

South St. Paul

# COMMUNITY EDUCATION (PAGES 2-20)

## EARLY LEARNING/ECFE (PAGES 21-27)



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REGISTER ONLINE OR  
IN PERSON

<https://tridistrict.ce.eleyo.com/>

ECFE INFORMATION  
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## WINTER/SPRING 2024 PROGRAM CATALOG

Questions? Give us a call or stop in!

**COMMUNITY EDUCATION**

(651) 306-3632  
100 7th Avenue North, SSP

**EARLY LEARNING**

(651) 457-9418  
104 5th Avenue South, SSP

Early Learning  
Registration Opens  
December 18



SSP COMMUNITY EDUCATION

South St. Paul Community Education at Central Square Community Center (CSCC) is a place where our community can come together to learn, grow, and socialize! Come, explore, and see what CSCC has to offer!

Central Square Community Center  
100 7th Avenue North, South St. Paul

Monday - Friday  
5:00 am - 8:00 pm  
Saturday  
7:30 am - 2:00 pm

(651) 306-3632  
<https://communityed.sspps.org>

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SWIMMING  
LESSONS ARE  
BACK AT CENTRAL  
SQUARE!  
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SSP EARLY LEARNING

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

Family Education Center  
104 5th Ave S, South St Paul

Monday - Friday  
7:30 am - 4:00 pm

[ecfe@sspps.org](mailto:ecfe@sspps.org)  
<https://earlylearning.sspps.org>

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CULTURAL LIAISON  
Maria Teresa Castellanos

PARENT EDUCATOR  
Patty Cooper

CLASSROOM ASSISTANTS  
Denise Geldernick and Katie Tigan

FREE  
PRESCHOOL!  
For all 4-year-olds  
Schedule your Early  
Childhood Screening and be  
ready for preschool!



SOUTH ST. PAUL PUBLIC SCHOOLS  
E.C.F.E.  
Early Childhood Family Education

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# CENTRAL SQUARE COMMUNITY CENTER

## PROGRAMMING AND REGISTRATION

All Community Education courses take place at Central Square Community Center unless otherwise noted.



Registration for courses can be done online at <https://tridistrict.ce.eleyo.com/> or at the Central Square front desk.

### NOTARY SERVICE

Monday - Friday 7:30 am - 4:00 pm

### FREE WI-FI

Wireless Internet access is available.  
No password necessary.

## CANCELLATIONS/REFUNDS/INCLEMENT WEATHER

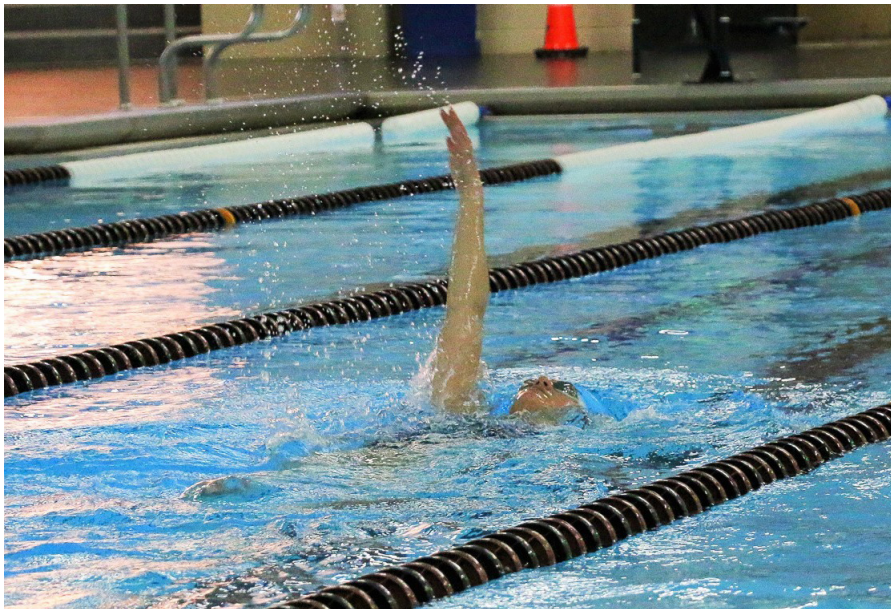
You will be notified by phone or email and given a refund if Central Square cancels a class or activity. Requests for cancellations and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline. If South St. Paul Public Schools is closed due to inclement weather or cold temperatures, Central Square will also be closed.

## ROOM RENTALS

Central Square has room rentals available for meetings and gatherings. To inquire about room availability call 651-306-3632 or stop by the front desk.

## VOLUNTEER OPPORTUNITIES

Adult Education Tutors - call Linda at 651-306-3632 or stop by the front desk for more information.



## FREE TAKE 'N BAKE MEALS AT CENTRAL SQUARE

South St. Paul Community Education has partnered with Kitchen Coalition, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners.

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

**Who:** All SSP residents

**What:** FREE meals - either single serve or family style (serves 4)

**Where:** Central Square - 100 7th Ave N, SSP

**When:** Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 12:30 pm while supplies last.

## FARE FOR ALL

The Fare for All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Due to the COVID-19 emergency response environment distribution has been restructured. Fare for All is welcome to everyone. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit [fareforall.org](http://fareforall.org).

**One Tuesday each month from 4:00 - 6:00 pm:**

- January 23
- February 20
- March 19
- April 23
- May 21

## SWIMMING POOL

Central Square features an indoor pool with a diving board, large open swim area, and a portable tot dock for younger children. The pool begins at a depth of 4 feet and has a maximum depth of 12 feet, length is 25 yards.

Open lap swim times change monthly depending on private use of the pool. Monthly calendars are available at Central Square Community Center on the 15th of the month prior. You can also find the calendars online at [communityed.sspps.org](http://communityed.sspps.org).

**Punch card valid for 10 daily admissions (valid for use at CSCC pool only)**

\$35 adult (19-64)      \$15 senior (65+)

**Punch card valid for 30 daily admissions (valid for use at CSCC pool only)**

\$70 adult (19-64)      \$30 senior (65+)

**Daily Rate**

\$4 adult (19-64)      \$2 senior (65+)

Free lap swim is available for Senior Center members (65+) during the following times:

Mon-Fri from 7:30 am-3:00 pm

Sat from 7:30 am-2:00 am



# 55+ ENRICHMENT

## SENIOR CENTER

The South St. Paul Senior Center promotes and provides opportunities in the area of socialization, recreation, education, and health to residents age 55 and up. For more information on these and other Senior Center programs, call 651-306-3632.

### Become a Member

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim (65+) during scheduled days/times and senior fitness class pricing (65+). Senior Board meetings take place at 9:30 am the second Wednesday of the month: January 10, February 14, March 13, April 10, May 8.

You do not have to be a member to participate in all events.

### Out and About Lunches

Travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered. Sign-up in the Central Square lobby. Lunches take place at 11:00 am.

Wed, January 10	Fireside
Wed, February 14	Keys
Wed, March 13	Lucky 13
Wed, April 10	Peking Cafe
Wed, May 8	Perkins

### Senior Socials

Free, but monetary donations are appreciated.  
From 11:30 am - 1:00 pm

Thurs, January 25	Loaded Baked Potato Bar
Thurs, February 22	Super Bowl Snacks
Thurs, March 14	Irish Beef Stew
Thurs, April 11	Mississippi Mud Sandwiches

### Spring Fashion Show

Hosted by the Senior Center, the annual Spring Fashion Show features apparel, jewelry and handbags by Taylor Marie's Apparel. See our very own members modeling the season's current fashions. The clothes are fun, beautiful, fashionable and affordable! After the show enjoy a delicious lunch catered by Magnolias followed by dessert.

Wed, May 1  
11:00 am  
\$20



### ONGOING ACTIVITIES

#### Walk the Square

Come walk the Square – we're not big, but we are temperature controlled.

Monday - Friday (daily) 7:30 am - 3:30 pm

#### SSP Buzz

Join your neighbors for a cup or two of Joe and get your local buzz of what's happening around the community.

Monday - Friday (daily) 8:30 - 11:00 am

#### Cribbage

The classic card/board game.

Mondays from 12:00 - 2:30 pm

#### Penny Bingo

Be the first to turn all your cards face down.

Mondays from 1:00 - 2:30 pm

#### Woodcarvers

Woodcarvers Group at Central Square is a social group, without formal instruction. Get together with others who share your hobby and learn from each other! Please bring your own tools and supplies.

Tuesdays from 9:00 - 11:00 am

#### Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed. Instructor Margaret Christians.

Tuesdays from 10:30 - 11:30 am

#### Happy Feet

Happy Feet is scheduled the third Tuesday of the month. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses, and end with a soothing foot massage. January 9, February 13, March 12, April 9, May 14, June 11.

9:00 am - 4:00 pm, \$45 - call for appointment 763-560-5136

#### Craft Day

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters, pick up a pointer or two, and maybe even start a new hobby.

Tuesdays from 1:00 - 3:00 pm

#### 500 Cards

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wednesdays and Fridays from 11:30 am - 2:00 pm

#### Hand & Foot Card Games

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Thursdays from 1:00 - 3:00 pm





# 55+ ENRICHMENT

## TRIPS AND TOURS

### Jersey Boys Chanhassen Theater

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. Winner of Best Musical at both the Tony Awards and Olivier Awards, 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 including “Sherry,” “Big Girls Don’t Cry,” “Can’t Take My Eyes Off You,” “Dawn” and “My Eyes Adored You” which brought the Four Seasons the highest honor: induction into the Rock “n” Roll Hall of Fame. Register by December 15.

**Wed, January 24**

**Bus departs Central Square at 10:15 am**

\$108/ person, Includes transportation, lunch, and show

### Dial M for Murder at the Guthrie Theater

While in London promoting her new murder mystery, Maxine drops in on her former lover Margot who shares some distressing news: She’s being blackmailed for a love letter from Maxine that went missing after their affair ended. Margot thinks her husband Tony is none the wiser, but he knows everything — and then some. In fact, his yearlong plan to have Margot murdered will commence the next night, thanks to an airtight alibi. But when Margot kills her assailant in self-defense, Tony’s plot takes an unexpected turn. This clever, fast-paced adaptation adds extra layers to the iconic tale, making the “Will he get away with it?” question even more thrilling. Lunch at the Hen House Eatery includes: Cup of Soup, Chicken Salad Sandwich, Beverage, and a Cookie. Register by December 15.

**Wed, February 21**

**Bus departs Central Square at 10:00 am**

\$95/ person, Includes transportation, lunch, and show

### BEAUTIFUL: The Carole King Musical at the Chanhassen Dinner Theatre

Sensational! Trace Carole King’s remarkable rise from humble beginnings to a music industry legend. This performance showcases her musical collaborations with Gerry Coffin, Cynthia Weil and Barry Mann that resulted in powerful songs like “It’s Too Late” & “A Natural Woman” on her groundbreaking album Tapestry. Join this inspiring journey, highlighting Carole’s passion, resilience, and musical genius through the infectious energy of songs like “The Loco-Motion” and the emotional depth of ballads like “Will You Love Me Tomorrow”. This show captures the essence of Carole King’s artistry and leaves a lasting impact. Guests will select lunch from a limited menu upon arrival at the theatre. Register by February 9.

**Wed, March 14**

**Bus departs Central Square at 10:15 am**

\$108/ person, Includes transportation, lunch, and show



### Branson, MO Trip

**April 22-26**

**Bus departs Central Square at 7:30 am**

\$1,185.00 per person (2 per room)

\$1,535.00 per person (1 per room)

Register by February 19

More details on shows and meals online- scan the QR code



**Day 1 (Mon, April 22)**

Depart for first night in Independence, MO. Stop for lunch at the Machine Shed Restaurant in Des Moines, IA. Continue to Independence, MO for lodging at the Drury Inn. Have a light supper at the hotel.

