WINTER 2024

FRIDLEY COMMUNICATION COURSE CATALOG BUCCATION

www.fridleycommed.com

100

Program Offerings

Adult Enrichment Adult Basic Education Fridley Community Theatre Fridley Senior Program Fridley Event Services Youth Enrichment Aquatics Early Childhood Family Ed Preschool Programs Tiger Club Childcare

Adult Enrichment





Youth Enrichment





Plus More! Come see what we have to offer!



The 7th annual

January 25, 2024 Jax Cafe | 5:30-9 p.m.

1928 UNIVERSITY AVE. NE, MINNEAPOLIS, MN 55418

Get your TICKETS

Individual - \$100 Gala table of 8 - \$750 Gala Sponsorship - \$1500

To purchase tickets or to learn more about the event, scan the OR code or visit:



events.readysetauction.com/ fridleyschoolsfoundation/gala2024

The Fridley Schools Foundation awards educator innovation grants across the school district, provides post secondary scholarships to graduating seniors, and supports district initiatives.

Black & Gold

FACILITIES & INFORMATION:

The abbreviations listed below denote the locations of the classes listed on the following pages of this catalog:

FRIDLEY SCHOOLS

FCC – Fridley Community Center 6085 Seventh Street NE

FHS - Fridley High School 6000 West Moore Lake Drive

FMS – Fridley Middle School 6100 West Moore Lake Drive

HES – Hayes Elementary School 615 Mississippi Street NE

SES – Stevenson Elementary School 6080 East River Road

ALC – Fridley Moore Lake Area Learning Center 1317 Rice Creek Road



FRIDLEY COMMUNITY EDUCATION

OTHER FACILITIES

Conquer Ninja Gym Blaine 1467 101st Avenue NE Blaine, MN 55449

BPEEC – Boulder Pointe Equestrian 6612 189th Lane Northwest Anoka, MN 55303



ON THE COVER: The 2023 Senior Holiday Dinner was filled with food, fun and fellowship!

See Page 10 for more information about our **Fridley Senior** Program!

Office Hours: FRIDLEY COMMUNITY CENTER 8 AM - 4 PM (Monday through Friday) 6085 Seventh Street NE, Fridley, MN 55432

OFFICE WILL BE CLOSED ON: Jan. 15 and Feb. 19





WINTER 2024

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- Registration 30

Free Family Movie Night





Friday, January 5 Friday, Feb. 2

Friday, March 1

Fridley Community Education presents FREE Family Movie Night at the Fridley District Auditorium

Doors open at 6:30. Movie starts at 7 pm. Concessions are available for \$1 each. Cash Only.

Students without HS ID will not be admitted unless accompanied by parent or guardian. Any questions, please call 763-502-5100.



FRIDLEY COMMUNITY **EDUCATION CONTACTS:**

Fridley Community Education 6085 Seventh Street NE Fridley, MN 55432 763-502-5100, option 1

Stephen Keeler, Director Adult/Youth Programs, Facilities, Senior Center 763-502-5106/763-502-5104 (Rental Line)

Renee Van Gorp Principal of Alternative Services 763-502-5101

Christy Johnson, Administrative Assistant 763-502-5102

Katie Brown, Administrative Assistant 763-502-5105

Lila Mapp, ECFE Coordinator 763-502-5143

Karin Beckstrand, Pre-K PYP Coordinator 763-502-5117

Sally Leone, Tiger Club Coordinator 763-502-5135

Jordan Wright, Tiger Club Administrative Assistant 763-502-5107

Dan Wold, Auditorium & Events Coordinator 763-502-5631

Alaina Dehnke, Social Worker 763-502-5121

Aisha Mohamed, Early Childhood Teacher 763-502-5157

Courtney Green, Early Childhood Screener 763-502-5156

Jade Tucker, Equity & Inclusion Specialist 763-502-5125

Sasha Herder Aquatics Program Manager 763-502-5162

Follow us!

Find class updates, special events and more!

@FridleyCommEd



visit www.fridleycommed.com

FINANCE & BUSINESS

FREE QUESTIONS AND ANSWERS WITH A MN WILL AND TRUST PLANNING ACTIVITY –

Online Only

Do you have a goal to gift assets to others? If so, you likely have some important questions, like - Should we do this while we are alive or after we have passed? What about Estate Tax & Gift Tax Planning? Should I gift my money in a Will, or a Trust? Would I qualify for Medicaid? Most people believe that their trust shields the assets from the nursing home and creditors. Many people may be wrong! We will walk through these questions and many more, including how to plan and place your assets to meet your retirement, your nursing home goals, and after you have passed.

Cost	Class #	Day	Date	Time
\$15	6300	Thurs	Jan 11	6:30-8:00pm

FIVE COMMON MISTAKES THAT CAN RUIN YOUR HARD-EARNED RETIREMENT - Online only

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.

Cost	Class #	Day	Date	Time
\$15	6304	Mon	Feb 19	6:30-8:00pm

LETS PROBATE AN ACTUAL MN ESTATE -

Online Only

In this class, we will 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. Class participants will learn the entire process including: current form, court and filing requirements, accounting and procedural steps, and procedures for the sale and distribution of estate assets. We will also discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. The class will be filled with real life examples and solutions to the multitude of issues involving a typical probate.

Cost	Class #	Day	Date	Time
\$15	6308	Mon	April 8	6:30-8:00pm

HOW TO PAY FOR THE NURSING HOME: AN ATTORNEY'S PERSPECTIVE – Online only

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 questions and learn how to create an effective plan to deal with these uncertanties.

Cost	Class #	Day	Date	Time
\$15	6305	Thurs	March 21	6:30-8:00pm

SOCIAL SECURITY: TIMING IS EVERYTHING - FCC- Rm109

When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse? You have a lot of questions to answer. Mistakes can be costly. We can provide the guidance you need. Join us for a short presentation, Social Security: Strategize to Maximize, to learn how to sort through the options to help ensure the choices you make are tailored to your needs. 6303A is for all, 6303B is a public educator focus.

Cost	Class #	Day	Date	Time
Free	6303A	Tues	Feb 27	6:00-7:00pm
Free	6303B	Tues	Feb 27	4:30-5:30pm

5 KEYS TO RETIRING FEARLESSLY - FCC-Rm 109

Will I have enough to retire? – Will my retirement income last? – Are my assets protected? Manage five key risks all retirees face to turn retirement concerns into confidence! The five topics covered include outliving income, inflation, unpredictible events, market volatility, and income taxes. 6301A is geared towards a public educator focus and 6301B is for anyone to attend.

Cost	Class #	Day	Date	Time
Free	6301A	Tues	Jan 24	6:30-8:00pm
Free	6301B	Tues	Jan24	4:30-6:00pm

WILL TAXES AFFECT YOUR RETIREMENT -

FCC-Rm 109

When you retire, you leave behind many things—the daily grind, the commute to work, and maybe even your previous home. However, one thing that will always remain is your tax bill. When you understand how investments are taxed and set strategies accordingly, you can make the right decisions that help keep income taxes in check. 6302A is geared to public educators and 6302B is for anyone to attend.

Cost	Class #	Day	Date	Time
Free	6302A	Tues	March 12	4:30-6:00pm
Free	6302B	Tues	March 12	6:30-8:00pm

COOKING

FAMILY STYLE ITALIAN CUISINE -

FHS Foods Lab, Room113

You'll be preparing chicken cacciatore using fresh chopped garlic, sweet basil, red onion, mushrooms and capers simmered in a delightful marinara sauce. You'll enjoy beef braciole stuffed with prosciutto ham and parmesan cheese in a savory burgundy sauce. We'll pair these delicacies with creamy, garlic mashed potatoes, tender green beans tossed in olive oil with lemon and plenty of bruschetta for dipping. We'll finish with Crème brulee, a rich, creamy custard with a caramel crust.

Cost	Class #	Day	Date	Time
\$45	6102	Wed	March 13	6:00-9:00pm

ASIAN FAVORITES – FHS Foods Lab, Room113

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh veggies and the secret sauce. Classic pork chow mein follows, served with crispy egg noodles along with chicken egg foo yung.

Cost	Class #	Day	Date	Time
\$45	6101	Tues	Feb 6	6:00-9:00pm

BODACIOUS BRUNCH BUFFET -

FHS Foods Lab, Room 113

We'll begin with tender scones riddled with fresh berries and white chocolate. The quintessential fresh fruit salad follows with a delightful sauce for dipping. Featured are both crab cakes with basil aioli and coconut shrimp with a zippy marmalade. You'll learn to prepare quiche using a delicious combination of veggies, meats and cheeses baked in a flaky pastry crust along. Also, a twist on eggs benedict stacking, poached eggs on brioche with black forest ham and velvety hollandaise sauce. French toast finishes this extravaganza using fresh baked croissants soaked in a rich bath of custard, sautéed to a honey brown crispness and topped with pure maple syrup and fresh whipped cream.

Cost	Class #	Day	Dates	Time
\$45	6103	Wed	April 10	6:00-9:00pm

TANTALIZING THAI CUISINE -

FHS Foods Lab, Room113

You'll begin by preparing Vietnamese summer rolls served with both hoisin and peanut sauce for dipping. Vietnamese spring rolls follow made with pork, chicken, and glass noodles stuffed in rice paper, fried crispy, and served with the classic nuoc cham for dipping. You'll then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles using chicken, eggs, chilies, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. For dessert, refreshing Thai lime custard topped with fresh whipped cream.

Cost	Class #	Day	Dates	Time
\$45	6104	Tues	May 21	6:00-9:00pm

HOBBIES & SPECIAL INTERESTS

RAISED BED SQUARE FOOT GARDENING -

FCC: Room 112

Growing your own vegetables can be easy and fun with a Raised Bed Square Foot Garden! The class covers: getting started, choosing a raised bed that's right for you, planting and harvesting advice, rotating crops and choosing companion plants.



Cost	Class #	Day	Dates	Time
\$30	6140	Thurs	March 14	6:30-8:30pm

OPEN PAINTING – FCC: Room 112

Enjoy this fun and relaxing course to learn about different themes and types of painting. Bring your own supplies and connect with others.

