

St. Michael-Albertville WINTER/SPRING 24 COMMUNITY EDUCATION



Registration Begins December 19
LIFELONG LEARNING FOR ALL AGES
stma.ce.eleyo.com 763-497-6550

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

OFFICE STAFF

Community Education Director: Cameron Goude (763) 497-6511 or camerong@mystma.org

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

Early Childhood Coordinator: Jane Helgestad (763) 497-6512 or janeh@mystma.org

Kids Play Coordinator: Lisa Becker (763) 497-6513 or lisab@mystma.org

Facility Coordinator: Jim Mauss (762) 497-6550, ext 2 or jimm@mystma.org

Recreation Coordinator: Colin Downs (763) 497-6550, ext 6 or colind@mystma.org

General Information

Registration Online or by Phone

stma.ce.eleyo.com or 763-497-6550, ext. 1

Confirmations

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

UCare Discounts

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

Photo Policy

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

Refunds

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

Inclement Weather Emergencies

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

School Abbreviations

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

Advisory Council

The Community Education Advisory Council represents a cross-section of District 885. The Advisory Council meets quarterly to help identify, coordinate, and evaluate the educational, recreational, social, and cultural opportunities for district residents of all ages.

If you would like to become an Advisory Council member, contact Cameron Goude, Director of Community Education, camerong@mystma.org

WELCOME

Greetings STMA Community,

I couldn't be more thrilled to join this incredible community as the new Community Education Director. Maryellen's 35 years of dedication to Saint Michael- Albertville Community Education is inspiring. My aim is to carry forward her legacy by upholding the spirit of lifelong learning, ensuring it remains an essential part of our community's fabric.

As a resident of Albertville, I share my life with my wife and three children who are my pride and joy.

I arrive at Saint Michael - Albertville Community Education with a wealth of experience and a heart brimming with excitement. I previously served as the Community Education Director in the ROCORI school district and spent eight enriching years in Robbinsdale Area Schools.

In this winter's brochure, you'll discover a variety of opportunities for lifelong learning. From trips and tours, to arts and crafts, health and fitness, we have it all. This season we are kicking off our new high school intramural leagues. Check them out! There's something for everyone eager to explore and expand their horizons. Together, let's embark on this winter's educational journey, embracing curiosity, and fostering a community that values the joy of continuous learning.

Thank You, Cameron Goude, STMA Community Education Director



English As A Second Language (ESL)

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

Morning Classes:

M/W 9-11:30 am

Ongoing

CE, Room 209

FREE

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

Evening Classes:

T/Th 6-8:30 pm

Ongoing

CE, Room 305

FREE

No childcare available during the evening class.

GED & Basic Skills Information

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

Ongoing

Th 6:30-9 pm

CE, Room 304

FREE

GED Testing

Register to take the official test at ged.com or call 763-272-2040.

There are 4 parts to the test.

Science, 90 mins

Social Studies, 75 mins

Reasoning/Language, 155 mins

Mathematical Reasoning, 120 mins

Computer test only.

\$30 for each test

JOIN OUR TEAM!

KIDS PLAY

St. Michael-Albertville Schools

Year round Paraprofessionals

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

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

Apply online at stma.k12.mn.us

**Questions: LisaB@mystma.org
763-497-6513**



LET'S GET CREATIVE!



Acrylic Pouring "Up North"

18+

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

Lisa Van Wyk

202W10 M April 15
\$45 7-8:30 pm
CE Room 106



Pallet Painting

18+

Grab your friends and family to create a beautiful vintage painted sign on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. Make it unique by selecting your own color palette, placement, and design. Design must be chosen during registration. All supplies included.

Blue Fox Classes

321W1 M March 11
\$60 6-8 pm
CE Art Room



Barn Quilt Pallet

18+

Grab your friends and family and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. Choose your own pattern and colors. All supplies included. Design may be chosen at the start of class.

Blue Fox Classes

321S2 M May 13
\$65 6-8:30 pm
CE Room 105

Share Your Skills!

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

If you have an idea for a class and are interested in teaching youth or adults, please contact the Community Education Office at 763-497-6550 or email Cameron Goude at camerong@mystma.org

ADULT ENRICHMENT

Cookies Galore

Ages 18+

Are you tired of the everyday kinds of cookies? Are you tired of store cookies too? Join in this fun evening of making the most beautiful, tasty cookies you have ever seen. We will use pan molds to make spring tulips, roses, and other cool shaped cookies too. The dough making is easy, and molding is fun and simple too! Once our cookies bake and cool, we will work together to trim the cookies. Each student will go home with a lovely box of colorful, finished cookies.

Nancy Burgeson

247W1 Th Mar 21
\$27 6-9 pm
\$13 per student paid to
instructor for materials
HS FACS



Woodworking

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

Scott Danielson

629W1 M Mar 4-Apr 15
No class Mar 25
\$105 5-8 pm
HS

Date Night Pottery

Take pictures, laugh, and create together! Session 1 is creating your forms and session 2 is glazing to finalize your creations.

Lea Iverson, Squirrel Mind Design

240W1 Th Feb 8 & 15
\$70/couple 5:30-6:45 pm
ME Art Room

Open Studio Pottery

18+

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

Lea Iverson, Squirrel Mind Design

240W2 W/Th Mar 13, 14, 21
\$42 5:30-7:30 pm
ME Art Room

Beginner Welding

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

Scott Danielson

629W2 W Mar 6-Apr 17
No class Mar 25
\$105 5-8 pm
HS

Class Registration



PARENT/CHILD

Parent/Child Hot Cocoa Bomb Creations

Ages 3+

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

Charlene Bzdok

253W8 S Jan 13
\$40/pair 10-11:30 am
HS Teacher's lounge

Family Paint Night: Northern Lights & Cookies

Ages 6+

Spend an evening painting a magical winter night with a sky full of northern lights, mountains, and a polar bear. Everyone will use acrylic paints including fluorescent colors to paint our winter landscape on an 11x14" canvas. Children need to participate with a registered adult.

Kidz Art

202W1 W Feb 28
\$27 per person
6-7:15 pm
CE Room 106



Parent/Child Cake Decorating Wars

Ages 3+

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

Kris Holtmeyer, Artistic Moments

461S1 Th Apr 4
\$60 6-8 pm
CE Room 106

Parent/Child Spring Cake Pops

Ages 3+

Pair up for cake pops! We'll teach you how to combine just the right amount of cake crumbs and buttercream icing to create tasty cake pops in fun SPRING colors and designs parent/child style! You will learn to read a recipe & follow directions, how to melt candy melts and kitchen safety. At the end of this class you will bring home some beautifully decorated Cake Pops for your family!!

Charlene Bzdok

253S8 S Apr 13
\$40/pair 10-11:30 am
HS Teacher's Lounge

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



ADULT ENRICHMENT

Virtual Guitar Lessons

Ages 6-Adult

Instructor will contact the student to set the lesson schedule.

Sandi Miller

396W3 30 mins
\$210 for 6 lessons
\$350 for 10 lessons

Family Pottery

Ages 5 and up

Learn how to make pottery using a pottery wheel! In this class students will create pottery, and glaze their creations before taking them home. Each child must have a registered parent participate in the class as well.