**Day 2 (Tues, April 23)**

Depart Independence, MO for Branson. Stop for lunch in Ozark at Lamberts Restaurant. Once you reach Branson, experience the performance “Queen Esther” at the Sight and Sounds Theatre. After, Check into the Radisson Hotel for two nights’ lodging. In the evening, see a Variety Show at The Hughes Brothers Theatre.

**Day 3 (Wed, April 24)**

In the morning experience the Dublin’s Irish Tenors & The Celtic Ladies- an Irish fusion of song and dance. After the show, stop at Grand Village Shops for lunch and shopping. In the afternoon, enjoy the Amazing Acrobats of Shanghai show. Next, dinner and a show at Dolly Parton’s Stampede Dinner Attraction. It features a friendly competition, thrilling horseback riding stunts, stunning special effects, and phenomenal musical productions. The last entertainment for the evening is the “Vocal Band” SIX at Dick Clark’s American Bandstand Theater.

**Day 4 (Thurs, April 25)**

In morning, see “Down Home Country” at Grand Country Music Hall. Have lunch and travel to Independence, MO for lodging at the Drury Inn. Dinner at the hotel.

**Day 5 (Fri, April 26)**

Depart Independence, MO. Stop for lunch near Des Moines at Cracker Barrel Restaurant. Return to South St. Paul around 7:30 pm.

### MJ The Musical at Orpheum Theatre

The music. The moves. The icon. Now, the unparalleled artistry of the greatest entertainer of all time comes to your city as MJ, the multi-Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. Register by March 8.

**Wed, May 22**

**Bus departs Central Square at 6:15 pm**

\$158/ person, Includes transportation and show





# 55+ ENRICHMENT

## HEALTH & FINANCE

### Driver’s Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance course that is open to the public. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws and vehicle technology. This class has something for everyone!

Persons 55+ who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and the four hour refresher class every three years to maintain the 10% discount.

To Register, call 1-(888)-234-1294 or visit [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com)

<b>Initial 8-Hour Course, \$28</b> 9:00 am - 1:00 pm Feb 14 & 15, June 19 & 20	<b>4-Hour Refresher Course, \$24</b> 9:00 am - 1:00 pm Jan 18, March 21, April 18, May 16
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### Medicare 101 (Free)

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan. Instructor: Greg De Keuster.

<b>Thurs, January 18</b> 6:30 - 8:00 pm	<b>Thurs, March 21</b> 6:30 - 8:00 pm
<b>Thurs, February 15</b> 1:00 - 2:30 pm	<b>Thurs, April 18</b> 6:30 - 8:00 pm

### Social Security for Couples

The Social Security decisions spouses make when they are in their 50’s and 60’s will determine the amount of total income they receive over their lifetime-including the lifetime of the spouse who lives the longest. This class will cover some little known rules that can help married couples get more out of the Social Security system. Learn how much Social Security you and your spouse stand to receive over your joint lifetime, rules and guidelines for when spouses should apply for benefits, how the decision you make in your 50’s and 60’s can determine the amount of income you and your surviving spouse will have in your 80’s and 90’s, and more. Instructor: Rolf White

**Tues, Jan 9**  
**6:30 - 8:00 pm**  
**\$12, Free for Sr Center Members**

### Questions and Answers with a MN Will and Trust Planning Attorney

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? If I am alone, what tools protect me best? How do I decide who should serve in my estate plan? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered! Instructor: Steve Ledin

**Thurs, Jan 11**  
**6:30 - 7:30 pm**  
**\$12, Free for Sr Center Members**

### Dementia Friends (Free)

Dementia Friends is not a training session. Instead, you’ll learn what dementia is, what it’s like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts! Presenter: Colleen Fitsch

<b>Tues, Jan 16</b> <b>10:30 - 11:30 am</b>	<b>Tues, April 16</b> <b>10:30 - 11:30 am</b>
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### Social Security for Women

Social Security is one of the few income sources that keeps up with inflation and lasts for a lifetime. Learn some little-known rules to help get the most from your Social Security benefits. This class is for women and for the men who have women in their lives. Instructor: Rolf White

**Thurs, Feb 15**  
**6:30 - 8:15 pm**  
**\$12, Free for Sr Center Members**

### Five Common Mistakes That Can Ruin Your Hard-Earned Retirement

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

**Tues, Feb 20**  
**6:30 - 7:30 pm**  
**\$12, Free for Sr Center Members**







## Should I Stay or Should I Go? (Free)

A discussion of lifestyle options for senior living. Should I stay and age in place - making modifications to reduce safety risks or should I go – moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions. Instructor: Vaughn Kavlie

**Tues, March 5**  
**10:00 - 11:30 am**

## Taxes in Retirement

Understand how different sources of retirement income are taxed so you can get more bang for your buck in retirement. Class content includes how the current tax system, Social Security rules and other factors interact to either cost or save you money, what an effective marginal tax rate is and why it matters more than your tax bracket, and how the timing of withdrawals from different retirement income accounts impacts what you keep and what you pay in taxes. Instructor: Rolf White

**Tues, March 5**  
**6:30 - 8:00 pm**  
**\$12, Free for Sr Center Members**

## How To Pay For A Nursing Home: An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money? Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties. Instructor: Steve Ledin.

**Thurs, March 21**  
**6:30 - 8:30 pm**  
**\$12, Free for Sr Center Members**

## Let's Probate an Actual Minnesota Estate

Walk-through an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts and all the steps in between. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. Gain the knowledge about the responsibilities and liabilities of the person appointed as the Executor/Personal Representative. There will be time for Q&A. Instructor: Steve Ledin

**Mon, April 8**  
**6:30 - 8:30 pm**  
**\$12, Free for Sr Center Members**

## SENIOR FITNESS

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes.

### Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness related activity once per day that will be covered by insurance. For example: Aqua Fitness, Total Body, Yoga, etc. or one free lap swim per day. Silver & Fit® members may take two Silver & Fit® fitness classes free per week or participate in lap swim ten times per month that will be covered by insurance. For example: Aqua Interval, Silver & Fit Explore, etc. Or one free lap swim per day.

### Silver & Fit® Explore

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join! Instructor: Kim Befort. Free for Silver & Fit® members.

**Fri, Jan 5 - Feb 23**  
**9:30 - 10:15 am**  
\$50.00 adult, \$20.00 seniors

**Fri, March 1 - April 26**  
**9:30 - 10:15 am**  
\$56.25 adult, \$22.50 seniors

### Silver Sneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. Instructor: Kim Befort. Free for Silver Sneakers® members

**Tues, Jan 2 - Feb 27**  
**9:30 - 10:15 am**  
\$56.25 adult, \$22.50 seniors

**Tues, March 5 - April 30**  
**9:30 - 10:15 am**  
\$56.25 adult, \$22.50 seniors

**Thurs, Jan 4 - Feb 29**  
**9:30 - 10:15 am**  
\$56.25 adult, \$22.50 seniors

**Thurs, March 7 - April 25**  
**9:30 - 10:15 am**  
\$50.00 adult, \$20.00 seniors

### Senior Circuit

Senior circuit is a combination of strength and cardiovascular conditioning for active older adults. Instructor: Terie Hanson.

**Mon, Jan 8 - Feb 26**  
*(no class Jan 15, Feb 19)*  
**6:15 - 7:15 am**  
\$37.50 adult, \$15 seniors

**Mon, March 4 - April 29**  
**6:15 - 7:15 am**  
\$56.25 adult, \$22.50 seniors

**Wed, Jan 3 - Feb 28**  
**6:15 - 7:15 am**  
\$56.25 adult, \$22.50 seniors

**Wed, March 6 - April 24**  
**6:15 - 7:15 am**  
\$50.00 adult, \$20.00 seniors

**Thurs, Jan 4 - Feb 29**  
**6:15 - 7:15 am**  
\$56.25 adult, \$22.50 seniors

**Thurs, March 7 - April 25**  
**6:15 - 7:15 am**  
\$50.00 adult, \$20.00 seniors





# ADULT ENRICHMENT

## GET FIT AT CENTRAL SQUARE

1 day drop-in also available \$8 adult, \$4 seniors (65+) for all classes except: Jazzercise and Yin Yoga for Deep Relaxation. All classes are for ages 15+.

### Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the #1 fitness programs in the world. We have been providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class. Instructor: Julia Jugovich. To register go to JAZZERCISE.COM and look for Central Square.

Mon and Tues, 4:30-5:30 pm  
Sat, 9:00 - 10:00 am  
Class fee is \$59/month for unlimited Jazzercise classes

### HIIT Boot Camp

Are you ready for some HIIT Boot Camp?! Come join us for a fun filled class with a combination of High Intensity Interval Training and Boot Camp moves and drills! This class will utilize a variety of equipment and will accommodate all fitness levels! Instructor: Michelle Richter.

Mon, Jan 8 - Feb 26 <i>(no class Jan 15, Feb 19)</i> 5:30 - 6:30 pm \$37.50 adult, \$15 senior	Mon, March 4 - April 29 5:30 - 6:30 pm \$56.25 adult, \$22.50 seniors
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### Yoga Fusion

A blend of yoga-styled workouts with other forms of exercise, such as strength training, light cardio and core work, to maximize results. Instructors: Rita Wurm/Jina Digaetano.

Mon, Jan 8 - Feb 26 <i>(no class Jan 15, Feb 19)</i> 6:30 - 7:30 pm \$37.50 adult, \$15 senior	Mon, March 4 - April 29 6:30 - 7:30 pm \$56.25 adult, \$22.50 seniors
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### Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors, but all are welcome to join! Instructor: Kim Befort.

Tues, Jan 2 - Feb 27 10:30 - 11:15 am \$56.25 adult, \$22.50 seniors	Tues, March 5 - April 30 10:30 - 11:15 am \$56.25 adult, \$22.50 seniors
Thurs, Jan 4 - Feb 29 10:30 - 11:15 am \$56.25 adult, \$22.50 seniors	Thurs, March 7 - April 25 10:30 - 11:15 am \$50 adult, \$20 seniors
Fri, Jan 5 - February 23 10:30 - 11:15 am \$50 adult, \$20 seniors	Fri, March 1 - April 26 10:30 - 11:15 am \$56.25 adult, \$22.50 seniors



### Total Body

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going. Instructor: Kim Befort.

Tues, Jan 2 - Feb 27 5:15 - 6:15 am \$56.25 adult, \$22.50 seniors	Tues, March 5 - April 30 5:15 - 6:15 am \$56.25 adult, \$22.50 seniors
Wed, Jan 3 - Feb 28 4:30 - 5:30 pm \$56.25 adult, \$22.50 seniors	Wed, March 6 - April 24 4:30 - 5:30 pm \$50 adult, \$20 seniors
Thurs, Jan 4 - Feb 29 5:15 - 6:15 am \$56.25 adult, \$22.50 seniors	Thurs, March 7 - April 25 5:15 - 6:15 am \$50 adult, \$20 seniors

### Cardio Kick-Boxing

This interval-based class combines fun kick boxing moves with energetic music for a high calorie burn and full body-sculpting workout. This class uses Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level. Instructor: Jina Digaetano.

Tues, Jan 2 - Feb 27 5:30 - 6:30 pm \$56.25 adult, \$22.50 seniors	Tues, March 5 - April 30 5:30 - 6:30 pm \$56.25 adult, \$22.50 seniors
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### Mat Pilates

This class uses both body weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Modifications are offered to accommodate all fitness levels. Please bring your own mat for class. Instructor: Jina Digaetano

Tues, Jan 2 - Feb 27 6:30 - 7:30 pm \$56.25 adult, \$22.50 seniors	Tues, March 5 - April 30 6:30 - 7:30 pm \$56.25 adult, \$22.50 seniors
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### Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water. Instructor: Kim Befort.

Wed, Jan 3 - Feb 28 6:00 - 7:00 pm \$56.25 adult, \$22.50 seniors	Wed, March 6 - April 24 6:00 - 7:00 pm \$50 adult, \$20 seniors
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### R.I.P.P.E.D.®

The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a one stop body shock-just what you're looking for! Instructor: Rita Wurm.

