

COMMUNITY EDUCATION



CENTENNIAL

SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

**WINTER
ACTIVITY GUIDE**

January-May 2024

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

Welcome to Community Education

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



Winter is here and we encourage you to embrace the season.

Be open-minded; Don't let the weight of the snow accumulation and cold weather keep you from staying engaged and staying active. Studies show social interaction and stimulation of your mind and body during the winter months aid in maintaining a positive outlook and can even boost immunity.

Here are just a few ideas to stay involved, active and to make your winter a little more wonderful:

- ◆ Family Puzzle Challenge (ages 12 and under with adult)
- ◆ Ski/Snowboard Club (gr. 6-12)
- ◆ Winter Soccer Skills (gr. K-2)
- ◆ Tabletop Photography (adult)
- ◆ Intro to Welding: Create a Garden Sculpture (adult)
- ◆ Spark Equestrian Day Camp (ages 6-12)
- ◆ Foot Care Clinic (adult)
- ◆ Strong is the New Skinny (virtual)
- ◆ Mermaid Tales: Learn to Be a Mermaid (ages 6-11+)

Winter CAN be wonderful... all it takes is some positive thinking and a little planning with help from offerings through Community Education!

- Cori Sendle, Director

Family Puzzle Challenge Calling all jigsaw puzzle enthusiasts!

Compete with other teams to put together a 500-piece puzzle!



The fee includes the puzzle (yours to keep), pizza, drinks, and prizes. *Teams must consist of 1-2 adults and 2-3 youths, 12 years of age or younger. Hands only. No cutting devices, flashlights, phones or other aides. No interference, distractions or assistance from contestant onlookers.

Feel free to bring a gently used, complete puzzle to trade. Pizza and beverages served at 5:30 pm. The contest begins at 6 pm. Families will have until 7:30 pm to work on their puzzle. ***Only team "captain" needs to register.**

#8590 F Jan 26 \$50 5-7:30 pm CMS: Cafeteria

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

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More Family Fun!



Wolf Howl Bonfire

All ages welcome

Meet and learn about some of Minnesota's most fascinating wildlife during a bonfire program at the areas premiere wildlife facility, the Wildlife Science Center. The center's resident wolves, mountain lions, coyotes, foxes, lynx and raptors will be the focus of this incredible opportunity.

At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song (feel free to join in if you like). Dress for the weather as most of the event is outdoors.

Wildlife Science Center

#8560 F Apr 26 \$20
5:30-8 pm Wildlife Science Center



Little Nature Adventures!

Ages 2-5 with adult

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

Mon 10-11 am \$15 child/adult pair Wargo Nature Center

#1056-A Jan 8 Don't forget your Mittens!
#1056-B Feb 12 Snow sounds
#1056-C Mar 11 Maple time!
#1056-D Apr 8 Look! It's Spring!

Take all the adventures for
the reduced cost of \$55



Raptors of Minnesota

With hooked beaks, excellent eyesight, sharp talons, and strong legs and feet, raptors rule the sky. Meet some of Minnesota's most amazing birds of prey during a Wildlife Science Center presentation including live hawks and owls. Learn about the amazing adaptations Minnesota's raptors rely on to find prey, hide, defend territory, and take care of their young. Touch the collection of raptor and other wildlife artifacts to find out first hand why birds can fly and we cannot.

Wildlife Science Center, located in Stacy, MN is an independent nonprofit home to gray wolves, red wolves, Mexican gray wolves, bears, raptors and many more wild animals.

#8571 Tu May 14 7-8 pm
\$15 individual; \$35 family up to 4
CT: Little Theater

Community Education Offices

The CE main office & Conference Room

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

Mon-Fri, 8 am-4 pm
Closed on non-school days
Office closed Dec 15 at 11 am

Adult English Second Language - ESL

4707 North Road, Circle Pines/Door S14

Early Childhood Center - ECC

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

Facilities

Use of school district facilities outside of the regular school day are coordinated and reserved through Community Education. Rental fees apply. Call 763-792-6104 or apply online at isd12.org/community-education.

Elementaries

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

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

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

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

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

Middle & High Schools

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

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

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

PAC—Performing Arts Center

Community Ed Programs & Staff

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

Directory

Adult/Youth Enrichment

Sharon Sculley, Coordinator

763.792.6106 ssculley@isd12.org

Aquatics & MS Sports

Clare Waddell, Coordinator

cwaddell@isd12.org

Pool Office: 763-792-5240

CE Office: 763-792-6115

Driver Education

Sharon Sculley, Coordinator

763.792.6106 ssculley@isd12.org

ECFE & Centennial Preschool

Sara Ison, Coordinator

763.792.6122 sison@isd12.org

Lynn Dierks, Early Childhood
Specialist

763.792.6133 ldierks@isd12.org

Deb Klausing, EC Admin Assist

763.792.6120 dklausing@isd12.org

Brianna Literski,

Early Childhood Specialist

763.792.6111 bliterski@isd12.org

ESL - English as a Second Language

Yue "Pearl" Cheng, ESL Teacher

763.792.5054 ycheng@isd12.org

Facilities

Anne Thomas, Coordinator

763.792.6104 amthomas@isd12.org

Kids Club School Age Child Care

Molly Nelson, Coordinator

763.792.6110 mnelson@isd12.org

Heather Watson, Asst Coordinator
& Inclusion Specialist 763.792.6114

hwatson@isd12.org

Dawn Turnblad

Registration/Billing Admin Assistant

763.792.6193 kidsclub@isd12.org



Registration begins Tuesday, December 1 at 8 am
Visit isd12.ce.eleyo.com

Policies

Five business day notice required for cancellations

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

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

Full policy and registration info can be found on page 54

Community Education Main Office 763.792.6100

Cori Sendle, Director 763.792.6101 csendle@isd12.org

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

Erin Berg, Admin Assistant 763.792.6108 eberg@isd12.org

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

Drop Box

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

Am I registered?

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

Advisory Council Members

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

Offsite Locations

Conquer Ninja Gym, 1467 101st Ave NE, Blaine

Hardwood Creek Farm, 2306 80th St E, Hugo

Jim Peterson Athletic Complex, 12302 Cloud Dr NE, Blaine

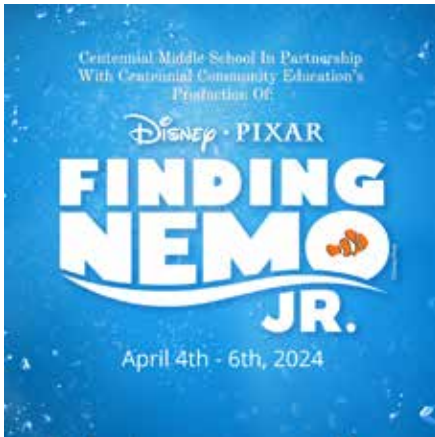
Martin-Island Linwood Lakes Regional Park, 22480 Martin Lake Rd NE, Linwood

The Rookery Activity Center, 7690 Village Dr, Lino Lakes

Smoland Inn, 11658 WI-70, Grantsburg, WI

Wargo Nature Center, 7701 Main St, Lino Lakes





Free Senior Theater Previews

April 3, 3:30 pm, Centennial Middle School Auditorium-Finding Nemo Jr.

May 1, 4 pm, Centennial High School Performing Arts Center-The Little Mermaid

For more information visit centennialtheatre.org

Skills For Bridging the Divide

Having constructive, difficult political conversations with people in your life

Hosted by Braver Angels at CT Little Theater

Learn how to talk across the divide in a constructive, empathetic way.

The goals of the workshop seek to: learn about the perspectives, feelings, and experiences of someone you care about who differs from you politically; have a sense of satisfaction about how you conveyed your own perspective, feelings, and experiences; and discover some common ground, if it's there.

Braver Angels moderators (one conservative and one liberal), Braver Angels is a grassroots organization that seeks to strengthen relationships and communities harmed by partisan polarization. It offers effective communication skills as a means to bridge political divides that drive animosity and prevent us from working together on shared problems

"Braver Angels is something each of us can learn from. It isn't about being left or right, about winning or losing. It's about understanding and appreciating differences, and it's about saving important relationships." City of Circle Pines Mayor Dave Bartholomay

#8527 M Feb 5 \$5 6-8:30 pm

Travel with us to Door County!

October 7-10, 2024

Come see why Door County, Wisconsin is often referred to as the "Cape Cod of the Midwest." We'll visit many sights in this picturesque region nestled between the waters of Green Bay and Lake Michigan, including a ferry ride to Washington Island, a lighthouse tour, a maritime museum tour and so much more! You'll come home relaxed and full of wonderful memories! See page 19 for details.

The Summer Activity Guide

Registration open online beginning March 25 at 8 am!

The activity guide will be available online for viewing Friday, March 22.

Centennial Community Band

Grade 11+

Part of the Centennial Community since 2003



Own a band instrument?

Looking for a place to play?

Come experience the joy of ensemble music making with a wide variety of symphonic band literature, even if it has been a while since you played.

This non-audition band, under the direction of Barry Zumwalde, is comprised of musicians from the Centennial area and surrounding communities.

Instrumentalists are welcome in percussion, low brass, saxophone, flute and double reed sections. Interested musicians are invited to try up to three rehearsals without obligation.

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



Adult Cooking

Online Instant Pot & Air Fryer Classes with Kirsten Madaus

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

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



Winter Wellness Bowl Prep



You can create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer. In this live online class Kirsten will demonstrate a vegetarian Southwestern Breakfast Bowl, a Korean Chicken Bowl, and a flexitarian Mediterranean Bowl while discussing ways to change up your daily meals with different sauces and toppings. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

#4022 W Jan 31
\$24 6:30-8 pm



Instant Pot Basics Series

It's time to finally start using that Instant Pot! In this 4-part online Zoom class you'll learn how to make breakfasts, appetizers, dinners and desserts. Each week Kirsten will demonstrate a different aspect of pressure cooking: how a pressure cooker works, how to cook with frozen meats, all-in-one meals, and pot-in-pot cooking. Handouts accompanying each session offer additional recipes beyond what is demonstrated during class and each week there's plenty of time for Q & A. Participants will receive a link to the class recording afterwards.

#4022 W Feb 7-28
4 sessions \$86 6:30-8 pm

Chili Night With Your Instant Pot



The electric pressure cooker makes a faster and more flavorful pot of chili compared to stove top or slow cooker, and you can make your sides in the Instant Pot too. In this live online class Kirsten will demonstrate Easy Weeknight Chili, Turkey verde Chili, and vegan Quinoa Chili, along with Instant Pot Baked Potatoes and Loaded Cornbread. We'll also discuss how you can adapt your favorite recipe for pressure cooker use. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

#4094 W Mar 6
\$24 6:30-8 pm

Air Fryer Veggies

Using an air fryer to cook vegetables is quick, and the healthy results are delicious. Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including lemon pepper broccoli, miso sesame kale chips, and roasted sweet potatoes. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so they can follow at their own pace.

#4028 W Apr 17
\$24 6:30-8 pm

Summer Snacks & Sippers



Join Kirsten from her home kitchen in this live online cooking class as she demonstrates a variety of recipes to brighten up your summer, including quick air fryer vegetable-forward seasonal snacks plus a Blueberry-Ginger Shrub and Rosemary Lemon Syrup to liven up your warm weather libations. Extensive handout with additional recipes included. Class is recorded so you can watch when you're able to or cook along at your convenience.

#4095 W May 15
\$24 6:30-8 pm



Please consider donating to our scholarship fund.

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

See details on page 20



Adult Create



Cinnamon Swirl Breadmaking & Dining Experience

Join Smoland Prairie Homestead Inn proprietor, Virginia Hennessey, for a quaint rural Wisconsin bread making and dining experience.

Begin your afternoon or evening by mixing, kneading and preparing your bread. As it rises, enjoy hors d'oeuvres and wine on the porch.

Once your bread is ready for the pan and to begin its next rise, your host will serve homemade lunch or dinner.

Finally, it's time for the oven. While your bread bakes, enjoy coffee and dessert, and leave with your warm loaf of swirl bread with the recipe to make later. Cost includes all supplies, meal and beverage.

Class is held at Smoland Inn,
11658 WI-70, Grantsburg, Wisconsin.

*Virginia Hennessey, Smoland Prairie
Homestead Inn, Rural Grantsburg, WI*

\$55 Smoland Inn, Grantsburg, WI
#4078-A M Apr 15 11 am-2 pm
#4078-B Tu Apr 16 5-8 pm



Welding classes with Greg Kraft, local artist, sculptor & carver **Ages 18+**

Classes will introduce you to TIG welding and hand tool use for metal work. TIG welding uses an inert gas (argon) that bonds metal without wire feed, rods or sticks and is typically used for thinner materials such as pipe welding or where appearance is more important. Wear a long-sleeved shirt, long-legged jeans or other sturdy long-legged pants, close-toed leather shoes or boot, leather work gloves, welding helmet if you have one, a lunch or snack and refillable water bottle. Instructor will provide TIG welder and welding material, welding helmets, safety glasses, extra gloves, vise, anvil, angle grinder and bending tools.

Welding a Steel Rose Beginner to Intermediate

You must have some hand strength to use the cutting and bending tools that shape the rose. Safety and design instruction will be covered. We'll use 3 steel discs and a steel rod to create a rose that will last forever. There will be a brief discussion of rose history and art to open the class.

#2838 Sa Jan 27
\$130 10 am-2 pm
CHS East:
Rm 140/woodshop



Create a Garden Sculpture

Beginner to Intermediate

This class will introduce you to welding as you create a stone and metal sculpture for your garden or patio. Safety and introductory concepts for sculpture design will be covered. Bring a stone about the size of your fist, or one will be provided,

#2839 Sa Apr 13
\$130 10 am-2 pm
CHS East:
Rm 140/woodshop

Easy Oil Painting The Bob Ross Method

Ages 12+

Don't think of yourself as an artist? Our Bob Ross style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paints can be. Bob Ross is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s. All materials provided to create a 16" x 20" canvas masterpiece ready to frame for display at home. Frames will be available for purchase from instructor at class if you are interested.

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

Sat \$68 10 am-2 pm

CMS: Rm E106



Next Vacation

#2145-A Jan 13

Red Posies

#2145-B Apr 6



Spectacular

#2145-C Apr 27



My Beach

#2145-D May 18



1. Pinwheel



2. Flag



3. Faded Star



4. Friendship Star



5. Marigold



6. Hidden Cross



7. Blue Cross

Barn Quilt Making

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

At the start of class you will choose your design. Some designs are better suited for beginners and some are more advanced.

Choose your design when registering

1. Pinwheel (beginner friendly)
2. Flag (beginner friendly)
3. Faded Star (beginner friendly)
4. Friendship Star (beginner friendly)
5. Marigold (painting experience preferred)
6. Hidden Cross (painting experience preferred)
7. Blue Cross (painting experience preferred)

Aryn Lill, The Blue Fox

Fri \$68 6-8:30 pm

#2191-A Feb 23 RL/ECC: Rm 101

#2191-B Apr 19 CMS: Rm E106

Soap Making

Learn to make soap using the cold process method that has existed for thousands of years. Participants receive a teaching manual that includes an ingredient list, equipment list, recipe, method for soap making, and sources for essential oil, ingredients, and equipment. Participants will also take home a silicone mold and soap to fill the mold.

John Hanson, owner/maker of Longfellow Soap Company has been making soap for 13 years and selling soap and teaching for ten.

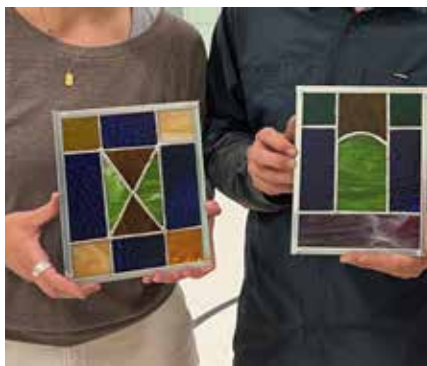
6-8:30 pm \$60

CHS East: Rm 140/woodshop

#2332-A Th Feb 15

#2332-B Tu May 14





Stained Glass 101 Copper Foil Method



Explore the art of stained-glass design and building. Learn to make, cut and use patterns; cut and grind glass; tape your glass with copper foil; solder your glass; add patina to color the solder; finish the edges with a zinc border; clean and polish the finished window; John will also discuss how to frame your completed window with wood.