Lea Iverson, Squirrel Mind Design

240W3 W Feb 28 & Mar 6
\$35/person 5-6:15 pm
ME Art Room

Parent/Child Garden Stepping Stones

Ages 3+

Have you always wanted to make a special stepping stone? Learn how to mix and pour cement into the mold, without getting messy. Create a beautiful work of art by arranging colorful pieces of glass pebbles, small rocks, and/or other embellishments to your stone. Projects can be taken home the same day, but will need to sit after class. Cure time is approximately one week. Stones can be used indoors or outdoors.

Kris Holtmeyer, Artistic Moments

461S2 T Apr 16
\$60/pair 6-8 pm
CE Room 106

A Parent's Guide to Tik Tok

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

Nickie Welsh

314W2 T Jan 23
\$30 12-1 pm
Virtual via Zoom



Cell Phones & Parenting OH MY!

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

Nickie Welsh

314W4 Th Jan 18
\$30 12-1 pm
Virtual via Zoom

Using Snapchat Safely in 2024

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

Nickie Welsh

314W3 T Jan 30
\$30 12-1 pm
Virtual via Zoom



Decorating Basics

Have you ever used fondant to decorate cupcakes or cakes? Fondant is a pliable and edible icing used to create a variety of designs on treats. Learn how to color, roll, cut, and sculpt colorful fondant into a wide variety of shapes and sizes. Have fun attaching your decorative fondant to create festive treats for any occasion!

Kris Holtmeyer, Artistic Moments

Cupcakes

461S3 W Apr 10
\$45 6-9 pm
CE Room 209

Cakes

461S4 W Apr 17
\$45 6-9 pm
CE Room 209

Class Registration



Dog Obedience

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

Social Media for Business

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

Nickie Welsh

314W1 Th Jan 11
\$30 12 pm-1 pm
Virtual From Home

2 Left Feet Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still...it would be helpful to know a few steps. Just in case... This workshop is easy and only 1 session! Geared to beginners you'll enjoy fun patterns, easy turns and be dancing together before you know it! More than enough to provide a full night of dancing! Couples only please!

Monica Mohn

153W1 Th Jan 25
\$45 Per Couple 7-9 pm
ME Cafeteria

Social Dance Workshop

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

Monica Mohn

153W2 Th May 9
\$45 Per Couple 7-9 pm
ME Cafeteria

Swing Dance Workshop

One night. One dance. A lifetime of fun! An "Arch" and a "Loop" are just two of the patterns that can take you from the sidelines onto the dance floor. Couples Only.

Monica Mohn

153W3 W Feb 21
\$45 Per Couple 7-9 pm
ME Cafeteria

ADULT ENRICHMENT

¿HABLA USTED ESPAÑOL?

Beginner Part 1

Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Ability to access zoom and basic working computer knowledge essential.

257W3 T Feb 20-Mar 26
\$110 6-7 pm
Virtual from home



Beginner Part 2

Participants will practice with real-world conversational components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to new students and previous Beginner Spanish conversation participants.

257W4 M Feb 19-Mar 25
\$110 6-7 pm
Virtual From Home

257W5 T Feb 20-Mar 26
\$110 6-7 pm
Virtual From Home



Intermediate Part 1

Continue building on previous Spanish skills to further develop conversational abilities in the language which will include expressing recommendations and comparisons. Real life scenarios will be introduced, and role played in Spanish to ensure a dynamic and interactive learning environment. Exciting culture discussions are related to music, dance, and famous people in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish conversation participants.

257W6 W Feb 21-Mar 27
\$110 6-7 pm
Virtual From Home

Advanced Part 2

Students will expand their skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Advanced Spanish Part 1 or have had more than two years of the Spanish language.

257W7 Th Feb 22-Mar 28
\$110 6-7 pm
Virtual From Home

Spanish for Travel

Do you have future aspirations for traveling to a Spanish speaking country? This class will include helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Each class will include a travel related theme to practice real world Spanish! Applicable to new students and previous Spanish conversation participants.

257W8 Th Feb 22-Mar 28
\$110 6-7 pm
Virtual From Home



Medicare 101

What exactly is Medicare? What's part A? This class will take the mystery out of Medicare. What's new with Medicare? Part A, B, C and D: what do they cover and when can I enroll? You will get the answers to all of your questions in this class. A must for those close to or thinking about retiring.

Stefany Jessen, Senior Healthcare Solutions Inc

619W1 T Feb 20
\$12 5:30-7 pm
CE Building 209

619S1 W May 8
\$12 5:30-7 pm
CE Building 209

Don't Worry, Retire Happy

It's important to have a plan. Learn from financial expert Tom Hegna's book, *Don't Worry, Retire Happy: 7 Steps to a Secure Retirement*.

Thrivent Financial

979W2 T Jan 30
\$12 6:30-7:30 pm
CE Room 209

Savvy Tax Strategies

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

Thrivent Financial

979W1 W Mar 19
\$12 6:30-7:30 pm
CE Room 209

Savvy Social Security

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

Thrivent Financial

979S1 T May 14
\$12 6:30-7:30 pm
CE Room 209

55 Alive

8 Hour & 4 Hour Refresher Classes

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

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

Class Location:

Community Education Center

60 Central Ave. W

St. Michael, MN 55376

Room 209 (Enter Door A or B)

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

Instructors: Shawn Taylor / Terri Hogenson

4-Hour Refresher Classes

118W1

Wed, January 24

1-5 pm

118W2

Wednesday, February 21

1-5 pm

118W3

Tuesday, March 5

1-5 pm

118S1

Tuesday, April 9

1-5 pm

118S2

Wednesday, May 8

1-5 pm

8-Hour Classes

Participants must attend both dates

118S2

Tuesday, April 16

Wednesday, April 17

5:30-9:30 pm both days

118S3

Tuesday, May 21

Wednesday, May 22

5:30-9:30 pm both days

ADULT ENRICHMENT

TRIPS AND TOURS

Jersey Boys

With phenomenal music, memorable characters and great storytelling, Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop music history. Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Experience electrifying performances of chart topping hits which brought the Four Seasons the highest honor: induction into the Rock "n" Roll Hall of Fame.

433W • Chanhassen Theatre

Wednesday, February 21

10:15 am AM Depart St. Michael Elem. Front Parking Lot

5:00 pm Approximate Return

\$120 (includes show, lunch, and motor coach bus transportation)

Registration & payment deadline January 15 (no refunds after deadline)

A Unique Assignment at History Theater

Two men – Henry Gallagher, white, and James Meredith, Black – are thrust into each other's lives when, in the aftermath of the Ole Miss Riot, As they navigate the political and social rollercoaster of desegregation, a tenuous relationship is forged – one that, for Gallagher, leads to eventual revelation. Explore this milestone moment in Civil Rights history through Gallagher and Meredith's own words and perspectives on their shared experience. Discover this significant turning point in the history of the Civil Rights movement. Lunch will follow performance at Key's Café.

651W • History Theatre

Thursday, March 21

8:30 am Depart St. Michael Elem. Front Parking Lot

3:30 pm Approximate Return

\$102 (includes show, lunch, and motor coach bus transportation)

Registration & payment deadline February 12 (no refunds after deadline)

The Jason Show (LIVE) & Pavek Broadcasting Museum

This is your chance for LIGHTS, CAMERA, ACTION on the set of The Jason Show!! Arrive at FOX 9 KMSP Broadcast Center to be a part of the LIVE Studio Audience of THE JASON SHOW. GUESTS ARE REQUIRED TO PRESENT A VALID PHOTO ID AT CHECK IN. All participants must go through a security screening (metal detection process). Wear solid or bright colors for best photograph. The studio is usually kept at a cooler temperature so please bring a sweater or dress in layers. After the show, hop back onboard the motor coach and head to the Scoreboard in Minnetonka for a delicious lunch. Following lunch, arrive at The Pavek Broadcast Museum for a self-guided tour of the extensive collection of antique radios, televisions, and broadcast equipment.