Thurs, Jan 4 - Feb 29 5:30 - 6:30 pm \$56.25 adult, \$22.50 seniors	Thurs, March 7 - April 25 5:30 - 6:30 pm \$50 adult, \$20 seniors
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## Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun! Instructor: Michelle Richter.

Fri, Jan 5 - Feb 23  
6:30 - 7:30 pm  
\$50 adult, \$20 seniors

Fri, March 1 - April 26  
6:30 - 7:30 pm  
\$56.25 adult, \$22.50 seniors

## Kettlebell-TRX® Fusion

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power, strength, flexibility, and balance while combining cardio drills and kettlebells. Instructor: Michelle Richter.

Sat, Jan 6 - Feb 24  
10:00 - 11:00 am  
\$50 adult, \$20 seniors

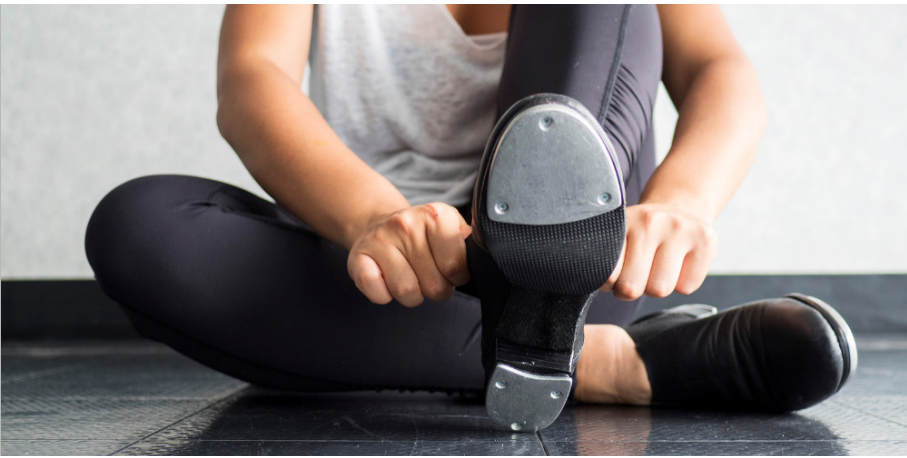
Sat, March 2 - April 27  
10:00 - 11:00 am  
\$56.25 adult, \$22.50 seniors

## Yoga

Are you ready to inhale the future and exhale the past? Do you have a desire to increase your flexibility, build core strength and practice mindfulness and synchronized breath with movements? If so, please join us for an hour long yoga routine that will include basic yoga poses, music, and always the best part - a Savasana/final relaxation. Instructor: Rita Wurm.

Thurs, Jan 4 - Feb 29  
6:30 - 7:30 pm  
\$56.25 adult, \$22.50 seniors

Thurs, March 7 - April 25  
6:30 - 7:30 pm  
\$50 adult, \$20 seniors



# ADULT ENRICHMENT

## DANCE & FITNESS, AGES 15+

## Let’s Tap Dance: Let’s Tap 1

Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. If you took dance as a child, you might not have forgotten as much as you think. Stephanie Stockton will review the basics and teach a complete tap routine. Wear comfortable clothing and don’t forget your tap shoes, although any leather-bottom shoes will do to get started. If you’ve always wanted to tap and you’re new to the whole thing - welcome. This class is for beginners and those who have taken tap classes before, but would like a little review and a slower pace. However, if you need a faster pace and more challenge, try the Experienced Tap Dance Class. Instructor: Stephanie Stockton

Wed, Jan 10 - April 24  
6:45 - 7:45 pm  
\$95

## Let’s Tap Dance: Let’s Tap 2

This class is for those who have mastered the basics and are ready for time steps, combinations and have the need for a faster pace with more challenge. Basics will be reviewed with continued work on time steps, combinations and a complete tap routine will be taught. Dance is a top rated exercise because it stimulates us socially, physically, mentally and is lots of fun. Wear comfortable clothing and don’t forget your tap shoes, although any leather-bottom shoes will do to get started. Instructor: Stephanie Stockton

Wed, Jan 10 - April 24  
5:30 - 6:30 pm  
\$95

May Performance Extra Practices  
Wed, May 1 - 22  
5:30 - 6:15 pm  
\$29

## Strong is the New Skinny

Total body strengtheners you can do at home, not everyone can be skinny, but EVERYONE can be stronger - even if you don’t get to the gym several times/ week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles – they boost metabolism; maintain/ increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It is a wonderful thing to be strong, fit and functional. You’ll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class. Instructor: Janice Novak.



Mon, Jan 22  
6:00 - 7:30 pm  
\$30, Virtual

# VIRTUAL FITNESS CLASSES

You will need a free ZOOM account to participate in virtual fitness classes  
The most up-to-date class schedules can be found online at:  
communityed.sspps.org

## Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving. Instructors: Terie Hanson and Rita Wurm.

## Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress. Instructor: Terie Hanson.

## Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises. Instructor: Terie Hanson.

## Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation. Instructor: Terie Hanson.

## Virtual Fitness Class Fees

1 time per week - \$20 per month	3 times per week - \$40 per month
2 times per week - \$30 per month	Unlimited - \$55 per month





# ADULT ENRICHMENT

## HEALTH & WELLNESS, AGES 15+

### Intuition- Your Inner GPS

Ever wonder how grandma had the uncanny ability to offer the best advice at the most well-timed moment? Or how about when your friend calls you just moments after you thought of her? These are everyday moments when your intuition kicks in to serve your higher good. Please wear loose clothing and bring a comfortable cushion to sit or lay down on.

#### Class One - Fundamentals of Intuition

This class will explain the noetic science and the benefits of tapping into this ability, and teach you how to develop, strengthen and trust in this inner guidance system. Instructor: Theresa May

Tues, Jan 9  
6:00 - 9:00 pm  
\$35

#### Intuitive Practice Series

Building your intuition takes time so we'll be cultivating a practice that clarifies and trains your energetic system to receive information, as well as learning the language of higher guidance. Instructor: Theresa May.

Tues, Jan 16 - 30  
7:00 - 8:00 pm  
\$49

### Relief of Chronic Health Conditions Self-Care Practices for Pain & Stress Reduction

Living with chronic physical or emotional pain over time can lessen one's tolerance threshold, which further weakens one's immune system, sometimes even sliding into depression and insomnia. While you're working with your doctor to address your health issues, it's important to begin self care practices that can alleviate some of your struggles. Pain research studies show that developing self care practices help in reducing pain and improving emotional health which helps the body help itself. Decades ago, this course was offered at Hudson hospital with 80% of her students noticing improvements within the first 4 weeks. A combination of discussion, breath work, and gentle movements, ( i.e. mindfulness, qigong, guided imagery/ self hypnosis) appropriate to your limitations. Wear comfortable clothing, and bring cushions or blankets for comfort during class. Instructor: Theresa May

Fri, Jan 5 - Feb 23  
5:15 - 6:15 pm  
\$90

### Basic CPR/AED for Adult/Child & Infant

This is an Adult/Child/Infant CPR/AED Class. The class includes a two year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full CPR/AED course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. The course includes doing CPR on all ages, practice using an AED trainer, and care for choking victims of all ages. No written test required. Please wear comfortable clothing. Instructor: Deb Gutzman.

Thurs, Jan 11  
5:30 - 8:15 pm  
\$60

Thurs, April 11  
5:30 - 8:15 pm  
\$60

### Discovering Spiritual Gifts

Everyone has gifts and abilities. Come discover the different kinds of gifts and learn which you possess. We will talk about everything from seeing auras and clairvoyance to intuition and mediumship. Then an opportunity to learn and experience your gifts in a safe and sacred space. The universe speaks to each of us in a unique way. Instructor: Lily McNamara.

Tues, Jan 16  
6:30 - 8:30 pm  
\$45

### Trust Your Wisdom

#### Nurture your Creativity with Intuition, Intellect, and Innovation

The objective of this three-part workshop series is to help participants reconnect to their inner wisdom to create awareness, trust and clarity around their deepest desires, and teach them strategies to fulfill them.

They will be lead through a series of experiential exercises to learn how to tap into their intuition, feel more confident, make better decisions, have more fun, reduce their stress, interrupt the negative self-talk, enhance their problem-solving skills, and take more creative risks to expand their self-concept. Instructor: Daneika Glenn.

Take one class for \$50.00 each or all three for \$125.00

#### Workshop One- How to use your Intuition to make powerful decisions.

In this workshop, participants will learn how to make decisions that are aligned with their true desires by tapping into the wisdom of the body and using it as a truth compass to navigate all areas of their life with more confidence.

Wed, Jan 17  
6:00 - 7:30 pm  
\$50

**Workshop Two - Breaking Free From Self-Doubt:** Silencing The Inner Critic To Reclaim Your Confidence. In this workshop, participants will discover how to become aware of the inner critical voice that makes them feel afraid, unmotivated, confused, and unworthy of creating what they truly desire, and learn simple strategies to silence it and stay in action.


Wed, Jan 24  
6:00 - 7:30 pm  
\$50

**Workshop Three - Creative Vision:** Using Your Imagination To Overcome Creative Blocks. In this workshop, participants will learn how to play with their imagination and intuition to increase their clarity, expand their perception, and discover new solutions to current challenges and creative blocks.

Wed, Jan 31  
6:00 - 7:30 pm  
\$50

### Circle of Security

Kids don't come with a handbook and being a parent can be challenging. Many times parents may find themselves wondering how to know what their child needs and wants from them as parents. Circle of Security parenting is a relationship based program for parents that offers parents of children ages 0-6 an alternative way to view their child's needs in a way that supports development of secure relationship between parent and child. Instructor: Krystie Holliday

 **Mon, Jan 22 - March 11**  
9:30 - 11:00 am  
\$35, Virtual







## Hypnosis: Weight Loss-Stop Tobacco Use

All lasting behavioral changes must occur at an unconscious level. With hypnosis, you can make that change! The experience is relaxing and you are fully aware, conscious and in control at all times. Dress comfortably and bring a pillow or blanket for added comfort. You may sit or lay down for part of the hypnosis session. Stop cravings for sweets, chocolate, bread, pastries, salty and greasy foods. Stop snacking and overeating. Stop smoking/chewing without weight gain or withdrawal. Get motivated to exercise!

**6:00 pm** - Introduction for both weight loss and smoking cessation

**7:00 pm** - Weight loss hypnosis

**8:00 pm** - Stop Smoking/Chewing Tobacco Hypnosis

Fee includes session, reinforcement CD and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association. Instructor: Mary Fischer

**Wed, Jan 24**

**5:30 - 8:30 pm**

\$60 per topic


**Mon, April 8**

**5:30 - 8:30 pm**

\$60 per topic

## The Art of De-Aging: Peel Off Your Bio Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness, eye bags, reduce lines and prevent new lines from forming. Instructor: Janice Novak

 **Mon, Jan 29**  
**6:00 - 7:30 pm**  
\$30, Virtual

## The Power of Dreaming

Most people say they don't dream, however sleep science experts have proven otherwise. People do dream, they just don't remember them. This class and series will offer you not only the foundational methods, but will also unlock your limiting beliefs and open you to new levels of self discovery. Dreams are meant to assist and guide us through our life on earth. They also open doorways to personal development and our soul's growth.

### Foundations of Dreamwork

You'll be given the foundational dreamwork methods to start your inward journey of self and soul discovery. This is a stand alone class if you choose or you can continue learning with the community in the dreamwork series Instructor: Theresa May

**Tues, Feb 6**

**6:00 - 8:00 pm**

\$35

### Dreamwork Practice Series

We'll take you to deeper levels of understanding, through sharing examples of various dreams, as well as learning the language of your unconscious mind and soul. Instructor: Theresa May.

**Tues, Feb 13 - 27** (no class Feb 19)

**7:00 - 8:00 pm**

\$49

## Sending Blessing & Receiving Sacred Messages

Everyone has gifts and abilities. Come discover the different kinds of gifts and learn which you possess. We will talk about everything from seeing auras and clairvoyance to intuition and mediumship. Then an opportunity to learn and experience your gifts in a safe and sacred space. The Universe speaks to each of us in a unique way. Instructor: Lily McNamara.

