Adv Beginner	9200-K	7:30-8 pm	\$95

TUESDAY/THURSDAY NIGHTS

Oct 24-Nov 21

Bobbers	9009-H1	6-6:30 pm	\$95
Bobbers	9009-H2	6:30-7 pm	\$95
Poly Beginner 1	9010-H1	6:30-7 pm	\$95
Poly Beginner 1	9010-H2	7-7:30 pm	\$95
Poly Beginner 2	9020-H	7-7:30 pm	\$95
Beginners	9100-H	7:30-8 pm	\$95
Adv Beginner	9200-H	7:30-8 pm	\$95



Kids Club

School Age Child Care



Learning and fun come together in Centennial Community Education's choice-based school-age child care program.

Kids Club – where we build, we tinker, we paint, we work together, and we create friendships in Centennial Community Education's choice-based school-age care program. Space is limited and does fill, so register early. Kids Club provides a safe, stimulating, high quality program with an enriching educational and recreational environment, enhancing development of children in critical thinking, academics, self and social awareness, physical development, creative expression and recreational activities.

Centennial Kids Club is a fee-based school-age child care program serving families and their children before and after school at all five elementary schools. We also offer care on non-school days and throughout the summer at convenient locations.

At this time there are wait lists at all locations before and after school

To get on the waitlist, please submit a registration through your Eleyo account. If space allows, we will contact you to accept your child's registration. County assistance is accepted.

For more information visit isd12.org or contact our Billing and Information Administrative Assistant, Dawn Turnblad at 763-792-6193, kidsclub@isd12.org or Kids Club Coordinator, Molly Nelson at 763-792-6110, mnelson@isd12.org.

Help us make a difference in our Community!

Kids Club is looking for quality staff and substitutes to work in our before and after school program at all five elementary school. We offer competitive pay, free childcare, and benefits package. Must be 16 years of age. For more information call 763-792-6110 or email mnelson@isd12.org.

Apply online at isd12.org/join-our-team

Pre-K Kids Club

Full-day Centennial Preschool classes may be combined with before and/or after school care through Pre-K Kids Club. Care is available from 6:30-9:30 am and 4-6 pm and Kids Club Non-School Days. Space is limited. Note that Pre-K Kids Club fees are in addition to preschool tuition. For more information, visit

communityed.isd12.org/kids-club

For questions about Pre-K Kids Club, contact the Kids Club office at 763-792-6193 or email kidsclub@isd12.org.

Centennial Preschool

Ages 3 & 4 by September 1

The Centennial School District provides high-quality part-day and full-day preschool experiences designed to help children develop skills and behaviors necessary for success in kindergarten and beyond. Classrooms are located at each of the elementary schools in the Centennial School District as well as the Early Childhood Center. Tuition discounts and scholarships may be available to those who qualify.

Spots may still be available for the upcoming school year!

Look for the brochure and more registration information. visit, earlychildhood.isd12.org/programs/preschool or call 792-6120.

View the preschool brochure

earlychildhood.isd12.org/programs/preschool





P.L.A.Y.

Preschool Enrichment

P.L.A.Y. is an opportunity for your child to expand and reinforce their learning outside their world or preschool classroom. Join us for **Preschool Learning After-hours** to answer the burning question of **Why?** Financial assistance is available to those who qualify. See pages listed or call 763-792-6100 for more information.



Creative

Coco Cute Ages 4-9

Seize the moment. This is your chance to design and sculpt your very own sugar skull inspired by your favorite skeletons from Disney's hit movie Coco. We'll use clay, paint, sequins and more as we create and listen to your favorite Coco songs. Please pack a nut free snack and a drink.

Kidcreate Studio

#2325 Sa Sep 30 \$39 9 am-noon MS: Rm E108

Scratch & Sniff Christmas Creation Ages 4-9

Come paint an adorable gingerbread house with a special twist that couldn't be sweeter. We'll use concoctions of art materials mixed with super secret ingredients so our paintings smell as yummy as they look. You'll have to smell it to believe it. Please pack a nut free snack and a drink.