Cost	Class #	Day	Dates	Time
\$22	6003	Tues	Jan 9- March 19	9:30-11:30am

THE MAIDEN ON THE GLASS MOUNTAIN - Online Only

This 3 session class uses Norse and Celtic storytelling to dive into 3 basic principles: The power of the stories we tell ourselves, and allow others to tell us about ourselves. "Feeding the story" as a life skill for interpersonal communication skills and deepening authentic connections. Through these stories we will also gain valuable insight into what they are trying to teach us about the nature and purpose of suffering in our lives.

Cost	Class #	Day	Dates	Time
\$70	6404	Thurs	Feb 15-29	6:00-7:30pm

DANCE

TANGO DANCE WORKSHOP-FMS: Gym-Back 154

Pure romance in dance form! This exciting workshop covers the basics of Tango... the embrace... the sultry walks... the sensuous footwork. Tango is "the history of love - for three minutes". Couples only please.

Cost	Class #	Day	Date	Time
\$30/couple	6153	Wed	March 13	7:30-9:00pm

FUN WITH BALLROOM DANCE - FMS: Gym- Back 154

Whether you've never dance before, or have a bit of experience this 2 hour workshop will have you turning, spinning and more in Waltz, Foxtrot and Rumba.

Cost	Class #	Day	Date	Time
\$30/couple	6152	Wed	March 20	7:30-9:00pm

MUSIC

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE- Online Only

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a record-

ing of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.



Cost	Class #	Day	Dates	Time
\$60	2400	Mon	Feb 5	6:30-9:30pm

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE – Online Only

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

Cost	Class #	Day	Dates	Time
\$60	2401	Tues	Feb 6	6:30-9:00pm

INTRO TO VOICEOVERS - Online Only

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Once registered, someone from Voices for All will contact you to set up an appointment time.

Cost	Class #	Day	Date	Time
\$60	6503	TBD	TBD	90 minutes

WORLD LANGUAGE

HOGAR-ESCUELA-COMUNIDAD. CLASES PARA PADRES-

Columbia Heights Family Center-Room 100

Leueen y Orlando enseñarán sobre como aprender juntos a educar a nuestros hijos. Aprenderemos nuevas herramientas para que nuestros hijos puedan triunfar en sus estudios y en su vida personal. Aprenderán técnicas para administrar su tiempo y sus finanzas. Aprenderán a identificar y comprender la importancia de las reglas, las obligaciones, los privilegios y cómo mantenerse activo. Aprenderán a leer las etiquetas de los productos para tomar mejores decisiones y tener un estilo de vida saludable. En estas seis sesiones hablaremos sobre la vida en el hogar, la escuela y como navegar en la comunidad. Incluiremos en estas clases, la seguridad en la comunidad y la vida cotidiana. Se requiere la participación en las seis clases, recibirán folletos en cada una de las clase y certificado de participación. Sin niños por favor. Las clases serán en español. English translation available online to read.

Cost	Class #	Day	Date	Time
\$30	6307A	Mon	Jan 8- Feb 12	6:00-8:00pm
\$30	6307B	Thur	Jan 11- Feb 15	6:00-8:00pm

CHINESE: MANDARIN – Online Only

Explore Chinese culture and learn the basics of the language such as greetings, days of the week, useful phrases, pronunciation and intonation. This class is being taught as a hybrid with in person and online students.

Cost	Class #	Day	Dates	Time
\$70	6452: Chinese 1	Mon	Jan. 29- March 25	6:00-7:30pm
\$70	6452: Chinese 2	Wed	Jan. 31- March 20	7:30-9pm

HEALTH & WELLNESS

SECRETS OF HAPPINESS – Online Only

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!

Cost	Class #	Day	Dates	Time
\$175	6400	Tues	Feb 27-March 26	6:00-8:00pm

HEALTH & WELLNESS CON'T

MEDITATION FOR RELAXATION AND PERSONAL HEALING – Online only

Do you suffer from stress, anxiety, or sleeplessness? How about blood-pressure or hypertension? Is it difficult to slow your mind down? Meditation can help! In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.

Cost	Class #	Day	Dates	Time
\$160	6402	Wed	Feb 28- Mar 27	6:00-8:00pm

EMOTIONAL RELEASE FOR INNER PEACE – Online only

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

Cost	Class #	Day	Dates	Time
\$50	6403	Mon	Feb 26	5:30-8:00pm

POUND - ROCKOUT. WORKOUT. – FCC: Room 114/116

POUND[®] is a cardio jam session inspired by the infectious, energizing, & sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, & strength training with yoga & Pilates-inspired movements. Using Ripstix[®], lightly-weighted drumsticks engineered specifically for exercise. POUND[®] transforms drumming into an incredibly effective way of working out. Designed for all fitness levels and easy to modify. Bring a yoga mat and water.

Class #	Day	Dates	Time	Cost
6354A	Thur	Jan 4-25	7:00-8:00pm	\$36
6354B	Thur	Feb 1-22	7:00-8:00pm	\$36
6354C	Thur	March 7-28	7:00-8:00pm	\$36

YOGA MINDFULNESS - FCC: 114/116 & Online

Explore a deeper mind and body connection with Mindfulness Yoga. Learn how to be aware of your body and be connected to everything that you do while you strengthen and tone, improve circulation, lower blood pressure, and relieve stress.

Class #	Day	Dates	Time	Cost
6351A	Sat	Jan. 6-27	10:00-11:30am	\$36
6351A Online	Sat	Jan. 6-27	10:00-11:30am	\$36
6351B	Sat	Feb. 3-24	10:00-11:30am	\$36
6351B Online	Sat	Feb. 3-24	10:00-11:30am	\$36
6351C	Sat	March 2-30	10:00-11:30am	\$45
6351C Online	Sat	March 2-30	10:00-11:30am	\$45

YOGA - FCC: 114/116 & Online

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. All classes include classic Hatha or stretching, breathing practices, and a guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work.

Class #	Day	Dates	Time	Cost
6350A	Tues	Jan. 2-30	6:00-7:30pm	\$45
6350A Online	Tues	Jan. 2-30	6:00-7:30pm	\$45
6350B	Tues	Feb. 6-27	6:00-7:30pm	\$36
6350B Online	Tues	Feb. 6-27	6:00-7:30pm	\$36
6350C	Tues	March 12-26	6:00-7:30pm	\$27
6350C Online	Tues	March 12-26	6:00-7:30pm	\$27

ADULT ENRICHMENT

TAI' CHI CH'UAN – FCC: Tiger Territory (Dance floor)

For centuries Chinese people have practiced Tai'Chi Ch'uan for health, as a martial art, a means of exercise and self-development. See for yourself how the slow movements of this art can help reduce the effects of stress and improve your fitness, flexibility, balance, concentration, and health. This is an excellent.



low-impact, non-contact physical fitness program that's ideal for all adults.

Class #	Day	Dates	Time	Cost
6352A	Wed	Jan. 3-31	6:00-7:00pm	\$45
6352B	Wed	Feb. 7-28	6:00-7:00pm	\$36
6352C	Wed	March 6-27	6:00-7:00pm	\$36

TAE KWON DO- FCC-Gym

The class is open to ages 8 years old and up. It will provide the basics of Korean Karate. This is a non-competitive program includes patterns, self defense and sparring that focuses on



the development of the student's daily life skills, problem solving, and personal protection. The class is taught by Robert Frankovich. No class Jan. 2 or Feb. 13.

Class #	Day	Month	Time	Cost
6355 Jan	Tues/Thurs	January	6:00-7:00pm	\$100
6355 Feb	Tues/Thurs	February	6:00-7:00pm	\$100
6355 March	Tues/Thurs	March	6:00-7:00pm	\$100

KOREAN SWORD (HAIDONG) – FCC-Gym

This program is open to ages 12 years old and up or those with permission from the instructor. It utilizes the sword to help



students with personal development and leadership skills. It focuses on patterns, fighting drills and target cutting. It is NOT a sport version such as Kendo or Kumdo.

Class #	Day	Dates	Time	Cost
6357A	Wed	Jan 3-31	6:00-7:00pm	\$100
6357B	Wed	Feb 7-28	6:00-7:00pm	\$100
6357C	Wed	March 6-27	6:00-7:00pm	\$100

HISTORICAL MARTIAL ARTS - LONGSWORD - FCC: Gym

St. Paul Freifechter is a non-profit (501c3) organization dedicated to the study and practice of Historical Martial Arts. This session's emphasis is longsword, as it appears in the published works of Joachim Meyer (ca. 1537–1571), a Freifechter (Free Fencer) who lived in Strasbourg in the 16th century. The study group is led by founder, head instructor, and president, Scott MacDonald. Scott holds the rank of Fechter in both Longsword and Dussack. Requirements - 2 months of previous historical fencing experience, with a focus on longsword.

Class #	Day	Dates	Time	Cost
6955 - Jan	Sun	Jan 7-28	10:00am-12:00pm	\$40
6955 - Feb	Sun	Feb 4-25	10:00am-12:00pm	\$40
6955 - Mar	Sun	Mar 3-31	10:00am-12:00pm	\$50



The Fridley Schools Foundation awards educator innovation grants across the school district, provides post secondary scholarships to graduating seniors, and supports district initiatives.

> To purchase tickets or to learn more about the event, scan the QR code or visit: events.readysetauction.com/fridleyschoolsfoundation/gala2024



Individual - \$100 Gala table of 8 - \$750 Gala Sponsorship - \$1500



Fridley Community Theatre Dinner Show Presents

Agatha Christie

Tickets available online at www.FridleyCommunityTheatre.org Or calling Fridley Community Center at 763-502-5100

Dinner Show \$35 Feb. 9, 10, 15, 16 Dinner at 6 pm Performance at 7 pm



SCAN ME

Dessert Only Show \$20 February 17 Performance at 2 pm

Tickets go on sale January 8, 2024

Fridley District Auditorium 6000 West Moore Lake Drive

The Hollow is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. www.concordtheatricals.com

FRIDLEY SENIOR PROGRAM (Fridley Community Center - Door 10)



Supporting a Balanced and Well Connected Life Through Active Aging

Welcome to the Fridley Senior Program! We offer a complete program of social, recreational and educational opportunities for members of our community, featuring a robust and active Senior Program held at the Fridley Community Center. This is the place for seniors to play games with their friends, learn a new skill, pursue a favorite hobby and generally have a good time. We've designed the Senior Program with special activities and services intended just for our seniors, including social events, outings, exercise classes, and a whole lot more.