**Tues, Feb 20**

**6:30 - 8:30 pm**

\$45

## Posture & Osteoporosis Workshop: Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises. Instructor: Janice Novak

 **Mon, Feb 26**  
**6:00 - 7:30 pm**  
\$30, Virtual

## Vitamins & Herbs: Facts and Fallacies

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises. Instructor: Janice Novak.

 **Mon, March 4**  
**6:00 - 7:30 pm**  
\$30, Virtual

## Just Breath! Techniques to Calm, Center & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. This powerful technique for optimum health of mind and body is free and literally right under your nose. Instructor: Janice Novak.

 **Mon, March 11**  
**6:00 - 7:30 pm**  
\$30, Virtual





## Breaking Paradigms and Defense Mechanisms

Defense mechanisms can be helpful and healthy but they can also be destructive. In this class you will learn why you develop defense mechanisms and how to change them to help you on your path to a productive and healthy life. Also learn what a paradigm is, why it is important to break them, and how. This class includes an exercise to assist in identifying defense mechanisms and paradigms. Instructor: Lily McNamara.

**Tues, March 19**  
**6:30 - 8:30 pm**  
\$45

## Techniques To Activate Your Brain’s Creativity Center

Learn the many things you can do to tap into your brain’s creativity center. We’ll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We’ll do acupressure points that offer instant clarity and calm. You’ll learn the energy medicine technique called ‘thumping’ to activate creative centers as well as how colors play a role in brain function. You’ll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity. Instructor: Janice Novak.

 **Tues, April 2**  
**6:00 - 7:30 pm**  
\$30, Virtual

## Acupressure for Sinus Relief, Headaches & More

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more. Instructor: Janice Novak.

 **Mon, April 15**  
**6:00 - 7:30 pm**  
\$30, Virtual

## Manifest Prosperity and Abundance Meditation

Manifesting prosperity and bringing abundance into your life is a goal everyone has. In this class we will discuss how to bring prosperity into our lives and what is holding us back from abundance. Learn what techniques, symbols, and talismans to help create what you want in your life. There will be a short meditation and the class will end with a psychic Q&A. Instructor: Lily McNamara.

**Tues, April 16**  
**6:30 - 8:30 pm**  
\$45



# ADULT ENRICHMENT

## CULINARY ARTS, AGES 15+

### Traditional Southern Cooking

Beginning in the 1690’s, food in the U.S. deep south was heavily influenced by early settlers from France, Germany and Spain. Slaves from Senegal, Africa, then Cuban refugees and Cajuns from Nova Scotia, Canada also contributed to the medley of flavors using the wealth of local seafood, vegetables, poultry, livestock and of course pecans. Join us in creating a memorable meal to include: crab dip, traditional cheese straws, gumbo, jambalaya, red beans, buttermilk biscuits, cheese grits, pecan praline candy and traditional bread pudding with bourbon sauce. And we may add a few more recipes! There is an additional \$17 supply fee due the day of class to the instructor. Instructor: Laurel Severson

**Mon, Jan 22**  
**6:00 - 9:00 pm, SSP High School**  
\$30

### Lovely Macaroons

What a beautiful cookie! We will make and assemble 3 different flavor cookies with yummy fillings. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself!). Supply fee collected in class \$13.00. Instructor: Nancy Burgeson

**Tues, Feb 6**  
**6:00 - 9:00 pm, SSP High School**  
\$29

### French Dinner

Provence, the regional home to Marseilles, Nice, and the Riviera, often bases its cuisine on gals, olive oil, tomatoes, saffron and herbs. Experience vichyssoise, potato galettes, saffron rice, coquilles saint jacques a la provencale and creme caramel. An additional \$17 ingredient fee is due the day of class to the instructor. Instructor: Laurel Severson

**Fri, Feb 9**  
**6:00 - 9:00 pm, SSP High School**  
\$30

### Irish Dinner

Get the scoop on Irish food plus historical notes on St. Patrick’s Day, and then swing into the extensive menu of terrific Irish fare. Smoked fish pate as an appetizer, beef braised in Guinness plus beer-braised pork tenderloin for a main dish. From the humble potato comes the famous colcannon (mashed potatoes with cabbage) and a delicious cabbage with bacon. Who does not adore homemade Irish soda bread? Wrap up your meal with splendid jam cake. Additional recipes will be added for a larger class. An additional \$16 ingredient fee is due the day of class to the instructor. Instructor: Laurel Severson

**Mon, March 11**  
**6:00 - 9:00 pm, SSP High School**  
\$30

### Czech Kolaches

Kolaches are one of the Czechoslovakia’s immigrants brought their passion (and recipes) for kolaches to the Midwest as early as the 1860’s. Kolaches are marvelous egg-rich, slightly sweet yeast dough. Traditionally filled mixtures such as apricot, cottage cheese, poppy seed or prune; they can be shaped into small rounds, square “tied packages” or filled turnovers. We will make variations in class and taste samples. Plan to take home an assortment to share with family, friends or to freeze. You will also leave with many recipes, tips, and techniques to master these old world delicacies. Better than a bakery! An additional \$15 ingredient fee is due the day of class to the instructor. Instructor: Laurel Severson

**Sat, April 13**  
**9:00 am - 1:00 pm, SSP High School**  
\$30





# ADULT EDUCATION

**IT'S NEVER TOO LATE TO LEARN**

## South Suburban Adult Education (ABE)

Adult Education (ABE) provides adults in Northern Dakota County with educational opportunities to acquire and improve literacy skills in order to become self-sufficient, proud employees, family members, and citizens. All classes are FREE!

### ENGLISH LANGUAGE LEARNERS (ELL)

Learners are placed in the appropriate class level according to their goals and skill levels. In each class, teachers offer students a variety of learning activities and experiences to enhance their literacy, writing, speaking, and listening skills based on life skills, civics, and work related content.

### ON-LINE CONVERSATION COURSE (ELL)

Classes are leveled and meet twice a week. Students participate in large and small group conversations, work on their pronunciation, and gain confidence.

### ONLINE CITIZENSHIP PREP

This class helps non-native speakers prepare for the citizenship process. This class will work on the following subjects: developing English language skills, learning about the N-400 form, civic content knowledge, and the citizenship interview.

### GENERAL EDUCATION DEGREE (GED)/ACADEMIC SKILLS

Adult learners are prepared for next steps based upon their goals when entering the program. Learners are tested to determine levels of readiness and are guided towards their goals which may include, but are not limited to, obtaining a GED credential, entering college and training programs, securing a job and career advancement. Learners work closely with their teacher to complete the necessary steps to achieve their goal.

### ONLINE GENERAL EDUCATION DEGREE (GED)/ACADEMIC SKILLS

Students will have regular check-ins in-person with their teacher once a week to talk about their progress. Teachers will work with students to ensure that they are making progress towards completing their GED and longer term goals, such as entering college or meeting a specific career goal.

### HYFLEX GENERAL EDUCATION DEGREE (GED)/ACADEMIC SKILLS

In a HyFlex course, students have a choice every day whether to join their class in person or via Zoom. Students can choose to attend in person, via Zoom or switch back and forth depending on what is most convenient for them. HyFlex teachers are present in-person for class, and teach online and in-person students at the same time with the help of a sound and motion tracking camera.

## EDUCACIÓN PARA ADULTOS (ABE)

### ¡Nunca es tarde para aprender!

Educación para adultos (ABE) brinda a los adultos en el Norte del Condado de Dakota oportunidades educativas para adquirir y mejorar las habilidades de alfabetización para ser autosuficientes, empleados orgullosos, familiares y ciudadanos.

### AREAS DE ESTUDIO

- Aprendices del idioma Ingles (ELL)
- Clases de Conversación en línea (ELL)
- Preparación para ciudadanía en línea
- GED/habilidades académicas
- GED en línea
- HyFlex GED
- Estudios en Línea
- Preparación para el examen TEAS/carrera en el cuidado de la salud
- Alfabetización digital de Northstar
- Centro de pruebas de GED

### (NUEVO) ESTUDIOS EN LÍNEA

- GED Diferentes Niveles
- Ayuda de preparación para TEAS
- Preparación para carreras en Cuidado de la salud
- Exámenes de ubicación de nivel

## Volunteer Opportunities

Volunteering is a great way to make a difference in the lives of our students. Volunteers not only serve, but expand possibilities. We are currently looking for volunteers to help with both the Adult Education (ABE) program and the English Language Learning (ELL) program. Days and times are very flexible.

To become a volunteer you must complete the Minnesota Literacy Council (MLC) course in ABE or ELL. MLC phone number is (651) 645-2277 or online at [mnliteracy.org](http://mnliteracy.org). Once you receive your certificate from MLC, you will need to fill out a volunteer application at: [communityed.sspps.org/programs/ae](http://communityed.sspps.org/programs/ae).

### WORK/CAREER READINESS SKILLS

Work Readiness courses are designed to give students the employability skills they need to enter and succeed in today's workforce. From writing a good resume to making a good impression during an interview, students are taught critical skills needed to excel in their careers, such as problem-solving, professionalism, and good communication.

### HEALTHCARE CAREER/TEAS TEST PREP

We offer classes in collaboration with Inver Hills Community College to provide pre-nursing students will skill-building opportunities in the areas of reading, comprehension, math, language usage, science and testing practice and preparation. This course benefits individuals preparing for jobs or careers as: nurses, certified nursing assistants, phlebotomists, emergency medical technicians, medical lab technicians, and other health science careers.

### NORTHSTAR DIGITAL LITERACY

Digital literacy skills necessary to transition to employment or post-secondary education or training. These include skills such as using email, navigating the Internet, and basic proficiency with Microsoft Word, Excel and PowerPoint.

**To enroll in any SSABE courses stop by the Central Square front desk or call 651-306-3632**



# COMMUNITY RESOURCES

## Access Project: Adults with Disabilities

Adults with disabilities are invited to attend classes designed especially to meet their needs and interests. Classes include arts/crafts, sports, field trips and more. Services include:

- Inclusion assistance for participation in any community education class.
- Financial assistance for class fees and transportation.
- Sign language interpreters/note takers.
- Accessibility information.

You are invited to participate in any class included in the catalog regardless of your district of residence. Access Project will assist you with appropriate inclusion and access to all classes. Please call (651) 403-8313 or MN Relay 711 with any questions.

## Community Food Resources

SSPPS partners with a variety of organizations to provide food resources to all SSP community members. Here are a few of those opportunities:

### FREE TAKE ‘N BAKE MEALS

Free take ‘n bake meals prepared by local restaurants are available to all residents. Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 12:30 pm while supplies last.

### OPEN DOOR PANTRY

The Open Door is a hunger relief organization dedicated to ending local hunger through access to healthy food. Through its collective programs, The Open Door distributes over 2-million pounds of food annually, 70% of which is fresh and/or perishable. The Mobile Pantry offers FREE grocery items to our community at Kaposia Education Center the 3rd Wednesday of every month: January 17, February 21, March 20, April 17, and May 15.

### FARE FOR ALL

The Fare for All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Fare for All is welcome to everyone. Credit, debit, EBT or cash payments, no checks. For more information, please contact Central Square or visit [fareforall.org](http://fareforall.org). Fare For All happens one Tuesday of every month: January 23, February 20, March 19, April 23, and May 21.

### EVERY MEAL

Every Meal is a non-profit that helps fill the food gaps children face on weekends, extended breaks, and summer when they’re not able to access school meal programs. Free meals are placed discretely in student’s backpacks at our elementary schools on Friday. Schools are sponsored by local community organizations. If you have a student at Lincoln Center or Kaposia Education Center, contact your school’s secretary for an application.



# YOUTH ENRICHMENT

## HEALTH & SAFETY

### Home Alone (ages 7 & up)

Do you feel your child knows what to do in an emergency situation? Do they know what to do if approached by a strange dog, how to use a fire extinguisher, or how to tell if someone is a “stranger”? Parents will rest in the knowledge that this course will help their child stay safe at home and in the community. This course will cover important safety principles that ALL parents want their children to know. This DVD program includes a student workbook and hands-on activities providing a superior program that students love and parents appreciate.

#### Topics Include:

- Identifying Fire Safety Rules and how to use a Fire Extinguisher. What to do if trapped in a bedroom during a fire.
- Simple first aid — including cuts, burns, and a demonstration of abdominal thrusts for choking victims, whether for another person or when you’re by yourself.
- Understanding safety in the community, such as weather watches/warnings, aggressive dogs, and riding a bicycle on the street.
- Knowing the truth about abuse, abduction, and stranger danger.
- An all-new segment on digital safety and how to navigate the online world safely.

Give your child solid training on becoming a self care kid and yourself peace of mind, knowing you’re helping him or her safely prepare for staying home alone and emergency situations. Handbook is included. Instructor: Deb Gutzman.

<b>Sat, Jan 13</b> <b>9:00 - 11:30 am</b> \$40	<b>Sat, April 13</b> <b>9:00 - 11:30 am</b> \$40
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### One Day Class! Certified Babysitter’s Training

This course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Youth will learn skills in four core areas: leadership and professionalism, safety, basic care for infants and children and first aid. Participants will receive their Babysitter’s Training Certification and Babysitter’s Handbook. Please bring a nut free bag lunch. This class is for youth ages 11+. Instructor: Deb Gutzman.

<b>Fri, Jan 26</b> <b>8:00 - 11:30 am</b> \$75	<b>Fri, March 8</b> <b>8:00 - 11:30 am</b> \$75	<b>Fri, April 26</b> <b>8:00 - 11:30 am</b> \$75
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### Easy CPR for Babysitters and Teens

This CPR class is very easy for youth ages 11+ to learn and to remember!! Learn how to recognize emergencies, how to help a choking victim, care for an unresponsive person, and gain confidence in your skills. Certification is valid for 2 years in Basic Adult/Child & Infant CPR and AED. You will have unlimited practice opportunities during your certification period and unlimited digital access to the workbook materials. This class does NOT have a written test. Instructor: Deb Gutzman.

<b>Sat, Jan 27</b> <b>8:30 - 11:15 am</b> \$45	<b>Sat, March 9</b> <b>8:30 - 11:15 am</b> \$45
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# YOUTH ENRICHMENT

## GYMNASTICS

### Tumble Together (18 months-4 years old + adult)

Discover gymnastics while learning to hang, swing, roll, jump, and balance. Tumble together is an interactive class where adult-child pairs explore different equipment throughout the gym with the guidance of coaches.

<b>Tues, Feb 20 - April 9</b> <b>3:30 - 4:00 pm</b> \$53	<b>Sat, Feb 24 - April 13</b> <b>8:15 - 8:45 am</b> \$53	<b>Sat, Feb 24 - April 13</b> <b>8:50 - 9:20 am</b> \$53
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### Tumble Bees (3-4 years old)

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

<b>Tues, Feb 20 - April 9</b> <b>4:15 - 5:00 pm</b> \$66	<b>Sat, Feb 24 - April 13</b> <b>9:30 - 10:15 am</b> \$66	<b>Mon, Feb 26 - April 8</b> <b>4:00 - 4:45 pm</b> \$57
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### Mini Stars (3.5-7 years old)

Mini Stars is a class especially designed for those little ones who are shining extra bright. We will focus on skill progressions and development at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: foot work for the spring board and pop-ups.

<b>Sat, Feb 24 - April 13</b> <b>11:15 am - 12:15 pm</b> \$66
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### Beginners (4-14 years old)

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parent.

<b>Tues, Feb 20 - April 9</b> <b>5:00 - 6:00 pm</b> \$66	<b>Thurs, Feb 22 - April 11</b> <b>4:15 - 5:15 pm</b> \$66	<b>Sat, Feb 24 - April 13</b> <b>12:15 - 1:15 pm</b> \$66
<b>Wed, Feb 21 - April 10</b> <b>4:00 - 5:00 pm</b> \$66	<b>Thurs, Feb 22 - April 11</b> <b>5:00 - 6:00 pm</b> \$66	
<b>Thurs, Feb 22 - April 11</b> <b>3:30 - 4:30 pm</b> \$66	<b>Sat, Feb 24 - April 13</b> <b>11:15 am - 12:15 pm</b> \$66	



### Intermediate Beginners (Coach Approval)

Continue to grow and develop as a gymnast as you begin to practice more intermediate skills. This class requires basic gymnastics knowledge and capability. Gymnasts should take one or more sessions of beginners before moving to intermediate. Gymnasts should have a basic understanding of the lever, handstand, cartwheel, and gymnastics vocabulary. In intermediate we will focus more on skill technique to create a strong foundation. Coaches approval required!

<b>Tues, Feb 20 - April 9</b> <b>6:00 - 7:00 pm</b> \$66	<b>Wed, Feb 21 - April 10</b> <b>5:00 - 6:00 pm</b> \$66
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### Advanced Beginners (Coach Approval)

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility.

<b>Thurs, Feb 22 - April 11</b> <b>6:00 - 7:00 pm</b> \$66	<b>Sat, Feb 24 - April 13</b> <b>1:15 - 2:15 pm</b> \$66	<b>Mon, Feb 26 - April 8</b> <b>5:00 - 6:00 pm</b> \$57
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### Flips (Coach Approval)

Grow and develop as a gymnast as you continue to practice advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as round-offs and walkovers on floor, along with hip circles and pullovers on bars is required. Gymnasts must possess basic strength and flexibility.

<b>Tues/Thurs, Feb 20 - April 11</b> <b>7:00 - 8:15 pm</b> \$131.25	<b>Sat, Feb 24 - April 13</b> <b>1:15 - 2:30 pm</b> \$66
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### Open Gym

Explore gymnastics in an unstructured environment with the help of experienced coaches. Open to all ages, for the purposes of sparking a passion for gymnastics skills in a safe setting. Parents must accompany children ages 7 and younger. All sessions are \$15/child.

Open Gym is from 10:15 - 11:15 am on the following days:

<b>Sat, Feb 24</b>	<b>Sat, March 23</b>
<b>Sat, March 2</b>	<b>Sat, April 6</b>
<b>Sat, March 9</b>	<b>Sat, April 13</b>
<b>Sat, March 16</b>	

### Private Lessons

Private lessons offer your child an opportunity to work on specific skills that they have been trying to improve. Working 1 on 1 with our experienced coaches will help them achieve their goals and boost their confidence in the gym. Private lessons must be arranged and approved with the lead gymnastics instructor prior to registration. Please email [kaiatautges@gmail.com](mailto:kaiatautges@gmail.com) to schedule.

**Days and times as scheduled with lead gymnastics instructor**  
\$63.59/hour





# YOUTH ENRICHMENT

## NINJA WARRIOR

All Ninja Classes take place at Conquer Ninja Woodbury Gym:  
707 Commerce St. Ste 120, Woodbury, MN 55125

### Intro to Ninja (Ages 5-8)

Ninjas develop strength and agility during this 8 week-long course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

**Wed, Jan 10 - Feb 28**  
4:00 - 5:00 pm  
\$160

**Wed, March 6 - April 24**  
4:00 - 5:00 pm  
\$160

**Wed, Jan 10 - Feb 28**  
5:00 - 6:00 pm  
\$160

**Wed, March 6 - April 24**  
5:00 - 6:00 pm  
\$160

### Conquer Ninja Rec Team (Ages 6-13)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. The Conquer Rec Team is designed for youth, ages 6-9 and 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their ninja skills with over forty different obstacles! This eight week-long Rec Team consists of six practices and two competitions (weeks 4 and 8).

#### AGES 6-9

**Fri, Jan 5 - Feb 23**  
4:00 - 5:00 pm  
\$185

**Fri, Jan 5 - Feb 23**  
5:00 - 6:00 pm  
\$185

**Fri, March 1 - April 26**  
*No class March 29*  
4:00 - 5:00 pm  
\$185

#### AGES 8-13

**Fri, Jan 5 - Feb 23**  
6:15 - 7:15 pm  
\$185

**Fri, March 1 - April 26**  
*(No class March 29)*  
5:00 - 6:00 pm  
\$185

**Fri, March 1 - April 26**  
*(No class March 29)*  
6:15 - 7:15 pm  
\$185

## Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer.

**Sat, Jan 6 - Feb 24**  
9:00 - 10:00 am  
\$225, 2nd child \$75

**Sat, March 2 - April 27**  
9:00 - 10:00 am  
\$225, 2nd child \$75

## Parents Day Out

No school - no problem! Drop off your kids at Conquer Ninja for two hours of fun and activities. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all ninja inspired obstacles! During this two-hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active! All classes are coached by an experienced Ninja Trainer.

**Mon, Jan 15**  
9:00 - 11:00 am  
\$40

**Mon, Feb 19**  
9:00 - 11:00 am  
\$40

# YOUTH ENRICHMENT

## ATHLETICS

### After School Floor Hockey Camp (Grades K-5)

DASH Sports floor hockey camps provide players a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stick-handle, pass, shoot, and play defense in a fun and positive environment. Camp ends with games/scrimmages on the final day Athletes should bring a water bottle and a snack. Sticks and pucks are provided.

**Tues, Jan 23 - Feb 13**  
3:45 - 4:45 pm, Kaposia  
\$65

### Floor Hockey Tykes (Ages 3-6)

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of floor hockey.

**Tues, Jan 23 - Feb 13**  
5:00 - 5:30 pm, Kaposia  
\$65







## After School Basketball Camp (Grades K-5)

DASH Sports basketball camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camps ends with scrimmages/games on the final day. Athletes should bring a water bottle. Balls are provided.

**Tues, Feb 20 - March 19**  
**3:45 - 4:45 pm, Kaposia**  
\$79

## Basketball Tykes (Ages 2-6)

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Parent participation is encouraged when necessary.

<b>Tues, Feb 20 - March 19</b> <b>5:00 - 5:30 pm, Kaposia</b> \$65	<b>Tues, Feb 20 - March 19</b> <b>5:45 - 6:15 pm, Kaposia</b> \$65
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## After School Soccer Camp (Grades K-5)

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of ‘Respect, Hustle, and Pride’. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional). Balls are provided.

**Tues, April 9-30**  
**3:45 - 4:45 pm, Kaposia**  
\$75

## Soccer Tykes (Ages 2-6)

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of soccer.

<b>Tues, April 9-30</b> <b>5:00 - 5:30 pm, Kaposia</b> \$60	<b>Tues, April 9-30</b> <b>5:45 - 6:15 pm, Kaposia</b> \$60
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## After School Baseball Camp (Grades K-5)

DASH Sports summer T-ball/Baseball camps provide players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and base-running will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of ‘Respect, Hustle, and Pride’. Camp ends with a scrimmage the final day. Athletes should bring a water bottle, snack, and a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

**Tues, April 9 - 30**  
**3:45 - 4:45 pm, Kaposia**  
\$69

## T-Ball Tykes (Ages 2-5)

Dash Sports soccer Tykes camps provide players with an introductory experience to the game of soccer. Parent participation is encouraged when needed.

<b>Tues, April 9 - 30</b> <b>5:00 - 5:30 pm, Kaposia</b> \$65	<b>Tues, April 9 - 30</b> <b>5:40 - 6:10 pm, Kaposia</b> \$65
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## After School Track & Field Camp (Grades K-5)

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

**Tues, May 7 - 28**  
**3:45 - 4:45 pm, Kaposia**  
\$69

## Track & Field Tykes (Ages 3-5)

Dash Sports Track & Field Tykes camps provide players with an introductory experience to track & field.

**Tues, May 7 - 28**  
**5:00 - 5:45 pm, Kaposia**  
\$65

## After School Flag Football (Grades K-5)

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of ‘Respect, Hustle, and Pride’. Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats and mouth guards are optional). Footballs and flag belts are provided. Instructor: DASH Sports.