All tools and materials are provided. Please wear hard toe shoes, and long sleeves, and bring a pair of safety glasses. No fleece or sweaters that can catch glass chips as you cut.

Bring \$25 cash or check payable to instructor to first class for supply costs.

John Hanson, owner of Longfellow Soap, has been designing, making, repairing, and restoring antique stained-glass windows for 23 years.

2 sessions W/Th 6-8:30 pm
\$160 (+\$25 supply cost)
CHS East: Rm 140/woodshop

#2333-A Feb 7-8
#2333-B Apr 3-4



Snowy Chickadee Acrylic Canvas



All skill levels welcome

Paint a snowy chickadee in acrylic paint on a 12" x 12" stretched canvas. You will be guided step-by-step to learn about the practice of painting through close observation. Shape, pattern, texture, contrast, and painting basics will be instructed. Watch live demonstrations, experiment with a variety of materials, practice, and have fun.

Aryn Lill, The Blue Fox

#2335 F Mar 8
\$56 6-8 pm
CHS East: Rm 111



Little Cactus Watercolor Still-Life



Ages 16+

Our watercolor for adults class provides step-by-step instruction in the fundamentals of watercolor painting. This course enables a beginner to achieve confidence and mastery and to enjoy the process. You get individual guidance and support at each stage. We'll experiment with resist techniques while creating a succulent still-life. All materials provided.

Art innovators

#2337 M Mar 25
\$40 7-9 pm
CMS: Rm E106

Age 55+ Driver Discount Program

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

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

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

MN Highway Safety & Research Center Instructor

8-Hour Course

#8100 Tu/Th Mar 26 & 28
2 sessions \$28 5:30-9:30 pm
RL/ECC: Rm 101

4-Hour Refresher

#8101-A M Jan 29
1 session \$24 1-5 pm
RL/ECC: Rm 101

#8101-B Tu Apr 16
1 session \$24 5:30-9:30 pm
RL/ECC: Rm 101





Adult Dance

Classes are held in RL: Gym A/Cafeteria

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

West Coast Swing

Empower your dancing with this fun member of the "Swing" family. West Coast Swing is usually done to slower Swing music...a very smooth feel. Learn basic patterns, good "partner connections" and some fun turns. This is a beginner class and is for everyone. Couples only please.

#5326 M Jan 29-Feb 26
4 sessions \$52 couple No class Feb 19
6:30-7:30 pm

Country Dances

Learn the basics of Country Dance. Class will cover two popular dances: Country Waltz and Country Two-Step. Some basic patterns and underarm turns and you've got it! Partnership dancing makes a fun hobby and a great social venue. Dance to classic country, as well as some "top tunes". Wear hardsoled shoes or your cowboy boots. Partners encouraged..

#5323 M Jan 29-Feb 26
4 sessions \$39 individual; \$52 couple
7:35-8:35 pm No class Feb 19

Latin Line Dance

Spice up your dancing with some "non-partner" cool moves and music. Learn Rhumba, Bachata, Salsa and more in line-dance style. No partner necessary. Everyone is welcome.

#5325 M Apr 22-May 13
4 sessions \$39 6:30-7:30 pm

Wedding Dance Workshop

Sample wedding dance favorites including waltz, swing and slow dance in a workshop perfect for beginners or those who want to brush up on steps for an upcoming wedding. This class is for everyone. If dancing in front of a group has you concerned, this practice may calm your fears. By the end of class, you'll be looking forward to the opportunity to show off your moves.

#5312 F May 3
\$15 individual; \$25 couple 7-9 pm

Private Guitar/Ukulele & Vocal Lessons

For all ages & abilities

Whether you are a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor, Musician Brady Perl, in half-hour lessons. Lessons will be tailored to each participant's needs and interests, and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, and music theory.

Please identify if a vocal or what instrument when registering. Students need to bring their own instrument.

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

4-8 pm CT: Conference Rm
Select your half-hour private lesson during the timeframe listed

#5202-A M Jan 8-Feb 26
6 sessions \$146
No class Jan 15 & Feb 19

#5202-B M Mar 4-Apr 15
6 sessions \$146 No class Mar 11

#5202-C M Apr 22-May 20
5 sessions \$122





Adult Education & Finance



Executor, Trustee or Guardian Where Do I Start?

As an executor, personal representative, power of attorney, or guardian, this class will help you figure out your responsibilities. Understand the difference between these roles, who you should appoint, and what to do once you are appointed. Question and answer time included.

Riley Sullivan, experienced attorney practicing in estate planning, elder law, and probate.

#3054 Tu Jan 16 \$30 6:30-8:30 pm
RL/ECC: Rm 101

Write Your Own Health Care Directive/ Power of Attorney

If you become incapacitated who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney using a computer. Students will leave with a valid Health Care Directive and Power of Attorney. A packet sent prior to class as some prep work required. You should be comfortable using a computer.

Riley Sullivan

#3053 Tu Feb 6 \$45 6-9 pm
CHS West: Learning Commons Computer Lab

Write Your Own Will

Participants should be comfortable using a computer with some typing ability. Prepare a valid will on a computer and learn about probate, estate planning, and wills. A packet sent prior to class as some prep work required. NOTE: This is a "simple will" class, not appropriate for those who have assets more than one million dollars or who need a Trust as well. Couples must register individually.

Riley Sullivan

#3010 Tu Apr 30 \$49 6-9 pm
CHS West: Learning Commons Computer Lab

Why You Can't Always Trust Your Trust

The trust is a very popular component and tool to be used in our estate planning. However, there is a variety of vastly different Trust options to be used and the question arises: "Am I using the right Trust for my needs and goals?" Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. One common problem that often needs addressing is the over-utilization of the Living Trust for goals or problems that it does not resolve. For example, "Does my Living Trust protect my assets against Medicaid and the nursing home?" The answer is probably not. The Irrevocable Trust and the Testamentary Trust each have their strengths and weaknesses as well. We will clearly define the strengths and weaknesses of these different types of Trusts and when to use them. Explore your goals and wishes to see where they fall in the realm of Trusts. Class encourages questions and we hope to provide answers that will set your mind at ease or assist you in the decision making in this area.

Steve Ledin, Attorney, Owner of Ledin Law PLLC, focusing on estate planning and small business

#3017 Th Jan 18 6:30-8 pm
\$16 individual or couple RL/ECC: Rm 101

5 Common Mistakes That Can Ruin Your Hard-Earned Retirement



With our presenter having over 50 years of experience helping Minnesotans who are planning for and reaching their retirement years, we have learned time and time again that whether you are in your 40s, 50s, or 60s there are several milestones and overlooked life areas where mistakes can lead to results that range from discomfort to disaster. Let's identify those issues for you in a comfortable learning session full of real-life examples and opportunities to get questions and issues answered.

Steve Ledin, Attorney

#3021 M Mar 25 6:30-8 pm
\$16 individual or couple RL/ECC: Rm 101





Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65, you should plan to 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.

Charles Taylor, owner of Four Points Advisory LLC. Investment and Advisory services offered through World Equity Group Inc., member firm of FINRA/SIPC

6:30-8 pm \$16 individual or couple RL/ECC: Rm 101

#3061-A Tu Feb 20
#3061-B Th Apr 25

Let's Probate an Actual Minnesota Estate ONLINE

A Zoom link and class handout will be sent to the email used to register. We will walk through (in-depth) an actual Minnesota probate estate from filing of the Application for Probate to the Final Accounts, and all the steps in between. Learn the entire process with current forms. Court and filing requirements, accounting, and procedural steps, as well as the procedures for the sale and distribution of estate assets. Discuss the roles, responsibilities, and liabilities of a person appointed as the Executor/Personal Representative. The class will be filled with real-life examples and solutions to the multitude of issues involving a typical (or not typical) Minnesota Probate Estate. This class encourages questions: Is there a "reading of the Will"? What about personal items? Does the Executor get paid? What about estate bills and creditors? We will provide the answers.

Steve Ledin, Attorney

#3066 M Apr 8 6:30-8 pm
\$16 individual or couple

Social Security Claiming Facts & Filing Strategies

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

Charles Taylor

#3012 Th Apr 18 6:30-8 pm
\$16 individual or couple RL/ECC: Rm 101

History & Culture



Somali Culture 101 NEW

Immigrant populations in Minnesota must explore and craft the way they will carry their culture forward as they build their community in the United States. This cultural education experience will provide an overview of the aspects of Somali culture that influence life for Minnesota-Somalis. There will be time for questions and answers. **FREE - thanks to the support of the Centennial Area Education Association.**

#7006 M Feb 26 6-7:30 pm CT: Little Theater

The Holocaust - Never to Forget NEW

This class is designed to emphasize critical thinking, connections, and the role individuals have in their society. Join, Tom Franta, a Centennial educator, to explore 20th century genocides, first focusing on Armenia and then delving into an in-depth overview of the Holocaust.

Topics covered will include the rise of Hitler, the Nazification of Germany, and the action of the Nazi government in organizing and transporting undesirables to concentration camps. Explore the Resistance movements, both passive and aggressive.

Tom will share his experiences with his travels to Holocaust sites in Europe, as well as sharing perspectives from renowned Holocaust scholars and survivors. Dr. Gregory Stanton's "Ten Stages of Genocide" will be introduced, which shows progression to atrocities.

Tom will investigate Hitler's chilling quote which (paraphrased here) says "let us do to the Jews what the Turks did to the Armenians... because who remembers Armenians?"

Tom Franta, educator with extensive time spent in various roles looking into 20th century genocides

#8516 W Feb 21 6:30-8:30 pm
\$28 individual or \$35 couple RL/ECC: Rm 101



Adult Needle Arts

Garden Walk Quilt

Confident Beginner+

Not appropriate for first quilt,
but great second quilt

Let your fabric selection do most of the work for you. This quilt creates a two-color pieced flower block with a connecting walkway. Must-have ruler tool makes this an easy technique to master. Class will cover quilt-making basics, chain piecing, design layout and borders. Quilting options will be discussed. Prepare to do homework to complete a twin size 68" x 96" quilt top in three sessions. For confident beginner (not appropriate for first quilt, but great second quilt). Supply and material list mailed prior to class (yardage needed for twin size quilt approx. 15).

Kathy Johnson

#2707 M Mar 7-21
3 sessions \$68 6:30-9:30 pm
RL/ECC: Rm 101

Quilter's Night Out

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

Kathy Johnson

Fri \$7 6-9 pm RL/ECC: Rm 101
#2750-A Jan 5
#2750-B Mar 1
#2750-C Apr 5
#2750-D May 10

Quilter's Day In

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

Kathy Johnson

Sat \$15 9 am-3 pm RL/ECC: Rm 101
#2751-A Jan 6
#2751-B Mar 2
#2751-C Apr 6
#2751-D May 11



Quilter's Night Into Day

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

#2756-A F/Sa Jan 5-6
#2756-B F/Sa Mar 1-2
#2756-C F/Sa Apr 5-6
#2756-D F/Sa May 10-11

Sunday Quilter's Day In

Need more time to work on a quilt or to start a new one? Arrive anytime between noon and 6 pm. Bring a lunch (if you like). Preregistration required.

Sun \$15 12-6 pm RL/ECC: Rm 101
#2751Su-A Jan 7
#2751Su-B Mar 3
#2751Su-C Apr 7

Super Bowl Quilter's Day In

Could you care less about the Super Bowl and all the pre-game hype? Feeling alone and not sure what to do? Come join us for snacks, and quilting on your own. Pre-registration required. Spots limited.

Kathy Johnson

#2730-A Su Feb 11 \$15
12-6 pm RL/ECC: Rm 101

Super Bowl Quilter's Weekend Combos

Combine Quilter's Day In and Super Bowl Sunday and save!

Arrive any time on Saturday between 9 am and 3 pm. Bring a lunch.

2 sessions \$28
#2730-B Sa Feb 10
#2730-A Su Feb 11

Or spend the whole weekend

3 sessions \$34
#2730-C F Feb 9
#2730-B Sa Feb 10
#2730-A Su Feb 11

Binding My Quilt

This is the last step in making your quilt. Several methods of binding your quilt will be taught. Which technique you should choose and why. Machine and hand-finished techniques will be discussed. This will be a hands-on class that will include demonstrations. Please bring 3 fabric sandwiches to practice techniques, sandwich construction details will be included upon registration (sandwiches are block size layers of front and back sided fabric with batting in the center. They should be quilted to hold them together).

Kathy Johnson

#2501 Sa Apr 20
\$28 9 am-12:30 pm
RL/ECC: Rm 101

Janice Novak Online Wellness Classes

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

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

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

Is Your Waistband Too Tight Today?

Strategies for beating belly bloat. Have you ever found that in the morning your pants fit fine but by mid-afternoon the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you'll learn the main causes and 6 strategies for getting rid of belly bloat. We'll do a few exercises designed to strengthen the deepest layer of abdominal muscle, the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. And, we will do this without getting on the floor.

#6384 W Jan 17

The Art of De-Aging Peel Years Off Your Biological Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well all of your organs and body systems work. There are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. Learn simple, scientifically proven things you can do right now to decrease your body age. Explore your facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag, and reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.

#6397 M Jan 29



Heart Health for Women

Heart disease is the number one killer of women. Symptoms are different for women than for men, so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

#6310 M Feb 5

Posture & Osteoporosis Building Better Bones

Ever caught your own reflection to see that your head leads the way, or your shoulders and upper back are too rounded forward? Learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Discuss how to reduce your risk of osteoporosis and related injuries and how to re-gain bone mass. Explore the latest research findings in nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some exercises.

#6317 M Feb 26

Acupressure to Assist Weight Loss

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. Learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

#6318 Tu Mar 12

Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising more. But then suddenly the scale stops moving and you just can't seem to lose weight. The good news, it is possible to lose up to 20 pounds in a year without eating less. Just by reviving your metabolism it can be possible to burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 simple things that can be done every day to boost metabolism and burn as much as 30 percent more calories every day.

#6322 Tu Mar 26

Face Yoga



There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around the eyes, improve circulation and nutrient flow into cells and improve lymph circulation.

#6386 Tu Apr 9



Strong is the New Skinny Total Body Band Strengtheners to do at Home

Not everyone can be skinny, but everyone can be stronger, even if you don't get to the gym several times a week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt, and thighs using resistance bands while watching your favorite TV show. There are many benefits to having stronger muscles. They boost metabolism, maintain/increase bone density, make daily tasks easier and will help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules and will help you look and feel better. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. All levels of fitness welcome.

#6321 Tu Apr 16

Seven Steps to Reverse or Prevent Diabetes

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root of all these conditions is the same - problems with our diet, lifestyle, and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to why your levels are too high and how to change it. the good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.

#6388 M Apr 29



Boot Camp/Core Morning classes open to all fitness levels

Classes will train both cardio and strength using timed, high-intensity intervals. There will also be a focus on building core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Modifications will be offered to assure success for all participants. **Call us if you want to try a free class to see if it is a good fit for you**

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

M/W/F 5:30-6:15 am
CHS West: Fitness Studio Rm 607
#6932-A Jan 1-31 14 sessions \$77

#6932-B Feb 2-28 12 sessions \$66

#6932-C Mar 1-29 13 sessions \$72
10 sessions \$55-excludes Spring Break
Mar 11, 13, 15

#6932-D Apr 1-29 13 sessions \$72

Foot Care Clinic

We are hosting Jessica Lyall, a mobile nurse specializing in foot care to provide private, individual, foot care sessions. She can provide toenail trimming, filing down thick nails, removing corns, filing calluses, Diabetic foot assessment, circulation assessment, fungal nails, non-infected ingrown nails, performing a shoe assessment if needed, and making any recommendations for certain skin conditions or foot ailments. Jessica does not sell any products but can make recommendations if needed.

The room we are utilizing will be designed to provide privacy.