FRIENDS OF FRIDLEY SENIOR PROGRAM

A 501-c 3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community. Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely.

If you are interested in becoming a Friend to the Fridley Senior Program please call 763-502-5150 or e-mail Stephen Keeler-- any size gift is appreciated and is tax deductible.

RESOURCES & SERVICES FOR SENIORS

ON-SITE SOCIAL WORKER

Fridley Community Education has a full-time social worker, Alaina Dehnke, who serves and supports seniors at the Senior Center. Alaina is available to meet one-on-one or with groups to answer questions, talk through concerns, assist with navigating resources, and/ or make referrals to outside agencies.

To contact or schedule an appointment with Alaina, call 763 502-5121. Her office hours are on Mondays, 1-2 pm.

SENIOR OUTREACH WORKER

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier. Call Angie Sable, Fridley ACCAP Outreach Worker at 763-783-4741 to set up an appointment.

HEALTH INSURANCE COUNSELING - LINKAGE LINE

To get your questions answered or to schedule a free, individual appointment, please call the LINKAGE LINE at 1-800-333-2433. The Health Insurance Counseling Program is made possible by Trellis (was MAAA) and Anoka County and is not affiliated with any insurance company.

CONTACTS

HELPFUL CONTACTS: Senior Program - 763-502-5150 Senior Info Line - 763.783-4707 Meals on Wheels - 763-236-3636 ACCAP Outreach - 763-783-4741 Store to Door - 651-642-1892 Chores & More - 763-783-4767

STEPHEN KEELER Community Education Director 763-502-5106 stephen.keeler@fridley.k12.mn.us

NEWSLETTER

The Senior Newsletter provides up-to-date information, resources, news, events, and more! Most seniors can pick up the newsletters at the Senior Center for free! Have the newsletter emailed to you or pay \$10 to cover postage and it will be mailed to you monthly. You can sign up by calling the Senior Center at 763-502-5150.

RESOURCES & SERVICES FOR SENIORS

LEGAL AIDE

The Senior Law Project provides a monthly outreach service for a free, one time, legal advice consultation for common legal issues facing older adults. Appointments are on the first Wednesdays of the month between 10am and 12pm. *Call the Senior Center to set up a 30 minute phone appointment.*

SOUTHERN ANOKA COUNTY COMMUNITY ASSISTANCE (SACA)

The Southern Anoka Community Assistance (SACA) Area Food Shelf serves Columbia Heights, Hilltop, Fridley, Spring Lake Park and NE Minneapolis. Please call for an appointment, 763-789-2444. You will need a photo ID and two pieces of mail for proof of address. Hours are Monday, Tuesday, and Thursday from 8:00-4:30pm, Wednesday from 10:00-6:00pm, closed on Friday. Location: 627 38th Ave NE, Columbia Heights, MN 55421

FARE FOR ALL

Fare For All is a low-cost, mobile grocery purchase program. This program is community-supported and open to everyone. There are no qualifications to participate and no pre-registration. Fare For All will be available at the Fridley Community Center, 6085 7th Street NE, Fridley. *Time: 10 am-12 pm. See Senior Newsletter for upcoming dates.*

CHORES AND MORE

Need help with yard work, snow removal, or cleaning your home? Call Chores and More for more details on how they can help! Call 763-783-4767 for more details.

THE BOOKSHELF

A kind volunteer has offered to organize/curate a bookshelf for our casual book sharing. This initiative is now sponsored by Anoka County Libarary Recycled Reads Program. We are limited to a few shelves of space, but if you'd like to bring a few books and take a few, the bookshelf is located in the senior lobby.

COFFEE, GAMES & CONVERSATIONS

All older adults, age 55 and older, are invited to participate in any of our weekly card groups. There is no need to pre-register, just show up and join in the fun!

BRIDGE Mondays | Time: 12:30-3:00 PM

SOCIAL 500 Tuesdays | Time: 9-11:30 AM

CRIBBAGE Fridays | Time: 12:30-3:00 PM

HAND & FOOT Last Wednesdays of the month 1:00-3:00 PM | FCC - Room 114



AARP TAX FOUNDATION TAX-AIDE PROGRAM

AARP Foundation Tax-Aide will be providing tax services in your community starting in February. The Tax-Aide program utilizes the talents of IRS certified volunteers to complete free tax returns for members of our community concentrating on low-income 50+. All tax returns will be completed the same day.

Tax-Aide volunteers are taking appointments for the 2023 tax season which will run from <u>Wednesday, Feb-ruary 7th through April 10th</u> at the Fridley Community Center by **appointment only**. You will need a separate appointment for each year's return you need completed due to the limited number of appointments available.

The appointment scheduling line will open the week of Tuesday January 16th. No appointments will be taken by the Fridley Senior Center.

Please call 612-460-1287 (if the line is busy leave your name and number and we will return your call-in order of received). <u>ALL TAXES will be done by appointment only</u>

A packet will be available for pick-up at the Fridley location 6085 7th St Northeast, Fridley, 55432. Prior to appointment, the required packet must be filled out, and bring all your tax documents including prior year's tax return with you.

SENIOR ACTIVITIES

BINGO

Join us every Thursday for 10 rounds of BINGO. When someone at your table wins, so do all the table mates! We like to pass the luck around.

Thursdays, 10-11:15am FCC-Room 112/114, \$2 for 2 cards

CREATIVE CRAFTERS (FORMERLY HARDANGER)

Wednesdays | 9-11am | FCC-Room 112 For more information, contact Becky: 763-755-8789

BOOK CLUB:

Members meet monthly to discuss selected books and authors.

Fourth Tuesdays of the month | 10 - 11am | FCC-Room 112 Upcoming books: January is *From the Grave* by David Housewright. February is *Lessons in Chemistry* by Bonnie Garmus

GENTLE STRETCH

This is a senior stretching class held on Tuesday mornings. Emphasis is on soft stretching, movement, and flexibility. Appropriate for all fitness levels. The instructor will evaluate abilities at the first class and adapt to fit needs. A \$5 fee will be paid to the instructor. Class meets on Tuesdays, 10-11am in Room 116 at the Senior Center.

FOOT CARE

2nd Thursdays every other month | Appointment only | 30minute apppointment| Cost: \$40 per session Cash or Check, Credit Card available with a service fee.

SENIOR MOVIE THEATER

Tuesdays | 1 PM | FCC-Room 109 | Suggested Donation: \$1 See senior newsletter for movie selections

QUILTING GROUPS

JAMS - JAMMAS ARE MY SPECIALTY

Join this talented group of individuals that love to sew! They make pajamas, t-shirts and sweatpants for anyone in need. Most of the articles are made from donated material. *For more information, please call the Senior Center.*

Thursdays | Time: 11am-3pm Site: King of Glory Lutheran Church, 10103 University Avenue NE, Blaine, MN



FRIDAY QUILTERS Fridays | 9-11am | FCC-Room 116

CAMPAIGN OF CHEER

This volunteer group makes wheelchair/walker bags, lap robes, shawls, chemo hats and shirt coverups. The items are donated to Anoka County nursing homes and hospitals. Receiving blankets are also made and donated to local school resource centers.

Mondays | 8:30-11am | FCC-Room 114/116

SNOWFLAKE STITCHERS/QUILTS OF VALOR

Join the Snowflake Stitchers as they expand to include Quilts of Valor in their repertoire.

Join them for a morning of quilting and an afternoon meeting each month. Stitchers working on any projects are welcome!

3rd Thursday | 9am-4pm | FCC-Room 116

SPECIAL EVENTS

MN HISTORICAL SOCIETY TOUR

Embark on a delightful journey back in time with our carefully curated Adult day trip, in collaboration with the Minnesota Historical Society. We will start the day exploring the epitome of Gilded Age extravagance at the James J. Hill House, an architectural gem nestled in the heart of St. Paul, Minnesota. Immerse yourself in a guided tour, led by historical experts, unraveling the tales of James J. Hill, a prominent figure in the railroad industry. Marvel at the architectural marvels and delve into the fascinating stories within the walls of this impeccably preserved mansion. Moderate activity/mobility level, lots of walking, stairs, and periods of standing. Enjoy a lunch at Joseph's Grill in St. Paul too. Deadline to register is Jan. 30.

Cost	Class #	Day	Dates	Time
\$100	6254	Wed	Feb. 7	9:00-3:00pm

MARDIS GRAS- FCC Community Rooms

Mardi Gras Event! Join us for the annual senior program Mardi Gras Celebra-

tion! Blackjack, BINGO, beads, and more! Come win prizes and have a great time with friends!



Cost	Class #	Day	Dates	Time
\$5	6561	Tues	Feb. 13	1:00-3:00pm

IRISH DESCENDANTS IN ST. PAUL TOUR

Learn about the most notorious figures in St. Paul who were Irish on this fun and informative day in St. Paul. The Irish played an integral part in the founding and the growth of the city. Enjoy lunch at O'Malleys' Irish Pub. Choose from lunch options of Homemade Shepperd's Pie, Fish and Chips or Vegetarian option. Registration deadline is Feb. 5.