**Mon, May 6 - June 3** *(no class May 27)*  
**3:45 - 4:45 pm, Kaposia**  
\$70

## Flag Football Tykes (Ages 3-5)

Dash Sports flag football Tykes camps provide players with an introductory experience to the great game of football in a little to no contact safe environment. Parent participation is encouraged when needed.

**Mon, May 6 - June 3** *(no class May 27)*  
**5:00 - 5:30 pm, Kaposia**  
\$65





# YOUTH ENRICHMENT

## AQUATIC LESSONS

### Parent/Tot & Preschool 1 (Ages 6 months-3 yr)

#### Parent/Tot with Parent

Learn to enjoy the water safely with your child for ages 6 to 36 months accompanied by a parent or guardian in the water.

**Registration tip:** Children, at the age of 3, may register for Preschool 1 to be in a class without a parent or Preschool 1 with parent if the parent or guardian would like to accompany the child in the class.

#### Preschool 1 with Parent

Preschoolers in the Parent Child class learn skills with the comfort of a parent or guardian in the water.

**Skills performed with flotation include:**

- Enter and exit the water safely
- Submerge and explore underwater
- Glide and recover on front and back
- Float on back
- Roll over front to back, back to front
- Swim on front and back, 5 yd.

**Registration tip:** Upon completion of required skills, children ages 3 to 5 should register for Preschool 2. Children ages 5 and up should register for Learn-to-Swim Lessons: Level 1.

**Mon/Wed, Jan 3 - 31**  
*(no class Jan 15)*  
**11:15 - 11:40 am**  
\$70

**Mon/Wed, Feb 5 - March 4**  
*(no class Feb 19)*  
**11:15 - 11:40 am**  
\$70

**Mon/Wed, Jan 3 - 31**  
*(no class Jan 15)*  
**11:45 am - 12:10 pm**  
\$70

**Mon/Wed, Feb 5 - March 4**  
*(no class Feb 19)*  
**11:45 am - 12:10 pm**  
\$70



### Preschool (Ages 3-5)

#### Preschool Level 1

Preschoolers learn to enjoy water safety and perform basic skills.

**Skills performed with flotation include:**

- Enter and exit the water safely
- Submerge and explore underwater
- Glide and recover on front and back
- Float on back
- Roll over front to back, back to front
- Swim on front and back, 5 yd.

**Registration tip:** Upon completion of required skills, children ages 3 to 5 should register for Preschool 2. Children ages 5 and up should register for Learn-to-Swim Lessons: Level 1.

#### Preschool Level 2

Preschoolers experience success with fundamental skills.

**Skills performed with assistance include:**

- Jump into shoulder-deep water
- Submerge and explore underwater
- Float and glide on front and back
- Roll over front to back, back to front
- Tread water, 15 sec.
- Swim on front and back, 5 yd.

**Prerequisite:** Children must have completed Preschool 1 or have equivalent skills.

**Registration tip:** Upon completion of required skills, children ages 3 to 5 should register for Preschool 3. Children, ages 5 and up should register for Learn-to-Swim Lessons: Level 2.

#### Preschool Level 3

Preschoolers build on the skills learned in Preschool 2.

**Skills include:**

- Jump into shoulder-deep water
- Holding hold breath under water, bobbing and rotary breathing
- Float and glide on front and back
- Tread water, 30 sec.
- Change direction while swimming
- Swim on front and back, 15 yd.

**Challenge skills:** front crawl and elementary backstroke

**Prerequisite:** Children must have completed Preschool 2 or have equivalent skills.

**Registration tip:** Children, ages 5 and up that complete Preschool 3, should register for Learn-to-Swim Lessons: Level 2.

**Mon/Wed, Jan 3 - 31**  
*(no class Jan 15)*  
**10:00 - 10:30 am**  
\$80

**Mon/Wed, Feb 5 - March 6**  
*(no class Feb 19, March 4)*  
**10:00 - 10:30 am**  
\$80

**Mon/Wed, Jan 3 - 31**  
*(no class Jan 15)*  
**10:35 - 11:05 am**  
\$80

**Mon/Wed, Feb 5 - March 6**  
*(no class Feb 19, March 4)*  
**10:35 - 11:05 am**  
\$80



## Learn-to-Swim Lessons: Level 1 & 2 (Ages 5+)

### Level 1 - Introduction to Aquatic Skills

Participants, ages 5 and up, become comfortable in the water learning basic skills.

**Skills performed with assistance include:**

- Enter and exit the water safely
- Submerge and explore underwater
- Glide on front and back
- Float on back
- Explore treading
- Roll over: front to back, back to front
- Swim on front and back, 5 yd.

**Exit Skills:**

- Enter unassisted, move 5 yd., bob 4 times and exit the water
- Front glide 2 yd., roll to back and float 5 sec., recover to vertical

**Registration tip:** Upon completion of required skills register for Learn-to-Swim Lessons: Level 2.

### Level 2 - Fundamental Aquatic Skills

Participants, ages 5 and up, experience success with fundamental skills.

**Skills include:**

- Jump into shoulder-deep water
- Breath control, bobbing and rotary breathing
- Float and glide on front and back
- Roll over: front to back, back to front
- Change direction while swimming
- Tread water, 15 sec.
- Swim on front and back, 15 yd.

**Exit Skills:**

- Jump into shoulder-deep water, tread water or float 15 sec., swim on front and/or back for 5 yd. and exit the water
- Back float 15 sec., roll to front and recover to a vertical position
- Swim on front 5 yd., roll to back and float 15 sec., roll to front and continue swimming 5 yd.

**Prerequisite:** Children must have completed Preschool 2 or Learn-to-Swim Lessons: Level 1 or have equivalent skills.

**Registration tip:** Upon completion of required skills, register for Learn-to-Swim Lessons: Level 3.

**Mon/Tues, Jan 2 - Feb 5**

*(no class Jan 15, 23)*

**6:15 - 7:00 pm**

\$120

**Mon/Tues, Feb 5 - March 12**

*(no class Feb 19, March 4, 5)*

**6:15 - 7:00 pm**

\$120

## Learn-to-Swim Lessons: Level 3 & 4 (Ages 5+)

### Level 3 - Stroke Development

Participants, ages 5 and up, achieve basic swimming competency learning front crawl and elementary backstroke.

**Skills performed include:**

- Jump into deep water
- Kneeling dive
- Survival float, back float and tread water
- Breaststroke kick, dolphin kick, scissors kick, 25 yd. each
- Front crawl and elementary backstroke, 15 yd. each

**Exit Skills:**

- Jump into deep water, tread water or float for one minute, rotate one full turn and swim front crawl or elementary backstroke 25 yd.
- Swim front crawl, 15 yd. and elementary backstroke 15 yd.

**Prerequisite:** Children must have completed Learn-to-Swim Lessons: Level 2 or have equivalent skills.

**Registration tip:** Upon completion of required skills, register for Learn-to-Swim Lessons: Level 4.

### Level 4 - Stroke Improvement

Participants, ages 5 and up, improve swimming skills, increase endurance and learn back crawl, breaststroke, butterfly and sidestroke.

**Skills include:**

- Standing dive
- Feet-first surface dive and swim underwater
- Survival swim, 1 min.
- Tread water, 2 min.
- Front crawl and elementary backstroke, 25 yd. each
- Back crawl, breaststroke, butterfly and sidestroke, 15 yd. each

**Exit Skills:**

- Jump into deep water, swim front crawl 25 yd. and elementary backstroke 25 yd.
- Swim breaststroke 15 yd. and back crawl 15 yd.
- Swim under water 5 yd.

**Prerequisite:** Children must have completed Learn-to-Swim Lessons: Level 3 or have equivalent skills.

**Registration tip:** Upon completion of required skills, register for Learn-to-Swim Lessons: Level 5.

**Mon/Tues, Jan 2 - Feb 5**

*(no class Jan 15, 23)*

**7:05 - 7:50 pm**

\$120

**Mon/Tues, Feb 5 - March 12**

*(no class Feb 19, March 4, 5)*

**7:05 - 7:50 pm**

\$120



## YOUTH ENRICHMENT

### BRAIN BUSTERS

### ACT Prep

This class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management. Students who complete a course may repeat the course as often as they wish, free of charge. For more information, call 612-222-5108 or visit [www.advantageprep.net](http://www.advantageprep.net).



**Sat, Jan 13 - Feb 3**

**9:00 am - 12:00 pm**

\$180, virtual

**Sat, Feb 10 - March 2**

**9:00 am - 12:00 pm**

\$180, virtual

**Sat, March 9 - April 6**

**9:00 am - 12:00 pm**

\$180, virtual

**Sat, May 4 - June 1**

**9:00 am - 12:00 pm**

\$180, virtual

**Self-Paced Online Course**

\$80



# KIDS' CHOICE

## SCHOOL-AGE CARE

The South St. Paul Kids' Choice School-Age Care Program is a place where we create a safe atmosphere for youth to develop into self-confident, culturally enriched, compassionate leaders who embrace life-long learning and desire to make a positive change in the world. Kids' Choice operates year round in each of the elementary school buildings. We offer programming before and after school, on non-school days and during the summer for youth in grades K-6. Here at Kids' Choice, students have a voice and we give them skills to become great leaders!

**Non-refundable registration fee of \$40 per child.**

**The below fees are for the remainder of the 2023-24 school year.  
Summer Kids' Choice and 2024-25 School Year prices have not been set.**

### KAPOSIA EDUCATION CENTER

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30 - 8:50 am	5	\$12/day
Before School - Part-Time	6:30 - 8:50 am	1-4 days	\$15.25/day
Before School Drop-in	6:30 - 8:50 am	--	\$20.25/day
After School - Full-Time	3:35 - 6:00 pm	5 days	\$13/day
After School - Part-Time	3:35 - 6:00 pm	1-4 days	\$16.50/day
After School Drop-in	3:35 - 6:00 pm	--	\$21.50/day
School Release Day Before Deadline	6:30 am - 5:30 pm	--	\$40/day
School Release Day After Deadline	6:30 am - 5:30 pm	--	\$44/day

### LINCOLN CENTER

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30 - 8:20 am	5	\$10/day
Before School - Part-Time	6:30 - 8:20 am	1-4 days	\$12.50/day
Before School Drop-in	6:30 - 8:20 am	--	\$17.75/day
After School - Full-Time	3:00 - 6:00 pm	5 days	\$15/day
After School - Part-Time	3:00 - 6:00 pm	1-4 days	\$19/day
After School Drop-in	3:00 - 6:00 pm	--	\$24/day
School Release Day Before Deadline	6:30 am - 5:30 pm	--	\$40/day
School Release Day After Deadline	6:30 am - 5:30 pm	--	\$44/day

- Full-Day – Full-Time registrations will receive priority.
- Fees are based on enrollment, not attendance. Tuition refunds or credits will not be given for emergency school closing days, absences, illness (including COVID related), or vacations.
- Fees are subject to change.
- A \$10 fee will be charges per month for late tuition
- Late pickup fee: A fee of \$10 per each 15 minutes, or portion thereof past 6:00 p.m. is charged for late pick-ups





# SOUTH ST. PAUL EARLY LEARNING



**REGISTRATION  
OPENS  
December 18**

## EARLY CHILDHOOD/FAMILY EDUCATION & PRESCHOOL

**The early years of childhood form the basis of intelligence, personality, social behavior, and capacity to learn as an adult.**

The early years matter because hundreds of connections in the brain are being formed every second! These connections build the brain and impact learning, behavior and health. Children who have Early Childhood/Preschool experiences enter kindergarten with improved school performance, higher math and language abilities; sharpened thinking/attention skills, and stronger interactions with peers and fewer behavior problems. Get ready for kindergarten with South St. Paul Early Learning!



