

FOREST LAKE AREA SCHOOLS

COMMUNITY EDUCATION







A Message from the Director of Community Education

As the Forest Lake Area Schools continue on a path to Excellence for Every Student Every Day, our Community Education team is honored to serve the Forest Lake Area and each of our surrounding communities with this same high standard of excellence. Because of this, as we flip the calendar from 2023 to 2024, there is much to be proud of and excited for. Providing innovative, cost-effective and engaging lifelong educational, social and recreational opportunities for all residents of our community is one of the many reasons why we have Community Education embedded within our school system and broader community. Even amidst the shortened daylight hours and the dropping winter temperatures, we are confident you will find many great opportunities to get connected with educational and recreational activities found throughout this catalog.

Your experience in our programs is very important to us. Whether you are registering for an activity that you have frequently participated in or trying something for the very first time, we have something for you!

Make it a wonderful start to 2024 and may your Community Education experiences positively connect you with great programs, exciting opportunities and amazing people as is emphasized by our FLASCE vision statement: "Engaging people; enriching lives!"

Go Rangers~

Corey McKinnon Director of Community Education Forest Lake Area Schools



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A Message from the Superintendent



Your child's educational journey starts here

The first day of kindergarten is an exciting milestone in a child's life, a moment that marks the beginning of a new chapter filled with learning and discovery. The elementary years are some of the most exciting and memorable years of a child's life.

If you're the parent of a five-year-old or almost five-year-old child, it's time to start thinking about, talking about and exploring kindergarten. In late January, each of our elementary schools will host Explore Kindergarten events where children and families can learn about and get excited to start school. You can find out more about these events, and more about our schools at flaschools.org/kindergarten.

Make sure you don't miss any updates - connect with your school today and give them your contact information so that you can stay informed and up-to-date on enrollment and the important milestones leading up to kindergarten.

Steve Massey, Ed.D. Superintendent Forest Lake Area Schools



CATALOG KEY

Ed Center

Education Center 943 9th Ave SW, Forest Lake

FLAS Community Pool is located in the Education Center (door 8)

FLAHS

Forest Lake Area High School 6101 Scandia Tr N, Forest Lake

FLAMS

Forest Lake Area Middle School 21395 Goodview, Forest Lake

Col

Columbus Elementary 17345 Notre Dame, Forest Lake

FL Elem

Forest Lake Elementary 408 SW 4th St, Forest Lake

Virtual Classes



This icon is by class titles that are available virtually with Zoom.

FV

Forest View Elementary 620 SW 4th St, Forest Lake

Lino

Lino Lakes Elementary 725 Main St, Lino Lakes

Linw

Linwood Elementary 21900 Typo Creek Dr, Wyoming

Scandia Elementary 14351 Scandia Tr N, Scandia

Wyo

Wyoming Elementary 25701 Forest Blvd, Wyoming

4400-IW24 (example)

The number and letter combination found in class details is a "course number" affiliated with the class.

🎖 District map is located on page 61

CONNECT

Phone: (651) 982-8110

E-Newsletter: Join at www.flaschools.org/ce

Facebook: Follow @FLASCE Instagram: Follow @fl_comm_ed

REGISTER

Register online at www.flaschools.org/ce or call (651) 982-8110. View more options on page 62.

PARTNER WITH COMMUNITY EDUCATION

Forest Lake Area Schools Community Education (FLASCE) is always looking for passionate people to share skills and interests with the community! Our class instructors are enthusiastic about their topics and have a desire to share and connect in a meaningful way. The FLASCE team will work with you to help ensure classes are a success for both instructors and participants. Community Education runs year-round, so whether it's a one day class or a season long opportunity, we would love to hear about your ideas! Complete the course proposal form found online by scanning the QR code.



TRANSLATION AVAILABLE

If you want free help translating this information, call (651) 982-8327.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم

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Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite (651) 982-8327

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (651) 982-8327

ໂປຼດຊາບ. ຖ້າຫາກຫ່ານຕ້ອງການການ ຊ່ວຍເຫືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ ປຣີ, ຈົ່ງ ໂຫລ໌ຫາ (651) 982-8327 .

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e. lakkoofsi bilbiltu (651) 982-8327.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните (651) 982-8327

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac (651) 982-8327 .

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al (651) 982-8327

Chú Ý. Nếu quý vị cần dịch thông-tin nầy miễn phí, xin gọi (651) 982-8327 .

Alcohol Ink - Burst of the Sunflower

Creating a colorful, abstract sunflower is a great way to try out painting with alcohol ink (AI). Create the petals using a blower, then drop various colors to brighten and create depth in your flower. Your instructor will help guide you through each step to make one 8x10" painting. The best part of using alcohol ink is if you don't like a part of your picture, you can wipe it off with ISO alcohol. A \$15 supply fee is payable to the instructor at class.

Kay Anderson

6402-IW24A Mar 21 Thu 6-8pm \$35

1 session Ed Center 113 (door 4)

6402-IW24B Mar 28 Thu 6-8pm \$35

1 session Ed Center 113 (door 4)

Alcohol Ink - Hearts and Doodles

Do you have a special Valentine? Make them a custom heart using alcohol ink and doodles. You will first create the heart using various colors of alcohol ink. Don't worry, the heart does not have to be perfect, it will continue to take on its own personality while you cover it with doodles. Let your imagination go wild. There will be time to make two 5x7" hearts. Note: This class does use isopropyl alcohol. A \$10 supply fee is payable to the instructor at class.

Kay Anderson

6401-IW24 Jan 22 Mon 6-8pm \$35

1 session Ed Center 113 (door 4)

Alcohol Ink - Sugar Plum Tree

Have you ever wanted to try your hand at abstract art that is fun and colorful? With so many different techniques, alcohol ink (AI) will soon become a favorite medium. Use a variety of tools and techniques to create your painting with alcohol ink and isopropyl alcohol and then highlight them with doodles. You will make one 8x10" painting. The best part of using alcohol ink is if you don't like a part of your picture, you can wipe it off with ISO alcohol. A \$15 supply fee is payable to the instructor at class.

Kay Anderson

6403-IW24A Feb 22 Thu 6-8pm \$35

1 session Ed Center 113 (door 4)

6403-IW24B Feb 29 Thu 6-8pm \$35

1 session Ed Center 113 (door 4)

Alcohol Ink Flower Painting - Beginner

Have you ever wanted to paint beautiful flowers but thought it would be too hard? Alcohol ink (Al) painting is more abstract which gives you the freedom to paint without rules. You will learn the basics of Al while learning to create flower petals by blowing ink with an airbrush. You'll get to practice on a 6x6" white tile; the ink wipes clear using isopropyl alcohol. Once you feel comfortable creating petals, you will create a flower on the tile using the colors of your choice. You will also learn to create flower centers and then paint flowers on both white and black plastic paper. A \$15 supply fee is payable to the instructor at class.

Kay Anderson

6370-IW24 Jan 18 Thu 6-8pm \$35

1 session Ed Center 113 (door 4)



Painting - Acrylic

Join us for a fun-filled evening as you create and paint your very own canvas. You'll enjoy a no-experience-required art class guided by Jeremy Ross of Your Bearded Artist. He will lead you step-by-step through an acrylic painting on a 16x20" canvas. Each session will feature a different painting. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

Bright Winter's Night

6398-IW24A Jan 18 Thu 6-8pm \$39 1 session FLAHS 622 (door 32)

Love Bunnies

6398-IW24B Feb 15 Thu 6-8pm \$39 1 session FLAHS 622 (door 32)

Looking Upward

6398-IW24C Mar 21 Thu 6-8pm \$39 1 session FLAHS 622 (door 32)

Dandelion Afternoon

6398-SP24 Apr 25 Thu 6-8pm \$39 1 session FLAHS 622 (door 32)

Painting - Family/Partners Age 6-Adult

Adult and child pairs will work together to create one great painting that spans two 8x10" canvases. No experience is necessary to enjoy this fun filled opportunity under the guidance of Jeremy Ross of Your Bearded Artist. He will lead you through the entire process. Each session will feature a different painting. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

Winter Penguins

6397-IW24A Jan 27 Sat 10am-12pm \$55 per pair 1 session FLAHS 622 (door 32)

Owl Always Love You

6397-IW24B Feb 24 Sat 10am-12pm \$55 per pair 1 session FLAHS 622 (door 32)

Moonlit Puppy Love

6397-IW24C Mar 23 Sat 10am-12pm \$55 per pair 1 session FLAHS 622 (door 32)

Aguarium of Fun

6397-SP24 Apr 27 Sat 10am-12pm \$55 per pair

1 session FLAHS 622 (door 32)





Painting - Barn Quilts

Painting barn quilts is a popular, lively and rewarding experience. Guided instruction will take you through the process as you select a design, draw, tape and choose colors to create a barn quilt painting that looks professional. You'll leave with your own 2x2' masterpiece ready for hanging indoors or out. High quality materials will ensure this conversation piece will last outdoors for many years and bring unequivocal admiration. A \$65 supply fee is payable to the instructor at class.

Cynthia Bucholz

6395-IW24 Feb 8 Thu 1 session 5:30-9:30pm \$39 FLAHS 622 (door 32)

Mandala Art

A mandala on canvas class is a creative workshop that teaches participants how to create a mandala design using various dotting tools and techniques. You will also learn how to create symmetry and balance in the design. By the end of the class, participants will have a completed mandala design on a 12x12" canvas that they can take home as a perfect art to display.

Acrylic Studio Art

6389-SP24 Apr 18 Thu 1 session 5:30-7:30pm \$45 Ed Center 113 (door 4)

Photo Organization - Print & Digital

Having organized photos is a wonderful feeling. Learn a system to get every printed photo, digital photo and your memorabilia organized. We'll cover scanning for slides, movies and prints as well as backing up, cloud storage and scanners. Discover easy ways to repair old photos. By the end of class, you'll have a plan for a system that allows you to access every photo you own in seconds!

Kathy Povolny

6155-IW24 Feb 12 Mon 1 session 6:30-8:30pm \$19 Ed Center 119 (door 4)

Hand Knit Chunky Blanket

During this one-of-a-kind event, Jeremy will guide you step-by-step through hand knitting your very own soft, chunky blanket. No needles or knitting experience are required and all supplies will be provided. You will receive 140 yards (5 skeins) of size 7 chunky yarn (100% polyester) available in a variety of colors. Your completed blanket will measure approximately 40x50".

Your Bearded Artist - Jeremy Ross

6399-IW24 Mar 16 Sat 1 session 9am-12pm \$69 FLAHS 624 (door 32)







Mosaic Garden Dragonfly, Butterfly or Lizard

Create a stained glass mosaic dragonfly, butterfly or lizard and add a piece of custom artwork to your home or garden! This is a thoughtful, handmade gift or a beautiful addition to your home. The instructor will prepare materials in advance but please bring an old towel and rubber gloves to class. A \$25 supply fee is payable to the instructor at class. When registering, please indicate whether you would like to make a dragonfly (16x1"), butterfly (16x9") or lizard (9x24").

Peggy Decker

6062-IW24 Feb 20 Tue 6-9pm \$25

1 session Ed Center 113 (door 4)

Mosaic Bird Bath

Create a colorful bird bath to entice birds to your yard! Decorate a terra cotta saucer (the type which would normally be placed under a planter) with mosaic tiles to suit your taste. It can then be placed on a wrought iron stand, which can be purchased locally. The result is beautiful when completed. Wear clothes that can get dirty. A \$25 supply fee is payable to the instructor at class.

Peggy Decker

6074-SP24A Apr 16 Tue 6-9pm \$25

1 session Ed Center 113 (door 4)

6074-SP24B May 2 Thu 6-9pm \$25

1 session Ed Center 113 (door 4)

Sewing Machine Quick-Start Age 16-Adult

If you've never used a sewing machine before or if it's been years, this is a great class to take first! You'll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on your own. Get comfortable with the sewing machine and practice your skills. You are welcome to and may find it helpful to bring your own sewing machine.

Sewing and Fitting Mentor - Renee Bontjes

5087-IW24 Jan 18 Thu 6-8pm \$45

1 session Sewing and Fitting Mentor

Sewing - Cosplay/Costume: Peasant/Pirate Top Age 12-Adult

The wonderful thing about this shirt is it's an easy and versatile foundational garment for many costume options for the summer/fall Renaissance Festival season as a maiden, poet or pirate and other costumes. (Prerequisite: Sewing - Getting Started or a previous sewing class with Sewing and Fitting Mentor.) Yardage and a basic supply list is available on the Community Education website or call 651-982-8110 for information.

Sewing and Fitting Mentor - Renee Bontjes

5127-SP24 Apr 18 & 25 Thu 6-8pm \$79

2 sessions Sewing and Fitting Mentor







COOKING CLASS INFORMATION

You will be provided an ingredient list and link prior to class.



Cooking - Homemade Pasta with **Alfredo and Tomato Sauce**



Mimi will teach you the time-honored art of making pasta from scratch. You'll also learn to make a creamy alfredo sauce and tomato sauce to smother your freshly made noodles and create a rich and satisfying homemade dish. Pair it with a fresh garden salad to balance out the meal.

Mimi Selam

6359-IW24V	Jan 16	Tue
1 session	6-8pm	\$29
	Virtual	

Cooking - Homemade Egg Rolls & Samosas 🛄



Restaurant quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class.

Mimi Selam

6228-IW24V	Mar 21	Thu
1 session	6-8pm	\$29
	Virtual	

Cooking - Easy Ethiopian/Eritrean Vegetarian or Non Vegetarian



Ethiopian/Eritrean food has become a favorite among foodies worldwide. The food is light, healthy and flavorful, ranging from very spicy to very mild. Experience the thrilling discovery of exotic spices paired with daily ingredients such as vegetables, beans and lentils. For the non-vegetarian, we can use different types of meat sautéed with flavored butter and healthy oils. Every step is educational, informative and a dream-like trip into the food culture of these historic countries.

Mimi Selam

6326-IW24V	Feb 1	Thu
1 session	6-8pm	\$29
	Virtual	

Cooking - Chicken Pad Thai



In this fun, hands-on class, you will be guided step-by-step in cooking this classic dish known for its diverse flavor profile. Learn to properly prepare and build the flavor profile of an authentic sweet, salty, sour and spicy Pad Thai sauce. Perfect for entertaining; Wow your friends and family with a new found signature dish at your next dinner party!

Mimi Selam

6388-IW24V	Feb 13	Tue
1 session	6-8pm	\$29
	Virtual	

Cooking - Baklava 🖳



Baklava is a traditional pastry dessert that is known for its sweet, rich flavor and flaky texture. Join us in this hands-on interactive class where you will cook virtually with Instructor Mimi, who is passionate about cooking. You will learn how to prepare a flavorful but easy Baklava dessert and you get to bake it in your own oven following your instructor's guidelines.

Mimi Selam

6404-SP24V	Apr 18	Thu
1 session	6-8pm	\$29
	Virtual	



GARDENING CLASS INFORMATION

Classes will be taught as an interactive, online webinar through Zoom by a Master Gardener using University of Minnesota research-based information. Handouts and Zoom link will be sent by email prior to the class.

Gardening - The Art of Pruning Trees and Shrubs



Trees and shrubs are an investment that can improve the beauty of your home landscape, but require pruning and regular maintenance for a long life. Understanding tree growth habits, we will show why, how and when you can do corrective pruning as well as techniques to care for and prune shade trees, evergreens and fruit trees. Shrubs can often get too large, block windows or crowd sidewalks and make your yard look unkempt. Learn techniques for pruning and rejuvenating shrubs, including raspberries, to help show off the beauty of your home.

Paul Richtman

6145-IW24V Mar 4 Mon 6:30-8:30pm \$29 1 session

Virtual

Gardening - Backyard Fruits



Would you like to grow strawberries, blueberries or other fruit in your own backyard? Learn how easy it is to select fruit varieties appropriate for Minnesota; to plant, prune and maintain the plants for health and maximum yield, and to control insects and disease to ensure a fruitful crop. We will discuss strawberries, raspberries and blueberries as well as cherries, plums and honeyberries.

Paul Richtman

6144-IW24V Mar 6 Wed 1 session 6:30-8:30pm \$29

Virtual

Gardening - Vegetable Gardening for Beginners



Learn the basics of vegetable gardening to successfully grow fresh produce. Practical, simple advice on where to begin, what defines a good location, the right size garden bed, soil preparation, deciding what to plant, buying seeds or transplants, how and when to plant, best time to harvest and much more. Using University of Minnesota research-based information and the instructor's many years of successes and failures, this class will get you excited to grow and harvest your own vegetables.

Paul Richtman

6377-IW24V Mar 11 Mon 1 session 6:30-8pm \$25

Virtual



Gardening - Growing Blueberries In Your Backyard 🕓



Blueberries are such a carefree shrub that it's a wonder more people don't grow them. They are long-lived and generally free of disease and insect problems. Learn how to easily provide the acidic soil that blueberries love. You will also learn about site requirements, soil preparation, cultivars for our climate, buying plants, pruning and seasonal protection from birds, rabbits and winter temperatures.

Paul Richtman

6308-IW24V Mar 19 Tue \$25 1 session 6:30-8pm

Virtual

Gardening - Successful Composting



Plan now to be ready to compost yard waste! Composting is a microbial process that converts plant material such as grass clippings and leaves to a more usable organic soil amendment or mulch. Many homeowners are finding it convenient and economical to compost leaves and grass clippings in their own backyards. Learn how to build and maintain a compost pile including troubleshooting tips as well as how to use the completed compost in your yard or garden.

Paul Richtman

6229-IW24V Mar 20 Wed 1 session 6:30-7:30pm \$19

Virtual

Gardening - Grow Your Own Vegetables 🛄



You'll learn how easy it is to grow your own vegetables, including tips on site selection, soil preparation, garden design and layout. You'll learn why when you plant makes a difference. We'll discuss the essentials of disease, pest and weed control techniques, composting, how to extend your growing season and the best time to harvest.

Paul Richtman

6146-IW24V Mar 25 Mon 6:30-8:30pm \$29 1 session

Virtual

ADULT - HEALTH & FITNESS

YOGA CLASS INFORMATION

Space permitting, in person drop ins are allowed for a fee of \$12 paid by check or cash (please bring correct change). Please wear comfortable clothing, bring a yoga mat and a bottle of water. You will be provided with a link prior to class.

Yoga - Balance & Strength



Energize your body while gaining flexibility and strength through the practice of yoga. Using yoga poses, you will stretch and tone muscles while strengthening joints and improving your balance. This class is designed for people of all abilities.

Julia Phillips

6003-IW24A	Jan 15-Mar 18	Mon
8 sessions	9:30-11am	\$99

Kyoshin Ryu Karate Academy

No class Mar 4 & Mar 11

6003-IW24AV Virtual Class Option

6003-IW24B	Jan 15-Mar 18	Mon
8 sessions	4:15-5:15pm	\$75
	Ed Center 119 (d	oor 4)

Ed Center 119 (door 4) No class Mar 4 & Mar 11

6003-IW24BV Virtual Class Option

6003-SP24A	Apr 1-May 13	Mon
7 sessions	9.30-11am	\$89

Kyoshin Ryu Karate Academy

6003-SP24AV Virtual Class Option

6003-SP24B Apr 1-May 13 Mon 4:15-5:15pm \$65 7 sessions Ed Center 119 (door 4)

6003-SP24BV Virtual Class Option

Yoga - Core Strength Workout



Build strength with this dynamic yoga practice. We'll combine a series of flowing postures with rhythmic breathing to develop core strength and balance. Emphasis is on breathing through each posture to attain mind-body connectedness. Yoga detoxifies the body and mind with emphasis on movement, balance and intention. Beginning to intermediate participants are welcome.

Chris Coleman

6030-IW24 Jan 16-Feb 20 Tue 6:30-7:30pm \$55 6 sessions

Ed Center 208 (door 4)

6030-IW24V Virtual Class Option

Yoga - Slow Flow 🕓



Increase your flexibility and strengthen your core through yoga movements and breathing to encourage the integration of body, mind and spirit. This class is designed for students with some prior experience in yoga.

Suzanne McArdle

6306-IW23AV Jan 10-Mar 6 Wed 8 sessions 4:30-5:30pm \$75

Virtual

No class Feb 14

6306-IW23BV Mar 27-May 15 Wed 4:30-5:30pm \$75 8 sessions

Virtual

Yoga - Vinyasa

Experience dynamic body movement through focused breath and a sequence of poses to foster flexibility and body strength. This class is an introduction for beginners in yoga and its benefits while creating community.

Amanda Madrid

6386-IW24	Mar 13-Apr 3	Wed
4 sessions	6:30-7:30pm	\$39
	Ed Center 208 (d	loor 4)
6386-SP24	Apr 24-May 29	Wed

6:30-7:30pm \$55 6 sessions Ed Center 208 (door 4)

Yoga - Whole Body Vinyasa 🛄



Whole Body Vinyasa is designed to increase both your strength and flexibility and is suitable for all ages and body types. The breath is incorporated into each exercise and helps to relieve stress and anxiety. No previous yoga experience is necessary. Each pose will be described in detail for beginners as well as modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga!

Michele LaHood

6234-IW24	Jan 18-Feb 22	Thu
6 sessions	4:30-5:30pm	\$55
	Ed Center 208 (c	loor 4)
6234-IW24V	Virtual Class Opt	tion





ADULT - HEALTH & FITNESS

Yoga - Hatha Flow 🖳



Build strength while you lengthen and stretch your body by aligning ligaments through this gentle yoga practice. Yoga postures are connected with fluid movements that synchronize with your breathing to help reduce stress and improve balance. This class is most appropriate for people with experience in yoga, however, those new to yoga are welcome. The instructor will incorporate the fundamentals of yoga and how to move between yoga poses while you build confidence to move on to more challenging poses.

Erin Parr

6049-SP24V

6049-IW24 Jan 15-Mar 18 Mon 8 sessions 6-7pm \$75 Ed Center 208 (door 4) No class Mar 4 & Mar 11 6049-IW24V Virtual Class Option 6049-SP24 Apr 1-May 13 Mon 7 sessions 6-7pm \$65 Ed Center 208 (door 4)

> "Yoga is essentially a practice for your soul, working through the medium of your body."

Virtual Class Option

TARA FRASER

yoga teacher & author

Yoga - Specifically for Adults Over 50



Studies show that yoga practice positively correlates with both physical and mental wellness as well as managing pain and inflammation, improving sleep quality and much more. We will combine gentle physical poses with mindfulness and breathing in this beginning yoga practice. Our focus will be on functional mobility, balance and working to release stress and stiffness.

Julia Phillips

6288-IW24 Jan 15-Mar 18 Mon 3-4pm \$75 8 sessions Ed Center 119 (door 18) No class Mar 4 & Mar 11 6288-IW24V Virtual Class Option 6288-SP24 Apr 1-May 13 Mon 7 sessions 3-4pm \$65 Ed Center 119 (door 18) 6288-SP24V Virtual Class Option



Tai Chi

Tai Chi is an ancient Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements and specialized breathing techniques to improve health, balance and relaxation. Come see for yourself how Tai Chi can enhance your fitness, increase your sense of tranquility and elevate you to new levels of vitality and well being. Wear comfortable clothes, flat shoes and bring a bottle of water.

Jeff Wood

6025-IW24 Feb 7-Apr 17 Wed 10 sessions 5-6pm \$75 Ed Center Cafeteria (door 4) No class Mar 6

Walkers Welcome

Avoid the snow, ice, rain and traffic! Come walk in a safe and controlled climate. Walk one, two or more times each week. Walkers will be provided with an identification badge and complete schedule upon registration. Your badge must be worn while walking. We are unable to offer accommodations for personal belongings. Registration fee allows you to walk in

the morning and evening at either of these schools:

- Forest Lake Area High School
- Education Center

Sep 11 - Apr 26

Mon-Fri: 6-7:30am • Mon-Thu: 5-8:30pm

Full schedule of dates and times: www.flaschools.org/ce

MEDITATION

Loving Kindness Meditation



This 2,500 year old practice helps us overcome self-dislike and builds proper self-love and self-acceptance. It also helps us act more gently and lovingly toward others and live without fear or hatred of others. This practice improves good relationships and helps heal problem ones. It also teaches compassion, balance in relationships and appreciating others' good fortune. You will be provided with a link prior to class.

Mary Jo Meadow

6019-IW24V Jan 18 & Jan 25 Thu 6-7:30pm \$25 2 sessions Virtual

Mindfulness Meditation -The Art of the Present Moment

Adults of all ages are welcome to join Mindfulness Meditation the ancient method of self-understanding and self-management. It is widely used for handling pain and stress, habit control, dealing with painful emotions and disturbing thoughts. It leads to deep self-knowledge and self-management skills that make life richer. The content of the practice is simply our own experiences of body and mind with no ideology. It is compatible with any religious and self-development practices. Please wear comfortable clothing. The teaching is cumulative, so attendance at all meetings is encouraged. You will be provided with a link prior to class.

Mary Jo Meadow

6018-IW24V Feb 8-Mar 14 Thu 5 sessions 6-7:30pm \$39 Virtual

No class Mar 7

Word Meditation



One of the easiest ways to meditate is by Word Meditation which provides the meditation benefits of relaxation and stress reduction and is used medically for patients who will benefit from it. Word Meditation is easy to learn and easy to do, but there are important guidelines for proper practice. Learn how to meditate correctly and how your practice develops over time. You will

be provided with a link prior to class.

Mary Jo Meadow

6364-IW24V Jan 11 Thu 1 session 6-7:30pm \$19

Virtual

Lose Weight or Stop Nicotine Cravings Through Group Hypnosis

Section A: Lose weight, start making healthy choices and stop cravings for sugar, pop and unhealthy foods. Stop snacking and get motivated to exercise. Section B: Quit smoking, vaping or chewing immediately through hypnosis without withdrawal, cravings or gaining weight. Section C: Lose weight and quit smoking, vaping or chewing. Bring a pillow and blanket for added comfort. Fee includes a reinforcement CD* and lifetime membership card which allows participants to attend future seminars for free. Registrants who cancel within three days of class will be mailed a lifetime membership card, as we are unable to issue refunds. Check in begins at 5:45pm. If you are returning for a follow-up class, call (651) 982-8110. Visit www.hypnosisclinic.net for any questions you may have about hypnosis. These classes are not eligible for UCare discount. *Flash drive available for \$15.

Dr. Mary Fischer

Winter Session

Jan 30 Tue 6-9pm Ed Center 119 (door 4)

6046-IW24A	Lose Weight	\$69
6046-IW24B	Stop Nicotine Cravings	\$69
6046-IW24C	Both	\$135

Spring Session

Apr 2 Tue 6-9pm Ed Center 119 (door 4)

6046-SP24A	Lose Weight	\$69
6046-SP24B	Stop Nicotine Cravings	\$69
6046-SP24C	Both	\$135

Heartsaver CPR/AED

Whether you have a duty to respond to a cardiac emergency because of job responsibilities or if you have the desire to learn the techniques of CPR and the use of an AED - this course is for you. This instructorled course teaches adult, child and infant CPR/AED as well as choking management. The American Heart Association certification lasts two years. The general public and anyone interested in learning CPR may take this class. This course is not intended for healthcare providers.

Emergency Outfitters

6040-IW24 Feb 12 Mon 1 session 5:30-9pm \$85 Ed Center 117 (door 4)



Pickleball Lessons - Beginner

Join the fastest growing sport in America by learning to play pickleball. This beginner class is designed as a drill and play format. You will learn how to keep score, serve and return the serve along with hitting forehand, backhand, dinking, lobbing and court strategies. This course is taught with passion and humor by PPR Coach and multi-Gold Medalist, Michael Lammer. Wear comfortable clothes, athletic shoes and bring a bottle of water. You do not need to purchase a paddle before class, as Michael will bring a variety of demo paddles for you to try.

Michael Lammer

6213-IW24A	Jan 8-Jan 29	Mon
4 sessions	5:15-7pm	\$75
	Ed Center Gym	(door 4)

6213-IW24B Jan 8-Jan 29 Mon 4 sessions 7-8:45pm \$75 Ed Center Gym (door 4)

6213-IW24C Mar 25-Apr 15 Mon 4 sessions 7:15-9pm \$75 Ed Center Gym (door 4)

REGISTER TODAY!



Pickleball Lessons -Intermediate/Advanced

It's time to improve your pickleball game. Learn proper techniques for three different serves, cross court attack dinks and the all-important third shot (drop). Learn how to play against "bangers" and the secrets of winning doubles strategies. Open to all players who know how to keep score, hit a forehand and backhand shot and understand the basis of the dink shot. Participants will drill and play to achieve maximum improvement. PPR Coach and multi-Gold Medalist, Michael Lammer, will instruct this fun filled class. Wear comfortable clothes, athletic shoes and bring a bottle of water. Michael will have demo paddles available for use.

Michael Lammer

6214-IW24A	Feb 19-Mar 18	Mon
3 sessions	5:30-7:30pm	\$65
	Ed Center Gym (door 4)	
	No class Mar 4 8	& Mar 11

6214-IW24B Mar 25-Apr 15 Mon 4 sessions 5:30-7:15pm \$75 Ed Center Gym (door 4)

Pickleball - Advanced Skills Clinic

Hone your pickleball skills at this clinic designed for 3.0-4.0+ pickleball players. Learn why dinkers can beat bangers, how the drop shot improves your game, using a cut or top spin return, three spin serves and the punch shot for winners; as well as knowing when to lob, place shots down the middle and when to be patient or attack during the dink game. Clinic includes drills and live play breakdown, followed by skill ratings in accordance with USA Pickleball Association standards. Participants must have taken beginner or intermediate/ advanced lessons or have permission from the instructor to attend this class. Wear comfortable clothes, athletic shoes and bring a bottle of water.

Michael Lammer

6237-IW24 Feb 19-Mar 18 Mon 3 sessions 7:30-8:30pm \$35 Ed Center Gym (door 4) No class Mar 4 & Mar 11

Soccer - Adult Indoor Co-ed

Join us for indoor soccer (Futsal). Futsal offers fast-paced, action-packed games in a gymnasium with a smaller ball. Games will be organized by the volunteer game coordinator. Substitutes will rotate in so everyone gets a chance to play. Whether you're experienced or new to soccer, we welcome everyone. Join us for exhilarating match-ups and opportunities to grow as a player and a member of our dynamic soccer-loving community. Pre-registration is required. Register on a week to week basis (\$7 each). Registration closes at 4pm each Thursday.

6393-IW24 Jan 4-Apr 25 Thu 6:30-8:30pm \$7/week Ed Center Gym (door 4)

Basketball - Adult

Recreational basketball is a great workout and a good time for both new and returning players. Players organize full court or cross court pick-up games and often play shirts and skins. A yellow or gold t-shirt can be worn as an alternative to skins. We request that players bring their own ball. Pre-registration is required. Register on a week to week basis (\$7 each). Registration closes at 4pm each Wednesday.

6023-IW24 Jan 3-Apr 24 Wed 6:30-8:30pm \$7/week FLAHS North Fieldhouse A (door 33)

Pickleball Club - Adult Co-ed

Players of all experience levels are invited to join the club! Players rotate in and out of games to ensure everyone has the opportunity to play. Individual players are welcome to participate in pick-up games. Bring your own paddle or borrow one of ours. Players should wear comfortable clothes, athletic shoes and bring a bottle of water. Pre-registration is required. Register on a week to week basis (\$7 each). Registration closes at 4pm each Wednesday.

6110-IW24 Jan 10-Apr 24 Wed 5-7pm \$7/week Ed Center Gym (door 4)

ADULT - BUSINESS & FINANCE

Draft Your Own Health Care Directive & Power of Attorney

Plan now for the unexpected with these two legal documents! You will learn about the use and benefits of the Financial Power of Attorney and Health Care Directive. The instructor will discuss the agent's responsibilities and factors in selecting your agents. You will leave the class with completed forms.

Julia Estrem, Esq.

6048-IW24 Jan 30 Tue 1 session 6-8pm \$39 Ed Center 126 (door 4)



Draft Your Own Will

Preparing your will is an important step in providing for the ones you love. Week 1: Learn the various techniques for property distribution of your estate. Explore basic estate planning concepts and assess your need for your estate plan. You will receive sample forms and language to use while you draft your own will. It will be necessary for participants to type or hand write their own document. The instructor will also cover circumstances that may require a review/revision of your will and a brief review of the benefits of a trust. Week 2: During this 30 minute session, you will sign the will you created. The language in your will will not be reviewed by an attorney and legal advice will not be given.

Julia Estrem, Esq.

6047-IW24 Jan 24: 6-8pm Wed 2 sessions Jan 31: 6-6:30pm \$55 Ed Center 117 (door 4)



Break Free from Student Loan Debt

Student loans are a financial challenge for many, especially those with debt balances of five to six figures. There are strategies about how to pay off your student loans in the most efficient way that could save you money. We will discuss how the new SAVE plan could benefit you, how to receive student loan forgiveness and other strategies to overcome your student loan debt. Spouses, partners and teenage to adult children are welcome to attend as one family.

Vince Darling

6406-IW24 Feb 7 Wed 1 session 6:30-8pm \$19/family Ed Center 117 (door 4)

Retirement Planning Today

This educational course for adults ages 50 to 70 is designed to teach you how to build wealth and align your money with your values to accomplish your goals in life. We will teach you the many ways to save for retirement as well as the advantages and disadvantages of each. You'll discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses. Above all, this course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals.

Mark Josephs

6194-IW24A Feb 8 & 15 Thu 2 sessions 6-9pm \$49/pair Ed Center 212 (door 4)

6194-IW24B Feb 13 & 20 Tue 2 sessions 6-9pm \$49/pair Ed Center 212 (door 4)

FREE CLASSES

Estate Planning - Introduction

Do I need a will? What's a trust? What is probate and why do people say to avoid it? With extensive estate planning experience, Julia will walk through these questions, some common myths and other elder law and estate planning topics such as probate, powers of attorney and health care directives in an informal discussion setting.

Julia Estrem, Esq.

6253-IW24 Jan 23 Tue Free 6-8pm Ed Center 117 (door 4) 1 session

Social Security: Facts & Strategies

Maximize your Social Security benefits. We'll explore claiming rules and strategies for couples, divorcees and surviving spouses on how to get the most out of your Social Security benefit. We will discuss the important role Social Security plays in retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the "widow trap". You should attend if you're within a few years of retirement. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and Advisory services offered through World Equity Group Inc., member of FINRA/SIPC.

Charles Taylor

6251-IW24 Jan 30 Free Tue 6:30-8pm 1 session Ed Center 117 (door 4) 6251-SP24 Apr 16 Tue 6:30-8pm Free 1 session Ed Center 117 (door 4)

Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65, attend this course to learn the basics of what Medicare is, how it works, how to avoid penalties and what you need to know to prepare yourself for this process. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and Advisory services offered through World Equity Group Inc., member of FINRA/SIPC.

Charles Taylor

6261-IW24 Feb 6 Tue 6:30-8pm Free Ed Center 117 (door 4) 1 session 6261-SP24 Apr 23 Tue 6:30-8pm 1 session Ed Center 117 (door 4)



5 Keys to Retiring Fearlessly



Do you know what next steps to take so you can retire? We can help. Join us for insights to help you achieve your retirement goals!. We will answer the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? No products will be sold. You will be provided with a Zoom link prior to the virtual class.

Matthew Merrick and Ben Prchal

6249-IW24AV Mar 19 Tue 12-1:30pm Free 1 session Virtual

6249-IW24B Mar 28 Thu 1 session 6-7:30pm Free Ed Center 117 (door 4)

Social Security: Timing is Everything



Social Security is a vital income source for many retirees, but it can be a confusing topic. Making the most of your Social Security can have a lot to do with correct timing. We'll cover when you should apply, how to maximize your benefits and how it may affect your spouse. Get answers to your questions and learn what Social Security can mean for you. No products will be sold. You will be provided with a Zoom link prior to the virtual class.