Cost	Class #	Day	Dates	Time
\$110	6255	Tuesday	March 12	8:45-3:15pm

MINNEAPOLIS INSTITUTE OF ART & JAX CAFE

Enjoy imaginative floral interpretations of selected works of art from Mia's permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. Browse floral-inspired merchandise in the Art in Bloom Pop-up Shop. This is a self guided experience throughout the campus. In 1883, twenty-five citizens of Minneapolis founded the Minneapolis Society of Fine Arts, committing them to bringing the arts into the life of their community. More than a century later, the museum they created, the Minneapolis Institute of Art, stands as a monument to a remarkable history of civic involvement and cultural achievements. Mia's permanent collection has grown from 800 works of art to more than 89,000 objects. We will then head to Jax Café which has been serving Minnesotans since 1933. It is a landmark that was established by Stanley Kozlak. He left Poland as a teenager and established a restaurant business that would support three generations after him. Registration deadline March 15.

Cost	Class #	Day	Dates	Time
\$95	6256	Fri	April 26	9:15-3:30pm

MINNEAPOLIS CEMETERY TOUR

Meet expert tour guide and speaker, Doug Ohman to explore the fascinating world of cemeteries in Minneapolis. Visit the earliest burial grounds in the area to the most current cemetery practices. Cemeteries are the last visible vestiges of our past and hold our history. They are Clues to the stories worthy of remembering by honoring those who have gone on before. Lunch will be included at Patrick's Bakery and Café at Bachman's. Registration deadline is April 12.

Cost	Class #	Day	Dates	Time
\$100	6257	Wed	May 15	8:30-5:00pm

INSTRUCTIONAL COURSES

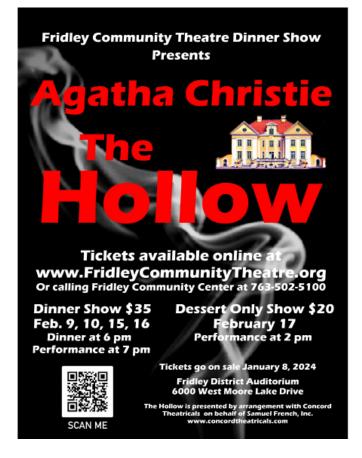
DEFENSIVE DRIVING REFRESHER - FCC Room 109

Now you can renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test. Senior discount already applied.



These classes are all in person. Please wear a mask in the hallways – you may remove upon entry to the classroom. Active participation in the class is expected. A certificate will be issued upon completion of the course.

Cost	Class #	Day	Dates	Time
\$30	6202A	Thurs	Jan. 18	1:00-5:00pm
\$30	6202B	Thurs	Feb. 15	1:00-5:00pm
\$30	6202C	Thurs	March 21	1:00-5:00pm



LOOKING FOR A PLACE TO HOST YOUR NEXT EVENT?

Rental opportunities are available through Fridley Event Services. Our facilities are an excellent option for any group large or small!

Whether you are planning to host a conference, banquet, meeting, training, private party, performance (theatre, dance, and concert) or athletic event we have the space that is right for you! Our facilities are conveniently located, easilyaccessible and fully serviced.

We can accommodate groups looking for a location to meet once, weekly, monthly, or annually. Our service stands out because of the personal attention our customers receive in all phases of the planning process as well as during and after their event.

Our goal is to partner with you in each stage of the planning process to ensure your event is the absolute best it can be!

FACILITY AMENITIES

Our facilities include the following amenities:



LCD PROJECTION **EQUIPMENT & SCREEN**







WIRELESS MICROPHONES

HIGH SPEED, WIRELESS INTERNET

ATHI FTIC FACILITIES

GYMNASIUMS AT FRIDLEY HIGH SCHOOL

- Main gym with seating for up to 500
- **Concession Area**
- Auxiliary gym
- Locker room facilities available

GYMNASIUMS AT FRIDLEY MIDDLE SCHOOL

- Main gym with seating for up to 200
- Auxiliary gym
- Locker room facilities available

THE POOL AT FRIDLEY MIDDLE SCHOOL

- Available for private parties & events
- Lifeguards on duty

TENNIS COURTS AT FRIDLEY HIGH SCHOOL

- 6 courts available
- **Reasonably priced**

ATHLETIC FIELDS

- Football fields
 - Softball fields Multi-use green space •
- Soccer fields Baseball fields

- Reasonably priced



BOOK YOUR NEXT EVENT WITH FRIDLEY EVENT SERVICES!

CONTACT

INFORMATION, TOURS, AND BOOKINGS

For information, to schedule a tour, or to book a facility, please contact:

STEPHEN KEELER Facilities & Events Coordinator 763-502-5104 stephen.keeler@fridley.k12.mn.us

FOR PRICING & BOOKING www.fridleyeventservices.com 763-502-5104

LOCATIONS

FRIDLEY COMMUNITY CENTER (FCC) 6085 Seventh Street NE, Fridley, MN 55432 Conveniently located one mile north of Hwy 694 on 61st Ave NE

FRIDLEY HIGH SCHOOL 6000 West Moore Lake Drive, Fridley, MN 55432 Conveniently located 1/2 mile north of Hwy 694 on West Moore Lake Drive

FRIDLEY MIDDLE SCHOOL 6100 West Moore Lake Drive, Fridley, MN 55432

Conveniently located 3/4 mile north of Hwy 694 on West Moore Lake Drive

EVENT SERVICES & RENTALS





DISTRICT AUDITORIUM & THEATER FRIDLEY DISTRICT AUDITORIUM AT FRIDLEY HIGH SCHOOL

- Seating for up to 715
- Proscenium stage with full fly loft
- Orchestra pit

- Lighting and sound system
- Ideal for seminars, conferences, weddings, religious gatherings, musical and theatrical productions

BANQUET SPACE & PARTY SPACE COMMUNITY ROOMS AT FCC

- Multi-purpose room, ideal for meetings, workshops, banquets/award events.
- Audio/Visual equipment
- Seating for up to 150
- Access to outdoor patio space

TIGER TERRITORY (LOWER LEVEL) AT FCC

- Multi-purpose room ideal for birthday parties, showers and small receptions.
- Audio/Visual equipment
- Seating for up to 75

THE GYM AT FCC

- Multi-purpose room ideal for banquets/award events at Fridley Community Center
- Audio/Visual equipment
- Seating for up to 150

THE CAFE AT FRIDLEY MIDDLE SCHOOL

- Multi-purpose room ideal for banquets/award events
- Audio/Visual equipment
- Seating for up to 200

THE CAFE AT FRIDLEY HIGH SCHOOL

- Multi-purpose room ideal for banquets/award events
- Access to beautiful outdoor courtyard space
- Audio/Visual equipment
- Seating for up to 225

CONFERENCES & MEETING ROOMS

FRIDLEY COMMUNITY CENTER

- Meeting facilities for 10-150 with breakout rooms available.
- Flexible spaces to accommodate varying group sizes and acvtivities.



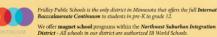
FIND YOUR CAREER AT FRIDLEY PUBLIC SCHOOLS:

- Welcoming and supportive environment for all students and staff.
- Numerous opportunities for professional growth, staff development and collaboration opportunities for staff.
- Competitive pay and comprehensive benefits.
- Part of the Teacher Loan Forgiveness Program.
- Gain experience working in an International Baccalaureate World School teaching curriculum that is inquiry-based with global perspectives.
- Strong district commitment to equity.

TO APPLY:

- Visit: www.fridleyschools.org/jobs
- Browse all current job opportunities by category or schoo
- Questions? Contact 763-502-5003





YOUTH ENRICHMENT

ENRICHMENT

SAFEWAY DRIVER'S EDUCATION - FHS - Rm 171

Learn how to drive with Safeway Driving School. Classroom and behind-the-wheel

lessons emphasize defensive driving techniques tailored for the inexperienced teen driver while targeting to influence the invincible teen attitude.



Classroom instruction prepares the student to take the Minnesota permit test and behind the responsibility of driving. The 30 hours of classroom is structured into 10 dependent lessons. Students can take the class at age 14, but cannot take their permit test until age 15.

After class is completed, students who are 15 are eligible to take their permit test. The permit test is not provided during the class.

Class #	Days	Dates	Time
2239A	Mon-Thurs	Jan. 16-Feb. 1	3:15-6:15pm
2239B	Mon-Thurs	March 3- April 9	3:15-6:15pm

Cost

Pay in full: \$385 Includes classroom and behind-the-wheel lessons.

Payment Plan: \$215 payable to Fridley Schools at time of registration & \$170 payable to Safeway for behind-the-wheel lessons.

MI HIJO Y YO LEEMOS (GRADES K-2) -

FCC-Tiger Territory

Hablan español en su casa? Quiere que su hijo aprenda a leer y escribir en español pero no sabe como empezar? Vengan a juntarse con nosotros! Este grupo es para niños de 5-8 años (k-2 grado) y sus papás. Leeremos libros en español juntos y los padres harán actividades junto con sus hijos que ayudarán a los niños con su lectura y ortografía en español. This parent/ child class will focus on literacy in Spanish for K-2 grade children whose home language is Spanish. Children will have the opportunity to "play" with Spanish with other Spanish-speaking children and their parents, and the guided activities in class will give parents ideas for continuing to help their child learn to read in their native language.

Cost	Class #	Day	Dates	Time
\$10	2300	Mon	Jan 22- Mar 18	5:45-6:30pm

CHESS CLUB (GRADES K8) - FCC-Rm 114

Challenge yourself! Exercise your brain! Impress your opponents and increase your IQ while having fun playing chess. Learn from Twin Cities Chess Club instructors who have years of teaching experience. All chess levels are welcome!

Cost	Class #	Day	Dates	Time
\$75	2210	Fridays	Jan 19- Feb 23	4:30-5:30pm

ENCHANTING JOURNEY: YOU CAN DO MAGIC!- FCC-Rm 112

Embark on a mystical adventure with our "Enchanting Journey: YOU Can Do MAGIC" 6-week series of classes! Unveil the secrets of the magical arts as you delve into the world of mystery, illusion and MAGIC. Whether you're a budding magician, a curious novice, or simply seeking to add a touch of wonder to your life, this course is your ticket to unlocking the captivating world of magic.