**Scan to register for  
classes on December 18**



SOUTH ST. PAUL PUBLIC SCHOOLS  
**E.C.F.E.**  
Early Childhood Family Education

SOUTH ST. PAUL  
COMMUNITY  
PRESCHOOL





# SOUTH ST. PAUL EARLY LEARNING

The South St. Paul Early Learning mission is to strengthen families through education and support for all parents; to provide the best possible environment for the healthy growth and development of their children through research-based instructional/learning strategies. Parents are their children's first and most important teacher and ECFE staff are here to support you. All families are welcome and invited to attend!



## EARLY LEARNING OFFICE

### Family Education Center

104 5th Ave S, South St Paul

Open Monday - Friday, 8:00 am - 4:00 pm

651-457-9418

[earlylearning@sspps.org](mailto:earlylearning@sspps.org)

<https://earlylearning.sspps.org>

## EARLY LEARNING OFFICE

**Director of Community Ed and Early Learning:** Jeanne Zehnder

**Early Learning Coordinator:** Kristen Sammartano-Weeks

**Administrative Assistant:** Lu Campbell

**Early Learning Cultural Liaison:** Maria Teresa Castellanos

**Parent Educator:** Patty Cooper

**Early Learning Assistants:** Denise Geldernick and Katie Tigan

## EARLY CHILDHOOD AND FAMILY EDUCATION

Children learn and develop more in the first five years than they do at any other time in their lives and most of this learning takes place in the home environment. For this reason, Early Childhood Family Education (ECFE) includes young children and parents. Classes are designed for parents and children from birth to kindergarten.

## PROGRAM GOAL

The goal for Early Childhood and Family Education is to strengthen families through education and support with research-based child development information. The foundation of early learning is building close relationships between caregivers and children. Creating a rich learning environment by talking to your child and allowing them to explore is essential to physical and mental growth.

## ECFE IS...

- For all families in the South St. Paul School District with children from birth up to kindergarten, other district residents welcome, but SSPPS families will receive registration priority
- A fun, informal place to meet, learn and play with other children and parents
- Creative play and learning activities for all families
- Here to provide the best possible start for children and for you

## PROGRAMS INCLUDE:

- Early Childhood Family Education (ECFE)
- Early Childhood Screening
- Community Preschool

You are your child's first and most significant teacher! Check out our programs to support you too.

### Separating Classes

- Begin with Parent-Child Time...Activities and playtime together appropriate to the age of the child.
- Then, Parent Discussion...meet with other parents and a licensed parent educator to share, learn and gain support on parenting, child development, discipline and current issues
- Children remain in the early childhood classroom and participate independently and learn through guided play; individual, small and large group, including snack time, stories and songs to promote growth in all areas
- Parents and children end class together at circle time

### Non-Separating Classes

Parents and children play, explore, and learn together. ECFE rooms are designed with learning centers so children learn through interaction with their environment.



# EARLY LEARNING

## ECFE DAY CLASSES

### FREE- Baby and Me *(non-separating)*

Join anytime during the session. Register online or call the Early Learning office to check class availability. The first year is filled with lots of questions, incredible discoveries and first experiences. Share joys, concerns and gain parenting tips in your new role. Find out how to stimulate your baby's brain and development! Listen to a story, sing songs and have fun together.

**Mon, Jan 29 - May 13** *(No class Feb 19, March 25)*

**10:15 - 11:15 am**

Ages birth-12 months

### Tiny Tots *(non-separating)*

Your one-year old is busy, curious and ready to play! Enjoy playing with your little one in a safe environment designed for exploring and lots of movement! Important social and emotional skills are developing during this time. Learn the hows and whys of this stage.

**Mon, Jan 29 - May 13** *(No class Feb 19, March 25)*

**9:00 - 10:00 am**

Ages 12-24 months

### Mixed Ages *(separating)*

One child or more, learn together in our mixed ages class! A variety of hands-on learning opportunities promote growth in social skills, language and literacy and problem solving with peers.

**Tues, Jan 30 - May 14** *(No class March 26)*

**9:00 - 11:00 am**

Ages 2-Kindergarten enrollment

**Thurs, Feb 1 - May 16** *(No class March 28)*

**12:00 - 2:00 pm**

Ages 2-Kindergarten enrollment

### Young Toddlers *(separating)*

Young toddlers are full of energy, independence and curiosity! Join us in activities designed for self-discovery, developing confidence in talking, self-help skills in a variety of sensory experiences.

**Wed, Jan 31 - May 15** *(No class March 27)*

**9:00 - 11:00 am**

Ages 18-30 months

### Terrific Twos and Threes *(separating)*

Children learn through hands-on and movement activities especially in this curious, busy, on-the-go age. Explore, create and delight in the new discoveries in the child's classroom. Meet your need to find out more about two and three-year old development stages and how to better respond to everyday challenges with your child.

**Thurs, Feb 1 - May 16** *(No class March 28)*

**9:00 - 11:00 am**

Ages 2-3 years



# EARLY LEARNING

## SHORT SESSIONS AND DROP-IN PLAY

### Evening Play and Learn *(non-separating)*

Caregivers and children join our early learning staff for fun activities with your child. The evening will include a circle time and enriching activities to go along with a theme.

#### REGISTRATION REQUIRED FOR EACH SESSION

All sessions are 6:00 - 7:30 pm for ages 2.5 - Kindergarten

##### Session 1

Mon, Jan 29 - Feb 26

\$12/child

##### Session 2

Mon, March 4 - 18

\$9/child

##### Session 3

Mon, April 1 - 22

\$12/child

##### Session 4

Mon, April 29 - May 13

\$9/child

### FREE- Little Ones Drop-In Playtime *(non-separating)*

Non-structured play-time for you and your little one.

**Thurs, Feb 1 - May 16** *(No class March 28)*

**5:00 - 6:30 pm**

Ages birth-24 months

### Drop-In Play *(non-separating)*

Families from South St. Paul are welcomed on a first-come, first served basis until room capacity is reached. Parents are responsible for the care and supervision of their children. No strollers please! Come anytime during the first hour; leave when you need to. Licensed teachers are available to share parenting tips, information on child development, community resources, and answer questions. Please bring your child's Immunization Record to the first Drop-In Play you attend. Ages 0-5, \$3/family.

**Tues, Jan 30 - May 14** *(No class March 26)*

**6:00 - 7:30 pm**

**Wed, Jan 31 - May 15** *(No class March 27)*

**2:30 - 4:00 pm**

**Fri, Feb 2 - May 17** *(No class March 8, 29, April 26)*

**9:00 - 11:00 am**





# EARLY LEARNING

## FAMILIAS LATINAS

### COMIENZOS SANOS

#### ¿Embarazada? ¿Un bebé recién nacido?

Queremos darle la bienvenida a usted y su bebé al distrito escolar #6! Las visitas de bienvenida se pueden hacer en casa o en nuestro centro de educación infantil para:

- Prepararse para su bebé
- Consejos e información sobre el desarrollo del embarazo y cuidado del bebé
- Supervisión del peso del bebé
- Contestar sus preguntas en general
- Recibir una bolsa de regalos de bienvenida

### REGISTRESE EN SU DISTRITO ESCOLAR

Todos los residentes del distrito escolar deben registrarse incluyendo:

- Bebés recién nacidos y niños en edad preescolar
- Nuevas familias en el distrito
- Tener su nombre registrado en el distrito escolar asegura que usted reciba información sobre:
  - Programas de ECFE
  - Evaluación del desarrollo infantil
  - Preescolar de la comunidad
  - Inscripción para Kinder y más

**llamar para registrarse en la clase 651-306-3644**

## Clases Para Las Familias Latinas

Educación temprana para sus hijos de cero a 5 años de edad. Experiencias positivas que influyen en el desarrollo de los niños donde aprenden habilidades sociales/ emocionales, desarrollo del lenguaje y matemáticas. El aprendizaje es a través del juego, leyendo, cantando y divirtiéndose.

En esta clase los Padres de Familia aprenden como construir un mejor futuro para sus hijos y como involucrarse más su educación. También obtienen información sobre áreas de Desarrollo infantil, Relaciones entre Padres e Hijos, Desarrollo Familiar, la Cultura y Recursos de la Comunidad e inglés cotidiano.

#### Las Familias Latinas - Martes

Martes, Enero 30 - Mayo 14 (no hay clases marzo 26)

12:00 pm - 2:00 pm

#### Las Familias Latinas - Miercoles

Miercoles, Enero 31 - Mayo 15 (no hay clases marzo 27)

12:00 pm - 2:00 pm

# EARLY LEARNING

## INFORMATION & REGISTRATION

### CLASS CANCELLATION AND REFUNDS

- SSP ECFE wants every parent to have the opportunity to participate
- The program reserves the right to cancel classes or sibling care due to low enrollment; your fee will be refunded and you will be notified
- If you cancel a registration before class begins, a full refund will be made, less a \$10 handling fee
- If enrollment in your class choice is full and we are unable to fit you into another class, a full refund will be made
- No refunds are given after the first class is held
- Fees for canceled days due to district closing, staff professional days, or emergencies are not refunded

### IMMUNIZATION REQUIREMENT

Minnesota requires all children entering child care, early childhood programs, and elementary or secondary schools (public or private), have up-to-date immunizations on file with the provider.

The school district will follow up on each child enrolled as required by law. You must bring your child's immunization record on or before the first day of class. Any child who does not have up-to-date immunizations on the first day will not be allowed to attend.

### SSPPS SCHOOL CENSUS

Have you registered your baby, toddler, or preschooler with SSPPS?

Having your child's name on the census helps us keep you informed of:

- Early childhood screenings and important milestones
- Registration information for Preschool and Kindergarten

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan, changed your phone number, or had a new baby, you will need to update your census information.

### EARLY LEARNING ADVISORY COUNCIL

The Early Learning Advisory Council (ELAC) is a volunteer organization that supports and assists the SSP early learning programs: Community Preschool and ECFE. ELAC sponsors family events, community outreach programs, engages with local government, and raises funds for special projects and program enhancements. ELAC is always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email [sspelac@gmail.com](mailto:sspelac@gmail.com).

### MINNESOTA READING/MATH CORPS

The goal of the MN Reading/Math Corps is to help every child become a successful reader by the end of third grade. Research shows this starts even earlier than preschool! To expand your child's development, each classroom will implement strategies from Reading/Math Corps in large and small groups. All classrooms will have a literacy rich environment and schedule to promote skill building and active learning.





# REGISTRATION

Beginning December 18, 2023, online registration is available at <https://tridistrict.ce.eleyo.com> (or scan the QR code)

Or return a completed registration form (on back) and payment to:  
**Family Education Center**  
104 5th Avenue S, South St. Paul, MN 55075  
Bring a completed immunization record to class or fax to our office



## SIBLING CARE

- If you will need sibling care during the session, you must reserve a spot with your registration. Infants under eight weeks may remain with parent.
- Bring a blanket or any other “comfort” item your child uses at home.
- Make sure your children in sibling care are fed and dry before separating. If necessary, we will call you.
- Registration and payment are made when you register for class.
- If we are unable to provide care for your child, you will be notified by phone before the session begins.
- Sibling care spots are limited to maintain adult and children ratios
- **If you need to bring an extra child to class or sibling care, this must be approved by calling the ECFE office at 651-457-9418.** (This is for the safety of the children in class and to assure that we have correct ratios for our staffing.)

There is a fee of \$6 per child per time for the extra child and this is payable to ECFE office or to the teacher.

