

St. Michael-Albertville **FALL 2023**
COMMUNITY EDUCATION



Registration Begins August 23
LIFELONG LEARNING FOR ALL AGES
stma.ce.eleyo.com 763-497-6550

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We are proud to offer programs for people of all ages and abilities.

Office Staff

Community Education Director

Maryellen Barthel (763) 497-6511
maryellenb@mystma.org

Administrative Assistant

Mary Chabot (763) 497-6550, ext 1
maryc@mystma.org

Early Childhood Coordinator

Jane Helgestad (763) 497-6512
janeh@mystma.org

Kids Play Coordinator

Lisa Becker (763) 497-6513
lisab@mystma.org

Youth/Adult Enrichment Coordinator

Brandii Thomas (763) 497-6550, ext 7
brandiit@mystma.org

Facility Requests

Maryellen Barthel (763) 497-6511
maryellenb@mystma.org



Registration

Online
stma.ce.eleyo.com

By Phone
763-497-6550, ext. 1
For credit card registrations.

Confirmations

We do not send confirmations via U.S. mail. Accounts with an email address will receive email confirmation.

UCare Discounts

Members of UCare may take up to a \$15 discount on most classes in this catalog. Contact the office for more information.

Photo Policy

There are occasions when representatives of STMA and/or the media photograph or videotape students while attending/participating in community education sponsored activities. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the community education office.

Refunds

Call or email the community education office to request cancellation. Cancellations must be made at least 5 business days prior to the start of the activity (or by the registration deadline if one is listed) in order to receive a refund. All refunds are subject to a \$5 processing fee. No refunds on trips or tours after the published deadline.

Inclement Weather Emergencies

If weather is threatening, cancellations will be announced on the Community Education weather line, 763-497-6549 or (763) 497-6550, ext. 2. If school is canceled, all Community Education, youth and adult activities are canceled and all school buildings are closed.

Advisory Council

The Community Education Advisory Council represents a cross-section of District 885. The Advisory Council meets quarterly to help identify, coordinate, and evaluate the educational, recreational, social, and cultural opportunities for district residents of all ages. If you would like to become an Advisory Council member, contact Maryellen Barthel, Director of Community Education:
maryellenb@mystma.org

School Abbreviations

- AP Albertville Primary
- SE St. Michael Elementary
- BW Big Woods Elementary
- FE Fieldstone Elementary
- MW Middle School West
- ME Middle School East
- HS High School
- CE Community Education Center
- AC Activity Center @ High School

WELCOME

English As A Second Language (ESL)

For individuals whose first language is not English. Call the office for information, no pre-registration necessary

Morning Classes:

M/W 9-11:30 am
Beginning Wed, Sept 6
CE, Room 209
FREE

Free childcare/preschool is available by calling 763-497-6550 at least two days prior to class.

Evening Classes:

T/Th 6-8:30 pm
Beginning Tues, Sept 12
CE, Room 305
FREE

No childcare available during the evening class.

GED & Basic Skills Information

Improve your math, reading, and writing for yourself, a job, or college entrance.

Beginning Thurs, Sept 7
Th 6:30-9 pm
CE, Room 304
FREE

GED Testing

Register to take the official test at ged.com, or call 763-272-2040
There are 4 parts to the test.
Science (90 min)
Social Studies (75 min)
Reasoning/Language Arts (155 min)
Mathematical Reasoning (120 min)
Computer test only.
\$30 for each test

Idea for a class?

Share your passions, skills, and knowledge with the community.

Contact Brandii Thomas, Enrichment Coordinator at brandiit@mystma.org

Welcome Back!

Each year we look forward to the start of the school year along with the beginning of many programs offered by Community Education. This fall we have returning favorites along with some new opportunities.

As you're reviewing the brochure, look for new arts and crafts, fitness and online classes for adults. Or, grab a friend and enjoy one of our fun new trips! Lego League is back for children first grade and up along with science, arts, sports and more for all ages.

ECFE is beginning their 50th year!

Help spread the word by sharing these fun classes with family, friends and neighbors. No one is alone on their parenting journey, ECFE is a partner for parents and caregivers!

REGISTRATION BEGINS AUGUST 23

stma.ce.eleyo.com

WE ARE HIRING !

KIDS PLAY

St. Michael-Albertville
Schools

Paraprofessionals

- 2:00-5:15pm or 5:30pm
- Multiple openings & locations

Must be 18 years old and have a HS diploma or GED. No experience required.

Apply online at stma.k12.mn.us
Questions: LisaB@mystma.org
763-497-6513





Cell Phones & Parenting OH MY!

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry.

Nickie Welsh

314F3 T Sept 26
\$30 12-1 pm
Virtual via Zoom

A Parent's Guide to Tik Tok

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

Nickie Welsh

314F2 T Sept 19
\$30 12-1 pm
Virtual via Zoom

Using Snapchat Safely in 2023

Have you been curious as to what Snapchat is exactly? You'll learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members.

Nickie Welsh

314F1 Th Sept 14
\$30 12-1 pm
Virtual via Zoom

TO REGISTER FOR A CLASS



**Follow STMA
Community Ed
on Facebook for
updates and
new class
options.**



Share Your Skills!

Bring your interests, hobbies and skills to the community by teaching a class. We are always looking for new ideas and instructors to become involved in topics of interest to others.

If you have an idea for a class and are interested in teaching youth or adults, please contact the Youth & Adult Enrichment Coordinator, Brandii Thomas.

For more information
763.497.6550 x7 or
brandiit@mystma.org

ADULT ENRICHMENT

TRY SOMETHING NEW



Open Pottery studio

Adults

Use this time to create fantastic pottery with the guidance and supervision of a professional. All pottery created will be fired, and glazed for you to take home a completed project. Clay, glaze and professional expertise provided. Just show up with a project in mind! Some experience with pottery wheels is recommended. Hand building is also available.

Lea Iverson

240F2 Sept 20, 21, 28
Sept 20, 5:30-7:30 pm
Wheel/Hand build
Sept 21, 5:30-7 pm
Trim & Design
Sept 28, 5:30-7 pm
Glaze
\$42
ME Art Room

Woodworking

Participants in this class will learn skills in woodworking for the crafter to the cabinet maker. For the beginner, demonstrations will include the table saw, jointer, timesaver sander and more. For the advanced person, use of the shapers for raised panel doors and/or the CNC router, and more will be taught. The instructor is a former STMA HS Industrial Arts teacher. There is a limit of 10 adults, so register early! Students will register with a project in mind that they want to complete. Students will be required to purchase the supplies needed to complete the project. Mr. Danielson will assist students with learning the necessary skills, and using the tools to complete the project.

Scott Danielson

629F1 M Oct 23-Dec 4
\$105 5-8 pm
HS, Room 2761

Beginner Welding

Designed for the beginning welder, techniques will be demonstrated in OxyAcetylene welding and cutting, Arc welding, MIG welding and for those interested in welding aluminum, TIG welding. Time will be available for practice welding as well as project building. The instructor is a former STMA HS Industrial Arts teacher. Class is limited to 10, so register early! A supply fee will be payable to the instructor at class, depending on the project(s) that you choose to do.

Scott Danielson

629F2 W Oct 25-Dec 6
\$105 5-8 pm
HS

2 Left Feet Social Dance

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still...it would be helpful to know a few steps. Geared to beginners you'll enjoy fun patterns, easy turns and be dancing together before you know it! More than enough to provide a full night of dancing! Couples only please!

Monica Mohn

153F1 Th Sept 28-Oct 5
\$45 per couple
6-7:30 pm
ME Cafeteria

Social Ballroom Dance

A little bit Rumba, a touch Foxtrot, a smattering of Waltz and a jazzed up "high school prom Swing & "Sway" are all it takes! With fun moves & simple tips to ease you into the joy of dancing as a couple, you'll be out on the dance floor in no time! Couples only please!

Monica Mohn

153F2 T Nov 14-28
\$45 per couple
6-7 pm
ME Cafeteria

Swing Dance

Two nights. One dance, A Lifetime of fun! An Arch and a Loop are just two of the patterns that can take you from the sidelines onto the dance floor. Couples only, please.

Monica Mohn

153F3 Th Sept 28-Oct 5
\$45 per couple
7:30-9 pm
ME Cafeteria

PARENT/CHILD

Family Paint Night

Ages 6+

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own themed painting on a 11x14 stretched canvas. Enjoy a dessert while your painting dries.

KidzArt

BOO! and Cookies

202F1 Th Oct 12
\$27 per person 6-7:15 pm
CE, Room 106

Frosty the Snowman and Cookies

202F2 T Dec 12
\$27 per person 6-7:15 pm
CE, Room 106

Share Your Skills!

Bring your interests, hobbies and skills to the community by teaching a class. We are always looking for new ideas and instructors to become involved in topics of interest to others.

If you have an idea for a class and are interested in teaching youth or adults, please contact the Youth & Adult Enrichment Coordinator, Brandii Thomas. For more information 763.497.6550 x7 or brandiit@mystma.org

Parent/Child Cake Decorating Wars

Ages 3+

Are you celebrating a special occasion? Have you ever wanted to decorate a cake with fondant? Team-up with your child, and let the fun begin! You and your partner will brainstorm ideas and then apply a base coat of buttercream icing to your team's two-layer, 8-inch cake. You will enjoy learning how to color, roll, cut, and drape colorful pieces of fondant to create a variety of designs for your masterpiece. Who will win? The fee is per adult/child team.

Kris Holtmeyer, Artistic Moments

461F6 M Dec 11
\$60 6-8pm
CE Art Room

Family Pottery

Ages 5+

Learn how to make pottery using a pottery wheel! In this class students will create pottery, and glaze their creations before taking them home.

Lea Iverson

240F3 Oct 12 & 19
\$35 5-6:15 pm
ME Art Room



Parent/Child Hot Cocoa Bomb Creations

Ages 3+

Cocoa Bombs, or glossy chocolate orbs with cocoa, marshmallows, and sprinkles are truly over-the-top way to level up your cocoa game! Once these decadent spheres are plopped inside a mug full of warm milk, the bomb opens up in a dramatic fashion - revealing the goodies inside. Come and spend some quality time with your child and learn how to make these marvels step-by-step!

Charlene Bzdok

253F16 Th Nov 16
\$30/pair 5:30-7 pm
ME FACS Room

Parent/Child Holiday Cake Pops

Ages 3+

This class is a GREAT way to spend some quality time with your "little one". Have some fun with your child while learning to make and decorate some delicious cake pops!! At the end of this class you will bring home some beautifully decorated Cake Pops for your family!! Yum!! A fun parent/child activity is also planned while the Cake Pops are drying.

Charlene Bzdok

253F15 S Dec 9
\$30/pair 10-11:30 am
HS
Teacher's lounge

ADULT ENRICHMENT

Cork Jewelry Dish with Resin Pour

Ages 15+

Using a cork coaster from IKEA, we'll be transforming it into a jewelry dish by having everyone put a design on the inside of the coaster with acrylic paint then the instructor will pour UV resin on top to seal in the design.

Amber Steinbach

386F1 W Sept 20
\$39 6-8 pm
CE Art Room

Shrinky-Dink Earrings/Keychain

Ages 15+

Using shrinky-dink paper we will be drawing on a design, cutting it out, applying heat, and then using the pieces to make earrings or a keychain.

Amber Steinbach

386F2 W Sept 20
\$39 6-8 pm
CE Art Room

Crystal/Stone Wire Wrapped Charm

Ages 15+

In this class you'll learn two basic ways to wrap a stone and how to make a corded necklace. The stones will be used on the necklace as a charm/pendant.

Amber Steinbach

386F3 W Oct 4
\$39 6-8 pm
CE Art Room

Floral Painting: Beyond the Brush

Ages 15+

Using tools such as watercolor pencils, q-tips, cotton balls, and string to make a fun portrayal of flowers. The flowers will be painted from life and the focus will be on how the paintings are made and not how close to the references they are.