Cost	Class #	Day	Dates	Time
\$36	2600	Mon	Feb. 5- Mar 18	6:00-7:00pm

DUNGEONS AND DRAGONS-FHS-Cafeteria

Learn the way of Dungeons and Dragons, made popular by the Netflix show Stranger Things. D&D is a tabletop role-playing game, popularized by Stranger Things, Community, and the recent movie Honor Among Thieves. Players create characters with special abilities that go on fantasy adventures with the guidance of a dungeon master (DM). D&D has been shown to help relieve stress, as well as increase problem-solving skills, empathy, creativity, confidence, self-esteem, and social skills! Plus, it's a very fun game!

Со	st	Class #	Day	Dates	Time
\$2	50	2211	Wed	Jan 17- Mar 20	3:30-5:30pm

Free Family Movie Night





Friday, January 5 Friday, Feb. 2

Friday, March 1

Fridley Community Education presents FREE Family Movie Night at the Fridley District Auditorium

Doors open at 6:30. Movie starts at 7 pm.

Concessions are available for \$1 each. Cash Only. Students without HS ID will not be admitted unless accompanied by parent or guardian. Any questions, please call 763-502-5100.

YOUTH ENRICHMENT

SPORTS & FITNESS

MY LITTLE HORSE DAY CAMP (AGES 2-5) – Boulder Pointe

Equestrian Center

This 2 hour camp is designed for adults and children. The kids will get to ride a horse, find out about the different horses at the Boulder Pointe Equestrian Center, and how to groom them, all with a focus on safety. Campers will also make horse treats to feed their



new friends and will also do an art project. Camps are held rain or shine. Students should dress for the weather and bring a water bottle. One parent is allowed to attend with child.

Cost	Class #	Day	Dates	Time
\$64	2220A	Sat.	Jan. 20	12:00-2:00pm
\$64	2220B	Sat.	Feb. 3	12:00-2:00pm
\$64	2220C	Sat.	March 23	12:00-2:00pm
\$64	2220D	Sat.	April 13	12:00-2:00pm

HORSE BACK RIDING SINGLE DAY CAMP (AGES 6-17) -**Boulder Pointe Equestrian Center**

Spend the day learning how to ride a horse, including balance and control in the saddle, leading and in-hand work. Other activities include braiding a horse's mane, groom, play horse tag and help feed, water and care for horses. Parent/guardian required to drop off and pick up at Boulder Pointe



Equestrian Center. Students should dress for the weather and bring a lunch, snacks, and water.

Cost	Class #	Day	Date	Time
\$110	2270A	Mon	Jan. 15	9:00-3:00pm
\$110	2270B	Fri	Jan. 26	9:00-3:00pm
\$110	2270C	Fri	Feb. 16	9:00-3:00pm
\$110	2270D	Mon	Feb. 19	9:00-3:00pm
\$110	2270E	Mon	March 25	9:00-3:00pm
\$110	2270F	Wed	March 27	9:00-3:00pm
\$110	2270G	Fri	March 29	9:00-3:00pm

CONQUER NINJA DAY CAMP -**Conquer Ninja Blaine**

No School- No Problem! Drop off your kids at Conquer Ninja for a whole day of fun and activities. We have a fun filled day planned with games, challenges, open gym, learning stations, and more! Complete with pizza and Gatorade for lunch! Close toed shoes



are re	equired.
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Cost	Class #	Day	Dates	Time
\$120	2747A	Mon	Jan 15	9:00-3:00pm
\$120	2747B	Mon	Feb 19	9:00-3:00pm

INTRO TO CONQUER NINJA CAMP -

Conquer Ninja Blaine

A great beginner class! Levels 0 & 1. Ninjas develop strength and agility during these 8 weeklong courses 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.

Cost	Class #	Day	Dates	Time
\$170	2746	Wed	Jan. 10- Feb 28	5:00-6:00pm

FRIDLEY WRESTLING CLUB (PRE K-7TH GRADE)

- FCC

Bouldering engages kids in their practice of climbing movement and bouldering. In the Minneapolis Bouldering Project's Intro to Bouldering class, participants will learn to work through challenges and support one another through age-appropriate games and activities. Our facilitators teach a variety of techniques including careful footwork, and efficient energy use as well as social emotional learning involving risk management, grit, and teamwork.

Cost	Class #	Day	Dates	Time
\$40	2710A (pre-k - 1st)	Mon	Nov. 20-Feb. 12	5:30-6:00pm
\$70	2710B (2nd-7th)	Mon/ Wed	Nov. 20-Feb 14	6:00-7:45pm

AQUATICS



Winter 2024 - Fridley Community Education Aquatics

SWIM CLASS DESCRIPTIONS

PRESCHOOL- BEGINNER: In this introductory class, students will learn to enter safely into the pool, to blow bubbles through their mouth and nose, to submerge their eyes, nose, and mouth in the water, to float on front and back, to use arm and leg actions, and water safety. This class is recommended for children 3-4 years old.

PRESCHOOL-INTER-

MEDIATE: Students will learn how to submerge head completely underwater and hold breath, blow bubbles through mouth and nose for 5 seconds, float on front and back, roll from front float to back float,



swim on front and back with arm and leg movements, and water safety. Recommended for children 5-6 years old.

PRESCHOOL- ADVANCED: Students will learn how to submerge their head completely underwater and open their eyes to retrieve toys, blow bubbles through mouth and nose for 5 seconds, front and back glides off of the wall, swim on front and back with arm and leg movements, and an introduction to elementary backstroke and front crawl. All skills will be encouraged to try with limited assistance. Recommended for children 5-6 years old.

LEVEL 1: Swimmers learn to submerge mouth, nose, and eyes;, front and back glides, floating on their front and back, for 10 seconds, treading water motions, front crawl with flutter kick, elementary backstroke with flutter kick, and water safety. All skills are encouraged to be done with limited assistance from the teacher. Students must be 6 years old to be in Level 1.



<u>LEVEL 2</u>: Swimmers learn to jump from the side of the pool, float on front and back independently, how to use streamline arms to kick independently, front crawl for 15 yards independently, and the basics of elementary back-stroke. Students must be 7 years old to be in Level 2.

LEVEL 3: Swimmers learn to jump and float in deep water, diving from the sitting and kneeling positions, treading water in deep water, and the mastery of rotary breathing. They will also learn how to do these kicks: whip kick, side-stroke kick, and dolphin kick. Your child should be able to swim across the short end of the pool by themselves multiple times to sign up for this class.

LEVEL 4: Students will learn to dive into deep water in the standing and stride positions, mastery of front and back open turns, and an introduction to flip turns and competitive starts. They will also learn these strokes: breaststroke, sidestroke, and butterfly. Your child should be able to swim across the length of the pool to sign up for this level.

LEVEL 5/6: These lessons teach further coordination and refinement of the strokes learned in Level 4 so students swim them with ease, efficiency, power, and smoothness over greater distances. Students will swim to improve their fitness level as they refine their strokes. They will also learn surface dives, mastery of flip turns, underwater streamline for 10 dolphin kicks, and an introduction to competitive swimming skills.

AQUATICS

LOCATION

FRIDLEY MIDDLE SCHOOL POOL 6100 West Moore Lake Drive, Fridley, MN 55432



EVENING LESSONS Tuesdays/Thursday February 13- April 18 (8 sessions)

Regular Lessons (Ages 5 and up)				
Class Time: 45 min	Class Time: 45 min Group			
5:30-6:15pm	Level 1 #3001A Level 2 #3002A Level3 #3003A	\$100		
6:15-7:00pm	Level 1 #3001B Level 2 #3002B Level 4 #3004A	\$100		
7:00-7:45pm	Level 1 #3001C Level 5/6 #3005A	\$100		

Young Swimmer Lessons (Ages 4 - 5 years old)				
Class Time: 25 min	Class Time: 25 min Group			
5:30-6:00pm	Pre-K Beginner #3007A	\$80		
6:15-6:45pm	Parent/Child #3000A	\$80		
6:30-7:00pm	Pre-K Intermediate #3007B	\$80		
7:00-7:30pm	Pre-K Advanced #3007C	\$80		



FEMALE ONLY LESSONS Friday Evenings February 16 - April 12 (8 sessions)

Female Only Swimming Lessons				
Class Time: 45 min	Class Time: 45 min Group			
5:30-6:15pm	Beginner #3100A Intermediate #3100B	\$100		
6:15-7:00pm	Beginner #3100C Intermediate #3100D	\$100		
7:00-7:45pm	Beginner #3100E	\$100		

DAYTIME LESSONS Saturdays

February 17 - April 13 (8 sessions)

Regular Lessons (Ages 5 and up)				
Class Time: 45 min	Cost			
9:45-10:30am	Level 4 #3004B	\$100		
10:30-11:15am	Level 3 #3003C	\$100		
11:15-12:00pm	Level 5/6 #3005B	\$100		
12:00-12:45pm	Level 4 #3004D	\$100		



EARLY CHILDHOOD FAMILY EDUCATION



We offer multiple classes and programs to meet the needs of you and your family!

WELCOME TO ECFE!

The Early Childhood Family Education (ECFE) program offers fun, interactive and educational activities to parents and children ages birth to five years. The goal of the program is to strengthen families and help parents and children grow and develop within a circle of support. Parents and children participate in fun activities that encourage learning. Parents participate in discussions led by a parent educator while their children play, learn and socialize with other children.



*The word "parents" includes all individuals who function in a parenting role – mothers, fathers, partners, grandparents and other relatives, foster parents, etc.

Come for your child... Stay for yourself!

ABOUT FRIDLEY ECFE:

- ECFE welcomes all parents
- Our parent educators offer research-based information to our program participants and are always available to answer questions
- Our classes are fun and educational for both parents and children
- We offer parent discussions to connect parents to other parents in the community
- Parents can learn about community resources

ECFE/PRESCHOOL ADVISORY COUNCIL

Are you in an ECFE class? Do you come to the Creative Play Center? Or are you interested in becoming a community member? We invite you to join our Advisory Council.

