

Winter 2024

White Bear Lake Area School District

COMMUNITY SERVICES & RECREATION



Flip to see
Bear's Bulletin!

Bear's Bulletin, a White Bear Lake Area School District publication, can be found on the reverse of this catalog. The piece covers District and school news, accomplishments, 624 Facts and notice of upcoming events. *Flip this book to see the District updates!*

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ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 18.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntxiv mus nyeeem rau phab nplooj ntawv 18.

Don't forget to self-screen before attending in-person classes. Students, teachers, and staff should stay home if they have signs of infectious illness, and should contact their health care provider for testing and care. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.



Our Mission

The mission of Community Services & Recreation, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Nourish!

Many Faces Presents

Connecting Community & Culture Through Food

Willow Lane Elementary | 3375 Willow Avenue, White Bear Lake, MN 55110



RSVP AT [MANYFACESWBLAREA.ORG/NOURISH](https://manyfaceswblarea.org/nourish) BEGINNING FEBRUARY 1ST

Expect to be nourished mind, body, and soul as we come together in community to share our experiences, create connections across differences, and support one another. Dinner is served in abundance with a menu from vegan to carnivore using the Marnita's Table model of Intentional Social Interaction. Interpretation, childcare, and transportation arrangements can be made with advance RSVP. Hosted by Many Faces in partnership with the Suburban Ramsey Family Collaborative and Marnita's Table.



SCAN FOR INFO



ONLINE Classes: Online class link will be emailed 2-3 days prior to the start date. If you do not see the link, check your SPAM, then call 651-653-3121.

Facilities Reservations: All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voicemail Line, 651-407-7503, or email your request to: facilities@isd624.org.

Refunds & Prorating: Need to cancel your class registration? Notify us immediately. Refunds are not issued after an in-person class has begun or, for online classes, if the class link and materials have been sent to you already. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity or before receiving online materials. Call 651-653-3121.

Processing fees for classes:

- Under \$50 have a \$5 fee
- \$50-\$149 have a \$10 fee
- \$150-\$399 have a \$20 fee
- \$400+ have a \$30 fee

UCare Discount: UCare members may be eligible for a \$15 discount on most classes. If a class is less than \$15, the class will be free of charge. Members must have UCare ID number at the time of registration and during the class(es). This discount cannot be used for the following: private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips. To have your discount applied, you must call 651-407-7501 to register.

Your Privacy is Important to Us: Your registration information is considered private data under state and federal law. Information is used for the purposes of administering the activity, contacting you about upcoming activities, events or activity changes. If you choose to withhold this information, this could limit the distribution of information to the participant or instructor.

Liability Waiver: There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

Do You Have a Disability? Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call 651-407-7501 to discuss accommodations.

Need Financial Assistance? WBL Community Services & Recreation is dedicated to providing learning opportunities for people of all ages. Limited financial assistance is available. For details and to apply, call 651-407-7501.

Waitlist: Class waitlists are offered when classes have been filled. You have the option during sign up to be placed on a waitlist. When a spot opens or a new section becomes available, you will be contacted to see if you are interested in enrolling in the class. You will not be automatically enrolled.

White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110

communityservices.isd624.org

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FAX (651) 407-7502
communityservices@isd624.org

ONLINE Registration www.whitebear.ce.eleyo.com

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WEATHER CANCELLATIONS

In the event of extreme or dangerous winter weather, classes and activities may be canceled. Notifications will be announced on local news sources, our website, or Facebook. Some cancellations may also be made by phone or email, depending on timing.

COMMUNITY EVENTS

Free Community Event



Sun, Jan 28 from 1-3 PM @ the Hipp
WBL Hippodrome, 4855 Bloom Ave, WBL

4th Annual parking lot sale



\$20 FOR TWO
PARKING SPOTS

Sat, May 18

9:00 AM - 2:00 PM

White Bear Senior Center
2484 E County Rd F
White Bear Lake

Set up your own
garage-style sale in
our parking lot!

Register: 651-653-3121
www.whitebear.ce.eleyo.com #2024-500

WINTER

FARMERS MARKET

Sat: Dec 9, Jan 13, Feb 10
10:00 AM - 1:00 PM

White Bear Senior Center
2484 East County Rd F, WBL

Locally Grown.
Hand Crafted.
20+ Vendors
Food Trucks

Meats, Cheese, Eggs,
Micro Greens, and Maple
Syrup. Locally preserved:
jams, Jellies, Sauces,
Sauerkraut, and more.



WHITE BEAR LAKE
SCHOOL-DIST.
RECREATION-DEPT.

BEARS EXPLORE OUTDOORS

Fishing, Fun & More



Community Event

Fri, May 31 | 5:30 - 8:00 PM

Bald Eagle-Otter Lakes Regional Park
5785 Hugo Rd, WBL

Activities - Food - Fishing
Games - Music - Demonstrations
Bike Giveaways and more

White Bear Area Senior / Craft Corner

Spring Boutique

For everyday to holiday

Friday, March 22

9:00 am - 7:00 pm

Sat, March 23

9:00 am - 4:00 pm

White Bear Senior Center
2484 E Cnty Rd F, WBL
Corner of County Rd F & Bellaire



Senior Housing Day

Fri, April 26 | 10:00 AM - 2:00 PM

White Bear Area Senior Center, 2484 E Cnty Rd F, WBL

Learn about senior housing communities
in our area. Whether you are a senior,
older adult, the adult child of someone
who needs to find a new home or needs
to start thinking about next steps, find the
answers you are looking for.

Glow-in-the-Dark Aurora Borealis **NEW** ☀️

Come explore the art of blending as we create a mixed-media landscape featuring the Aurora Borealis. Just like the real Northern Lights, this project will actually glow-in-the-dark.

0321-602 | Thu, Jan 18 | 10:00-11:00 AM | \$20
Senior Center | Kidcreate Studios

Clay Succulent Garden **NEW** ☀️

No green thumb required for these potted “gardens,” we’ll use air-dry clay, paint, and more to create a mixed-media succulent sculpture. You’ll want to make room on the mantle for these cheerful works of art!

0207-607 | Wed, Feb 7 | 10:00-11:00 AM | \$20
Senior Center | Kidcreate Studios

Sugar Plum Tree **NEW**

Create a colorful Sugar Plum tree by blowing, layering, dripping, and spreading alcohol ink with dental tools! Then drop ink to create colorful flowers with doodles! A \$15 fee due at class.

0215-576 | Thu, Feb 15 | 6:00-8:00 PM | \$35
Senior Center | Anderson

Burst of the Sunflower **NEW**

You'll be guided through each step to create a 5”x7” alcohol ink painting in your chosen colors. Just come to have fun and enjoy yourself. A \$15 fee due at class.

0423-576 | Tue, Apr 23 | 6:00-8:00 PM | \$35
Senior Center | Anderson

Fabulous Sunflowers **NEW** ☀️

Create an amazing flower with torn papers, napkins, stencils, paint, glitter and other fun materials through layering! \$15 supply fee due at class. Bring a lunch.

0405-650 | Fri, Apr 5 | 10:00 AM-2:00 PM | \$40
Senior Center | Schroeder

Market Bags - Crochet Upcycling ☀️

Intermediate Level Crocheting. Crochet old plastic bags into wonderfully unique, sturdy, and fun market bags! Learn what types of plastic bags work, how to cut the plastic, and lay out colors to create patterns. Bring to class: Size 10/J/6mm crochet hook, tapestry needle, stitch markers, scissors.

0412-750 | Fri, Apr 12 | 12:30-3:30 PM | \$30
Senior Center | Mac Runnel

Sconces - DIY Project

Discover the thrill of making your own beautiful and functional wall-mounted light fixtures to add a touch of ambiance to any space. Materials fee due at class: \$10

0519-610 | Tue, Mar 19 | 5:30-7:30 PM | \$40
Senior Center | Avula



Spring Field: Paint Date (Adult & Child)

Explore your artistic sides together! Work side by side on your own canvas to create a painting with guidance on painting techniques, tips, and tricks to create a cohesive and beautiful painting. A \$20 fee due at class.

0426-625 | Fri, Apr 26 | 5:30-7:30 PM | \$40/pair
Senior Center | Avula

Mosaic Bird Bath

Create a colorful terracotta birdbath to entice birds to your yard. It can be placed on locally purchased wrought iron stands. Bring to class: a \$25 cash supply fee, rubber gloves and an old towel.

0514-610 | Tue, May 14 | 6:00-9:00 PM | \$30
Senior Center | Decker

Glass Mosaic Photo Frame or Sign (Ages 16+)

Create a beautiful photo frame or a personalized sign, such as a house numbers, welcome sign or flowers. The glass is pre-cut and patterns are available. Night one is working on your project and getting ready for homework. Night two is grouting and learning about glass cutting and other mosaic projects. A supply fee due: \$12/frame, signs range from \$16-\$45.

0523-680 | 2 Sessions | Thu, May 23 & 30 | 6:00-9:00 PM
\$30 | South Campus | Guetter

Valentines Cupcake Bouquet ☀️

In our Valentine's Day-themed cupcake decorating class, you will master the art of creating a cupcake flower bouquet! You will learn different styles and ways to create a beautiful, one-of-a-kind piped flower out of Italian meringue buttercream. You will decorate four vanilla cupcakes.

0210-620 | Sat, Feb 10 | \$30 | 11:00 AM-12:00 PM
Senior Center | Souja

Look for ☀️ to find adult daytime programs.



Painting with Vanessa-In Person **NEW**

Create a beautiful painting following step-by-step instructions all while learning about composition, color mixing and techniques. No experience is necessary and all supplies are included.

VILLAGE: ACRYLIC

0315-716 | Fri, Mar 15 | 10:00 AM-12:00 PM | \$35
Senior Center | Merry

WINDMILL: WATERCOLOR

0524-764 | Fri, May 24 | 10:00 AM-12:00 PM | \$35
Senior Center | Merry

Painting with Vanessa-Online

Learn to paint in your chosen medium with step-by-step directions, and personalized feedback.

ACRYLIC

View class supply list online at: <https://bit.ly/460MWTW>

2324-755 | Wed, Jan 17 | 6:30-8:30 PM | \$20 | ONLINE

2324-756 | Mon, Feb 26 | 6:30-8:30 PM | \$20 | ONLINE

2324-757 | Wed, Mar 27 | 6:30-8:30 PM | \$20 | ONLINE

2024-758 | Wed, Apr 24 | 6:30-8:30 PM | \$20 | ONLINE

2024-759 | Wed, May 15 | 6:30-8:30 PM | \$20 | ONLINE

WATERCOLOR

View class supply list online at: <https://bit.ly/3tFNrRS>

2324-750 | Thu, Jan 25 | 6:30 -8:30 PM | \$20 | ONLINE

2324-751 | Thu, Feb 29 | 6:30-8:30 PM | \$20 | ONLINE

2324-752 | Thu, Mar 21 | 6:30-8:30 PM | \$20 | ONLINE

2324-753 | Thu, May 2 | 6:30-8:30 PM | \$20 | ONLINE

Additional Materials Fee

Visit our web page to read full course descriptions, see images, additional fees and supplies needed for classes. Material fees are to be paid in cash on the first night of class.

www.whitebear.ce.eleyo.com



My Beach: Bob Ross Style Oil Painting

Find your joy of painting with us! \$20 supply fee.

0515-576 | Wed, May 8 | 5:30-9:30 PM | \$50
Senior Center | Rupp

What's a Bobbin

Do you have a sewing machine but don't have a clue how to use it? Join us to gain an understanding of machine operation as well as tips to get you started on your sewing journey. We'll test out essential sewing accessories, practice a variety of stitches on woven and knit fabrics as well as learn how to read a pattern. Class ends with a field trip where we'll learn how to navigate a fabric store. A \$5 supply fee due at class. Supply List: <https://bit.ly/48RYQy9>

0130-981 | 3 Sessions | Tue, Jan 30-Feb 13 | 6:00-8:30 PM
\$60 | South Campus | Bengston

Smitten Mittens

Turn your favorite, old wool sweater (or one rescued from the thrift store) into mittens that are sure to keep you cozy and warm. All size patterns, from child to adult, will be available. Smittens make great gifts for people of all ages. \$5 supply fee due at class. See supply list online. Supply List: <https://bit.ly/3rJrLUE>.

0204-740 | Wed, Feb 7 | 6:00-9:00 PM | \$40
South Campus | Bengston

Beyond the Bobbin

Do you have a basic understanding of how to use your sewing machine and would like to advance your skills? Join us for this fun, informative class where you'll come away with a good understanding of sewing terms and tools; learn how to make button holes and attach zippers; practice gathering, inserting elastic, hemming, and following a pattern. Bring supplies listed online and leave with a simple completed project. \$10 supply fee due at class. Supply List: <https://bit.ly/3QkZvBc>.

0320-739 | 3 Sessions | Wed, Mar 20-Apr 10
6:00-8:30 PM | \$60 | South Campus | Bengston
No Class April 3



MANY FACES • MANY STORIES

*The 2023-2024 Theme: Many Faces, Many Tables
Connecting Culture and Community Through Food.*

French Dinner **NEW**

Send your taste buds to France! Prepare a five-course French dinner so delicious it would make Marie Antoinette lose her head! Cook like you are in Provence with cuisine based on garlic, olive oil, tomatoes, saffron and herbs. Experience Vichyssoise, Potato Galettes, Saffron rice, Coquille St. Jacques a la Provençal, and Crème caramel. Sprinkled in will be a little history and culture of the region. A \$17 supply fee due.

0206-701 | Tue, Feb 6 | 6:00-9:00 PM | \$35
South Campus | Severson

Baklava **NEW**

Baklava is a traditional pastry dessert known for its sweet, rich flavor and flaky texture, made with crispy phyllo dough, honey and nuts. Prepare flavorful and easy-to-learn baklava to take home and bake yourself. Hands-on class with samples provided.

0212-600 | Mon, Feb 12 | 6:00-8:00 PM | \$35
South Campus | Selam

Homemade Egg Rolls & Samosas **NEW**

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

0410-602 | Wed, Apr 10 | 6:00-8:00 PM | \$35
South Campus | Selam



Baklava

Crepes - Not Just for Breakfast!

(Ages 6-15 w/Adult) **NEW**

Crepes are an easy, impressive do-ahead dish. We will prepare Chicken Divan, followed by Cheese Blintzes served with an apricot sauce and Mushroom Crepes with Sherry Sauce, Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes, and other desserts will round out our selections. A \$15 cash supply fee due at class. Bring containers for leftovers.

0427-701 | Sat, Apr 27 | 9:00 AM-12:00 PM | \$35
South Campus | Selam

Traditional Southern Dinner

Join us for an amazing Southern Style Dinner with a medley of flavors using the wealth of local seafood, vegetables, poultry, livestock and of course pecans. Create a memorable meal which includes Crab Dip, Gumbo, Jambalaya, Red Beans and Rice, Buttermilk Biscuits, Cheese Grits, Pecan Praline candy and traditional Bread Pudding with Bourbon Sauce and more! A \$17 supply fee due at class. Bring containers for leftovers.