Kidcreate Studio

#2324 Sa Dec 2 \$42 9 am-noon MS: Rm E108

Santa's Holiday Workshop Gingerbread House

Thursday, Dec 7 Ages 3-11 with adult

Run, run as fast as you can, you'll never catch me, I'm the gingerbread man. Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive.

All children must attend with an adult. Come anytime from 5:30-7 pm. The gingerbread house will take approximately 30-45 minutes to complete.

#2028 5:30-7 pm CV: Rm 110 \$25 child/adult

Dance, Music & Theater

Hop N' Tots Dance Preschool 3+

This high-energy class focuses on improving rhythm, balance and coordination. Children will use props: tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. Dancers should wear clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes which can be ordered through the instructors the first day of class (tap \$30, ballet \$20).

Season will end with a short recital December 14 at the Centennial Middle School.

Miss Jenny, Happy Feet Dance Co.

#5001-A	Th	Sep 7-Dec 14	5-5:45 pm
13 sessions	\$199	CMS: Studio	No class Oct 19 & Nov 23

Mayer Arts - Aladdin Musical Theater Ages 4-8

A whole new world. Learn lines, songs and dances from Aladdin and put on a musical. Everyone will learn to put together a professional show from start to finish. Learn how to properly speak lines, block a scene, develop a character and much more. We'll also play fun creative games. No experience necessary. Wear comfortable clothing and lightweight tennis or dance shoes.

Friends and family are invited to observe a special performance the final 30 minutes of the last class.

#2173	Tu	Oct 3-Dec 12	No class Oct 17, 31, Nov 7
8 sessions	\$86	6-7 pm	CT: Little Theater

Music Together

Newborn to PreK with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. We bring families together in a warm, supportive environment with the goal of having everyone feel comfortable singing, dancing and jamming. Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music-makers just by having fun making music themselves.

Classes are mixed age so siblings can be together.

See page 30 for class details including free demo classes.



Events

Halloween Hustle 5K Sat, Oct 28

Bring the entire family; pets are welcome. Dress up in costume if you'd like, and join us for a fun-filled morning. [See page 14 for details.](#)

Birthday Parties Ages 4-12

Parties booked Saturdays 1-3 pm [See page 31 for details.](#)

Breakfast with Santa Saturday, Dec 2

Come and see Santa before he heads back to the North Pole. Everyone will have a light breakfast of muffins, yogurt, fruit, juice or coffee. The children will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am for a visit. [See page 41 for details.](#)

Science & Nature

Little Nature Adventures! Ages 2-5

Let's go outside for some fall fun. Bring your preschooler and join Naturalist, Jon, at Wargo Nature Center for a story and a hike! Adults and children will have the opportunity to work and learn together on these nature adventures. We'll explore with our senses and see what we can find. Classes will be held outside at Wargo Nature Center. Come dressed for the weather and ready to explore.

Mon 10-11 am \$15 per adult/child pair

#1056A Sep 18 Bugs in the Prairie

#1056B Oct 16 Apple Cider Time *bring 1 apple per attendee

#1056C Nov 20 Fall Color Hunt

#1057D Take all 3 adventures for the reduced cost of \$40.

STEM Sampler for Preschoolers Kit

Ages 3.5-6 with adult [See page 20 for details.](#)

Investigate a tropical rainforest while learning about the unique animals that live there. Examine the most common States of Matter with fun and exciting experiments and use your natural curiosity to explore force.

Chemistry Fun for Preschoolers Kit

Ages 4-8 with adult [See page 20 for details.](#)

Get your budding scientist exploring the Science side of STEM with engaging experiments and activities including Color Mixing Magic, States of Matter and Silly Slime.