If you have questions before registering for a session, contact Community Ed, and we can pass along any specific inquiries to Jessica.

Select a 45-minute private session when registering

*Jessica Lyall: BSN, RN, PHN, CFCN,
has obtained additional training in foot
and nail care for healthcare providers,
Certified Foot Care Nurse, MN Public
Health Nurse*

#6098 Sa May 4 \$65
9 am-1:30 pm
CHS West: Rm 707



Adult Sports



Intro to Pickleball

Come join the fun and learn to play pickleball. This is one of the fastest growing sports for adults. If you like tennis or ping pong, you will LOVE pickleball. Learn the rules, vocabulary, increase your skills or just come for the fun. Open to any skill level. Bring equipment if you have it; otherwise we have equipment to use. Register for Tuesday or Wednesday.

Dean Kramar

3 sessions \$38 6:30-8 pm CHS East: Lower Gym

#6028-A Tu Jan 9-30 No class Jan 16

#6028-B W Jan 10-24

Open Pickleball League

All levels welcome!

Can't get enough pickleball? We are now offering drop-in open adult pickleball on select evenings. We supply the courts, nets, and balls. Participants can bring their own paddles, or we do have some to borrow. Those that show up will play matches and rotate.

Preregister for all drop-in dates and secure your spot for a discounted price of \$36. Registration deadline February 1. After that drop-in rate of \$10 per night for remaining spots. Please call Community Ed to see if drop-in space available.

#6013 Tu Feb 6-Mar 5 No Feb 27

4 sessions \$36 6:15-8 pm

Drop-in rate: \$10

CHS East: Lower Gym

Tenicity Parent/Child Beginner Group Tennis Lessons Ages 5-12 with adult

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

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

5 sessions Sa Apr 22-May 22

\$143 parent/child pair CMS: Tennis Courts

#6221-A Ages 5-8 with adult 12-1 pm

#6221-B Ages 9-12 with adult 1-2 pm



Special Interest

Family Puzzle Challenge



Calling all jigsaw puzzle enthusiasts! Compete with other teams to put together a 500-piece puzzle! The fee includes the puzzle (yours to keep), pizza, drinks, and prizes. *Teams must consists of 1-2 adults and 2-3 youths 12 years of age or younger. Hands only. No cutting devices, flashlights, phones or other aides. No interference, distractions or assistance from contestant onlookers.

Feel free to bring a gently used, complete puzzle to trade. Pizza and beverages served at 5:30 pm. The contest begins at 6 pm. Families will have until 7:30 to work on their puzzle.

***Only team "captain" needs to register.**

#8590 Fri Jan 26 \$50 5-7:30 pm
CMS: Cafeteria



Level Up Your Genealogy 1 Intermediate Class



MyHeritage and Ancestry are some of the biggest research sites, but what do you do

when they do not have the information that you are looking for? This course covers how to use the Family Search Catalog, working with autosomal DNA for known and unknown family lines, and other repositories to use beyond the large genealogy platforms.

Jennifer Shaffer, of the Formidable Genealogist, member of the Association of Professional Genealogists

#2334 M May 6 \$30 6:30-8 pm
RL/ECC: Rm 101

Raptors of Minnesota

With hooked beaks, excellent eyesight, sharp talons, and strong legs and feet, raptors rule the sky. Meet some of Minnesota's most amazing birds of prey during a Wildlife Science Center presentation including live hawks and owls. Learn about the amazing adaptations Minnesota's raptors rely on to find prey, hide, defend territory, and take care of their young. Touch the collection of raptor and other wildlife artifacts to find out first hand why birds can fly and we cannot.

Wildlife Science Center, located in Stacy, MN is an independent nonprofit home to gray wolves, red wolves, Mexican gray wolves, bears, raptors and many more wild animals.

#8571 Tu May 14 7-8 pm CT: Little Theater
\$15 individual; \$40 family up to 4



Photo Organization

Print & Digital

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

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

6:30-8:30 pm \$19 RL/ECC: Rm 101

#3512-A M Mar 18

#3512-B Tu May 21

Tabletop Photography

Whether you are a seller, collector, crafter or just looking for something to photograph, this workshop will get your creative juices flowing. There is a big difference between simply putting an item on a tabletop or counter and taking a few photos and properly staging and lighting a subject. The best part is that it does not need to be overly complicated or require a large investment in equipment.

Any type of camera will work (yes, even phone cameras), and sets can be created using simple low cost or even free materials. All it takes is a little creativity, understanding light, and experimenting with different compositions.

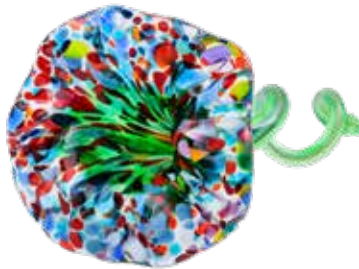
This workshop is designed to be a full, hands-on activity that follows the approach of short discussions followed by shooting exercises. We have found this to be an excellent way to reinforce the class concepts.

Course covers: Building a set, working with light (direction, basic lighting set-ups, chiaroscuro lighting, and working with shiny and clear objects), staging (adding support subjects, capturing attention), and equipment suggestions (working with a budget, camera set-up).

Examples will be shared to explain the concepts to assist in understanding how this will apply to photos you want to take. You are encouraged to bring your own objects to photograph. There will also be subjects available to use for practice if you don't want to bring items along.

Don Tredinnick, professional photographer and owner of Frozen Hiker Photography

#8705-B Sa Mar 9 \$45 9 am-noon CMS: Media Center



Winter Instructional Photo Hike at Martin Island

Join us for a winter photo hike where Don will provide tips on capturing winter scenes. Winter is a great time to be out with your camera. The cold temperatures result in cleaner air. The sun is always at a low angle allowing us to be able to shoot all day long. Also, the scenery is simplified making for some interesting compositions. The issue is that our cameras want to make the snow look a dingy grey. We can easily make a few simple camera adjustments and get some great images with some nice white snow. Open to all levels of photographer, but much of the discussion is designed for beginner to intermediate photographers. All camera types are welcome.

Don Tredinnick, professional photographer and owner of Frozen Hiker Photography

#8705-A Sa Feb 17 \$30 10 am-noon
Martin-Island Linwood Lakes Regional Park

Wolf Howl Bonfire

Friday, April 26 All ages welcome!

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

Wildlife Science Center

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

Trips & Outings

Trips depart from The Rookery Activity Center in Lino Lakes

Unless otherwise listed. All return times are approximate. No refunds after registration deadline.



Million Dollar Quartet & Lunch

Thursday, Feb 15



A Tony Award musical inspired by the true story set on December 4, 1956, when an extraordinary twist of fate brought ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS and CARL PERKINS together at Sun Records for one of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes", "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do you Love?" "Sixteen Tons." "Folsom Prison Blues," "Hound Dog" and more. Lunch is included before the show, please indicate your meal choice. Meal Choices: Bone-out Short Rib with mashed potatoes, and seasonal vegetables, Chicken Breast with roasted red potatoes, and seasonal vegetables or Vegetarian pasta made with house marinara.

Registration deadline January 3
#8514 \$99 10 am-4:30 pm

St. Paul Irish Influence

Tuesday, March 5



Did you know that Minnesota's capitol city was heavily influenced by the Irish immigrants? Jump on board as we learn, see, and experience the Irish heritage in St. Paul. This on-bus tour will be led by an Irish immigrant that is taking part in time travel to join us. They will share their stories of the settlers at Ft. Snelling, politics, and even how a large portion of the St. Paul Police Department has been connected to our Irish heritage.

After our tour around town, we will enjoy lunch at O'Malley's Irish Pub in Woodbury. Choose from Homemade Shepperd's Pie with diced sirloin and vegetables in a savory gravy, topped with homemade spuds and fresh parmesan cheese; or Fish and Chips, hand-battered cod in their own Harp Beer batter, served with "chips", tartar and coleslaw. A non-alcoholic beverage of choice is also included.

The Irish played an integral part in the founding of the growth of the city of St. Paul. Don't miss this fun and informative day in St. Paul.

Registration includes transportation in a motor coach, on-bus tour guide, and lunch. Please note: minimal standing and walking is required.

Registration deadline February 4
#8755 \$95 9:45 am-3:15 pm



Ramsey County Courthouse & St. Paul Conservatory

Tuesday, April 16



Take a guided tour of Saint Paul City Hall - Ramsey County Courthouse to learn about the history of the building and the three branches of government housed within the 21-story art deco high-rise. This hour-long tour will include Memorial Hall and Vision of Peace statue, Council Chambers, updated chamber artwork, courtroom, Law Library, and Cohen Recognition Project. Art Deco features woods (23 varieties from 18 countries) and marbles. Lunch will be at Keys Café for roast turkey or roast beef, mashed potatoes, dressing, gravy, green beans, and coffee. Select menu choice at time of registration. After lunch embrace spring in full color as you enjoy a stop at the St. Paul Conservatory for the Spring Flower show. Should be beautiful that time of year!

Registration deadline March 15
#8756 \$68 8:45 am-3 pm

Plymouth Playhouse Til Beth Do Us Part Daytrippers Theater is back with a new location!



Thursday, April 25

Join us for a side-splitting romp about marriage and careers that introduces us to the Haydens - a couple who both work and decide an assistant is needed to help put the house in order. So they hire a highly motivated, gregarious Southerner named Beth.

Little do they know, Beth is after Suzannah's job. Throw in a couple of wise-cracking best friends and a British boss lady, and you discover the hazards of hiring a personal assistant can be hilarious! Lunch provided by Green Mill, pulled pork with baked beans, bun, coleslaw, corn, chips and a brownie, with coffee or tea.

Registration deadline Sat, March 23
#8753 \$99 10:30 am-4:15 pm

For Local Outings see page 17



Pre-Super Bowl & Valentine's Specialty Shopping Northeast Minneapolis

Transportation is district mini vans. Depart & return at Centennial District Office parking lot

This is a perfect opportunity to visit some of the best Northeast Minneapolis has to offer at this hosted event.

We will begin our day at Spyhouse Café where you will enjoy coffee and a pastry at a reserved table. A barista will join us to discuss the history of the building, the coffee, and the surrounding community. Spyhouse is set in a restored warehouse (which once was a mattress factory), this location is also the home of their original roaster. The café setting feels rich with history and the décor creates a cozy atmosphere with much to capture your attention.

Then we'll head to two nearby local shops, Kramarczuk's Sausage Co. known for its sausages and a wide variety of baked goods, and Surdyk's Liquor and Cheese Shop each have unique and delicious food and beverage items to choose from. Whether preparing for Valentine's Day, the Super Bowl, or just because, you will have the opportunity to stock up on meats, baked goods, beverages, specialty cheeses and items that are ideal to share with loved ones or guests.

Price includes coffee or tea and pastry of your choice at Spyhouse Cafe, lunch on your own at Kramarczuk's.

#8556 Sa Feb 10
\$35 9:30am-2 pm (return time is approximate)

Door County October 7-10

Enjoy a trip to Door County. We'll stay three nights at the Best Western Maritime Inn in Sturgeon Bay, WI

Monday, the trip will start with boarding the bus at 7:30 am. Lunch is included in Wausau, as well as dinner.

Tuesday, we'll meet our Door County guide and we'll board the Washington Island Ferry in Northport and take the five-mile ride across the once-treacherous waters of Death's Door, where Green Bay and Lake Michigan meet. Once ashore on Washington Island, embark on a tour with sightseeing hosted by the 600 residents who call the island home. Visit some attractions. We'll ferry back to Northport and visit the Lavender Shop in Ephraim. Lunch and dinner included.

Wednesday, take a guided tour of the hand-carved Norwegian Bjorklunden Chapel. Have lunch at Al Johnson's Restaurant. This unique complex of buildings from Sweden invites exploration. The sod roof is kept well-trimmed by goats. Tour Eagle Bluff Lighthouse. It is perched on a bluff 76 feet above Green Bay's glistening waters. Hear stories of the keepers who manned the light from 1868 to 1926. It is furnished with original and authentic period antiques. Dinner included is a fish boil. Spend the evening at Peninsula Players Theatre. It is America's oldest professional resident summer theater.

Thursday, before we head for home, tour the Door County Maritime Museum. It covers the history of boat and shipbuilding for over 150 years, and contains antique ship equipment, recovered sunken artifacts and other sailing items, logs and charts. Lunch is included, we'll be home early evening.

\$1,075 (2 per room) \$1,360 (1 per room)
A \$200 deposit is due by June 21. No refunds after this date. Final payment is due July 19.

Breakfast at the hotel is included. Rooms have 2 beds. If you need a handicap room, please let us know. Travel insurance is available through Travel Guard. 1-800-826-1300 or online at www.Travelguard.com



Driver Education

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

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

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



Driver Education Classroom Ages 14 ½ and older

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

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

Instructor: Matt Fenno

Must attend all 10 classes
\$175 (includes MN Driver's Manual)

#8550 M-F Mar 4-8 & 18-22 4:30-7:35 pm
CHS West: Rm 623

Driver Education Behind-the-Wheel BTW

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

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

Instructors: Craig Sturlaugson, Mickey Bluedorn & Matt Fenno

#8551 \$300

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

Need a 2-hour refresher before taking your driver's test? Call Community Education at 763-792-6100

Point of Impact Parents of new teen drivers

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

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

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

#8552 Tu Apr 9
Free 6:30-8 pm
CHS East: Media Center

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



Consider donating to our financial assistance program

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

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

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

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

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

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

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



Scan the QR Code to contribute & get more information



English as a Second Language

Learn English with our help!

English language classes are offered for free right here at Centennial to support adults who may be immigrants or refugees. The curriculum is designed to fulfill learner's practical needs by teaching everyday language focuses on survival skills and everyday living. Students are welcome to join anytime throughout the year. Contact Centennial Community Education, 763-792-5054 for class information.

Adult Basic Education

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

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

For more information

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

After School Activities

For the purposes of safety and security, students may register for after school classes **ONLY** at the elementary in which they are enrolled.

Blue Heron Elem

Paleo Digging Fun Grades K-4



Engage in fun, hands-on activities with "Dr. Fun" including a mini-paleontology dinosaur dig and a mini-shark discovery dig. Learn about the different types of dinosaurs and sharks and their roles in past and present ecosystems. Each student gets a fun flying take-home gadget after each class.

America's Fun Science

#7810 Tu Jan 30-Feb 6
2 sessions \$43 3:45-4:45 pm
BH: Rm B120



ArtVentures Grades K-5



You're in for a treat with all new drawing lessons after school. Learn to draw subjects including a vibrant pop art dog, a unicorn, soccer player, robot and more. Art history and technique will also be woven into the drawing lessons.

Young Rembrandts

#2331 W Mar 27-Apr 24
5 sessions \$62 3:45-4:45 pm
BH: Rm B120

DASH Track & Field Camp Grades K-5



DASH Sports Track & Field camps provide participants with practice in several areas, including sprinting, throwing, relay running, jumping and distance running. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games; all tailored specifically to enhance overall track and field performance. Campers should bring a water bottle, snack, and wear athletic shoes.

DASH Sports

#6967-C W Apr 10-May 1
4 sessions \$79 3:55-4:55 pm
BH: Baseball Field



DASH Baseball Camp Grades K-5

DASH Sports Baseball Camp provides players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and base running will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment with learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle and a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

DASH Sports

#6962-C W May 8-29
4 sessions 3:55-4:55 pm
BH: Baseball Field

After School Soccer Grades K-5

Join high school players and/or coaches for a fun after-school soccer program. Lessons will work on fundamentals through skills and drills. We'll focus on having fun and being active. Scrimmages will take place as well. K-2 will meet in the gym, Gr. 3-5 will meet outside weather permitting. Please bring a water bottle and shin guards. K-2: tennis shoes. Gr. 3-5: tennis shoes are needed if class will be inside, or soccer cleats are fine if class is outside.