Matthew Merrick and Ben Prchal

6248-IW24A Feb 15 Thu 1 session 6-7:30pm Free Ed Center 117 (door 4)

6248-IW24BV Feb 20 Tue 1 session 12-1:30pm Free Virtual



Dungeons and Dragons Learn To Play Age 12-Adult

Learn everything you need to enjoy tabletop gaming and 5th Edition Dungeons and Dragons. We'll cover character creation, basic rules and taking your character into a beginner-friendly adventure. You need nothing to play. Simply show up and we'll take care of the rest!

Badwolf Adventure Studios

6396-IW24 Feb 20 Tue 1 session 6:30-8:30pm \$35 Ed Center 117 (door 4)

Dungeons and Dragons - Adventure Age 12-Adult

Perfect for both experienced players and newcomers alike! Let our Professional Game Master take you on a Dungeons and Dragons journey designed to be completed in a single play session. Adventure sessions are the perfect opportunity to familiarize yourself with the world of D&D and try out new character ideas!

Badwolf Adventure Studios

6400-IW24 Mar 26 Tue 1 session 6:30-8:30pm \$35 Ed Center 117 (door 4)

SELF DEFENSE CLASSES

Self Defense

Learn to recognize potentially threatening situations from the six major assault categories (frontal attack, side attack, rear attack, weapon attack, gang attack and non-standing attack). You will acquire verbal strategies, physical techniques and other counter and preemptive tools and interventions to effectively deter and protect yourself from dangerous situations. A strong emphasis is placed on empowering the mind to overcome fear and to let go of a "victim mentality". Master Jeff Wood, 5th Dan Black Belt in Tae Kwon Do, is the head instructor for this class.

Jeff Wood

6358-IW24 Feb 7-Apr 17 Wed 10 sessions 8:15-9pm \$69

Ed Center Cafeteria (door 4)

No class Mar 6

Women's Self Defense Seminar Age 15+

Learn and practice the strategies and skills to protect yourself from attack situations that are common and unique to women. You will learn the preemptive tactics, escape maneuvers, verbal interventions, physical techniques, effective use of self-defense devices and other counter-attack skill sets to quickly end a potentially dangerous encounter. Adopt the mindset of a confident victor through a strong emphasis of empowering the mind to prevail in an assault.

Jeff Wood

6368-IW24 Jan 31 Wed 1 session 6-8:30pm \$35 Ed Center Cafeteria (door 4)

MUSIC & DANCE

Dance - Country Two-Step, Country Swing & Line Dance

Country two step is a fast, fun partner dance. It can be danced to a variety of country music songs and has endless step combinations. Country swing is a newer dance that has evolved into a fun and fast swing dance. Learn the basic two step and country swing patterns and several fun turns and moves. We will also work one step at a time on one or two of the most popular country line dances of the past several years.

Heidi Smith-Miranda

6111-IW24 Jan 25-Feb 15 Thu 7-8:30pm

4 sessions \$49/person, \$79/couple FV Cafeteria (door 4)

Dance - Wedding Workshop

Impress your friends and relatives at the next family wedding! Whether you are the bride and groom, part of the bridal party or a guest at a wedding, this workshop will give you the skills needed to look great out on the dance floor. Basic steps and some fun patterns will be covered in Waltz, Swing, Nightclub Two Step, Slow Dance and a little Polka. This is a great way for the entire wedding party to have fun and get the dancing started with style!

Heidi Smith-Miranda

6033-IW24 Mar 28 Thu 7-9pm 1 session \$39/person, \$49/couple Ed Center Cafeteria (door 4)

Music Lessons - Band Age 10-Adult

These 30 minute lessons are a great opportunity for musicians to improve their ability to play their instrument. Your instructor will be provided with your contact information and will contact you to schedule the lessons. If you need to cancel and reschedule a lesson, please contact your instructor by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled

Jake Matheson

5044-IW24

6 Lessons: \$169 8 Lesson: \$219 12 Lessons: \$329



AARP Smart Driver - 4 hour

Taught by AARP trained instructors, Smart Driver teaches safe driving techniques to help keep you and your loved ones safe on the road. Insurance discounts are given to those 55+ after completing the course. If you've previously completed the eight hour introductory course, you can take the four hour refresher course thereafter in order to receive your insurance discount.

AARP Instructor

6036-IW24 Mar 21 Thu 12:30-4:30pm 1 session \$29 AARP non-member, \$25 AARP member

Ed Center 117 (door 18)

6036-SP24 Apr 9 Tue 5:30-9:30pm 1 session \$29 AARP non-member, \$25 AARP member

Ed Center 117 (door 4)

AARP Smart Driver - 8 hour

Taught by AARP trained instructors, Smart Driver teaches safe driving techniques to help keep you and your loved ones safe on the road. Insurance discounts are given to those 55+ after completing the course. If you've never taken a safe driver course, then you must complete the eight hour introductory course in order to receive your insurance discount. After completing the eight hour course once, you can take the four hour refresher course thereafter in order to continue the insurance discount.

AARP Instructor

6035-IW24 Mar 19 & 21 Tue & Thu 5:30-9:30pm 2 sessions \$29 non-AARP member, \$25 AARP member

Ed Center 117 (door 4)



Register online at www.flaschools.org/ce or call (651) 982-8110.

LINK - ADULTS WITH DISABILITIES

LIFE SKILLS • INDEPENDENCE • NETWORKING • KNOWLEDGE

About the LINK Program

The LINK program offers social, recreational and educational opportunities for adults with disabilities. Community Education staff members plan a variety of activities to enrich the lives of LINK participants and help them be active and engaged members of the community.



Winter Activities

Information on the activities listed below (and other great opportunities) will be included in our LINK newsletter and online at www.flaschools.org/ce. The newsletter will be mailed to those on our mailing list.

- DINNER AT KEY'S CAFE
- BINGO NIGHT
- HOT CHOCOLATE GAME NIGHT
- WINTER CRAFT NIGHT
- AND MORE!

More Information

Do you have questions about upcoming activities? Would you like to receive the LINK newsletter? Contact Janet at (651) 982-8328 or jnutter@flaschools.org.

Transportation

Transportation is available for a fee and is limited based on distance, travel time and space available. If you are requesting transportation for the first time, please contact Janet at (651) 982-8328 or jnutter@flaschools.org to confirm availability. Participants are transported in Forest Lake Area Schools' vans and SUVs. These vehicles are not equipped with wheelchair lifts.

Please Note

Participants who require personal assistance for physical and/or behavioral issues must be accompanied and supervised in activities by a caregiver. If a behavioral incident occurs, a caregiver may be required to accompany the participant to all future activities.

Accommodations

If you have a disability and need accommodations in order to participate in Community Education, call Tracy Angelo at (651) 982-8110. Call at least 10 working days before your class is scheduled to begin. We will do our best to make needed accommodations.

Cancellations Due to Weather

Participant safety is our primary concern. We will cancel activities if the staff believe road conditions are unsafe. Please be aware of weather conditions prior to LINK activities as we may be trying to contact you on short notice. We will make decisions at least 60 minutes before the activity is scheduled to begin.

Cancellations

Please see the Cancellations & Refunds Policy on page 62.



ADULT BASIC EDUCATION (ABE)

Basic Skills Refresher/Accuplacer Preparation

Are you preparing to enter college or interested in improving your reading, writing, math or computer skills? Based on your individual needs, you will be guided through activities and materials to help you meet your educational goals.

English as a Second Language

Are you or is someone you know interested in improving their English? Foreign-born adults are welcome to work one-on-one or in small groups with teachers or tutors to improve English skills that are necessary in everyday life. Students can enter the program with any level of English language skill and move through the program at their own pace.

Citizenship Test Preparation

Are you on the path to becoming a U.S. Citizen? Citizenship test preparation will teach reading, writing, listening and speaking skills as well as the content needed to pass the naturalization interview.

Family Learning Program (FLP)

Ages Birth-2 attend Sibling Care • Ages 3-5 attend Preschool

The Family Learning Program is ideal for parents with young children. Families enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children attend Preschool (page 55) or Sibling Care while parents participate in parent education classes and work on goals such as GED test preparation, improving their English language or other basic skills.

Sep-May Tue, Thu 11:30am-3:30pm

Programa de Aprendizaje Familiar Edades:

Los niños 0 a 12 semanas asisten a la guardería. Los niños de 3 a 5 años asisten al programa de preescolar.

El programa de Aprendizaje Familiar es un programa ideal para padres con niños pequeños. Las familias disfrutan del almuerzo juntos, experimentan aprendizajes guiados por maestros, y además consiguen ideas que pueden aplicar posteriormente en sus casas. Mientras que los niños asisten a la clase de preescolar (página 55) o la guardería los padres participan en una clase donde pueden trabajar sus metas académicas, prepararse para el examen GED, mejorar sus destrezas de inglés, o cualquier otro tipo de destreza básica.

Sep-May Martes, Jueves 11:30am-3:30pm

Questions About ABE or GED® Preparation?

Visit www.flaschools.org/ce, call (651) 982-8302 or email skimber@flaschools.org.



GET YOUR GED®!

GED® PREPARATION

Work with the guidance of a licensed teacher to prepare to take your GED test. We will determine where you need extra support in order to pass all four sections of the GED test. You will have access to instructional materials and timed practice tests.

GED® TESTING

Create an account at the GED Testing Service website www.ged.com to help prepare for the GED test. With this online account, you will register, pay, schedule tests and get your test results. You can also learn more about the GED tests and schedule your tests through the Pearson Vue GED Call Center at 1-877-392-6433. Pre-registration is required and testing will be completed by appointment only.

GED® TESTING SCHEDULE

Wednesdays, Jan 3-May 29 5:30-8:45pm Ed Center (door 4) 125 No testing Mar 6

ABE Location

Education Center 943 9th Ave SW Forest Lake, MN 55025

Room 134

Daytime entrance: door 18 Evening entrance: door 4

ABE Class Schedule

January 2 - June 6, 2024 Mon & Wed 9am-12pm Tue & Thu 9am-12pm 1-8pm

*No class Jan 22-23, Feb 19, Mar 4-11, May 27. No evening class Mar 12.

YOUTH SECONDARY - ATHLETICS & RECREATION



MIDDLE SCHOOL SPORTS

Middle school sports are an introduction to what participants will experience at the high school level. Games and meets will be played against other local middle school teams. Practices, games and meets will be held at Forest Lake Area Middle School (FLAMS) unless away at an opponent's location. Transportation to the away games is provided and will return to FLAMS. Families must provide transportation home from FLAMS after practices and games. Game uniforms will be provided.

Middle School Basketball Boys Grades 7-8

Middle school basketball is an introduction to what participants will experience at the high school basketball level. Advanced skills such as dribbling, passing, shooting as well as offensive and defensive strategies will be the focus.

Mon-Thu, 2:30-4:30pm FLAMS Gyms \$205

BOYS

Tentative Dates: Jan 8-Mar 1 1545-FA23A: Grade 7 1545-FA23B: Grade 8

Middle School Track & Field Boys & Girls Grades 7-8

Come have fun in Middle School Track & Field! Each student athlete will get to explore all of the events in track & field while working with the middle school and high school coaches. Track & Field is open to all types of athletes and no prior experience is necessary. Athletes must wear appropriate running or cross training shoes (running spikes are optional), layers of clothing for all types of weather and bring a bottle of water everyday.

More information coming in the Spring/Summer Catalog and online!

HIGH SCHOOL ATHLETICS

WINTER

Alpine Skiing (7-12)

Boys Basketball (9-12)

Girls Basketball (9-12)

Dance Team (8-12)

Gymnastics (7-12)

Boys Hockey (7-12)

Girls Hockey (7-12)

Nordic Skiing (7-12)

Boys Swim & Dive (7-12)

Wrestling (7-12)

SPRING

Baseball (9-12)

Boys Golf (7-12)

Girls Golf (7-12)

Boys Lacrosse (8-12)

Girls Lacrosse (7-12)

Softball (9-12)

Synchro (7-12)

Boys Tennis (7-12)

Boys Track & Field (9-12)

Girls Track & Field (9-12)

Boys Volleyball (9-12)

FALL

Boys Cross Country (7-12)

Girls Cross Country (7-12)

Football (9-12)

Boys Soccer (9-12)

Girls Soccer (9-12)

Girls Swim & Dive (7-12)

Girls Tennis (7-12)

Girls Volleyball (9-12)

rangers.flaschools.org

YOUTH SECONDARY - ATHLETICS & RECREATION

Tae Kwon Do Ages 6-15

This ancient Korean martial art began over a thousand years ago and became the world's most popular martial art and form of self-defense. Tae Kwon Do is great physical exercise involving the use of your mind, body and spirit while nationally certified instructors teach self control, courtesy, perseverance and integrity. Parents report that their children become more focused in school, increase their self-confidence and improve their social relationships. It is an excellent activity no matter what your level of athletic ability. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4665-IW24 Feb 3-Feb 24 Sat 4 sessions 9-9:45am \$55 Sun Yi's Academy

Fencing Ages 6-15

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouting, you'll learn fencing strategies that require problem solving skills. You'll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided. Please wear long athletic pants, t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play

4626-IW24 Jan 30-Mar 26 Tue 6 sessions 6-7pm \$99 FL Elem Gym (door 1) No class Feb 27, Mar 5 & 12

Tennis Clinic Age 5-Grade 8

Beginner tennis students will learn the basics of good form for the following four strokes: forehand, backhand, volley and serve. This foundation will allow them to start to rally with each other by the end of the class.

View details online at www.flaschools.org/ce



rchery - Intro Ages 8-15

Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, shooting techniques and enhance your skills as a shooter. Don't miss out on this great opportunity. Shoot straight, have fun and remember - safety first! The registration fee will be refunded after the second session if children are not strong enough to achieve full draw of the bow.

Gina Severson and Julie Severson

4018-IW24 Feb 6-Mar 26 Tue 5 sessions 5:30-6:30pm \$59 Ed Center Gym (door 4) No class Feb 27, Mar 5 & 12

Archery - Advanced Ages 10-15

If you've completed the Archery - Intro class and learned about the parts of the bow and arrow, you can continue honing your techniques and skills as a shooter. We will continue to follow the National Archery in the Schools Program curriculum. Safety always comes first but having fun is required.

Gina Severson and Julie Severson

4132-IW24 Feb 6-Mar 26 Tue 5 sessions 6:45-7:45pm \$59 Ed Center Gym (door 4) No class Feb 27, Mar 5 & 12



Youth Aquatics | PAGES 42-47

YOUTH SECONDARY - CREATIVE ARTS

Sewing Machine Quick-Start Age 16-Adult

If you've never used a sewing machine before or if it's been years, this is a great class to take first! You'll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on your own. Get comfortable with the sewing machine and practice your skills. You are welcome to and may find it helpful to bring your own sewing machine if it is in good working order.

Sewing and Fitting Mentor - Renee Bontjes

5087-IW24 Jan 18 Thu \$45 6-8pm 1 session Sewing and Fitting Mentor

Sewing - Getting Started Ages 8-16

Has your child been curious about sewing or wanted to make fun creations? Even if they've never used a sewing machine before, this is a great opportunity to learn the craft. They'll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on their own. They are welcome to and may find it helpful to bring their own sewing machine if it is in good working order. This class will be needed to attend other sewing classes.

Sewing and Fitting Mentor - Renee Bontjes

5112-IW24 Feb 22 Thu 1 session \$45 6-8pm Sewing and Fitting Mentor

Sewing - Cosplay/Costume: Peasant/Pirate Top Age 12-Adult

The wonderful thing about this shirt is it's an easy and versatile foundational garment to many costume options for the summer/fall Renaissance Festival season as a maiden, poet or pirate and other costumes. (Prerequisite: Sewing -Getting Started or a previous sewing class with Sewing and Fitting Mentor.) Yardage and a basic supply list is available on the Community Education website or call 651-982-8110 for information.

Sewing and Fitting Mentor - Renee Bontjes

5127-SP24 Apr 18 & Apr 25 Thu \$79 2 sessions 6-8pm Sewing and Fitting Mentor







Music Lessons

These 30 minute lessons are a great opportunity for musicians to improve their ability to play their instrument. Your instructor will be provided with your contact information and will contact you to schedule the lessons. If you need to cancel and reschedule a lesson, please contact your instructor by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.

6 Lessons: \$169 8 Lesson: \$219 12 Lessons: \$329

Music Lessons - Band Age 10-Adult Jake Matheson 5044-IW24

Music Lessons - Orchestra Ages 6-18 Pojanat Schreiber 5122-IW24

View full course descriptions online at www.flaschools.org/ce

YOUTH SECONDARY - SPECIAL INTEREST

Dungeons and Dragons - Adventure Grades 7-8

Perfect for both experienced players and newcomers alike! Let our professional Game Master take you on a Dungeons and Dragons journey designed to be completed in a single play session. Adventure sessions are the perfect opportunity to familiarize yourself with the world of D&D and try out new character ideas!

Badwolf Adventure Studios

5129-IW24A Mar 21 Thu 1 session 2:30-4:30pm \$35

FLAMS Media Center (door 1)

5129-IW24B Mar 26 Tue 1 session 6:30-8:30pm \$35

Ed Center 117 (door 4)

Dungeons and Dragons Learn To Play Grades 7-8

Learn everything you need to enjoy tabletop gaming and 5th Edition Dungeons and Dragons. We'll cover character creation, basic rules and taking your character into a beginner-friendly adventure. You need nothing to play. Simply show up and we'll take care of the rest!