337S • Eden Prairie

Tuesday, May 21

8:00 am Depart St. Michael Elem. Front Parking Lot

3:45 pm Approximate Return

\$110 (includes show, lunch, tour, and motor coach bus transportation)

Registration & payment deadline April 22 (no refunds after deadline)

German History Tour of Minneapolis with Lunch

While on the bus, a tour guide provides an insightful look at the history of the German migration to Minnesota. Visit the Germanic-American Institute and the Assumption Church.

Learn about things like the Christmas Tree tradition, we all treasure, Breweries, Minnesota 13, Grasshoppers, and amazing Bakeries. After the tour, stop for a German-style lunch at Gluek's Restaurant. After lunch the bus will stop at Aki's Bread Haus, a traditional German bakery so you can purchase delicious baked goods to have at home.

305S • Minneapolis

Wednesday, April 17

9:15 am Depart St. Michael Elem.

Front Parking Lot

4:15 pm Approximate Return

\$100 (includes tour, lunch, and motor coach bus)

Registration & payment deadline Monday, March 18 (no refunds after deadline)

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



ACTIVITY CENTER

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

Memberships

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

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

Fitness Center & Track

Monday-Thursday

5-8:30 am
3:30-9:30 pm

Friday

5-8:30 am
3:30-9 pm

Saturday-Sunday

8 am-5 pm

Activity Center Courts

Monday-Thursday

5-8:30 am
6-9:30 pm

Friday

5-8:30 am
6-9 pm

Saturday-Sunday

8 am-5 pm

*After 9 pm is 18+

Enter Door C

AC Members: Free

Non-Members: \$5 at door

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



Activity Center Birthday Party Rentals

All party rentals include use of 1 Activity Center Court for 1-15 children for 1½ hrs. Courts can be set up for basketball, volleyball, pickleball, soccer or kickball. Use of the cafeteria will also be available for 1 hour.

All food must be prepackaged or store bought or prepared in a commercial kitchen (including cakes/cupcakes)

Total cost \$100

Contact Colin Downs at
colind@mystma.org or
763-497-6554 for availability.
Saturdays and Sundays only.

Pickleball

Come to the Activity Center on Tuesday evenings for open pickleball! Pickleball is a cross between tennis, racquetball and badminton and is one of the fastest growing sports in the U.S. among seniors. Equipment is available for use.

Tuesdays, ongoing
\$2 per night
50+ 6:30-9:45 pm
21+ 8:30-9:45 pm
AC, Court 2

Adult Recreational Co-Ed Soccer League

Come join us on Friday evenings for adult recreational co-ed soccer. All skill levels are welcome. We play year round, outside in the summer and indoors in the winter.

This is an opportunity for you to play a game you love, make new friends and get some exercise too.

Please send an email for more details to:
stmaadultsoccer@gmail.com

Senior Walking

Senior Citizens (62+) are invited to use the Upper Walking/Running Track for free. Come in and get some exercise! Monday-Friday 5:00-9:30 a.m. Activity Center Enter Door C FREE for District 885 Residents

Early Bird Interval Training

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

Kristy Hegrenes

418W1 T/Th Jan 2-25
\$40 (AC Members)
\$50 (Non-AC Members)

418W2 T/Th Jan 30-Feb 29
(No Class Feb 13/15)
\$40 (AC Members)
\$50 (Non-AC Members)

418W3 T/Th March 5-28
\$40 (AC Members)
\$50 (Non-AC Members)

418S1 T/Th April 2- 25
\$40 (AC Members)
\$50 (Non-AC Members)

418S2 T/Th April 30-May 23
\$40 (AC Members)
\$50 (Non-AC Members)

5:30-6:15 am
AC Court 3

Men's Basketball League

Looking for something to do this Winter? Get your buddies together and form a basketball team. League will run 8 weeks on Wednesday nights with playoffs to follow. Call 763-497-6541 to register your team by Monday, December 18 to reserve your team a spot in the league. This league has reached capacity in previous years, so make sure to sign up early.

Wednesday Nights

Jan 10, 17, 24, 31

Feb 7, 21, 28

Mar 6

Captain's Meeting

Wed, Jan 3 7 pm

HS

Health Room 1684

Games will be played at

ME, Gyms 1, 2 & 3

\$150 75% of team STMA residents

\$250 non-resident team

Over 40 Basketball

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

Cory Windingland

Wednesday's, ongoing

6-9 pm

MW, Gym

\$1/night



Aquatics

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

Aqua Aerobics

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

Casey Smith

M/W

Ongoing
Schedule and
punch cards
available at class
7:30-8:20 am
\$72 for 12 classes

Lap swim

Activity center members swim for FREE during Lap Swim!

M/W/F

7:30-8:20 am
\$36 pass/\$3 day
AC members FREE

STMA Progressive Marathon

Test yourself both mentally and physically with this month long fitness challenge! In the month of February, participants will have 29 days to complete an IronMan Triathlon.

It's a great way to change up your same old workout routine, and helps keep you focused on your New Year's Resolution! Row 2.4 miles on the stationary rowers in the AC, bike 112 miles, and run 26.2 miles. Register online by February 1st.

All finishers receive a T-shirt.

672W1

\$10 February 1-29

LET'S GET MOVING!

Complete class descriptions and more information can be found online.

FITNESS CLASSES

with Casey Smith, Personal Trainer

Pound

Release your inner rock star with POUND-Rockout. Each workout is a full-body cardio jam session that combines conditioning and strength training with yoga and pilates-inspired movements.

167W1 T 6:15-7 pm
\$33-53 per month
Prices vary each month
based on number of
classes
SE Room 127

Barre Fusion

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

167W3 T/Th 7:15-8 pm
M 5:30-6:15 am
Choose the
combination
of days that works
for you! Prices vary
each month based
on number of
classes.
\$33-\$81 per month
SE Room 127

Fitness Center 101

Casey will teach you how to properly use the fitness equipment so that you can effectively and safely workout on your own time. Once registered Casey will be in touch to schedule a time to meet.

167W5
\$35

Fitness Design

This is a 4 week program that includes 2 personal training sessions and a progressive self-led workout program catered to your goals and needs. This program includes a free 25 minute assessment before beginning. Once registered Casey will be in touch to schedule a time to meet. All training will take place at the STMA Activity Center

167W4
\$149 for AC Members
\$159 for Non AC Members

Cardio Mix

This energetic class offers a variety of formats each week, including low-impact aerobics, intervals, strength training, and tabata. Each class concludes with core conditioning and stretching. Please bring a yoga mat and water bottle. See full list of dates online.

167W2 Th 6:15-7 pm
Prices vary each month
based on number of
classes
\$33-\$55 per month
SE Room 127

JUST BREATHING, LLC

with Kristie Walker, Instructor

Yoga Basics and Beyond Workshop

Deepen your yoga practice and discover how to practice safely and effectively based on principles of alignment and biomechanics. Learn how to align yourself in frequently practiced yoga postures, avoid injuries in your practice, and improve your overall posture and strength.

945W3 M Jan 22
\$25 6-8 pm
SE Room 128

Gentle Flow Yoga

Gentle Flow Yoga provides "me" time by allowing us to breathe and focus on ourselves in the present moment. Flowing through a series of yoga poses and stretches facilitates stress reduction, improves strength and flexibility, while also nourishing the body and mind. Please bring a yoga mat to class.