Amber Steinbach

386F4 W Oct 18
\$39 6-8 pm
CE Art Room

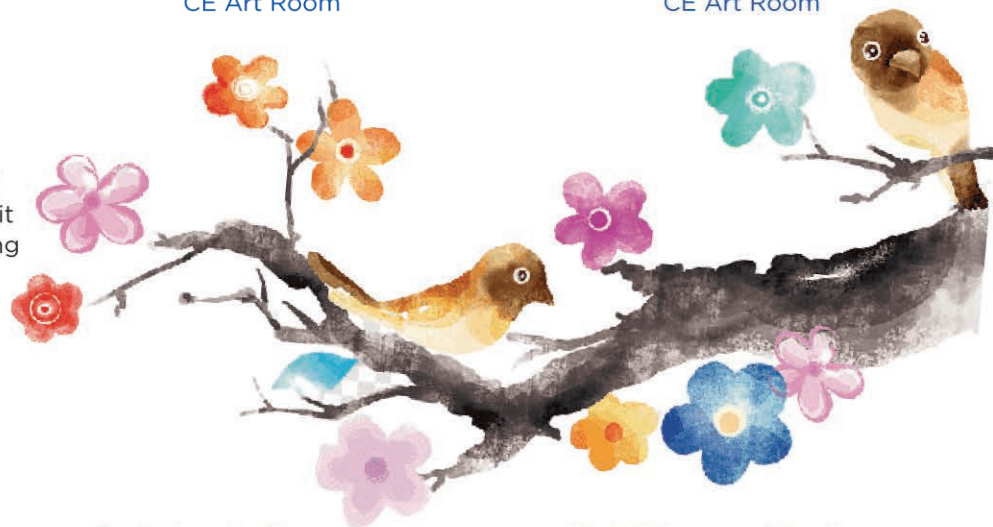
Bird On a Branch Mixed Media Painting

Ages 15+

Using watercolors, markers, and colored pencils, we will be creating a picture of a bird on a branch. The watercolor will be used to lay down the design then the markers and colored pencils will be applied to add the details needed to finish the piece.

Amber Steinbach

386F5 W Nov 1
\$39 6-8 pm
CE Art Room



Fall Candy Art

Ages 15+

Do you have a 'Sweet Tooth'? In this edible art class, you will have an opportunity to use a variety of supplies to create your delicious works of art! Learn how to pour candy coating into festive molds. Have fun dipping, swirling, and sculpting tasty treats. You can even add colorful candy sprinkles for a final touch. You will enjoy making a wide array of festive candy to take home and share with your family or friends, or even give as a gift to someone special!

Kris Holtmeyer, Artistic Moments

461F4 Th Oct 18
\$49 6-9 pm
SE Teacher's Lounge

Bold Impressionism Canvas Painting

Ages 15+

Would you like to learn how to paint an impressionistic work of art using vibrant colors? You will choose a simple outline for your project and transfer your design onto a blank canvas. Fill your palette with endless colors and let your creativity shine! Have fun learning how to apply patches of paint to your canvas, using a spectrum of color throughout your design. Your composition will brighten any room!

Kris Holtmeyer, Artistic Moments

461F5 T Nov 14
\$49 6-9 pm
CE Art Room

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

Home Buying in TODAY's Market

Whether it is your very first home, dream home, or investment property, the home buying process can be intimidating, especially in TODAY'S MARKET. This class will walk through the ever-changing real estate market and empower you to make educated decisions when purchasing. We will discuss the myths of the market today and help you create a plan based on your goals, limitations, timeline, and the market specific to where you are looking to buy. This class is free but you must pre-register.

Jacob Olsen

177F1 T Oct 10
FREE
6:30-8 pm
CE Room 209

177F2 S Oct 14
FREE
9-10:30 am
HS 1685

Myths and Tips to Sell Your Home Today

In this class we will walk through the ever-changing real estate market. You will feel empowered with up-to-date information on the current market conditions and how to prepare your home to sell today. We will discuss the common myths of the real estate market and help you create a plan based on your goals, timeline, and the market specific to where you are selling.

Jacob Olsen

177F3 T Oct 24
FREE
6:30-8 pm
CE Room 209

177F4 S Oct 28
FREE
9-10:30 am
HS 1685



Savvy Tax Strategies

This workshop helps attendees learn how an efficient retirement tax strategy can help avoid mistakes — and help keep more of their hard-earned money.

Thrivent Financial

979F1 T Sept 12
\$12 6:30-7:30 pm
CE Room 209

Prepare Wisely: Estate Strategy Essentials

No matter your wealth or status, you have an estate. And all estates have something in common- you can't take it with you when you die. Join now to discover the essential factors in building your estate plan.

Thrivent Financial

979F2 T Oct 3
\$12 6:30-7:30 pm
CE Room 209

Savvy Social Security

This workshop covers strategies for maximizing your Social Security benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income.

Thrivent Financial

979F3 T Nov 28
\$12 6:30-7:30 pm
CE Room 209

Follow STMA Community Ed on Facebook for updates and new class options.



TO REGISTER FOR A CLASS



ADULT ENRICHMENT

55 Alive

8 Hour & 4 Hour Refresher Classes

8 HOUR CLASS: The 55 Alive Mature Driving 8-hour class is an innovative classroom driver retraining program for persons age 55 and over that is designed to help improve their driving skills. This 8-hour course is geared to the specific needs of older motorists. Minnesota state law requires all insurance companies to give a premium deduction to all persons who complete this accident prevention course. You must attend both days for the 8-hour class in order to obtain a certificate.

4 HOUR REFRESHER: The 55 Alive Mature Driving 4-hour refresher class is for those individuals who have completed the 8-hour defensive driving program and need to renew their certification.

Class Location:

Community Education Center

60 Central Ave. W

St. Michael, MN 55376

Room 209 (Enter Door A or B)

Fee: \$25 for AARP members, \$30 for non-AARP members

Instructors: Shawn Taylor / Terri Hogenson



4-Hour Refresher Classes

118F1

Wed, Sept 13, 2023

5:30-9:30 pm

118F2

Tues, Oct 10, 2023

1-5 pm

118F3

Wed, Nov 8, 2023

5:30-9:30 pm

118F4

Mon, Dec 11, 2023

1-5 pm

8-Hour Classes

Participants must attend both dates

118F5

Tues, Sep 26

Wed, Sept 27

5:30-9:30 pm both days

118F6

Tues, Nov 14

Wed, Nov 15

5:30-9:30 pm both days

118F7

Mon, Dec 18

Tues, Dec 19

1-5 pm both days

Dog Obedience

STMA Community Education partners with Monticello Dog Academy to offer quality dog obedience classes from Puppy Kindergarten all the way up to Rally Obedience! We offer something for every level.

Check out all the available sessions online!



Adult Virtual Spanish

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish.

257F1 M Oct 23- Nov 27
\$125 6-7 pm
Virtual from home

257F2 T Oct 24-Nov 28
\$125 6-7 pm
Virtual from home

Beginner Part 2

Keep up the momentum in Beginner Spanish Part Two. Participants will continue with practical conversational components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Culture discussions will include the importance of food, family, and friendships in Spanish speaking. Applicable to new students and previous Beginner Part 1 Spanish conversation participants.

257F3 T Oct 24-Nov 28
\$125 6-7 pm
Virtual from home

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com



Intermediate Part 1

¿Habras un poquito Español? Then this course is for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Applicable to new students and previous Beginner Spanish Part 1 and 2 conversation participants.

257F4 W Oct 25-Dec 6
No class Nov 22
\$125 6-7 pm
Virtual from home

Advanced Part 1

¿Quieres mejorar tu Español? Then this is the course for you! This advanced course is for students who have had previous Spanish classes and are looking to take their skills to the next level. Advanced Spanish will focus on the past tense (preterite and imperfect tenses) and more complex grammatical aspects of conversation including verb tenses and conjugations. Applicable to new students and previous Intermediate Spanish conversation participants.

257F5 Th Oct 26-Dec 7
No class Nov 23
\$125 6-7 pm
Virtual from home

Spanish in the Kitchen

In this dynamic class, participants will learn useful Spanish vocabulary and conversation components around a food and cooking theme that can be applied to real life settings. Topics will include typical Hispanic dishes, restaurant vocabulary, understanding the market experience, setting the table, cooking from a recipe, food vocabulary, and conversation elements. Open to new and previous Spanish conversation participants. Basic Spanish experience is preferred.

257U Th Oct 26-Dec 7
No class Nov 23
\$125 6-7 pm
Virtual from home

ADULT ENRICHMENT

TRIPS AND TOURS



Anoka History and Mystery Tour

This is a fun-filled day exploring Anoka! Take a docent led tour through the Anoka County History Center. Walk through the Exhibit Hall and Library, celebrating both the told and untold stories of Anoka County. Exhibitions, have been nationally recognized and tell the story of Anoka County and its people with objects, photographs, and documents from the collection. After the tour enjoy time on your own to exploring the galleries at your own pace and visit the gift store. Then you'll be treated to a step-on-guide on a narrated riding tour full of history and mystery. This historic village is situated on two rivers. A perfect place to power the saw mills. Enjoy the folklore, the traditions, industries and culture that has caused the community to thrive. Then off to lunch at the Green Haven Golf Course.

126F • Anoka
Thursday, November 9, 2023
9:30 AM Depart St. Michael Elem. Front Parking Lot
3:15 PM Approximate Return
Fee: \$105 (includes tour guide, lunch, and motor coach bus transportation)
Registration & payment deadline Oct 9, 2023

Disney On Ice Find Your Hero

All Ages

Discover the hero inside us all at Disney on Ice. Step inside the story of Encanto with Mirabel and her family and learn that everyone has a special gift. Sail away with Moana and Maui on their journey across the ocean. Join Elsa on her quest to protect Arendelle. Be inspired as you swim under the sea with Ariel, explore with Belle, and sing-along with Rapunzel. Experience world-class ice skating, iconic music and stunning costumes.

400F • Xcel Energy Center
Friday, Dec 8
Depart STMA 8:15am (Show starts at 10 am)
\$26 (Fee includes Lower level ticket and school bus transportation)
Children 2 years and older must have a ticket
Children must be accompanied by an adult
Registration & payment Deadline Nov 20, 2023

Owatonna Orphanage Museum Tour

From the beginning in 1886 and continuing for the following sixty years, the Minnesota State School for Dependent and Neglected Children served as the temporary home for thousands of children of all ages. Relive this unique chapter of America's history as you listen to the accounts of this self-sustaining institution that operated until 1942. Following the tour, a luncheon buffet served at Torey's Restaurant. After lunch, walk a couple of blocks with your Owatonna Ambassador. From Central Park they will point out the historic district with a blend of architectural styles from the late 1800's to early 1900's. Tour The National Farmers' Bank. Finally on the way home, we'll stop at Russell Stover Candy Kitchen, you can purchase chocolates, candies, ice cream and other gift items. This will be one memorable trip!

303F • Owatonna
Thursday, October 12, 2023
8:00 AM Depart St. Michael Elem. Front Parking Lot
4:30 PM Approximate Return
Fee: \$110 (includes tour, lunch, and motor coach bus transportation)
Registration & payment deadline Sept 11, 2023

See full trip descriptions online.
Trips leave from the St. Michael Elementary front parking lot.

ACTIVITY CENTER

The Activity Center is located at
5800 Jamison Ave NE, St. Michael, please enter Door C
For more information call (763) 497-6541.

Memberships

Individual, family and student sign up in person at the AC office. The Activity Center has six basketball courts, baseball/softball cages, a 5,000 sq. ft. fitness center, and an indoor running/walking track.

AC Yearly Rates	885 Resident	Non-Resident
Student (14-21)	\$65	\$200
Adult	\$165	\$325
Family	\$250	\$450
Seniors 62+	\$75	\$150
Upper Track Only	\$55	\$100
Upper Track Only 62+	FREE	\$65

Fitness Center & Track

Monday-Thursday

5-8 am
 3:30-10 pm

Friday

5-8 am
 3:30-9 pm

Saturday-Sunday

8 am-5 pm

Activity Center Courts

Monday-Thursday

6-10 pm

Friday

6-9 pm

Saturday-Sunday

8 am-5 pm

Enter Door C

AC Members: Free

Non-Members: \$5 at door

Note: The Activity Center Policy states that children under the age of 14 must be supervised by an adult!



Activity Center Birthday Party Rentals

All party rentals include use of 1 Activity Center Court for 1-15 children for 1½ hrs. Courts can be set up for basketball, volleyball, pickleball, soccer or kickball. Use of the cafeteria will also be available for 1 hour. All food must be prepackaged or store bought or prepared in a commercial kitchen (including cakes/cupcakes)
Total cost \$100

Reserve at the AC Office
Call 763-497-6541 for availability.

Saturdays and Sundays only.

Open Pickleball

Ages 21+

Pickleball is a cross between tennis, racquetball and badminton and is one of the fastest growing sports in the U.S. among seniors! We have all the equipment and the cost is only \$2 per person (paid at the door). Bring a friend! Come early because the courts fill up fast! Please bring small bills.

T Ages 21+ 6-8:45 pm
 \$2 per player
 AC Court 2

Senior Walking

Senior Citizens (62+ years old) around the community are invited to use the Upper Walking/Running Track for free.

Monday-Friday

5-9:30 am

Saturday-Sunday

8 am- 5 pm

Sign up at the AC office to receive your scan card.