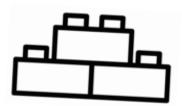
Badwolf Adventure Studios

5128-IW24A Feb 15 Thu 1 session 2:30-4:30pm \$35

FLAMS Media Center (door 1)

5128-IW24B Feb 20 Tue 1 session 6:30-8:30pm \$35

Ed Center 117 (door 4)



Lego Robot League Grades 4-9

Students will work together to build a LEGO® Robot and learn basic programming to make the robot move and complete certain tasks focusing on basic movement and using sensors. By combining the blocks, we will explore the magic of bringing the robot to life! Students will be presented with a number of challenges for the robot to accomplish. Bring a beverage and a nut free snack.

Dean Jensen

4139-IW24 Feb 6-Apr 9 Tue 9 sessions 4:30-5:30pm \$89

Ed Center 111 (door 4) No class Mar 5



PrepStar Blast Grades 10-12

A strong ACT score continues to be important for college admissions and financial aid. In this class, Renee Holmquist, outstanding FLAHS teacher, will cover the test format, essential strategies and content review. Students will take a fully proctored practice ACT test. They will score their test in the online scoring system for immediate results and will receive a detailed score report.

PrepStar - Renee Holmquist

5028-IW24 Thu, Feb 15 & 22: 6-9pm \$169

3 sessions Sat, Feb 24: 9am-1pm

FLAHS Media Center (door 32)

No class Feb 17

REGISTER TODAY!



YOUTH SECONDARY - SPECIAL INTEREST

American Red Cross Certified Babysitters Training Ages 11-16

Becoming a Certified Babysitter provides the knowledge necessary for young people to make some extra money. Course topics include: leadership, safety and responsibility, safe play, basic care, first aid for breathing and bleeding emergencies and the business of babysitting. This course includes fun activity ideas to keep a variety of age groups amused! Participants will take home a babysitters bag to bring with them whenever they babysit. In addition to the bag, participants will receive a handbook, certificate and safety kit. Students should bring a pencil, infant sized baby doll or stuffed animal, a nut free snack and a lunch. Participants must be at least 11 years old - age will be verified.

American Red Cross

 4388-IW24
 Jan 15
 Mon

 1 session
 9am-3:15pm
 \$99

Ed Center 117 (door 18)

Self Defense Ages 4-17

Every day 160,000 children miss school out of fear of being intimidated by a bully or by a threatening individual in their neighborhood. This self-defense class will empower youth ages four and older with non-threatening self-defense techniques and skills to protect them from those who would do harm and from other threatening situations. Students in this class are eligible, if they desire, to earn a certified Yellow Belt rank at the conclusion of the ten week session. Master Jeff Wood, 5th Dan Black Belt in Tae Kwon Do, is the head instructor of this class.

Jeff Wood

Ages 4-8

4104-IW24A Feb 7-Apr 17 Wed 10 sessions 6:15-7pm \$69

Ed Center Cafeteria (door 4)

No class Mar 6

Ages 9-17

4104-IW24B Feb 7-Apr 17 Wed 10 sessions 7:15-8pm \$69

Ed Center Cafeteria (door 4)

No class Mar 6

American Red Cross



YOUTH SERVICE CLUB

GAIN NEW PERSPECTIVES • GIVE BACK • CREATE CONNECTIONS

This is an awesome opportunity for Forest Lake Area High School students (grades 9-12) who want to make a difference in our community. Participate in leadership development and learn about opportunities for students to get connected with volunteer projects. Students will have the opportunity to achieve a varsity letter in volunteerism and community service. Meeting schedule for the 2023-2024 school year is to be determined. Please contact Janet at jnutter@flaschools.org for information on meeting dates. Accomplish Something * Help Others * College Admissions





DRIVER'S EDUCATION

FLASCE proudly partners with A+ Driving School



A+ Driving School is dedicated to training teens and adults to become safe and courteous drivers. We are experts in our field and instruct over 4,000 students each year. Our curriculum is constantly expanding with new ideas, updated methods and the latest innovations. Our main philosophy is Defensive Driving and we put a key emphasis on safety.

Please visit www.aplusdrivingschool.net for current class schedule and registration details. Must be at least 14 years old to register.

Elementary Schools Athletic League Information

Forest Lake Area Schools Community Education (FLASCE) athletic leagues for boys and girls provide participants with tools to learn and improve their sportsmanship and sport specific skills while promoting an active lifestyle and having fun. Our leagues are a great introduction to sports and can build on existing skills for those participants with previous experience. The current FLASCE catalog features the following league: baseball. FLASCE athletic leagues run for 6-8 weeks and participants get to experience live game play as well as learn and practice skills and strategies. All participants will receive a t-shirt/jersey if registered by the deadline. Please indicate size when registering. To check for availability after the registration deadline, please call (651) 982-8392 or email ksuloff@flaschools.org. Coaches will notify participants of practice and game schedules the week after the league's coaches meeting.

Volunteer Coaches Needed

If you enjoy working with youth, this is a great way to give back to the community and impact the lives of children! Plus, coaches get to set the practice schedule for their team! If you are interested in being a volunteer coach, please indicate this when registering.

T-Ball League Boys & Girls Age 4-Kindergarten

Your child will learn to hit, throw, catch, field and run with proper technique through games and exercises in a fun, non-competitive environment. Fee includes a hat and a t-shirt. Your child must be the required age by June 30 to register, no exceptions.

Registration Deadline: March 26 \$109 before Mar 26, \$129 after Mar 26

Games & Practices

Practices will tentatively start the week of April 29; start date can vary due to weather. Games are set to begin the week of May 13 and take place on Tuesdays with a start time between 5:30-7:30pm.

Boys T-Ball Baseball League Girls T-Ball Softball League

Age 4: 1578-SP24 Age 4: 1579-SP24 Age 5-K: 1576-SP24 Age 5-K: 1577-SP24

Softball League Girls Grades 1-2

Coach slow-pitch softball can build coordination, help to keep kids active and improve their skills while they have fun with their friends. Fee includes a hat and a t-shirt. Children must be registered for their current grade, no exceptions.

Registration Deadline: March 26 \$109 before Mar 26, \$129 after Mar 26

Game & Practices

Practices will tentatively start the week of April 29; start date can vary due to weather. Games are set to begin the week of May 13 and take place on Thursdays with a start time between 5:30-7:30pm.

Grades 1-2: 1580-SP24



ELEMENTARY YOUTH - ATHLETICS & RECREATION

Baseball League Co-ed Grades 1-6

Baseball can build coordination, help to keep kids active and improve their skills while they have fun with their friends. Fee includes a hat and a t-shirt. Children must be registered for their current grade, no exceptions. More details can be found online at forestlake.ce.eleyo.com.

Registration Deadline: March 26 \$109 before Mar 26, \$129 after Mar 26

Games & Practices

Practices will tentatively start the week of April 29; start date can vary due to weather. Games are set to begin the week of May 13 and take place on Tuesdays (Grades 5-6) or Thursdays (Grades 1-4) with a start time between 5:30-7:30pm.

- Grade 1 Modified T-Ball: Set number of pitches by the coach to put the ball in play, if that pitch amount is exceeded, there will be an opportunity to put the ball in play off of a tee.
- Grade 2 Coach Pitch: Set number of pitches by the coach to put the ball in play.
- Grades 3-4 Modified Coach Pitch: Set number of pitches by the coach to put the ball in play and potential for player pitch.
- Grades 5-6 Baseball: Player pitch, age appropriate rules will be followed.

Grade 1 : 1571-SP24 Grade 4: 1574-SP24 Grade 2: 1572-SP24 Grades 5-6: 1575-SP24

Grade 3: 1573-SP24

COMING SPRING/SUMMER '24

Full Day Rangers Multi-Sports Camp Girls & Boys Ages 6-12

View more information in the Spring/Summer Catalog and online at www.flaschools.org/ce



Basketball - March Madness Ages 5-8

March Madness is here! Take your skills to the next level in this fun, fast-paced session of March Madness Basketball. Fundamentals and fun are in store. Emphasis is placed on developing the basic skills of dribbling, shooting, passing, sportsmanship and teamwork. We use engaging and dynamic games to support students' growth including our unique three-on-three style game. This is a high-octane class with an inclusive atmosphere.

{YEL!} Youth Enrichment League

{YEL!} Youth Enrichment League					
4647-IW24A 5 sessions	Mar 15-Apr 26 3:45-4:45pm Linw Gym (door 2 No class Mar 29 8	•			
4647-IW24B 5 sessions	Mar 19-Apr 16 3:45-4:45pm Lino Gym (door 1)	Tue \$69)			
4647-IW24C 5 sessions	Mar 20-Apr 17 3:45-4:45pm Wyo Main Gym (c	Wed \$69 loor 1)			
4647-IW24D 5 sessions	Mar 21-Apr 18 3:45-4:45pm Col Gym (door 1)	Thu \$69			
4647-IW24E 5 sessions	Mar 28-Apr 25 3:45-4:45pm FV Main Gym (do	Thu \$69 or 4)			
4647-IW24F 5 sessions	Mar 25-Apr 22 3:45-4:45pm Scan Gym (door 1	Mon \$69)			

ELEMENTARY YOUTH - ATHLETICS & RECREATION



Floor Hockey Grades K-3

Get your pulse pounding with our new, fast-paced floor hockey class. Develop your basic stick handling, shooting and teamwork skills. Safety and sportsmanship are emphasized each week. Floor hockey sticks and an indoor puck will be used. For boys and girls alike!

{YEL!} Youth Enrichment League

(TEE:) TOURN EN	memmem League	
4138-IW24A 5 sessions	Jan 26-Feb 23 3:45-4:45pm Linw Gym (door	Fri \$69 2)
4138-IW24B 4 sessions	Jan 29-Feb 26 3:45-4:45pm Scan Gym (door No class Feb 19	\$59
4138-IW24C 4 sessions	Feb 6-Feb 27 3:45-4:45pm Lino Gym (door	Tue \$59 1)
4138-IW24D 4 sessions	Jan 31-Feb 28 3:45-4:45pm Wyo Main Gym No class Feb 7	Wed \$59 (door 1)
4138-IW24E 3 sessions	Feb 1-Feb 22 3:45-4:45pm Col Gym (door 1	Thu \$49)
4138-IW24F 4 sessions	Jan 25-Feb 15 3:45-4:45pm FV Main Gym (d	Thu \$59 oor 4)



No class Feb 15

Basketball Winter Clinic Boys Grades K-3

Future Forest Lake Boys Basketball players are encouraged to sign up for this awesome opportunity! All boys in Grades K, 1, 2 or 3 are invited to participate. All skill levels will be encouraged to join the fun! Each student will get the opportunity to interact with the high school players and coaches while working on skill development, and playing fun games! You will also have a chance to go to a high school game and be a part of the experience on February 6 - included in the price of the clinic! Please have each student bring a bottle of water and a basketball if available.

Grades K-1

1557-IW24A	Jan 13, 27 & Feb 10	Sat
4 sessions	9-10am	\$49
	FLAHS Fieldhouses &	Main Gym

Grades 2-3

1557-IW24B	Jan 13, 27 & Feb 10	Sat
4 sessions	10-11am	\$49
	FLAHS Fieldhouses &	Main Gym



Tennis Clinic Age 5-Grade 8

Beginner tennis students will learn the basics of good form for the following four strokes: forehand, backhand, volley and serve. This foundation will allow them to start to rally with each other by the end of the class.

View details online at www.flaschools.org/ce

ELEMENTARY YOUTH - ATHLETICS & RECREATION

Tae Kwon Do Ages 6-15

This ancient Korean martial art began over a thousand years ago and became the world's most popular martial art and form of self-defense. Tae Kwon Do is great physical exercise involving the use of your mind, body and spirit while nationally certified instructors teach self control, courtesy, perseverance and integrity. Parents report that their children become more focused in school, increase their self-confidence and improve their social relationships. It is an excellent activity no matter what your level of athletic ability. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4665-IW24 Feb 3-Feb 24 Sat 4 sessions 9-9:45am \$55 Sun Yi's Academy

Archery - Intro Ages 8-15

Bullseye! Are you looking to try something new or want to enhance your archery skills? Following the National Archery in the Schools Program curriculum, you will learn about all the parts of the bow and arrow, shooting techniques and enhance your skills as a shooter. Don't miss out on this great opportunity. Shoot straight, have fun and remember - safety first! The registration fee will be refunded after the second session if children are not strong enough to achieve full draw of the bow.

Gina Severson and Julie Severson

4018-IW24 Feb 6-Mar 26 Tue 5 sessions 5:30-6:30pm \$59 Ed Center Gym (door 4) No class Feb 27, Mar 5 & 12

Archery - Advanced Ages 10-15

If you've completed the Archery - Intro class and learned about the parts of the bow and arrow, you can continue honing your techniques and skills as a shooter. We will continue to follow the National Archery in the Schools Program curriculum. Safety always comes first but having fun is required.

Gina Severson and Julie Severson

4132-IW24 Feb 6-Mar 26 Tue 5 sessions 6:45-7:45pm \$59 Ed Center Gym (door 4) No class Feb 27, Mar 5 & 12



Fencing Ages 6-15

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Classes begin with warm-up exercises followed by games, footwork and drills in a fun, enjoyable atmosphere. Through strategic bouting, you'll learn fencing strategies that require problem solving skills. You'll also build confidence and develop your analytical skills by learning and practicing how to referee bouts. Fencers are fully protected with a mask, jacket and gloves. All equipment is provided. Please wear long athletic pants, t-shirt, athletic shoes and bring a bottle of water.

Minnesota Sword Play

4626-IW24 Jan 30-Mar 26 Tue 6 sessions 6-7pm \$99 FL Elem Gym (door 1) No class Feb 27, Mar 5 & 12

Intro to Ninja Obstacle Course Ages 5-12

Young ninjas develop strength and agility by learning different styles and techniques to master many obstacles! This great class teaches the fundamentals needed for kids to start their ninja journey! Increased flexibility, problem solving and coordination can be transferred into ninja-level testing or enhance other athletic performances.

Conquer Ninja Blaine Gym

4223-IW24 Jan 7-Feb 25 Sun 8 sessions 4-5pm \$159 Conquer Ninja Blaine Gym

ICE SKATING

Learn to Ice Skate

If you are looking to play hockey, figure skate or just skate for fun, our lessons are the perfect fit. We teach the basics of ice skating through focusing on fundamentals and having fun. Skaters are organized into groups by their skating ability/level. Our skater to coach ratio is 12 to 1 per class. Skaters must be dressed for the cold. We recommend mittens, hats and comfortable clothing that is easy to move in. All skaters ages 6 and under must bring and wear a helmet (bike or hockey helmets are fine). We recommend having the younger skaters wear snow pants to help keep them warm and dry. Skaters must provide their own skates.

Skills taught: proper way to fall down and get up, marching in a standing position and marching while moving, two-foot spin, inside pivot, forward spiral, inside and outside backward edges, half flip, waltz jump as well as many more skills that are hockey and skating based.

Please note: when the Skating Director feels a skater has mastered all of the skills in their level, they will be moved up to the next level/class.

Session 1: Saturdays, December 30- February 10 (7 Lessons) Session 2: Saturdays, February 17 - April 13 (7 Lessons)

Skating Lessons

Tots 1	1601-IW24	\$159
Tots 2	1602-IW24	\$159
Tots 3	1623-IW23	\$159
Tots 4	1624-IW23	\$159
Pre Alpha	1603-IW24	\$159
Alpha 5	1604-IW24	\$195
Beta 6	1605-IW24	\$195
Delta 8	1607-IW24	\$195
Gamma 7	1606-IW24	\$195



Ice Skating Show

Skaters will spend three to six practices learning a routine they perform during our ice show. All levels are invited to sign up!

Details can be found online at forestlake.ce.eleyo.com.

For lesson times, descriptions and prerequisites, visit forestlake.ce.eleyo.com and search "skating".

^{*}No class Mar 9 & 30

ELEMENTARY YOUTH - CREATIVE ARTS

Beginning Ballet Ages 5-6

Children will learn ballet movements and creative expression for beginners. The emphasis is on basic locomotor development, rhythm and creative expression. Our dancers learn dance in a playful, imaginative and non-competitive environment.

The Dance Factory

4291-IW24 Feb 3-Feb 24 Sat 4 sessions 10:45-11:15am \$55 Dance Factory

Ranger Singers Grades 3-6

Hey kids! Are you ready for more singing?! Join Ranger Singers during the winter season. Keep your voices and heart warm by singing with friends. We will move and groove to new songs while improving everyone's singing skills. Ranger Singers will perform the National Anthem at a Varsity Boys and/or Girls Basketball game and at the Forest Lake Area High School auditorium on Feb 26, 2024 before a high school concert. The basketballNational Anthem dates will be either Feb 9 and/or Feb 16.

Lisa Sauer

4002-IW24A Jan 9-Feb 20 Tue 6 sessions 3:45-5pm \$55 Lino 116 (door 1) No class Jan 23

Dana Spears

4002-IW24B Jan 9-Feb 20 Tue 6 sessions 3:45-5pm \$55 Wyo 143 (door 1) No class Jan 23

Kerrie Bahr

4002-IW24C Jan 9-Feb 20 Tue 6 sessions 3:45-5pm \$55 Col 149 (door 1) No class Jan 23

Deanna Grosingnee

4002-IW24D Jan 9-Feb 20 Tue 6 sessions 3:45-5pm \$55 Linw 156 (door 2) No class Jan 23

Katie Hagaman

4002-IW24E Jan 9-Feb 20 Tue 6 sessions 3:45-5pm \$55 Scan 114 (door 1) No class Jan 23



Music Lessons

These 30-minute lessons are a great opportunity for musicians to improve their ability to play their instrument. Your instructor will be provided with your contact information and will contact you to schedule the lessons. If you need to cancel and reschedule a lesson, please contact your instructor by email at least 24 hours in advance. Lessons canceled with less than 24 hours notice will not be rescheduled.