945W1 W 6:30-7:30 pm
Prices vary each month
based on number of
classes
\$33-\$55 monthly
SE Room 127

Dance Fitness

Come dance like no one is watching with this unique, fun, and function movement class. Perform mindfully choreographed music from many genres to improve flexibility, coordination, and spine health.

945W2 W 5:15-6:15 pm
Prices vary each month
based on number of
classes
\$33-\$55 monthly
SE Room 127



GOLDEN KNIGHT GYMNASTICS

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

Program Coordinators

Bre Fowler & Christy Dahmen

STMA.GKG.coaches@gmail.com

www.stmayouthgymnastics.com

Winter Session

Jan 15-Feb 29

Spring Session

Mar 11-May 24

(No classes Mar 25-29)



Winter & Spring Sessions

Mommy/Daddy and Me

Girls and Boys Ages 2 to 3 with Adult

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

472W1 W 6:15-6:45 pm \$70

472W2 W 6:45-7:15 pm \$70

472S1 W 4:15-4:45 pm \$70

472S2 W 5-5:30 pm \$70

472S3 W 5:45-6:15 pm \$70

Tumbling Tots

Girls and Boys Ages 4 & 5

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

472W3 W 6:45-7:15 pm \$70

472W4 W 6:15-6:45 pm \$70

472S4 W 4:15-4:45 pm \$70

472S5 W 5-5:30 pm \$70

472S6 W 5:45-6:15 pm \$70

Spring Only Sessions

Beginner

Girls Ages 6 + or Coach Referral

Fundamental skill of gymnastics

472S7 M 4:30-5:30 pm \$99

472S8 M 5:30-6:30 pm \$99

472S9 W 6:30-7:30 pm \$99

472S10 Th 4:15-5:15 pm \$99

Intermediate

Girls Age 6 + and Passed Beginner

472S11 M 6:30-8 pm \$131

Advanced

Girls with Coaches Referral

472S12 M 6:30-8 pm \$131

Please dress children in a leotard or form fitted clothing with bare feet. For the gymnasts safety, no dresses, sports bras or skirts.

Hair pulled away from the face with a snug hairpiece is required.

Competitive Team Winter

Jan 15-Feb 29

Coach Invitation Only

Winter Team

Competition Fee \$100

175W1 M 5:30-8:30 pm

T 5:30-8:30 pm

Th 6-7 pm

F 5:30-8:30 pm

\$394

Winter Pre-Team

Competition Fee \$25

175W2 Th 5:30-8 pm

\$121



Competitive Team Spring

Mar 11-May 24

(No classes Mar 25-29)

Coach Invitation Only

Spring Team

Competition Fee \$100

175S1 T 5:45-8:45 pm

Th 5:15-8:15 pm

F 5:45-8:45 pm

\$528

Spring Pre-Team

Competition Fee \$25

175S2 T/F 4:15-6:15 pm

\$322



Munchkin Sports

Ages 3 & 4

Munchkin Sports is a great way to introduce your child to the many benefits of sports including concentration, teamwork, skill development, and most importantly fun! This program will include the sports t-ball, soccer, & kickball

Age 3

214W1 M Jan 22, 29, Feb 5
6:15-6:50 pm
AC Court 4
\$25

Age 3

214W2 M Feb 26, Mar 4, 11
6:15-6:50 pm
AC Court 4
\$25

Age 4

214W3 Th Jan 25, Feb 1, 8
6:15-6:50 pm
AC Court 4
\$25

Age 4

214W4 Th Feb 29, Mar 7, 14
6:15-6:50 pm
AC Court 4
\$25

Sports Sampler

5 year olds

Is your child interested in a variety of different sports? If so, this four week course featuring Basketball, T-Ball, Soccer and kickball is sure to be entertaining for them! Students will learn the basics of all four sports through participating in skill stations, drills and games.

214W5 T Mar 5, 12, 19, Apr 2
No class 3/26
6:30-7:15 pm
AC, Court 4
\$35

OPEN DOME
DECEMBER 27 AND 28
1-3 PM
\$5 PER FAMILY
PAY AT THE DOOR
NO NEED TO REGISTER
ONLINE

Karate

Ages 4-10

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

Dojo Karate

664W1 Th Feb 8-29
\$45 4-5 pm
SE Gym

664S1 Th Apr 4-25
\$45 4-5 pm
SE Gym

Young Americans Self Defense

Ages 5 and up

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

No Online Pre-Registration Required. Pay when you participate.

T Feb 13
Registration Night
\$5 one time registration fee
6:30-7:30 pm

T Feb 20-Apr 16
6:30-7:30 pm
No Class March 26
\$8 per class
6:30-7:30 pm

YOUTH ENRICHMENT

PRE-K ENRICHMENT

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

Winter Friends

18 months-5 years

Many animals have adapted to living in cold weather. Learn some fascinating facts about Arctic animals and how they stay warm in the winter. Sculpt a penguin using air dry clay. Parents are expected to assist their child as needed during class.

Mrs. Anderson

328W1 S Jan 13
10:30-11:15 am
\$15 per student
ME Room 400

Mittens

18 months-5 years

The Mitten by Jan Brett is a modern classic picture book about a mitten that magically stretches as forest animals crawl inside. Enjoy a re-telling of the story, fun activities and a craft to take home. Parents are expected to assist their child during this class.

Mrs. Anderson

328W2 S Jan 27
10:30-11:15 am
\$15 per student
ME Room 400

Valentine Make & Take

18 months-5 years

This month celebrates love and friendship. Create gifts from the heart to give to someone special. Parents are expected to assist their child during this class.

Mrs. Anderson

328W3 S Feb 10
10:30-11:15 am
\$15 per student
ME Room 400

Heart Art

18 months-5 years

Your child will learn about color-mixing concepts making a Kandinsky inspired heart artwork using water colors and also take home their own color-mixing experiment. Parents are expected to assist their child during this class.

Mrs. Anderson

328W4 S Feb 24
10:30-11:15 am
\$15 per student
ME Room 400



Do you Want to Melt a Snowman?

18 months-5 years

Create a special paper craft the moves. This snowman will stretch, wobble and melt into a big blob, bringing fun to the creative process. Enjoy some snowman books and poems. Parents are expected to assist their child during this class.

Mrs. Anderson

328W5 S Mar 9
10:30-11:15 am
\$15 per student
ME Room 400

Play, Learn, Explore

18 months-5 years

Children will have fun experimenting and expressing themselves with art media and found objects in these open-ended, creative, and unique process oriented art lessons. They may even get a little messy! Parents are expected to assist their child during this class.

Mrs. Anderson

328S1 S Apr 13
10:30-11:15 am
\$15 per student
ME Room 400

Hungry Caterpillars

18 months-5 years

After listening to the famous The Very Hungry Caterpillar book create a caterpillar puppet craft. The bright colors and fun shapes are adorable and the process of retelling the story is super fun! Parents are expected to assist their child during this class.

Mrs. Anderson

328S2 S Apr 27
10:30-11:15 am
\$15 per student
ME Room 400

Make it for Mom!

18 months-5 years

It's time to celebrate all the mothers and make them full of joy when they receive a special gift from the heart. Create a unique card and gift to give on Mother's Day. Dads are especially welcome for this class. Parents are expected to assist their child during this class.

Mrs. Anderson

328S3 S May 11
10:30-11:15 am
\$15 per student
ME Room 400

KINDERGARTEN ENRICHMENT

Winter Wonderland Crafts

Kindergarten

Celebrate the snow by making a craft to brighten your home this winter season.

Mrs. King

347W4 W Jan 24
\$21 2-3:30 pm
AP Room 210

Valentine Craft

Kindergarten

Create a Valentine Craft to give to someone special.

Mrs. King

347W5 W Feb 14
\$21 2-3:30 pm
AP Room 210

Easter Craft

Kindergarten

Easter's hopping up on us. Make a craft to help celebrate!

Mrs. King

347S3 W Mar 20
\$21 2-3:30 pm
AP Room 210

Fidgets, Games & Music

Kindergarten

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

Charlene Bzdok

253W9 T Jan 16
\$25 2-3:15 pm
AP Room 200



Spring Crafts

Kindergarten

Make some cute spring crafts to welcome spring back.

Mrs. King

347S4 W Apr 24
\$21 2-3:30 pm
AP Room 210

Summer Fun

Kindergarten

Let the sun shine! Summer is coming and we will create some fun crafts to celebrate.

Mrs. King

347S5 W May 8
\$21 2-3:30 pm
AP Room 210

Cookie Decorating

Kindergarten

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

Charlene Bzdok

Valentines Cookies

253W6 W Jan 31
\$25 2-3:15 pm
AP Room 200

St.Pattys Day Cookies

253W7 M Mar 11
\$25 2-3:15 pm
AP Room 200

Spring Cookie Decorating

253S5 Th Apr 25
\$25 2-3:15 pm
AP Room 200

YOUTH ENRICHMENT



Cotton Candy Making

Grades K-8

Learn how Cotton Candy is made WITH and WITHOUT a machine. In this class we will be learning how Cotton Candy is made by heating and spinning flavored sugar and Jolly Ranchers. We will also be playing games for fun prizes like a CARNIVAL and EVERY child will go home with Cotton Candy and Prizes. Come and have some fun with your friends and enjoy the CARNIVAL.

Charlene Bzdok

253S6 S May 11
\$30 10-11:30 am
HS Teachers Lounge

Kinetic Sand Creations

Grades K-8

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

Charlene Bzdok

253S7 S May 11
\$30 12-1:30 pm
HS Teacher's Lounge

Seasonal Bingo

Kindergarten

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

Mrs. King

Winter Bingo

347W1 Th Jan 4
\$21 2-3:30 pm
AP Room 210

Valentines Bingo

347W2 T Feb 6
\$21 2-3:30 pm
AP Room 210

Easter Bingo

347W3 T Mar 12
\$21 2-3:30 pm
AP Room 210

Spring Bingo

347S1 T Apr 8
\$21 2-3:30 pm
AP Room 210

Summer Bingo

347S2 T May 14
\$21 2-3:30 pm
AP Room 210

Movie & Popcorn

Kindergarten

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

Mrs. King

347W6 Th Jan 18
\$21 2-3:30 pm
AP Room 210

347W7 Th Feb 22
\$21 2-3:30 pm
AP Room 210

347S6 Th Apr 18
\$21 2-3:30 pm
AP Room 210

**REGISTRATION BEGINS
DECEMBER 19**

stma.ce.eleyo.com

Cookie Decorating Party

Grades 1-4

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

Charlene Bzdok

Valentines Cookies

253W1 F Feb 2
\$25 2:15-3:15 pm
SE Cafeteria

253W2 M Feb 5
\$25 2:15-3:30 pm
FE East Commons

258W3 T Feb 6
\$25 2:15-3:30 pm
BW East Commons

St. Patty's Day Cookies

253W4 M Mar 4
\$25 2:15-3:30 pm
FE East Commons

253W5 T Mar 5
\$25 2:15-3:30 pm
SE East Commons

253W6 T Mar 12
\$25 2:5-3:15 pm
FE Cafeteria

Spring Cookie Decorating

253S1 M Apr 29
\$25 2:15-3:30 pm
FE East Commons

253S2 T Apr 30
\$25 2:15-3:30 pm
SE East Commons

253S3 Th May 2
\$25 2:5-3:15 pm
FE Cafeteria



Spring Cake Pops

Grades 1-6

We'll teach you how to combine just the right amount of cake crumbs and buttercream icing to create tasty cake pops in fun SPRING colors and designs! You will learn to read a recipe & follow directions, how to melt candy melts and kitchen safety. At the end of this class you will bring home some beautifully decorated Cake Pops for your family!!

Charlene Bzdok

253S4 S Apr 13
\$30 Noon-1:30 pm
HS Teacher's Lounge

Fidgets, Games & Music

Grades 1-4

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

Charlene Bzdok

253W14 Th Jan 18
\$25 2-3:30 pm
FE East Commons

253W15 M Jan 22
\$25 2:15-3:30 pm
BW East Commons

253W16 W Jan 24
\$25 2:15-3:30 pm
SE Cafeteria

Dinosaur Digging Paleo Fun

Grades 1-4

Students engage in fun, hands-on activities including a mini-paleontology dig supervised by "Dr. Fun!" Class provides a solid theoretical understanding of the types of dinosaurs and their role in the past ecosystem.

America's Fun Science

340S1 T Apr 2
\$19 2:15-3:15 pm
BW East Commons

340S2 Th Apr 4
\$19 2:15-3:15 pm
FE East Commons

340S3 F Apr 5
\$19 2:15-3:15 pm
SE Cafeteria

Summer is Coming! We would love your ideas!

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

If you have an idea for a class and are interested in teaching youth or adults, please contact the Community Education Office at 763-497-6550 or email Cameron Goude at camerong@mystma.org

YOUTH ENRICHMENT

Spring Stepping Stone

Grades 1-4

Paint your own spring stepping stone! Variety of design to choose from! A bright addition to any sidewalk or garden!

Laura Bezanson

317S1 T Apr 30
\$21 2:15-3:15 pm
SE Cafeteria

317S2 W May 1
\$21 2:15-3:15 pm
BW East Commons

317S3 Th May 2
\$21 2:15-3:15 pm
FE East Commons

KidzArt's Creator Club

Grades 1-4

Your creativity will shine as we walk through six weeks of different art lessons. You are an artist when you learn to draw the easy and FUN KidzArt way! Use white charcoal to draw a Snowshoe Hare camouflaged in the snow, use your imagination to design an out of this world space scene on velour paper, and use color pencils and crayons to show lots of texture in a picture of cuddly sloth.

KidzArt

202W5 M Jan 22-Feb 26
\$97 2:15-3:15 pm
BW East Commons

202W6 Th Jan 25-Mar 7
No Class Feb 1
\$97 2:15-3:15 pm
FE East Commons

202W7 W Jan 24-Feb 28
\$97 2:15-3:15 pm
SE Cafeteria

Paint & Plant

Grades 1-4

Create your own beautiful flower pot, and learn about gardening. Students will leave class with a decorative flower pot, with a special surprise planted inside!

Laura Bezanson

317S7 M May 13
\$21 2:15-3:15 pm
BW east Commons

317S8 W May 15
\$21 2:15-3:15 pm
SE Cafeteria

317S9 Th May 16
\$21 2:15-3:15 pm
FE East Commons

Art-Arama

Grades 1-4

Have fun and use cool materials! You and your friends will learn to draw the easy KidzArt way and experiment with different artistic mediums. Create a 3-D sculpture using wire and model magic, learn to draw quails on a sparkling background, and use crayons on sandpaper to draw a day at the beach.

KidzArt

202W2 M Mar 11-Apr 22
No Class Mar 25
\$97 2:15-3:15 pm
FE East Commons

202W3 Th Mar 14-Apr 25
No Class Mar 28
\$97 2:15-3:15 pm
BW East Commons

202W4 W Mar 6-Apr 17
No Class Mar 27
\$97 2:15-3:15 pm
SE Cafeteria

Mother's Day Gift Make & Take

Grades 1-4

Mother's Day is Sunday May 12th. Create something great for the special person you celebrate on Mother's Day! In this class students will make a perfect gift, card, and wrap the gift for Mom!

Laura Bezanson

317S4 M May 6
\$21 2:15-3:15 pm
SE Cafeteria

317S5 T May 7
\$21 2:15-3:15 pm
BW East Commons

317S6 Th May 9
\$21 2:15-3:15 pm
FE East Commons



Youth Virtual Spanish Class

Grades K-5

The road to Spanish language learning success begins with this all new and exciting LIVE virtual Spanish adventure! Join us as we jet set off to the bustling city of Madrid, Spain with Vamos por la ciudad (Let's go to the city) This stimulating class environment will energize and motivate students to learn useful vocabulary about sports, health, and pastimes-- all in Spanish! The engaging classroom journeys include playing soccer, eating Spanish tapas, participating in sports at the school, and joining in activities in the park. Authentic Spanish phrases and conversation will be reinforced during each class. Act now to ensure your child is a part of this comprehensive bilingual experience. (Space is limited.)

257W1 W Feb 21-Apr 10
\$155 4:15-5 pm
Virtual From Home



RC Car Racing

Grades K-8

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

Chris McKellips, Party Crashers RC Racing

225S1 M Apr 15
\$25 6-7 pm
SE Cafeteria

225S2 M Apr 15
\$25 7:15-8:15 pm
SE Cafeteria

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

Ages 7-10

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

Emergency Outfitters

543W1 Th Mar 28
\$49 8:30 am-12:30 pm
CE Building

School of Fish

Ages 5-7 with parent

Ages 7+ with or without parent

School of Fish is a 2 1/2 hour kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and fishing TV show host Mike Frisch. Students learn about lakes, finding fish in those lakes, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. Please check online for more information!

Mike Frisch, School of Fish

275S1 Th Apr 25
\$60 6-8:30 pm
BW Cafeteria

Art Club

Grades 5-8

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

Winter Session

240W4 W Jan 10-31
\$69 3:15-4:45 pm
ME Art Rooms

Spring Session

240S1 W Apr 10-May 1
\$69 3:15-4:45 pm
ME Art Rooms



Virtual Middle School Spanish

Grades 6-8

Spark enthusiasm for Spanish language learning success with this all new and exciting LIVE virtual Spanish class! The course includes practical learning of Spanish conversation foundations, advanced vocabulary, and verb conjugations for sentence structures. (Online portal resources and practice tools included.)

Futura Language Professionals

257W2 M Feb 19-Apr 15
\$155 4:45-5:30 pm
Virtual From Home

Drama Club

Grades 5-8

Students will gain a basic understanding of theater fundamentals through Drama Club. By rehearsing, scenes, playing games, and practicing improvisation, students will not only learn the ins and outs of theater, but will develop new skills, exercise creativity, and meet new people who share their interests. Busing from MSE to MSW is subject to availability. Parent transport may be required in this case.

Mrs Keyes

931W1 W Jan 31-Mar 20
\$73 3:15-4:45 pm
MW Auditorium

Babysitting 101

Grades 5-8

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

Emergency Outfitters

312W1 M-W Jan 22-24
\$69 3:15-5:45 pm
ME Health Room

312W2 M-W Mar 18-20
\$69 3:15-5:45 pm
MW Health Room

Weightlifting

Grades 7 & 8, Boys and Girls

No transportation provided from middle school east to west.
Max 35 participants

273W Feb 5-Mar 21
\$132
MW

273S Apr 1-May 23
\$131
MW

MUSIC LESSONS All Instruments

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

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

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

396W1

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

Voice

396W2
Virtual Lessons
Grades 5-12
Kristi Palmquist

Guitar

396W3
Virtual Lessons
Ages 6-Adult
Sandi Miller



FIRST Robotics - Winter 2024 (Grades 10-12)

Being a part of the STMA Robotics team will give your student the exciting opportunity of combining the excitement of sport with the rigors of science and technology. Students can gain experience in engineering, CADD, programming, marketing, electrical, and/or media. Along the way students will not only gain mechanical aptitude but also real world skills that will benefit them far beyond their time spent on the robotics team. Robotics will begin on January 6th, and conclude on March 2nd. Students will meet every Tu, Wed, Th & selected Saturday's until March 2nd.

Students will travel to two Regional Tournaments:
Great Northern Regional (March 6-9) in Grand Forks, ND
Granite City Regional (April 4-7) in St. Cloud, MN

A parent meeting will be held in the High School cafeteria on December 13th @ 6:30 p.m. If you would like to learn more about the Robotics program, please attend this meeting!

670W T/W/Th Jan 7-Mar 25
3:30-6 pm
HS Room 2765

Selected Saturdays
9 am - 3 pm

\$150, An additional \$250 fee to the 7028 Booster Club.

For more information, contact coach Kris Rue (kristopherr@mystma.org)

High School Art Club

Grades 9-12

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

Drawing

166W1 W Jan 17-Feb 21
\$59 3:30-5 pm
HS Art Room

166S1 W Mar 13-Apr 24
\$59 3:30-5 pm
HS Art Room

Sculpting

166W2 W Jan 17-Feb 21
\$65 3:30-5 pm
HS Art Room

166S2 W Mar 13-Apr 24
\$65 3:30-5 pm
HS Art Room

Painting

166W3 W Jan 17-Feb 21
\$65 3:30-5 pm
HS Art Room

166S3 W Mar 13-Apr 24
\$65 3:30-5 pm
HS Art Room

ACT PREP

Doorway to College, a mission driven national non-profit, can help reduce your student's anxiety about preparing for college entrance exams with our patented ZAPS® ACT Test Prep workshop. Students who take our workshop achieve an average score increase of 2-4 points after just 5 hours of class! More information online.

362S1 M/T Apr 1-2
\$95 6-8:30 pm
HS Room 1685

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



STMA E-Sports Team

Grades 9-12

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

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

282W1 March-May
In Person, M 3:30-5:30 pm
Virtually, Schedule varies
\$200 per player
HS & Virtually

Driver Education – Winter 2024

To register, students must be 15 years of age or older by July 4, 2024. Students must have a copy of the Minnesota Class D Driver's Manual or download a free copy using the following link:

<https://dps.mn.gov/divisions/dvs/forms-documents/Pages/default.aspx>

Students are not allowed to miss the first day without prior approval.

Dates are listed online.

Corey Hanson

249W2

\$395

Includes 30 classroom hours & six hours of Behind the Wheel instruction.
HS, Room 1685

NEW! HIGH SCHOOL INTRAMURALS

Volleyball

Grades 9-12

Boys and Girls

Games played Monday
Team captains create team names at sign up, players indicate which team you plan to be on when registering.
6 on 6, Teams of 10 max
Limited to STMA students

128W1

Mondays Starting Jan 22

7 week regular season.

March 11 playoff tournament for top 4 teams.

6-9 pm

\$10 Per player

AC, Courts 3 & 4

Flag Football

Grades 9-12

Boy and Girls

Games played Wednesdays after school.

Team captains create team names at sign up, players indicate which team you plan to be on when registering.

5 on 5, Teams of 10 max

Limited to STMA students

128W2 W Starting Jan 17, 7 week regular season.
March 6, playoff tournament for top 4 teams.
3:45-5:15 pm
\$10 Per player
STMA Dome





STMA EARLY CHILDHOOD FAMILY EDUCATION

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

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

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

WHAT IS ECFE?

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

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

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

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



Class Registration



Follow us on
Facebook
and
Instagram
[@littlestknights](#)

EARLY CHILDHOOD

TYPES OF ECFE CLASSES

Separating

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

The components of most ECFE parent-child classes include:

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

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

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

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

Non-Separating

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

Sibling Care

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

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

The Early Childhood Office
is located in the

Community Education Center
at 60 Central Ave W
St. Michael

Behind the Historic
Catholic Church

763-497-6512
jane@mystma.org



ECFE PEEK AT THE WEEK WINTER/SPRING 2024

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am	Mixers	Doing Preschool Together	Mixers	Doing Preschool Together	Practice Preschool
8:15 am	Wiggles & Giggles	Terrific Toddlers	Creative Kids	Drop in & Play	Explorers
8:15 am	Drop in & Play	Baby & Me	Baby & Me	Music Makers	
				Library (10:00)	
10:15 am	Jump into K	ECFE Plus	Minful Parenting or Simplyfying Parent Life		Best Buddies (10:30)
10:15 am	Explorers	Grandparents	Family Bookclub	Wonderful Ones	
10:15 am	Discover ECFE	Dress for a Mess			
5:45 pm		Run & Read		Parents & Play	
<p><i>Schedule may change due to lack of registrations numbers. If classes have less than 5 participants, they may be cancelled.</i></p>					
	MIXED-AGE	INFANTS	TODDLERS	PRESCHOOLERS	



Home Visits

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

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

If a group setting isn't the right fit, give us a call to schedule a visit.

We would love to meet your family!

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

EARLY CHILDHOOD



ECFE Dome Days

Under 6 years

Non Separating

The STMA MULTIPURPOSE

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

No pre-registration necessary.

Every other Thursday and Friday

Thursdays

Dec 7

Jan 4, 18

Feb 1, 15, 29

March 14

Fridays

Dec 15

Jan 12, 26

Feb 9, 23

Mar 8, 22 (last day)

8:15-10:15 am

\$2 per child/\$5 Max Family

STMA Dome

Drop in and Play

All Ages

Non Separating

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

No pre-registration is necessary.

\$2 per family/\$5 Max

M & Th Ongoing until May 16

No class 1/15, 2/26, 2/29, 3/25, 3/28, 4/25

8:15-9:45 am

CE ECFE Rooms



Yearly Household Income	9 week classes	10 week classes	Evenings 7 weeks	DPT 9 weeks	DPT 10 weeks
\$0-50,000	\$81	\$90	\$45	\$189	\$205
\$50,000-75,000	\$90	\$100	\$50	\$207	\$225
\$75,000-100,000	\$98	\$109	\$53	\$234	\$255
\$100-125,000	\$104	\$116	\$58	\$252	\$275
\$125,000+	\$113	\$126	\$63	\$279	\$305
<i>2nd or more children are at a reduced rate.</i>					
<i>Prices will be pro-rated after the first day of class.</i>					
<i>No family is ever turned away for inability to pay. Please contact Jane for financial assistance at janeh@mystma.org</i>					

INFANT AND TODDLERS

Explorers

Walking to 3 years

Non Separating

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

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

S320 M Mar 4-May 13
No class 3/25
10:15-11:30 am
CE ECCE Rooms

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

S321 F Mar 8-May 17
No class 3/1, 3/29, 4/26
10:15-11:30 am
CE ECCE Rooms

Wiggles and Giggles

Walking to 3 years

Non Separating

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

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

S311 M Mar 4-May 13
No class 3/25
8:15-9:30am
CE ECCE Rooms

Terrific Toddlers

1-2 Year Olds

Non-Separating

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

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

S312 T Mar 5-May 14
No class 3/26
8:15-9:30 am
CE ECCE Rooms

Wonderful Ones

12-23 months

Non-Separating

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

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

S313 Th Mar 7-May 16
No class 3/28, 4/25
10:15-11:30 am
CE ECCE Rooms



EARLY CHILDHOOD



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Facebook
and
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Music Makers

12-30 months

Non-Separating

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

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

S305 Th Mar 7-May 16
No class 3/28, 4/25
8:15-9:15 am
CE ECCE Rooms

Baby and Me

Newborn-12 months

Non Separating-Drop In

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

Class is FREE to ECCE participants. Sibling care available!

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

W355 T Nov 28-Feb 20
No class 12/19, 12/26
8:15-9:30 am
CE ECCE Rooms

S355 T Mar 5-May 14
No class 3/26
8:15-9:30 am
CE ECCE Rooms

W356 W Nov 29-Feb 21
8:15-9:30 am
CE ECCE Rooms

S356 W Mar 6-May 15
No class 3/27
8:15-9:30 am
CE ECCE Rooms

Early Childhood Advisory Council

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

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

MIXED-AGE

Mixers

Walking to 5 years

Separating with Parent Group

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

S335 M Mar 4-May 13
No class 3/25
8:15-9:45 am
CE ECCE Rooms

S336 W Mar 6-May 15
No class 3/27
8:15-9:45 am
CE ECCE Rooms

Discover ECCE

Walking to 5 years

Separating with Parent Group

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

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

S342 M Mar 4-May 13
No class 3/25
10:15-11:45 am
CE ECCE Rooms

ECCE Plus

All Ages

Separating with Parent Group

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

S345 T Mar 5-May 14
No class 3/26
10:15-11:45 am
CE ECCE Rooms

Grandparents Class

Walking to 5 years

Non Separating

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

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

S340 T Mar 5-May 14
No class 3/26
10:15-11:30 am
CE ECCE Rooms



FEE SCHEDULE IS LOCATED ON PAGE 34
CLASSES WILL BE PRO-RATED AFTER START DATE

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

PARENTING

Mindful Parenting

All Ages

Separating

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

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

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

Simplifying Parent Life

All Ages

Separating

Parenting: the hardest job you will ever have, and yet the most rewarding and important. The to-do list of a parent is never ending. Life is busy and time flies swiftly by. Join this class to intentionally play with your child along with parent time that focuses on overcoming the overwhelm. We will focus on tips to manage a family, a household, and how to make space for yourself too. Longer parent discussion in this class!

S341 W Mar 6-May 15
No class 3/27
10:15-11:45 am
CE ECCE Rooms



Family Book Club

All Ages

Non-Separating

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

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

S343 W Mar 6-May 15
No class 3/27
10:15-11:30 am
CE ECCE Rooms

Best Buddies

Birth to 5 years

Separating with Parent Group

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

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

S300 F Mar 8-May 17
No class 3/1, 3/29, 4/26
10:30-11:45 am
CE ECCE Rooms

PRESCHOOL

Jumpstart to K

4-5 Years

Child Drop-off

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

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

S330 M Mar 4-May 13
No class 3/25
10:15-11:45 am
CE ECCE Rooms

Dress for a Mess

2 to 5 years

Non Separating

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

S344 T Mar 5-May 14
No class 3/26
10:15-11:30 am
CE ECCE Rooms

Creative Kids

33 months and up

Child Drop-off

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

W310 W Nov 29-Feb 21
No Class 12/20, 12/27
8:15-9:34 am
CE ECCE Rooms

S310 W Mar 6-May 15
No Class 3/27
8:15-9:45 am
CE ECCE Rooms

**FEE SCHEDULE IS
LOCATED ON
PAGE 34**

**CLASSES WILL BE
PRO-RATED AFTER
START DATE**

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

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



NIGHT OWLS



Doing Preschool Together

33 months and up

Separation with Parent Group

2nd Day Child Drop off

An excellent choice to introduce your youngster to preschool!