FREE for District Residents
 AC, Enter Door C

Pickleball Tournament

Ages 18 and up

Find a partner and come to the AC for this fun and entertaining one day Pickleball doubles tournament. Participants will compete against other teams in a bracketed tournament. There will be an "A" bracket for more experienced teams, and a "B" bracket for novice players, provided that enough teams sign up for both. Teams must register online at stma.ce.eleyo.com or in person by Oct 13

639F F Oct 20
\$5 per team
6:30 start
AC, Enter Door C

Adult Co-Ed Volleyball League

Pre-registration is available starting September 18 to all teams who played in one of our 4 leagues last season. Registration will be open to all other interested teams starting on October 1. Team captains are required to attend the informational meeting on Wednesday, November 1 at 7pm at the high school in the Health Room, 1684. All teams NEED to have their league fee and team roster submitted by that time. Games will be played on Wednesday evenings starting November 29. The regular season is 11 weeks long, and will be followed by a seeded, single elimination playoff tournament! Call 763-497-6541 to register your team. The deadline to register your team is Wednesday, November 1.

Captain's Meeting
W Nov 1
7 pm \$200 per team
HS, Room 1684 - Enter Door C

Men's Basketball League

Get your buddies together and form a basketball team. The league will run eight weeks at the AC on Wednesday nights beginning September 6. Playoffs will follow the regular season. Call 763-497-6541 to register your team by August 24, to guarantee your spot in the league. There will be an informational Captain's Meeting which will be going over all of the rules and expectations of the league on Wednesday, August 30 at 7pm at the high school in the Health Room, 1684. All captains are highly encouraged to attend this meeting.

W Sept 6-Nov 15
(No league Oct 18)
\$150 (75% residents)
\$250 (Non residents)
AC Courts - Enter Door C

Over 40 Basketball

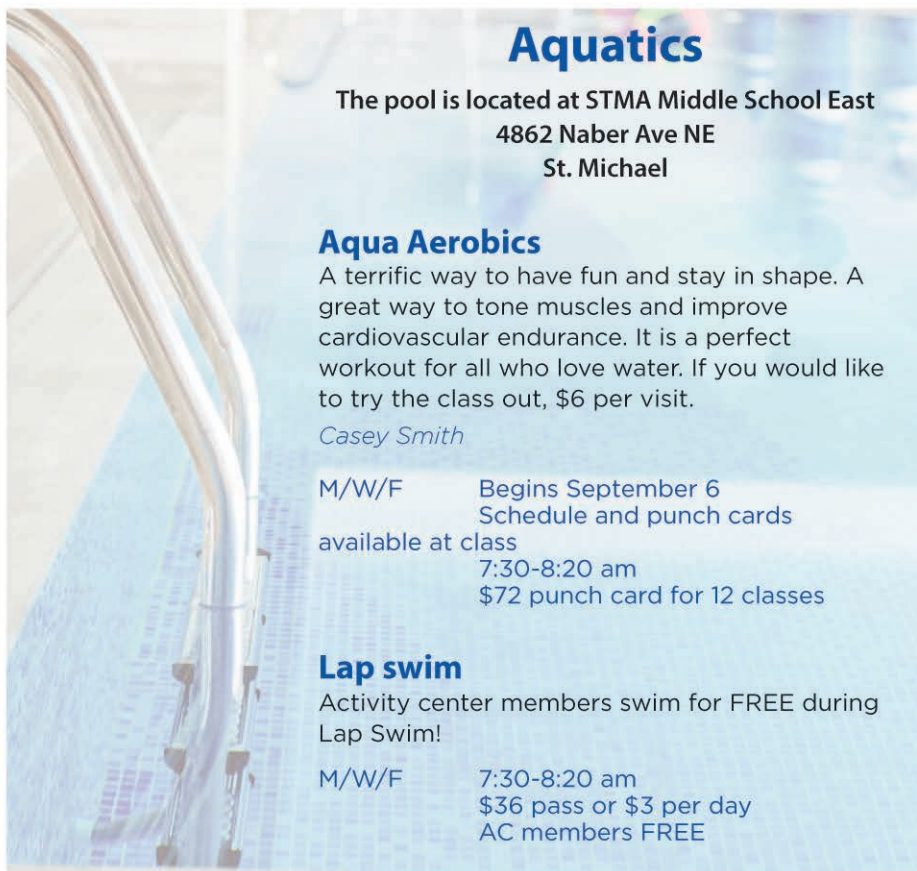
Ages 40 and older

The Middle School West gym is open for over 40 basketball on Wednesday nights. This activity is for district residents only. Pre-registration is not required.

Cory Windingland

W Begins September 20
(No Nov 22 & Dec 27)
6-9 pm
MW, Gym
\$1 per night

**REGISTRATION
BEGINS
AUGUST 23**
stma.ce.eleyo.com



Aquatics

**The pool is located at STMA Middle School East
4862 Naber Ave NE
St. Michael**

Aqua Aerobics

A terrific way to have fun and stay in shape. A great way to tone muscles and improve cardiovascular endurance. It is a perfect workout for all who love water. If you would like to try the class out, \$6 per visit.

Casey Smith

M/W/F Begins September 6
Schedule and punch cards
available at class
7:30-8:20 am
\$72 punch card for 12 classes

Lap swim

Activity center members swim for FREE during Lap Swim!

M/W/F 7:30-8:20 am
\$36 pass or \$3 per day
AC members FREE

Dance Fitness

Are you “so over” the Zumba trend but still love to move to the music? Come dance like no one is watching with this unique, fun, and function movement class. Perform mindfully choreographed music from many genres to improve flexibility, coordination, and spine health.

Kristie Walker, Just Breathing LLC

945F2 W 5:30-6:30 pm
\$33-\$55 per month
Fee depends on class dates per month
SE Room 127

Fitness Design Program

This is a 4 week program that includes 2 personal training sessions and a progressive self-led workout program catered to your goals and needs. This program includes a free 25 minute assessment before beginning.

*Casey Smith,
Certified Personal Trainer*

167U7 Dates Vary
Times to be scheduled with trainer
\$149 AC members
\$159 non-members
AC, Enter Door C

Pound

Release your inner rock star with POUND-Rockout. Each workout is a full-body cardio jam session that combines conditioning and strength training with yoga and pilates-inspired movements. Using lightly-weighted exercise drumsticks, you'll sweat, sculpt, and ROCK your body and mind. Please bring a yoga mat and water bottle.

*Casey Smith,
Certified Personal Trainer*

167F4 T 6:15-7 pm
\$33-53 per month
Fees based on class dates per month
SE, Room 127

Gentle Flow Yoga

Provides “me” time by allowing us to breathe and focus on ourselves in the present moment. Flowing through a series of yoga poses and stretches facilitates stress reduction, improves strength and flexibility, while also nourishing the body and mind. Poses will be performed standing, on hands and knees, and while seated and laying on the floor. Balance and restorative yoga poses will be incorporated, and class will conclude with a relaxation segment focusing on breathwork to reduce stress. Please bring a yoga mat to class.

Kristie Walker, Just Breathing LLC

945F1 W 6:30-7:30 pm
SE Room 127

Barre Fusion

BarreFusion is a low-impact, total body workout that offers rhythmic movement, high repetition strength exercises, and athletic dance moves in an easy to learn, fun to take Barre class. Inspired by ballet, this class will help enhance muscle tone, posture, and flexibility - all easily modified to your own strength and skill level. Please bring a yoga mat and water bottle.

*Casey Smith,
Certified Personal Trainer*

167F1 T 7:15-8 pm
\$33-\$55 per month
SE Room 127

167F2 Th 7:15-8 pm
\$33-\$55 per month
SE Room 127

167F3 T/Th 7:15-8 pm
\$54-\$72 per month
SE Room 127

*Fees based on class dates/month



Personal Training

As a trainer, Casey inspires and guides clients through a workout tailored to their individual goals and physical abilities. Casey understands fitness goals can be hard to reach on your own, so she will be there to encourage and support you with challenges (but enjoyable!) exercise plans. Her mission is to help people live strong, healthy, confident, and happy lives. All participants that purchase training sessions receive a free 25 minute assessment before beginning. Once sessions are purchased Casey will be in touch to schedule sessions. All sessions will take place at the STMA Activity Center, Located at the STMA High School

*Casey Smith,
Certified Personal Trainer*

167U5 25 Minute Sessions
1-12 Sessions Available
Pricing Online

167U6 50 Minute Sessions
1-12 Sessions Available
Pricing Online

ONLINE COURSES - MORE INFO AT REGISTRATION

Strong is the New Skinny!

Total Body Strengtheners You Can Do At Home

Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. You will need a resistance band for class.

140F1 W Sept 27
6-7:30 pm
\$25

Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. In this class, you will learn 20 SIMPLE things you can do daily to boost your metabolism and burn as much as 30% more calories daily.

140F2 T Nov 28
6-7:30 pm
\$25

Women Weight & Hormones

We'll 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 have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain; and how to begin to lose weight again.

140F3 T Dec 5
6-7:30 pm
\$25

Early Bird Interval Training

This early morning workout is guaranteed to transform your body! Workouts in the morning can give you more sustained energy during your day, with the added bonus of ensuring you get your workout in before you're too tired to do it later. This total body workout will mostly consist of High Intensity Interval Training (H.I.I.T.) which is the ultimate workout for fat burning as it continues to burn fat long after the workout is over. The class includes modifications if needed, rest periods which are built in, and can be self-paced, so it is great for all fitness levels from beginner to advanced. Please bring an exercise mat and medium weight dumbbells.

Kristy Hegrenes

418F1
T/Th Aug 29-Sept 21
\$40 (AC Members)
\$50 (Non-Members)

418F2
T/Th Sept 26-Oct 24
\$40 (AC Members)
\$50 (Non-Members)

418F3
T/Th Oct 26-Nov 21
(No Class Nov 24)
\$40 (AC Members)
\$50 (Non-Members)

418F4
T/Th Nov 28-Dec 21
(No Class Dec 25)
\$40 (AC Members)
\$50 (Non-Members)

5:30AM-6:15 am
AC Court 3



GOLDEN KNIGHT GYMNASTICS

Middle School East Gymnastics Room
4862 Naber Ave NE, St. Michael

Program Coordinators
Bre Fowler & Christy Dahmen
STMA.GKG.coaches@gmail.com
www.stmayouthgymnastics.com

Fall Session

Sept 11-Nov 3

No classes on 10/6, 10/12, 10/16, 10/19, 10/20 and 10/31

Winter Session

Nov 15-Jan 3

No classes on 11/22, 11/23, 11/24, 12/14, 12/21, During STMA winter break, 1/11 and 1/12

Mommy/Daddy and Me

Girls and Boys Ages 2 to 3 with Adult

In this class gymnasts, accompanied by an adult, will familiarize themselves with the gymnastics environment while moving in structured rotations.

472F1	W	4:15-4:45 pm	\$56
472F2	W	5-5:30 pm	\$56
472F3	W	5:45-6:15 pm	\$56

472W1	W	6:15-6:45 pm	\$42
472W2	W	6:45-7:15 pm	\$42

Tumbling Tots

Girls and Boys Ages 4 & 5

In this class, gymnasts will become familiar with the gymnastics environment, equipment, and coaches. We will also begin to learn fundamental skills while moving in structured rotations.

472F4	W	4:15-4:45 pm	\$56
472F5	W	5-5:30 pm	\$56
472F6	W	5:45-6:15 pm	\$56

472W3	W	6:15-6:45 pm	\$42
472W4	W	6:45-7:15 pm	\$42



Beginner

Girls Ages 6 + or Coach Referral

Fundamental skill of gymnastics

472F7	M	4:30-5:30 pm	\$69
472F8	M	5:30-6:30 pm	\$69
472F9	W	6:30-7:30 pm	\$79
472F10	Th	4:15-5:15 pm	\$69

Intermediate

Girls Age 6 + and Passed Beginner

472F11	M	6:30-8 pm	\$92
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Advanced

Girls with Coaches Referral

472F12	M	6:30-8 pm	\$92
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Please dress children in a leotard or form fitted clothing with bare feet. For the gymnasts safety, no dresses, sports bras or skirts. Hair pulled away from the face with a snug hairpiece is required.

Competitive Team Fall

Coach Invitation Only

Competition Fee \$100

Sept 11-Nov 3

No classes on 10/6, 10/12, 10/16, 10/19, 10/20 and 10/31

175F1	T	5:45-8:45 pm
	Th	5:15-8:15 pm
	F	5:45-8:45 pm
		\$334

Golden Knight Pre-Team

175F2	T	4:15-6:15 pm
	F	4:15-6:15 pm
		\$209



Competitive Team Winter

Coach Invitation Only

Competition Fee \$100

175W1 Nov 13-Jan 12

No classes on 11/23, 11/24, 12/14, 12/21, during winter break or 1/11.