Jeff Ottosen

#6419-A Grade K-2 M Apr 8-22
3 sessions \$31 3:45-4:45 pm
BH: Gym

#6419-B Grade 3-5 M Apr 29-May 20
4 sessions \$49 3:45-5 pm
BH: Baseball Field

Centennial Elem

Creator Club Grades K-5



Let your creativity shine through after school. Create a snowshoe hare with white charcoal, an out-of-this-world space scene on velour paper and a cuddly sloth with crayons and color pencils.

Kidart

#2329-B W Jan 24-Feb 28
6 sessions \$82 3:45-4:45 pm
CT: Rm 116

Beginning Chess Grades 2-5

Description under Golden Lake Elem

#7628-C Th Mar 21-Apr 18
4 sessions \$60 3:45-4:45 pm
No class Apr 4 CT: Media Center

DASH Track & Field Camp Grades K-5



Description under Blue Heron Elem

#6967-D Th Apr 11-May 2
4 sessions \$79 3:55-4:55 pm
CHS: Field 3

DASH Baseball Camp Grades K-5

Description under Blue Heron Elem

#6962-D Th May 9-30
4 sessions \$79 3:55-4:55 pm
CHS: Field 3

After School Soccer Grades K-5

Description under Blue Heron Elem

#6419-E Gr. K-2 W Apr 3-24
4 sessions \$39 3:45-4:45 pm
CT: Gym

#6419-F Gr. 3-5 W May 1-22
4 sessions \$49 3:45-5 pm
CHS: Field 3

Scooter City Grades K-5

Travel through Scooter City after school. Fish in the fishing hole, ride the trolley, catch a movie at the drive-in theater, race scooters at track and more. Come join the fun.

Jen Verplaetse, Physical Education Specialist

2 sessions \$20 3:45-4:45 pm CT: Gym

#6020-A M/W Gr. 3-5 Feb 26, 28

#6020-B Tu/Th Gr. K-2 Feb 27, 29

**Centerville Elem****Creator Club****Grades K-5**

Let your creativity shine through after school. Create a snowshoe hare with white charcoal, an out-of-this-world space scene on velour paper and a cuddly sloth with crayons and color pencils.

Kidzart

#2329-A Tu Jan 23-Mar 5
6 sessions \$82 3:45-4:45 pm
No class Feb 27 CV: Rm 157

Beginning Chess**Grades 2-5**

Learn how to play chess in a fun environment, right after school. Each class will focus on a different piece. The session will culminate with an exciting tournament on the last day with prizes.

America's Fun Science

#7628-A Th Jan 11-Feb 8
4 sessions \$60 3:45-4:45 pm
No class Jan 25 CV: Rm 157

DASH Track & Field Camp

Description under Blue Heron Elem

#6967-B Tu Apr 9-30
4 sessions \$79 3:55-4:55 pm
CV: Grass Outfield

DASH Baseball Camp

Description under Blue Heron Elem

#6962-B Tu May 7-28
4 sessions \$79 3:55-4:55 pm
CV: Field 1

After School Soccer

Description under Blue Heron Elem

#6419-G Gr. K-2 W Apr 3-24
4 sessions \$39 3:45-4:45 pm
CV: Gym

#6419-H Gr. 3-5 W May 1-22
4 sessions \$49 3:45-5 pm
CV: Field 1

Golden Lake Elem**Beginning Chess****Grades 2-5**

Learn how to play chess in a fun environment, right after school. Each class will focus on a different piece. The session will culminate with an exciting tournament on the last day with prizes.

America's Fun Science

#7628-B F Jan 12-Feb 2
4 sessions \$60 3:45-4:45 pm
No class Feb 27 GL: Rm 213

**Art-Arama****Grades K-5**

Experiment with art and cool materials after school with friends. Create a 3-D

sculpture with wire and model magic, draw quails on a sparkling background and use crayons on sandpaper to draw a day at the beach.

Kidzart

#2330-A W Mar 6-Apr 17
6 sessions \$82 3:45-4:45 pm
No class Mar 13 GL: Rm 213

DASH Track & Field Camp

Description under Blue Heron Elem

#6967-E F Apr 12-May 3
4 sessions \$79 3:55-4:55 pm
GL: Grass Outfield

DASH Baseball Camp

Description under Blue Heron Elem

#6962-E F May 10-31
4 sessions \$79 3:55-4:55 pm
GL: Field 2

After School Soccer

Description under Blue Heron Elem

#6419-J Gr. K-2 Th Apr 4-25
4 sessions \$39 3:45-4:45 pm
GL: Gym

#6419-K Gr. 3-5 Th May 2-23
4 sessions \$49 3:45-5 pm
GL: Field 2

Rice Lake Elem**Intermediate Chess II****Grades 2-5**

Prerequisite: Intermediate Chess or equivalent. In these sessions, students deepen their knowledge of opening, middle and end-game strategies and techniques. The series culminates with a mini-tournament, open matches and prizes.

America's Fun Science

#7809 Th Feb 15-Mar 7
4 sessions \$60 3:45-4:45 pm
RL/ECC: Rm 101

Art-Arama

Grades K-5
Experiment with art and cool materials after school with friends. Create a 3-D sculpture with wire and model magic, draw quails on a sparkling background and use crayons on sandpaper to draw a day at the beach.

Kidzart

#2330-B Tu Mar 19-Apr 23
6 sessions \$82 3:45-4:45 pm
RL/ECC: Rm 101

DASH Baseball Camp

Description under Blue Heron Elem

#6962-A M May 6-June 3
4 sessions \$79 3:55-4:55 pm
No class May 27 RL: Field 2

After School Soccer

Description under Blue Heron Elem

#6419-C Gr. K-2 Tu Apr 23-May 14
4 sessions \$39 3:45-4:45 pm
RL: Gym

#6419-D Gr. 3-5 Tu Apr 30-May 21
4 sessions \$49 3:45-5 pm
RL: Soccer Field

DASH Track & Field Camp

Description under Blue Heron Elem

#6967-A M Apr 8-29
4 sessions \$79 3:55-4:55 pm
RL: Soccer Field

Middle School

Activity buses depart at 4:45 pm Mon-Thurs. No busing on Fridays. After school supervision is available at no additional charge in the cafeteria until 6 pm. Check the box during registration if you'll utilize busing or care.



Strategy Games Club Grades 6-8

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

CSGA Enrichment

#7786-A M Jan 29-Mar 25 7 sessions \$98
3-4:40 pm No class Feb 19, Mar 11 CMS: Media Center

#7786-B M Apr 8-May 20 7 sessions \$98
3-4:40 pm CMS: Media Center

CoderZ League Grades 7-8

Help launch the next generation of coders in a first of its kind virtual robotics competition. Students practice coding while developing computational thinking and creative problem-solving skills. Join the virtual robotics and competition with thousands of teams across the globe. CoderZ League is an exciting, engaging, and entertaining virtual robotics competition for students of all levels to participate and learn about STEM, robotics, and coding, and to ignite their technology career paths. Build your team of up to six students and pick both a name and flag that will represent your team and carry you to victory. Working as a team to advance through missions, you will compete to unlock new challenges in a quest to get your virtual robots to the finals! Cost includes CoderZ League registration. Participants can also work on projects outside of class time. Basic coding or robotics experience preferred, but not mandatory. To learn more visit:

competition.gocoderz.com/spring-league/

If you participated in the fall, you can register and continue your learning, and participate in new challenges.

Pete Crawford

#6623 Tu Mar 19-May 14 9 sessions \$129
3-4:30 pm CMS: Rm E132

Middle School Improv Grades 6-8

The Middle School Improv team is in its 22nd year! Improvisation is likely to be known as a performance form that allows for audience participation, is based on comedy, and is only for the very quick-witted. Improvisation, however, is a truly adaptable art form that has proven to be an effective tool onstage and off for many different age groups and levels of experience.

In other words, while it can be highly entertaining, improvisation is much more than "being funny." The tenets of improvisation - namely saying yes or accepting ideas without judgement, creating a safe atmosphere, and listening - have made this form important to actors and non-actors alike.

For actors, improvisation is crucial to being in the moment and learning to trust your instincts onstage, particularly in auditions. For non-actors, improvisation is an effective tool for sharpening focus, evolving creative ideas, improving communication skills and teamwork. Students who participate in improvisation improve their listening skills, focus, and schoolwork. For more information, visit centennialtheatre.org

Register your child for both sessions and receive a \$25 discount.

Eric Webster, Pickaline Productions

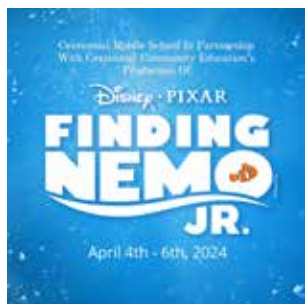
#6605-A Tu/Th Feb 1-27
8 sessions \$75 3-4:40 pm
CMS: Auditorium (Feb 22 & 27: Gym 5)

#6605-B M/W/F May 6-22
8 sessions plus show \$75 3-4:40 pm
CMS: Gym 5

Show: Friday, May 24, 5 pm call/6 pm show

CMS: Auditorium





Middle School Spring Theater Musical Finding Nemo Jr. Grades 6-8

Mandatory Meeting Fri, Jan 5

3-4:40 pm MS Auditorium

Auditions

MUST ATTEND ONE 3-4:40 pm at CMS Auditorium

Tues, Jan 9 or Wed, Jan 10

Registration open

#6624 Jan 12-16

Cast and stage manager \$175

Booth, costume, set or props \$80

Rehearsals begin Jan 17

Visit centennialtheatre.org for a full list of details.

Kickboxing Grade 8

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

#6622 Tu Jan 16-Feb 20

6 sessions \$72 3:05-4:05 pm

CMS: Gym 3

Archery Grades 6-8

Thanks to our avid outdoors, certified NASP (National Archery in the Schools Program) (National Archery in the Schools Program), and MN DNR Hunter Education instructors, this 5-week program is the perfect opportunity for students to learn and gain confidence in the sport of competitive archery. In each class, students will learn safety, proper technique, and receive plenty of archery shots and games in the sport dating back hundreds of years. AKASports provides all the equipment necessary.

AKASports

5 sessions \$84 Mon 3:05-4:20 pm CMS: Gym 3

#6634-A Jan 29-Mar 4 No class Feb 19

#6634-B Mar 18-Apr 22 No class Apr 1

Basketball Grades 6-8

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

Skyhawks Sports Academy

#6614 M/W Jan 24-Feb 28

10 sessions \$175 3:05-4:30 pm

No class Feb 19 CMS: Gym 2'

Small Group Fitness-Females Grades 6-8

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

#6603-A W Jan 17-Feb 28

7 sessions \$79 3:05-4:10 pm

CMS: Weight Rm

#6603-B W Mar 20-Apr 24

6 sessions \$69 3:05-4:10 pm

CMS: Weight Rm

Cookies and Canvas Grades 6-8

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

Sara Longworth-Koehn

2 sessions \$49 Mon 3-4:35 pm CMS: Rm E108

#2902-A Jan 8 & 29

#2902-B Feb 5 & 12

#2902-C Mar 4 & 25

#2902-D Apr 15 & 29

#2902-E May 6 & 13





Track and Field Grades 6-8

For Centennial Middle School students only

Athletes will compete against other schools in our conference in various running, jumping, and throwing events. Practice begins April 2 for 6th graders and April 3 for all athletes. The season ends the week of May 20. Please watch your email/texts if we are having inclement weather, we will also make announcements in school to update the practice status.

Meets: There will be one or two meets each week. Meets will be with other schools in our conference. Meet dates will be announced as soon as we receive that information. Athletes will receive a uniform shirt, but will need to provide their own shorts and shoes. Team t-shirt is included. Transportation is provided to and from meet sites for athletes. Athletes will need to arrange for transportation home from the middle school following the meets.

Sports Physicals: Sports physicals are not required for 6th grade students. They are highly recommended but not required for 7-8th grade students. Physicals are good for three years unless restrictions exist.

Fees are nonrefundable after April 8.

#6619 \$199 3:10-4:35 pm CMS: Track and gym

Cougar Strength Grades 7-8

Cougar Strength is designed for all Centennial student athletes who want to develop explosive power, absolute strength, muscular endurance, speed, quickness, agility, flexibility, and cardiovascular fitness. The program achieves these measured athletic qualities by introducing our middle school athletes to the basic movements and their variations along with other movement preparatory exercises; high-intensity, strength-building exercises; exercises containing plyometric properties; proper technique and teaching progressions; and researched program design and periodization. Cougar Strength is the only program in the school that collects ALL athletes and brings them into one room with a common goal - developing themselves as an athlete to help their teams be successful. Cougar Strength will challenge you and bring your game to the next level. If you are ready to invest in your future success,, and more importantly, Centennial athletics future success, sign up today! Due to the low cost, sessions missed for weather or emergency cancellations will not be rescheduled.

#6607 Tu/Th Mar 19-May 23
20 sessions \$60 3:10-4:10 pm CMS: Weight Rm

Tenicity CMS Tennis Program Grades 6-8

The CMS Program will introduce and develop participants in the lifelong game of tennis. Each lesson will have a plan and progressively build the fundamental athletic skills, stroke play technique, and understanding of the game's structure. Our coaching methods will strive to positively develop youth via sports. This program will provide the fundamental training and preparation for MS and JV tennis.

Program Skill Levels: New beginners and those with prior beginner training who can benefit from further stroke play and game development.

Coaching Team: Our team led by Head Coach, Harsh Mankad works together with a shared methodology and development path guiding each group's training. Head Coach, Harsh Mankad is an NCAA Division 1 National Singles Champion (Univ. of Minnesota Gopher Tennis Player) and recipient of the 2023 USTA Junior Development Award.

#6613-A Tu/Th Jan 16-Feb 29 (weather make up Mar 5)
14 sessions \$285 3:05-4:30 pm CMS: Gym 1 & 2

#6613-B M/W Apr 22-May 22
10 sessions \$217 3:05-4:30 pm CMS: Tennis Courts



High School

ACT Prep Seminar Grades 11-12

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

Doorway to College

#7550 M/Tu March 25 & 26
2 sessions \$104 3:30-6 pm
CHS West: Learning Commons



Youth Academics



Stock Market & Personal Finance Club

Grades 6-8

ONLINE

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Create four investment portfolios to compare risk vs return on investment. Understand how an Initial Public Offering (IPO's) could become the next blue-chip company of tomorrow.

Track and trade your stocks, mutual funds, and cryptocurrency to build wealth, not just savings. Use a personal finance simulator to see how improving your education and experience can raise your income if you can budget your resources and pay your bills.

Learn how difficult it is to finance post-secondary education while still holding down your simulated job. Finally, if participants have interest, they can attempt to build and grow a simulated business.

Provide email where you would like the Google Meet invitation sent.

CSGA Enrichment

#7791	Th	Jan 11-May 9	No class Feb 15, Mar 14, 28
15 sessions	\$188	6:45-7:30 pm	



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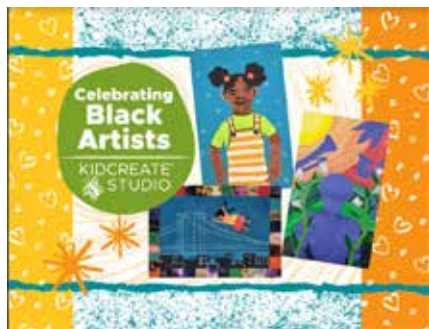
INVENT.ORG/LOCAL

Centennial Schools

July 22-26 | Grades K-6



Youth Create



Celebrating Black Artists

Day Camp for Ages 5-12

It's time to celebrate black excellence. Create artwork inspired by some amazing Black American artists. We'll paint, cut, and collage our way from Harlem Renaissance to the present day. We'll even create our very own self portrait in the style of framed contemporary portraitist Amy Sherald. This class is perfect for anyone who wants to learn about amazing artists, explore new techniques, and create masterpieces of their own. Please pack a nut-free lunch, snack, and a beverage.

Kidcreate Studio

#2336 Sa Feb 17
\$84 9 am-3 pm
CMS: Rm E106

Canvas Fun Heart Tree Grades K-5

Join Kidzart for a one-day painting workshop. Everyone will create their own painting of a tree with hearts on an 11" x 14" stretched canvas. Build self-confidence with art and let your creativity soar.