Sports

Skyhawks [See page 38-39 for details](#)

Hoopster Tots Basketball Ages 2-5

Mini Spikers Camp Ages 4-6

Super-Tots Soccer Ages 2-5

First Down Tots Ages 2-4

Dash Sports Tykes [See page 40 for details](#)

Flag Football Ages 3-5, **Basketball** Ages 2-6

Soccer Ages 2-6

Tot Skates Ages 2-5

Join other little ones your own age and their grown-ups they have brought along for some open skate time. We will play some kid-friendly music to set the mood and spend some time building balance, coordination, and basic skating skills together. Skating is also a great way to burn off extra energy for little ones. Don't forget its okay to fall, in fact learning to do it safely is a great skill to have. Skating is a great hobby for enjoying our Minnesota winters and for some it may be just the first step to learning more advanced skills. [See page 31 for details.](#)



Gymnastics Ages 2-4 [See page 42 for details](#)

This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment.

Wiggle Time-Parent/Child

Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. Children run, tumble, and spend time with you, while developing their gross motor skills.

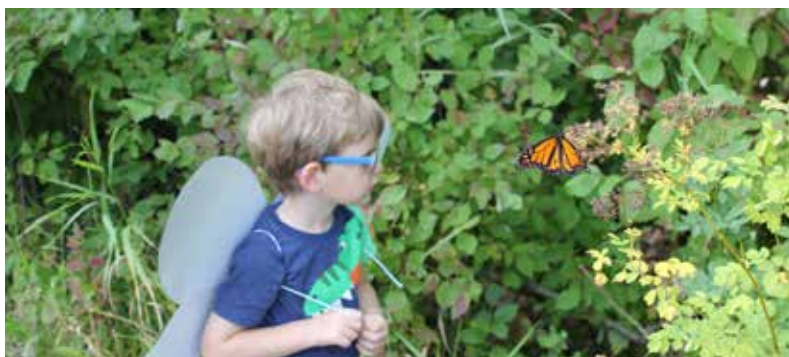
Little Tumblers

Developing gymnasts will learn basic and fundamental gymnastics skills.

Early Childhood Family Education

Programming for families with children ages birth to kindergarten

Learn and grow together through parent and child interaction, guided play and learning experiences, parent education, and special events. All classes are held at the Early Childhood Center at Rice Lake Elementary. earlychildhood.isd12.org



ECFE Classes Starting Soon

Registration is open for the following short-term classes, as well as any remaining spots in our year-long classes. Visit earlychildhood.isd12.org for brochure and registration information or call 763-793-6120 to inquire about class openings. The ECFE school year begins September 11.

Young Explorers Select Tues, 1-2:30 pm

The Young Explorers series allows for play and learning focused on a different theme for each class. Classes meet Tuesdays for 3 weeks from 1-2:30pm. Sign up for one, two, or take the entire series!

Parents go to a separate room for some of the class period for discussions of theme-related topics as well as general joys and concerns. Sibling care is available for an additional \$10 per child per class.

Young Naturalists Sept 19, 26, Oct 3

Let's get outside and learn about the world around us! We'll be taking a field trip to a nature center.

Young Farmers Oct 24, 31, Nov 7

We'll learn about farms, farmers, crops, and animals. It wouldn't be complete without a visit to a working farm!

ECFE Drop-In Classes

Come late, leave early, come once, come every week – we're casual and will be happy to see you whenever you can join us.

Explore With Baby Mon, 1-2 pm FREE

Have a new baby? Need to get out of the house without anyone judging the spit-up on your shirt? Are you a grandparent or friend who wants to give a new parent a break? Explore With Baby is for you! Drop by the Early Childhood Center and meet other new parents, grandparents, caregivers and our parent educator to chat, play, and get support.

Begins September 11.

Drop-In & Play Fri, 9-10:30 am \$3/child or \$5/family

Come any week for some playtime! We'll sing songs, read a story, play with toys, and go to the gym or playground. **Begins September 15.**

Centennial Preschool

For children who are 3 & 4 years of age by Sept 1, 2023

Fees are income based, but tuition discounts and scholarships may be available. Part-day and full-day spots are still available for the 2023-24 school year!

Visit earlychildhood.isd12.org for brochure and registration information, or call 763-792-6120.

Classes begin September 6.