	M	5:30-8:30 pm
	T	5:30-8:30 pm
	Th	6-7 pm
	F	5:30-8:30 pm
		\$392

Golden Knight Pre-Team

175W2	T/Th	Nov 16, 21, 30
		Dec 7, 12, 19
		Jan 4 & 9
		5:30-8 pm
		\$128

YOUTH SPORTS

Boys Traveling Basketball Tryouts

Grades 4-8

Visit stma.hoopsystems.com for more details

Girls Traveling Basketball Tryouts

Grades 4-8

Sunday, September 6, 7 and 10
Dates & Times vary by Age
HS, Gym Times TBD
Full Details: www.stmagbb.com

Traveling basketball is not sponsored by Community Ed.

Basketball Boys In-House

Grades 5 & 6

Practices begin in October and end with an in-house tournament on Saturday, Dec.16. Volunteer coaches are needed, so please sign up when you register your child online. Coaches meeting will take place Tuesday October 17th at 6 pm in the STMA Community Ed Building Cafeteria.

\$62
\$26 jersey fee
\$14 shorts (optional)

287F56 M/TH Oct 23-Dec 14
6:15-7:15 pm
No practice Nov 20 and 23
HS, AC Courts
Games Saturday mornings
Nov 4-Dec 9
Dec 16 In-House
Tournament

Basketball Boys In-House

Grades 1-4

Volunteer coaches are needed for all grade levels so please sign up when you register your child online. The coaches meeting will be Monday, December 11 at 6 pm in the Middle School West Cafeteria.

Games will be played on Saturday mornings starting January 13. Players must have or purchase a reversible jersey which are available in the Community Ed office Mon-Fri from 8:30 am-4 pm. Practice and Game schedules with gym locations will be emailed by December 20.

\$62
\$26 jersey fee
\$14 shorts (optional)

1st Grade
139F1 M Jan 8-Feb 19
6:15-7:15 pm
Gym: TBD

2nd Grade
139F2 Th Jan 4-Feb 29
6:15-7:15 pm
No practice Jan 25
Gym: TBD

3rd Grade
139F3 T Jan 2-Feb 13
M Feb 26
No practice Feb 20
6:15-7:15 pm
Gym: TBD

4th Grade
139F4 M Jan 8-Feb 26
6:15-7:15 pm
Gym: TBD

Basketball Girls In-House

Grade K-6

Girls will learn the basic skills of basketball, shooting, passing, dribbling and defense. Volunteer coaches are needed, so please sign up when you register your child online. The coaches meeting is Wednesday, Sept 13 at 6 pm in the Community Ed cafeteria.

Games will be played on Saturday mornings starting Oct. 7. Players must have or purchase a reversible yellow jersey which is available in the Community Ed office Mon-Fri from 8:30am-4pm.

Practice and game schedules will be emailed by September 21.

\$26 Jersey Fee (Must have or purchase a jersey)

1st Grade
144F1 \$49
T Sept 26-Nov 14 & Th Nov 2
No Practice Oct 31 & Nov 7
6:15-7:15 pm
Gym: TBD

2nd Grade
144F2 \$49
T Sept 26-Nov 14 & Th Nov 2
No Practice Oct 31 & Nov 7
6:15-7:15 pm
Gym: TBD

Grades 3 & 4
144F34 \$62
M/Th Sept 25-Nov 16
No practice Oct 19, 26, Nov 2
6-7:15 pm
Gym: TBD

Grades 5 & 6
144F56 \$49
M/Th Oct 9-Nov 20
7:30-8:30 pm
Games during week only, no Saturdays
Gym: TBD



Wrestling Part I

4 years-K

These sessions are designed for beginning wrestlers. Volunteer coaches are needed, so please sign up when you register your child online. The fee includes the first night free and a T-shirt.

171F1 M Nov 6-Dec 18
\$32 6-7 pm
MW Wrestling Room

Wrestling Part I

Grades 1 & 2

These sessions are designed for either beginning or experienced wrestlers. Volunteer coaches are needed, so please sign up when you register your child online. The fee includes the first night free and a T-shirt.

171F2 T Nov 14-Dec 19
\$32 6-7 pm
MW Wrestling Room

Wrestling Part I

Grades 3-6

This program will instruct the wrestlers in basic techniques and rules of wrestling as well as how to train and compete in tournaments. Volunteer coaches are needed, so please sign up when you register your child online. The fee includes a T-shirt.

171F3 T/Th Nov 9-Dec 21
No practice Nov 23
\$52 6:30-7:45 pm
HS Wrestling Room

Wrestling Part II (Extended Season)

Grades K-6

In this session, practice is geared towards the competitive athlete and those looking to continue to advance their skills in the sport. Individual and team competitions are available. Coaches are former STMA wrestlers. Volunteer coaches are needed, so please sign up when you register your child online.

171F4 Grades K-2
T/Th Jan 2-Feb 22
\$132 6-7 pm
MW Wrestling Room

171F5 Grades 3-6
T/Th Jan 2-Feb 22
\$132 6:30-8 pm
HS Wrestling Room

Boys & Girls Youth Development Volleyball Teams (YDT) Grades 1-6

Girls Junior Olympic Volleyball (JO)
Grades 5 to 10
Boys Junior Olympic Volleyball
Ages 12-14

Information can be found at
www.stmajo.org or email
stmajovolleyball@gmail.com

*YDT and JO are not sponsored by
STMA Community Education.*



Ski Club

Grades 6-12

Community Education will again offer the Powder Ridge Six Time Ski Program. There is a parent meeting designed especially for those who have not had a child in Ski Club.

Parent meeting Thursday, November 16
6:30 pm
CE Cafeteria

The registration deadline for Ski Club is Tuesday, Nov 28

Register online at stma.ce.eleyo.com.

Adult chaperones are needed on the following ski nights:
Thursday, Dec 14, 21, Jan 4, 11, 18, 25 and the bonus night is Feb 1.

**REGISTRATION
BEGINS
AUGUST 23**
stma.ce.eleyo.com

YOUTH SPORTS



Fall Cheer Clinic

Grades K- 6

Come join the Varsity Cheer Team and their coach for a one day cheer clinic to learn jumps, cheers, and a short dance all to prepare for a pre game performance at the Varsity Football Game on Friday, Sept. 15. Participants will receive a t-shirt which they will wear to the game.

Coach Stephens

255F S September 9
\$35 9-11 am
HS, Gym
Enter Door C

TO REGISTER FOR A CLASS



SCAN ME

Flag Football

Grades 1 & 2

Are you ready for some flag football? Children interested in learning about the game of football should sign up for this fun introductory program! Class will consist of teaching the basics of football through skill stations, drills and games. There are a limited number of spots so register early. Volunteer coaches needed! Contact the AC for more info at 763-497-6541.

415F1 M Sept 11-Oct 9
(No Class Sept 25)
\$25 Includes a t-shirt
6-7 pm
HS Softball Fields

Dome Flag Football

Grades 3-6

415W1

M Feb 5, 12, 19
\$30 5:15-6:45 pm
HS Dome

Grades 7-8

415F2

M/W Dec 4-20
\$75 3:30-5:15 pm
HS Dome

A bus is available from East and West to the High School.

Coach Essler & Assistants



Munchkin Sports

Boys and Girls ages 3 & 4

Munchkin Sports is a great way to introduce your child to the many benefits of sports including concentration, teamwork, skill development, and most importantly, fun! This program will run for 3 weeks and will include the sports of T-Ball, Soccer, and Kickball. Contact the AC for more info at 763-497-6541.

3 Year Old

214F1 M Oct 16-30
\$25 5:30-6:15 pm
AC Court 4

4 Year Old

214F2 Th Sept 7-21
\$25 5:30-6:15 pm
AC Court 4

PRE-K ENRICHMENT

All classes will include an opening activity, storytime, a lesson or activity, and a take home craft.

Dot, Dot, Dot

Ages 2-5

Inspired by the book "The Dot" by Peter Reynolds this class have fun creating crafts using a variety of items to make dots! We will also be reading the book "The Dot". Parents are expected to assist their child as needed during class.

328F1 S Sept 16
10:30-11:15 am
\$15 per student
MW

Fine Motor Fun

Ages 2-5

Get those fingers moving and develop fine motor skills while having fun exploring a variety of stations. Make a craft using pieces of torn paper. Parents are expected to assist their child during this class.

328F2 S Oct 14
10:30-11:15 am
\$15 per student
MW

Go Pumpkins!

Ages 2-5

Listen to some fun books about pumpkins and create a cute pumpkin craft with buttons! We will also make a special keepsake. Parents are expected to assist their child during this class.

328F3 S Oct 28
10:30-11:15 am
\$15 per student
MW

Autumn Art

Ages 2-5

Inspired by the oldest form of printmaking. Learn how to create a fall tree using a potato stamp. Parents are expected to assist their child during this class.

328F4 S Nov 11
10:30-11:15 am
\$15 per student
MW

Thankful Hands

Ages 2-5

Thanksgiving is the perfect time of year to learn about gratitude. Make an adorable turkey using your handprint. Parents are expected to assist their child during this class.

328F5 S Nov 18
10:30-11:15 am
\$15 per student
MW

"Snow-Many" Crafts

Ages 2-5

Listen to stories and create a special winter inspired craft. Take home a list of many more creative ideas to stay busy inside on those cold days. Parents are expected to assist their child during this class.

328F6 S Dec 16
10:30-11:15 am
\$15 per student
MW



Follow STMA
Community Ed
on Facebook for
updates and
new class
options.



YOUTH ENRICHMENT

KINDERGARTEN ENRICHMENT



Story & Craft

Kindergarten

Make some new friends while listening to a story & making a themed craft.

Mrs. King

347F1 W Sept 27
\$21 2-3:30 pm
AP Room 210

Halloween Craft

Kindergarten

Create some spooky & cute halloween crafts with friends.

Mrs. King

347F2 W Oct 18
\$21 2-3:30 pm
AP Room 210

Thanksgiving Fun

Kindergarten

Make a Thanksgiving craft that is sure to brighten your home this holiday season.

Mrs. King

347F3 W Nov 15
\$21 2-3:30 pm
AP Room 210

Christmas Crafts

Kindergarten

Students will make festive Christmas crafts to keep for your family or share with others!

Mrs. King

347F4 W Dec 6
\$21 2-3:30 pm
AP Room 210

Cookie Decorating

Kindergarten

Celebrate the season by decorating some cookies to share with your family!

Mrs. King

347F4 W Dec 20
\$21 2-3:30 pm
AP Room 210

Movie & Popcorn

Kindergarten

Join your friends after school for a movie showing, and popcorn snack!

Mrs. Vogt

265F1 Th Oct 12
\$21 2-3:30 pm
AP Room 210

265F2 T Nov 28th
\$21 2-3:30 pm
AP Room 210

Seasonal Bingo

Kindergarten

This class will include a themed craft, and bingo games for chances to win prizes.

Mrs. Vogt

Fall Bingo

265F3 M Sept 18
\$21 2-3:30 pm
AP room 210

Halloween Bingo

265F4 M Oct 30
\$21 2-3:30 pm
AP room 210

Holiday Bingo

265F5 W Dec 13
\$21 2-3:30 pm
AP room 210



Cookie in a Jar Make & Take

Grades 1-4

Create your very own cookie in a jar. This cookie jar is complete with all the dry ingredients needed to make a delicious batch of cookies. Students will assemble their ingredients into the jar, and dress it up for the perfect gift!

Laura Bezanson

317F4 W Dec 6
\$19 2:15-3:15 pm
BW East Commons

317F5 W Dec 13
\$19 2:15-3:15 pm
FE East Commons

317F6 W Dec 20
\$19 2:15-3:15 pm
SE Cafeteria



Pet Party

Grades 1-4

Celebrate your adorable pets through gifts and crafts that you get to take home! Create a holiday ornament, pet toy, and gift all in honor of your pets at home.

Laura Bezanson

317F9 T Nov 28
\$19 2:15-3:15 pm
SE Cafeteria

317F10 W Nov 29
\$19 2:15-3:15 pm
BW East Commons

317F11 Th Nov 30
\$19 2:15-3:15 pm
FE East Commons



Cookie Decorating Party

Grades K-4

Come and have some fun with your friends and enjoy some themed cookie decorating!! At the end of this class you will bring home some very festive decorated cookies for your family!! Yum!! A fun class activity is also planned while the cookies are drying.

Charlene Bzdok

Halloween Cookies

253F8 M Oct 9
\$25 2:15-3:30 pm
FE East Commons

258F9 T Oct 10
\$25 2:15-3:30 pm
BW East Commons

253F10 T Oct 17
\$25 2:15-3:15 pm
SE Cafeteria

253F11 T Oct 24
\$25 2-3:30 pm
AP Room 200

Winter Wonderland Cookies

253F12 T Dec 5
\$25 2:15-3:30 pm
BW East Commons

258F13 T Dec 12
\$25 2:15-3:30 pm
SE East Commons

253F14 M Dec 4
\$25 2:15-3:15 pm
FE Cafeteria

Share Your Skills!