0322-701 | Fri, May 3 | 6:00-9:00 PM | \$35
South Campus | Severson

Sweethearts' Delights: Elegant Éclairs & Paczki (Polish Doughnuts) **NEW**

Make the French Chocolate Éclair, filled with pastry cream and chocolate ganache. Then a rich yeasted dessert known as Paczki, a Polish Doughnut filled with preserves or pastry cream.

0203-701 | Sat, Feb 3 | 4:00-6:30 PM | \$39 | ONLINE
Georgakopoulos

Dim Sum Dumpling Dynasty: Pot Stickers & Dipping Sauce **NEW**

Create homemade wrapped pot stickers as well as a dipping sauce. Choose between a pork-based filling or a chicken-based filling. Freezing tips will also be shared.

0323-704 | Sat, Mar 23 | 4:00-6:30 PM | \$39 | ONLINE
Georgakopoulos

Homemade Tuscan Gnocchi with Chicken & Homemade Bread! **NEW**

Learn to create this bite-sized pasta and turn them into a scrumptious meal such as creamy Tuscan gnocchi with chicken. Pair it with a loaf of fresh bread as well!

0427-705 | Sat, Apr 27 | 4:00-6:00 PM | \$39 | ONLINE
Georgakopoulos

California Sushi Roll Extravaganza! **NEW**

Learn to make marvelous California rolls that can be vegetarian, with or without seaweed, spicy or not. Make seasoned sushi rice, spicy mayo, and learn how to stuff and wrap/shape the rolls, with wonderful filling ingredients.

0511-706 | Sat, May 11 | 4:00-6:00 PM | \$39 | ONLINE
Georgakopoulos



Winter Wellness Bowl Meal Prep

Make 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.

0131-600 | Wed, Jan 31 | 6:30-8:00 PM | \$30 | ONLINE
Madaus

Chili Night with Your Instant Pot **NEW**

Enjoy a faster and more flavorful pot of chili! Make an Easy Weeknight Chili, Turkey Verde Chili, and vegan Quinoa Chili, along with Instant Pot “Baked” Potatoes and loaded cornbread. Discuss how to adapt your favorite recipe for pressure cooker use.

0306-660 | Wed, Mar 6 | 6:30-8:00 PM | \$30 | ONLINE
Madaus

Summer Snacks & Sippers

Learn 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.

0515-600 | Wed, May 15 | 6:30-8:00 PM | \$30 | ONLINE
Madaus

Spring Roll Symphony! Crafting Crispy & Fresh Spring Roll Delights **NEW**

Create two types of spring rolls full of bold flavors. Choice of chicken, pork or veggies will fill the CRISPY spring rolls, and fresh veggie and precooked protein of choice will fill the FRESH spring rolls. Customize filling and seasoning according to your taste. Learn techniques to create fillings, and how to wrap, roll, and cook.

0518-707 | Sat, May 18 | 4:00-6:30 PM | \$39 | ONLINE
Georgakopoulos

ONLINE COOKING CLASSES

Prior to class you will receive an ingredient list and preparation instructions, with enough time for shopping and preparation. While cooking-along is loads of fun, and highly recommended, it is optional. After class you will receive a recipe packet with the instructor's recipes shared in class.

Finance

55+ Driver Safety

If you're 55 or older, receive a 10% 3 year discount on your auto insurance. The class consists of lecture, films and discussions and does not have any tests! At the end of class, you will receive a certificate of completion to give to your insurance company.

INITIAL CLASS | 2 Sessions | \$45

2024-800 | Tue/Wed, Jan 23 & 24 | 1:30-5:30 PM | ONLINE

2024-801 | Tue/Wed, Feb 20 & 21 | 5:30-9:30 PM | ONLINE

2024-802 | Tue/Wed, Mar 19 & 20 | 1:30-5:30 PM
ONLINE or Senior Center

2024-803 | Tue/Wed, Apr 23 & 24 | 5:30-9:30 PM
ONLINE or Senior Center

REFRESHER CLASS | \$35

2324-808 | Tue, Jan 9 | 9:00 AM-12:00 PM | Senior Center

2324-809 | Mon, Jan 22 | 5:30-9:30 PM | Senior Center

2324-820 | Wed, Jan 31 | 12:00-4:00 PM | ONLINE

2324-821 | Thu, Feb 8 | 9:00 AM-1:00 PM | ONLINE

2024-811 | Tue, Feb 20 | 1:00-5:00 PM | Senior Center

2024-812 | Wed, Mar 6 | 5:30-9:30 PM | Senior Center

2024-815 | Thu, Apr 16 | 5:30-9:30 PM | Senior Center

2324-822 | Tue, Apr 23 | 12:00-4:00 PM | ONLINE

2024-816 | Thu, Apr 25 | 5:00-9:00 PM | Senior Center

2024-818 | Fri, May 17 | 1:00-5:00 PM | Senior Center

2024-819 | Wed, May 29 | 5:00-9:00 PM | Senior Center

Understanding Long Term Care Insurance Benefits

Understand what your policy covers; especially if you purchased the policy 15-20 years ago. Learn important questions you need to ask to understand what your policy covers, how to know if you qualify for a claim, and how to navigate what can be an obstacle course of paperwork, phone calls, and confusion.

0306-636 | Fri, Mar 8 | 1:00-2:00 PM | Free
Senior Center | Getchell

Senior Housing: Should I Stay or Should I Go?

Discuss lifestyle options for a full-filling senior living lifestyle. Should you stay by making home modifications to reduce safety risks, OR should you go; move to a home that may be handicap accessible, single level living? Get the tools to make educated decisions.

0300-570 | Thu, Mar 28 | 10:00-11:30 AM | Free
Senior Center | Kavlie

5 Mistakes that Can Ruin Your Hard-Earned Retirement

Whether you are in your 40s, 50s, or 60s there are several milestones and overlooked life areas where planning mistakes can lead to results that range from discomfort to disaster. Identify those issues with real-life examples and opportunities to get questions and issues answered.

0325-603 | Mon, Mar 25 | 6:30-8:00 PM | \$20 | ONLINE
Ledin

Let's Probate an Actual Minnesota Estate

Take a deep dive from the filing of the Application for Probate to the Final Accounts. Learn about forms, court and filing requirements, accounting and procedural steps, and the procedures for the sale and distribution of estate assets. Hear real-life examples and solutions to the multitude of issues involving estates.

0408-651 | Mon, Apr 8 | 6:30-8:00 PM | \$20 | ONLINE
Ledin

Why You Can't Always Trust Your Trust


Are you using the right Trust for your needs and goals? Discover the varieties of trusts and what they cover. Living Trusts, Testamentary Trusts and Irrevocable Trusts, all which each serve a different purpose and each has a different result.

0215-603 | Thu, Feb 15 | 6:30-8:00 PM | \$20
Senior Center | Ledin

FREE classes thanks to a sponsorship by
Lakeside Legacy Wealth Advisor Team at Thrivent

Social Security: Timing is Everything!


Social Security is a vital income source for many retirees, but it can be a confusing topic and making the most of it can have a lot to do with timing it right. Get answers to your questions and learn what Social Security can mean for you. When to apply, how to maximize benefits, how does it affect a spouse and more.

0402-650 | Tue, Apr 2 | 12:00-1:30 PM 
ONLINE

0402-651 | Tue, Apr 16 | 6:00-7:30 PM
Senior Center

Five Keys to Retiring Fearlessly

Do you know what next steps to take so you can retire? Get insights to help you achieve your retirement goals by answering the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected?


0118-603 | Thu, Jan 18 | 12:00-1:30 PM 
ONLINE

0118-604 | Tue, Jan 30 | 6:00-7:30 PM
Senior Center

Will Taxes Affect Your Retirement?

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share. Hear how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

0312-600 | Wed, Mar 6 | 6:30-7:30 PM | \$25
Senior Center | Schwartz

0312-601 | Sat, Apr 13 | 2:00-3:00 PM | \$25 | ONLINE 
Schwartz

How to be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? Learn where your student will fit best academically, socially, and financially. Which schools will offer your student the largest merit scholarships? How do you apply for grants and how does the FAFSA work? Bring your questions!

6:30-8:30 PM | \$20/family | ONLINE
College Advisors Network

2024-650 | Wed, Jan 17

2024-651 | Tue, Feb 6

2024-652 | Thu, Mar 7

2024-657 | Wed, Apr 17

2024-658 | Wed, May 8

How to Travel for Free & Make Money Traveling **NEW**

We're back to our travels! Learn how to find deep travel discounts and avoid Covid issues affecting travel. If you are retired, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you.

0203-600 | Sat, Feb 3 | 11:00 AM-2:00 PM
\$40 | ONLINE | Henry

Get Paid to Teach English **NEW**

If you speak English, you can teach conversational English without being certified or speak the local language. Or get certified with excellent affordable online certification programs. Learn about the best paying jobs, how to promote your teaching qualifications, the best certification programs and specific hiring organizations.

0210-600 | Sat, Feb 10 | 11:00 AM-2:00 PM
\$40 | ONLINE | Henry

Get Paid to be a Tour Guide & Travel **NEW**

If you love to travel, earn income as a tour director. Learn about salaries, working full or part-time, the qualifications needed, and how to design excellent tours and negotiate group discounts.

0406-600 | Sat, Apr 6 | 11:00 AM-2:00 PM
\$40 | ONLINE | Henry

Lynch Pickleball Camp

Easy to learn and lots of fun! Played on a shortened tennis court with a paddle and plastic ball. A combination of tennis, badminton and ping-pong led by an experienced professional. Wear court shoes and bring pickleball paddle.

Location: North Campus Field House, 5040 Bald Eagle Dr., WBL

Beginners: Learn the rules, scoring and how to play with fun lessons and drills.

4 Sessions | Tuesdays | 6:30-8:00 PM | \$110

2324-934 | Jan 9-30

2324-936 | Feb 6-Mar 5 | No Class Feb 27

2324-938 | Apr 9-30

2324-940 | May 7-28

Intermediate: Beyond a beginner? Improve your skills through fun drills, games and competition.

4 Sessions | Tuesdays | 8:00-9:30 PM | \$110

2324-939 | Apr 9-30

2324-940 | May 7-28

Nordic Pole Walking

Turn a simple walk into an easy, full-body workout with Nordic Poles! This walking style increases your heart rate and creates resistance to build better bone density while working your upper body and legs. It's specially designed poles enhance your natural walking experience; burn more calories, and improve your posture and gait. Poles provided by the instructor.

2024-570 | Wed, Feb 21 | 5:30-6:45 PM | \$30

North Campus Field House | Okey

2024-571 | Wed, Apr 17 | 5:30-6:45 PM | \$30

Nice weather: meet at Memorial Beach Park, 4980 Lake Ave, WBL
Cold/icy weather, meet at Field House. You will be notified which location.

Women's Self-Defense Seminar (Ages 13-15 w/adult)

Do you have the skills to protect yourself in an attack situation? Acquire strategies and skills to protect yourself and learn preemptive tactics, escape maneuvers, verbal interventions, physical techniques, and the effective use of self-defense devices to quickly, and successfully, end a potentially dangerous encounter or assault. Emphasis will also be placed on empowering the mind.

0306-570 | Wed, Mar 6 | 6:00-8:30 PM | \$30

North Campus Field House | Wood

Tai Chi

Tai Chi, a Chinese exercise discipline, utilizes a series of slow, graceful, low impact body movements and specialized breathing techniques to improve balance, health, and relaxation. Enhance your fitness, and increase your sense of tranquility to elevate you to new levels of vitality and well being.

0318-568 | 8 Sessions | Mon, Mar 18-May 6 | 8:00-9:00 PM

\$75 | Matoska Cafeteria | Wood

Chair Yoga (55+)

Join us in a modified form of yoga, using exercise principles of traditional yoga to increase participant's health and fitness by replacing a floor mat with a chair. Find mobility in a gentle, supportive way that is very beneficial. It will improve your flexibility, concentration, and strength, while boosting your mood, reducing stress and decreasing joint pain.

Mondays | 10:00-10:45 AM | Senior Center | Douglas

2024-750 | 3 Sessions | Jan 29-Feb 12 | \$21

2024-752 | 3 Sessions | Mar 4-18 | \$21

2024-753 | 6 Sessions | Apr 1-May 13 | \$42 | No Class Apr 22

\$7 drop in rate

Soma Yoga

Re-educate your muscles to release tension and create freer mobility. Learn to move from within the body using breath practice and meditation to calm minds, gain strength, flexibility, balance, and stamina.

**2024-510 | 6 Sessions | Tue, Jan 23-Feb 27 | 9:30-10:30 AM
\$45 | ONLINE | Schroeder**

**2024-511 | 6 Sessions | Tue, Mar 5-Apr 16 | 9:30-10:30 AM
\$45 | ONLINE | Schroeder | No Class Mar 19**

**2024-512 | 6 Sessions | Tue, Apr 23-May 8 | 9:30-10:30 AM
\$45 | ONLINE | Schroeder**

Vinyasa Yoga

Increase your strength and flexibility with the breath to relieve stress and anxiety. Poses are described in detail for beginners as well as modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga!

\$15 drop ins are welcomed!

**2024-536 | 6 Sessions | Tue, Jan 9-Feb 20 | 5:30-6:30 PM
\$72 | Senior Center | Parr | No Class Feb 6**

**2024-537 | 7 Sessions | Tue, Mar 12-Apr 23 | 5:30-6:30 PM
\$75 | Senior Center | Parr**

**2024-538 | 5 Sessions | Tue, Apr 30-May 28 | 5:30-6:30 PM
\$60 | Senior Center | Parr**

Basics of Learning Golf

Improve your golf game from small swings to full-swings. Learn to practice effectively, the shortcuts to improvement, and gain consistency! Don't have golf clubs? Left and right-handed clubs for men and women are available.

**0423-810 | 5 Sessions | Tue, Apr 23-May 21 | 6:30-7:30 PM
\$120 | U of M Practice Range | Schulze**

Make Up/Rain Day: May 28

Get Up & Go Fitness for Ages 50+

\$55/punch card for 8 classes

See page 16.

Open Skating

Sat & Sun Nov 4-Mar 3 | \$2
 Sat: 6:45-8:45 PM, Sun: 1:00-3:00 PM
 Additional Non-School Days:
 Nov. 24, Dec 26, 27, 29, Jan 15 | 2:15-3:45 PM

The Hippodrome is located directly in front of Central Middle School at 4855 Bloom Ave., WBL
 We do not have rental skates available.

Open Pickleball

The White Bear Area Pickleball Club runs year-round and has designated courts and times.

Membership required:
 \$25 for residents, \$30 for non-residents.

Lincoln Elementary, 1961 6th St, WBL
 Tue, Wed, Fri | 6:00-9:00 PM | Indoor
 For updated information, visit <https://bit.ly/49rf6GB>.

Walking Club

Mon-Thu | 6:00-9:00 PM | Free
 WBLAS North Campus Field House
 5040 Bald Eagle Ave, WBL

Please wear clean dry shoes.

Adult Recreation: For updated information, please go to communityservices.isd624.org/adults-seniors/adult-recreation or contact Jon Anderson at jon.anderson@isd624.org or call 651-653-3126.