The Advisory Council advises Fridley Community Education and advocates for its programs and community engagement. The councils input and planning has been looked upon to guide community needs and create events that welcome and support all Fridley families. The council meets once a month. All parents and community members are welcome! Please call Lila Mapp at 763-502-5143 for more information.



DILELIA (LILA) MAPP ECFE Coordinator 763-502-5143 Dilelia.Mapp@Fridley.k12.mn.us

AISHA MOHAMED ECFE Teacher, Early Childhood Screener 763-502-5157 aisha.mohamed@fridley.k12.mn.us

COURTNEY GREEN

Early Childhood Screener 763-502-5156 courtney.green@fridley.k12.mn.us

All ECFE classes are held at the Fridley Community Center, 6085 7th Street NE, Fridley, MN 55432

REGISTER NOW!



EARLY CHILDHOOD FAMILY EDUCATION



HELP ME GROW

While all young children grow and change at their own individual rate, some children experience delays in their development. Help Me Grow is a group of service providers who work together providing free early intervention referral services for children birth to threeyears-old. MN Children who qualify could be eligible for services in their home, child care setting, or school. Further resources are provided by calling **Anoka Area Help Me Grow Central 1-866-693-GROW (4769)** or go to helpmegrowmn.org to schedule and gain more information regarding a free screening.

"NEW KIDS IN TOWN!" HOME VISITS

Fridley Early Childhood Family Education program wants to support all families. If you have a new baby or have recently moved into the city of Fridley with children under the age of 3 please call us to receive information about our programs and a new baby/family packet at your request. Call us today at **763-502-5143** to let us know about the new baby and children of your household!

UPCOMING EVENT:

ECFE Friendship Dance

Saturday, February 17, 2024, 5-7:00 p.m. at FCC Gym There will be a DJ, dinner, dancing, games and more! Register online through eleyo or scan the QR code to the left!

SCHEDULE AN EARLY CHILDHOOD SCREENING

Will your child be attending preschool this year? Is your child between the ages of 3 and Kindergarten? If you answer yes to either of these questions, then Early Childhood Screening is for your child!

Screening is a free and quick look at how your child is growing and developing. Ideally, the screening process serves children between the ages of 3 and 5, and is required before your child registers for Preschool and Kindergarten throughout the state of Minnesota.

Screening identifies possible learning or health concerns so that children can get the help they need before starting school.

Appointments are necessary!

To schedule a screening, please call 763-502-5156 or email <u>courtney.green@fridley.k12.mn.us</u>



Preschool Registration Night - Feb. 29

5-6:30 PM at the FCC 2024-25 school year

Attend **Fridley Preschool Registration Night** to learn more about our 3- and 4-year-old International Baccalaureate World School Preschool.

Learn more at: www.fridleyschools.org/preschoolregistration Contact 763-502-5105 with questions.

ECFE CLASSES

TODDLERS AND TWO'S NEXT STEPS! (12-36 MONTHS) 8 WEEK SEPARATING CLASS – FCC: Rm 125/127

This class is perfect if you have an energetic toddler or two-year-old who loves to play! Parents separate for an hour from children for parent education while the students get to play in a classroom with each other and gain independence and self-confidence.

Class #	Day	Dates	Time		
6630-W	Tues	Jan. 9- Feb. 27	9:45am-11:45am		
Cost					
Sliding F	Sliding Fee, Chart A (Separating)				

CREATIVE PLAY CENTER - NON-SEPARATING CLASS – FCC: Rm 125/127

Fridley offers the Creative Play Center once a week for small pods of children birth-5 years old and their care giver. Large motor activities include outdoor play or the gym.

Class #	Day	Dates	Time	
6605-W	Mon	Jan. 8- Mar 4 3:00-4:30pm		
6625-W	Fri	Jan 12- Mar 8	10:00-11:30am	
Cost				
Sliding Fe	Sliding Fee, Chart A (Separating)			

MIXED AGE DAYTIME- SEPARATING CLASS FCC: Rm. 125/127

In this mixed age class, you will enjoy time with your children (birth to 5 years) exploring sensory, literacy, and social experiences.

Class #	Day	Dates	Time	
6610-W Wed Jan. 10- Feb 28		9:45am-11:45am		
Cost				
Sliding Fee, Chart A (Separating)				

THURSDAY NIGHT LIVE! (0-5 YEARS) – 8 WEEK SEPARATING CLASS - FCC: Rm. 125/127

In this mixed age class, you will enjoy time with your children (birth to 5 years) helping to build friendships, do activities and sing songs with other families.

Class #	Day	Dates	Time	
6615-W Thurs Jan. 11- Mar 7 6:00-7:30pm		6:00-7:30pm		
Cost				
Sliding Fee, Chart A (Separating)				

BOOK DISCUSSION CLASS (0- 5 YEARS) 8 WEEK SEPARATING CLASS – FCC: Rm 125/127

In this two-hour class, parents separate after the first hour for a discussion about the book: *Raising Antiracist Children: A Practical Parenting Guide by Britt Hawthorne. Raising antiracist children is a noble goal for any parent, caregiver, or educator, but it can be hard to know where to start. Let Britt Hawthorne—a nationally recognized teacher and advocate—be your guide. Raising Antiracist Children acts as an interactive guide for strategically incorporating the tools of inclusivity into everyday life and parenting.*

Class #	Day	Dates	Time
6600-W	0-W Mon Jan. 8- March 4 9:45am-11:4		9:45am-11:45am
Cost			
Sliding Fee, Chart A (Separating)			

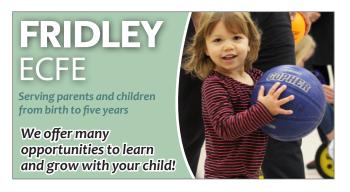
ECFE EN ESPAÑOL (EDADES 0-5 AÑOS) CLASE POR SEPARADO- FCC: Rm 125/127

Nuestro objetivo es servir a tantas familias, especialmente familias nuevas tanto como sea posible. Para que las nuevas familias tengan la oportunidad de inscribirse en nuestros cursos, le pedimos que solo se inscriba en 1 clase en este momento. Si está inscribiendo a más de 1 niño, deberá hacer varias inscripciones por niño. Todas nuestras inscripciones ECFE son individuales por niño.

Clase en español ofrecida por el programa de Educación Familiar para la Niñez Temprana (ECFE, por sus siglas en inglés), para familias con niños recién nacidos y hasta los cinco años de edad.

Esta clase se divide en dos secciones. Durante le primera parte, los padres tendrán la oportunidad de interactuar o jugar con sus hijos con una gran variedad de actividades diseñadas especialmente para ellos. Durante la segunda mitad de la clase los padres asistirán a charlas enfocadas en la familia mientras los maestros se quedan a cargo de los niños, realizando una gran variedad de actividades educativas y jugando con sus otros compañeros.

Class #	Day	Dates	Time	
6620-W	Jueves	Enero 11- Marcha 7	9:45-11:45am	
Cost: \$10				



CLASS REGISTRATION FORM

Class Number Class Title		Price
		Total \$
Parent(s) Attending		
Address		
CityZIP_		
Home Phone	Work/Cell	
Email		
Children Attending		
Name	Birthdate	Grade
Name	Birthdate	Grade
Do you or your child have health or other special n	eeds?	
Do you need sibling care? Yes O No O		
Are you a Fridley School District resident?		
Payment Information: O Check enclosed (payab	le to ISD 14)	
Charge My: O Visa O MasterCard	O Discover	
Card Number	Expiration Date	3 Digit Security Code
Signature		

SLIDING FEE SCALE ECFE CLASSES		SLIDING FEE SCALE 3-YEAR-OLD PRE-K (HALF DAY)				
Separat	ing		Non-Separating	2023-24: 3-year-old Preschool		2024-25
Family Income	7/8 wks	Sibling Care	7/8 wks	Family Income	4 days/wk (half day)	4 days/wk (half day)
\$110,000 +	\$125	\$94	\$48	\$110,000 +	\$325/mo	\$340/mo
\$100-109,000	\$117	\$77	\$40	\$100-109,000	\$300/mo	\$315/mo
\$90-99,000	\$108	\$66	\$32	\$90-99,000	\$300/mo	\$315/mo
\$80-89,000	\$99	\$55	\$26	\$80-89,000	\$275/mo	\$290/mo
\$70-79,000	\$90	\$44	\$22	\$70-79,000	\$250/mo	\$265/mo
\$60-69,000	\$88	\$39	\$18	\$60-69,000	\$210/mo	\$220/mo
\$50-59,000	\$80	\$33	\$16	\$50-59,000	\$185/mo	\$195/mo
\$40-49,000	\$63	\$28	\$14	\$40-49,000	\$155/mo	\$165/mo
\$30-39,000	\$39	\$22	\$12	\$30-39,000	\$100/mo	\$105/mo
\$20-29,00	\$23	\$17	\$10	\$20-29,000	\$65/mo	\$70/mo
\$19,999 or less	\$11	\$11.00	\$8.00	\$19,999 or less	\$35/mo	\$40/mo
Chart A			Chart B	Chart C		

FRIDLEY PRESCHOOL 2024-25





First and only International Baccalaureate program for 3- and 4-year-old Preschool in Minnesota

WELCOME TO FRIDLEY PRESCHOOL, AN IB WORLD SCHOOL!

Fridley Preschool is the only International Baccalaureate (IB) 3- and 4-year-old Preschool program in the state of Minnesota. Additionally, our school district is the first and only district in the state, and one of few in the nation, to offer the full PreK-12 IB Continuum to all students.

Here at Fridley Public Schools, we focus on developing the whole child, and that starts with our district's earliest learners. Both 3- and 4-year-old preschool programs are designed to provide your child with the necessary learning experiences to prepare for kindergarten. Utilizing our transdisciplinary IB curriculum framework, your child will be a step ahead when it comes to "kindergarten readiness" and a holistic IB educational experience.

WHY CHOOSE FRIDLEY PRESCHOOL?

Our high quality Preschool Program has mutiple options to meet your families needs. This includes low cost half-day 3-year-old, NO COST half-day 4-year-old, and scholarship eligible cost based 3 & 4-year-old full-day preschool.