6 Lessons: \$169 8 Lesson: \$219 12 Lessons: \$329

Music Lessons - Band Age 10-Adult Jake Matheson 5044-IW24

Music Lessons - Orchestra Ages 6-18 Pojanat Schreiber 5122-IW24

View full course descriptions online at www.flaschools.org/ce





ELEMENTARY YOUTH - CREATIVE ARTS

Painting - Family/Partners Age 6-Adult

Adult and child pairs will work together to create one great painting that spans two 8x10" canvases. No experience is necessary to enjoy this fun filled opportunity under the guidance of Jeremy Ross of Your Bearded Artist. He will lead you through the entire process. Each session will feature a different painting. All supplies are included. Due to materials being prepared in advance, there are no refunds after noon on the day of class.

Your Bearded Artist - Jeremy Ross

Winter Penguins

6397-IW24A Jan 27 Sat 10am-12pm \$55 per pair 1 session FLAHS 622 (door 32)

Owl Always Love You

6397-IW24B Feb 24 Sat 10am-12pm \$55 per pair

1 session FLAHS 622 (door 32)

Moonlit Puppy Love

6397-IW24C Mar 23 Sat 10am-12pm \$55 per pair

1 session FLAHS 622 (door 32)

Aguarium of Fun

6397-IW24D Apr 27 Sat 10am-12pm \$55 per pair

1 session FLAHS 622 (door 32)

Mega Mess Making Ages 5-12

We'll paint with plaster, tie-dye, make papier mache birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. These are not projects to tackle at home - leave the mess with us. After all, art can be a mega messy good time!

Kidcreate Studio

4134-IW24A 4 sessions	Jan 29-Feb 26 LILA Lower Scho No class Feb 19	Mon ol (Main	2:15-3:15pm)	\$85
4134-IW24B 4 sessions	Jan 31-Feb 21 Col 109 (door 1)	Wed	3:45-4:45pm	\$85
4134-IW24C 4 sessions	Jan 25-Feb 15 Wyo 132 (door 1)	Thu	3:45-4:45pm	\$85
4134-IW24D 4 sessions	Feb 2-Feb 23 Linw 159 (door 2)	Fri)	3:45-4:45pm	\$85
4134-IW24E 4 sessions	Mar 12-Apr 2 FV 122 (door 4)	Tue	3:45-4:45pm	\$85
4134-IW24F 4 sessions	Mar 13-Apr 3 Scan 129 (door 1)	Wed)	3:45-4:45pm	\$85
4134-IW24G 4 sessions	Mar 14-Apr 4 Lino 207 (door 1)	Thu	3:45-4:45pm	\$85





ELEMENTARY YOUTH - CREATIVE ARTS

Sewing - Getting Started Ages 8-16

Has your child been curious about sewing or wanted to make fun creations? Even if they've never used a sewing machine before, this is a great opportunity to learn the craft. They'll learn how to thread a sewing machine and sew a straight line as well as techniques for machine handling that are frustrating to figure out on their own. They are welcome to and may find it helpful to bring their own sewing machine if it is in good working order. This class will be needed to attend other sewing classes.

Sewing and Fitting Mentor - Renee Bontjes

5112-IW24 Feb 22 \$45 1 session 6-8pm Sewing and Fitting Mentor

Sewing - Cosplay/Costume: Peasant/Pirate Top Age 12-Adult

The wonderful thing about this shirt is it's an easy and versatile foundational garment to many costume options for the summer/fall Renaissance Festival season as a maiden, poet or pirate and other costumes. (Prerequisite: Sewing - Getting Started or a previous sewing class with Sewing and Fitting Mentor.) Yardage and a basic supply list is available on the Community Education website or call 651-982-8110 for information.

Sewing and Fitting Mentor - Renee Bontjes

5127-SP24 Apr 18 & Apr 25 Thu \$79 2 sessions 6-8pm Sewing and Fitting Mentor



ENRICHMENT FOR LITTLE LEARNERS

Lil Ninjas Ages 4-6

Some of the most important times in a child's development occur during their preschool years. Lil Ninjas is a martial arts program specifically developed for young children. Through the teachings of nationally certified instructors, your child will learn respect, discipline and self-control while developing their physical and social skills. Classes will be taught by Jr. Grand Master Eddie Gibson and Sr. Master Theresa Gibson.

Sun Yi's Academy

4676-IW24 Feb 3-Feb 24 Sat 10-10:30am 4 sessions \$55

Sun Yi's Academy

Creative Movement Ages 3-4

Children will learn ballet movements and tap sounds for beginners. The emphasis will be on basic locomotor development, rhythm and creative expression. Preschool dancers learn dance in a playful, imaginative and non-competitive environment.

The Dance Factory

4297-IW24 Feb 3-Feb 24 Sat 11:15-11:45am \$55 4 sessions

Dance Factory

Register online at www.flaschools.org/ce or call (651) 982-8110.

ELEMENTARY YOUTH - MATH & SCIENCE



Junior Engineering/STEM Club Ages 5-8

Calling new and returning students! The Engineering For Kids Jr. STEM Club introduces students to a new, hands-on lesson every week from various engineering disciplines. Students focus on developing skills such as problem solving, critical thinking and peer collaboration. These life skills provide students with the confidence to approach challenges in their lives and realize that they can succeed in almost anything! Engineering for Kids has a library of 300+ individual lessons which continues to grow so we never have to repeat lessons.

Engineering for Kids

4017-IW24 Feb 6-Feb 27 Tue 4 sessions 3:45-4:45pm \$119

Col 113 (door 1)

Lego Robot League Grades 4-9

Students will work together to build a LEGO® Robot and learn basic programming to make the robot move and complete certain tasks focusing on basic movement and using sensors. By combining the blocks, we will explore the magic of bringing the robot to life! Students will be presented with a number of challenges for the robot to accomplish. Bring a beverage and a nut free snack.

Dean Jensen

4139-IW24 Feb 6-Apr 9 Tue 9 sessions 4:30-5:30pm \$89

Ed Center 111 (door 4) No class Mar 5

Minecraft Coding Grades 3-6

Students will be introduced to coding techniques using Minecraft Education Edition. We will go over beginner concepts and solve fun challenges using coding blocks. You will need a PC (Windows or MacBook); the software will not work on Chromebook, tablets or phones. You will be sent a link so you can download the Minecraft Education Edition (Cost \$5-\$12 per year) prior to the class. This class will be held virtually.

Tech Academy

4141-IW24V Feb 13 Tue 1 session 6-8pm \$55 Virtual

Multiplayer Minecraft: Survival Camp Grades 2-5

Team up and survive in our multiplayer world. Explore the unknown and join other survival enthusiasts to overcome challenges and complete quests on our server. You will need a PC (Windows or MacBook); the software will not work on Chromebook, tablets or phones. You will be sent a link so you can download the Minecraft Java Edition (Cost \$30 per year) prior to the class. This class will be held virtually.

Tech Academy

4143-IW24V Mar 21 Thu 1 session 6-8pm \$55

Virtual

ELEMENTARY YOUTH - SPECIAL INTEREST

American Red Cross Certified Babysitters Training Ages 11-16

Becoming a Certified Babysitter provides the knowledge necessary for young people to make some extra money. Course topics include: leadership, safety and responsibility, safe play, basic care, first aid for breathing and bleeding emergencies and the business of babysitting. This course includes fun activity ideas to keep a variety of age groups amused! Participants will take home a babysitters bag to bring with them whenever they babysit. In addition to the bag, participants will receive a handbook, certificate and safety kit. Students should bring a pencil, infant sized baby doll or stuffed animal, a nut free snack and a lunch. Participants must be at least 11 years old - age will be verified.

American Red Cross

4388-IW24 Jan 15 Mon 9am-3:15pm \$99

1 session Ed Center 117 (door 18)

F.A.S.T. KIDS - Staying Safe While Home Alone Ages 7-10

First Aid and Safety Trained Kids (F.A.S.T.) covers basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety and healthy living. Information provided will help prepare children for staying home alone. Students will receive a book and construct a home first aid kit as part of the class. Bring a beverage and a nut free snack.

Emergency Outfitters

4387-IW24 Feb 19 Mon 8:30am-12:30pm \$79

1 session Ed Center 117 (door 18)

Self Defense Ages 4-17

Every day 160,000 children miss school out of fear of being intimidated by a bully or by a threatening individual in their neighborhood. This self-defense class will empower youth ages four and older with non-threatening self-defense techniques and skills to protect them from those who would do harm and from other threatening situations. Students in this class are eligible, if they desire, to earn a certified Yellow Belt rank at the conclusion of the ten week session. Master Jeff Wood, 5th Dan Black Belt in Tae Kwon Do, is the head instructor of this class.

Jeff Wood

Ages 4	-8
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4104-IW24A 10 sessions	Feb 7-Apr 17 No class Mar 6	Wed	6:15-7pm	\$69	Ed Center Cafeteria (door 4)
Ages 9-17 4104-IW24B 10 sessions	Feb 7-Apr 17 No class Mar 6	Wed	7:15-8pm	\$69	Ed Center Cafeteria (door 4)

Warrior Within - Girls Empowerment Grades 1-6

We are all seeking connection, a sense of belonging and to feel accepted in a world where at times we feel alone and afraid. Warriors will be guided on a journey of self-love, self-care and self-acceptance through dance, song, empowering books, group discussions, activities and crafts. The positive growth mindset approach will help build and maintain life's biggest challenges such as confidence, courage, friendships, relationships and conflict. Warriors will put on a small presentation for their family and friends on the last night of class.

Crystal Hanson

4133-FA23A 6 sessions	Sep 28-Nov 9 Thu No class Oct 19	4:30-5:45pm	\$119	Ed Center 113 (door 4)
4133-FA23B 6 sessions	Sep 28-Nov 9 Thu No class Oct 19	6-7:15pm	\$119	Ed Center 113 (door 4)

ELEMENTARY YOUTH - SPECIAL INTEREST



Youth Night Grades 4-6

Kids will join their friends from school for a night of fun and games! Whether they're on the basketball court, at the volleyball nets or dancing along to music provided by a DJ, they'll be having an amazing time. Pizza, water and snacks will be available for purchase (\$2 each). Our pool has a limited capacity. If your child would like to swim during Youth Night, please register them for the "P" sections that say (Pool Included) which includes 30 minutes in the pool. Swim times will be assigned at check-in the night of the event. We recommend registering for this event as space is limited and pool times will fill up. If registering to swim, bring a swimsuit and towel. Students that drop in on the night of the event may not be able to swim due to limited pool capacity.

District Staff

POOL NOT I		POOL INCLUDED					
4500-IW23A	Jan 19	Fri	\$10 Before 1/10, \$15 After 1/10	4500-IW23AP	Jan 19	Fri	\$15 Before 1/10, \$20 After 1/10
1 session	6:30-8:3	0pm	Ed Center Cafeteria (door 4)	1 session	6:30-8:30	pm	Ed Center Cafeteria (door 4)
4500-IW23B	Feb 9	Fri	\$10 Before 1/31, \$15 After 1/31	4500-IW23BP	Feb 9	Fri	\$15 Before 1/31, \$20 After 1/31
1 session	6:30-8:3	0pm	Ed Center Cafeteria (door 4)	1 session	6:30-8:30	pm	Ed Center Cafeteria (door 4)
4500-IW24C	Mar 15	Fri	\$10 Before 3/6, \$15 After 3/6	4500-IW24CP	Mar 15	Fri	\$15 Before 3/6, \$20 After 3/6
1 session	6:30-8:3	0pm	Ed Center Cafeteria (door 4)	1 session	6:30-8:30	pm	Ed Center Cafeteria (door 4)
4500-SP24	Apr 12	Fri	\$10 Before 4/3, \$15 After 4/3	4500-SP24P	Apr 12	Fri	\$15 Before 4/3, \$20 After 4/3
1 session	6:30-8:3	0pm	Ed Center Cafeteria (door 4)	1 session	6:30-8:30	pm	Ed Center Cafeteria (door 4)



REGISTER ONLINE AT WWW.FLASCHOOLS.ORG/CE OR CALL (651) 982-8110



CHILDCARE PROGRAMS

We're Hiring!

Now hiring School Age Care (SAC) staff to join our incredible team

WWW.FLASCHOOLS.ORG • CLICK "EMPLOYMENT" FOR DETAILS

SAC & SONIC

SAFE, FUN, AFFORDABLE AND CONVENIENT!



Childcare Programs Overview

Forest Lake Area Schools (FLAS) Childcare Programs offer care for families that is safe, fun, affordable and convenient. The dedicated staff are continually trained to stay up to date with current research on child development and childcare best practices. The FLAS Childcare Programs are certified with the MN Department of Human Services. Care is offered at all seven elementary schools in the Forest Lake Area School district before and after school. Non-school day and summer care is also available at select sites.

SAC Grades K-3

Affordable, convenient care for grades K-3

School Age Care (SAC) is a before and after school childcare program for kindergarten through third grade children, serving all elementary schools. SAC provides fun learning activities that support the academic day as well as opportunities for students to practice and build social and citizenship skills for the future. All SAC sites participate in STEM (science, technology, engineering and math) curriculum and activities. There is also time for field trips, on-site programs and student interest generated clubs.

Sonic Grades 4-6

A fun place to be with friends for grades 4-6

Sonic is a before and after school care program for fourth through sixth grade children, serving all elementary schools. The Sonic program allows more independence while keeping children safe and well cared for. Breakout time depends on the number of older students enrolled at each location. Students have an opportunity to help plan program activities and clubs, take active leadership roles and participate in service learning projects.

Childcare for Little Rangers Preschool

Providing childcare is essential to make preschool accessible for all. Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC); a before and after school childcare program available on days your child is enrolled in Little Rangers Preschool at Columbus, Forest View, Lino Lakes, Linwood, Scandia, and Wyoming Elementaries. See page 55 for preschool information.



Open on Inclement Weather Days

If Forest Lake Area Schools are closed due to inclement weather, SAC and Sonic will be open from 6am-6pm at select sites. The FLAS Childcare Programs will not refund tuition for inclement weather days. Those attending will be charged the non-school day rate. Available only to students currently enrolled in childcare. See your Family Handbook for specific information.

SAC & Sonic Inclement Weather Locations: Forest View Elementary, Lino Lakes Elementary and Wyoming Elementary

MORE INFORMATION

For additional information on registration, to view childcare rates and the Family Handbook, visit the Childcare website at www.flaschools.org/childcare.





CHILDCARE PROGRAMS

2023-2024 SCHOOL YEAR

September 5 - June 6

- Open 6am until morning bell and from afternoon dismissal until 6pm
- · Located at every elementary school in the Forest Lake Area School district
- Full and part-time options available
- Minimum of one session, same day, same session each week required
- Non-school day (NSD) care is available at select sites with the exception of major holidays. NSD registration must be submitted online by the registration deadlines listed on the website.

Registrations are still being accepted upon space availability.

SUMMER 2024 CHILDCARE

June 10 - August 23

- 6am-6pm
- Summer registration is open February 1 May 1, 2024
- · Spaces fill quickly; register early to reserve your spot
- Registrations are continuously accepted upon space availability
- Students must have completed kindergarten.

Registration deadline for acceptance for summer care is May 1.

REGISTER ONLINE

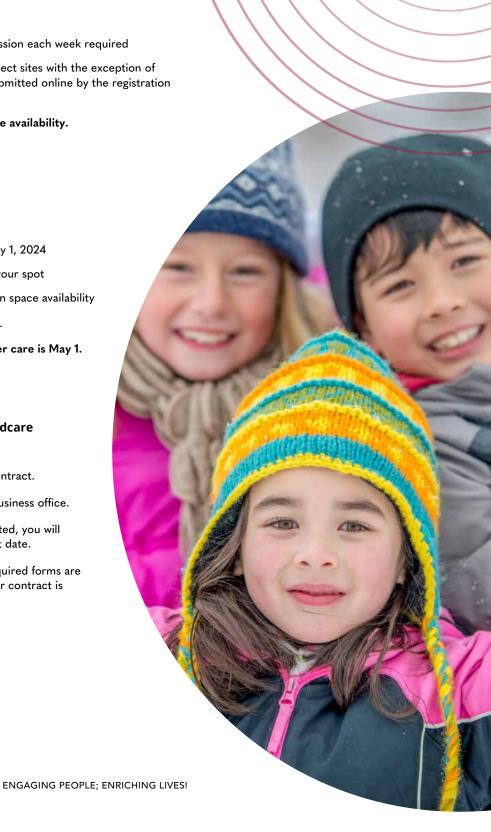
Register online at www.flaschools.org/childcare

I REGISTERED ONLINE, NOW WHAT?

- Check your email for a pending childcare contract.
- Submit all required forms to the childcare business office.
- Once all paperwork is completed and accepted, you will receive an email confirmation with your start date.

NOTE: Students are unable to attend until all required forms are returned to the childcare business office and your contract is accepted with an email confirmation.





Aquatic Programs

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Comfortable & Confident in the Water

How to become a "swimmer"

Passing Levels 1-4 will give a swimmer most of the skills listed below. Levels 5-7 will continue to work on all of the basic strokes, introduce the breaststroke, butterfly and work on distance swimming.

A "swimmer" should successfully be able to:

- Swim the front crawl with rhythmic breathing for 25 yards
- Swim on their back with a finning arm action and flutter kick or backcrawl for 25 yards
- Jump or dive into deep water
- Tread water in deep water for one minute
- Back float in deep water for one minute
- Change swim positions from front to back and back to front in deep water

Which class is right for you?

Classes are based on skill progression. Refer to class descriptions and eligibility requirements when selecting the class that best fits your child.

Swim all year, save money!

If you complete two consecutive swim sessions during the school year, you will get the third session for half price. Consecutive sessions would be fall, winter and spring all in one school year.

No other discounts will apply. This discount does not apply to private or semi-private swim lessons.

Refunds

If you need to cancel a class, you must do so a minimum of two working days before the class is scheduled to start. No refunds or make-ups for an absence or school closing (inclement weather).



Contact information

Tracy Angelo, Administrative Assistant tangelo@flaschools.org • (651) 982-8110

Jennifer Olson, Aquatic Supervisor jjolson@flaschools.org • (651) 982-8746

All aquatic classes are held at the FLAS Community Pool within the Forest Lake Area Schools Education Center.

Forest Lake Area Schools Community Pool Location

Education Center, Door 8 • 943 9th Ave SW, Forest Lake

PARENT-CHILD LESSONS

Infant Swim Lessons Ages 6 mo-2 years

Parents are taught to safely work with their child to become comfortable in the water through play and games.

1000-IW24A	Jan 17-Feb 21	Wed
6 sessions	6-6:30pm	\$65
1000-IW24B	Mar 13-Apr 17	Wed
6 sessions	6-6:30pm	\$65
1000-IW24C	Mar 18-May 6	Mon
8 sessions	6-6:30pm	\$79
1000-IW24D	Apr 24-May 22	Wed
5 sessions	6-6:30pm	\$55

Toddler Swim Lessons Ages 2-3

Parents are taught to safely work with their child in the water. We explore many fun ways to learn basic swimming skills.

1001-IW24A	Jan 17-Feb 21	Wed
6 sessions	6:30-7pm	\$65
1001-IW24B	Mar 13-Apr 17	Wed
6 sessions	6:30-7pm	\$65
1001-IW24C 8 sessions	Mar 19-May 21 6-6:30pm No class Apr 2 &	Tue \$79 May 7
1001-IW24D	Apr 24-May 22	Wed
5 sessions	6:30-7pm	\$55

Preschool Swim Lessons Ages 3-5

Parents are taught to safely work with their child to become comfortable in the water. The parent and child will learn water adjustment and beginning swim skills which include supported front and back floats, kicking, paddling, jumping from the side of the pool and breath holding.

1002-IW24A	Jan 17-Feb 21	Wed
6 sessions	7-7:30pm	\$65
1002-IW24B	Mar 13-Apr 17	Wed
6 sessions	7-7:30pm	\$65
1002-IW24C	Apr 24-May 22	Wed
5 sessions	7-7:30pm	\$55

Turtle Swim Lessons Ages 4-5

The first swim experience for participants without a parent in the water. All basic skills will be covered: water adjustment, breath holding, floating and kicking.

1003-IW24A 7 sessions	Jan 8-Feb 26 6-6:30pm No class Feb 19	Mon \$72
1003-IW24AA 6 sessions	Jan 9-Feb 20 6-6:30pm No class Jan 23	Tue \$65
1003-IW24B	Jan 17-Feb 21	Wed
6 sessions	6-6:30pm	\$65
1003-IW24C	Jan 17-Feb 21	Wed
6 sessions	6:30-7pm	\$65
1003-IW24F	Mar 13-Apr 17	Wed
6 sessions	6:30-7pm	\$65
1003-IW24G	Mar 13-Apr 17	Wed
6 sessions	7-7:30pm	\$65
1003-IW24GG	Mar 18-May 6	Mon
8 sessions	6-6:30pm	\$79
1003-IW24GGG	Mar 18-May 6	Mon
8 sessions	7:30-8pm	\$79
1003-IW24H 8 sessions	Mar 19-May 21 6-6:30pm No class Apr 2 &	Tue \$79 May 7
1003-IW24I	Apr 6-May 18	Sat
7 sessions	9-9:30am	\$72
1003-IW24L	Apr 24-May 22	Wed
5 sessions	6-6:30pm	\$55
1003-IW24M	Apr 24-May 22	Wed
5 sessions	7-7:30pm	\$55





Bobber Swim Lessons Ages 4-5

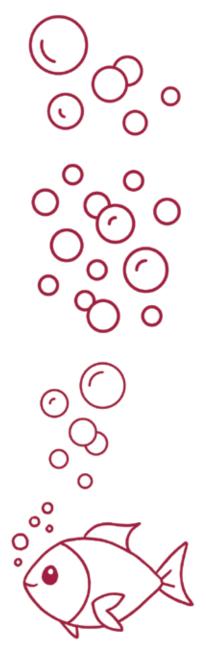
Prerequisite: Turtle class. Participants should be comfortable jumping to the instructor and able to hold their breath for 6 seconds. Unsupported floats and kicks are the emphasis in this class. Parents are not in the water.

1004-IW24A 6 sessions	Jan 9-Feb 20 6-6:30pm No class Jan 23	Tue \$65
1004-IW24B 6 sessions	Jan 9-Feb 20 6:30-7pm No class Jan 23	Tue \$65
1004-IW24C	Jan 17-Feb 21	Wed
6 sessions	6:30-7pm	\$65
1004-IW24D	Jan 17-Feb 21	Wed
6 sessions	7-7:30pm	\$65
1004-IW24F 8 sessions	Jan 20-Mar 23 11:30am-12pm No class Feb 17 &	Sat \$79 Mar 9
1004-IW24G	Mar 13-Apr 17	Wed
6 sessions	6-6:30pm	\$65
1004-IW24H	Mar 13-Apr 17	Wed
6 sessions	7-7:30pm	\$65
1004-IW24I	Mar 18-May 6	Mon
8 sessions	6:30-7pm	\$79
1004-IW24J	Mar 18-May 6	Mon
8 sessions	7-7:30pm	\$79
1004-IW24K 8 sessions	Mar 19-May 21 6-6:30pm No class Apr 2 & I	Tue \$79 May 7
1004-IW24L	Apr 6-May 18	Sat
7 sessions	9:30-10am	\$72
1004-IW24M	Apr 6-May 18	Sat
7 sessions	11:30am-12pm	\$72
1004-IW24N	Apr 24-May 22	Wed
5 sessions	6-6:30pm	\$55
1004-IW24O	Apr 24-May 22	Wed
5 sessions	6:30-7pm	\$55

Little Swimmers Swim Lessons Ages 4-5

Prerequisite: Bobber class. Participants must be able to float on their front (face in water) and back unsupported for 10 seconds. We do lots of kicking on the front and back in this class. Parents are not in the water.

1005-IW24A 6 sessions	Jan 9-Feb 20 6-6:30pm No class Jan 23	Tue \$65
1005-IW24B	Jan 17-Feb 21	Wed
6 sessions	6-6:30pm	\$65
1005-IW24C	Jan 17-Feb 21	Wed
6 sessions	7-7:30pm	\$65
1005-IW24D 8 sessions	Jan 20-Mar 23 11-11:30am No class Feb 17 8	Sat \$79 & Mar 9
1005-IW24E	Mar 13-Apr 17	Wed
6 sessions	6-6:30pm	\$65
1005-IW24F	Mar 13-Apr 17	Wed
6 sessions	6:30-7pm	\$65
1005-IW24G	Mar 18-May 6	Mon
8 sessions	7-7:30pm	\$79
1005-IW24GG	Mar 18-May 6	Mon
8 sessions	7:30-8pm	\$79
1005-IW24GGG 8 sessions	Mar 19-May 21 6-6:30pm No class Apr 2 &	Tue \$79 May 7
1005-IW24H	Apr 6-May 18	Sat
7 sessions	11-11:30am	\$72
1005-IW24K	Apr 24-May 22	Wed
5 sessions	6:30-7pm	\$55
1005-IW24L	Apr 24-May 22	Wed
5 sessions	7-7:30pm	\$55





ALL AQUATIC CLASSES ARE HELD AT THE FLAS COMMUNITY POOL WITHIN THE FOREST LAKE AREA SCHOOLS EDUCATION CENTER.



Level 1 Swim Lessons Age 6 & up

The objectives of Level 1 are to learn basic personal water safety skills and to help participants feel comfortable in the water. The skills being taught are: breath holding, floating and kicking without support. Children under 6 years old must have a recommendation from swim instructor.

1006-IW24A 7 sessions	Jan 8-Feb 26 6-6:50pm No class Feb 19	Mon \$72
1006-IW24AA 7 sessions	Jan 8-Feb 26 7-7:50pm No class Feb 19	Mon \$72
1006-IW24AAA 6 sessions	Jan 9-Feb 20 6:30-7:20pm No class Jan 23	Tue \$65
1006-IW24B 8 sessions	Jan 20-Mar 23 10-10:50am No class Feb 17	\$79
1006-IW24C 8 sessions	Jan 20-Mar 23 11-11:50am No class Feb 17	\$79
1006-IW24F 8 sessions	Mar 18-May 6 7-7:50pm	Mon \$79
1006-IW24FF 8 sessions	Mar 19-May 21 6:30-7:20pm No class Apr 2	Tue \$79 & May 7
1006-IW24G 7 sessions	Apr 6-May 18 10-10:50am	Sat \$72

Level 2 Swim Lessons Age 6 & up

Prerequisite: Level 1 or float on front and back unsupported for 10 seconds and front kick 10 feet. Participants further develop arm and leg actions on the front and back and begin deep water swimming.

1007 1140 44

1007-IW24A 7 sessions	Jan 8-Feb 26 7-7:50pm No class Feb 19	Mon \$72
1007-IW24AA 6 sessions	Jan 9-Feb 20 6:30-7:20pm No class Jan 23	Tue \$65
1007-IW24C 8 sessions	Jan 20-Mar 23 9-9:50am No class Feb 17	Sat \$79 & Mar 9
1007-IW24D 8 sessions	Jan 20-Mar 23 11-11:50am No class Feb 17	Sat \$79 & Mar 9
1007-IW24F 8 sessions	Mar 19-May 21 6:30-7:20pm No class Apr 2 8	Tue \$79 k May 7
1007-IW24G 7 sessions	Apr 6-May 18 9-9:50am	Sat \$72
1007-IW24H 7 sessions	Apr 6-May 18 11-11:50am	Sat \$72

Level 3 Swim Lessons Age 6 & up

Prerequisite: Level 2 or be able to jump into the deep end, swim beginner stroke 10 yards, turn over and swim on back for 10 yards. Level 3 builds on previously learned skills by introducing the front and back crawl, elementary backstroke kick and dolphin kick. Treading water, diving and survival floating are also covered.

1008-IW24A 7 sessions	Jan 8-Feb 26 6-6:50pm No class Feb 19	Mon \$72
1008-IW24AA 7 sessions	Jan 8-Feb 26 7-7:50pm No class Feb 19	Mon \$72
1008-IW24AAA 6 sessions	Jan 9-Feb 20 6-6:30pm No class Jan 23	Tue \$65
1008-IW24B 8 sessions	Jan 20-Mar 23 10-10:50am No class Feb 17 8	Sat \$79 Mar 9
1008-IW24F 8 sessions	Mar 18-May 6 6-6:50pm	Mon \$79
1008-IW24FF 8 sessions	Mar 19-May 21 6:30-7:20pm No class Apr 2 &	Tue \$79 May 7
1008-IW24H 7 sessions	Apr 6-May 18 11-11:50am	Sat \$72



Level 4 Swim Lessons Age 6 & up

Prerequisite: Level 3 or be able to swim a front crawl in good form with rotary breathing for 15 yards. In Level 4, participants improve on their skills and increase their endurance with the front and back crawl for greater distances. The entire elementary backstroke is learned and new kicks are introduced for the sidestroke and breaststroke. Goggles are highly recommended.

1009-IW24A 7 sessions	Jan 8-Feb 26 7-7:50pm No class Feb 19	Mon \$72
1009-IW24AA 6 sessions	Jan 9-Feb 20 6-6:30pm No class Jan 23	Tue \$65
1009-IW24C 8 sessions	Jan 20-Mar 23 9-9:50am No class Feb 17	\$79
1009-IW24E 8 sessions	Jan 20-Mar 23 11-11:50am No class Feb 17	\$79
1009-IW24H 8 sessions	Mar 18-May 6 7-7:50pm	Mon \$79
1009-IW24HH 7 sessions	Apr 6-May 18 10-10:50am	Sat \$72

Level 5 Swim Lessons Age 6 & up

Prerequisite: Level 4. The objectives of Level 5 are coordination and refinement of front and back crawl, elementary backstroke, sidestroke and breaststroke. Other skills taught are surface dives, underwater swimming and turns. Goggles are highly recommended.

1010-IW24A 7 sessions	Jan 8-Feb 26 6-6:50pm No class Feb 19	Mon \$72
1010-IW24AA 6 sessions	Jan 9-Feb 20 6:30-7:20pm No class Jan 23	Tue \$65
1010-IW24B 8 sessions	Jan 20-Mar 23 10-10:50am No class Feb 17	Sat \$79 & Mar 9
1010-IW24D 8 sessions	Mar 18-May 6 6-6:50pm	Mon \$79
1010-IW24DD 8 sessions	Mar 19-May 21 6-6:30pm No class Apr 2 8	Tue \$79 & May 7
1010-IW24E 7 sessions	Apr 6-May 18 10-10:50am	Sat \$72

Level 6 Swim Lessons Age 6 & up

Prerequisite: Level 5. The objectives of Level 6 are to refine strokes so participants swim them with more ease, efficiency and power. Water safety skills such as surface dives, retrieving a brick from a depth of 9 feet, cold water survival and treading water are also taught in this course. Goggles are highly recommended.

1011-IW24A 6 sessions	Jan 9-Feb 20 6:30-7:20pm No class Jan 23	Tue \$65
1011-IW24B 8 sessions	Jan 20-Mar 23 9-9:50am No class Feb 17	Sat \$79 & Mar 9
1011-IW24C 8 sessions	Mar 19-May 21 6:30-7:20pm No class Apr 2 8	Tue \$79 & May 7
1011-IW24D 7 sessions	Apr 6-May 18 9-9:50am	Sat \$72

Level 7 Swim Lessons Age 6 & up

Prerequisite: Level 6. The objectives of Level 7 are to refine strokes so participants swim the competitive strokes with efficiency and power over greater distances. This will be achieved through workouts, turns, use of pace clocks, pull buoys and fins. This is a great introduction to competitive swimming. Goggles are highly recommended.

1012-IW24A 6 sessions	Jan 9-Feb 20 6:30-7:20pm No class Jan 23	Tue \$65
1012-IW24B 8 sessions	Jan 20-Mar 23 9-9:50am No class Feb 17	Sat \$79 & Mar 9
1012-IW24C 8 sessions	Mar 19-May 21 6:30-7:20pm No class Apr 2 8	Tue \$79 & May 7
1012-IW24D 7 sessions	Apr 6-May 18 9-9:50am	Sat \$72

Ranger Aquatics Age 8 & up

Prerequisite: Participants must be able to swim 25 continuous yards of front crawl and backstroke or passed Level 4. The purpose of this swimming program is to train the athlete (both novice & advanced) to swim efficiently and fast. In addition, the coaching staff will encourage physical fitness, motivation, foster self-discipline, reinforce self-esteem, build self-confidence and provide an environment where the athlete can achieve their highest potential through a challenging and fun atmosphere. The workouts will be adjusted to benefit all swimming abilities.

1015-IW24A	Jan 16-Feb 24	Tue & Wed: 7:30-9pm, Sat: 12-1:30pm	\$156
16 sessions	No class Jan 23 & Feb	17	
1015-IW24B	Mar 13-Apr 20	Tue & Wed: 7:30-9pm, Sat: 12-1:30pm	\$149
15 sessions	No class Mar 30 & Ap	r 2	
1015-IW24C 13 sessions	Apr 23-May 22 No class May 7	Tue & Wed: 7:30-9pm, Sat: 12-1:30pm	\$129

Ranger Synchro Level 1 Age 12 & under

Prerequisite: Must be able to swim 50 yards of freestyle. Participants will learn the basics of synchronized swimming such as figures and routines. Figures are specific body movements done in the water individually and then judged (very similar to diving). Routines are performances choreographed to music. Participants will learn and practice solo, duet and team formations as well as learn at least one routine. Goggles, swim cap and a nose clip are required.

1050-IW24A	Jan 7-Feb 25	Sun: 11am-1pm, Fri: 6-8pm	\$180
12 sessions	No class Jan 19, Fe	eb 9 & 18	
1050-IW24B	Mar 10-Apr 28	Sun: 11am-1pm, Fri: 6-8pm	\$165
11 sessions	No class Mar 15, 2	9, 31 & Apr 12	

Ranger Synchro Level 2 Age 13 & up

Prerequisite: Must have previous synchronized swimming experience. Participants will work on advanced synchronized swimming skills. Participants will learn age-group figures and practice solo, duet and team formations as well as learn at least one routine. Goggles, swim cap and a nose clip are required.

1052-IW24A	Jan 7-Feb 29	Sun: 1-5pm, Mon: 7-9pm, Thu: 6:30-8:30pm	\$289
17 sessions	No class Jan 11, 15	, 25 & Feb 1, 8, 18, 19	
1052-IW24B	Mar 10-May 5	Sun: 1-5pm, Mon: 7-9pm, Thu: 6:30-8:30pm	\$393
23 sessions	No class Mar 31 &	Apr 11	

Lap Swim

Swim laps regularly at the pool to keep fit and healthy. Pre-registration is preferred. However, space permitting, in-person drop ins are allowed for a fee of \$10 paid by check or cash (please bring correct change). You can register for this class either online or by calling 651-982-8110.

1029-IW24A	Jan 3-Mar 22	Mon, Wed & Fri	
35 sessions	5:30-7:30am	\$140	~~~
1029-IW24B	Mar 25-May 22	Mon, Wed & Fri	
26 sessions	5:30-7:30am	\$104	

EARLY CHILDHOOD PROGRAMS



About Early Childhood Programs

The Forest Lake Area Schools (FLAS) Early Childhood Programs provide a welcoming and enriching environment for families with children from birth to five years of age. We know that parents are their child's first and most important teachers; our program takes pride in being a part of that significant role.

Purpose of the Early Childhood Programs:

- Strengthen families
- Foster children's development
- Provide both parent and child education and learning
- Partner with families to provide resources, education and referrals
- Support opportunities for all families

Help Me Grow

If you have concerns about your child's development (birth to five years of age), there may be services available for your child and family. Help Me Grow is a collaborative effort of agencies serving young children to improve access to special education and other community services. Help Me Grow provides resources for families to understand developmental milestones and learn about signs of concern. Visit www.helpmegrowmn.org or call Help Me Grow at 1-866-693-4769.

A Gift for Your Newborn

Has there been a birth in your family recently? Scan the QR code to complete the online census form to connect you to district information or update your family's information. Once completed, we will send you a Future Ranger onesie for your little one!



Questions about Early Childhood Programs?

Call (651) 982-8349 or email earlychildhood@flaschools.org. Visit www.flaschools.org/ec for more information.

EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

Join the Parent Advisory Council!

Attending Parent Advisory Council (PAC) meetings is a great way to learn more about school district programs and make personal connections with other families attending ECFE and preschool programs. PAC volunteers can be parents or members of the community. With meetings once a month and several special events throughout the year, the PAC is instrumental in our program's success. We would love for you to join us! Meetings are held on the first Tuesday of October, December, February and May from 6-7:30pm. Free childcare is provided, but please call in advance to register. If you are interested in joining or would like more information, call (651) 982-8378.

Events sponsored by the Parent Advisory Council:

 Do Good Together: Families can give back to the community through age-appropriate activities for local charitable organizations. See page 52.

Sliding Fee Scale for Early Childhood Family Education

Each qualifying class lists the full fee. You may use the sliding fee scale to determine your individual rate, which is based on your family's gross income. When registering more than one child for the same parent/child class, the second child is 50% off. Call (651) 982-8349 for the second child discount.

\$100,000+	100% of fee listed
\$70,000-\$99,999	80% of fee listed
\$40,000-\$69,999	60% of fee listed
\$20,000-\$39,999	40% of fee listed
\$0-\$19,999	20% of fee listed

Sibling Care for Classes

Dependent on staff availability, we are happy to offer Sibling Care on parent days in an ECFE class, for children who are not enrolled in a class. We offer Sibling Care for our separating classes only. The fee for Sibling care is \$5.00 per hour when you pre-register and the drop-in fee is \$7.00 per hour. Call (651) 982-8349 for drop-in availability.



COMMUNITY CLOSET

BABY BASICS RESOURCE CUPBOARD
HAS A NEW LOCATION!



The ECFE staff, Parent Advisory Council and STEP students have partnered to provide a community resource for families in our community by opening a Community Closet to provide free items. Items may include gently used clothing, diapers, pull-ups, baby and child hygiene items, baby food and formula.

Anyone in the community is welcome to stop by the STEP Building and take what they need. Donations are accepted throughout the year. By donating items to the Baby Basics Family Resource Cupboard, you are supporting Forest Lake area families in need and helping us maintain a great resource for our community. Suggested items to be donated: diapers (all sizes), pull-ups (larger sizes), wipes, diaper cream, baby lotion, toothbrushes, kids toothpaste, formula and baby food.

If you could benefit from this resource, please contact communitycloset@flaschools.org to schedule a convenient time to visit.

The Community Closet is located at the STEP Building (in the former CLC building) at 200 4th St SW. Enter through door 7, on the back side of the building near 3rd Ave SW and 5th St SW in Forest Lake.

EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

WHAT HAPPENS IN ECFE IS AS EASY AS 1, 2, 3!



- Together Time: Class begins with family/child activities designed to enhance your child's learning. You will also get ideas for things you can do together at home.
- Family Time: Families participate in a
 discussion led by a parent educator.
 We will explore topics such as child
 development, discipline, family
 interaction and other areas of interest.
- 3. Children's Time: While family members are in the discussion group in another room (for separating classes), children are learning through activities designed by an early childhood teacher to help them grow and develop their social, emotional, cognitive, physical and communication skills.

Busy Babies Ages Birth-18 Months (Non-Separating)



Bundle up your baby and join us to spend some uninterrupted time with your young explorer in a safe and fun environment. Meet with other parents and discuss the joys and challenges of your child's first year. Your child will stay with you at all times, so bring your diaper bag, relax and take a break from your everyday routine. **Note:** This class takes drop-ins.

2010-IW24 Jan 5-Feb 23 Fri 8 sessions 9:15-10:15am Free Ed Center 175 (door 17)

2010-SP24 Mar 15-May 3 Fri 10 sessions 9:15-10:15am Free

> Ed Center 175 (door 17) No class Mar 29 & Apr 5

Drop-In Gym & Play (Non-Separating)

Drop-in and enjoy the benefits of play with your children. Families will experience our specialized gym along with a short circle time, songs and fingerplays. To have the utmost experience, classes will allow a maximum of 25 individuals in the class. If the class fills, a sign will be placed outside of door 17. Maximum of three children per adult.

One visit: \$5 per family

Five visit punch card: \$20 per family

Ages Birth-3 (Non-Separating)

2807-IW24 Jan 8-Feb 26 Mon 9:15-10:15am

5 sessions Ed Center 175 (door 17)

No class Jan 15, Jan 22 & Feb 19

2807-SP24 Mar 18-May 20 Mon 9:15-10:15am

10 sessions Ed Center 175 (door 17)

Ages Birth-5 (Non-Separating)

2808-IW24 Jan 8-Feb 26 Mon 10:30-11:30am

5 sessions Ed Center 175 (door 17)

No class Jan 15, Jan 22 & Feb 19

2808-SP24 Mar 18-May 20 Mon 10:30-11:30am

10 sessions Ed Center 175 (door 17)



EARLY CHILDHOOD FAMILY EDUCATION (ECFE)



ECFE Friends Ages 2 ½ - 5 (Separating)

Is your child ready for a preschool experience but won't be quite three by September 1? This class starts in the fall with a parent-child class. In January, a preschool day with independent learning opportunities is added. Children must be three years old by January 1, 2024. Sibling Care is available on Tuesdays.

2235-IW24 Jan 2-May 31 Tue & Fri 38 sessions 9:15am-12:15pm \$542

Sib Care: \$190

Ed Center 175 (door 17)

No class Jan 23, Mar 1, 5, 8, 29 & Apr 5



SWIM LESSONS
AGE 6 MONTHS & UP

See page 42

Walkers & Talkers Ages 1-2

Explore the classroom with your child and watch as they discover their first friends in a fun learning environment. Engage in play with your child while also connecting with other parents.

Separating

2120-IW24 Jan 4-Feb 29 Thu 9 sessions 9-10:30am \$128

Sib Care: \$60

Ed Center 175 (door 17)

2120-SP24 Mar 14-May 30 Thu 12 sessions 9-10:30am \$171

Sib Care: \$90

Ed Center 175 (door 17)

Non-Separating

2121-IW24 Jan 4-Feb 29 Thu 9 sessions 10:45am-12:15pm \$128

Sib Care: \$60

Ed Center 175 (door 17)

2121-SP24 Mar 14-May 30 Thu 12 sessions 10:45am-12:15pm \$171

Sib Care: \$90

Ed Center 175 (door 17)

Terrific Twos & Threes Ages 2-3

If you and your child are ready to connect and meet terrific new friends, join us on an adventure to discovery. Children are encouraged to explore the world through their senses and get messy while learning to problem solve.

Separating

2230-IW24 Jan 3-Feb 28 Wed 9 sessions 10:45am-12:15pm \$128

Sib Care: \$60

Ed Center 175 (door 17)

2230-SP24 Mar 13-May 29 Wed 12 sessions 10:45am-12:15pm \$171

Sib Care: \$90

Ed Center 175 (door 17)

Non-Separating

2229-IW24 Jan 3-Feb 28 Wed 9 sessions 9-10:30am \$128

Sib Care: \$60

Ed Center 175 (door 17)

2229-SP24 Mar 13-May 29 Wed 12 sessions 9-10:30am \$171

Sib Care: \$90

Ed Center 175 (door 17)

EARLY CHILDHOOD EVENTS



Groovy Moves Ages 18mo-5yrs

Time to get moving with your little one! Join other families as we move to children's music and get our energy out with a variety of large muscle equipment, soccer, bowling, scooters and rollerskates.

2528-IW24 Jan 9 Tue

1 session 6-7pm \$5 per child

Ed Center Gym (door 4)

Music Together in the Valley Ages Birth-5

Join us for a fun evening with friends and bonding with your child through music.

2507-IW24 Jan 18 Thu

1 session 6-7pm \$5 per child

Ed Center Cafeteria (door 4)

Comedy Magic with Mr. Norm Ages 2-5

Come join us for a fun-filled evening of family friendly magic and comedy. Mr. Norm, a professional captivating entertainer and best selling author, will be joining us to put on a magic show for our youngest Ranger friends. Get ready to have some laughs with your kiddos as they experience magic for the first time.

2703-IW24 Jan 30 Tue

1 session 6-7pm \$10 per child

Ed Center Cafeteria (door 4)



Register online at www.flaschools.org/ce or call (651) 982-8349.



Do Good Together Ages Birth-5



If you've ever wanted to volunteer as a family, but haven't found something age-appropriate, this is your chance to come "do good together"! We will assemble care packages for four local charitable organizations. This event is free with a food shelf donation.

2712-IW24 Feb 13 Tue 1 session 6-7pm Free

Ed Center Cafeteria (door 4)

Beach Party Ages Birth-5

Bring your beach towel and wear your flip flops for a fun evening of beach themed activities.

2889-IW24 Feb 22 Thu

1 session 6-7pm \$5 per child

Ed Center Cafeteria (door 4)

Roaring Rockets Ages 2-5

Have fun with Stomp Rockets! Learn the parts of a rocket and make a a straw rocket to bring home.

2536-IW24 Mar 14 Thu

1 session 6-7pm \$5 per child

Ed Center Cafeteria (door 4)

STEM Night Ages 2-5

Children learn how to observe, ask questions and investigate through hands-on science, technology, engineering and math. Discover STEM activities at our Lino Lakes Elementary.

2591-IW24 Mar 21 Thu

1 session 6-7pm \$7 per child

Lino Elem Front Commons Area

PARENT & COMMUNITY OUTREACH

Behavior Assistance Technical Support

FREE

The Behavior Assistance Technical Support (BATS) team is a voluntary program offered to childcare and early learning centers who are looking for behavioral support for students that are struggling. A trained parent educator will visit yourlocation to promote early learning, knowledge and understanding of important developmental milestones. Early intervention for identified concerns helps improve the school experience for young children. Call (651) 982-8318 to schedule a BATS visit.

ECFE Subscription Box

Bring the Early Childhood Program to your home with a monthly subscription box! Inside each box you will find activities for developing children's large motor, fine motor and social emotional skills, along with other engaging activities. Spend time singing, dancing, reading together and participating in a pre-recorded circle time with our parent educator. Subscription boxes will be geared towards children 15 months to three years of age. Boxes will be available on the indicated date for pick-up. \$20 per single box (for one child) \$30 per bulk box (for childcare providers only).

Single Registration: \$20 Bulk Registration: \$30

2019-IW24A January: Snow Much Fun 2019-IW24B February: Feelings 2019-IW24C March: Bugs & Butterflies 2019-SP24A April: Gardens & Flowers

2019-SP24B May: Rainbows

Love & Logic: Early Childhood Parenting Made Fun!



Love and Logic is a philosophy of raising and teaching children which allows adults to be happier, more empowered and better prepared for interactions with children. Love allows children to grow through their mistakes; Logic allows children to live with the consequences of their choices. This class is meant for caregivers with children ages birth to six years of age. If you need free childcare while attending the class, please sign up for Sibling Care when registering.

2047-SP24 Mar 21-Apr 18 Thu 5 sessions 5:45-7:45pm Free Ed Center 175 (door 17)

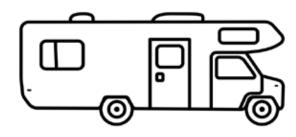


Parents as Teachers



Parents as Teachers (PAT)

is a voluntary parent education program offered to families who are expecting a child or have children under the age of kindergarten entry. PAT helps to establish positive partnerships between home, school and the community and plays a vital role in supporting families and children from the very beginning toward school readiness. A trained parent educator provides home visits with families to promote early learning, knowledge and the understanding of important developmental milestones. Periodic screenings increase parents' understanding of their children's developmental progress, as well as inform them of any possible delays. Early intervention for identified concerns helps improve school readiness for young children. If you have any questions about Parents as Teachers, call (651) 982-8318.



Little Ranger Roadster: Stop & Play Ages 1-5 (Non-Separating)



The Forest Lake Area Schools Early Childhood Programs transformed an RV into a mobile classroom! Parents and their children are invited to engage in an enriching experience using songs, finger plays and exploration with our knowledgeable early childhood staff! No registration required. Maximum of three children per adult. For answers to frequently asked questions, visit http://www.flaschools.org/roadster.

2524-SP24A 3 sessions	Mar 22, Apr 26, May 17 10-11am Lino Lakes Elementary 725 Main St, Lino Lakes	Fri Free
2524-SP24B 3 sessions	Apr 12, May 3, May 24 10-11am Scandia Elementary 14351 Scandia Trl N, Scandia	Fri Free
2524-SP24C 3 sessions	Apr 19, May 10, May 31 10-11am Linwood Elementary 21900 Typo Creek Dr NE, Wyon	Fri Free ning

EARLY CHILDHOOD SCREENING



Screen at 3!

Screening at three years old is preferred, but a child may be screened anytime between the age of three and the start of kindergarten, as required by law. You will receive a letter indicating that you should schedule a screening appointment. If you do not hear from us before your child turns four years old, call (651) 982-8300.

What is Early Childhood Screening?

Early Childhood Screening is a free and simple check of how a child is growing, developing and learning. It includes checking a child's height, weight, hearing, vision, speech, language, motor and cognitive development. The screener will discuss the results with the family and provide resources and referrals, as needed.

Why complete Early Childhood Screening?

Early Childhood Screening before entrance into public school kindergarten is required by Minnesota State Law. Screening is also required for enrollment in preschool classes through Forest Lake Area Schools. Screening is not an examination to determine readiness for school. The purpose is to screen for potential problems that may interfere with the child's ability to be successful. Early screening and intervention promote early success.

Where should I have my child screened?

Screening is held at the Education Center. It is a child-friendly setting and the screening process is age-appropriate and fun for children.

Screening Dates

Screening appointments are held Monday, Wednesday and Thursday throughout the school year.

Visit www.flaschools.org/screening for more information.



Little Rangers Preschool

2023-2024

Exceptional education in a loving, nurturing environment

The Early Childhood Programs are an integral part of Forest Lake Area Schools (FLAS). We work together to assure that children transition smoothly into kindergarten. Our high-quality preschool classes focus on each child's social, physical and pre-academic development.

Curriculum & Learning

For 10 years, the FLAS Early Childhood Programs have been using evidence-based frameworks from the MN Center of Excellence to support children's social-emotional learning. These frameworks promote young children's healthy social-emotional development by providing students with a safe, welcoming environment where they can explore and develop self-regulation and social skills.

Little Rangers Preschool uses the Frog Street curriculum for both three year old and four year old preschool. This engaging, interactive curriculum celebrates the joys of learning as children travel down the road to success. Both sets of curriculum outcomes and objectives are aligned with the Early Childhood Indicators of Progress.

The Frog Street Pre-K curriculum is a comprehensive program designed to meet the needs of diverse learners while supporting developmental learning domains. The Frog Street Threes curriculum meets the unique needs of three-year-olds and provides intentional instruction in key areas of development.

4 Star Parent Aware Rated

Little Rangers Preschool has a 4 star rating from Parent Aware. This is the highest possible rating! Parent Aware helps you find childcare and early education providers in your area that are focused on high quality



early learning and kindergarten readiness. The one to four star rating system - a free service - measures best practices identified by research that helps children succeed in kindergarten and beyond.



DISTRICT WIDE

Little Rangers Preschool is available district-wide! The preschool staff is excited to meet you and answer questions you have about the program. Please call to schedule a tour at one of the seven preschool sites:

Columbus Elementary	(651) 982-8900
Education Center	(651) 982-8318
Forest View Elementary	(651) 982-8200
Lino Lakes Elementary	(651) 982-8850
Linwood Elementary	(651) 982-1907
Scandia Elementary	(651) 982-3300
Wyoming Elementary	(651) 982-8000

Engagement in Early Childhood

The FLAS Early Childhood Programs have begun implementing the Classroom Engagement Model (CEM) in all classrooms. CEM is a set of research-based teaching practices that increase engagement and full participation of every child. Increased engagement leads to more learning, increased skill acquisition and better outcomes for children.

• What is Engagement?

Engagement is the amount of time your child spends participating in an activity. We can help children be more engaged when they are doing activities like building blocks, swinging with a friend, cleaning up their toys or helping set the table.

• Why is Engagement important?

When children are engaged, they are ready for learning! Children have more opportunities to practice their goals. Engaging all children leads to meaningful participation and inclusion.

· What does CEM mean in our program?

Early Childhood staff are attending trainings and will be coached to use the strategies they learn. Children will practice learning goals in every routine. Everyone is working together to support every child.

Childcare for Little Rangers Students

Providing childcare is essential to make preschool accessible for all. Children enrolled in Little Rangers Full Day Preschool have the opportunity to register for School Age Care (SAC); a before and after school childcare program available only on days your child is enrolled in Little Rangers Preschool at all locations. Students attending Full Day Preschool at the Education Center can register for SAC at Forest View. For more information or to register for School Age Care, call (651) 982-8365.



Transportation

A caregiver, 18 years or older, is expected to be at the bus stop for pick up and drop off to escort the child on and off the bus. Our hope is that by providing this service it will be easier for families to participate in a high quality early learning experience. Space is limited and dependent on availability of existing bus routes. This service is offered free of charge. Please call (651) 982-8349 for more information.

- Four and five year old preschoolers (age as of September 1) can ride the bus.
- Children who enroll in Half Day Preschool can ride the bus to school in the morning or ride the bus home at the end of the day.
- Mid-day transportation is not available.
- Children who enroll in Full Day Preschool have the option of riding the bus to and from school.
- Transportation is available for students who attend preschool at the elementary school where their home address is assigned and at the Education Center for those in the Forest Lake Elementary and Forest View Elementary busing area.