Hospice - What You Need to Know ☀️

This specialized care for someone with a terminal illness has many benefits as well as many myths. Hear and discuss what hospice is, the misconceptions about hospice, core hospice team, the benefits of hospice, and the eligibility requirements.

0126-700 | Fri, Jan 26 | 10:00-11:30 AM | Free
 Senior Center | Gnadke

Mindfulness Meditation: the Healing Art of the Present Moment

This ancient method of self-understanding is widely used for handling pain, stress, habit control, painful emotions and disturbing thoughts. It leads to deeper self-knowledge and management skills that make life richer.

0208-570 | 5 Sessions | Thu, Feb 8-Mar 7 | 6:00-7:30 PM
 \$40 | ONLINE | Meadow

Healthy Feet = Happy Feet ☀️

Learn about your feet; the foundation of your body. Do you have painful feet, calluses, joint pain, and questions about what can be done? Why do so many people have trouble with their feet as they age? Hear great explanations and tips on how to keep your feet healthy, how to keep moving and what tricks may help.

0507-750 | Tue, May 7 | 10:00-11:30 AM | Free
 Senior Center | Hendrickson

What Energy has to do With Your Health **NEW** ☀️

Learn why some people suffer from knee or back pain, while others suffer more from stiff joints; how the electrical system in the body is connected to heart attacks, breast cancer and digestive problems; then listen how others have found relief without medication and live with better mobility.

0315-765 | Fri, Mar 15 | 1:00-2:30 PM | Free
 Senior Center | Gunderson

Meals on Wheels is a community based program that delivers nutritious meals to seniors and adults with disabilities to help maintain a better quality of life.



Hot or Cold Meals - Order Monthly

Menus sent to clients monthly

Pick & Choose when you want meals	Meal Price Range \$5.80 - \$8.90
Delivered between 11:30 am - 12:45 pm	depending on monthly income

Frozen Meal Options - Delivered Weekly

Meals choices: chicken, beef, fish pork, turkey or vegetarian, includes vegetable, side, dessert, beverage

For more information, contact the White Bear Lake Meals on Wheels at 651-653-3123 or mealsonwheels@isd624.org

Look for ☀️ to find adult daytime programs.



The Voice is a free, quarterly newsletter for adults 55+. Find additional classes and activities not listed in the Community Services Catalog.

To be added to the mailing list call 651-653-3121.

What Doctors Can't Tell Us About Breast Cancer **NEW**

Listen to an energy-healing perspective regarding women's breast care, specifically breast cancer. Learn about why the body gets breast cancer and what you can do to help prevent and support your body through the disease and after. For all those with breasts, patients, and their support people.

0325-760 | Mon, Mar 25 | 5:30-7:30 PM | \$20
Healing Waters Health Center, 6150 Oren Ave N, Stillwater

Advanced Health Care Planning

Learn how to discuss your wishes with family, friends and healthcare providers while learning about advanced health care planning. You will also learn to prepare a written advance directives; healthcare power of attorney and living will, in accordance with Minnesota state law.

2024-792 | Wed, Mar 27 | 12:00-1:00 PM | Free
Senior Center | Kelly

Are You Strong Enough? **NEW**

Come learn how to ward off the slippery slope of aging with some education on how exercise can be a fun way to reverse weakness, which is a natural part of aging.

0319-778 | Fri, Mar 29 | 10:00 AM-12:00 PM | Free
Senior Center | Fox Rehabilitation

Emergency Preparedness Class

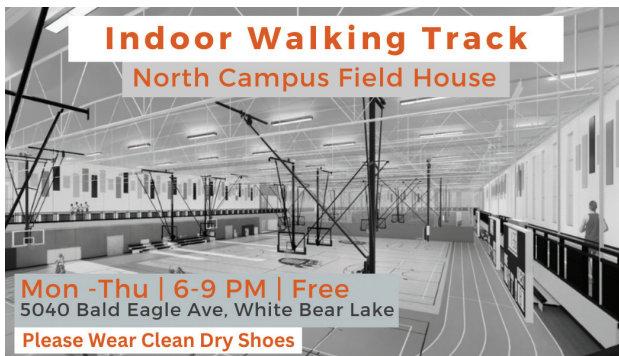
Have you been in an emergency situation and not known what to expect? Prepare for the unexpected with simple tricks and tips. Learn when to call 911, what to expect from 911, metro area rules for medical emergencies, how to decrease risk, what to take with you to the hospital and to get help at home after.

0416-751 | Thu, Apr 16 | 10:30-11:45 AM | Free
Senior Center | Hendrickson

Benefits of Exercise **NEW**

Functional Abilities is the actual or potential capacity of an individual to perform the activities and tasks that can be normally expected. Loss of function can be related to normal aging as well as disease. Come learn how exercise can improve quality of life regardless of age or previous level of activity.

0419-779 | Fri, Apr 19 | 10:00 AM-12:00 PM | Free
Senior Center | Fox Rehabilitation



SHINRIN YOKU – Forest Bathing

Immerse yourself in a meditative forest bathing walk. Slow down, connect your senses to the healing, stress-reducing beauty of the forest. Slip away from phones, revive your relationship with nature and yourself. As a group we'll share what we notice, incorporating experiences into our memory to tap in again when we may need them. Re-enter the world, renewed and refreshed. Dress for the weather and walking in the woods.

0427-570 | Sat, Apr 27 | 9:00-11:00 AM | \$40
Tamarack Nature Center | Motzenbecker

Everything You Want To Know About Medicare

Are you turning 65 or already 65? Do you need to know more about what Medicare offers? Join a discussion of Medicare Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. Great for those coming off their employer medical plan as well as those currently enrolled in Medicare.

0516-601 | Thu, May 16 | 6:30-8:00 PM | \$25
Senior Center | DeKeuster

Fall Risk Reduction

Although there is always a risk of falling, 60% of falls can be prevented through simple changes to your environment, ensuring your balance systems are all working together, taking care of your health and wellness with exercise that challenges your specific deficits. Come learn how to reduce your risk of falling and maximize your safety in and outside of your home.

0517-780 | Fri, May 17 | 10:00 AM-12:00 PM | Free
Senior Center | Fox Rehabilitation



Stay connected and follow us on Facebook!
@wblasrec

Classes Taught by Janice Novak

6:00-7:30 PM | \$30/household | ONLINE

Heart Health for Women *NEW*

Heart disease symptoms are very different from men resulting in symptoms being ignored. You have the power to control, prevent, and in some cases, reverse heart disease. Discuss signs, symptoms, risk factors of a heart attack, hormones, food choices, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

0205-585 | Mon, Feb 5

Acupressure & Other Tools for Women 35+

This ancient healing art offers great relief from many symptoms. Learn which points in the body balance hormone levels naturally, including thyroid hormones.

0213-585 | Tue, Feb 13

Vitamins & Herbs: Facts & Fallacies

Learn seven guidelines that determine if a supplement is well balanced or a waste of money.

0304-585 | Mon, Mar 4

Acupressure for Sinus Relief, Headaches & More

Acupressure is a technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

0409-587 | Mon, Apr 15

Seven Steps to Reverse or Prevent Diabetes *NEW*

Diabetes is a condition in which too much belly fat leads to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Figure out WHY your levels are too high and how to change it.

0429-587 | Mon, Apr 29

Thyroid Things You Need to Know

Taking thyroid medication and still gaining weight? Do you have other symptoms you are suffering with such as depression, inability to focus, rising cholesterol? Hear how thyroid function can make any illness worse. Learn the five things you should have measured, but usually are not and why the #1 thyroid replacement may not be helping you.

0507-588 | Tue, May 7

Visit whitebear.ce.eleyo.com
for full class descriptions.

History: Rolling in Dough: The Gilded Age *NEW* ☀️

The final three decades of the 19th century saw the rise of the fabulously wealthy class. Get a glimpse of their amazing lifestyles that didn't always bring happiness. Learn, also, of their servants and the workers who built their fortunes for them.

0322-904 | Fri, Mar 15 | 10:00 AM-12:00 PM | \$18
Senior Center | Simmer**History: It's Good to Be King (or President)** *NEW* ☀️

Discover the special little luxuries, unusual services, and the perks presidents of the United States have relished over the years.

0419-904 | Fri, Apr 19 | 10:00 AM-12:00 PM | \$18
Senior Center | Simmer**History: Run! History of Presidential Elections** *NEW* ☀️

Tired of the current political climate? Step back in time and learn how it used to be done.

0517-904 | Fri, May 17 | 10:00 AM-12:00 PM | \$18
Senior Center | Simmer**Genealogy: Moving Beyond MyHeritage & Ancestry.com** *NEW*

What if you can't find what you need on MyHeritage and Ancestry.com? Learn how to use the FamilySearch catalog, working with autosomal DNA family lines and other repositories to use beyond the large genealogy platforms.

1022-701 | Tue, Feb 6 | 6:00-7:30 PM | \$30
Senior Center | Shaffer**Genealogy: Research Skills Through Case Studies** *NEW*

It can take years to learn how to research effectively. Watch as the instructor goes through the steps to solve common research problems. These case studies will show you techniques you can apply to your own research.

0206-704 | Tue, Apr 23 | 6:00-7:30 PM | \$30
Senior Center | Shaffer**Don't miss emails from us!**

Course reminders and links to online classes are sent from whitebear@ce.eleyo.com. Please add us to your email contact list so you don't miss important information.

Houseplant Success

Indoor plants are a little different than outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems.

0110-620 | Wed, Jan 10 | 6:30-8:00 PM | \$20 | ONLINE
Ramsey County Master Gardeners

Grow Your Own Microgreens! **NEW**

Learn how to grow your own microgreens with farmer Amanda from Fiddlehead Farms. This is a hands-on class where you will plant and leave with microgreens ready to sprout at home

0111-660 | Sat, Jan 13 | 12:00-1:00 PM | \$25
Senior Center | Fiddlehead Farms

Advanced Vegetable Gardening **NEW**

Designed for experienced vegetable gardeners. Learn techniques to improve your garden harvest, including ways to extend the growing season, starting seeds indoors, and suggestions for increasing your total harvest.

0306-620 | Web, Mar 6 | 6:30-8:00 PM | \$20 | ONLINE
Ramsey County Master Gardeners

Spring Lawn Care **NEW**

Once the snow melts, let's get that lawn perked up and growing! When to dethatch, fertilize, seed, and treat those pesky weeds will be discussed, plus a ton more. Learn some simple tips and techniques that can help you get the best performance out of your yard while saving some cash and preventing pollution.

0304-650 | Mon, Mar 4 | 6:30-7:30 PM | \$30
Senior Center | Hjelm

Rain Barrels **NEW**

Discover the benefits of rain barrels harvesting rainwater from roofs and other structures to water gardens, lawns, and potted plants. Rain barrels reduce run-off pollution and save money. Learn the ins and outs, site selection, and other tips to use rain barrels most efficiently. Discuss the pros and cons of DIY barrels and commercial barrels.

0410-667 | Wed, Apr 10 | 6:30-7:30 PM | \$25
Senior Center | Hjelm

Home Composting **NEW**

Learn the science behind and the benefits of home composting, including information on different composting methods, recommended compostable materials, and common uses of compost around the yard and garden.

0415-620 | Mon, Apr 15 | 6:30-8:00 PM | \$20 | ONLINE
Ramsey County Master Gardeners

Look for  to find adult daytime programs.

Living Fences **NEW**

Natural fences constructed of shrubbery, tall flowers, and clumping grasses are attractive and environmentally friendly. Living fences add an eye-catching way to define your property boundaries, while also adding pollinator plants that serve as effective privacy screens. Good fences make for good neighbors....and good habitat.

0501-667 | Wed, May 1 | 6:30-7:30 PM | \$30
Senior Center | Hjelm

Planting for Pollinators **NEW**

Pollinators are critical to a healthy environment and many native species that are in jeopardy. Learn what you can do at home to create healthy habitats for native bees and butterflies.

0508-620 | Wed, May 8 | 6:30-8:00 PM | \$20 | ONLINE
Ramsey County Master Gardeners

Community Solar - Save Money While Supporting Clean Energy **NEW**

Learn how to save money on your electric bill each month while supporting clean, renewable energy with no up-front investment or changes to your dwelling. Briefly discussed will be the essentials of rooftop solar. Make positive contributions to the future health of our planet

0207-550 | Wed, Feb 7 | 7:00-8:00 PM | \$20
ONLINE | Wahlberg

Spring into Summer

Learn about how to wake up your garden and what to do for your garden and landscape between March and August.

0219-620 | Mon, Feb 19 | 6:30-8:00 PM | \$20 | ONLINE
Ramsey County Master Gardener

Makeup Bootcamp for Women 40 and Better **NEW**

When was the last time you updated your makeup and beauty regimen? Has your skin changed or hair color changed over time? Join us to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely new to you, application, and the latest trends in makeup and skin care. Essential for any woman who desires a little updating by a 30 year makeup artist veteran. No products or services will be sold!

2024-686 | Mon, Jan 29 | 7:00-9:00 PM | \$35
Senior Center | Sherman

2024-687 | Thu, Apr 4 | 7:00-9:00 PM | \$35
Senior Center | Sherman

Creative Solutions to Selling Your Home and Downsizing your Belongings

Learn to prepare your home to sell by discussing what projects will give you the best return on your investment and then get solutions on what to do with all those items in your basement or elsewhere!

0313-540 | Wed, Mar 13 | 10:00-11:30 AM | Free
Senior Center | Erickson

Prepare for Life's Transitions

Get prepared for the inevitable changes in life and have all your important papers and documents organized and accessible. Learn how to identify your assets, debts, medications, medical history, passwords, end of life requests, and much more. Uncover any missing pieces in your plans. We make much better decisions when we act rather than waiting to react.

0304-700 | Mon, Mar 4 | 6:45-8:00 PM | \$30
Senior Center | Edstrom

So You Want to Be Anti-Racist?

Looking to deepen your understanding of what it means to be anti-racist? Acquire tools to engage in uncomfortable conversations, develop your racial literacy, and begin to unpack how race operates in their everyday lives often without consent and/or acknowledgment, all the while building the muscles to move into action!

0123-800 | 6 Sessions | Tue, Jan 23-Feb 27 | 7:00-8:30 PM
\$69 | ONLINE | Hope Speaks

0123-801 | 6 Sessions | Thu, Apr 11-May 16 | 7:00-8:30 PM
\$69 | ONLINE | Hope Speaks

Someday, a Dog! **NEW**

Thinking of getting a dog someday? It's fun to think about and now is the time to start to plan what type of dog you might get! Puppy? Adult? Breed? Mix? In this class we will learn the basic considerations around age and breed/mix so you can start to imagine the perfect dog for your life, when the time is right.

0204-510 | Wed, Feb 7 | 7:00-8:00 PM | \$20/family
ONLINE | Hendrickson

AARP Fraud Prevention **NEW** ☀️

New scams emerge almost daily often using the same proven psychological tactics. Knowing about these makes people far less likely to be victimized and lose money. With fraud losses skyrocketing in our country, now is the time to shift your mindset about your vulnerabilities and what's needed to protect yourself and loved ones.

0324-610 | Wed, Mar 27 | 10:00-11:30 AM | Free
Senior Center | AARP Representative

Meet Local Authors Featured in the Senior Centers Craft Corner

Hear each author's journey into becoming a writer. They will discuss their books, inspirations and process as well as give a short reading. Join us in a conversation with each of these local authors!

Fridays | 1:00-3:00 PM | Free | Senior Center

Verne Pickering, "Stands Before His People"
0119-780 | Jan 19

Poetry with Anne M. Picard
0223-780 | Feb 23

Mary Claire Lockman, Becoming a writer
0227-780 | Feb 27

Jack Burch: Ghost Burglar
0300-780 | Apr 19

Music & Dance



Easy Partner Dancing for All Occasions

Be one of the best dancers at your next event, or just for the fun of dancing together in class and at home!. Taking steps from classic ballroom dances, you will learn easy to remember mini-routines, danceable to all your favorite songs from the past to the present, including pop, blues, rock, country and more. If you think you have no rhythm and two left feet, this is the perfect course for you. Couples stay partnered. Solo attendees rotate, but partners are uncertain.

0118-500 | 4 Sessions | Thu, Jan 18-Feb 8 | 6:30-8:00 PM
\$65 | Matoska International | Constantine

0118-501 | 4 Sessions | Tue, Mar 26-Apr 16 | 6:30-8:00 PM
\$65 | Matoska International | Constantine

Technology

Google Sheets for Awesome Beginners **NEW** ☀️

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets!

0213-550 | Tue, Feb 13 | 12:00-1:00 PM | \$20
ONLINE | Welsh

How To Use Venmo Safely in 2024 **NEW** ☀️

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn to pay friends, businesses or receive money without using cash or checks. Leave class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you can use with this mobile payment option.

0215-550 | Thu, Feb 15 | 12:00-1:00 PM | \$20
ONLINE | Welsh

White Bear Area Senior Center

Normandy Park Education Center, 2484 East County Road F, White Bear Lake, MN 55110
Mon-Fri, 8:00 AM-4:30 PM | 651-653-3121 | Email: whitebearseniorprogram@isd624.org
www.WhiteBearSeniorProgram.org

The White Bear Area Senior Program provides education, recreation, volunteer opportunities, resource for seniors and their families.

Senior Center Membership

JULY 1-JUNE 30 | \$30

Membership is required to attend ongoing group activities at the Senior Center.

New memberships and renewals can be processed in our Main Office, by calling 651-653-3121 or visiting our website at whitebear.ce.eleyo.com and search "membership". **Yearly memberships are due by June 31.**

The Voice is a free, quarterly newsletter. If you would like to be added to our mailing list call 651-653-3121.

Current Wave is a monthly email that provides supplemental information to the Voice newsletter. To subscribe call 651-653-3121.

Craft Corner Gift Shop

Open 11:00 AM-3:30 PM daily
(651) 653-3130

Our gift shop is the perfect place for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 50+ years old or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

Foot Care Clinic at the Senior Center

2484 East County Rd F, WBL

\$50/cash or check
\$53 credit card

35 minute appointment

Call 651-653-3121 to make an appointment.

Weekly Activities at the Senior Center

500 Cards

Tue | 12:30-3:00 PM

Coloring

Tue | 9:30-11:00 AM

Bridge - Contract

Wed | 12:00-3:45 PM

Bridge-Duplicate

Mon | 12:30-3:30 PM | Partner Needed

Cribbage

Mon & Thu | 12:30-3:00 PM

Dominoes

Thu (1st, 3rd, 5th) | 1:30-3:30 PM

Guys & Gals Social Group

Wed | 1:00-2:30 PM

Restaurant: 1st & 3rd

Senior Center: 2nd & 4th

In Stitches

Fri | 1:00-3:00 PM

Mugs & Musings

Fri (2nd & 4th) | 10:00 AM-12:00 PM

Mah Jongg

Mon & Thu | 12:30-3:30 PM

Painting Group

Tue | 10:00 AM-4:00 PM

Pinochle

Wed | 12:00-3:00 PM

Reader's Chat

Mon (4th) | 10:00-11:30 AM

Ukulele Bears

Mon | 10:00-11:30 AM

Lessons: Mon (2nd & 3rd) | 9:30 AM

Woodcarvers Group

Wed | 8:30-11:00 AM

Yarn B's

Thu | 10:00-11:30 AM

See Meals on Wheels
on page 11.

Look for  to find
adult daytime programs.

Senior Center is closed:

Jan 1, 15, Feb 19, May 27
No Activities Mar 22 & 23
Spring Boutique Sale

Meals on Wheels is closed:

Jan 1, 15, Feb 19, May 27

Get Up & Go Fitness for Ages 50+

Purchase punch cards at the White Bear Area Senior Center. Classes held at White Bear Dance Center, 2462 Cty Rd F E, WBL.

\$55/punch card for 8 classes

Aerobics

Tue-Fri | 9:30-10:30 AM

Improve endurance, flexibility and strength, balance and coordination. Designed for people needing a slower tempo and less vigorous program.

Health Discount

Participant members qualify for Free Get Up & Go classes.

See more fitness classes
on pages 10!

Bingo

Join us at the Senior Center for an afternoon of BINGO. If you can - bring in prizes for the prize table. Have you received a gift that was lovely but you will never use, a scent you just don't like, or gift card to somewhere you never go? Bring it in for the prize table!

2024-801 | Fri, Jan 5 | 1:00-3:00 PM
\$5 | Senior Center

2024-802 | Fri, Mar 29 | 1:00-3:00 PM
\$5 | Senior Center

2024-805 | Fri, May 17 | 1:00-3:00 PM
\$5 | Senior Center

National Vietnam War Veterans Day

Join us in commemorating those who fought in the Vietnam War and their families on National Vietnam War Veterans Day. VFW Post 1782 and the Auxiliary will be in attendance.

0329-900 | Fri, Mar 29
10:00-11:30 AM | Free | Senior Center



Community Bridge Consortium

(651) 748-7252
To register call 651-748-7232.
www.isd622.ce.eleyo.com

Programming for Adults with Cognitive Disabilities

Brochure Mailing List Sign-Up

(651) 748-7232

The Community Bridge Consortium is a quarterly brochure listing a variety of classes/activities for adults with Developmental Cognitive Disabilities (DCD).

These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call 651-748-7232 for information or to be placed on the brochure mailing list.



Annual Softball Tournament

Join one of the three Community Bridge Consortium very basic softball/t-ball teams. Develop team spirit, learn the game, improve skills and engage in a bit of competition. Batters can hit from a batting 'T' or a coach-pitched ball. The season includes practices, scrimmages and concludes with a tournament. Schedule and directions to the scrimmage locations will be handed out at the first practice.

Three teams to choose from:

- CBNTS1 North St. Paul-Maplewood-Oakdale, Robinhood Park, 2039 Manton St, Maplewood
- CBWTS1 White Bear Lake Area Team, Sunrise Park School Fields, White Bear Lake
- CBSTS1 South Washington County, Hemingway Field #41, Cottage Grove

Practices: Thursdays, May 9-Jun 6

Tournament: Sat, Jun 8 | 8:00 AM-2:00 PM
Lakewood Hills, 2110 Orchard Lane, WBL

Community Bridge participants are welcomed to take any of the regular adult enrichment classes. Please call 651-653-3121 to register.

Registration opens December 1
Call 651-748-7232.

Bingo

In a few, easy shapes you can draw anything from an owl, to a buffalo, to a squid!

Tue, Feb 6 | 6:00-7:30 PM | \$10 | Senior Center
Min: 7 Max: 15

Cake Decorating

Learn to apply frosting and create a beautifully decorated one-layer 6-inch cake. You will also learn different styles of borders and piping techniques. Bring your sweet tooth and creativity!

Wed, Feb 28 | 6:00-7:30 PM
\$25 | Senior Center



March Madness

Join us for an evening with THREE different projects! It will be MADNESS! Rotate through three stations! Make lip balm with organic beeswax, olive oil, essential oil. Like to add a little color? Bring in your favorite lipstick to add in. Then celebrate this tournament season and make your own handheld basketball game to play hoops with. You will also be able to make a few greeting cards. We will have stamps, ink, markers and stencils to help express your message.

Thu, Mar 14 | 6:00-7:30 PM | \$15 | Senior Center

Recycled Puzzle Art

In honor of Earth Day we will be reusing all recycled materials to make a colorful tree or flower.

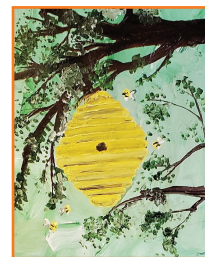
Mon, Apr 22 | 6:00-7:30 PM
\$15 | Senior Center



Paint & Soda Sip

The bees are back from their slumber to forage! Let's honor the over 400 Minnesota bee species and paint their portrait!

Thu, Apr 20 | 6:00-7:30 PM
\$15 | Senior Center



Mosaic Bird Bath

The bees are back from their slumber to forage! Let's honor the over 400 MN bee species and paint their portrait!

Fri, May 17 | 6:00-7:30 PM | \$15 | Senior Center

To register, call 651-748-7232

REGISTER

whitebear.ce.eleyo.com



White Bear Lake Area Schools
Community Services and Recreation
Department, in cooperation with
North St. Paul-Maplewood-Oakdale
Community Education and Mahtomedi
Community Education, offers full-service Adult Basic
Education (ABE) programming for all area residents.



Contact Us!

Scan QR code to complete our
contact form.

Contact our White Bear Lake
ABE Specialist at 651-252-4425
(text or call).



Courses:

- **English Language Classes (ESL):** Join our community of adult learners and improve your English language skills. Classes are offered online and in-person
- **GED Prep & Testing:** General Education Development (GED) & Testing Preparation is a self-paced program designed to help you study and prepare to take the GED tests. Day or evening drop-in classroom training is available at no cost to adults in our community.
- **Health Care Careers:** We can help you train for an entry-level position on a track toward a career as a Home HealthAide (HHA), Certified Nursing Assistant (CNA), Licensed Practical Nurse (LPN) or Registered Nurse (RN). We work with local Senior Housing and assisted living and memory care facilities to help workers find employment.
- **Information Technology (IT) Careers:** We can help you prepare for a future career in the (IT) field. Students may begin this free course at any time and certification tests are offered on-site.
- **Paraprofessional Careers:** Adults seeking employment as a paraprofessional are often required to have an associate’s degree or at least 60 college semester credits. The ParaPro test is an alternative way to satisfy this requirement. We offer no cost study classes and practice tests for the ParaPro test. Testing is also available on-site. Students are responsible for testing fees.

For more information or questions on the many free classes offered, GED Diploma and testing, call 651-748-6208 or email harmonyabe@isd622.org. Office hours are Mon/Tue/Wed: 9:00 AM-8:00 PM, Thu: 9:00 AM-5:00 PM, Fri: 9:00 AM-2:00 PM.

Somali, English/other languages: Haddii aad u baahan tahay macluumaad this turjumay Soomali fadlan la xiriir 651-592-3950.

English/other languages: 651-407-7625.

Clases de la Educación Básica de Adultos (Gratis)

- Inglés como Segundo Idioma
- Clases de GED
- Clases para entrar a carreras en: IT, el sector de salud, o escuelas profesionales

Para buscar empleo con las escuelas de White Bear: www.isd624.org/employment

Recursos Adicionales:

- Ayuda Alimentaria (White Bear Food Shelf)
- La Fundación Educacional de White Bear
 - “El Closet”- Ropa gratuita para familias
 - Ayuda financiera para clases y actividades de niños y adolescentes

Cursos Populares:

- Clases de manejar
- Preparación para el ACT

Para Español por favor llame al 651-407-7625.

Cov Chav Kawm Rau Cov Neeg Laus Basic Education (DAWB)

- Lus Askiv Yog hom lus Ob
- GED Kev npaj & Xeem
- Kev cob qhia ua haujlwm hauv: IT, Healthcare, or Paraprofessional hauv Tsev Kawm Ntawv

Ua haujlwm hauv 624:
www.isd624.org/employment

Muaj keb pab cuam:

- White Bear Lake Food Shelf
- White Bear Lake Educational Foundation
 - The Closet khaub ncaws-Khaub ncaws ua xav tau
 - Kev Pab Nyiaj rau Cov Hluas rau Kev Txhim Kho thiab Kev Ua Si

Cov chav kawm nrov:

- Kev Kawm Tsav Tsheb
- ACT Xeem Kev npaj

Xav tau ntawv Hmoob hu rau 651-407-7623.



**WHITE BEAR LAKE
EARLY CHILDHOOD
PROGRAMS**

EARLY CHILDHOOD SCREENING

**A FREE AND SIMPLE CHECK OF HOW YOUR
CHILD IS GROWING, DEVELOPING, AND
LEARNING!**



Early Childhood Screening is required by the State of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

Screening in early childhood supports children's readiness for kindergarten and promotes health and development.

UPCOMING SCREENING DATES

- January: 5, 11 & 12
- February: 2, 16 & 23
- March: 1, 8, 21 & 22
- April: 5, 12 & 19
- May: 3, 9, 10 & 17
- June: 11, 12, 13 & 14

WHAT TO EXPECT:

An early childhood teacher will check these areas:

- Vision & Hearing
- Height & Weight
- Large & Small Muscles
- Thinking, Language and Communication Skills
- Social-Emotional Development
- Immunization Review

REQUEST AN APPOINTMENT:

Scan the QR code to access and fill out the screening paperwork online. Once completed, our staff will call to schedule an appointment.



<https://earlychildhood.isd624.org/programs/screenings>

WHERE TO GO:

Normandy Park Ed. Center
2482 County Rd F East
WBL, MN
651.653.3100

WHAT TO BRING:

- Copy of Immunization Records
- Birth Certificate

SCREEN AT 3!

Receive a FREE "I'm a Bear" t-shirt when your child gets screened at age 3!

REGISTER

whitebear.ce.eleyo.com

ECFE Classes include Three Components:

- » **Parent-Child Interaction:** You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.
- » **Parent Education:** Meet with other parents and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children’s classroom for non-separating classes.
- » **Children’s Classroom:** While parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.

Infants

AGES BIRTH-1 BY SEP 1, 2023

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

Mondays | 8:45-10:15 AM | Normandy Park

Call to register | Sliding Fee

Multi Age Pop In & Play Time!

AGES 0-4.11 BY SEP 1, 2023

Parents and Children will enjoy a variety of activities planned by the early childhood teacher. Grandparents and other caregivers are welcome!

Tuesdays | 11:00 AM-12:00 PM | Normandy Park

\$20 | Jan 9, 16, 23, 30

\$20 | Feb 6, 13, 20, 27

\$15 | Mar 5, 19, 26

\$20 | Apr 2, 16, 23, 30

\$20 | May 7, 14, 21, 28

Conscious Discipline Virtual Parenting Circle

Join us for an online parenting circle led by a licensed parent educator. The focus of this group will be Conscious Discipline framework. We will become more aware of the importance of self-regulation as an effective and positive way to handle the frustrations of parenting. Learn what the Conscious Discipline philosophy is, followed by digging deeper into it’s enlightening concepts that apply to not only your relationship with your child but also how to foster all relationships.

Tuesdays | 6:30-7:45 PM | \$60

Feb 6 & 13: in-person, rest ONLINE

Runs for 13 weeks | Feb 6-May 7 | No Class March 12 & April 9

Young Explorers

AGES 2.5-3 BY SEP 1, 2023

Children will learn and discover exciting things in these “child only” drop-off classes. These theme-based classes offer opportunities to work on age-appropriate developmental skills that will foster curiosity while exploring new learning experiences. Children need to have independent toileting skills with limited accidents.

Location: Oneka Elementary

Session 1: Winter Wonderland

Come join us as we explore the winter season, both inside and outside! We will learn all about snow, paint with ice, explore the nature path in winter and paint the snow. Be sure to bring your warm winter gear for outdoor play.

Friday, Jan 5, 12, 19 | 8:45-10:45 AM | \$45

Session 2: Dinosaur Discovery

“We Are the Dinosaurs Marching, Marching!” Join us as we journey back in time to discover the large creatures that lived long ago. We will do a dinosaur dig, look at dinosaur fossils and bones, stomp some dinosaur tracks, and hatch a dinosaur egg.

Fri, Feb 2, 16, 23 | 8:45-10:45 PM | \$45

Session 3: Amazing Animals

Animals, Animals, Animals Everywhere! Come explore all different kinds of animals including those at our house, at the zoo and on the farm. Children will have an opportunity to be a vet, make animal crafts and bring their favorite stuffie for our classroom parade.

Fri, Mar 1, 8, 22 | 8:45-10:45 AM | \$45

Session 4: Signs of Spring

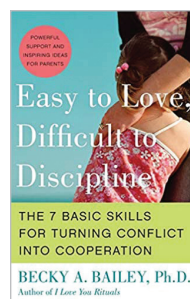
We will be watching and looking for all the signs of spring! During this session, the children will learn about the changes in nature during the spring season from bugs to flowers. We will dig in the dirt, create a spring mural with classmates, and explore and discover spring growth outside!

Fri, Apr 5, 19, 26 | 8:45-10:45 AM | \$45

Session 5: Let’s Splash!

Come have some fun exploring water play both indoors and outdoors! During this last session for the school year, we will be splashing in our sensory table, fishing, painting with watercolors, and doing sink or float experiments. Be ready to get a little wet and have some fun!

Fri, May 3, 10, 17 | 8:45-10:45 AM | \$45



Book Recommendation for Parents: Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation by Becky A. Bailey, Ph.D.

About the Author: Becky A. Bailey, Ph.D., specializes in early childhood education and developmental psychology. Her lectures reach more than 20,000 people annually, and her awards include a Parents’ Choice Foundation commendation for three of her parenting audiotapes. She has appeared on CNN, PBS, and The Hour of Power with Dr. Robert Schuller, among other programs.

White Bear Lake
Early Childhood Programs
Present

Winter WONDERLAND

December 18th
9:00 - 11:00 am
Free Event

Join us as we celebrate the start of our winter season, indoors at Normandy Park!

Play with Snow Dough
Go Ice Fishing
Snow Painting
Pretend to Ice Skate
Build a Snow Fort
And More!



NORMANDY PARK ED. CENTER
2482 COUNTY RD F, E
WBL, MN

REGISTER BY CALLING
651-653-3100 OR ONLINE:
[HTTPS://BIT.LY/3SFLX8B](https://bit.ly/3SFLX8B)



White Bear Lake
Early Childhood Programs
and
Washington County Library
Present:

LIBRARY STORYTIME

THURSDAY, FEBRUARY 22ND
6:00-7:15 PM
Oneka Elementary: rm 1402
4888 Heritage Pkwy
Hugo, MN

FREE

Join us as we celebrate "I Love to Read Month" with a winter themed storytime lead by a Washington County librarian. We will explore & play in the ECFE classroom, sing songs, read stories and make a winter craft together!

This event is planned for children ages 0-5 years.

TO REGISTER FOR THIS FUN EVENT,
CALL: 651-653-3100
OR ONLINE AT [HTTPS://BIT.LY/3SWEEDO](https://bit.ly/3SWEEDO)




WHITE BEAR LAKE
EARLY CHILDHOOD
PAC PRESENTS:



BRING YOUR OWN SLEDS
HOT CHOCOLATE PROVIDED



WINTER SLEDDING
THURSDAY, FEBRUARY 8
3:30PM-5:30PM
JACK YOST PARK

(IF WINDCHILL IS BELOW 10 DEGREES,
ALTERNATE DATE OF THURSDAY, FEBRUARY 15)

Normandy Park Baby Closet



Located at Normandy Park
Early Childhood Education Center

**2482 County Road F, East
White Bear Lake, MN 55110**

Open Mon.-Fri., 8:00-3:00 pm
Or by appointment
651-653-3100

The Normandy Park Baby Closet is a free resource for families in the White Bear Lake school district who are in need of infant toiletries such as diapers, wipes, lotion, and other hygiene items. We also have occasional donations of baby food & formula available.



The Baby Closet is stocked by donations from our community and funded by the White Bear Lake Area Educational Foundation.



Parent-Child Gym Time

Families can enjoy activities set up in the gym at Normandy Park Education Center.
Parents are responsible for the supervision of their children.

Ages 1-5 yrs with adult

Wednesdays, Nov 1-Mar 6 | 5:30-7:30 PM | Not on Nov 22, Dec 20, 27

\$3/child, \$7/immediate family

Payable at the door each night.

REGISTER 

whitebear.ce.eleyo.com

EXTENDED DAY

WHITE BEAR LAKE AREA SCHOOLS

SUMMER 2024: JUNE 13-AUGUST 16



Summer locations (incoming grades K-5):

- Oneka
- Otter
- Lincoln* (Preference given to FLEX siblings)
- Matoska

Daily activities include a variety of hands-on free choice options from art to science to dramatic play. Each day will include active play, literacy, team building and social emotional learning opportunities. Each week will have exciting on-site activities inspired by youth voice and opportunities to participate in camps tailored to interests and ages. We will also offer field trips and special on-site events throughout the summer.

Programming closed: June 19, July 4 & 5.

HIGHLIGHTS:

- Full calendar of events will be available on March 1 when registration opens.
- Breakfast and lunch available through Nutrition Services for purchase each day.
- Free meals through USDA federal program available at Lincoln and Matoska.
- Operating a hybrid model of grade-alike pods for a foundation of strong relationships along with choice-based programming that allows for more student voice.

Enrollment opens on March 1 at 11:00 AM!

Fees will be posted on website by Feb 1. **Register early to get your preferred site choice!** Registrations accepted on a first come, first served and space available basis. Any days added after the first day of summer will be at a drop-in rate and accepted as available.

FLEX

SUMMER 2024: JUNE 13-AUGUST 16



Summer location (incoming grades 6-8):

- Lincoln

Summer FLEX is all about youth choice and voice! Youth work in committees to plan everything from the daily snack to on-site opportunities and field trips. We offer a wide variety of specialized activities to promote personal growth and success. Experiences and opportunities include: athletic tournaments and competitions, outdoor and indoor recreation, making new friends, service learning, cooking and a place to hang out! Programming closed: June 19, July 4 & 5.

HIGHLIGHTS:

- FLEX is a fun place to hang out and make new friends! Break up those long summer days and come hang out with us!
- Staff working in FLEX are highly passionate about working with middle school students and have experience creating fun environments, encouraging exploration, imagination, social skills, and youth voice.
- Fun spaces will be available! Examples from previous summers include: a student run snack cafe, arcade/game room, Makerspace, "Club FLEX", and many more! Students will help create environments in which they would like to be!

Enrollment opens on March 1 at 11:00 AM!

Fees will be posted on website by Feb 1. **Pick Your Days Contract:** to maximize the flexibility and choice for all families, all summer contracts will be Pick Your Day. Consistent days each week are not required to achieve the best daily rate. Any days added after the first day of summer will be at a drop-in rate and accepted as available. Registrations accepted on a first come, first served and space available basis.

EXTENDED

WHITE BEAR LAKE
AREA SCHOOLS

DAY

SCHOOL YEAR 2024-2025

EXTENDED DAY is a youth-focused and choice-based program for pre-K through 5th grade students. Extended Day offers students the opportunity to develop strong social skills and positive relationships with peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities include health and fitness, service projects, arts and crafts, creative play, languages and literacy, cooking, science, and much more.

- » Two after school options: 2:15-4:30 PM and 2:15-6:00 PM at early start schools.
- » Pick Your Day contract available-only 5 day notice required.
- » Drop-ins available (24 hour notice and accepted if space is available).
- » No minimum number of days required for consistent contracts (attend 1-5 days per week).

REGISTRATION INFO:

- Registration opens April 1, 2024 for incoming grades PreK-5. Register early!
- Registration fee by July 15: \$30, after July 15: \$40
- All registrations accepted on a first come, first-served and space available basis. Your contract is only accepted when confirmation of start date is sent in Eleyo email
- Visit whitebear.ce.eleyo.com to register

NON-SCHOOL DAY

- Select Non-School day programming will be available and information around sites will be available mid-summer. Registration is open for these days up to 2 weeks prior to the scheduled Non-School Day.

Questions? We are here to help!
Call 651-407-7511 or email
communityservicesbilling@isd624.org

**Please note: Contracts for school year will be reviewed and accepted July 15. We will send out email communication if your contract is still pending.*



Sample of Daily Afternoon Schedule	
2:15	Check-in & Group Team Building Game
2:25	Daily Meeting - Review daily choices and schedule - Social Emotional Learning Activity
2:45	Snack
3:00	Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered
3:30	Daily Special or Youth Led Activity (From the following categories): - STEAM (Science, Technology, Engineering, Art, Math) - Social Studies - Social Emotional Learning & Life Skills - Literacy - Service Projects
4:00	Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered
4:30	Free Choice: - Active Play, Dramatic Play, Games, Art, Tech Time etc.
6:00	Program Close
*All activities offered are open for varying lengths. Students start off in assigned groups based on grade level and rotate to all choices throughout the scheduled time. There are additional choices offered in each space that students can access. Please see your site's welcome newsletter for more specific schedules as tailored to fit the needs of individual sites.	

**DASH Sports: Track & Field Tykes:
Age 2-5**

Track & Field Tykes: DASH Sports Track & Field Tykes camps provide participants with a basic introduction into Track & Field events. Participants will 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 athletic ability & performance. Campers should bring a water bottle, snack, and wear athletic shoes.

AGES 2-3

**0401-091 | 5 Sessions | Tue, Apr 2-30 | 5:10-5:40 PM
\$85 | Lakeaires Elementary**

AGES 2-3

**0401-092 | 5 Sessions | Wed, Apr 3-May 1 | 5:10-5:40 PM
\$85 | North Star Elementary**

AGES 4-5

**0401-093 | 5 Sessions | Tue, Apr 2-30 | 5:50-6:35 PM
\$85 | Lakeaires Elementary**

**0401-094 | 5 Sessions | Tue, Apr 2-30 | 5:50-6:35 PM
\$85 | North Star Elementary**

**DASH Sports: Multi-Sport TYKES:
Ages 2-5**

DASH Multi-Sport Tykes camps provide players an introductory experience to two popular sports games. This camp includes instruction in soccer and T-ball. Little athletes will learn how to run, throw, catch, kick, and more! This camp ends on the final two days with fun scrimmages and games. Participants should bring a baseball glove. Parent participation is encouraged when needed. Please note there will not be access to the school buildings or bathrooms.

AGES 2-3

**0408-061 | 6 Sessions | Sat, Apr 13-May 18 | 9:00-9:30 AM
\$99 | Oneka Elementary**

**0408-062 | 6 Sessions | Sat, Apr 13-May 18 | 9:00-9:30 AM
\$99 | Matoska International**

AGES 4-5

**0408-063 | 6 Sessions | Sat, Apr 13-May 18 | 9:40-10:25 AM
\$109 | Oneka Elementary**

**0408-064 | 6 Sessions | Sat, Apr 13-May 18 | 9:40-10:25 AM
\$109 | Matoska International**



DASH Sports: Soccer Tykes: Age 2-5

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

AGE 2-3

**0506-091 | 5 Sessions | Tue, May 7-Jun 4 | 5:10-5:40 PM
\$85 | Lakeaires Elementary**

**0506-092 | 5 Sessions | Wed, May 8-Jun 5 | 5:10-5:40 PM
\$85 | North Star Elementary**

AGE 4-5

**0506-093 | 5 Sessions | Tue, May 7-Jun 4 | 5:50-6:35 PM
\$89 | Lakeaires Elementary**

**0506-094 | 5 Sessions | Wed, May 8-Jun 5 | 5:50-6:35 PM
\$89 | North Star Elementary**

**Skyhawks: Saturday Soccer Camp:
Age 3-12 NEW**

Using our progression based curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. This camp focuses on dribbling, passing, shooting and ball control. Your child will learn life skills such as teamwork and sportsmanship, make new friends and improve their sport skills preparing them to play on the playground or league play! Participants should wear athletic clothing and bring a water bottle. This program is split up by age. Please select the appropriate program to enroll in.

- 1:00-2:00 PM for 5-7 years old.
- 2:10-3:10 PM for 8-12 years old.
- 3:20-3:50 PM for 3-4 years old.

This is an outdoor program. You will not have access to the school bathrooms or water fountains during this time.

**4 Sessions | Sun, Apr 28-May 19
Vadnais Heights Elementary**

Age 5-7 | 0501-172 | 1:00-2:00 PM | \$110

Age 8-12 | 0501-173 | 2:10-3:10 PM | \$110

Age 3-4 | 0501-174 | 3:20-3:50 PM | \$95

Skyhawks: Games Camp: Age 5-11 NEW

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Come and join a fun filled camp where we will be learning and playing Kickball, Ultimate Frisbee, Dodgeball and Capture the Flag.

**0421-182 | 4 Sessions | Tue, Apr 23-May 14 | 3:30-4:30 PM
\$110 | Lakeaires Elementary**

**0421-183 | 4 Sessions | Thu, Apr 25-May 16 | 3:30-4:30 PM
\$110 | Oneka Elementary**

Spark Equestrian: Academy Day Camp: Age 6-12

Spark Equestrian’s day camps at Hardwood Creek Farm teach kids the basics of horse care, grooming, and riding. Our indoor arena and barn are heated during the winter months. Kids should provide their own lunch and wear long pants with close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside. We play games, do a craft, and make treats for the horses. During the riding portion of camp, students take turns leading each other around while learning how to walk, steer and stop.

9:00 AM-2:00 PM | \$159
Hardwood Creek Farm, 2306 80th St. E, Hugo

- 0115-201 | Mon, Jan 15
- 0115-202 | Mon, Feb 19
- 0115-203 | Thu, Mar 14
- 0115-204 | Mon, Apr 22
- 0115-205 | Mon, May 27

DASH Sports: Multi-Sport Camp: Gr K-2

DASH Multi-Sport camps provide players an introductory experience to two popular sports games. This camp includes instruction in Soccer and T-ball. Little athletes will learn how to run, throw, catch, kick, and more! This camp ends on the final two days with fun scrimmages and games. Participants should bring a baseball glove. Please note there will not be access to the school buildings or bathrooms.