Early Childhood Screening

Minnesota law requires Early Childhood Screening before a child can enter kindergarten. This FREE screening checks hearing and vision, weight and height, health history, immunizations, speech and language, general development, and motor skills. Screening is NOT a readiness test for kindergarten.

A child can be screened anytime after age 3, but the district recommends screening your child before their fourth birthday. Screenings take place the first Thursday of the month, October-May. For more information or to make an appointment, call 763-792-6120 or visit earlychildhood.isd12.org.

Parent Advisory Council

The Parent Advisory Council (PAC) is a group of Early Childhood parents who meet monthly to provide input for programming, help plan fun family events, and assist with program fundraising.

Interested in joining PAC?

New members are always welcome! Our first meeting of the year will be Friday, September 15, 9:30-10:30 am at the Early Childhood Center. Child care is provided. Please call the office at 763-792-6120 for more information.



CENTENNIAL BASKETBALL ASSOCIATION

REGISTER NOW!

Girls

Boys

YOUTH BASKETBALL

Be the Future of Centennial Basketball!

Traveling Program Grades 3-8

CBA's Travel Program gives 3rd-8th grade boys and girls the opportunity to play against stronger competition than the In-House program. Traveling outside the Centennial district is required. Tournaments are on weekends with two practices during the week.

Required tryouts held in September.

Season typically begins in October and runs through beginning of March.

In-House Program Grades 1-8

CBA's In-House Program gives 1st-8th grade boys and girls the opportunity to play against other In-House teams on weekends. 1st-6th grade games and practices are held within Centennial schools. 7th-8th grade games and practices are held within the Mounds View league.

Season runs November through January. A fun end of season celebration is held at the end of January.

These materials were created by CBA. This is not a school district sponsored or endorsed activity. Financial assistance is available to those who qualify.

Register at:
www.centennialbball.org





Centennial Wrestling

**PRESEASON CAMP AND SEASON
REGISTRATION NOW OPEN!**

www.centennialwrestling.org

Who: PreK - 8th Grade (Girls and Boys)

Recommendation: Never too late to start wrestling! Check out our \$20 Preseason Camp to give wrestling a try before signing up for our normal season!



Financial Scholarships Available

Questions: Contact Justin Kruse at jukru32@hotmail.com or at 715-338-2113



Girl Scouts.

gsrv.gs/join



FIND YOUR

Courage

girl scouts
river valleys

All BOYS and GIRLS grades K-5 are invited to join



CUB SCOUTS



What is Cub Scouts all about?

Outdoor adventures, camping,
family outings, games with friends,
and character development

**Scan to
JOIN TODAY!**



Learn more at [GoScouting.org](https://www.goscouting.org)



NORTHERN STAR SCOUTING

Scholarships available. No child will be turned away due to inability to pay.

Registration, Information & Policies



Registration

Online

Communityed.isd12.org

Register online for any class. Secure registration for classes is available 24 hours/day using an electronic form of payment. Apple Pay now available for iPhone users!

Mail or Drop Off

Complete a registration form and return with payment to:
Centennial Community Education
4707 North Road
Circle Pines, MN 55014

Make checks payable to District 12
24-hour drop box, located on the main campus near the District Administrative Offices.

Community Education office hours
Mon-Fri, 8 am-4 pm school days

Summer hours: June 7-September 4
Mon-Thur, 8 am-4 pm; Fri, 8 am-noon

By Phone

763-792-6100

Using an electronic form of payment (credit card or ACH)

By Fax

763-392-7743

Complete a registration form, including credit card information

For online registrations: You will know you have successfully completed your online registration when you have received an email confirmation to the email address you have provided.

Scan this code to register!



No News is Good News!

Assume the class is a go

Unless we contact you, assume that you are enrolled and the course will be held at the time and place indicated. We do not mail out confirmations, but an automated email receipt will be sent if you provide your email address upon registration.

Cancellations

Community Education reserves the right to cancel a class due to insufficient enrollment. Classes are filled on a first-come, first-serve basis. Some class sizes are limited, so early sign-up is suggested. If a class is canceled or full, you will be notified and your fee will be refunded.