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

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

One of our most popular classes!

Children must have independent toilet skills.

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

Children and their parents participate in activities together.

Parent group will focus on school readiness.

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

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

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

S325 T/Th Mar 5-May 16
No class 3/26, 3/28, 4/25
8:15-9:45 am Tuesdays
8:15-10:15 am Thursdays
CE ECCE Rooms

Run and Read

Ages Birth-Five

Non Separating

Learn and grow together in a relaxing child-centered environment that provides hands-on learning. Connect through creative, literacy-based activities while you and your child socialize with other families. Explore and discover a space filled with materials for all developmental ages.

An informal parent discussion will be held as well as circle/story time and creative movement fun.

S400 T Mar 12-Apr 30
No class 3/26
5:45-7 pm
CE ECCE Rooms

Parents and Play

Ages Birth-Five

Separating

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

W405 Th Jan 11-Feb 22
5:45-7 pm
CE ECCE Rooms

S405 Th Mar 14-May 2
5:45-7 pm
No class 3/28
CE ECCE Rooms

SPECIAL EVENTS

ECFE Dome Days

6 years and under

Non Separating

The STMA MULTIPURPOSE

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

No pre-registration necessary.

Every other Thursday and Friday

Thursdays

Dec 7

Jan 4, 18

Feb 1, 15, 29

March 14

Fridays

Dec 15

Jan 12, 16

Feb 9, 23

Mar 8, 22 (last day)

8:15-10:15 am

\$2 per child/\$5 Max Family

STMA Dome

ECFE Dome Nights

Ages 8 and under only

Non Separating

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

Pre-registration preferred

DOM1 F Dec 15

DOM2 W Jan 24

DOM3 M Feb 26

DOM4 Th Mar 7

6-7 pm

\$5 per family

STMA Dome

Open Gym

2 to 5 Years

Non Separating

The gym will be open for free play! We will have the ECFE equipment out and end the night with some games and the parachute.

Please pre-register.

OPEN1 F Jan 12

OPEN2 M Feb 19

OPEN3 F Mar 15

OPEN4 W Apr 3

6-7 pm

\$5 per family

CE Gym

KidArt

All Ages

Non Separating

Imagine a gallery designed just for littles! Experiment with a variety painting methods, chalk experiences, color mixing and so much more! It's time to get creative (a little messy) and have some quality time designing one of a kind works of art.

SE160 M Jan 29

6-7 pm

\$8 per child

CE ECFE Rooms



Valentines Fun

2 to 5 Years

Non Separating

Make and take fun for the people you love! Creative projects to share with grandparents or special friends. We will paint, sing songs, play, and discover. Your heart will be full after this hour of fun.

SE161 T Feb 6

6-7 pm

\$8 per child

CE ECFE Rooms



Follow us on
Facebook
and
Instagram



@littlestknights

EARLY CHILDHOOD



Dinosaur Roar

All Ages

Non Separating

Become an explorer and discover the world of dinosaurs! We will dig for bones, walk in their footprints and learn about their sizes and families. There will be dinosaur fun for all ages!

SE163 M Mar 18
6-7 pm
\$5 per child
CE ECCE Rooms & Gym

Family Picnic

All Ages

Non Separating

Celebrate the end of the year with us! We will play games and have special treats. Each family will receive a summer fun packet to take home!

This event will take place rain or shine!

Pre-registration is required.

SE166 Th May 16
6-7 pm
FREE
CE ECCE Rooms & Gym

Dad and Me

2 to 5 Years

Non Separating

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

SE162 W Mar 13, Apr 17
6-7 pm
\$10 per child
CE ECCE Rooms & Gym

Jump into Spring

2 to 5 Years

Non Separating

Celebrate the coming of spring with numerous activities to brighten your home! We will dig in the dirt, learn about flowers and seeds, paint and create. We will celebrate the change of seasons through stories, dance and play! Pre-registration is required.

SE164 M Apr 22
6-7 pm
\$8 per child
CE ECCE Rooms & Gym

ECCE Trip Around Town

All Ages

Non Separating

Explore our great community of STMA through the eyes of your child. We will ride the school bus around town, making stops at local destinations. Maybe a trip to the library to check out a book, stop at the park, or learn about local stores and places of business. A terrific way for your child to experience the bus first-hand.

SE165 M May 6
9-11 am
\$10 child, chaperones free
Bus leaves from STME
front parking lot

**SPECIAL EVENTS FILL FAST - REGISTER TODAY!
EVENTS ARE OPEN TO ALL AGES UNDER 8 YEARS.**

**WE STRIVE TO HAVE DEVELOPMENTALLY
APPROPRIATE ACTIVITIES FOR TODDLERS AND UP.**

COMMUNITY CONNECTIONS

ECFE at the Library

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

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

Th 10:00 am Ongoing until May 16
No library 2/29, 3/28, 4/25

Drop in and Play

All Ages

Non Separating

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

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

M & Th Ongoing until May 16
No class 1/15, 2/26, 2/29, 3/25,
3/28, 4/25
8:15-9:45 am
CE ECFE Rooms



Website to help families find and connect to services in their local communities that support healthy child development and family well-being.
<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

PRESCHOOL FAIR

January 4

5:30-7:30 pm

St. Michael City Hall

Explore area schools,
centers and programs for
preschoolers.

Sponsored by
MOMS CLUB
of St. Michael & Hanover

Best Buddies

Birth to 5 years

Separating with Parent Group

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

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

S300 F Mar 8-May 17
No class 3/1, 3/29, 4/26
10:30-11:45 am
CE ECFE Rooms

EARLY CHILDHOOD

FAMILY RESOURCES

Early Childhood Screening

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

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

Screening includes:

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

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

Screening can be scheduled online!

Screenings are scheduled for February 26-28, March 19-20, April 25-26, and May 20-22.

Go to <https://stma.ce.eleyo.com>

Select Early Childhood Screening for upcoming dates and times.

Screenings are held at STMA Community Education Center in St. Michael.

Contact Lindy Legatt at ecscreening@mystma.org or call 763-497-6528

Early Childhood Advisory Council

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

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



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

Some young children need extra help to learn and grow

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

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

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

IS THERE A LITTLE KNIGHT IN YOUR HOME?

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

SCAN ME

Community Education
St. Michael-Albertville District #885
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St. Michael, MN 55376

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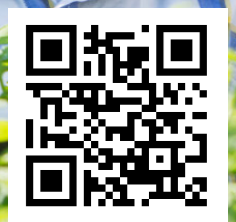
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EXCELLENCE IS OUR TRADITION

WINTER/SPRING 24

COMMUNITY EDUCATION



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Education
weather line
763-497-6549

LIFELONG LEARNING HAPPENS HERE!

Registration begins December 19
stma.ce.eleyo.com 763-497-6550