Little Rangers Preschool 2024-2025

REGISTRATION OPENS JANUARY 15, 2024

WWW.FLASCHOOLS.ORG/PRESCHOOL • (651) 982-8349

Preschool Registration

- Registration began on January 16, 2023.
- All classes began the week of September 11, 2023 and end the week of June 3, 2024.
- Orientation sessions will be held prior to the start of preschool.
- Children must be the appropriate age by September 1, 2023; no exceptions are made.
- Many classes are integrated with Early Childhood Special Education.
- Limited transportation options for four and five year olds are available within your elementary school boundaries. See page 56.
- Required forms can be found online at www.flaschools.org/ecforms.
- You may fax your child's forms directly to us at (651) 982-8375 or email them to earlychildhood@flaschools.org.
- If you need required forms mailed to you, please call (651) 982-8349.

Preschool Fees

- A non-refundable registration fee of \$40 is due with registration.
- Invoices will be emailed at the beginning of the month and due by the 15th of the month to avoid a \$10 late fee.
- Preschool class fees are based on a daily rate per contract day. You will be invoiced the actual number of contracted days per month.
- Class fees and times listed on the following pages are subject to modification.
- All programs will be invoiced from September May.
 Accounts paid in full will receive a 2% discount.
- No refunds will be given for an absence or school closing (inclement weather days).



Preschool Fee Assistance

FLAS Early Childhood Programs have a variety of fee assistance options available based on the program your child is enrolled in and your family circumstances. All fee assistance is confidential. Find information on how to apply online at www.flaschools.org/preschool. For more information, please call (651) 982-8349.

PATHWAY I SCHOLARSHIP

Scholarships are awarded directly to families through the county in which they reside and who meet eligibility requirements. Families must have a child between the ages of three and four as of September 1 of the current year. Pathway I scholarship funds are paid to the early childhood program that the family chooses.

• PATHWAY II SCHOLARSHIP

FLAS Early Childhood Programs receive limited funding from the Minnesota Department of Education to help families cover the cost of preschool for students who are three or four years old.

SCHOOL READINESS SCHOLARSHIP

Through the School Readiness Scholarship, we can offer a limited amount of financial assistance to families. There is an application process to complete; children must meet specific criteria based on the sliding fee adapted by the Early Childhood Programs to participate. We are not able to assist all families that apply. Aid will focus on the children attending Little Rangers Half Day Preschool enrolled the year before kindergarten entry, but limited scholarships are available in Full Day Preschool as well.

REGISTER YOUR CHILD ACCORDING TO THEIR AGE AS OF SEPTEMBER 1, 2023.

Visit www.flaschools.org/preschool and click "Register Online" or call (651) 982-8349 to register.

HALF DAY PRESCHOOL

Half Day Preschool is offered at six locations throughout the district for three, four and five year old children. Half Day Preschool is a School Readiness program that is funded by various sources: parent fees, state aid and levy funding.

FULL DAY PRESCHOOL

Full Day Preschool is offered at seven locations throughout the district for four and five year old children. Since the Full Day program does not receive any state funding, the program relies on parent fees to offer high-quality programming for our students.

Financial Options for Preschool

- Pathway I Scholarship
- Pathway II Scholarship
- School Readiness Scholarship

See page 57 for financial assistance options.



FAMILY LEARNING PROGRAM (FLP)

Designed for parents with children ages birth-5 years of age

The Family Learning Program (FLP) is ideal for parents with young children (birth-5 years old) and would like to register for Adult Basic Education (ABE). Families have the option to enjoy a meal together, participate in guided learning experiences and get ideas for home activities. Children who are 12 weeks-2 years old attend Sibling Care (childcare) and 3-5 year olds attend Preschool while parents participate in parent education classes and work on goals such as GED test preparation, improving their English or basic skills in our ABE program. Children ages birth to 11 weeks old stay with their parent during classes. Visit www.flaschools.org/ce for more information on ABE and GED programs.

Monthly tuition for children is based on a sliding fee scale. All families are welcome. No child will be turned away because of the inability to pay. Please call (651) 982-8349 for more information. The following resources are available:

- Scholarships are available for preschool tuition.
- Sibling Care (childcare) is available for children 12 weeks-2 years old.
- Transportation is available upon request.
- Interpreters are available upon request.

Tuesday & Thursday • 11:30am-3:30pm Education Center (door 17)

2023-2024 PRESCHOOL CLASSES

LOCATION	AGE	DAYS	TIME	DAILY RATE
Education Center	3	M/W	9:15-11:15am	\$21.50
Education Center	3	T/Th	9:15-11:15am	\$21.50
Columbus Elementary	3	T/Th	9:15-11:45am	\$24
Linwood Elementary	3	T/Th	9:15-11:45am	\$24
Lino Lakes Elementary	3	T/Th	9:15-11:45am	\$24
Scandia Elementary	3	T/Th	9:15-11:45am	\$24
Education Center *FLP	3-5	T/Th	11:30am-3:30pm	Page 58
Education Center	4-5	M/W/F	9:15-11:45am	\$24
Education Center	4-5	T/Th	9:15-11:45am	\$24
Columbus Elementary	4-5	M/W/F	9:15am-3:40pm	\$39
Columbus Elementary	4-5	M/W/F	9:15am-3:40pm	\$39
Columbus Elementary	4-5	M-F	9:15am-3:40pm	\$39
Columbus Elementary		M-F M/W/F	9:15am-3:40pm 9:15am-3:30pm	
Columbus Elementary Education Center Education Center	4-5 4-5 4-5	M-F M/W/F T/Th	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm	\$39 \$39 \$39
Columbus Elementary Education Center Education Center	4-5 4-5	M-F M/W/F	9:15am-3:40pm 9:15am-3:30pm	\$39 \$39
Columbus Elementary Columbus Elementary Education Center Education Center Forest View Elementary Lino Lakes Elementary	4-5 4-5 4-5	M-F M/W/F T/Th	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm	\$39 \$39 \$39
Columbus Elementary Education Center Education Center Forest View Elementary	4-5 4-5 4-5 4-5	M-F M/W/F T/Th M-F	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm 9:15am-3:40pm	\$39 \$39 \$39 \$39
Columbus Elementary Education Center Education Center Forest View Elementary Lino Lakes Elementary	4-5 4-5 4-5 4-5 4-5	M-F M/W/F T/Th M-F M/W/F	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm 9:15am-3:40pm 9:15am-3:40pm	\$39 \$39 \$39 \$39 \$39
Columbus Elementary Education Center Education Center Forest View Elementary Lino Lakes Elementary Lino Lakes Elementary	4-5 4-5 4-5 4-5 4-5	M-F M/W/F T/Th M-F M/W/F M-F	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm 9:15am-3:40pm 9:15am-3:40pm	\$39 \$39 \$39 \$39 \$39 \$39
Columbus Elementary Education Center Education Center Forest View Elementary Lino Lakes Elementary Lino Lakes Elementary Linwood Elementary	4-5 4-5 4-5 4-5 4-5 4-5	M-F M/W/F T/Th M-F M/W/F M-F M/W/F	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm 9:15am-3:40pm 9:15am-3:40pm 9:15am-3:40pm	\$39 \$39 \$39 \$39 \$39 \$39
Columbus Elementary Education Center Education Center Forest View Elementary Lino Lakes Elementary Lino Lakes Elementary Linwood Elementary	4-5 4-5 4-5 4-5 4-5 4-5 4-5	M-F M/W/F T/Th M-F M/W/F M-F M/W/F	9:15am-3:40pm 9:15am-3:30pm 9:15am-3:30pm 9:15am-3:40pm 9:15am-3:40pm 9:15am-3:40pm 9:15am-3:40pm	\$39 \$39 \$39 \$39 \$39 \$39 \$39

*FLP - Family Learning Program information is on page 58.

COMMUNITY EDUCATION STAFF

Community Education Office		(/51) 000 0140
Corey McKinnon, Director Tracy Angelo, Administrative Assistant	cmckinnon@flaschools.org tangelo@flaschools.org	(651) 982-8140 (651) 982-8110
Katie Suloff, Office Assistant	ksuloff@flaschools.org	(651) 982-8392
Natie Suloii, Office Assistant	KSGIOTI@HascHools.org	(001) 702-0072
Adult Basic Education (ABE)		
Susanne Kimber, Coordinator/Lead Teacher	skimber@flaschools.org	(651) 982-8302
Susaime Nimber, Coordinator/Lead Teacher	skiriber@nascrioois.org	(001) 702-0002
Adult Lifelong Learning		
Laurie Drolson, Coordinator	Ldrolson@flaschools.org	(651) 982-8334
Janet Nutter, Adult/Special Needs Planner	jnutter@flaschools.org	(651) 982-8328
·		
Aquatics		
Jennifer Olson, Supervisor	jjolson@flaschools.org	(651) 982-8746
Athletics & Facilities		
Kyle Young, Coordinator	keyoung@flaschools.org	(651) 982-8320
Kayleigh Sonterre, Athletics Planner	ksonterre@flaschools.org	(651) 982-8372
Early Childhood Programs		
Bethany Hardy, Coordinator	bhardy@flaschools.org	(651) 982-8315
Macy Bombard, Assistant Coordinator	mbombard@flaschools.org	(651) 982-8318
Lori Harrington, Support Manager	lharrington@flaschools.org	(651) 982-8378
Tiffany Mohr, Office Assistant	tamohr@flaschools.org	(651) 982-8349
Kristin Trotto, Office Assistant	ktrotto@flaschools.org	(651) 982-8301
Bonnie Hushagen	bhushagen@flaschools.org	651) 982-3165
Comment Education Development (CED)		
General Education Development (GED) Laurie Drolson, Testing Coordinator	Ldrolson@flaschools.org	(651) 982-8334
Laurie Droison, Testing Coordinator	Laroison@naschools.org	(031) 702-0334
Childcare Programs (SAC & Sonic)		
Nancy Siefert, Coordinator	nsiefert@flaschools.org	(651) 982-8316
Sue Waataja, Assistant Coordinator	swaataja@flaschools.org	(651) 982-8364
Autumn Beireis, Support Specialist	abeireis@flaschools.org	(651) 982-8344
Julie Johnson, Office Assistant	jjjohnson@flaschools.org	(651) 982-8365
Michelle Marcotte, Office Assistant	mmarcotte@flaschools.org	(651) 982-8307
Heather Caron, Nurse	hcaron@flaschools.org	(651) 982-8384
	5	
Marketing		
Alexa Nelson, Coordinator	alnelson@flaschools.org	(651) 982-8303
	5	
Technology		
Amy Florin, Systems Administrator	aflorin@flaschools.org	(651) 982-8106
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Youth Development & Enrichment		
Laurie Drolson, Coordinator	Ldrolson@flaschools.org	(651) 982-8334
Jennifer Immel, Elementary Youth Planner	jconnolly@flaschools.org	(651) 982-8339
,,	CONTION (WITASCHOOLS.OF 2	(001) /02 000/
Janet Nutter, Secondary Youth Planner	jnutter@flaschools.org	(651) 982-8328

TRANSLATION AVAILABLE

If you want free help translating this information, call (651) 982-8327.

ملحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم 982-8327 (651)

កំណត់សំតាល់ បើអ្នកចង់បានជំនួយបកប្រែ ពត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ (651) 982-8327 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite (651) 982-8327.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (651) 982-8327.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການ ຊ່ວຍເຫຼືອໃນການແປອໍ້ຄວານດັ່ງກ່າວນີ້ ຟຣີ, ຈົ່ງໂທຣ໌ຫາ (651) 982-8327

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsi bilbiltu (651) 982-8327.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните (651) 982-8327

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac (651) 982-8327 .

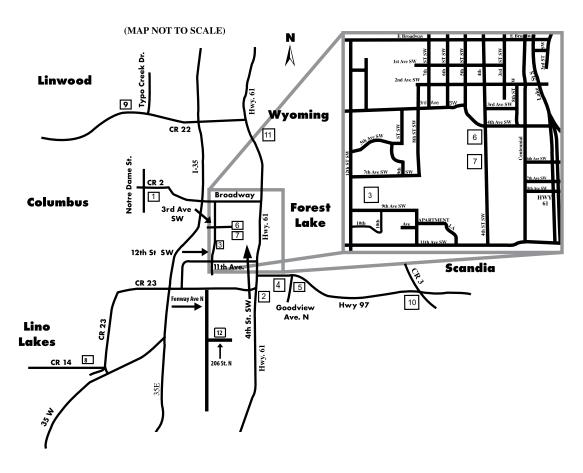
Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al (651) 982-8327.

Chú Ý. Nếu quý vị cần dịch thông-tin nầy miễn phí, xin gọi (651) 982-8327.



DISTRIC MAP & ENTRANCE GUIDE

BUILDING		ADDRESS		EVENING
1. Columbus Elementary	Col	17345 Notre Dame St, Forest Lake	West side	Door 1
2. District Office		6100 N 210th St, Forest Lake		
Education Center FLAS Community Pool	Ed Center	943 9th Ave SW, Forest Lake	East side East side	Door 4 Door 8
4. Forest Lake Area High School	FLAHS	6101 Scandia Tr N, Forest Lake	South side	Door 32, 33
5. Forest Lake Area Middle School	FLAMS	21395 Goodview Ave N, Forest Lake	West side	Door 1
6. Forest Lake Elementary	FL Elem	408 SW 4th St, Forest Lake	South side	Door 1
7. Forest View Elementary	FV	620 SW 4th St, Forest Lake	South side	Door 4
8. Lino Lakes Elementary	Lino	725 Main St, Lino Lakes	South side	Door 1
9. Linwood Elementary	Linw	21900 Typo Creek Dr NE, Wyoming	South side	Door 2
10. Scandia Elementary	Scan	14351 Scandia Tr N, Scandia	East side	Door 2
11. Wyoming Elementary	Wyo	25701 Forest Blvd, Wyoming	West side	Door 1
12. Forest Lake Sports Center & Hallberg Ice Arena		5530 206th St N, Forest Lake		



REGISTRATION & CANCELLATIONS





Registration Options

It is best to register for a class at least two weeks before the starting date. If you are interested in a class that will be starting within a week, please call (651) 982-8110 to see if there are still openings.

• Online Registration: www.flaschools.org/ce

• Phone Registration: (651) 982-8110

 Fax Registration: (651) 982-8386 using a Discover, Visa, MasterCard or American Express credit card

• Mail or in person:

Community Education Forest Lake Area Schools Education Center 943 9th Ave SW, Forest Lake, MN 55025 Drop box located inside door 4

• Drop box:

Community Education Forest Lake Area Schools District Office 6100 N 210th Street, Forest Lake, MN 55025 Drop box located outside of the main entrance

UCare

Eligible UCare members may get up to a \$15 discount on many Community Education classes in Minnesota. Members must have UCare insurance at the time of registration and through the duration of the class. Members will need to provide their UCare ID number when registering for class. Limits and restrictions may apply. Online registration is not available when using your UCare discount; please call (651) 982-8110 to register.

We Love Feedback

Your questions and comments about the Community Education catalog are always welcome. Please contact the Community Education office at (651) 982-8110.

Accessible to All

If you have a disability and/or are in need of accommodations to participate in a class, please call the Community Education office at (651) 982-8110 at least 10 business days before your class.

Cancellations & Refunds

All classes will be held unless you are notified of a cancellation. You will be notified of class cancellations by email or phone so please keep your contact information current.

On days when school is canceled due to weather, most afternoon and evening activities are also canceled. Childcare programs are open; see the Family Handbook for more information. Last minute cancellations will be on TV channels 4, 5, 9, 11, and online at www.flaschools.org.

If you need to cancel a class or activity, you must do so a minimum of two working days before the class is scheduled to start as instructors will have been notified of the number of students in their class, materials will have been prepared and the other students in the class are expecting the class to go.

While Community Education tries to be generous with refunds, certain program requirements may prevent us from issuing refunds within a certain number of days prior to the start of the program. Please contact the Community Education office at (651) 982-8110 for additional information.

Liability Waiver

When registering for a class or activity, you will be asked to agree to the following Liability Waiver:

I grant permission for myself and/or my child to participate in this Community Education activity. I am aware that injuries may occur and I accept full responsibility for any injury received while participating in the program.

I understand that Forest Lake Area Schools and its employees are not responsible for any injury to the participant.

REGISTRATION FORM

Register at www.flasch	ools.org/ce or use this form.	If you have questions or need assist	tance, please call (651) 982-8110.	
Participant First Name		M Last Name		
Street Address Work Phone		City	Zip	
		Cell Phone		
Email Address				
Class #	Class Title	Building	Fee	
Class #	Class Title	Building	Fee	
Special health concerns	s (accommodations, disabilit	ry, allergy, or special need we should	be aware of):	
For Youth Ages 0-18 (ONLY			
Parent/Guardian Full Na	ame			
Student's Grade	_ Birthdate	Age		
☐ Male ☐ Fen	nale School Attending	J		
Discounts Participant's UCare ID#		UCare Member Disc	count Total \$	
injuries may occur and I	accept full responsibility for	cipate in this/these Community Educa any injury received while participating responsible for any injury to the partic	g in the program. I understand that	
Signature			Pate	
Payment Information				
Total Registration Am	ount \$ □ Cash	n ☐ Check (Payable to Forest Lake A	area Schools)	
☐ Am	erican Express 🛭 Discover 🕻	☐ MasterCard ☐ Visa (please fill out in	nformation below)	
Authorized Signature_		Da	ate	
Cardholder's First Name	e	Cardholder's Last N	ame	
Credit Card Number		Expiration Date	Security Code_	

Mail to: Community Education, FLAS Education Center, 943 9th Ave SW, Forest Lake, MN 55025 Sign up to receive Community Education email news at www.flaschools.org/ce



Forest Lake Area Schools 831 Community Education 6100 210th St N Forest Lake, MN 55025 (651) 982-8110

> ECRWSS CURRENT OCCUPANT

Little Rangers
Preschool
2024-2025

Registration opens January 15, 2024

VISIT WWW.FLASCHOOLS.ORG/PRESCHOOL