Kidzart

#2338 Sa Feb 10
\$27 11 am-noon
CMS: Rm E106



Kids Dance

Grades PreK-5

These high-energy classes focus on improving rhythm, balance and coordination. Younger children will use props: tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. Older children will continue to learn more advanced steps in Jazz, tap and ballet along with dance choreography and technique.

Dancers should wear clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes which can be ordered through the instructor the first day of class (tap \$30, ballet \$20). Season will end with a short recital on Thursday, May 16 at the Centennial Middle School. \$65 costume fee due first night of class cash or check payable to Happy Feet Dance Co.

Miss Jenny, Happy Feet Dance Co

15 sessions \$199 Th Jan 11-May 16
CMS: Dance Studio/Gym 5
No class Jan 25, Feb 15, Mar 14, 28

Hop N' Tots - Preschool 3+

#5001-A 5-5:45 pm

Creative Dance - Kindergarten

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

Intermediate Dance - Grades 1-2

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

Tap, Jazz & Ballet - Grades 3-5

#5001-D 7:15-8 pm

DISCOVER CENTENNIAL SCHOOLS

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

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

Learn more at isd12.org/enroll-today





Tot Skates

Ages 2-5

Join other little ones your own age and the grown-ups they have brought along for some open skating. We will play some kid-friendly music to set the mood and spend some time building balance, coordination, and basic skating skills together. Skating is also a great way to burn off extra energy for little ones. Do not forget it is okay to fall; in fact, learning to do it safely is a great skill to have. Skating is a great hobby for enjoying our Minnesota winters, and for some, it may be just the first step to learning more advanced skills. You will also get the chance to see our community rink and have it all to yourselves!

Bring your own skates if you have them. Limited skate rentals are available for \$2. Ice Arena staff will be present.

M/W Jan 3-Apr 29 1-2:30 pm.

No open skating on non-school days
Jan 15, 22, Feb 19, Mar 11, 13, Apr 11

\$5/per skating group
(up to 2 adults per child)
PAY DIRECTLY AT THE ARENA

Birthday Parties

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

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

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

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



Reserve your date today!

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

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

Give us a call and we'll see if we can make it work.
\$140 CHS/East: Lower Level



Youth Music & Theater



Music Together

Newborn to PreK with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes.

- ◆ **BOND** more closely with your child through song.
- ◆ **MAKE NEW FRIENDS** for both you and your little ones.
- ◆ **SUPPORT** your child's overall development, knowing that music learning supports all learning.
- ◆ **HELP YOUR CHILD** learn to sing and dance as naturally as they learn to walk and talk.
- ◆ **HAVE LOADS OF FUN** (because children teach themselves through play!)

We bring families together in a warm, supportive environment with the goal of having everyone feel comfortable singing, dancing and jamming. Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music makers just by having fun making music themselves. Classes are mixed age so siblings can be together.

Infants under eight months on the first day of the session attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook, and parent education materials.

\$165 first child/*\$89 additional sibling. Infants attending without a registered sibling are welcome, they pay the full class fee. Cut off birth date for winter session for a child to qualify as a free infant attending with a paying sibling is May 18, 2023. Cut off for spring session is August 1, 2023.

*Discount in rate applies towards siblings in the same household.

8 sessions RL/ECC: Rm 101

#1017-A	Th	Jan 18-Mar 7	10-10:45 am
#1017-B	Th	Apr 4-May 23	10-10:45 am

Visit a FREE demonstration class to see if this program is a good fit for your family.

Please register separately for the demo events.
Demo classes are free but registration is required.

Thur Free RL/ECC: Rm 101

#1017-Demo A	Jan 11	10-10:45 am
#1017-Demo B	Mar 21	10-10:45 am

Cougar Choir Grades 3-5



Students will have fun learning how to sing in a 2-part harmony using proper vocal technique. Experience harmonizing and blending with those around you by singing songs with 1-3 vocal parts. We will sing a variety of music genres and share our prepared pieces during a concert at the end of our session on April 4.

The concert will be held in the Little Theater at Centennial Elementary. Participants should arrive at 6 pm for practice and parents are invited to come at 6:40 pm for the performance.

Centennial Choir Teachers

#5240	Th	Jan 25-Apr 4
10 sessions	\$99	6-7 pm
No class	Mar 14	CHS West: Choir Rm



Private Guitar/Ukulele & Vocal Lessons

All ages & abilities welcome

Whether you are a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor, Musician Brady Perl, in half-hour lessons. Lessons will be tailored to each participant's needs and interests, and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, and music theory. lessons and performing live gigs.

See page 10 for complete details.



Mayer Arts Musical Theater Classes

No experience necessary.

Everyone will learn to put together a professional show from start to finish. Learn how to properly speak lines, block a scene, develop a character and much more. We'll also play fun creative games.

Wear comfortable clothing and lightweight tennis or dance shoes.

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

Frozen Ages 4-8



Dance and sing music from Frozen and put on a musical.

#2077 Tu Mar 19-May 7
8 sessions \$88 6-7 pm
CT: Little Theater

Wonka Ages 7-11



Pure imagination. Dance and sing music from the new movie Wonka and put on a musical.

#2328 Tu Mar 19-May 7
8 sessions \$88 7-8 pm
CT: Little Theater

Improv Club for High School Students

Grades 9-12

Participants with beginning to advanced theater experience are welcome. Short and long form improv will be covered.

Eric Webster, actor, writer and producer with 30 years' experience, 20+ years of instruction with Centennial School District.

#6500 M/W/F Jan 31-Feb 23 & Tu Feb 27 ((no Feb 16))
11 sessions \$90 6-7:30 pm

Final Performances

Saturday, February 17 at Twin Cities Improv Festival, time TBD.

Friday, March 1 at PAC: call time 4:30 pm (6 pm show) PAC

Saturday, March 2 at "HUGE" Improv Theater, Uptown, Minneapolis, time TBD.



Actor's Workshop & Monologue Cabaret

Grades 6-12 All levels of experience are welcome.



From those new to theater to those who may have their sights set on college theater and beyond. Over the course of the week, participants will work one-on-one with a Twin Cities theater teaching artist on a monologue or scene. Teaching artists will set goals with each participant on the parameters from the experience they are seeking. All participants will then perform their monologues or scenes collectively in a Cabaret-style performance on Friday, March 15 at 6 pm in the Centennial High School Performing Arts Center for family and friends to attend.

#6640 M-Th Mar 11-14 Location and times TBD

4 sessions plus performance \$175 (30-minute private session daily for 4 sessions). Times to be arranged between teaching artist and participant. You will meet either in person at the PAC or online using Zoom.

Performance: Fri, Mar 15 at 6 pm PAC

Gymnastics

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

Lead Instructor Kelly Border All classes are held at High School East Building Gymnastics Room - across from pool locker room, use entrance N52. **With the exception of Wiggle Time, parents/guardians asked to wait for children near the gymnastics room; you may want to bring a chair.**



Wiggle Time-Parent/Child Ages 2-3

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

Little Tumblers Ages 3-4

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

Tumblers Ages 5-7

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

Twisters Ages 8+ All Gymnastic levels

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

Advanced Gymnastics Invitation only

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

Session I No class Jan 16 18, 31

Mon Jan 8-Feb 19		7 sessions	
Little Tumblers	#1401-A	6-6:45 pm	\$53
Tumblers	#6000-A	6:50-7:50 pm	\$70

Tue, Jan 9-Feb 20		6 sessions	
Little Tumblers	#1401-B	5-5:45 pm	\$45
Tumblers	#6000-B1	5:50-6:50 pm	\$60
Twisters	#6034-A	6:55-8:25 pm	\$90
Tumblers	#6000-B2	6:55-7:55 pm	\$60

Wed, Jan 10-Feb 21		6 sessions	
Wiggle Time	#1400-A	5:15-6 pm	\$45
Little Tumblers	#1401-C	6:05-6:50 pm	\$45
Tumblers	#6000-C	6:55-7:55 pm	\$60

Thur, Jan 11-Feb 22		6 sessions	
Tumblers	#6000-D1	6-7 pm	\$60
Tumblers	#6000-D2	7:05-8:05 pm	\$60
Twisters	#6034-B	7:05-8:35 pm	\$90

Sat, Jan 13-Feb 17		6 sessions	
Wiggle Time	#1400-B	9-9:45 am	\$45
Little Tumblers	#1401-D	9:55-10:40 am	\$45
Tumblers	#6000-E	10:45-11:45 am	\$60
Twisters	#6034-C	10:45-11:45 am	\$60

Sun, Jan 14-Feb 18		6 sessions	
Little Tumblers	#1401-E	5:15-6 pm	\$45
Tumblers	#6000-F	6:10-7:10 pm	\$60
Twisters	#6034-D	6:10-7:10 pm	\$60
Open Gym		7:10-7:40 pm	\$5 drop-in





Session II No classes March 11-17

Mon, Feb 26-Apr 8 6 sessions

Tumblers	#6000-G1	5:10-6:10 pm	\$60
Little Tumblers	#1401-F	6:20-7:05 pm	\$45
Twisters	#6034-E	7:15-8:15 pm	\$60
Tumblers	#6000-G2	7:15-8:15 pm	\$60

Tues, Mar 5-Apr 9 5 sessions

Little Tumblers	#1401-G	5-5:45 pm	\$38
Tumblers	#6000-H	5:55-6:55 pm	\$50
Tumblers	#6000-J	7:05-8:05 pm	\$50
Twisters	#6034-F	7:05-8:35 pm	\$75

Wed, Mar 6-Apr 10 5 sessions

Wiggle Time	#1400-C	5:15-6 pm	\$38
Little Tumblers	#1401-H	6:05-6:50 pm	\$38
Tumblers	#6000-K	6:55-7:55 pm	\$50

Thur, Mar 7-Apr 11 5 sessions

Little Tumblers	#1401-J	5-5:45 pm	\$38
Tumblers	#6000-L	5:10-6:10 pm	\$50
Twisters	#6034-G	6:20-7:50 pm	\$75
Tumblers	#6000-M	6:20-7:20 pm	\$50
Open Gym		7:50-8:20 pm	\$5 drop in

Sat, Mar 2-Apr 13 6 sessions

Wiggle Time	#1400-D	9-9:45 am	\$45
Little Tumblers	#1401-K	9:55-10:40 am	\$45
Tumblers	#6000-N	10:45-11:45 am	\$60
Twisters	#6034-H	10:45-11:45 am	\$60

Sun, Mar 3-Apr 14 6 sessions

Little Tumblers	#1401-L	5:15-6 pm	\$45
Tumblers	#6000-P	6:10-7:10 pm	\$60
Twisters	#6034-J	6:10-7:10 pm	\$60
Open Gym		7:10-7:40 pm	\$5 drop in

Session III

Mon, Apr 15-May 13

Tumblers	#6000-Q	5:10-6:10 pm	\$50
Little Tumblers	#1401-M	6:20-7:05 pm	\$38
Twisters	#6034-K	7:15-8:15pm	\$50
Tumblers	#6000-R	7:15-8:15 pm	\$50

Tues, Apr 16-May 14

Little Tumblers	#1401-N	5-5:45 pm	\$38
Tumblers	#6000-S	5:55-6:55 pm	\$50
Tumblers	#6000-T	7:05-8:05 pm	\$50
Twisters	#6034-L	7:05-8:35 pm	\$75

Wed, Apr 17-May 15

Wiggle Time	#1400-E	5:15-6 pm	\$38
Little Tumblers	#1401-P	6:05-6:50 pm	\$38
Tumblers	#6000-U	6:55-7:55 pm	\$50

Thur, Apr 18-May 16

Little Tumblers	#1401-Q	5-5:45 pm	\$38
Tumblers	#6000-V	5:10-6:10 pm	\$50
Twisters	#6034-M	6:20-7:50 pm	\$75
Tumblers	#6000-W	6:20-7:20 pm	\$50
Open Gym		7:50-8:20 pm	\$5 drop in

Sat, Apr 20-May 18

Wiggle Time	#1400-F	9-9:45 am	\$38
Little Tumblers	#1401-R	9:55-10:40 am	\$38
Tumblers	#6000-X	10:45-11:45 am	\$50
Twisters	#6034-N	10:45-11:45 am	\$50

Sun, Apr 21-May 19

Little Tumblers	#1401-S	5:15-6 pm	\$38
Tumblers	#6000-Y	6:10-7:10 pm	\$50
Twisters	#6034-P	6:10-7:10 pm	\$50
Open Gym		7:10-7:40 pm	\$5 drop in



Youth Sports & Recreation



Mini Cougar Cheer Clinic **Grades 1-5**

Your mini Cougar will perform with the high school team on the court during halftime. Practice will be the Saturday before the game from 12-4 pm. Your mini Cougar will perform with them at half time. Pick up your mini Cougar after the half-time routine to join you in the stands to watch the remainder of the game.

For practice, wear comfy athletic clothes, tennis shoes and bring a water bottle. Registration fee includes poms, cheer bow, snack during the clinic and child game day entrance fee. Guardians/Spectators need to pay admission to the game.

On game day, arrive at 6:30 pm to check in at the CHS West cafeteria to get ready. At game time, girls will sit with their families to start and then join the cheerleaders in the cafeteria just before half time and then perform at halftime.

Family members will need to pay to attend the game. Game day is Thursday, December 21.

#6172 2 sessions \$47 Sat, Dec 16 12-4 pm Thur, Dec 21 6:30-7:30 pm CHS West: Cafeteria

Centennial Cheerleading Winter Skills Clinic

Grades K-8

Looking to work on your cheer skills and stay active this holiday break? Come join us for an open-gym style cheer clinic!

Athletes will have the opportunity to work on jumps, tumbling, and stunts. Open to current Centennial cheerleaders and new athletes looking to learn more about what competitive cheerleading is all about!

Current Centennial cheerleaders will be encouraged to work on skills in their 2023-24 competition routine but will also have the opportunity to learn new skills.

Each session will end with a pizza party and games! Fun cheer bow included. Bring a water bottle, snack, and carry in dry tennis shoes to wear on the cheer mats.

Athletes can register for one or both sessions.

Grades 5-8 \$39 1-6 pm

CHS West: Cafeteria

#6171-A W Dec 27

#6171-B Th Dec 28

Grades K-4 \$29 9 am-1 pm

CHS West: Cafeteria

#6171-C Th Dec 28

#6171-D F Dec 29

LINO LAKES

join our cheer family **ONLY \$9 PER WEEK**

CHEERLEADING

Boys & Girls Age 4-18!

About CFA Cheer
To learn more about our awesome recreational and elite cheer opportunities check out our website at championforce.com!
To sign up for one of our classes go to championforce.com and click register. To sign up for this class use class code (10886).

www.facebook.com/ChampionForceMN
[@championforceforceMN](https://www.instagram.com/championforceforceMN)

Class Information
Centennial Middle School
399 Elm St
Lino lakes, MN
Classes held every **TUESDAY**
Starting **FEBRUARY 13TH, 2024**
D1 (AGES 4-6) @ 6:00PM
D2 (AGES 7-8) @ 6:45PM
D3 (AGES 9+) @ 7:30PM

have fun & make friends



Winter Soccer Skills Grades K-2

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

Instruction and training provided by high school coaching staff and advanced high school players.

To utilize full space, parents will be asked to stay outside the gym. Please bring a size 3 soccer ball, shin guards and a water bottle to each session. Water only, no sports drinks or food allowed in the gym. For safety and cleanliness, please carry in your athletic shoes.