Bring your interests, hobbies and skills to the community by teaching a class. We are always looking for new ideas and instructors to become involved in topics of interest to others.

If you have an idea for a class and are interested in teaching youth or adults, please contact the Youth & Adult Enrichment Coordinator, Brandii Thomas. For more information
763.497.6550 x7 or
brandiit@mystma.org

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

YOUTH ENRICHMENT

Family Paint Night

Ages 6+

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own themed painting on a 11x14 stretched canvas. Enjoy a dessert while your painting dries.

KidzArt

BOO! and Cookies

202F1 Th Oct 12
\$27 per person 6-7:15 pm
CE, Room 106

Frosty the Snowman and Cookies

202F2 T Dec 12
\$27 per person 6-7:15 pm
CE, Room 106



Winter Wonderland Fairy Garden

Grades 1-5

Come learn how to build a miniature fairy garden with a winter twist! Our winter wonderland fairy garden will be the perfect place for fairies, snowmen, and gnomes to celebrate the frozen world of winter. We will use model magic, paint, and Shrinky-dinks to build our imaginary winter scenes.

KidzArt

202F3 S Dec 2
\$45 1:30-2:30 pm
MW Cafeteria

Knight's Tie Dye

Grades 1-4

Join Community Education in making a school spirit Tie Dye Shirt with the STMA Knights logo on it! Shirt Included. Please indicate Shirt size when registering.

Registration Deadline Sept 5

Laura Bezanson

317F1 T Sept 12
\$30 2:15-3:15 pm
BW East Commons

317F2 W Sept 13
\$30 2:15-3:15 pm
FE East Commons

317F3 Th Sept 14
\$30 2:15-3:15 pm
SE East Commons



Kinetic Sand Creations

Grades K-4

Come and explore your senses while you make your very own KINETIC SAND. Mold your imagination and let your creativity flow! We will be using regular household items to make this fascinating substance. It's mesmerizing, it's satisfying, and once in your hands you can't put it down! Watch them explore, shape, slice, scoop, squish, smash and flow again and again!

Charlene Bzdok

253F4 Th Nov 16
\$30 2:15-3:45 pm
BW East Commons

253F5 M Nov 20
\$30 2:15-3:45 pm
FE East Commons

253F6 T Nov 21
\$30 2:15-3:45 pm
SE Cafeteria

253F7 M Nov 27
\$30 2-3:30 pm
AP Room 201

Fidgets, Games & Music

Kindergarten

Learn how to use Popit fidgets to create candy, make music and play games!! In this class we will be playing games, dancing, listening/making music and much more using fidgets. EVERYONE will bring home at least TWO fidget of choice - and if good at games and with some luck many more fidgets will be yours!!

Charlene Bzdok

253F17 W Sept 20
\$20 2-3:30 pm
AP Room 200



Parent/Child Holiday Cake Pops

Ages 3+

This class is a GREAT way to spend some quality time with your “little one”. Have some fun with your child while learning to make and decorate some delicious cake pops!! At the end of this class you will bring home some beautifully decorated Cake Pops for your family!! Yum!! A fun parent/child activity is also planned while the Cake Pops are drying.

Charlene Bzdok

253F15 S Dec 9
\$30/pair 10-11:30 am
HS
Teacher’s lounge

Parent/Child Hot Cocoa Bomb Creations

Ages 3+

Cocoa Bombs, or glossy chocolate orbs with cocoa, marshmallows, and sprinkles are truly over-the-top way to level up your cocoa game! Once these decadent spheres are plopped inside a mug full of warm milk, the bomb opens up in a dramatic fashion - revealing the goodies inside. Come and spend some quality time with your child and learn how to make these marvels step-by-step!

Charlene Bzdok

253F16 Th Nov 16
\$30/pair 5:30-7 pm
ME FACS Room

Fall Cupcake Art

Grades 1-8

Have you ever used fondant to decorate cupcakes? Fondant is a ‘Play-Doh-like’ edible icing used to create fun designs on cupcakes. Learn how to color, roll, cut, and sculpt colorful fondant into a wide variety of shapes and sizes. You will have fun attaching colorful pieces of decorative fondant to create festive cupcakes for any occasion!

Kris Holtmeyer, Artistic Moments

461F1 S Oct 7
\$49 10-12 pm
MW Cafeteria

Fall Candy Art

Grades 1-8

Do you have a ‘Sweet Tooth’? In this edible art class, you will have an opportunity to use a variety of supplies to create your delicious works of art! Learn how to pour candy coating into festive molds. Have fun dipping, swirling, and sculpting tasty treats. You can even add colorful candy sprinkles for a final touch. You will enjoy making a wide array of festive candy to take home and share with your family or friends, or even give as a gift to someone special!

Kris Holtmeyer, Artistic Moments

461F2 Th Nov 9
\$49 6-8 pm
SE Teacher’s Lounge

Holiday Wooden Ornament

Grades 1-5

Are you looking for a fun and creative activity? Learn how to paint ornate and decorative designs on a festive wooden ornament! Design your own unique and individual pattern or use the templates provided in class. You will use acrylic paints and detail paint brushes to create a beautiful work of art. A liquid sealer will be applied to your completed artwork. You will choose a colorful ribbon to attach to your project, which will compliment your brushwork. Display your ornament at home, or give it as a gift to someone special in your life!

Kris Holtmeyer, Artistic Moments

461F3 Th Dec 14
\$49 6-8 pm
CE Art Room

Pop-It Fidget Chocolate Bar Creations

Grades 1-4

Let’s make some M&M chocolate bars using a Popit Fidget!! Come and have some fun with your friends while making beautifully designed chocolate bars!! At the end of this class you will bring home your own Popit Fidget of choice as well as some chocolate for your family!! Yum!! Just another fun way to use a fidget!! Also fun games planned to win more fidgets!!

Charlene Bzdok

253F1 S Nov 18
\$35 10-11:30 am
MW Cafeteria

YOUTH ENRICHMENT



Fun Fall Art

Grades 1-4

Let's design and create autumn themed art projects in the 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, and use air-dry color to create a relief sculpture

KidzArt

202F4 M Oct 2-16
\$45 2:15-3:15 pm
BW East Commons

202F5 T Sept 26-Oct 10
\$45 2:15-3:15 pm
FE East Commons

202F6 W Sept 27-Oct 11
\$45 2:15-3:15 pm
SE Cafeteria

Winter Magic

Grades 1-4

Join KidzArt for this enchanting and creative winter workshop inspired by all things MAGICAL in Winter! Bring your ice powers and be amazed at all the wondrous things you'll create. 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

202F7 M Dec 4-18
\$45 2:15-3:15 pm
BW East Commons

202F8 T Dec 5-19
\$45 2:15-3:15 pm
FE East Commons

202F9 Th Dec 7-21
\$45 2:15-3:15 pm
SE Cafeteria

The Artist Lab

Grades 1-4

Get ready to experiment with different artist grade materials as KidzArt walks you through six weeks of creative fun. Learn to draw an Axolotl and paint it with watercolors, create a colorful scratch-art line design of a Griffin, create a patterned landscape on metal. Get ready to be blown away at what you create!

KidzArt

202F7 M Oct 23-Nov 27
\$80 2:15-3:15 pm
BW East Commons

202F8 T Oct 17-Nov 28
No class 11/7
\$80 2:15-3:15 pm
FE East Commons

202F9 Th Sept 28-Nov 16
No class 10/19 and 10/26
\$80 2:15-3:15 pm
SE Cafeteria

Karate

Ages 4-10

Learn respect, discipline and patience while gaining basic self-defense skills. Karate emphasizes stretching, strength and balance that benefits students in other physical activities. Includes uniform, patch and tattoo.

Dojo Karate

664F1 T Sept 12-Oct 3
\$45 4-5 pm
SE Gym

664F2 T Nov 14-Dec 5
\$45 4-5 pm
SE Gym

Young Americans Self Defense

Ages 5 and up

This self-defense class will empower students, ages 5 and older with non-violent self-defense techniques, skills, and tactics, necessary to successfully protect themselves from anyone who would attempt to do them harm. This program also promotes self-confidence, physical fitness, respect for authority, improved academic performance, and responsible citizenship. Students have the option of earning certified belt rank status, if they are interested. Come and see for yourself how our program can positively impact your child and help keep them safe!

No Online Pre-Registration Required.

T Sept 12
Registration Night
\$5 one time registration fee
6:30-7:15 pm

T Sept 19-Nov 14
6:30-7:15pm
No Class Oct 31
\$8 per class
6:30-7:15 pm

Youth Virtual Spanish

Grades K-5

The road to Spanish language learning success begins with this all new and exciting LIVE virtual Spanish adventure! In Vamos por el pueblo (Let's go around the town), class amigos, Dani and Beto, will share the culture and daily life of small town Mexico. Students will learn vocabulary related to home, places, and shops throughout the community. Interactive classroom adventures include: visiting a local "mercado", preparing dinner in the kitchen, and visiting a neighbor's house—all in Spanish! Students will also learn practical Spanish phrases and conversation skills that they'll be used for a lifetime! Act now to ensure your child is a part of this comprehensive bilingual experience. (Space is limited.)

Futura Language Professionals

257F7 W Oct 18-Dec 13
No class Nov 22
\$150 4:15-5 pm
Virtual From Home

F.A.S.T. Kids – Staying Safe While Home Alone

Ages 7-10

First Aid and Safety Trained Kids is a 4-hour course for 7 - 10 year olds. This course helps prepare children for staying safe at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and internet safety. Students will receive a book, handouts and a home first aid kit as part of the class.

Emergency Outfitters

543F1 T Nov 7
\$49 8:30 am-12:30 pm
CE



TO REGISTER FOR A CLASS



YOUTH ENRICHMENT

RC Car Racing

Grades K-8

Interested in RC Cars? Want to try racing them on a track? Then come join us for some fun as we explore what makes them work and then get to try them out. Participants will leave with a better understanding of the hobby, and get some time testing out their driving skills on a few different types of RC Cars and Trucks. Participants can bring their own RC Cars on approval. Students in Kindergarten and 1st grade must have parent assistance during class.

Chris McKellips, Party Crashers RC Racing

225F1 Th Oct 12
\$19 6-7:20 pm
SE Cafeteria

225F2 Th Oct 12
\$19 7:30-8:50 pm
SE Cafeteria

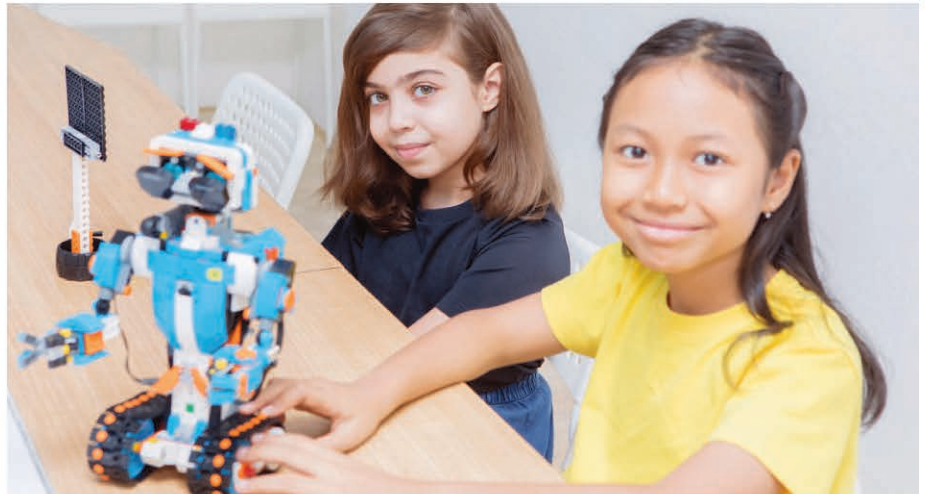
Science Olympiad Youth Tournament

Grades K-5

One day event to introduce your child to science! If your child loves to explore, take things apart, ask questions and has dreams of being an astronaut, doctor, or engineer, this is the place to learn more! Students will select from materials and activities covering the many areas of science.

Sponsored by our very own STMA Middle and High School Olympiad Team.

613F1 T Oct 24
\$10 6-7:30 pm
HS Cafeteria



First Lego League Challenge

Grades 5-6

Explore the exciting world of competitive robotics. Supported by the same STMA Robotics program that built the successful high school team, teams of up to 7 students will have the incredible opportunity to delve into real-world scientific challenges, while simultaneously designing and building completely custom robots using the renowned LEGO Spike Prime platform. Throughout the 12 week season, students will gain proficiency in programming, enabling them to command their robots' movements, actions, and responses to a variety of situations using a visual programming language. At the end of the season, teams compete in a local area event with an opportunity to advance to state and national tournaments. Parents who commit to volunteer at least 20 hours of coaching assistance will receive a \$100 registration discount (limit 2).

439F1 M/W
Beginning in October
Exact dates TBD
12 week season
\$300 6-7:30pm
HS

First Lego League Explore

Grades 1-4

Welcome to FIRST Lego League: Explore! This hands-on program introduces children grades 1-4 to STEM and robotics through motors, control systems, and LEGO bricks. In teams of five, students will solve real-world challenges, foster teamwork, unleash creativity, and develop essential skills in a full six week season of over 30 program hours. Supported by the same STMA Robotics program that built the successful high school team, students will build and program LEGO models, conduct research, and enhance presentation skills. At the end of the season, teams will present their work to other local area teams at a celebratory Expo, similar to a science fair. Enroll today and be part of the STMA Robotics family! Parents who commit to volunteer at least 15 hours of coaching assistance will receive a \$100 registration discount (limit 4).

306F1 M/W
Beginning in October
Exact dates TBD
6 Week Season
\$260 6-7:30pm
HS



MUSIC LESSONS

Private music lessons are offered with a variety of qualified instructors. Lessons are offered in-person or virtually. Instructors will contact registered participants after they register to schedule private lessons. Please make sure that your phone number and email on account are up-to-date.

**Instructors will contact the students to set the lesson times based on student's schedule.*

Lesson Rates (30 Mins)
6 Lessons for \$210
10 Lessons for \$350

All Instruments 396F1

T 3:30-7 pm
ME, Band Room
Grades 6-8
Rick Olson

Guitar 396F3

Virtual Lessons
Ages 6-Adult
Sandi Miller

Voice 396F2

Virtual Lessons
Grades 5-12
Kristi Palmquist

Snowmobile Youth Safety Training

Ages 11-15

The Foxtailers' Snowmobile Club is offering youth snowmobile safety training to students 11-15 years of age. Upon completion of this course they will be certified to receive their Minnesota snowmobile certificate. The certificate becomes valid at age 12. This class will begin at 9 am and end upon completion of the outdoor driving course (approx. 1:30 pm). Lunch will be provided. Students need to dress for cold weather with proper snowmobile gear, i.e. hat, gloves, and boots. Please bring a helmet if you have one.

Course Prerequisite: The student must complete the online course at www.snowmobilecourse.com and provide the course completion document when they arrive for class!

A parent/guardian must accompany their youth to sign a release form and bring proof of age (birth certificate) for the student. Upon completion of the course the certificate can be purchased on the MNDNR website for \$5.

Foxtailers' Snowmobile Club

532F1 S Oct 28
\$10 9 am-2 pm
MW Cafeteria

The STMA School District uses the electronic flyer communication tool called "Peachjar". To view school-approved Digital flyers, simply click the Peachjar button on your school's website homepage. This "green" initiative saves our schools tons of paper and reduce copy costs by thousands of dollars.

If you have any issues please contact, Brandii Thomas at 743-497-6550 x7
Thank you, STMA Community Education Staff





Science Olympiad

Grades 5-12

Do you enjoy science? Come join the Science Olympiad Team. Pick events and compete in tournaments against students from other schools. The season runs from October-March. Come to the Informational Meeting Wednesday, September 20th at the High School Media Center 6pm

613F1 T Oct-March
\$99 3:30-5 pm
STMA HS

FIRST Robotics Fall Season 2023

Grades 10-12

If you are interested in exploring the world of competitive robotics, the Binary Battalion Fall Robotics program is here for you! No matter what your robotics experience level is, the fall program will allow you to work together in small groups on a variety of robotics projects and learn what it means to be on a competitive robotics team. The main goals of the Fall Robotics program is to prepare students for the upcoming winter competitive robotics season, develop hands-on and communication skills, and have fun!

The team will meet every Tuesday and Thursday, September-November from 3:30-5:30 pm.

Exact dates to be released as season approaches.

*Kris Rue, Roger Bovee,
Zack Osowski*

670F2 T/Th Sept-Nov
\$175 3:30-5:30pm
HS



STMA Fall E-Sports Team

Grades 9-12

The widely successful STMA Esports team returns in September for the 2023 Fall season. STMA Esports players advance their competitive gaming skills, belong to a community, and challenge themselves at a new level in a full 10 week competition season. All matches are conducted through Minnesota Varsity League (MNVL), a growing esports league of almost 100 Minnesota high schools. Students must use their own gaming equipment to play scheduled video game matches from home (no computers or console will be provided). All players will meet in person every Monday after school and virtually throughout the week for practices and matches. Practice schedules are game-specific and will be determined by player availability. Participants must be STMA High School or Knights Academy Students.

Please see the website for full details, games, and schedule. www.stma.ce.eleyo.com

282F1 Sept-Dec
In Person, M 3:30-5:30 pm
Virtually, Schedule varies
\$180 per player
HS & Virtually

Be sure to check the Adult and Youth sections for additional class opportunities for teens!



Cookie in a Jar Make & Take

Grades 5-8

Create your very own cookie in a jar. This cookie jar is complete with all the dry ingredients needed to make a delicious batch of cookies. Students will assemble their ingredients into the jar, and dress it up for the perfect gift!

Laura Bezanson

317F7 M Dec 11
\$19 3:15-4:15 pm
ME Cafeteria

317F8 M Dec 18
\$19 3:15-4:15 pm
MW Cafeteria

High School Art Club

Grades 9-12

The purpose of art club will be to allow students who are unable to fit art into their schedule or give students who are in art the opportunity to work on personal projects or additional time to work on class projects. Fee is based on which medium the student will participate in; drawing, Sculpting, or painting.

Drawing

166F1 W Sept 13-Oct 18
\$59 3:30-5 pm
HS Art Room

Sculpting

166F2 W Sept 13-Oct 18
\$65 3:30-5 pm
HS Art Room

Painting

166F2 W Sept 13-Oct 18
\$65 3:30-5 pm
HS Art Room

Beginner-Intermediate Embroidery

Grades 9-12

Want to learn how to embroider or improve your skills? In this class participants will learn basic embroidery skills and work on completing a hoop embroidery project that can be hung in their home. Participants will choose from pattern options to create a unique piece that they'll love.

421F1 T/Th Sept 12-21
\$49 3:45-5:15 pm
STMA HS Sewing Lab

421F2 T/Th Sept 26-28
\$49 3:45-5:15 pm
HS Sewing Lab



East Art Club

Grades 5-8

Come join Mrs. Iverson, Mrs. Wallace and other fellow artists who want to get creative just like you do! We will be working on a different project each session that goes beyond the materials of the classroom. Some materials we will work with but are not limited to are clay, paint, drawing, printmaking, and other mixed media materials. Get ready to expand your artistic skills and have fun!

240F1 W Oct 18-Nov 8
\$65 3:15-4:45 pm
ME Art Room

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

STMA Driver Education Fall Session

See full details online.

Space is limited. Class starts September 12th

Stay Tuned for the Winter Driver Education Session!
Follow us on Facebook to stay up-to-date on all classes.



Middle School Spanish Prep

6-8th grade

Spark enthusiasm for Spanish language learning success with this all new and exciting LIVE virtual Spanish class! Middle school students will get a jump start preparing for future middle school or even traditional high-school Spanish classes. The course includes practical learning of Spanish conversation foundations, advanced vocabulary, and verb conjugations for sentence structures. Students will stay engaged with games and cultural anecdotes in this live interactive virtual setting with their peers. Act now to ensure your child is a part of this comprehensive bilingual experience and give them the building blocks to succeed in Spanish that they'll use for a lifetime! (Online portal resources and practice tools included.)

Futura Language Professionals

257F6 M Oct 16-Dec 4
\$155 4:45-5:30 pm
Virtual from home

**Follow STMA
Community Ed
on Facebook for
updates and
new class
options.**



Babysitting 101

Grades 5-8

This course follows the American Academy of Pediatrics - Babysitter Lessons And Safety Training (BLAST). Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business. Students receive a reference book, recipe and game handouts, babysitting bag and first aid kit.

Emergency Outfitters

312F1 M-W Oct 9-11
\$69 3:15-5:45 pm
ME, Health Room

312F2 M-W Dec 4-6
\$69 3:15-5:45 pm
MW, Health Room



STMA EARLY CHILDHOOD FAMILY EDUCATION

It is our mission to provide each family with a positive introduction to STMA schools.

STMA Early Childhood inspires to create engaging environments for young children and families. Each room is designed for all developmental learning levels and styles. Your children will play, explore and grow with us.

We have a class for every family! The next few pages are filled with a variety of fun opportunities for all ages and schedules.

WHAT IS ECFE?

Early Childhood Family Education (ECFE) recognizes that parents are their child's first and most important teachers.

ECFE offers parents hands-on learning experiences that will nourish a lifetime of teachable moments.

All ECFE classes are taught by licensed early childhood teachers and parent educators to provide the quality education parents are looking for.

ECFE teachers use the Parent Education Core Curriculum Framework and Early Childhood Indicators of Progress: Minnesota's Early Learning Standards provided through the Minnesota Department of Education.



Follow us on
Facebook
and
Instagram
@it'slestknights

TO REGISTER FOR A CLASS



SCAN ME

TYPES OF ECFE CLASSES

Separating

Parents and children begin and end class together, but spend time apart in the middle. A convenient and safe way for your child to gain independence.

The components of most ECFE parent-child classes include:

Parent-Child Interaction Time: Time together enjoying all the classroom has to offer. This is time to focus on your child and model behavior for interacting with others in the classroom. The licensed classroom teacher has planned developmentally appropriate activities for you and your child.

Circle Time: During this time you and your child will sing simple songs, learn finger plays, hear stories, learn circle games and be involved in movement activities. Encourage your child to sit with the group during circle time. Generally, children under 2 ½ years may have difficulty sitting for an entire circle time.

Guided Play: Planned and intentional learning activities. Teachers and parents support play choices and assist in building friendships. In addition to our creative classrooms, each ECFE class utilizes our gym and gross motor activities.

Parent-Child Separation Time: Parents will attend parent group to discuss a variety of parenting issues in a separate area from children. During this time, children stay in the classroom with the licensed teacher. Additional activities, games, and play are scheduled to promote independence and learning.

Non-Separating

Parent and children remain in an ECFE classroom together. If your child (or you) are not quite ready to separate, these classes are the perfect choice. Non-separating classes may also be a specialized subject.

Sibling Care

Sibling care is provided for free for most ECFE classes. Children in sibcare must follow all the health/wellness guidelines. Parents of children in sibcare must remain on the school property. Please pick up your child immediately after class. A child may be sad if he/she doesn't see his/her parent when other parents arrive.

ECFE has 3 sessions throughout the year. Fall, Winter, and Spring. Registration will take place with each new session. No family is ever turned away for an inability to pay.

The Early Childhood Office is located in the

Community Education Center at 60 Central Ave W St. Michael

Behind the Historic Catholic Church

**763-497-6512
janeh@mystma.org**



ECFE PEEK AT THE WEEK FALL 2023

We welcome all families with children ages birth through five years to ECFE. Not only do moms attend, but dads, grandmas and grandpas, aunts and uncles, neighbors, friends, and nannies. All are welcome. Occasionally we hold special events in which older siblings are also invited. You do not need to be a resident of the STMA school district to register for classes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15	Monday Mixers	Doing Preschool Together	Wednesday Mixers	Doing Preschool Together Day 2	Practice Preschool
	Wiggles and Giggles	Terrific Toddlers	Creative Kids	Music Makers	Explorers
	DROP IN AND PLAY	Baby and Me		DROP IN AND PLAY	
10:00				Library	
10:15	New to ECFE	ECFE Plus	Mindful Parenting	Wonderful Ones	Best Buddies
	Explorers	Grandparents	Family Bookclub		
	Jump into K	Dress for a Mess			
5:45		Run and Read		Parents and Play	
<i>Schedule may change due to registration numbers. If classes have less than 5 participants, they may be canceled.</i>					
	MIXED-AGE	INFANTS	TODDLERS	PRESCHOOLERS	

Yearly Household Income	9 week classes	11 week classes	Evenings 5 weeks	Evenings 7 weeks	DPT 9 weeks	DPT 11 weeks
\$0-50,000	\$81	\$99	\$45	\$63	\$189	\$231
\$50,000-75,000	\$90	\$110	\$50	\$70	\$207	\$253
\$75,000-100,000	\$98	\$119	\$53	\$76	\$234	\$286
\$100-125,000	\$104	\$128	\$58	\$81	\$252	\$308
\$125,000+	\$113	\$138	\$63	\$88	\$279	\$341

*No family is ever turned away for inability to pay.
Please contact Jane for financial assistance at janeh@mystma.org*

EARLY CHILDHOOD



ECFE TOWN OPEN HOUSE

Our classrooms have been transformed into ECFE TOWN! Bring your kids to meet the people of our community. Staff will have the town up and running with new places to visit in each classroom. Maybe you'll head to the grocery store, eat at a restaurant, visit the park or doctors office. Got a letter to mail? We have you covered. We want you to become an ECFE Town resident this year! While visiting, find out more about our weekly class offerings, special events and what's in store for our year to come. No pre-registration required!

FREE EVENT

Th Sept 7, 6-7 pm

F Sept 8, 8:30-10 am

CE: ECFE Rooms and Gym

Drop in and Play

All Ages

Non Separating

If families are not prepared for the commitment of a class or would like something extra during the week - Drop in and play is back! The classroom will be appropriate for all ages. Toys, activities, story and circle time along with the fellowship of other families in the area. Parents and children can make social connections in a casual, fun setting.

No pre-registration is necessary.
\$2 per family/\$5 Max

M & Th Starting Sept 11

No class 10/16, 10/19, 11/20, 11/23,
12/18, 12/21

8:15-9:45 am

CE: ECFE Rooms

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

Welcome Area Families!

We are entering our 50th year of ECFE in the state of Minnesota!

Your help is needed in spreading the word about this unique program. If you have a friend, neighbor, or family member with children under five years - we want to meet them! Our program is designed to partner with new moms, dads and caregivers throughout the amazing and sometimes challenging early years. We have classes and events for everyone. Our excellent staff is here to provide resources, ideas and fun for infants to preschoolers. Not only will you gain confidence and knowledge in your parenting, but will connect with others and could make life-long friends.

Please give out my name and number!

Jane Helgestad, ECFE Coordinator

763-497-6512 or janeh@mystma.org



INFANT AND TODDLERS

Wiggles and Giggles

Walking to 3 years

Non-Separating

Enjoy time with your little one as they explore the classroom environment. Silly songs and stories along with adventurous movement activities will keep your child and yourself smiling all day!

F311 M Sept 11-Nov 13
No class 10/16, 11/20
8:15-9:30am
CE: ECFE Rooms

W311 M Nov 27-Feb 19
No class 12/18, 12/25, 1/15
8:15-9:30 am
CE: ECFE Rooms

Terrific Toddlers

1-2 Year Olds

Non-Separating

Learn and play with your toddler as they experience new activities specifically designed for them! A safe classroom experience is provided with the flexibility of your ever changing and growing toddler in mind. Share the joys and struggles with other parents in this casual setting.

F312 T Sept 12-Nov 14
No class 10/17, 11/7, 11/21
8:15-9:30 am
CE: ECFE Rooms

W312 T Nov 28-Feb 20
No class 12/19, 12/26
8:15-9:30 am
CE: ECFE Rooms

Explorers

Walking to 3 years

Non-Separating

Connect through creative, literacy-based activities while you and your child socialize with other families. Explore and discover a space filled with materials for all developmental ages. An informal parent discussion will be held as well as circle/story time and creative movement fun. Sibcare offered for free!

Mondays

F320 M Sept 11-Nov 13
No class 10/16, 11/20
10:15-11:30 am
CE: ECFE Rooms

W320 M Nov 27-Feb 19
No class 12/18, 1/15
10:15-11:30 am
CE: ECFE Rooms

Fridays

F321 F Sept 15-Nov 15
10:15-11:30 am
CE: ECFE Rooms

W321 F Dec 8-Feb 23
No class 12/1, 12/22, 12/29
10:15-11:30 am
CE: ECFE Rooms



Follow us on
Facebook
and
Instagram

@littlestknights

Wonderful Ones

12-23 months

Non-Separating

Your baby is growing! Join other parents in discussing the unique challenges of preparing a house for a toddler. We'll sing and move with the little ones in a classroom that fits the needs of these new explorers.

F313 Th Sept 14-Nov 16
No class 10/19, 11/23
10:15-11:30 am
CE: ECFE Rooms

W313 Th Nov 30-Feb 22
No class 12/21, 12/28
10:15-11:30 am
CE: ECFE Rooms



EARLY CHILDHOOD



Music Makers

12-30 months

Non-Separating

Silly, interactive musical fun through singing, dancing, instruments and more! New songs along with old favorites will be taught in creative ways. Along with music, children will make their own instruments and listen to stories and explore the classroom. Music supports your child's brain growth, by making connections that lead to increased language and physical development.

This parent-child class is designed to lower stress, build relationships and release the giggles!

F305 Th Sept 14-Nov 16
No class 10/19, 11/23
8:15-9:15 am
CE: ECFE Rooms

W305 Th Nov 30-Feb 22
No class 12/21, 12/28
8:15-9:15 am
CE: ECFE Rooms

Baby and Me

Newborn-12 months

Non Separating

Congrats on your new little knight! Connect with other parents of newborns in the community, ask questions, and share parenting experiences. The class is an excellent way to get a "successful start" at parenting! We know babies are unpredictable! Families are free to come and go as their child's schedule allows!

Class is FREE to ECFE participants. Sibling care available!

All participants will receive a free welcome baby goodie bag! We are excited to meet your little one and join your family in this exciting journey.

F355 T Sept 12-Nov 14
No class 10/17, 11/7, 11/21
8:15-9:45 am
CE: ECFE Rooms

W355 T Nov 28-Feb 20
No class 12/19, 12/26
8:15-9:45 am
CE: ECFE Rooms

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

TO REGISTER FOR A CLASS



MIXED-AGE

Mixers

Walking to 5 years

Separating with Parent Group

This class is designed for all ages! The classroom will be appropriate and adjusted for differing developmental levels. Literacy-rich lessons during circle time, movement in the gym and fun activities throughout. Parents will meet in a separate room for a casual discussion and sharing of trending parenting topics. In the best interest of all participants, please utilize sibling care for infants.

Mondays

F335 M Sept 11-Nov 13
No class 10/16, 11/20
8:15-9:45 am
CE: ECFE Rooms

W335 M Nov 27-Feb 19
No class 12/18, 1/15
8:15-9:45 am
CE: ECFE Rooms

Wednesday

F336 W Sept 13-Nov 15
No class 10/18, 11/22
8:15-9:45 am
CE: ECFE Rooms

W336 W Nov 29-Feb 21
No class 12/20, 12/27
8:15-9:45 am
CE: ECFE Rooms

**FEE SCHEDULE IS
LOCATED ON
PAGE 34**

**No family is ever
turned away for inability
to pay.**

**Please contact Jane for
financial assistance at
janeh@mystma.org**



New to ECFE

Walking to 5 years

Separating with Parent Group

If you are new to the community or just to ECFE - it's time to meet some new friends and get connected. The group will focus on community resources and of course parenting joys and struggles. Children will also meet new friends in a classroom designed for all ages! Songs, stories and movement activities fun for all! In the best interest of all participants, please utilize sibling care for infants.

F342 M Sept 11-Nov 13
No class 10/16, 11/20
10:15-11:45 am
CE: ECFE Rooms

W342 M Nov 27-Feb 19
No class 12/18, 1/15
10:15-11:45 am
CE: ECFE Rooms

ECFE Plus

All Ages

Separating with Parent Group

Just as the Mixers class, the ECFE 2.0 has something for all-ages. A class for the veteran ECFE parent who has been there - done that. Families with 2-3 years of experience will enjoy discussions on trending topics using articles, video, and online information. Unlike any other parent group! In the best interest of all participants, please utilize sibling care for infants.

F345 T Sept 12-Nov 14
No class 10/17, 11/7, 11/21
10:15-11:45 am
CE: ECFE Rooms

W345 T Nov 28-Feb 20
No class 12/19, 12/26
10:15-11:45 am
CE: ECFE Rooms

Grandparents Class

Walking to 5 years

Non Separating

This class provides a great opportunity for grandparents to interact with their young learners and meet other grandparents in their community. Teachers will be on site for songs and stories along with exploration of the classroom and crafts and a variety of activities.

F340 T Sept 12-Nov 14
No class 10/17, 11/7, 11/21
10:15-11:30 am
CE: ECFE Rooms

W340 T Nov 28-Feb 20
No class 12/19, 12/26
10:15-11:30 am
CE: ECFE Rooms





PARENTING

Mindful Parenting

All Ages

Separating

Parenting today can be stressful and full of questions. This class provides a safe space to learn more about being present in your daily life. Calming strategies and techniques that can be used daily to keep your focus on the good stuff!

Our only class that provides the entire time for parenting discussions. Children will be dropped in a separate classroom at the beginning of class and you will join them at the end for a circle time closing.

F341 W Sept 13-Nov 15
No class 10/18, 11/22
10:15-11:45 am
CE: ECFE Rooms

W341 W Nov 29-Feb 21
10:15-11:45 am
CE: ECFE Rooms

Family Book Club

All Ages

Non-Separating

Book club for littles! We will be sharing stories using a variety of methods. Explore characters and themes through songs, art, manipulatives, drama and more! Revisit old classics and find new favorites in this interactive class. Be cautious though - homework is involved - reading of course! There will be a chance to check our books from our library bags.

In the best interest of all participants, please utilize sibling care for infants.

F343 W Sept 13-Nov 15
No class 10/18, 11/22
10:15-11:30 am
CE: ECFE Rooms

W343 W Nov 29-Feb 21
No class 12/20, 12/27
10:15-11:30 am
CE: ECFE Rooms

Best Buddies

Birth to 5 years

Separating with Parent Group

Finally! A class specifically for families with children on IFSP/IEPs in the STMA school district. If your child receives home visiting or attends preschool on an IEP this is your class! Family and friends try to understand the unique situations of parenting a child with special needs, but they just don't understand. Families will spend time together exploring the room and participating in group activities, then parents will have the opportunity to separate. Conversations and resources, support and laughter are the key components to parenting time. This class is FREE to all participants. Sibling care is provided for free.

F300 F Sept 15-Nov 17
No class 10/20, 11/24
10:30-11:45 am
CE: ECFE Rooms

W300 F Dec 8-Feb 23
No class 12/1, 12/22, 12/29
10:30-11:45 am
CE: ECFE Rooms

Home Visits

One-to one parenting home visits are available in your home, our office, via email, google, or phone.

Ask questions, discuss challenges, or discover new ideas! Struggling with behaviors? Wondering what typical development looks like?

If a group setting isn't the right fit, give us a call to schedule a visit. We would love to meet your family!

Jane Helgestad
janeh@mystma.org
763-497-6512



Follow us on
Facebook
and
Instagram

@littlestknights

PRESCHOOL

Jumpstart to K

4-5 Years

Child Drop-off

A mini-preschool for children with limited classroom experience. Students will learn routines, basic concepts and play with other children! Parents will drop off but meet monthly for kindergarten readiness information. A schedule will be provided the first day of class. *Children must have independent toilet skills.*

F330 M Sept 11-Nov 13
No class 10/16, 11/20
10:15-11:45 am
CE: ECFE Rooms

W330 M Nov 27-Feb 19
No class 12/18, 1/15
10:15-11:45 am
CE: ECFE Rooms

Dress for a Mess

2 to 5 years

Non Separating

Sensory filled activities that are filled with a variety of foamy, sticky, and squishy feelings. Using multiple different tools, children will create mini-masterpieces with paint, playdough and crazy new concoctions. Take the recipes home - if you dare!

F344 T Sept 12-Nov 14
No class 10/17, 11/7, 11/21
10:15-11:30 am
CE: ECFE Rooms

W344 T Nov 28-Feb 20
No class 12/19, 12/26
10:15-11:30 am
CE: ECFE Rooms



Practice Preschool

33 months and up

Child Drop-off

Based on the curriculum and experiences of Bright Beginnings preschool, this is a one-day opportunity for your child to experience independence, follow school routines, and make friends in a space that is designed specifically for them! Children will practice social skills through turn-taking, interactive play, movement and developmental centers. Parents will meet occasionally with teachers for a one to one conference to discuss their child's growth.

Children must have independent toilet skills.

F350
Registration is for the entire year
OPEN HOUSE Friday Sept 8
Fridays, Classes start Sept 15
No class 10/20, 11/24, 12/1, 12/22
8:15am-10:15 am
CE: Room 202
\$60 Monthly Payments Required

**FEE SCHEDULE IS
LOCATED ON
PAGE 34**

No family is ever
turned away for inability to pay.
Please contact Jane for financial
assistance at janeh@mystma.org

TO REGISTER FOR A CLASS



**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

EARLY CHILDHOOD

Doing Preschool Together

33 months and up

Separation with Parent Group

2nd Day Child Drop off

An excellent choice to introduce your youngster to preschool!

This class is perfect for children who are working towards the independence skills needed for preschool.

All lessons planned will include readiness skills based on MN standards, the Early Childhood Indicators of Progress, literacy, and STEM programming.

One of our most popular classes!

Children must have independent toilet skills.

Day One (Monday/Tuesday) - Parent/Child Day.

Children and their parents participate in activities together.

Parent group will focus on school readiness.

Day Two (Wednesday/Thursday) - Child Alone Day.

Child will gain independence, social skills, and start a foundation for school readiness skills.

F325 T/Th Sept 12-Nov 16
No class 10/17, 11/7, 11/21,
No class 10/19, 11/23
8:15-9:45 am Tuesdays
8:15-10:15 am Thursdays
CE: ECFE Rooms

W325 T/Th Nov 28-Feb 22
No class 12/19, 12/26
No class 12/21, 12/28
8:15-9:45 am Tuesdays
8:15-10:15 am Thursdays
CE: ECFE Rooms



Creative Kids

33 months and up

Child Drop-off

Children will experience a classroom filled with developmentally appropriate activities to spark your child's imagination. Leave the mess at school as your child creates his or her next masterpiece utilizing a variety of tools and materials. Parents will connect with at-home ideas and weekly updates on how the creative process promotes brain development and sets foundations for future learning. Children must have independent toilet skills.

F310 W Sept 13-Nov 15
No class 10/18, 11/22
10:15-11:45 am
CE: ECFE Rooms

W310 W Nov 29-Feb 21
No class 12/20, 12/27
10:15-11:45 am
CE: ECFE Rooms



Area preschools fill fast!

Our ECFE classes are a great alternative to the traditional model. Not only will your children learn readiness skills, but each class has a parent component, so parents get ready for school too!

NIGHT OWLS

Run and Read

Ages Birth-Five

Non Separating

Learn and grow together in a relaxing child-centered environment that provides hands-on learning. Connect through creative, literacy-based activities while you and your child socialize with other families. Explore and discover a space filled with materials for all developmental ages. Run in the gym, on the playground or on our special SMART courses! An informal parent discussion will be held as well as circle/story time and creative movement fun.

F400 T Sept 19-Oct 24
No class 10/17
5:45-7 pm
CE: ECFE Rooms

W400 T Jan 9-Feb 20
5:45-7 pm
CE: ECFE Rooms

TO REGISTER FOR A CLASS



SCAN ME



Dad and Me

2 to 5 Years

Non Separating

A night for dads and their little buddies! Evenings are filled with activities, games and a fun-filled gym time! Grandpas, uncles, and special dad-like friends are welcome too! Sorry, Sib care is not available for this class.

SE162 W Oct 11, Nov 15,
6-7 pm
\$10
CE: ECFE Rooms & Gym

SE 163 W Jan 17, Feb 14
6-7 pm
\$10
CE: ECFE Rooms & Gym

Parents and Play

Ages Birth-Five

Separating

Our traditional ECFE model in this separating class will bring smiles to children and parents! A fun and creative environment for parents and children to explore together. A balance between structured and non-structured play will introduce families to school in a positive, spirited manner. Science, art, literacy and movement activities will be developed for all abilities and ages. Parents will be provided with a relaxed setting for questions and conversation among other parents facilitated by a parent educator.

F405 Th Sept 21-Oct 26
5:45-7 pm
No class 10/19
CE: ECFE Rooms

W405 T Jan 11-Feb 22
5:45-7 pm
CE: ECFE Rooms

**FEE SCHEDULE IS
LOCATED ON
PAGE 34**

**No family is ever
turned away for inability
to pay.**

**Please contact Jane for
financial assistance at
janeh@mystma.org**

SPECIAL EVENTS



ECFE TOWN OPEN HOUSE

Our classrooms have been transformed into ECFE TOWN! Bring your kids to meet the people of our community. Staff will have the town up and running with new places to visit in each classroom. Maybe you'll head to the grocery store, eat at a restaurant, visit the park or doctors office. Got a letter to mail? We have you covered. We want you to become an ECFE Town resident this year! While visiting, find out more about our weekly class offerings, special events and what's in store for our year to come.

No pre-registration required!

FREE EVENT

Th Sept 7, 6-7 pm

F Sept 8, 8:30-10 am

CE: ECFE Rooms and Gym

Book Bash

All Ages

Non Separating

The Book Fair is in town and we are celebrating! Reading is the one of the most important activities you can do to prepared your child for learning. We will highlight some of our favorite characters through art, music and movement. Adults and kids both are welcome to dress as your favorite literary character!

SE160 M Oct 30

6-7 pm

\$5 per child

CE: ECFE Rooms & Gym



Candyland

All Ages

Non Separating

As your family jumps into the beloved game, who will win? Everyone! Make your way around the colorful board, stopping to participate in fun and unusual activities. There will be science experiments, storytimes, puppets, and more. Children will win prizes, laugh and maybe even learn a thing or two!

Pre-registration is required.

SE161 Th Dec 7

6-7 pm

\$5 per child

CE: ECFE Rooms & Gym

**REGISTRATION
BEGINS
AUGUST 23**

stma.ce.eleyo.com

COMMUNITY CONNECTIONS



Best Buddies

Birth to 5 years

Separating with Parent Group

A class specifically for families with children on IFSP/IEPs in the STMA school district. If your child receives home visiting or attends preschool on an IEP this is your class! Family and friends try to understand the unique situations of parenting a child with special needs, but they just don't understand. Families will spend time together exploring the room and participating in group activities, then parents will have the opportunity to separate. Conversations and resources, support and laughter are the key components to parenting time. This class is FREE to all participants. Sibling care is provided for free.

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No class 10/20, 11/24
10:30-11:45 am
CE: ECFE Rooms

W300 F Dec 8-Feb 23
No class 12/1, 12/22, 12/29
10:30-11:45 am
CE: ECFE Rooms

TO REGISTER FOR A CLASS



ECFE at the Library

We have joined forces with the St. Michael Library to offer classes twice per month! In an effort to promote literacy for all ages, join our staff for an ECCE class full of imagination and creativity. There will be crafts, games, songs, and of course plenty of children's books and stories.

Families are encouraged to check-out related materials and explore the library. Please be respectful of the space, no food/drink and parents are responsible for the children. FREE to all participants, if crowds exceed capacity, we may have to limit participation.

Th 10:00, starting Sept 14
No library 10/19, 11/23, 12/21, 12/28

Drop in and Play

All Ages

Non Separating

If families are not prepared for the commitment of a class or would like something extra during the week - Drop in and play is back! The classroom will be appropriate for all ages. Toys, activities, story and circle time along with the fellowship of other families in the area. Parents and children can make social connections in a casual, fun setting.

No pre-registration is necessary.
\$2 per family/\$5 Max

M & Th Starting Sept 11
No class 10/16, 10/19, 11/20, 11/23,
12/18, 12/21
8:15-9:45 am
CE: ECFE Rooms

EARLY CHILDHOOD

ECFE Dome Days

6 years and under

Non Separating

The **STMA MULTIPURPOSE FACILITY** (Dome) will be available for the littles! Children 6 and under are invited to join us for some fun open play in the dome this winter! Each day will include game equipment and space to run around and play. This is an open play opportunity but ECFE staff will be on-hand to join in the fun. Age-appropriate activities and games without the big kids around!

No pre-registration necessary.

Every other Thursday and Friday

Thursdays

Dec 7

Jan 4, 18

Feb 1, 15, 29

March 14

Fridays

Dec 15

Jan 12, 16

Feb 9, 23

Mar 8, 22 (last day)

8:15-10:15 am

\$2 per child/\$5 Max Family

HS: Multipurpose facility

ECFE Dome Nights

Ages 8 and under only.

ECFE staff will have the infatables available along with age-appropriate toys!

6-7 pm

\$5 per family

Pre-registration preferred

F Dec 15

W Jan 24

M Feb 19

More information online as dates approach

**REGISTRATION BEGINS
AUGUST 23**

stma.ce.eleyo.com



PRE-K ENRICHMENT CLASSES

All classes will include an opening activity, storytime, a lesson or activity, and a take home craft.

Dot, Dot, Dot

Ages 2-5

Inspired by the book "The Dot" by Peter Reynolds this class have fun creating crafts using a variety of items to make dots! We will also be reading the book "The Dot". Parents are expected to assist their child as needed during class.

Mrs. Anderson

328F1 S Sept 16
10:30-11:15 am
\$15 per student
STMA HS

Fine Motor Fun

Ages 2-5

Get those fingers moving and develop fine motor skills while having fun exploring a variety of stations. Make a craft using pieces of torn paper. Parents are expected to assist their child during this class.

Mrs. Anderson

328F2 S Oct 14
10:30-11:15 am
\$15 per student
STMA HS

Go Pumpkins!

Ages 2-5

Listen to some fun books about pumpkins and create a cute pumpkin craft with buttons! We will also make a special keepsake. Parents are expected to assist their child during this class.

Mrs. Anderson

328F3 S Oct 28
10:30-11:15 am
\$15 per student
STMA HS



Autumn Art

Ages 2-5

Inspired by the oldest form of printmaking. Learn how to create a fall tree using a potato stamp. Parents are expected to assist their child during this class.

Mrs. Anderson

328F4 S Nov 11
10:30-11:15 am
\$15 per student
STMA HS

Thankful Hands

Ages 2-5

Thanksgiving is the perfect time of year to learn about gratitude. Make an adorable turkey using your handprint. Parents are expected to assist their child during this class.

Mrs. Anderson

328F5 S Nov 18
10:30-11:15 am
\$15 per student
STMA HS

"Snow-Many" Crafts

Ages 2-5

Listen to stories and create a special winter inspired craft. Take home a list of many more creative ideas to stay busy inside on those cold days. Parents are expected to assist their child during this class.

Mrs. Anderson

328F6 S Dec 16
10:30-11:15 am
\$15 per student
STMA HS



FAMILY RESOURCES

Early Childhood Screening

Early Childhood Screening is a FREE service for all children. At screening, parents learn more about their child's development and can ask questions regarding concerns. Screening in early childhood supports children's readiness for kindergarten by helping identify health and developmental concerns that may cause barriers to your child's learning. Screening connects you and your child to programs and resources to support health growth and development.

State law requires all 3 to 5-year-old children in Minnesota to complete early childhood screening prior to entering kindergarten. Although your child may be screened at any time, it is best to do so between 3 and 4 years of age so any identified health or developmental concerns can be addressed sooner.

Screening includes:

vision and hearing, height and weight, immunization review, large and small muscle development, cognitive thinking, language and communication skills, social and emotional development.

If a parent is a conscientious objector to the screening program for their child, the child does not need to participate in the state screening but required forms are to be completed.

Early Childhood Screening is often called Kindergarten Screening.

Screening can now be scheduled online! Go to <https://stma.ce.eleyo.com> Select Early Childhood Screening for upcoming dates and times. Screenings are held at STMA Community Education Center in St. Michael. Contact Lindy Legatt at ecscreening@mystma.org or call 763-497-6528

Early Childhood Advisory Council

If interested in being a part of the STMA Early Childhood Advisory Council, please register online or contact Jane Helgestad at janeh@mystma.org. Meetings are held both during the day and evenings, childcare provided.

The council participates in special events, review of programming, fundraising, and legislative initiatives. This is a terrific way to meet other area families and get involved in the STMA district.



**Worried about your child's development?
Call 1-866-693-GROW (4769)**

Some young children need extra help to learn and grow

Help Me Grow provides resources for families to look at developmental milestones, to learn if there are concerns, and to take the lead in seeking additional support or in referring their child for a comprehensive, confidential screening or evaluation at no cost.

Minnesota children from birth to five-years-old, if found eligible, can receive services in their home, childcare setting or school. These services are free regardless of income or immigrant status.

Help Me Grow is an inter-agency initiative of the MN Department of Education, Department of Health and Department of Human Services, partnering with all local service agencies and you school district.

IS THERE A LITTLE KNIGHT IN YOUR HOME?

IF YOU HAVE CHILDREN NOT YET IN KINDERGARTEN, PLEASE ADD THEM TO OUR STMA CENSUS!

SCAN ME

Community Education
St. Michael-Albertville District #885
60 Central Ave West
St. Michael, MN 55376

Non-Profit
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ST. MICHAEL - ALBERTVILLE
SCHOOLS
EXCELLENCE IS OUR TRADITION

FALL 2023 COMMUNITY EDUCATION



Community
Education
weather line
763-497-6549

LIFELONG LEARNING HAPPENS HERE!

Registration begins August 23
stma.ce.eleyo.com 763-497-6550