IB Primary Years Programme

Fridley Preschool is an International Baccalaureate (IB) World School that offers the Primary Years Programme (PYP). Founded on a philosophy that recognizes a child's natural curiosity, creativity and ability to reflect, the PYP generates a stimulating, challenging learning environment to nurture those assets and foster a lifelong love of learning in every child.

• Caring and nurturing teachers

Each classroom is led by a Minnesota Department of Education (MDE) licensed Early Childhood Educator. Your child will receive personalized attention as each class is capped at 20 students with a teacher and classroom assistant in each classroom.

Parent Aware Four-Star Rating

Fridley Public Schools is proud to offer a 4 Star Parent Aware rated Preschool Program to help prepare your child for school success.

High-quality and Aligned Curriculum

Our preschool curriculum has been written to encompass several areas of inquiry and is aligned with Minnesota's Early Childhood Indicators of Progress (ECIPs). The ECIPs are Minnesota's early learning standards that provide a framework for developmentally appropriate expectations from birth to kindergarten. They also align to the Minnesota Kindergarten Academic Standards.

CONTACT

Preschool Program Questions: KATIE BROWN Secretary (half-day) 763-502-5105

JORDAN WRIGHT Secretary (full-day) 763-502-5107

4-year-old enrollment:

LORI O'DOWD Enrollment Coordinator 763-502-5081

Additional contacts:

RENEE VAN GORP Principal of Alternative Services 763-502-5101 (half-day)

STEPHEN KEELER Community Education Director 763-502-5106 (full-day)

KARIN BECKSTRAND Preschool IB PYP Coordinator 763-502-5117 (half-day)

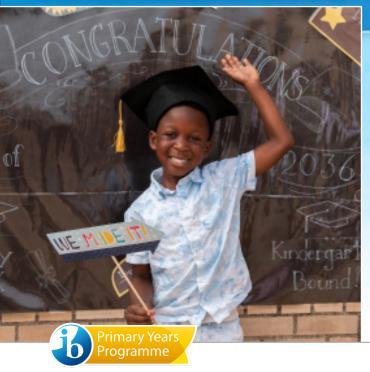
SALLY LEONE

Childcare Coordinator 763-502-5135 (full-day)

Preschool Location:

Fridley Community Center 6085 7th Street NE Fridley, MN 55432

An International Baccalaureate World School



2023-24 SECOND SEMESTER SESSION SEATS OPEN Dates: Jan 29 - June 6

Secure your child's entry point into our Fridley Public Schools IB World Schools District!

Fridley Preschool is accepting new session enrollments for Second Semester of the current school year. Families are able to register through our online portal at <u>www.fridleyschools.org/enroll</u> or visit us at the Enrollment Office, located in the Fridley Community Center, at 6085 Seventh Street NE. Office hours are M-F from 10 a.m. to 3 p.m.

REGISTER TODAY!

Call 763-502-5081 or visit the Enrollment Center, 6085 Seventh Street NE

CENTRAL FEATURES OF FRIDLEY PRESCHOOL CURRICULUM

Fridley Preschool delivers a high-quality education to our students, focusing on Social and Emotional Learning, Mathematics, and Literacy. Your child will develop a love for learning while building a solid foundation for their educational journey.

The way teachers support learning in the early years of the IB PYP Programme are by:

- Planning uninterrupted time for play
- Building strong relationships with students and their families
- Creating and maintaining responsive spaces for play
- Offering many opportunities for symbolic exploration and expression.

UPCOMING EVENT:

FRIDLEY PRESCHOOL REGISTRATION NIGHT (2024-25 school year)

Tuesday, February 29, 2024 5-6:30 pm at the Fridley Community Center

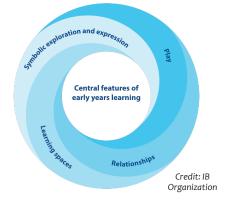
Attend **Fridley Preschool Registration Night** to learn more about our 3- and 4-year-old International Baccalaureate World School Preschool. Staff will help to complete registration for your child and answer questions that you may have. For additional information, please visit www.fridleyschools.org/preschoolregistration or call 763-502-5105.

TRANSPORTATION PROVIDED!

NORTHWEST SUBURBAN INTEGRATION SCHOOL DISTRICT

Fridley Public Schools is a member of the **Northwest Suburban Integration School District.** Our 4-year-old preschool program is available via lottery application to all families who reside in NWSISD school districts: *Anoka-Hennepin, Brooklyn Center, Buffalo-Hanover-Montrose, ISD728 (Elk River Area), Fridley, Osseo, Rockford*. **Free bus transportation is provided.**

Families are required to complete and submit an NWSISD online application. The priority application time period starts mid-October and goes through December 31. NWSISD will conduct a lottery based on it's policies and procedures if the number of applicants exceeds the number of available seats. For more information and to submit an application, go to <u>www.nws.k12.mn.us</u>.



FRIDLEYPRESCHOOL

3-&4-YEAR-OLD **CLASS OPTIONS** 2024-25 school year



3-YEAR-OLD PRESCHOOL CLASS OPTIONS

Children must be 3 years old by Sept. 2, 2024.

Class Options:				
<u>AM</u> <u>SESSION</u>	Monday - Thursday Mornings 8:15 - 11:00am 9 monthly payments of \$340/mo or \$3060 annually A Sliding Fee Scale is also available. See page 27.			
<u>PM</u> <u>SESSION</u>	Monday - Thursday Afternoons: 12:00 -2:45pm 9 monthly payments of \$340/mo or \$3060 annually A Sliding Fee Scale is also available. See page 27.			
<u>FULL</u> <u>DAY</u> OPTION	Monday - Friday Full Day: 7:30am - 4:30pm \$290 per week Needs-based scholarships available			

To Register:

To register, you must submit an application:

- Online at: https://fridley.ce.eleyo.com
- By phone at 763-502-5105 with Visa/MasterCard/Discover
- In-person at the Enrollment Center in the FCC
- For more information about half-day preschool -Please call Katie Brown at 763-502-5105.
- For more information about the full-day preschool option - Please call Jordan Wright at 763-502-5107.

You must submit all required documents listed below:

- Child's birth certificate
- Up-to-date immunization records

4-YEAR-OLD PRESCHOOL CLASS OPTIONS

Children must be 4 years old by September 2, 2024.

Class Options:		To Register:		
<u>AM</u> SESSION	Monday - Friday Mornings 8:15am - 11:15am No cost to families	 Online at: <u>www.fridleyschools.org/preschoolregistration</u> In-person at the Enrollment Center in the FCC For more information about enrolling into our half-day preschool 		
<u>PM</u> SESSION	Monday - Friday Afternoons: 12:00pm - 3:00pm No cost to families	 program - Please call Lori O'Dowd at 763-502-5081. For more information about the full-day preschool option - Please call Jordan Wright at 763-502-5107. 		
<u>FULL</u> <u>DAY</u> <u>OPTION</u>	Monday - Friday Full Day: 7:30am - 4:30pm \$290 per week Needs-based scholarships available	 You must submit all required documents listed below: Proof of address (driver's license, utility bill, rental/purchase agreement) OR Open Enrollment Form Child's birth certificate Up-to-date immunization records Preschool screening documents if screened outside our district 		
		Copies will be made of each document and originals returned to you. Registration is not complete until we have received all of the above documents.		

Ask about our FREE bus transportation for 4-year-old half-day students!

DOES YOUR 4-YEAR-OLD HALF-DAY STUDENT NEED BUS TRANSPORTATION?

Free transportation is provided for families within Fridley district boundaries and those who reside in the Northwest Suburban Integration School Districts, which include: Anoka-Hennepin, Brooklyn Center, Buffalo-Hanover-Montrose, ISD728 (Elk River Area), Fridley, Osseo, and Rockford.



LEARN MORE!



FULL DAY 3 - & 4 - YEAR - OLD FRIDLEY PRESCHOOL

Get a Head Start on your First Steps!

LEARN MORE ABOUT OUR 2024-25 3-&4-YEAR-OLD PRESCHOOL FULL DAY OPTION

Your child will be a step ahead in their educational journey with our full day Preschool program. We offer a great option for working families in need of full day care.

- Hours: 7:30 AM 4:30 PM
- Fridley Preschool is seamlessly blended with Tiger Club Childcare, the district's high-quality and educational childcare program
- Students will receive International Baccalaureate (IB) Licensed instruction and enjoy structured learning all day long
- Your child will be Kindergarten-ready and fully prepared for their next steps into elementary school
- Tuition: \$290 per week Needs-based scholarships are available for 3- and 4-Year-Old options



Register Today!

Please contact Jordan Wright at 763-502-5107 to learn more about the Full Day Preschool option!

TIGER CLUB CHILDCARE



High-quality Fridley School District Childcare program for students in K-6

WELCOME TO FRIDLEY TIGER CLUB SCHOOL-AGE CHILDCARE

Located within the Fridley Community Center, our program offers before-and-after care on school days, and all-day care on Non-School days to students K – Grade 6. Our School-Age-Care program is Minnesota School-Age Childcare Association (MnSACA) Accredited and Department of Human Services (DHS) Certified.

LEARNING & CURRICULUM

Tiger Club is an ideal place where students can explore their interests through fun and challenging activities designed to build confidence and foster independence in a safe, nurturing environment. Our program is choice-based and play-based, and our team creates a variety of games, crafts, experiments and much more in interest areas that include, art, literacy, math, science, dramatic play, and technology.

Whether delivered in a classroom, gym, playground, or outdoors, our curriculum will give children opportunities to learn and grow in an engaging and informal way.

ABOUT OUR STAFF

Our staff are trained in "out of school time" curriculum planning, choice-based programming, child development, active supervision, CPR, and First Aid. A staff to child ratio of 1:15 or less is maintained at all times to provide small group and individual attention. Staff build one-on-one connections with students and work to support each child's individual social emotional growth.