Jeff Ottosen

4 sessions	\$45	6:30-7:15 pm	
#6376-A	Th	Jan 4-Jan 25	CV: Gym
#6376-B	Tu	Jan 30-Feb 20	CV: Gym
#6376-C	Th	Feb 1-Feb 22	GL: Gym
#6376-D	Tu	Mar 19-Apr 16	RL: Gym, GL Gym Apr 2
		No class Apr 9	
9#6376-E	Th	Mar 21-Apr 18	GL: Gym No class Mar 28

Cougar Soccer Academy Grades K-7

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

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

4 sessions \$109 Sun *4-9 pm window CMS: Gym 3

Jan 7-28

#6193-F23G	Gr. K-3
#6193-F23H	Gr. 4-7

Feb 4-Mar 3 No class Feb 11

#6193-F23K	Gr. K-3
#6193-F23L	Gr. 4-7

Apr 7-28

#6193-W24A	Gr. K-3
#6193-W24B	Gr. 4-7



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

Look online for soccer for Grades 9-12

Mini Kickers Ages 3-5

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

Jeff Ottosen

4 sessions	\$45	5:45-6:30 pm	
#6379-A	Th	Jan 4-Jan 25	CV: Gym
#6379-B	Tu	Jan 30-Feb 20	CV: Gym
#6379-C	Th	Feb 1-Feb 22	GL: Gym
#6379-D	Tu	Mar 19-Apr 16	RL: Gym, GL Gym Apr 2
		No class Apr 9	
#6379-E	Th	Mar 21-Apr 18	GL: Gym No class Mar 28

Spring Cougar Cup Soccer Grades K-6

Come experience the first annual Spring Cougar Cup. Grades K-3 and 4-6. Teams will experience a 30-minute training session and then be coached by high school soccer players and coaches in two games. Players will receive a medal and a snack. This is for new and returning players, come and learn and play at Cougar Stadium. End time will depend on the number of teams.

Sat \$25 Apr 27 2-6 pm (approx.)

#6194-A	Gr. K-3
#6194-B	Gr. 4-6

Summer Recreational Soccer League Grades K-5

Centennial Soccer Club will be leading the 2023 Summer Recreation Soccer Program! No soccer July 3 & 7

Practice time has a focus on age-appropriate training that will include ball control, dribbling, passing, shooting, defending, and teaching the basics of the game. One night will be practice and the other night will be games.

Practices will be 50 min long. Times vary between 5-8 pm. All sessions are led by volunteer coaches. Schedule, field info, roster, etc will be powered by Sports Engine App (more info will be sent out). Please bring shin guards, cleats, and a soccer ball (size 3 for grades K/1 and size 4 for grades 2-5). Everyone will receive a Centennial Soccer Club jersey. Please indicate t-shirt size when registering.

Summer Kickoff: June 9! Receive your jersey and meet your coaches!

#6381 W/Su June 9-Aug 4 15 sessions \$150
RL: Soccer Fields

**Wednesday practices between 5-8 pm
Sunday game time: 3, 4, or 5 pm.**

Your team's practice and game times will be finalized prior to season start. Game times will vary. Practice time will be consistent.



RevSports Basketball

RevSports Basketball players learn and practice the fundamentals of basketball through individual player development.

Each day will focus on a topic building on the previous topics including: dribbling, shooting, defending, passing and more. Every day ends with a scrimmage.

All equipment is provided: basketballs, cones, and jerseys (if applicable). Smaller basketballs are used for players ages 6 and under. Players can bring their own ball.

Athletic footwear recommended, no crocs, boots or sandals. Gym shoes must be carried in and put on inside. Bring water only, no sports drinks or food allowed in the gym.

4 sessions \$67 Sat			
Jan 20 & 27 at RLE: Gym B/C		Feb 3 & 10 at CMS: Gym 3	
#6143-A	TotStars	Ages 2-3	3:15-3:40 pm
#6143-B	MightyStars	Ages 6-9	3:45-4:25 pm
#6143-C	KinderStars	Ages 4-6	4:30-5:10 pm
#6143-D	PreStars	Ages 3-5	5:15-5:55 pm

4 sessions \$67 Sat			
No class Mar 16		CMS: Gym 3	
#6143-E	TotStars	Ages 2-3	3:15-3:40 pm
#6143-F	MightyStars	Ages 6-9	3:45-4:25 pm
#6143-G	KinderStars	Ages 4-6	4:30-5:10 pm
#6143-H	PreStars	Ages 3-5	5:15-5:55 pm

4 sessions \$67 Sat			
Apr 6-27		CMS: Gym 3	
#6143-J	TotStars	Ages 2-3	3:15-3:40 pm
#6143-K	MightyStars	Ages 6-9	3:45-4:25 pm
#6143-L	KinderStars	Ages 4-6	4:30-5:10 pm
#6143-M	PreStars	Ages 3-5	5:15-5:55 pm

RevSports Ninja Warrior

Ages 2-9

RevSports Ninja Warrior Fitness players learn and practice the fundamentals of speed, agility, balance and coordination through obstacles.

Class involves ground-based obstacle training, active games and individual challenges that vary by day. Instructor brings speed and agility obstacles to create variety and new challenges each day.

Athletic footwear recommended, no crocs, boots or sandals. Gym shoes must be carried in and put on inside the school. Bring a water bottle. Water only, no sports drinks or food allowed in the gym.

4 sessions \$79 Sat			
Jan 20 & 27 RL: Gym B/C		Feb 3 & 10 CMS: Gym 3	
#6144-A	MightyStars	Ages 6-9	3-3:40 pm
#6144-B	KinderStars	Ages 4-6	3:45-4:25 pm
#6144-C	PreStars	Ages 3-5	4:30-5:10 pm
#6144-D	TotStars	Ages 2-3	5:15-5:40 pm

4 sessions \$79 Sat			
No class Mar 16		CMS: Gym 3	
#6144-E	MightyStars	Ages 6-9	3-3:40 pm
#6144-F	KinderStars	Ages 4-6	3:45-4:25 pm
#6144-G	PreStars	Ages 3-5	4:30-5:10 pm
#6144-H	TotStars	Ages 2-3	5:15-5:40 pm

4 sessions \$79 Sat			
Apr 6-27		CMS: Gym 3	
#6144-J	MightyStars	Ages 6-9	3-3:40 pm
#6144-K	KinderStars	Ages 4-6	3:45-4:25 pm
#6144-L	PreStars	Ages 3-5	4:30-5:10 pm
#6144-M	TotStars	Ages 2-3	5:15-5:40 pm





Conquer Ninja Training

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



Ninja Day Camp Ages 6-13

No School - No Problem! Drop off your child at Conquer Ninja for a whole day of fun and activities. We have a fun-filled day planned with games, challenges, open gym, learning stations and more! Complete with pizza and Gatorade for lunch. You will need to bring a peanut-free snack and a water bottle. Close-toed indoor shoes required.

1 session \$109 Mon 9 am-3 pm

#6215-A Jan 15
#6215-B Feb 19

Next Step-up Ninja, a step above intro Ages 6-13

If your ninja has been taking Intro to Ninja and is ready for a step up, this is the perfect class. Levels 1 & 2, just a step or two above the basics.

8 sessions \$160 Wed 6:15-7:15 pm

#6217-A Jan 10-Feb 28
#6217-B Mar 6-May 1 No class Mar 13

Intro to Ninja Ages 6-13

A great beginner class. Levels 0 & 1. Ninjas develop strength and agility during this 8-week course by learning different styles and techniques to master all obstacles. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles. Increase flexibility, problem-solving and coordination that can be transferred into ninja-level testing or enhance other athletic performances.

8 sessions \$160

#6210-A	Su	Jan 7-Feb 25	4-5 pm	
#6210-B	W	Jan 10-Feb 28	5-6 pm	
#6210-C	Su	Mar 3-Apr 28	4-5 pm	No class Mar 10
#6210-D	W	Mar 6-May 1	5-6 pm	No class Mar 13

Conquer Ninja Rec Team Ages 6-13

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships. Sign up today to see how Ninjas is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing, cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Rec Team is designed for youth, ages 6-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders, and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their Ninja skills with over 40 different obstacles! This 8-week Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

8 sessions \$185 5-6 pm

#6213-A	Su	Jan 7-Feb 25	
#6213-B	Tu	Jan 9-Feb 27	
#6213-C	Su	Mar 3-Apr 28	No class Mar 10
#6213-D	Tu	Mar 5-Apr 30	No class Mar 12

Advanced Conquer Ninja Rec Team Age 6-13



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

Our Conquer Advanced Ninja Rec Team is designed for youth ages 6-13 who have already done Rec Team before and are past the beginner level. This 8-week Rec Team consists of 6 practices and 2 competitions (week 4 and 8).

8 sessions \$185 6:15-7:15 pm

#6218-A	Su	Jan 7-Feb 25	
#6218-B	Tu	Jan 9-Feb 27	
#6218-C	Su	Mar 3-Apr 28	No class Mar 10
#6218-D	Tu	Mar 5-Apr 30	No class Mar 12



Golf Squad Grades 1-5



Everything needed to participate for on campus classes is provided (all instructional equipment, Golf Squad Handbooks, training equipment, junior golf clubs, etc.) and each student receives a Golf Squad Handbook and hat or visor to keep. Registrants receive a weekly email detailing what students are learning. Simply register, show up and build the foundation to enjoy golf for a lifetime!

Team Golf Squad

4 sessions \$159 6-7:30 pm CT: Gym

#6168-A Th Jan 25-Feb 15

#6168-B Th Mar 21-April 11



Fencing Grades 2-8

New and returning participants invited.
Join this fast-growing Olympic sport.

Each class follows four basic components:

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

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

Youth Enrichment League trained instructor

#6029-A Th Jan 25-Mar 7
6 sessions \$88 5:30-6:30 pm
No class Feb 29 RL: Gym C
RL: Atrium (Jan 25 only)

#6029-B Th Mar 21-May 2
6 sessions \$88 5:30-6:30 pm
No class Mar 28 RL: Gym C
RL: Atrium (Apr 11 & 18 only)



Ski/Snowboard Club Grades 6-12

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

[See Eleyo for more details.](#)

#6515 Dec 16, Jan 20, Feb 3, 10 & 24 \$65 per trip

Season Pass Holder:

Wild Mountain: \$40

Trollhaugen \$42



Spark Equestrian Day Camp Ages 6-12

Participants will learn the basics of horse care, grooming and riding. Take turns riding and leading horses for other riders while learning the techniques to walk, steer and stop a horse properly. Camp also includes games, crafts, and making treats for the horses.

We will spend time both indoors and outside so wear multiple layers. Long pants and close-toed shoes are required. Helmets will be provided. A waiver will be provided upon registration, completed waivers must be handed in at camp. Please bring a peanut-free lunch and a beverage.

9 am-2 pm \$140 Hardwood Creek Farm

#6960-A M Jan 22

#6960-B F Feb 16

#6960-C M Mar 11



Volleyball Intro Skills & Games

Grade 3

Join us for a fun introduction to volleyball. We'll learn the basics and have lots of fun with skills and drills, and then at the end we'll invite parents for some games to show off what we've learned. Games will be between 6-8 pm. T-shirts are included.

Practices: Mar 21, 28, Apr 4 from 6:15-7:30 pm.

Games: Apr 11, 18, 25. Times TBD.

#6348 Th Mar 21-Apr 25
6 sessions \$89 6:15-7:30 pm
CMS: Gym 2

Youth Spring Volleyball League

Grades 4-8

A fun and instructional league emphasizing basic skills such as passing, setting, and serving as well as game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Whether you are new to volleyball or you have played before, come give us a try. Wear comfortable clothes, dry athletic shoes, and bring a water bottle.

The first few weeks will be practices on both Monday and Tuesday nights. Practices will take place at your home school, but we may need to combine teams based on enrollment. Starting April 2, Tuesday practices will switch to games held at Centennial Middle School. A full practice and game schedule will be sent once teams are formed. Parents/siblings will not be allowed into schools during practices.

#6349 M/Tu Mar 19-Apr 23 Between 6-8:30 pm
\$99 until Mar 7; thereafter \$119 space permitting
No refunds after Mar 7
Please indicate t-shirt size when registering

Volunteer coaches needed

If you are interested in being a volunteer coach, please provide your contact information during registration. Registration fees are waived for a coach's child.

Cougar Cub Girls Basketball Camp

Grades 1-3



Time to grab your shoes and water bottle and hit the court. Be a part of the Centennial Cougar Girls' Basketball program by working on the same fundamentals as our high school varsity program. All levels of players are welcome. Players will work to improve their skills based on the level of play they are at, from beginners to those playing in our traveling program. Players will focus on the fundamental skills of dribbling, passing, shooting, and defense through a variety of instruction and games. Price includes a T-shirt.

Centennial Cougar Girls' Basketball varsity staff and players

#6150 Sa Feb 3-24
4 sessions \$59 9-10:15 am
CMS: Gyms

Sports Mania

Ages 4-6

Sports Mania is a great way to try many different sport activities. In this course we'll learn about Lacrosse, baseball/softball, tennis and floor hockey. Join in and have a great time, while learning some basic skills. Please bring a water bottle and clean, dry athletic shoes.

4 sessions \$59 Mon Jan 29-Feb 26 GL: Gym

#6167-A Age 4 6-6:45 pm
#6167-B Age 5-6 6:50-7:40 pm



Tenicity Tennis

A unique player development program founded and led by Minnesota's most accomplished player and coach, Harsh Mankad. The program aims to grow tennis participation and develop players to higher levels of play.



The Benefits of Tennis

- ◆ It's a lifelong sport
- ◆ It's one of the healthiest sports adding close to 10 years to participants' life
- ◆ It involves physical, mental, emotional & social development

The Benefits of learning with Tenicity

- ◆ Learn the game from a coaching team led & trained by Harsh Mankad.
- ◆ Progress along a development path preparing participants for higher levels of play.
- ◆ Develop joy for the game and gain valuable tips and lessons through coaching methods that strive for positive youth development via sports.

Youth Group Tennis Lessons

Ages 5-17

Group lessons will introduce and develop participants in the lifelong game of tennis. Each lesson will progressively build the fundamental athletic, stroke-play technique, mental skills, and understanding of the game's structure.

Youth Beginner Indoor Group Tennis Lessons

Ages 5-12

Skill Levels: Beginner level participants looking to develop the fundamentals.

8 sessions \$115 Sun Jan 14-Mar 3

CHS East: Upper Gym

#6220-A1 Ages 5-8 12:30-1:30 pm

#6220-A2 Ages 9-12 1:30-2:30 pm

Youth Beginner and Intermediate Group Tennis Lessons

Ages 5-17

Skill Levels: New beginners, those with prior beginner lesson experience, and intermediate or JV players are invited to join. Players will be placed in subgroups as per age range and skill level.

10 sessions \$158 M/W Apr 22-May 22

Jim Peterson Athletic Complex, Blaine

#6204-A1 Ages 5-7 5-6 pm

#6204-A2 Ages 8-10 5-6 pm

#6204-A3 Ages 8-10 6-7 pm

#6204-A4 Ages 11-17 6-7 pm

Junior Tennis Training Camps

Ages 5-17

The program will provide an immersive training experience for players at all skill levels.

5 sessions \$389 Sun Apr 21-May 19

2-6:30 pm CHS: Tennis Courts

#6203-A1 Ages 5-10

#6203-A2 Ages 11-17

Team Tennis Match Play Program

Ages 9-16

The program provides participants with match play experience whilst emphasizing learning and development via onsite coaching and structured feedback. It creates team-based play and a spirit of sportsmanship and community. Coaches will create teams and matchups based on age range and skill level. Each team will consist of 6 players. By registering for this program, you are committing to participate in all 5 match plays.

5 sessions \$208 Sat Apr 20-May 18 10 am-noon

CMS: Tennis Courts

#6201-A1 Ages 10-12

#6201-A2 Ages 13-16

Parent/Child Beginner Group Tennis Lessons

Ages 5-12 with adult

Through fundamental skills training, the child and parent will progressively develop the strokes to play and enjoy the game. Skill Level: Beginning level players

5 sessions \$143 parent/child pair Sat Apr 20-May 18

CMS: Tennis Courts

#6221-A Ages 5-8 with adult 12-1 pm

#6221-B Ages 9-12 with adult 1-2 pm

Coaching Team: Our team led by Head Coach, Harsh Mankad, works together with a shared methodology and development path guiding each group's training. Head Coach, Harsh Mankad is an NCAA Division 1 National Singles Champion (Univ. of MN Gopher tennis player), Wimbledon player and winner of ATP Professional tennis titles.