Inclement Weather & Emergencies

When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities may also be canceled. You may receive an emergency messenger system message. Also watch or listen to local TV stations, or visit the district website at isd12.org.

Refunds

A refund, minus a \$10 administrative fee, will be made if you cancel at least five business days prior to the start of an activity unless otherwise noted such as with sport leagues, adult trips and driver education classes. No refunds thereafter.

Registration Deadlines

Deadline for most activities is one week before they begin

Classes are filled on a first-come, first-serve basis. Many classes fill quickly and instructors may need to order supplies. Some classes cancel due to low enrollment, so please don't hesitate to register.

Make-Ups

There are no make-ups for a missed class (*with the exception of Driver Ed classroom*). Check your schedule prior to registration for potential conflicts.

No transportation provided unless otherwise noted

Discounts

Financial assistance is available to those who qualify. For an application please call 763-792-6100.

Current UCare Minnesota members may take up to a \$15 discount per class on most classes. Include UCare ID number on registration form.

Discounts must be applied by a staff member at the time of enrollment.

Special Needs

Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Indicate needs on registration form. Contact Community Education with questions or if you need assistance in an activity.

Check Collection Service

Centennial School District uses PayTek Solution's services when a check is returned due to insufficient funds. If collection is made electronically, the district receives the face value of the check plus a \$3 per check rebate. PayTek charges an NSF fee to the party that issued the bad check. The use of a check for payment is the check writer's acknowledgment and acceptance of this policy and its terms. After two NSFs, fees must be paid using a money order.

Photo Policy

There are occasions when representatives of District 12 and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the Community Education office.

Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014;
In lieu of form call 763-792-6100 or go online at isd12.ce.eleyo.com

Name _____ Male____ Female____ Birthdate_____

If minor, guardian name/s_____

Address_____ City_____ Zip_____

Phone: primary (_____) _____ other (_____) _____

E-mail address_____

Special needs/additional information_____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Financial assistance (application on file) -\$25 Total Fee _____

UCare member ID# _____ -\$15 _____ T-shirt size (if applicable)

MasterCard____ VISA____ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT____ CANC____ RET____

Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014;
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Name _____ Male____ Female____ Birthdate_____

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Address_____ City_____ Zip_____

Phone: primary (_____) _____ other (_____) _____

E-mail address_____

Special needs/additional information_____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Financial assistance (application on file) -\$25 Total Fee _____

UCare member ID# _____ -\$15 _____ T-shirt size (if applicable)

MasterCard____ VISA____ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT____ CANC____ RET____

REGISTRATION DEADLINE IS ONE WEEK PRIOR TO THE START OF CLASS

Centennial Community Education offers activities with the purpose of enrichment. Information obtained in Community Education activities is not intended for use as advice, endorsement or recommendations from the instructors, his/her business or Centennial Community Education.



Centennial Community Education
4707 North Road
Circle Pines, MN 55014

Non-Profit Organization
U.S. Postage PAID
Circle Pines, MN
Permit No. 8

ECR WSS
Postal Customer

We would love for you to join our team!

New Community Education Instructors & Staff Are Always Welcome

We are hiring for Driver Ed, Kids Club School Age Care, Facilities, Aquatics and Gymnastics staff and instructors.



Teach a Community Education Class

We welcome class ideas and proposals if you have a special talent, skill or passion to share with others.

Call us for more information, 763-792-6100.

Become a Site Supervisor

Great opportunity for local college students, retirees, or anyone looking for part-time work. Must be available to work evenings and some weekends. Please call 763-792-6104 for details.

Share your skills in our Kids Club program

- ◆ Site Manager
- ◆ Assistant Site Manager
- ◆ Kids Club Worker

All Kids Club staff qualify for free childcare.

All Site Managers and Assistant Site Managers receive health and dental plans, paid vacation and illness leave.



Consider becoming part of Community Education

Scan the QR code or contact Community Education at 763-792-6100 for details.

“Do what you love, and you’ll never work a day in your life.”