0408-065 | 6 Sessions | Sat, Apr 13-May 18
10:35-11:20 AM | \$109 | Oneka Elementary

0408-066 | 6 Sessions | Sat, Apr 13-May 18
10:35-11:20 AM | \$109 | Matoska International

Kidcreate: Pet Shop: Gr K-5 NEW

Every kid dreams of owning a hamster or a dog or maybe a kitty! In this critter-filled camp, their dream will come true... sort of! The kids will create pets of all shapes and sizes! At this camp we will work with clay, paint and draw too! No trips to the pet store are required!

6 Sessions | \$109

0108-129 | Mon, Jan 8-Feb 26 | 2:20-3:20 PM
Otter Lake Elementary | No Class Jan 15 & Feb 19

0108-128 | Tue, Jan 9-Feb 20 | 2:20-3:20 PM
North Star Elementary | No Class Feb 6

0108-127 | Wed, Jan 10-Feb 21 | 3:00-4:00 PM
Matoska International | No Class Jan 24

0108-126 | Thu, Jan 11-Feb 29 | 2:20-3:20 PM
Oneka Elementary | No Class Jan 25 & Feb 15

0108-125 | Fri, Jan 12-Mar 1 | 2:20-3:20 PM
Lincoln Elementary | No Class Jan 26 & Feb 9

Kidcreate: Valentine’s Day Mosaic Heart: Gr K-5 NEW

Looking for a new Valentine’s Day tradition? Why not feel the love as you create amazing art together with your child! In this class, we will design our own glittery heart mosaics using clay, beads, and more. These mosaics are great to keep, or they’re the perfect Valentine’s Day gift for a friend or loved one. Get ready for some messy fun, as each parent and child will create their own craft. Please pack a nut free snack and drink for your child each day.

0205-126 | Fri, Feb 9 | 1:00-4:00 PM | \$109
Central Middle School

Girl Scouts.

gsrv.gs/join

FIND YOUR Fun

girl scouts river valleys

Kidcreate: Smart Art: Gr K-5 *NEW*

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

0304-129 | 6 Sessions | **Mon, Mar 4-Apr 15** | **2:20-3:20 PM**
\$109 | **Otter Lake Elementary** | *No Class Mar 11*

0304-128 | 6 Sessions | **Tue, Mar 5-Apr 16** | **2:20-3:20 PM**
\$109 | **North Star Elementary** | *No Class Mar 12*

0304-127 | 6 Sessions | **Wed, Mar 6-Apr 17** | **3:00-4:00 PM**
\$109 | **Matoska International** | *No Class Mar 13*

0304-126 | 6 Sessions | **Thu, Mar 7-Apr 18** | **2:20-3:20 PM**
\$109 | **Oneka Elementary School** | *No Class Mar 14*

0304-125 | 6 Sessions | **Fri, Mar 8-Apr 26** | **2:20-3:20 PM**
\$109 | **Lincoln Elementary School** | *No Class Mar 15 & 29*

Kidcreate: Claylicious: Gr K-5 *NEW*

Sculpt, slab, coil, and carve... roll up your sleeves, because this camp is all clay, all the time! We'll sculpt silly puppies, fuzzy hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally claylicious time! Please pack a nut free snack and drink for your child each day.

0311-125 | 3 Sessions | **Mon-Wed, Mar 11-13**
9:00 AM-12:00 PM | \$109 | **Lincoln Elementary**

Kidcreate: Simply Silly Stuff: Gr K-5 *NEW*

Get ready to go bananas with all the silly stuff you'll create in this camp! You're going to make some of the craziest art you could imagine. A messy monster made of mush. A cute 3D goldfish to bring home and keep you company in your room. And, have you ever made your very own pop-up art? Well now you will! This combination of wacky projects will teach you all sorts of simply silly stuff you never thought artistically possible! Please pack a nut free snack and drink for your child each day.

0311-126 | 3 Sessions | **Mon-Wed, Mar 11-13** | **1:00-4:00 PM**
\$109 | **Lincoln Elementary**

Paint Date: Spring Field (Adult & Child)

A fun and creative activity that allows parents and children to explore their artistic sides together. Work side by side on your own canvas to create a painting with guidance on painting techniques, tips, and tricks to create a cohesive and beautiful painting. A \$20 cash supply fee due at class.

0426-625 | **Fri, Apr 26** | **5:30-7:30 PM**
\$40/pair | **Senior Center** | **Avula**

Abrakadoodle: Art and Building Blocks: Gr K-5 *NEW*

Are you a Lego brick fan? If so, this class is one of a kind for you! Packed with extra fun brick building activities and Amazing Art projects for you to take home. Have a blast with your friends as you take your creativity to the next level.

0408-013 | 6 Sessions | **Mon, Jan 8-Feb 26** | **2:20-3:20 PM**
\$115 | **Lincoln Elementary** | *No Class Jan 15 & Feb 19*

0408-014 | 6 Sessions | **Tue, Jan 9-Feb 20** | **3:00-4:00 PM**
\$115 | **Matoska International** | *No Class Feb 6*

0408-015 | 6 Sessions | **Wed, Jan 10-Feb 14** | **2:20-3:20 PM**
\$115 | **Otter Lake Elementary**

0408-016 | 6 Sessions | **Thu, Jan 11-Feb 29** | **2:20-3:20 PM**
\$115 | **North Star Elementary** | *No Class Jan 25 & Feb 15*

0408-017 | 6 Sessions | **Fri, Jan 12-Mar 1** | **2:20-3:20 PM**
\$115 | **Vadnais Heights Elementary** | *No Class Jan 26 & Feb 9*

Abrakadoodle: Paint and Clay: Gr K-5 *NEW*

If you love painting and sculpting with clay, this class is one of a kind for you. In this awesome class, we'll create and sculpt with air dry clay, learn some drawing techniques and paint with watercolors.

0304-281 | 6 Sessions | **Mon, Mar 4-Apr 29** | **2:20-3:20 PM**
\$115 | **Lincoln Elementary** | *No Class Mar 11, Apr 1 & Apr 22*

0304-282 | 6 Sessions | **Tue, Mar 5-Apr 23** | **2:20-3:20 PM**
\$115 | **Oneka Elementary** | *No Class Mar 12 & Apr 2*

0304-283 | 6 Sessions | **Wed, Mar 6-Apr 24** | **2:20-3:20 PM**
\$115 | **Lakeaires Elementary** | *No Class Mar 13 & Apr 3*

0304-284 | 6 Sessions | **Thu, Mar 7-Apr 25** | **2:20-3:20 PM**
\$90 | **Willow Lane Elementary** | *No Class Mar 14 & Apr 4*

0304-285 | 6 Sessions | **Fri, Mar 8-May 3** | **2:20-3:20 PM**
\$90 | **Birch Lake Elementary** | *No Class Mar 15, Mar 29 & Apr 5*

CSGA: Elementary Scratch Coding Club: Gr K-5 *NEW*

This program offers a crash course in coding your own games in Scratch. Students will create and develop 3-4 basic games while learning many foundational programming skills with boundless potential for creativity and expansion. Tailored for the beginner with little to no experience coding on Scratch, we will begin with the basics and have students creating their own detailed, personalized games by the end of the program. Students will come home with a mobile account containing their games to share and play with the whole family!

0108-159 | 7 Sessions | **Mon, Jan 8-Mar 4** | **2:20-3:20 PM**
\$99 | **Otter Lake Elementary** | *No Class Jan 15 & Feb 19*

0108-158 | 9 Sessions | **Tue, Jan 9-Mar 5** | **2:20-3:20 PM**
\$119 | **Vadnais Heights Elementary**

0108-157 | 9 Sessions | **Wed, Jan 10-Mar 6** | **2:20-3:20 PM**
\$119 | **North Star Elementary**

0108-156 | 8 Sessions | **Thu, Jan 11-Mar 7** | **2:20-3:20 PM**
\$115 | **Lincoln Elementary** | *No Class Jan 25*

0108-155 | 7 Sessions | **Fri, Jan 12-Mar 8** | **3:00-4:00 PM**
\$99 | **Matoska International** | *No Class Jan 26 & Feb 9*



CSGA: Coding Club & Robotics: Gr K-5 **NEW**

This program offers a crash course in coding your own games on Scratch. Students will create and develop 3-4 basic games while learning many foundational computer science skills with boundless potential for creativity and expansion. Apply your scratch coding skills to robotics or continue creating games. Test your robots by solving specific challenge problems generated during the program.

0318-159 | 9 Sessions | Mon, Mar 18-May 20 | 2:20-3:20 PM \$119 | Otter Lake Elementary | No Class Apr 22

0318-158 | 10 Sessions | Tue, Mar 19-May 21 | 2:20-3:20 PM \$129 | Vadnais Heights Elementary

0318-157 | 10 Sessions | Wed, Mar 20-May 22 | 2:20-3:20 PM \$129 | North Star Elementary

0318-156 | 10 Sessions | Thu Mar 21-May 23 | 2:20-3:20 PM \$129 | Lincoln Elementary

0318-155 | 9 Sessions | Fri, Mar 22-May 24 | 3:00-4:00 PM \$119 | Matoska International | No Class Mar 29

Gina Mayer: Frozen Musical Theater Class: Gr K-5 **NEW**

Calling all dancers and singers! Come learn songs and dances from Frozen and put on a musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! All that is needed are comfortable clothing and sneakers or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

0115-004 | 9 Sessions | Tue, Jan 16-Mar 26 | 2:15-3:45 PM \$139 | Lincoln Elementary | No Class Feb 6 & Mar 12

Gina Mayer: Wonka Musical Theater Class: Gr K-5 **NEW**

Calling all dancers and singers! Come learn songs and dances from Wonka and put on a musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! All that is needed are comfortable clothing and sneakers or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

0401-005 | 9 Sessions | Tue, Apr 2-May 28 | 2:20-3:50 PM \$139 | Lincoln Elementary

Language Sprout: Afternoon Spanish Language: Gr K-5

Come learn Spanish with Language Sprout. This elementary-focused, immersive program will get your child speaking fast. Our classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Class includes a parent portal for continued learning at home.

0101-023 | 28 Sessions | Tue & Thu, Feb 1-May 16 3:00-4:00 PM | \$499 | Matoska International
No Class Feb 15, Mar 12 & 14

0101-024 | 28 Sessions | Tue & Thu, Feb 1-May 16 \$499 | 2:20-3:20 PM | Lakeaires Elementary
No Class Feb 15, Mar 12 & 14

0101-021 | 28 Sessions | Mon & Wed, Feb 5-May 22 \$499 | 2:20-3:20 PM | Lincoln Elementary
No Class Feb 19, Mar 11, 13 & Apr 22

0101-022 | 28 Sessions | Mon & Wed, Feb 5-May 22 \$499 | Vadnais Heights Elementary
No Class Feb 19, Mar 11, 13 & Apr 22

TGA: Tennis Enrichment Program: Gr K-5 **NEW**

Get ready to serve, volley, and rally while having fun with TGA! Our trained and verified coaches combine athletics, academics, and life lessons to create fun and engaging golf programs. We include sport skill development, rules & etiquette lessons, physical activity, and a steam component that examines the concepts through the lens of the sport. All equipment is provided. First-time students receive a TGA hat and a TGA student handbook. Students earn color-coded TGA wristbands at every level. Maximum 10:1 student-to-instructor ratio.

0108-081 | 6 Sessions | Tue, Jan 9-Feb 20 | 6:05-7:05 PM \$169 | Matoska International | No Class Feb 6

TGA: Pickleball Enrichment Program: Gr K-6 **NEW**

Get ready to dink, drive, and rally while having a blast with TGA! Our certified and expert coaches blend athletics, academics, and life skills to deliver fun and captivating pickleball programs. Our curriculum features skill development, rules & etiquette instruction, physical exercise, and a steam component that explores the science and strategy behind pickleball.

0108-082 | 6 Sessions | Mon, Jan 8-Feb 26 | 6:05-7:05 PM \$169 | Matoska International | No Class Jan 15 & Feb 19



Don't miss emails from us!

Course reminders and links to online classes are sent from whitebear@ce.eleyo.com. Please add us to your email contact list so you don't miss important information.

CSGA: Chess Tournament: Gr K-12 (NE Regional Winter & NE Regional Finals)

Elementary and secondary chess players are invited to participate in the NE Regional Chess Final. Whether you participated in a chess club or not in the fall, winter, or spring, you are invited to compete in this short, fun tournament where you can play students from other schools and districts.

- Time controls will be used when necessary to keep the tournament within time constraints.
- The format and recognitions will be based on the number of registered participants in each grade level and school.
- Pre-registration is encouraged, but walk-ins will be accepted. Those arriving after the posted start time may need to sit-out of the first round of play.
- Tournament etiquette and procedures will be explained at the event for players new to tournament play.
- Players are not eliminated. Everyone plays in each round unless there is a bye because of an odd number of participants. Typically there are 4-5 rounds.
- Check-in will be 30 minutes before the posted start time.

A great way to play new opponents! Supervision will be provided. Parents/guardians are allowed to stay, but are asked to wait outside of the playing area during matches.

WINTER OPEN CHESS TOURNAMENT

Participants: Students K-12th grade. Chess Club participation not required.

Concessions Available: Breakfast, Lunch & Snack Items or bring your own.

Format & Awards: Based on Grade Level, School, & Number of Participants (K-2nd, 3rd-5th, Secondary)

0122-145 | Sat, Jan 20 | 9:00 AM-12:30 PM | \$25
Mahtomedi Middle School, 8100 75th St N, Mahtomedi

NE REGIONAL CHESS FINALS

Participants: Anticipated sections will be Secondary 7th-12th, Invitational Elementary (Top Club Players), Open Elementary K-1st & 2nd-6th.

Concessions Available: Breakfast, Lunch & Snack Items or bring your own.

Format & Awards: Based on Grade Level, School, & Number of Participants (K-2nd, 3rd-5th, Secondary)

0422-145 | Sat, Apr 27 | 9:00 AM-1:00 PM | \$29
Edgewood Middle School, 5100 Edgewood Dr, Mounds View

WEATHER CANCELLATIONS

In the event of extreme or dangerous winter weather, classes and activities may be canceled. Notifications will be announced on local news sources, our website, or Facebook. Some cancellations may also be made by phone or email, depending up timing.

CSGA: Online Stock Market, Personal Finance, & Business Club: Gr K-12 NEW

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 IPO could become the next blue chip company of tomorrow. Track and trade your stocks, mutual funds, and cryptocurrencies to build wealth, not just savings. Use a personal finance simulator to see how improving your education & 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 students have interest, they can attempt to build and grow a simulated business in the winter/spring session.

0108-121 | 14 Sessions | Thu, Jan 11-May 9 | 6:45-7:30 PM
\$159 | ONLINE | No Class Jan 25, Mar 14, 21 & 28

CSGA: Online Competition Chess Club: Gr K-12

This program is for players of all grades and ages interested in participating and competing in tournament chess, or just want their chess ability to improve to the next tactical level. Players will meet Saturday morning online for chess instruction and fun competitive play. Face to face, sanctioned tournament play is strongly encouraged as well. Expert coaching will be provided for participants at many tournaments. Perfect for students that want extra challenges beyond their school clubs. Also great for students that have a scheduling conflict with their school chess club.

0108-132 | 14 Sessions | Sat, Jan 13-May 11 | 8:00-9:30 AM
\$159 | ONLINE | No Class Jan 27, Feb 10, Mar 16 & 30

Minnesota Sword Play: Fencing: Gr K-12

Learn the fundamentals of safe swordplay and fencing in a fun and active learning environment. All equipment is provided. Learn new skills, basic techniques and train to compete! Emphasis on blade work, footwork and balance.

0101-052 | 6 Sessions | Sat, Jan 6-Mar 9 | 1:00-2:00 PM
\$100 | Central Middle School | No Class Jan 13, 27, Feb 10 & 24

0101-053 | 6 Sessions | Sat, Mar 16-Apr 20 | 1:00-2:00 PM
\$100 | Central Middle School

DASH Sports: Soccer Camp: Gr 1-3

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle (spikes and shin guards optional). Soccer balls are provided.

0506-095 | 5 Sessions | Tue, May 7-Jun 4 | 6:45-7:45 PM
\$95 | Lakeaires Elementary

0506-096 | 5 Sessions | Wed, May 8-Jun 5 | 6:45-7:45 PM
\$95 | North Star Elementary



DASH Sports: Track & Field Camp: **Gr 1-3** *NEW*

Track & Field Tykes: DASH Sports Track & Field Tykes camps provide participants with a basic introduction into Track & Field events. Participants will 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 athletic ability & performance. Campers should bring a water bottle, snack, and wear athletic shoes.

0401-095 | 5 Sessions | Tue, Apr 2-30 | 6:45-7:45 PM
\$99 | Lakeaires Elementary

0401-096 | 5 Sessions | Wed, Apr 3-May 1 | 6:45-7:45 PM
\$99 | North Star Elementary

CSGA: Elementary Morning Chess Club: **Gr 1-5**

Whether you consider yourself a beginner or intermediate player, join this club to meet and interact with other chess players in your school and play on a weekly basis. If they are new to the game, players will learn the basic rules and strategies of chess. Tournament play is encouraged outside of the club, but not required. The winter/spring Session will include an in-club tournament.

0108-141 | 12 Sessions | Mon, Jan 8-Apr 15 | 6:50-7:30 AM
\$99 | Otter Lake Elementary | No Class Jan 15, Feb 19 & Mar 11

0108-148 | 15 Sessions | Tue, Jan 9-Apr 23 | 6:50-7:30 AM
\$109 | Vadnais Heights Elementary | No Class Mar 12

0108-147 | 15 Sessions | Wed, Jan 10-Apr 24 | 6:50-7:30 AM
\$109 | North Star Elementary | No Class Mar 13

0108-146 | 14 Sessions | Thu, Jan 11-Apr 25 | 6:50-7:30 AM
\$99 | Lincoln Elementary | No Class Jan 25 & Mar 14

0108-145 | 12 Sessions | Fri, Jan 12-Apr 26 | 7:35-8:15 AM
\$99 | Matoska International | No Class Jan 26, Feb 9, Mar 15 & 29

Golf Squad: Evening Golf Lessons with a PGA Professional: Gr 1-12 *NEW*

Learning a game that focuses first on the integrity and character of the players translates to skills that are intrinsic to a happy and fulfilling life. Golf Squad offers this in a before or after school enrichment program. The program is completely administered by Golf Squad online. It has participation from schools all across the United States where students are being offered the opportunity to learn directly from PGA Professionals.

0318-201 | 6 Sessions | Tue, Mar 19-Apr 23 | 6:10-7:10 PM
\$159 | Matoska International

0318-202 | 6 Sessions | Thu, Mar 21-Apr 25 | 6:10-7:10 PM
\$159 | Oneka Elementary

Minnesota Xtreme: Intro to All Stars: **Gr 1-12** *NEW*

Intro to All-Star Cheer is a 7 week program for children ages 6 & up. Intro to All Stars is a FUN way to learn the basics needed to become an All-Star cheerleader. This class is geared towards those that want to become part of our All Star Team, but also caters to those who just want a FUN, low-pressure, noncompetitive, technique-centered progression program. Athletes enrolled in Intro to All-Stars receive the following as part of the session fee: 1, one-hour practice per week, t-shirt, and bow.

7 Sessions | \$125
Minnesota Xtreme, 7250 Hudson Blvd, Oakdale

0108-167 | Wed, Jan 10-Feb 21 | 6:00-7:00 PM

0108-168 | Thu, Jan 11-Feb 22 | 5:45-6:45 PM

0108-166 | Wed, Feb 28-Apr 10 | 6:00-7:00 PM

0108-165 | Thu, Feb 29-Apr 11 | 5:45-6:45 PM

Kelly Tokay: smArt Club: Gr 2-4 *NEW*

In this 6 week after school Art Club, we will build an appreciation, love for the creative process and making art to students. Students will get to experience clay, papermache, painting, drawing, sculpture and/or printmaking. We will develop higher level thinking skills by looking at art and creative thinking skills through the art making process. Students will see how art intersects their culture, history, math, literacy, science and helps them to calm their mind. They will be learning while having fun!

0129-111 | 6 Sessions | Thu, Jan 18-Mar 7 | 2:20-3:50 PM
\$0 | Lakeaires Elementary | No Class Jan 25 & Feb 15

0129-112 | 6 Sessions | Thu, Apr 4-May 9 | 2:20-3:50 PM
\$0 | Lakeaires Elementary



Stay connected and
follow us on Facebook!
@wblasrec

Children's Performing Arts: Inside Out: Exploration of Emotions: Gr 2-5 **NEW**

Catch up with Joy, Sadness, Fear, Disgust, and Anger as we all anxiously await the release of Inside Out 2. In this class, students will explore using their bodies and voices to create different emotions, and take a journey through emojiland. Grab your tissues and laugh till your sides hurt, this class is sure to be a rollercoaster of emotions.

0122-236 | Fri, Mar 29 | 9:00 AM-3:00 PM | \$90
Hanifl Performing Arts Center, 4941 Long Ave, WBL

Children's Performing Arts: It's All Greek To Me: Percy Jackson and Greek Mythology: Gr 2-5 **NEW**

Welcome to Camp Half Blood! In this class, students will enter the world of Greek mythology, as they create their own demigod characters, participate in an obstacle course of mythic proportions, and much more. Pack your bags and get ready for the adventure of your life!

0122-234 | 2 Sessions | Thu-Fri, Jan 25 & 26
9:00 AM-3:00 PM | \$180
Hanifl Performing Arts Center, 4941 Long Ave, WBL

Children's Performing Arts: Level Up: Video Games from Screen to Stage: Gr 2-5 **NEW**

Based on your favorite video games such as Super Mario Brothers, Pokemon, and Minecraft, students will spend the day creating their own imagined worlds and characters. Will you catch them all? Level up? Anything is possible in this creative high energy class!

0122-235 | Mon, Feb 19 | 9:00 AM-3:00 PM | \$90
Hanifl Performing Arts Center, 4941 Long Ave, WBL

Tech Academy Online: 3D Printing: Pokémon: Gr 2-5 **NEW**

Design your own 3D pocket monster using TinkerCad. This course will give students an introduction to using CAD modeling & design software. Student designed Pokémon will be printed and mailed home. Additional Technical Requirement: TinkerCAD (login information provided during class) Need PC (Windows or MacBook), will not work on Chromebooks, tablets, or phones.

1009-118 | Wed, Mar 20 | 6:00-8:00 PM | \$39 | ONLINE

Tech Academy Online: Game Coding with Star Wars: Gr 2-5 **NEW**

In this class, we introduce students to programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Additional Technical Requirement: Scratch and scratch account PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1009-117 | Wed, Jan 17 | 6:00-7:30 PM | \$35 | ONLINE

Cube Communities: Rubik's Cube Conquerors: Gr 3-5 **NEW**

Learn the basics of cube notation, finger tricks, and essential solving strategies. Dive into solving the first layer, unlocking the mysteries of the middle layer, and finally conquering the elusive last layer. Learn tips and tricks to help you overcome obstacles and speed up your solves. Try out different twisty puzzles, play fun and competitive cubing games, and compete! Provided speed cubes are yours to keep!

0101-091 | 6 Sessions | Wed, Jan 3-Feb 7 | 3:00-4:00 PM
\$99 | Matoska International | Wiley

Just Kidding Improve: Improv: Acting without a Script: Gr 3-5 **NEW**

JUST KIDDING IMPROV is offering a laughter filled class for kids to learn communication skills, self confidence and respect towards others ideas. Students play improv games and practice exercises in scene work and characters while learning theater basics, and basic performing skills. Improv takes hold when we take our imaginations and silliness and apply it to scene work and games. The focus and structure that students learn in this class, can also be applied to any number of areas in their lives. Performance on the last day of class for family.

0108-232 | 8 Sessions | Wed, Jan 10-Feb 28 | 2:20-3:20 PM
\$125 | Oneka Elementary

0108-231 | 7 Sessions | Thu, Jan 11-Mar 7 | 2:20-3:20 PM
\$110 | Otter Lake Elementary | No Class Jan 25 & Feb 15

0108-235 | 8 Sessions | Wed, Apr 3-May 22 | 2:20-3:20 PM
\$125 | Oneka Elementary

0108-234 | 8 Sessions | Thu, Apr 4-May 23 | 2:20-3:20 PM
\$125 | Otter Lake Elementary





Tech Academy Online: Extreme Coding: Artificial Intelligence: Gr 3-6 **NEW**

Dive into more advanced computer science topics, including augmented reality, artificial intelligence, and machine learning. Computers are getting smarter every day due to advances in machine learning algorithms. Coders can teach computers to recognize faces, play games, and find patterns. In our class, we will create a chatbot, Rock Paper Scissors game, and more. Additional Technical Requirement: Scratch and scratch account PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1009-115 | 2 Sessions | Wed, Jan 31-Feb 7 | 6:00-7:30 PM
\$59 | ONLINE

Tech Academy Online: Video Production: TikTok, Shorts & Reels: Gr 3-7 **NEW**

Dive into more advanced computer science topics, including augmented reality, artificial intelligence, and machine learning. Computers are getting smarter every day due to advances in machine learning algorithms. Coders can teach computers to recognize faces, play games, and find patterns. In our class, we will create a chatbot, Rock Paper Scissors game, and more. Additional Technical Requirement: Scratch and scratch account PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1009-114 | 2 Sessions | Sat, Feb 17-24 | 10:30 AM-12:30 PM
\$75 | ONLINE

Nena's Designs: Intensive Sewing Class: Gr 3-7

Nena will teach students how to sew, including basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Students will practice sewing with a sewing machine. They will create a sketch of garments and sew a project of their own creation. Students can work at their own pace and create new projects once they finish.

0205-034 | Fri, Feb 9 | 9:00 AM-12:00 PM
\$99 | Central Middle School

Nena's Designs: Etiquette Class: Gr 3-7

This camp will emphasize respect for others and will teach children manners and etiquette with fun, hands-on approach. Your child will learn social etiquette, proper introductions and fine dining skills.

0205-035 | Fri, Mar 29 | 1:00-4:00 PM
\$99 | Central Middle School

Online: Code Championship Tournament Series | Virtual Computer Coding Competition: Gr 3-9 **NEW**

Build a computer bot to play head-to-head against other coders! Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. The Code Championship Series is a series of four tournaments in four weeks (it's ok to miss one or two). These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Please come knowing how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

0422-105 | 4 Sessions | Sat, Apr 27-May 18 | 9:00-11:00 AM
\$79 | ONLINE

Badwolf Studios: Learn-to-Play Dungeons and Dragons: Gr 3-12 **NEW**

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

0109-098 | Tue, Jan 16 | 4:00-6:00 PM | \$25
Central Middle School

Badwolf Studios: Dungeons & Dragons Campaign: Gr 3-12 **NEW**

Join a professional Game Master as you learn how to build a Dungeons and Dragons character, and then set out on your Adventures! D&D is one of the greatest games of all time, but it comes with a demanding learning curve and a time commitment that can feel overwhelming. Let the Game Masters at Badwolf Adventure Studios remove the many barriers players experience and allow you to become engrossed in the story instead of the rule book. Characters will progress, level-up, and gain powerful abilities. Stories will evolve and challenge you. You'll get lost in a world where choices are infinite, but consequences are mandatory.

0109-099 | 6 Sessions | Tue Jan 23-Feb 27 | 4:00-6:00 PM
\$149 | Central Middle School

Badwolf Studios: Dungeons & Dragons Adventure: Gr 3-12 *NEW*

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

0109-097 | Tue, Mar 5 | 4:00-6:00 PM | \$25
Central Middle School

0109-096 | Tue, Mar 19 | 4:00-6:00 PM | \$25
Central Middle School

Just Kidding Improve: Improv Acting without a Script: Gr 6-9 *NEW*

JUST KIDDING IMPROV is offering a laughter filled class for kids to learn communication skills, self confidence and respect towards others ideas. Students play improv games and practice exercises in scene work and characters while learning theater basics, and basic performing skills. Improv takes hold when we take our imaginations and silliness and apply it to scene work and games. The focus and structure that students learn in this class, can also be applied to any number of areas in their lives. Performance on the last day of class for family.

0108-233 | 8 Sessions | Mon, Jan 22-Mar 25 | 6:00-7:15 PM
\$159 | Central Middle School | No Class Feb 19 & Mar 11

0108-236 | 8 Sessions | Thu, Apr 4-May 23 | 6:00-7:15 PM
\$159 | Central Middle School



Acrylic Studio Art: Moss tree DIY class: Gr 6-8 *NEW*

Welcome to the Moss Tree Art Class! In this creative and immersive course, you will embark on a unique artistic journey inspired by the beauty of dry moss-covered trees. This class is designed for artists of all levels, from beginners to experienced creators, who wish to explore nature's wonders through their artwork. All art supplies are provided.

0325-050 | Mon, Mar 25 | 4:00-6:00 PM | \$35
Central Middle School

Acrylic Studio Art: Watercolor Greeting Cards: Gr 6-8 *NEW*

Are you ready to unlock your creative potential and craft stunning, one-of-a-kind watercolor greeting cards that will leave a lasting impression on your loved ones? Join our Watercolor Greeting Card Class and dive into the captivating world of watercolor artistry! You will be making 4 watercolor greeting cards. All art supplies are provided.

0212-049 | Mon, Feb 12 | 4:00-6:00 PM | \$35
Central Middle School

WE ARE HIRING!

Find info at isd624.org/employment

Competitive wages / On the job training
Chance to work near home / Flexible work hours
Opportunity for: benefits, time off, holidays
Make a difference for kids in your community



Wednesday Night Ski and Snowboard: Gr 6-12 NEW

Welcome to the 2024 Wednesday Night Ski & Snowboard Program for 6th-12th grade students in the White Bear Lake Area School District. The program includes two evening trips and one full day trip. When enrolling, please make sure you sign up for the site you want to be picked up and dropped off at. Seats are limited. All students are required to wear a helmet (regardless of age). You can bring your own or rent one at the hill. Our rule: No helmet, No ticket!

TRIP DATES, LOCATIONS AND EQUIPMENT RENTAL RATES

Wild Mountain, Taylors Falls, Minnesota

Dates: February 7 and 14

Pickup: 4:15 PM, Return: 9:50 PM

Ski or Snowboard Rental: \$25/visit

Helmet only: \$10

Trollhaugen, Dresser, Wisconsin

Dates: February 19

Pickup: 9:00 AM, Return: 5:50 PM

Ski or Snowboard Rental: \$24/visit w/helmet

Questions? Call the Community Services Office at 651- 407-7501

**0205-Chaperone | 3 Sessions | Mon & Wed, Feb 7-19
8:45 AM-10:15 PM | Field Day | \$0**

**0205-Sunrise | 3 Sessions | Mon & Wed, Feb 7-19
9:00 AM-9:45 PM | Field Day | \$229**

**0205-Central | 3 Sessions | Mon & Wed, Feb 7-19
9:00 AM-9:45 PM | Field Day | \$229**



Fees: Program fees include transportation and lift ticket. Rental of equipment is available at an additional cost. Rental/lesson fees are the responsibility of the student and are to be paid directly to the hill on each visit. Please bring food and snack money as well.

Student I.D.s: Students will need to bring their I.D. on every trip and present it when they load the bus. If asked at any time to provided an I.D the student must do so. Student I.D.'s are mandatory.

Pick-Up Sites: Students can be picked up and dropped off at Sunrise Middle School or Central Middle school. The site you are picked up from will be the site you are dropped off at. Please make sure you are signing up for the site you want to be picked up and dropped off at. Spaces are limited.

Students must ride their assigned bus to and from the hill. Switching between buses will not be allowed. As with any school activity, students are not permitted to drive to the hill on their own. Students who plan to meet family at the hill and will not need a bus ride home must have written permission, signed by the parent/guardian, turned into the Community Services office by noon on the day of the trip.

Season Passes: If you have a season pass to one of the hills, please contact the Community Services office at (651) 407-7501 to arrange for a \$10 dollar fee reduction. Season pass holders are responsible for obtaining their own lift ticket at the hill. You will not receive a lift ticket on the bus.

Cancellations: Trip cancellations due to weather will generally be made at 12:00 pm. on the day of the trip. A trip will be canceled if weather reports project a wind chill of -14 or colder, or if school is canceled or dismissed early. Temperature will be taken into consideration at the hill we are attending that night.

Cancellation announcements are made at all WBLAS secondary schools. Call (651) 653-2600 x7002 after 12:00 pm on trip dates for cancellation announcements.

WHAT IS REQUIRED OF A CHAPERONE?

Chaperones must be 21 years or older. Chaperones must be able to commit to at least 2 scheduled trip dates and 2 alternate dates. Chaperones must be available from 3:45 PM until approximately 10:15 PM Specific chaperone duties include checking students onto the bus, riding to and from the hill on the bus, occasionally staying until all students have been picked-up (approximately 10:30 PM), and overseeing student behavior on the trip. Chaperones are required to check with the safety patrol while on duty. If interested in being a chaperone!



Stay connected and follow us on Facebook!
[@wblasrec](https://www.facebook.com/wblasrec)

Driver's Education (Ages 14-18)

A+ DRIVING SCHOOL

Students may start classroom driving lessons at age 14, take the Knowledge Test and obtain their Instruction Permit at age 15, and take the Road Test and obtain their Provisional License at age 16. To be eligible to take the Road Test, students must have had their Instruction Permit for a minimum of six months.

Classroom Phase: This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving.

Behind-the-Wheel Phase: After students pass the permit test, they are required to complete six hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Department of Public Safety.

Parent Involvement: A+ Driving School is proud to offer a parent informational meetings in White Bear Lake. Attending this class will meet the requirement to REDUCE the number of hours that students need to drive with a parent from 50 to 40 hours.

Please register on the A+ Driving School website at White Bear Lake Drivers Education. Once you go to the A+ Driving website you will then select in-person classes or distance learning.

10 Sessions | Mon-Thu | 3:15-6:15 PM
\$420 - payment plans available | North Campus

- Jan 23-Feb 8, 2024
- Apr 3-18, 2024
- May 8-23, 2024

10 Sessions | Mon-Thu
Choose from 3:00-6:00 PM, 4:00-7:00 PM, or 6:15-9:15 PM
\$420 - payment plans available | ONLINE

- **WINTER BREAK SESSION**
Dec 21-31, 2023 | 9:30 AM-12:30 PM, 12:45-3:45 PM
No Class Dec 25
- Jan 2-18, 2024
- Jan 22-Feb 8, 2024
- Feb 12-27, 2024
- Feb 28-Mar 14, 2024
- Mar 18-Apr 2, 2024
- Apr 3-18, 2024
- Apr 22-May 7, 2024
- May 8-23, 2024



Advantage EP: ACT Prep Course: Gr 10-12

IN-SCHOOL: Traditional classroom format with in-person instructors who present test-taking strategies, critical review, and time management for all testing areas of the ACT.

0129-102 | 4 Sessions | Sat, Feb 3-Mar 2 | 9:00 AM-12:00 PM
\$180 | South Campus | No Class Feb 17

0918-103 | 4 Sessions | Mon, Feb 5-Mar 4 | 5:45-8:45 PM
\$180 | South Campus | No Class Feb 19

ONLINE: Virtual classroom meets for three hours, one day each week, for four weeks and is taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

4 Sessions | 9:00 AM-12:00 PM | \$180

0108-004 | Sat, Jan 13-Feb 3

0108-005 | Sat, Feb 10-Mar 2

0108-006 | Sat, Mar 9-Apr 6 | No Class Mar 30

0108-007 | Sat, May 4-Jun 1 | No Class May 25

SELF-PACED ONLINE: Prep for the ACT at your own pace and around your busy schedule. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course may also have access to this online course at no additional charge.

Students are given one year to complete the course.

0801-301 | 2 Sessions | Dec 31, 2023-Dec 31, 2024 | \$80

0101-301 | 2 Sessions | Jan 1-Jun 1 | \$180

White Bear Area Senior / Craft Corner

Spring Boutique

For everyday to holiday

Friday, March 22
 9:00 am - 7:00 pm

Sat, March 23
 9:00 am - 4:00 pm

White Bear Senior Center
 2484 E Cnty Rd F, WBL
 Corner of County Rd F & Bellaire



How to be a Smart College Shopper

6:30-8:30 PM | \$20/family | ONLINE
College Advisors Network

See page 9 for more information.

WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

In the White Bear Lake Area, there are a variety of sports opportunities. Questions about specific information, tryout dates and seasons should be directed to the contacts below.

WBL Recreational Sports

Youth Rec Coordinator

Matt Riebow 651-407-7506

WBL School Sports

Middle School Athletic Office 651-407-7506

South Campus Athletic Office 651-773-6206

North Campus Athletic Office 651-653-2933

Vadnais Park and Recreation Sports

Vadnais Heights

Park & Recreation 651-204-6000

Sport Specific Organizations

Baseball www.whitebearbaseball.com

Basketball www.whitebearbasketball.com

Cheerleading www.whitebearcheer.com

Fast Pitch Softball www.wbafsa.com

Football www.wbyouthfootball.org

FLIPS Gymnastics www.flipsgym.com

Hockey www.wblhockey.com

Lacrosse www.wblax.com

Soccer www.whitebearsoccer.org

Speedskating in Roseville www.skatetheoval.com

Ultimate Frisbee www.wblultimate.blogspot.org

Volleyball www.whitebearvolleyball.org

Wrestling Club www.leaguelineup.com/wbl-icebears

WB Sailing Club www.whitebearsailingschool.com

Facilities

Hippodrome Ice Arena Office: (651) 653-2699
Jon Anderson, Coordinator (651) 653-3126

White Bear Area YMCA (651) 777-8103

Ramsey County Arena (651) 748-2515

Tamarack Nature Center (651) 407-5350

WBLAS Facility Reservation Line (651) 407-7503

WB Armory & Sports Center (651) 429-8572

Baseball- Boys Recreation: Gr 1-5

Practices will start mid May with games scheduled to start the first week in June. The season will run from mid May to late July. Games and practices will be at local WBL fields throughout the week. Players will register for their current grade level. Games nights are Tuesday and Thursday. Head coaches choose time and location of practice. A coach will contact you with team information.

7100.400 Grades 1 & 2 | Coach Pitch | \$94

7100.401 Grades 3-5 | Kid Pitch | \$109

REGISTRATION CLOSES APRIL 30.

Softball- Girls Recreation: Grades 2-12

White Bear Lake Community Services & Recreation is offering girls Slow Pitch Softball for grades 2-12. Leagues will combine with other surrounding communities if needed. Practice will start mid May weather depending. The season is 5 weeks (10 games) and will have an end of season tournament. Games start the first week in June and finish approximately late July or early August. Junior League (Grades 8-10) games will start in May and will be played within North St. Paul on Monday nights. Register for your current grade.

7200.400 Grades 2-4 (Coach Pitch) | \$94

7200.401 Grades 5-7 (Kid Pitch) | \$109

7200.402 Grades 8-10 (Junior League) | \$109

7200.405 (HS Grades 11/12) | \$109

REGISTRATION CLOSES APRIL 30.



VOLUNTEER COACHES ARE NEEDED!

Email communityservices@isd624.org
if you are interested.

MS Intramurals-Flag Football: Gr 6-8

Both middle schools (Central & Sunrise) will come together to participate. Programs will run twice a week directly after school.

7000-003 | 4:00-5:30 PM | \$25

4 Sessions | Thu, May 2-23 | Central Middle School

4 Sessions | Tue, May 7-28 | Sunrise Middle School

MS Intramurals-Ultimate Frisbee: Gr 6-8

Join our Middle School Intramural Ultimate Frisbee program! Learn to play from high school coaches who will focus on learning basic skills. No experience required. Players will participate in drills and scrimmages during the sessions.

7000-004 | 4:00-5:30 PM | \$25

5 Sessions | Wed, May 1-29 | Central Middle School

3 Sessions | Mon, May 6-20 | Sunrise Middle School

**OPEN SKATING
at the HIPPODROME!**
See page 11 for more information.

SUMMER SPORTS REGISTRATION OPENS MARCH 1!



**Basketball, Tball, Tennis, Track,
Volleyball, and much more!**



White Bear Lake Area Schools Middle School Athletics

Online Registration at: <http://lobby.wordwareinc.com> (smartschoolsK12)

SPORTS PHYSICALS

Get Form: communityservices.isd624.org > Youth Programs > Middle School Athletics

- Students must have a current qualifying Sports Physical Examination form on file in their school's Health Office.
- Sports Physicals are good for 3 years. To check on a physical date contact your school's athletic office.
NOTE: A Well-Child exam does not meet the Sports Physical requirements.
- Mail/Email/Fax the Sports Physical to the student's school.

FINANCIAL ASSISTANCE

To apply for financial assistance, completion and approval of the Educational Benefit Form is required. Contact nutritionservices@isd624.org for information. Discounts will be reflected at registration.

IMPORTANT

- All athletes must be registered before participating in practice or competitions.
- Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.
- If needed, please email your school's athletic secretary for a Family Key or any registration questions.
- An Activity Bus is available after practice for students. Pick up @ 5:30 pm. View schedule: communityservices.isd624.org > Youth Programs > Middle School Athletics

REGISTRATION OPENS	SEASON STARTS	SPORT	COST
August 1	1st week of school	Cross Country (6-8)	\$150
		Tennis-Girls (6-8)	\$150
		Volleyball (6) Oct Start	\$145
		Volleyball (7-8)	\$150
	Late Oct.	Wrestling (6-8)	\$150
February 15	Early April	Golf (6-8)	\$175
		Tennis-Boys (6-8)	\$150
		Track & Field (6-8)	\$150

Middle School Website visit for updates and general information on schedules, coaches info, meetings, and directions.
communityservices.isd624.org > Youth Programs > Middle School Athletics

Community Services & Recreation
4855 Bloom Ave., White Bear Lake, MN 55110
651-407-7501
communityservices.isd624.org

Matt Riebow, Coordinator
matthew.riebow@isd624.org

Sue Lenne, Sunrise Athletics
sue.lenne@isd624.org
Fax Physicals: 651-653-2716

Christine Beckers, Central Athletics
christine.beckers@isd624.org
Fax Physicals: 651-407-7502

ISD 624 District Information & Locations

White Bear Lake Area School District ISD #624

4855 Bloom Avenue, White Bear Lake, MN 55110
(651) 407-7500 www.isd624.org

2032-2024 School Board

Scott Arcand, Deb Beloyed, Kathleen Daniels, Jessica Ellison, Marge Newmaster, Chris Streiff Oji, and Angela Thompson

Dr. Wayne Kazmierczak,
Superintendent
White Bear Lake Area Schools

The White Bear Lake Area School District serves the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.

Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- » Students who design and create their own future
- » A culture that respects diverse people and ideas
- » Safe, nurturing, and inspiring experiences
- » Exceptional staff and families committed to student success
- » Abundant and engaged community partners.

Core Values

The White Bear Lake Area School District builds quality lives and strong communities through:

- » compassion
- » integrity
- » respect
- » responsibility
- » service

School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

» **Two-Hour Late Start**

Morning Community Services, Early Childhood Program, and Senior Program activities will be canceled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

» **No School**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled.

» **Early Dismissal**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled for the remainder of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.



Elementary Schools

BIRCH LAKE

1616 Birch Lake Avenue
White Bear Lake, MN 55110

LAKEAIRES

3963 Van Dyke Street
White Bear Lake, MN 55110

LINCOLN

1961 Sixth Street
White Bear Lake, MN 55110

MATOSKA INTERNATIONAL

2530 Spruce Place
White Bear Lake, MN 55110

NORTH STAR

15198 Forest Blvd N
Hugo, MN 55038

ONEKA

4888 Heritage Parkway North
Hugo, MN 55038

OTTER LAKE

1401 County Road H2
White Bear Township, MN 55110

VADNAIS HEIGHTS

3645 Centerville Road
Vadnais Heights, MN 55127

WILLOW LANE

3375 Willow Avenue
White Bear Lake, MN 55110

Middle Schools

CENTRAL

4857 Bloom Avenue
White Bear Lake, MN 55110

SUNRISE PARK

2399 Cedar Avenue
White Bear Lake, MN 55110

High Schools

WBLAHS - NORTH CAMPUS

5040 Bald Eagle Ave
White Bear Lake, MN 55110

WBLAHS - SOUTH CAMPUS

3551 McKnight Road
White Bear Lake, MN 55110

WBL AREA LEARNING CENTER

2449 Orchard Lane
White Bear Lake, MN 55110

Other District Locations

DISTRICT CENTER OFFICES

4855 Bloom Avenue
White Bear Lake, MN 55110

NORMANDY PARK EARLY

CHILDHOOD EDUCATION CENTER

2482 East County Road F
White Bear Lake, MN 55110

SENIOR CENTER

NORMANDY PARK ED. CENTER

2484 East County Road F
White Bear Lake, MN 55110

TAMARACK NATURE CENTER

5287 Otter Lake Road
White Bear Township, MN 55110