Tenicity's programs have been recognized by parents from across the Twin Cities and Wisconsin as being one of a kind. Coach Harsh Mankad was awarded the 2023 United States Tennis Association's Junior Development Award in recognition for his work and impact in tennis.

For more tennis lesson details visit isd12.ce.eleyo.com



DASH Sports



DASH Multi-Sport Non-School-Day Camp Grades K-5

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

9 am-4 pm	\$79	CMS: Gym 3
#6216-A	M	Jan 15
#6216-B	M	Jan 22
#6216-C	F	Feb 16
#6216-D	F	Mar 29
#6216-E	M	Apr 1



DASH Basketball Tykes Ages 2-6

Camp provides players with a well-rounded introductory basketball experience. A broad range of basketball skills training and skill-based games are covered. Players will be taught how to properly shoot, pass, dribble and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided. Parent participation is encouraged when necessary.

4 sessions	\$69	Wed	CT: Gym
Jan 24-Feb 21	No class	Feb 7	
#6953-A	Ages 2-3	6-6:30 pm	
#6953-B	Ages 4-6	6:45-7:15 pm	

DASH Floor Hockey Tykes Camp Ages 2-6

Camp provides little athletes an introductory hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, and shoot in a fun and positive environment. Athletes should bring a water bottle. Sticks and pucks are provided. Parent participation is encouraged when needed.

4 sessions	\$69	Thur	Jan 16-Feb 13
No class	Jan 23	GL: Gym	
#6255-A	Ages 2-3	6-6:30 pm	
#6255-B	Ages 4-6	6:45-7:15 pm	

DASH Track & Field Tykes Ages 2-6

Camp provides participants with a basic introduction to track and field events. Learn and practice how to correctly run, jump, and throw. Emphasis is on technique and proper form. Camp consists of many different types of physical activities, drills, and games; all tailored specifically to enhance overall ability & performance. Campers should bring a water bottle, snack, and wear athletic shoes. Parent participation is encouraged when needed.

4 sessions	\$69	Wed	Apr 10-May 1
BH: Baseball Field			
#6968-A	Ages 2-3	5:05-5:35 pm	
#6968-B	Ages 4-6	5:45-6:15 pm	

DASH Baseball Tykes Camp Ages 2-5

Looking for a fun introduction to baseball? DASH Sports Baseball Tykes Camp introduces players to key elements of throwing, fielding/catching, batting, and base running. The final day of class is 'Game Day' and athletes will showcase their skills in a game environment. Athletes should bring a water bottle and a baseball glove. Baseballs and bats are provided. Parent participation is recommended as needed.

4 sessions	\$69	Wed	May 8-29
BH: Baseball Field			
#6961-A	Ages 2-3	5:05-5:35 pm	
#6961-B	Ages 4-5	5:45-6:15 pm	



Skyhawks

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



Skyhawks Hoopster Tots Basketball

Ages 2-4

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

4 sessions \$65 Sat Jan 13-Feb 3 RL: Gym B/C
 #6160-A1 Ages 2-3 9-9:30 am
 #6160-A2 Ages 3-4 9:40-10:10 am

4 sessions \$65 Thur Feb 15-Mar 7 CV: Gym
 #6160-B1 Ages 2-4 5:30-6 pm

4 sessions \$65 Sat Feb 17-Mar 9 CMS: Gym 3
 #6160-C1 Ages 2-3 9-9:30 am

Skyhawks Basketball Camp

Ages 5-11

This fun, skill-intensive program is designed for the beginner player. Using our curriculum that is built on a progression, our staff focus on the whole player, teaching respect, teamwork and responsibility. An active camp involving passing, shooting, dribbling, and defense makes this one of our most popular programs.

4 sessions \$85 Sat Jan 13-Feb 3 RL: Gym B/C
 #6160-A3 Ages 5-7 10:20-11:20 am
 #6160-A4 Ages 5-7 11:30 am-12:30 pm
 #6160-A5 Ages 8-11 12:40-1:40 pm

4 sessions \$85 Thur Feb 15-Mar 7 CV: Gym
 #6160-B2 Ages 5-7 6:10-7:10 pm
 #6160-B3 Ages 8-11 7:20-8:20 pm

4 sessions \$85 Sat Feb 17-Mar 9 CMS: Gym 3
 #6160-C2 Ages 5-7 9:40-10:40 am
 #6160-C3 Ages 5-7 10:50 am-11:50 am
 #6160-C4 Ages 7-9 12-1 pm

Skyhawks Mini Spikers Camp

Ages 3-5

A great way to be introduced to this lifelong sport! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set and spike, as well as develop agility, reaction, speed and teamwork.

#6157-A1 Sa Mar 23-Apr 13
 4 sessions \$65 9-9:30 am CMS: Gym 1

Skyhawks Volleyball Camp

Ages 6-12

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

4 sessions \$85 Sat Mar 23-Apr 13 CMS: Gym 1
 #6157-A Ages 6-8 9:40-10:40 am
 #6157-B Ages 9-12 10:50-11:50 am

Skyhawks Soccer Tots

Ages 2-4

Soccer Tots uses age-appropriate games to engage kids in sports. The goal of this class is to develop kicking, running control, and dribbling. It also teaches listening and following instructions. The class uses a variety of fun games with lots of physical activity.

#6161-A1 Th Apr 25-May 16
 4 sessions \$65 5:30-6 pm
 Jim Peterson Athletic Complex

Skyhawks Soccer Camp

Ages 5-12

This fun, skill-intensive program is designed for the beginner player. Using our curriculum that is built on a progression, our staff focus on the whole player, teaching respect, teamwork and responsibility. An active camp that involves passing, shooting, dribbling, and defense makes this one of our most popular programs. Participants should bring appropriate clothing for outdoor camps.

4 sessions Thur Apr 25-May 16 Jim Peterson Athletic Complex
 #6161-A2 Ages 5-7 \$75 6:10-6:55 pm
 #6161-A3 Ages 8-12 \$85 7:05-8:05 pm



Skyhawks Baseball Tots

Ages 2-4 with parent

This camp is designed to introduce children to the sport of baseball and develop fundamental skills using a variety of fun games to engage kids. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game. Bring your own glove. Balls and bats provided. This is a parent participation activity.

#6173-A1 Tu Apr 23-May 14
4 sessions \$65 5:30-6 pm BH: Baseball Field

Skyhawks T-Ball

Ages 5-7

This camp is designed to introduce the young athlete to T-ball through skill development and small-group games. Camp will focus on helping children learn the rules of baseball while working on team play and sportsmanship. Individual skills taught include throwing, catching, hitting, base running and fielding. Please bring your own baseball and glove. Balls and bats provided.

#6173-A2 Tu Apr 23-May 14
4 sessions \$85 6:10-6:55 pm BH: Baseball Field

Skyhawks Baseball Camp

Ages 8-12

Skyhawks Baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment by local Skyhawks staff. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and love for the game! Please bring your own baseball glove. Balls and bats provided.

#6173-A3 Tu Apr 23-May 14
4 sessions \$85 7:05-8:05 pm BH: Baseball Field

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



CUB SCOUTS



What is Cub Scouts all about?

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

**Scan to
JOIN TODAY!**



Learn more at GoScouting.org



NORTHERN STAR SCOUTING

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

This event/activity is not sponsored or endorsed by the school district and is not printed at district expense



*Centennial Lakes
Fastpitch*

Centennial Lakes Girls Fastpitch Softball

**Come and play for the BIGGEST AND
BEST softball organization in town!**

What Do We Offer?

We offer pitching, catching, fielding, & hitting clinics. Free Winter workouts! Community ties with the High School program. Largest 8U program in town>> play against LOCAL teams; never travel far at 8U level! Several State Championship teams!

Ages listed are Age as of August 31, 2023

League	Age	Fee
8U Softball	6, 7, & 8 yrs	\$265
10U Softball	8, 9, & 10 yrs	\$450
12U Softball	11 & 12 yrs	\$460
14U Softball	13 & 14 yrs	\$485
16U Softball	15 & 16 yrs	\$485
18U Softball	17 & 18 yrs	\$485

Registration Fees include independent evaluators (10U-18U), a jersey, belt, 2 pair of socks and State Qualifier Fee (if appl.). 8u will also receive a visor.

ALL Softball will be provided with paid umpires (10U-18U will be provided w/2 jerseys)

Tryout fees will be additional cost determined each year based on facility cost



Centennial Lakes Little League

Ages listed are Age as of August 31, 2024

Co-Ed Divisions	Age	Fee
T-Ball	4 & 5 (6 yr old option)	\$175
Coach Pitch Baseball	6, 7, & 8	\$250
AAA Development Lg.	8* & 9	\$312

**8's will ONLY be allowed to play up if they have 2 yrs. of CPBB*

Boys Divisions	Age	Fee
International Baseball	10, 11, & 12	\$380
American Baseball	10, 11, & 12	\$380**
National Baseball (traveling)	11 & 12	\$380*

Registration fee includes independent evaluators, name on jersey & number on hat for all leagues.

** American Lg. players will have an additional \$68 fee for 2 Tournaments collected after team formation

* National Lg players will have an additional \$165 fee for 4 tournaments and a second jersey collected after team formation

Tryout fees are additional as determined based on facility cost

2024 Registration Opens December 1 at CentennialLakesLittleLeague.org

For families with three or more children, the lowest registration fee plays for half price. Registrations after February 1, 2024 will be charged a \$30 late fee and will be accepted on a space availability basis only.

Scholarships are available for low-income families. Please call (763)780-3836 for more information

These events/activities are not sponsored or endorsed by the school district and are not printed at district expense



Girl Scouts.

gsrv.gs/join



FIND YOUR
Trail



girl scouts
river valleys

These events/activities are not sponsored or endorsed by the school district and are not printed at district expense



No Experience Necessary

Practice before games

↓ SPRING 2024 COMING SOON
www.vikingsnflflag.com

Boys & Girls Pre-K through 8th Grade



Kids Club

School Age Child Care

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



2023-24 School Year

Space continues to vary at all locations before and after school. Please register your child through our Eleyo system to be notified when space allows.

For more information visit communityed.isd12.org/kids-club or contact our Billing and Information Administrative Assistant, Dawn Turnblad at 763-792-6193, email kidsclub@isd12.org or Kids Club Coordinator, Molly Nelson at 763-792-6110, email mnelson@isd12.org. (For both 2024 Summer and 2024-25 School Year enrollment)

2024-25 School Year Enrollment Information

Kids Club provides a safe, stimulating, high quality program with an enriching educational and recreational environment, enhancing development of children in critical thinking, academics, self and social awareness, physical development, creative expression, and recreational activities. Please see our website for enrollment types and rates.

2024-25 School Year Registration Windows

1. April 1-15: Current Kids Club and PreK Kids Club Families

If you qualify for this window, you will receive an email invitation to register. (lottery applies if needed)
Registration Fee: \$40

2. April 29-May 13: New Families

(lottery applies if needed) Registration fee: \$55

3. June 17: Open Registration, First come, first serve (if space allows) Registration fee: \$55

2024 Summer C.A.M.P.

Tuesday, June 11-Friday, August 16

Kids Club summer C.A.M.P. philosophy provides a framework for offering an enriching educational and recreational environment that enhances development and encourages children to explore who they are and grow socially through C=Creative arts A=Academic enrichment M=Mingling with our world P=Physical fitness. Please visit our website for enrollment rates and options.

Summer Kids Club C.A.M.P is closed June 19, July 4 & 5.

*Summer Locations

Blue Heron, Centennial & Centerville Elementary.

Space will be limited at each site. Please check our website in January for more information.

Summer Enrollment Options

Kids Club offers a convenient pick-your-day schedule. All families will need to pick their days when registering. Schedules can be adjusted through May 13 through your Eleyo account. No adjustments thereafter. Schedules cannot be modified. If additional care is needed, families will need to request drop in care at the rate of \$65/day. Drop in care is only available when space allows. There will not be vacation days.

Kids Club will provide a morning breakfast to those in attendance prior to 8:30 am and an afternoon snack. Families will need to provide a non refrigerated disposable lunch and beverage each day.

Rates are dependent on how many days you select between June 11-August 16 and range from \$44-\$65/day. There is an option to add additional optional care August 19-22 at limited sites. More information regarding these days are sign up will be available in June.

Summer Registration Windows

Registration Fee \$40

1. February 19-March 4: Current Families, those that attend summer 2023 (lottery applies if needed)

Registration Fee \$55

2. March 11-25: New Families (lottery applies if needed)

3. April 8-May 13: Open registration, First come, first serve, Space permitting

4. June 17: Registration remains open, First come, first serve, Space permitting-The 1st day of participation will be as soon as possible.

Please check back in January for enrollment options and rates. communityed.isd12.org/kids-club



All Kids Club registration occurs through lottery windows

All registrations received during that window have equal chance of being accepted. Registrations will be accepted based on available space.

If a window fills, or there is not enough space for all received registrations

Registrations received in that window will be randomized and accepted as space allows.

Registrations that are not accepted

1. Will be placed on a wait list in random order.
2. All windows moving forward will have contracts randomized and placed on the wait list in random order.

Are you looking for a way to fill your time... do you like interacting with children? We are looking for quality staff

Kids Club is looking for quality staff to work before school as well as substitutes to work in our before and after school program at all five elementary schools. Summer staff hiring will begin in March. For more information call 763-792-6110 or email mnelson@isd12.org. Apply online at isd12.org/join-our-team



Pre-K Kids Club

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

For more information, visit earlychildhood.isd12.org/pre-k-kids-club



Centennial Preschool

Ages 3 & 4 by September 1

Preschool registration season is approaching, and we invite you to consider Centennial Preschool! Registration for the placement lottery opens on March 1 and closes at 11:59 pm on March 22. Lottery results will be communicated by email no later than April 8. Registration will continue post-lottery for any remaining seats.

Centennial Preschool is a fee-based program. Financial aid is available to families who qualify, but funds are limited. Register early to ensure we can make preschool affordable for your family.

The brochure for the 2024-25 school year will be available online January 15

earlychildhood.isd12.org/programs/preschool

Program Options

Part-day classes for children 3 and older are offered mornings and afternoons at the Early Childhood Center. Full-day classes for children 4 and older are offered at each of the elementary schools. Please see the brochure for schedule details.

Want to start your child in preschool now?

There is still time to join Centennial Preschool for the 2023-24 school year!

A few seats remain in both part-day and full-day classes. Contact our the Early Childhood office at 763-792-6120 or email earlychildhood@isd12.org for the latest information.

Need more information?

For questions about preschool registration, tuition, and enrollment options, call the Early Childhood office at 763-792-6120 or email earlychildhood@isd12.org. For questions about Pre-K Kids Club, contact the Kids Club office at 763-792-6193 or email kidsclub@isd12.org.

Early Childhood Family Education

Programming for families with children ages birth to kindergarten

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



ECFE Classes Starting Soon

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

Young Explorers **Select Tuesdays, 1-2:30 pm**

The Young Explorers series allows for play and learning focused on a different theme for each class. Classes meet 3 weeks from 1-2:30 pm. Sign up for one, two, or take the entire series! Parents go to a separate room for some of the class period for discussions of theme-related topics as well as general joys and concerns. \$30 per class. Sibling care is available for an additional \$10 per child per class.

Young Scientists **Nov 28, Dec 5, & 12**

Opportunities for children to use their minds and hands to play, explore, and learn. We'll have a visit from a special guest to teach us about insects.

Young Builders - **NEW!** **Jan 16, 23, 30**

Come build a town with us using simple construction tools in a safe environment. We'll take a field trip to Kowalski's grocery store.

Young Zookeepers - **NEW!** **Feb 20, 27, March 5**

Come learn all things animals: taking care of animals, where they sleep, what they eat, etc. Who do you think will be our special guest?

Play Time with Grandfriends **Mon, Dec 18**

9-10 am or 10:30-11:30am Ages 18 months - 4 years
\$10 per child with up to 2 adults

Grab a grandparent or other special adult friend and bring them to ECFE! We'll have time to play, read a story, and make a project celebrating our special relationship. Advance registration is required at isd12.ce.eleyo.com/ under ECFE.

Happy Birthday Party

Friday, January 12 **FREE**

1-2 pm For children born in 2023

It's time to celebrate the newest members of our community! Come to ECFE to meet other parents of under 1-year-olds, learn some new games and songs, and learn more about ECFE and the Centennial School District. Advance registration is required at isd12.ce.eleyo.com/ under ECFE.

ECFE Drop-In Classes

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

Explore With Baby

Mondays, 1-2 pm **FREE**

Have a new baby? Need to get out of the house without anyone judging the spit-up on your shirt? Are you a grandparent or friend who wants to give a new parent a break?

Explore With Baby is for you! Drop by to meet other new parents/grandparents/caregivers and our parent educator to chat, play, and get support. Care for siblings is available for \$5/child.

Drop-In & Play

Fridays, 9-10:30 am

\$3/child or \$5/family

Come any week for some playtime! We'll sing songs, read a story, play with toys, and go to the gym or playground. Space is limited.

Early Childhood Screening

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

A child can be screened anytime after age 3, but the district recommends screening your child before their fourth birthday.

For more information or to make an appointment, call 763-792-6120 or visit earlychildhood.isd12.org



Aquatics

Lessons, training and recreational opportunities for people of all ages

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

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



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

Cancellation & Makeup Classes

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

If your child has special needs or you have concerns

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

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

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

Learn to swim in progressive classes

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

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

Unsure of what level you should register your child?

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

Pool Temperatures

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

Pool Temperatures

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

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

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

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





Swim Class Levels

Tiny Tots Ages 18 months-3 years with parent

Parent is in the water with their child working one-on-one to foster comfort and enjoyment. Participants advance at individual pace in a playful and positive environment. Skills taught: water adjustment, blowing bubbles, underwater arm reaches, flutter kicks, back floats with help, and jumps into the water. Families with multiple children must have an adult accompany each child. Advance to Poly Wogs. Limit 10.

Poly Wogs Ages 3-5 with parent

Parent is in the water with their child working one-on-one to advance at individual pace in a playful and positive environment. Skills taught: review 'Tiny Tot skills, plus jump into water and swim two black lines to parent then return to edge without help, and one pool width each of puppy paddle and monkey airplane soldier with help. Flotation belts are available to help children gain confidence and independence. Families with multiple children must have an adult accompany each child. Advance to Poly Beginner I. Limit 10.

Bobber Ages 5-6

Introduction to swimming for children who are not comfortable in the water or have no previous lesson experience Participants will develop comfort with water, correct body position and be introduced to swimming on their front and back. Advance to Poly Beginner 1. Limit 4.

Poly Beginner 1 Ages 5-7

Children who are comfortable in water and have some lesson experience (Poly Wog, Tiny Tot, etc. or equivalent skills) Children will wear flotation 'belts for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner 2. Limit 3.

Poly Beginner 2 Ages 5-7

Prerequisite: passed Poly Beginner 1 or have equivalent skills. Skills taught: review of Poly Beginner I skills, plus front and back glides in the streamline position, and one pool width of front crawl while blowing bubbles with face submerged. Introduced to rhythmic breathing. Children will wear flotation belts for maximum of two classes to review correct body position. Advance to Poly Beginner 3. Limit 6.

Poly Beginner 3 Ages 5-7

Prerequisite: passed Poly Beginner 2 or have equivalent skills. Skills taught: review of Poly Beginner II skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Beginner Ages 8+

Introduction to basic swimming skills.

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

Advanced Beginner Ages 8+

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

Red Cross Level 3

Prerequisite: passed Advanced Beginner, Poly Beginner III, or have equivalent skills. Skills taught: 25 yards each of front crawl, back crawl, and elementary backstroke, diving using the sitting, kneeling, and standing position, and treading water. Introduced to dolphin kick and breaststroke. Advance to Red Cross Level 4. Limit 10.

Red Cross Level 4

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

Red Cross Level 5

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



Mermaid Tales

Learn How to be a Mermaid

Ages 6-11+

Have you ever wanted to be a Mermaid? The Discover Mermaid™ experience introduces simple mermaid activities in a pool, shallow enough in which to stand. It is designed as a flexible, informative, enjoyable, and controlled experience centered on letting you discover what it's like to mermaid dive.

To enroll in a Discover Mermaid experience you need to be in good physical health and comfortable in the water. No prior experience with snorkeling, skin diving or freediving is required.

The PADI Discover Mermaid experience consists of two introductory phases:

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

Tues	\$85	7-8 pm	CHS Pool
#9655-C1		Ages 6-7	Jan 9
#9655-C2		Ages 8-10	Jan 16
#9655-C3		Ages 11+	Jan 23
#9655-C4		Ages 11+	Jan 30

Intro to Diving **Ages 9-13**

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

Cougar Adaptive Lessons (CAL)

Ages 5-18

Program is for children who are challenged to participate independently in a standard group lesson.

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

4 lessons	\$75	CHS Pool	
#9880-A	Su	Jan 4-28	4:30-5 pm
#9880-B	Tu	Jan 9-30	7:30-8 pm
#9880-C	Su	Feb 4-25	4:30-5 pm
#9880-D	Tu	Feb 6-27	7:30-8 pm
#9880-E	Su	Mar 17-Apr 14	5-5:30 pm
#9880-F	Su	Apr 21-May 12	5-5:30 pm

Lifeguard Training

Pre-requisite: Minimum 15 years of age and successful completion of preliminary swimming skills and endurance test. Provides knowledge and skills to save lives in an emergency. Fee includes cost of CPR for the Professional Rescuer Course and Standard First Aid Course (requirements), book and equipment rental. Those who pass are certified in Lifeguard Training, First Aid and CPR for the Professional Rescuer.

First day is pre-requisite testing and material pick up. Attendance at all dates required.

#9650-D	W	Jan 10-28	6:30-8:30 pm
10 sessions	Sa	Jan 27 & Feb 24	11 am-1 pm
	\$250	CHS: Pool	

Open Swim

Saturdays, March 23-May 25 11 am-12 pm

Children under 12 must have passed ARC level 3 or be able to swim 25 yards of front crawl with rhythmic breathing to swim on their own during open swim. All others must have a parent or adult guardian in the water with them. All children 6 years of age and under must have an adult guardian in the water with them regardless of swimming ability.

WIBIT inflatable obstacle course available during open swim mid-March until mid-August

Only for those who can pass a swim test. No life jackets allowed on the WIBIT.

\$2 Per Person Pay At The Door

Swim Lesson Schedule

Registration deadlines are Friday, January 5 & March 15 at noon

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



Winter Lessons

Sundays, Jan 7-Feb 25 8 lessons

Bobbers	9009-A1	2-2:30 pm	\$95
Bobbers	9009-A2	3-3:30 pm	\$95
Bobbers	9009-A3	3:30-4 pm	\$95
Poly Beginner 1	9010-A1	2-2:30 pm	\$95
Poly Beginner 1	9010-A2	3:30-4 pm	\$95
Poly Beginner 1	9010-A3	4-4:30 pm	\$95
Poly Beginner 2	9020-A1	3-3:30 pm	\$95
Poly Beginner 2	9020-A2	3:30-4 pm	\$95
Poly Beginner 2	9020-A3	4-4:30 pm	\$95
Poly Beginner 3	9030-A1	2-2:30 pm	\$95
Poly Beginner 3	9030-A2	3-3:30 pm	\$95
Beginner	9100-A1	2:30-3 pm	\$95
Beginner	9100-A2	4:30-5 pm	\$95
Adv Beginner	9200-A1	2:30-3 pm	\$95
Adv Beginner	9200-A2	4:30-5 pm	\$95
Level 3	9300-A	2-2:50 pm	\$99
Level 4	9400-A	3-3:50 pm	\$99
Level 5 & 6	9500-A	4-4:50 pm	\$99

Mondays, Jan 8-Feb 26 8 lessons

Bobbers	9009-B1	6:30-7 pm	\$95
Poly Beginner 1	9010-B1	6:30-7 pm	\$95
Poly Beginner 2	9020-B1	7-7:30 pm	\$95
Poly Beginner 3	9030-B2	7:30-8 pm	\$95
Beginners	9100-B1	7:30-8 pm	\$95
Adv Beginners	9200-B1	7-7:30 pm	\$95
Intro to Diving	#9701-B	6:30-7 pm	\$95

Tuesdays, Jan 9-Feb 27 8 lessons

Level 3	9300-C1	6:30-7:20 pm	\$99
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Wednesdays, Jan 10-Feb 28 8 lessons

Adv Beginners	9200-D	6:30-7 pm	\$95
Adult Beginner	9840-C	7-7:30 pm	\$95
Lap Swim	\$2 Drop in	7:30-8:30 pm	

Spring Lessons

Sundays, Mar 17-May 12 8 lessons

Tiny Tots	9000-E1	2-2:30 pm	\$95
Tiny Tots	9000-E2	4:30-5 pm	\$95
Poly Wogs	9005-E1	4-4:30 pm	\$95
Poly Wogs	9005-E2	5-5:30 pm	\$95
Bobbers	9009-E1	2:30-3 pm	\$95
Bobbers	9009-E2	3-3:30 pm	\$95
Bobbers	9009-E3	4-4:30 pm	\$95
Poly Beginner 1	9010-E1	2-2:30 pm	\$95
Poly Beginner 1	9010-E2	3:30-4 pm	\$95
Poly Beginner 1	9010-E3	4:30-5 pm	\$95
Poly Beginner 2	9020-E1	2:30-3 pm	\$95
Poly Beginner 2	9020-E2	3-3:30 pm	\$95
Poly Beginner 3	9030-E1	2:30-3 pm	\$95
Poly Beginner 3	9030-E2	4-4:30 pm	\$95
Beginner	9100-E1	3-3:30 pm	\$95
Beginner	9100-E2	3:30-4 pm	\$95
Adv Beginner	9200-E1	2-2:30 pm	\$95
Adv Beginner	9200-E2	3:30-4 pm	\$95
Level 3	9300-E	2-2:50 pm	\$99
Level 4	9400-E	3-3:50 pm	\$99
Level 5 & 6	9500-E	4-4:50 pm	\$99

Mondays, Mar 18-May 6 8 lessons

Tiny Tots	9000-F1	5:30-6 pm	\$95
Tiny Tots	9000-F2	6:30-7 pm	\$95
Poly Wogs	9005-F1	6-6:30 pm	\$95
Bobbers	9009-F1	5:30-6 pm	\$95
Bobbers	9009-F2	6:30-7 pm	\$95
Poly Beginner 1	9010-F1	5:30-6 pm	\$95
Poly Beginner 1	9010-F2	6-6:30 pm	\$95
Poly Beginner 2	9020-F1	5:30-6 pm	\$95
Poly Beginner 3	9030-F1	7-7:30 pm	\$95
Beginners	9100-F1	6:30-7 pm	\$95
Adv Beginners	9200-F1	6-6:30 pm	\$95

Tuesdays Mar 19-May 7 8 lessons

Tiny Tots	9000-G1	5:30-6 pm	\$95
Poly Wogs	9005-G1	6-6:30 pm	\$95
Poly Beginner 1	9010-G1	6:30-7 pm	\$95
Poly Beginner 2	9020-G1	7-7:30 pm	\$95
Beginners	9100-G1	6-6:30 pm	\$95
Adv Beginners	9200-G1	5:30-6 pm	\$95

Private or Semi-Private Lessons

Personalized high-quality swim instruction for those with special needs where class settings are challenging, or if your child cannot be independent in a group setting. These lessons offer 1:1 for private or 2:1 for semi-private swim instruction. These classes are to help you improve on your skills and be successful and safe in and around the water. Participants receive eight 30-minute lessons for \$300. Our coordinator will work with you to determine the dates and times of each lesson.

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



P.L.A.Y.

Preschool Enrichment

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



Explore Nature!

Little Nature Adventures!, Wolf Howl Bonfire & Raptors of Minnesota

See page 3 for details.

Hop N' Tots Preschool 3+

These high-energy classes focus on improving rhythm, balance and coordination. Children will use tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. See page 28.

Music Together

Newborn to PreK with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. See page 30 for details.

Mayer Arts Musical Theater

Frozen Ages 4-8

Dance and sing music from Frozen and put on a musical. Everyone will learn to put together a professional show from start to finish. We'll also play fun creative games. See page 31 for details.

RevSports

Basketball & Ninja Warrior Ages 2-9

See page 36 for description and details.

DASH Sports Basketball, Floor Hockey and Track & Field Ages 2-6

See page 41 for descriptions and details.

Skyhawks

Hoopster Basketball & Soccer Tots Ages 2-4

Mini Spikers Camp Ages 3-5

Baseball Tots Ages 2-4 with parent

See page 42-43 for descriptions and details.

Mini Kickers Ages 3-5

Mini Kickers is an age-appropriate and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these new found skills in a daily scrimmage. See page 35.

Sports Mania Ages 4-6

Sports Mania is a great way to try many different sport activities. We'll learn about Lacrosse, baseball/softball, tennis and floor hockey. Join in and have a great time, while learning some basic skills. See page 39.

Gymnastics

Wiggle Time-Parent/Child Ages 2-3

Little Tumblers Ages 3-4

See complete details on page 32.

Swim Lessons with parent

Tiny Tots Ages 18 months-3 years

Poly Wogs Ages 3-5

See page 50 & 52 for times and details.



Registration, Information & Policies



Registration

Online

isd12.ce.eleyo.com

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

Mail or Drop Off

Complete a registration form and return with payment to:

Centennial Community Education
4707 North Road
Circle Pines, MN 55014

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

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

By Phone

763-792-6100

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

By Fax

763-392-7743

Complete a registration form, including credit card information

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

Scan this code to register!



No News is Good News!

Assume the class is a go

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

Cancellations

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

Inclement Weather & Emergencies

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

Refunds

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

Registration Deadlines

Deadline for most activities is one week before they begin

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

Make-Ups

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

No transportation provided unless otherwise noted

Discounts

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

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

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

Special Needs

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

Check Collection Service

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

Photo Policy

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

Centennial Community Education Registration

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

Name _____ Male____ Female____ Birthdate_____

If minor, guardian name/s_____

Address_____ City_____ Zip_____

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

E-mail address_____

Special needs/additional information_____

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

Financial assistance (application on file) -\$25

Total Fee _____

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

MasterCard____ VISA____ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT____ CANC____ RET____

Centennial Community Education Registration

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

Name _____ Male____ Female____ Birthdate_____

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Address_____ City_____ Zip_____

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

E-mail address_____

Special needs/additional information_____

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

Financial assistance (application on file) -\$25

Total Fee _____

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

MasterCard____ VISA____ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT____ CANC____ RET____

REGISTRATION DEADLINE IS ONE WEEK PRIOR TO THE START OF CLASS

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



Centennial Community Education
4707 North Road
Circle Pines, MN 55014

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Summer Sneak Peek!

The Summer Activity Guide will open for registration beginning Monday, March 25 at 8 am!

Be sure to visit our online registration March 25 to register for many new and returning favorite activities for the whole family!

The activity guide will be available online for viewing Friday, March 22.



More Than Pink Entering grades 4-7 Tues & Thurs, July 9-August 8

More Than Pink is back with new content and new guest presenters! If you've participated in the past, come back! If you are new to More Than Pink, we can't wait for you to have this uplifting, empowering experience!

Centennial Youth Summer Theater Show **Centennial Summer Theater... "Snow White"** **performed in two different age groups**

June 10-14 for students entering grades 2 through 5
and June 24-28 for students entering grades 6-9

Summer Kids Club C.A.M.P. 2024!

Centennial's summer childcare program will have sites available at Blue Heron, Centerville and Centennial Elementary.

Registrations windows begin February 19.

Visit communityed.isd12.org/kids-club for more information.

Cougar Youth Sports Camps

and many additional sports and recreational offerings

Centennial Kids Obstacle/Mud Run **August 4**

Music on the Lake-It's Golden, **Free Summer Concerts**

32nd annual Golden Lake Gallop **August 11**



**And many more creative, fine arts
and STEM-focused offerings!**