## FEES

- Personal check, cash, MasterCard, Discover, or VISA cards accepted
- The class fee scale below applies to ECFE 14-17 week sessions, find the column your household size and yearly income fit and follow the column down to see fees for the specific class length and sibling care time
- If unsure of fee scale, call 651-457-9418
- Fees for other programs and activities are listed at the end of each class description
- No one will be denied participation due to inability to pay

Household Size and Total Yearly Household Income				
2	up to \$20,709	\$20,710 - \$29,471	\$29,472 - \$38,233	\$38,234 or more
3	up to \$26,117	\$26,118 - \$37,167	\$37,168 - \$48,217	\$48,218 or more
4	up to \$31,525	\$31,526 - \$44,863	\$44,864 - \$58,201	\$58,201 or more
5	up to \$36,933	\$36,934 - \$52,559	\$52,560 - \$68,185	\$68,186 or more
6	up to \$42,341	\$42,342 - \$60,255	\$60,256 - \$78,169	\$78,170 or more
7	up to \$47,749	\$47,750 - \$67,951	\$67,952 - \$88,153	\$88,154 or more
8	up to \$53,157	\$53,158 - \$75,647	\$75,648 - \$98,137	\$98,138 or more
Class Length	FREE	80% Discount	50% Discount	Full Price
1 hour	\$0	\$25	\$63	\$126
2 hour	\$0	\$46	\$116	\$232
Sibling Care (per child) or additional child in same class				
1 hour	\$0	\$9	\$22	\$45
2 hour	\$0	\$14	\$34	\$68

# ECFE REGISTRATION FORM

Parent/Guardian (Legal Name)

Child Attending	Birthdate	Gender	Class/Event
Child Attending	Birthdate	Gender	Class/Event
Sibling Care Child	Birthdate	Gender	Class/Event

Do any children require B-3 Services?

Any child allergies, health or physical concerns we should be aware of:

Address

City/State/Zip

Home Phone	Work/Cell Phone
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Email

Ethnic information is used for reporting ethnic composition for administrative and Office of Civil Rights purposes. It will be treated in accordance with the Federal Data Privacy Act of 1974 and State of Minnesota Privacy Law. Is the student Hispanic/Latino? \_\_\_\_\_  
  
Regardless of your answer above, please continue to answer by circling one or more to indicate this student's race:  
American Indian/Alaska Native  
Asian  
Black/African American  
Native Hawaiian/Other Pacific Islander  
White

PAYMENT

Class Fee	Sibling Care Fee
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Fee assistance request- I am able to pay:

Visa/MC/Discover #	Exp. Date
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Cardholder Signature

Circle for Cash	Check # _____ or money order (Payable to Special School District 6)
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ECFE FORMULARIO DE INSCRIPCIÓN

Nombre del padre/tutor			
Nombre del niño	Fecha de Nacimiento	Género	Clase o evento
Nombre del niño	Fecha de Nacimiento	Género	Clase o evento
Cuidado de hermanos	Fecha de Nacimiento	Género	Clase o evento
Servicios de Nacimiento a Tres			
Alguna alergia, problema fisico o de salud que deberíamos saber:			
Address Calle y número (incluya el número del apartamento)			
Ciudad/Estado/código postal			
Teléfono (Casa)		(Cel)	
Email			
<b>Origen Étnico</b> Esta información se usa para reportar la composición étnica para propósitos administrativos y para la Oficina de Derechos Cívicos. Será tratada de acuerdo a la Ley Federal Data Privacy de 1974 y de la Ley de Privacidad del Estado de Minnesota. Es estudiante Hispano/Latino? _____			
Independientemente de su respuesta anterior, por favor continúe checando lo siguiente para indicar la raza del estudiante: Indo Americano/Nativo Alaska Asiático Negro/Africano Americano Hawaiano/Islas Pacífico Blanco			
PAGO			
Clase Cuota	Cuidado de hermanos Cuota		
Solicitud de beca. Yo puedo pagar:			
Número de Tarjeta de crédito		Fecha de caducidad	
Firma			
Efectivo	Check # _____ Cheque o giro postal adjunto, a nonbre de: Special School District 6		

EARLY LEARNING

EARLY CHILDHOOD SCREENING

Do you have a 3-year-old? Come and see us! Early Childhood Screenings are free and provide a valuable snapshot of your child’s development as you begin to prepare for kindergarten. Our goal is to meet and get to know every family with young children in our district before they turn 4 years old. You can learn more about how your child is growing and developing, and go home with advice, support, and resources.

WHY IS THIS VISIT IMPORTANT?

- Every child is different. We can help your child build on their strengths to get ready for school learning.
- Children’s brains grow the fastest in the first three years of life.
- The sooner we see you, the more we can offer!

HOW IT HELPS YOUR CHILD

- Get their hearing, vision, height, and weight checked.
- Find out more about how they play, talk, and develop.
- The go home with a free book!

MAKE YOUR EARLY CHILDHOOD SCREENING  
APPOINTMENT TODAY, 651-457-9418

LA EVALUACIÓN DEL DESAROLLO DEL NIÑO:

La evaluación se realiza entre los 3 ½ y 4 años de edad, antes de entrar al Kinder. Son gratis y se ofrece una variedad de horarios para las citas.

La evaluación consiste en los siguientes ex ámenes:

- Oído
- Vista
- Comunicación y lenguaje
- Desarrollo social y emocional
- Habilidad motriz
- Registro de Inmunizaciones

Recibirá información de:

- Desarrollo de su hijo(a)
- Cómo prepararlo para el Kinder
- Recursos para la escuela y para los padres

LLAME O ENVÍE UN CORREO ELECTRÓNICO  
PARA RESERVAR SU CITA, 651-306-3644

HELP ME GROW

There are several programs available to help children who are showing delays in understanding concepts, speech and language, motor development, vision or hearing, and social skills. Your child may be eligible for a developmental assessment and services designed to help him/her grow.



HelpMeGrowMN.org  
1-866-693-4769

Ages Birth to Three: 651-306-3682  
Ages Three to Six: 651-457-9497







# PRESCHOOL

## 2023-24 SCHOOL YEAR INFORMATION

South St. Paul offers excellent preschool programs for children ages 3 years to kindergarten enrollment.

Our teachers strive to promote children's love of learning and curiosity through an intentionally planned "hands-on" learning environment, designed to foster the development of the whole child. Young children learn best through active involvement, in order to learn about themselves, other people and the world around them.

Our preschool classrooms encourage active exploration, investigation, and play in a variety of learning centers, plus individual, small and large group activities. Children are guided to question, solve problems and express themselves. Teachers respect and understand the uniqueness of each child.



### KAPOSIA EDUCATION CENTER

ALL DAY	9:10 am - 3:25 pm
HALF DAY AM	9:10 am - 11:55 am
HALF DAY PM	12:40 pm - 3:25 pm

### LINCOLN CENTER

ALL DAY	8:25 am - 2:50 pm
HALF DAY AM	8:25 am - 11:10 am
HALF DAY PM	12:05 pm - 2:50 pm

### 4-YEAR-OLD PRESCHOOL- FREE

Thanks to a grant from the State of Minnesota, students who are four years old by September 1, 2023 can attend SSP Preschool for **FREE**. This includes both all-day and half-day options for the 2023-24 school year at both Lincoln and Kaposia.

### 3-YEAR-OLD PRESCHOOL

**Monday, Wednesday, Friday- \$185/month\***  
For children who will be three years old by September 1, 2023  
Monday, Wednesday, Friday half days, \$40 registration fee

**Tuesday, Thursday- \$125/month\***  
For children who will be three years old by September 1, 2023  
Tuesday, Thursday half days AM only, \$40 registration fee

*\*Class offerings and fees are subject to change*

### SCHOLARSHIPS

A limited numbers of scholarships are available for 3-year-old Preschool.  
For more information call: 651-457-9418.

**Children must be fully toilet trained and independent in the bathroom in order to attend preschool.**

## HORARIOS Y TARIFAS DE PREESCOLAR

South St. Paul ofrece excelentes programas preescolares para niños desde los 2 años y medio hasta la inscripción al jardín de infantes.

Nuestros maestros se esfuerzan por promover el amor por el aprendizaje y la curiosidad de los niños a través de un entorno de aprendizaje "práctico" planificado intencionalmente, diseñado para fomentar el desarrollo del niño en su totalidad. Los niños pequeños aprenden mejor a través de la participación activa, para aprender sobre sí mismos, otras personas y el mundo que los rodea.

Nuestras aulas de preescolar fomentan la exploración activa, la investigación y el juego en una variedad de centros de aprendizaje, además de actividades individuales, en grupos pequeños y grandes. Los niños son guiados a cuestionar, resolver problemas y expresarse. Los maestros respetan y entienden la singularidad de cada niño.

### KAPOSIA EDUCATION CENTER

TODO EL DÍA	9:10 am - 3:25 pm
MAÑANA	9:10 am - 11:55 am
TARDE	12:40 pm - 3:25 pm

### LINCOLN CENTER

TODO EL DÍA	8:25 am - 2:50 pm
MAÑANA	8:25 am - 11:10 am
TARDE	12:05 pm - 2:50 pm

### PREESCOLAR DE 4 AÑOS - GRATIS

Gracias a una subvención del Estado de Minnesota, los estudiantes que tengan cuatro años antes del 1 de septiembre de 2022 pueden asistir a Kaposia y Lincoln Center de forma gratuita. Esto incluye opciones de todo el día y de medio día para el año escolar 2023-24.

### PREESCOLAR DE 3 AÑOS

**Lunes, Miércoles, Viernes - \$185/mes\***  
Para niños que cumplirán tres años antes del 1 de septiembre de 2023  
Lunes, Miércoles, Viernes medio día, Hay una cuota de inscripción de \$40

**Martes, Jueves - \$125/mes\***  
Para niños que cumplirán tres años antes del 1 de septiembre de 2023  
Martes, Jueves medio día, Hay una cuota de inscripción de \$40

*\*Clases y las tarifas están sujetas a cambios*

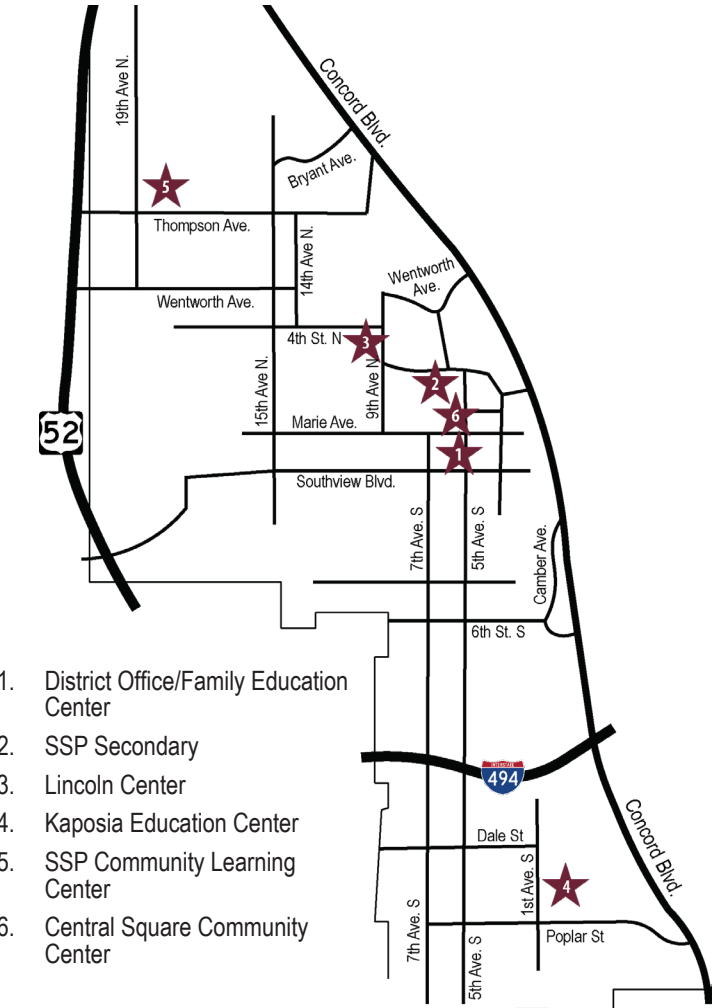
### BECAS

Hay un número limitado de becas disponibles.  
Para más información llame al: 651-306-3644

**Los niños deben saber ir al baño por completo y ser independientes en el baño para poder asistir al preescolar.**







ECRWSS  
Current SSP Resident

# SOUTH ST. PAUL PUBLIC SCHOOLS COMMUNITY EDUCATION AND EARLY LEARNING