CHILDREN WILL ENJOY:

- Daily Gym and/or Playground time
- Daily Creative and Dramatic Play
- Daily planned activities to choose from incorporating art, literacy, math, science, and much more
- Seasonal Community Service projects
- Daily Meals: Breakfast & Snack (Plus Lunch on Non-School Days)
- Fieldtrips and/or On-site presenters on Non-School Days
- Annual Special Events & Parent
 Engagement opportunities

CONTACT

For more information or questions regarding Tiger Club School Year, contact:

JORDAN WRIGHT Tiger Club Secretary 763-502-5107 jordan.wright@fridley.k12.mn.us

LOCATION:

Fridley Community Center 6085 7th Street NE, Fridley, MN 55432

REGISTRATION

REGISTER ONLINE AT:

https://fridley.ce.eleyo.com

New registrations are required every season. Registrations are accepted first come; first serve regardless of prior season attendance.

Watch for Summer 2023 enrollment in our Spring/ Summer 2023 Catalog.

School Year 22-23 enrollment remains open until May 1st.

(New contracts are accepted based on space availability)

WELCOME TO SCHOOL YEAR 2023-24 FRIDLEY TIGER & CLUB

TIGER CLUB SCHOOL-AGE CHILDCARE





Welcome to Fridley Tiger Club School-Age Childcare! Located within the Fridley Community Center, our program offers before- and after-school care on school days, and all-day care on non-school days to students in kindergarten through sixth grade. Our School-Age-Care program is Minnesota School-Age Childcare Association (MnSACA) Accredited and Department of Human Services (DHS) Certified.

LEARNING & CURRICULUM:

Tiger Club is an ideal place where students can explore their interests through fun and challenging activities designed to build confidence and foster independence in a safe, nurturing environment. Our program is choice-based and play-based, and our team creates a variety of games, crafts, experiments and much more in interest areas that include, art, literacy, math, science, dramatic play, and technology. Whether delivered in a classroom, gym, playground, or outdoors, our curriculum will give children opportunities to learn and grow in an engaging and informal way.



ABOUT OUR STAFF:

Our staff are trained in out-of-school time curriculum planning, choice-based programming, child development, active supervision, CPR, and first aid. A staff to child ratio of 1-to-15 or less is maintained at all times to provide small group and individual attention. Staff build one-on-one connections with students and work to support each child's individual social and emotional growth.

CHILDREN WILL ENJOY:

- Daily gym and/or playground time
- · Daily creative and dramatic play
- Daily planned activities to choose from incorporating art, literacy, math, science, and much more
- Seasonal community service projects
- Daily meals: breakfast and snack (plus lunch on non-school days)
- Field trips and/or on-site presenters on non-school days
- Annual special events and parent engagement opportunities

REGISTER ONLINE: https://fridley.ce.eleyo.com

SPACE IS LIMITED: Register early to begin the first week of school!

SCHOOL YEAR REGISTRATION DEADLINE: AUGUST 11

New registrations are required every school year, regardless of prior season attendance.

Once school year begins, new contracts are accepted based on space availability!

SCHOOL YEAR 2023-24 SEASON: DAYS & DATES:

Monday through Friday; September 6 – June 6 *Closed and non-school days schedule available

HOURS OF OPERATION: School days: 6:30 a.m. to school start; school release to 6 p.m. Non-school days: 6:30 a.m. to 6 p.m.

REGISTRATION FEE: \$25 per child, required at time of registration. (Non-Refundable)

TUITION RATES:

Elementary Tuition:

- AM & PM \$37 per day (Drop-In rate: \$48)
- AM or PM \$22.50 per day (Drop-In rate: \$25.50)

Middle School Tuition:

- AM & PM \$37 per day (Drop-In rate: \$48)
- AM ONLY \$20 per day (Drop-In rate: \$23)
- PM ONLY- \$25 per day (Drop-In rate: \$28)

Non-School-Day Tuition:

Full-day - \$52 per day (Drop In rate: \$63)

*We accept County Childcare Assistance Program (CCAP)

TUITION INCLUDES:

All daily activities, meals (breakfast and snack), and transportation to and/or from school on school days; and all activities (including field trips) and meals (breakfast, lunch and snack) on non-school days.

SCHEDULE OPTIONS:

- Consistent weekly set schedules ONLY
- · Minimum of one (1) set scheduled day a week
- · No "drop-in only" OR rotating schedules available
- Tuition is due each week regardless of attendance
- Non-school days not required; separate sign-up

TRANSPORTATION:

On school days, children are escorted between the FCC and their attending school via the district's transportation department according to their weekly set schedule.



For information or questions regarding Tiger Club School Year, contact: Jordan Wright (Tiger Club secretary) at 763-502-5107 or jordan.wright@fridley.k12.mn.us



6085 7th Street NE, Fridley, MN 55432 | 763-502-5107

HOW TO REGISTER



Online

Register online at: https://fridley.ce.eleyo.com

If you need assistance in setting up your account, please call 763-502-5100.

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Phone

Register by phone by calling 763-502-5100 with Visa, MasterCard or Discover

 \boxtimes

By Mail or In-Person

Register by mail or visit the Fridley Community Center in-person to register. Mail registration form to:

Fridley Community Center 6085 7th Street NE, Fridley, MN, 55432

Office Hours: Monday – Friday, 8:00 am – 4:00 pm

🔒 Fax

Fax your registration to us with your *MasterCard*, *Discover*, *or Visa* information. Fax to:

763-502-5140

DISTRICT POLICY

It is our policy not to discriminate on the basis of sex, race, religion, color, national origin, economic status, disability, age or mental status in any of our education programs or personnel practices.

CLASS REGISTRATION POLICIES

FEES

Fees must accompany your registration. You may pay with cash, check (Please make all checks out to ISD #14), or Visa/ MasterCard/Discover credit cards.

CANCELLATIONS

Fridley Community Education reserves the right to cancel classes due to lack of enrollment or emergencies.

REFUNDS

Refunds minus a \$5 processing fee will only be issued if requested one (1) business day prior to the start of the first day of class. No refunds will be given after a class has started. For classes and tours that have a published cancellation deadline, no refunds or credits will be issued after the specified dates. Full refunds or credits are issued if Community Education cancels a class or tour, or the class or tour is already filled.

CLOSINGS DUE TO WEATHER

In case of bad weather, check the district's website at www.fridleyschools.org for the most current updates. You may also tune in to local media – broadcast, print and online for information on school closures. Classes are not held when Fridley schools are closed due to the weather.

SAFETY DISCLAIMER

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Fridley Public Schools (ISD#14) assumes no responsibility for injuries received during activities. Any changes in participants' current physical activity level should be done under the approval and direction of their physician and/or health care provider(s).

SPECIAL SERVICES

Persons with disabilities are welcome in any class or activity and may bring a helper at no extra charge in most cases (please call first). If you need a reasonable accommodation, please contact the Community Education Office at 763-502-5100.



Satisfaction Guaranteed

CONFIRMATION

If you have an email address on file with us, you will receive confirmation. You may also call to confirm your registration. You will be called if the class is canceled or filled.

PHOTO AGREEMENT

Fridley Public Schools Community Education has my permission to use photographs of the person/s enrolled in the course in public releases and or information publications about the program. If you do not want pictures in public releases, you need to contact the Community Education office in writing at fridleycommunityed@ fridley.k12.mn.us.

FEE ASSISTANCE

Residents of the Fridley School District who are unable to pay the full registration fee for classes may request fee assistance by calling 763-502-5100 or email fridleycommunityed@fridley.k12.mn.us. Some classes may not qualify for fee assistance or it may be limited. Students within the district on free or reduced lunch are eligible for reduced prices on most classes with proof of participation in the free or reduced lunch program.

UCARE DISCOUNT

UCare members may take up to a \$15 discount on most classes listed in our catalog. If a class is less than \$15, the member may take the class free of charge. Members must be on UCare at the time of registration and through the duration of the class(es). Members will need to include their ID number when registering. Classes that are not eligible for the discount include homeopathy, high risk activities (rock climbing, etc.), hypnosis, and personal trainers. UCare for seniors allows one discount per year.

SENIOR CITIZEN DISCOUNT

Community members 62 years and older may attend classes at 10% off of the regular fee unless otherwise noted. This discount does NOT apply to classes offered outside of Fridley or Fridley Senior Program Classes.

We are committed to providing high-quality Community Education programs and classes. Please call us if you are not satisfied with any Community Education class.

CLASS REGISTRATION FORM



Name				
Address				
City	ZI	Р		
Home Phone		Work/	Cell	
E-mail Address				
Class Number Class Ti	tle			Price
			Т	otal \$
Registering: O Self) Family (Family's last	name:)
Please provide names and a	-			
Name		Birthdate	G	rade
PAYMENT INFORMATIC Check enclosed (payabl Fridley Community Cen 6085 Seventh Street NE,	e to ISD #14) ter			
Charge My: 🔿 Visa	O MasterCard	O Discover		SCAN ME
Card Number	Ехр	iration Date	3 Digit Security Co	de
Signature				

CONFIRMATION

Consider yourself registered for the classes that you have signed up for. Confirmation notice will only be sent to you via a valid email address on file. You will be contacted if the class is full or cancelled.



6085 Seventh Street NE. Fridley, MN 55432 Nonprofit Org. U.S. Postage PAID Twin Cities, MN Permit No. 2613

ECRWSS POSTAL CUSTOMER



February 29, 2024 5-6:30 PM at the Fridley Community Center

Attend **Fridley Preschool Registration Night** to learn more about our 3- and 4-year-old International Baccalaureate World School Preschool. Staff will help to complete registration for your child and answer questions that you may have.

Please be sure to have the following required documents with you when registering:

- Proof of address (driver's license, utility bill, rental/ purchase agreement) <u>OR</u> Open Enrollment Form.
- Child's birth certificate.
- Up-to-date immunization records.
- Preschool screening documents if screened outside our district.

Please note: Registration is not complete until we have received all of the above documents.

Do you have questions? Please contact 763-502-5105



LEARN MORE:

