



CAMBRIDGE-ISANTI SCHOOLS Community Education

WINTER/SPRING
2025

Look inside for...
25-26 Preschool
Volunteering with Us
Adult Fitness

*...and much,
much more!*



**Hands-on Learning, Health & Well-being,
Active Living, Partnerships,
Connectedness & Belonging**

EARLY CHILDHOOD | YOUTH | ADULTS | SENIORS



The mission of Cambridge-Isanti Community Education is to enrich the lives of everyone in our community by providing opportunities for lifelong learning.

625B Main St N Cambridge, MN 55008
763-689-6189 | c-ischools.org/community-ed

Register for classes online at c-ischools.ce.eleyo.com

Community Events



Illuminate Isanti 2024

December 1-31, 2024 | 5-9 PM | Event is FREE in 2024

Bluebird Park, 201 Isanti Pkwy NW Isanti, MN 55040

Walk through the lights, Food Trucks & Vendors on Fridays & Saturdays,
Santa onsite every Saturday before Christmas

Details:

www.cityofisanti.us/parks-and-recreation/pages/events-family-programs



City of Cambridge Snowman & Snow-Sculpture Contest

January 1-February 21

Categories: Overall Favorite, Most Creative,
Best Traditional Snowman, and Best Business

Details:

www.ci.cambridge.mn.us/amenities-fun/events-activities

East Central Grad Band Holiday Concert

Sunday, December 15, 2024, 2 PM

Richard G. Hardy Performing Arts Center

Free Concert, donations to support the band are welcome.

The band will perform favorite holiday tunes and beautiful Christmas music, including Randall Thompson's "Alleluia" and "Breath of Heaven".
They will also feature a group from the East Central Chorale.



Cambridge Winter Fest

February 22, 2025 | 12:00-4:00 PM

Central Green Park, 1450 East Rum River Drive, Cambridge

Horse Drawn Carriage Rides, Sled Dog Rides, Skating, Sledding,
Bonfires & Warming Houses, S'mores, Cornhole, Music, Food Trucks,
Vendors, Craft Vendors

Details: www.ci.cambridge.mn.us/amenities-fun/events-activities

Cambridge-Isanti Community Education Programs & Contact Information

Information & Registration

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Registration Website

c-ischools.ce.eleyo.com

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Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

Welcome to our Winter Brochure! I am so glad you are here!



Christina Thayer Anderson
Director of Community Education

This week, we celebrated National Community Education Day. It was a day to recognize the significant impact Community Education classes, programs, and teams have on the pursuit of lifelong learning, health and well-being across generations, and fostering a sense of belonging for all. By the time this brochure is in your home,

there will be more darkness than light hours, a sharp chill will be in the air, and (if we are lucky) beautiful snow will be on the horizon.

But, don't let winter keep you inside! Whether it's a new class, your favorite rec activity, or making the decision to start volunteering in our schools - we have so many ways for you to be active, support your growth and development, serve in our community, and get connected to neighbors. We take great joy and pride in being part of your story and the success of our community.

Lastly, a few things to be looking for in the coming weeks. Though we are not yet halfway through the school year, it's time to start thinking ahead for the 2025-26 school year: look for preschool enrollment in the brochure and additional information for kindergarten enrollment in your mailboxes in the coming weeks. And, as a part of our Strategic Plan, we're focusing on creating a comprehensive facilities master plan this year. By working together with community members, families, and partners, we can support growth, maximize resources, and offer new opportunities for all. This plan will shape our district's future for decades to come. Learn more about our focus areas in Dr. Rudolph's message on the back page of this brochure, and watch for more information arriving to your mailboxes soon.

Together, we share a commitment to support one another—our youth, our families, and each of you—to create a community where everyone thrives. Thank you for being part of our story. We look forward to a season of learning, growth, and connection with each of you.

In partnership,

Christina E. Thayer Anderson
Director of Community Education

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Please note! Modified Hours at the Education Services Center Office Hours Over Winter Break:

The Community Education office is open Monday through Friday from 7:30 AM-4:30 PM. Holiday hours (8:30 AM-3:30 PM) will be in effect on December 23, 26, 27, and 30. The office will be closed and no activities will take place on December 24, 25, 31, January 1 and February 17.

Arts & Hobbies

Daytime Oil Painting for Beginning & Experienced Painters (Ages 15+)

Learn various techniques used with oil through step-by-step instruction and demonstration. Participants purchase their own supplies, estimated at about \$80 for first time painters. A list of the supplies will be sent to you in your confirmation email.

WL100A | Tu | Jan 21-Mar 11 | 1-3 PM | AEC
8 Sessions | \$85 | Gallagher

WL100B | Tu | Apr 1-May 20 | 1-3 PM | AEC
8 Sessions | \$85 | Gallagher

Alcohol Ink Fun (Ages 8+) *NEW*

Alcohol ink is a bit like water color with some great twists. In the class you will receive a small vase, two tiles, a small easel and a wood plaque to display your colorful works of art. Choose abstract or detail designs. All materials included.

WL3146 | Tu | Mar 4 | 6-8:30 PM | CIHS
1 Session | \$29 | Anderson

Bird and Berries Acrylic Painting (Ages 15+) *NEW*

We will use a 16" x 20" black canvas and acrylic paints for this pretty painting. All materials included.

WL3144 | W | Jan 29 | 6-8:30 PM | CIHS
1 Session | \$29 | Anderson

Cement Paver Snow Person

This is a great family class! We will paint and decorate cement pavers that are good for indoor or outdoor use. Turn an ordinary cement paver into an adorable snowman complete with a winter hat. All materials included.

WL3095 | W | Jan 15 | 6-8:30 PM | CIHS
1 Session | \$29 | Anderson

Koi Fish Painting (Ages 15+) *NEW*

In painting this colorful painting, you will blend colors and pick up some painting techniques. Step-by-step instructions makes it fun and easy. A 16" x 20" canvas and acrylic paints are included.

WL3143 | Th | Feb 6 | 6-8:30 PM | CIHS
1 Session | \$29 | Anderson

Lake Time Painting *NEW*

Complete a 16" x 20" canvas using acrylic paint. The class is step-by-step, which makes it fun and easy! All materials included.

WL3147 | Tu | Mar 18 | 6-8:30 PM | CIHS
1 Session | \$29 | Anderson

Make a Painted Swedish Breadboard

Using a traditional Swedish pattern and acrylic paint, we will paint on one side, leaving the other side to cut on. All materials included.

WL3091 | Th | Feb 20 | 6-8:30 PM | CIHS
1 Session | \$35 | Anderson

Winter Wine Bottles (Ages 15+) *NEW*

Join us to paint your very own winter wine bottle complete with fairy lights connected to a cork shaped on/off switch. All materials included.

WL3145 | W | Jan 8 | 6-8:30 PM | CIHS
1 Session | \$29 | Anderson

Patchwork Piecing Basics (Ages 15+)

Beginners welcome! Learn to rotary cut, piece and machine sew cotton patchwork, featuring 7 different blocks. Fabric, sewing machine and other supplies provided. Visit the Quilterati shop to see samples. Price includes fabric, binding, and a quilting book!

WL327A | W | Jan 8-Feb 5 | 5-8 PM | Quilterati Shop
5 Sessions | \$125 | Norton

WL327B | Tu | Feb 25-Mar 25 | 5-8 PM | Quilterati Shop
5 Sessions | \$125 | Norton

Bargello Basics (Ages 15+)

Learn how to sew a 10-strip set bargello, suitable for a table runner or a tote bag. Fabric, sewing machines & all other equipment is provided. Fee includes a bargello book and all fabric!

Quilterati Shop | 1 Session | \$75 | Norton

WL3058 A | Th | Jan 23 | 6-8 PM

WL3058 B | M | Feb 3 | 6-8 PM

WL3058 C | Tu | Jan 21 | 6-8 PM

Sewist's Choice (Ages 15+) *NEW*

Restart a project that has been gone unfinished for too long; OR select a kit from over 50 available in the shop. Sewing machines & all other supplies provided! See kit samples at shop. Fabric & kits are 20% off during class.

Quilterati Shop | 2 Sessions | \$45 | Norton

WL3133 A | Th | Jan 9-Jan 16 | 5-8 PM

WL3133 B | W | Feb 12-Feb 19 | 5-8 PM

WL3133 C | Tu | Jan 7-Jan 14 | 5-8 PM

An Introduction to Voiceovers

Explore the voiceover industry with an instructor, a professional working voice actor, in a one-on-one video chat setting. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

WL850 | \$49/person | Virtual | Voices for All

More Classes and Details Available Online!

Classes are added throughout the year.
 See c-ischools.ce.eleyo.com for all class options.

Important to note:

- Info correct at time of print
- Website has most up-to-date info

Intro to Online Genealogy

Learn how to get started, get reviews of subscription websites, find out which tools to use, which types of records you'll find, and learn how to be an effective and accurate researcher.

WL3067 | Tu | Jan 7 | 6:30-8 PM | Virtual
1 Session | \$29/person | Shaffer

Level Up Your Genealogy 1

This course covers how to use the Family Search catalog, working with autosomal DNA for known and unknown family lines and other repositories to use beyond the large genealogy platforms.

WL3068 | Th | Feb 6 | 6:30-8 PM | Virtual
1 Session | \$29/person | Shaffer

Level Up Your Genealogy 2

Moving beyond auto-generated hints on the big platforms like Ancestry.com and MyHeritage is the only way to make progress in your research. I will show you 23 research techniques used by the pros.

WL3081 | Tu | Mar 11 | 6:30-8 PM | Virtual
1 Session | \$29/person | Shaffer

Introduction to the Enneagram **NEW**

The Enneagram is a map for self-discovery and personal growth based on personality types. The Enneagram is unique among personality tests because it identifies the motivations behind our behavior and recognizes the dynamic nature of our personalities.

WL3167 | Th | Apr 3-Apr 10 | 6-8 PM | CIHS
2 Sessions | \$45 | Troolin

Adult Conversation Spanish: Beginner Part 1 **NEW**

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

Virtual | 6 Sessions | \$115 | Stapel

WL3134 A | M | Feb 24-Apr 7 | 6-7 PM

WL3134 B | Tu | Feb 18-Mar 25 | 6-7 PM

WL3134 C | W | Feb 19-Mar 26 | 6-7 PM

Adult Conversational Spanish: Beginner Part 2 **NEW**

Learning a language is a lifelong journey and now you are on your way! Keep up the momentum in Beginner Spanish Part Two. Participants will continue with practical conversational components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs *ser* and *tener* conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Applicable to new students and previous Beginner Part 1 Spanish conversation participants. Ability to access zoom and basic working computer knowledge essential.

WL3135 A | M | Feb 24-Apr 7 | 6-7 PM | Virtual
6 Sessions | \$115 | Stapel | No Class Mar 31

WL3135 B | Tu | Feb 18-Mar 25 | 6-7 PM | Virtual
6 Sessions | \$115 | Stapel

Adult Conversational Spanish: Intermediate Part 2 **NEW**

¿Quieres hablar más Español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities in the language which will include expressing recommendations and comparisons. Real life scenarios will be introduced, and role played in Spanish to ensure a dynamic and interactive learning environment. Participants will also be delving into more complex grammatical instruction and vocabulary to create full sentences in Spanish. This will include present tense conjugation with *ER* & *IR* verbs, hobbies, sports, and workplace vocabulary in Spanish. Exciting culture discussions are related to music, dance, and famous people in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish conversation participants.

WL3179 | W | Feb 19-Mar 26 | 6-7 PM | Virtual
6 Sessions | \$115 | Stapel

Adult Conversational Spanish: Advanced Part 2

¿Quieres ampliar tu Español? Then this is the course for you! Students will expand their skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood, and expressions. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Advanced Spanish Part 1 or have had more than two years of the Spanish language.

WL3180 | Th | Feb 20-Mar 27 | 6-7 PM | Virtual
6 Sessions | \$115 | Stapel

Arts & Hobbies

Creative Writing 101: A Beginner's Guide **NEW**

Anyone with a passion for writing can learn and develop their fiction and non-fiction writing skills. This class will teach you about the different forms of creative writing, the top 10 creative writing tips for beginners, as well as how to brainstorm for new creative writing ideas, develop your own writing style, and find out how to get paid for your creative writing.

WL3158 | Th | Mar 6 | 4-6 PM | Virtual
1 Session | \$39 | Krusemark

Introduction to Journaling: A Beginner's Guide **NEW**

Journaling can help you reduce stress, improve your self-awareness, as well as prioritize problems, fears, and concerns, and provide an opportunity for positive self-talk. You'll learn how to start journaling, the 10 most popular types of journaling, how to kick-start self-reflection and self-discovery, and track your progress and personal growth.

WL3161 | F | Mar 7 | 4-6 PM | Virtual
1 Session | \$39 | Krusemark

Writing Short Stories: A Beginner's Guide **NEW**

Writing short stories helps you discover your writing voice and how to convey your ideas. You'll learn how to bring your story to life with an engaging plot, as well as character development, action, and dialogue. You'll also learn what to do with your short story once completed, including editing, proofing, and publishing options.

WL3159 | Th | Mar 6 | 6-8 PM | Virtual
1 Session | \$39 | Krusemark

How to Write Your Life Story

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life.

WL989 | Sa | Mar 1 | 10 AM-1 PM | Virtual
1 Session | \$49 | Krusemark

Beginner's Guide to Getting Published

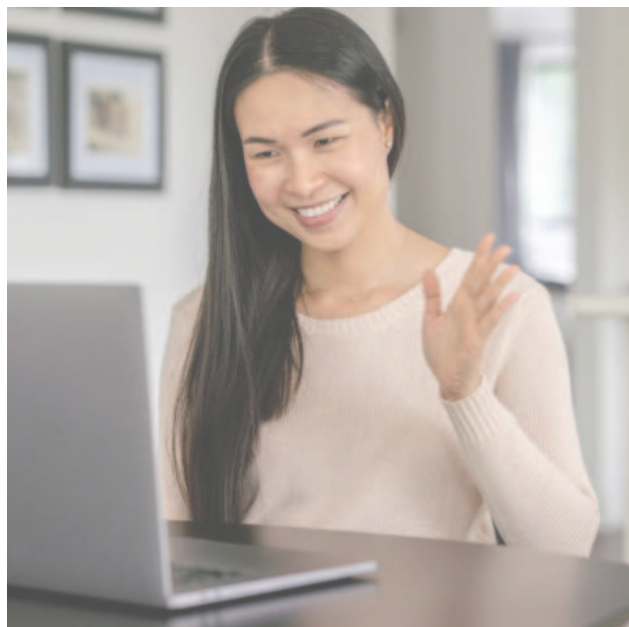
If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. If you really want to succeed, this step-by-step workshop is a must!

WL920 | W | Feb 26 | 6-8 PM | Virtual
1 Session | \$39 | Krusemark

Beginner's Guide to Starting a FREE Blog

Online blogging is a great way to get the word out! Learn step-by-step how to start a FREE blog with WordPress and connect it to your domain/website. Discover how to earn an income with your blog.

WL919 | Sa | Mar 8 | 11 AM-1 PM | Virtual
1 Session | \$39 | Krusemark



Comedy Writing

Whether you need to make a dull work presentation more lively, mix laughter with learning in the classroom, or want to write or perform your own stand up routine, this session will show you how to apply humor to all aspects of your life. You will learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people.

WL993 | Sa | Mar 8 | 1-3 PM | Virtual
1 Session | \$39 | Krusemark

10 Practical Tips to Writing Powerful Dialogue **NEW**

Writing believable, relatable dialogue is an art-form, but fortunately there are some tried-and-tested methods and techniques you can use right now to improve the dialogue in your novel or script. In this fast paced session, you'll learn how to turn ordinary words into compelling dialogue, use clean dialogue tags, differentiate character voices, use dialogue instead of narrative/voiceover, avoid dialogue "dumps," and be real, but not boring.

WL3160 | F | Mar 7 | 3-4 PM | Virtual
1 Session | \$25 | Krusemark

Make Money as a Freelance Writer: A Beginner's Guide **NEW**

Freelance writing has emerged as a significant force in the gig economy, offering flexibility, independence and a way to make money online and offline, for supplemental income or a full-time career. You'll learn the top 10 areas of freelance writing, as well as how to create writing samples, develop your "brand," and find job boards. Handouts for future use are included in class fee, and include links to more than 1,000 ways to get paid as a freelance writer.

WL3162 | F | Mar 7 | 6-8 PM
Virtual | 1 Session | \$39 | Krusemark

Start Your Own Online Business: A Beginner's Guide NEW

Looking for ways to make money online? Turn your ideas into income by starting an online business. You will learn how to find a gap in a niche market and fill it; build your own website, and market your business effectively (including SEO) so potential customers will find you; take care of business forms and taxes; create multiple sources of income (including Affiliate commissions).

WL3157 | W | Mar 5 | 4-6 PM | Virtual
1 Session | \$39 | Krusemark

Mystery Shopping: Earn Extra Money!

Start your new career in this exciting field without any cost. Learn how to sign up with legitimate mystery shopping companies, avoid the pitfalls and scams, create your mystery shopping resume and profile, and understand legalities and taxes relating to this income.

WL273 | Tu | Mar 4 | 5-6 PM | Virtual
1 Session | \$25 | Krusemark

Save Money with Extreme Couponing!

Learn how to save money with extreme couponing. Coupons are not just for groceries. The savings can really add up! Discover where to find coupons (even for high ticket items); how to find the best online coupon apps and websites; and how to match coupons with sales for maximum savings.

WL272 | Tu | Feb 25 | 3-4 PM | Virtual
1 Session | \$25 | Krusemark

How to Start Any Home Business

Turn your talents and hobbies into profits by starting a home business. You will discover more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, and how to take tax deductions (this workshop included!).

WL271 | Tu | Mar 4 | 6-8 PM | Virtual
1 Session | \$39 | Krusemark

How to Make Extra Cash Pet Sitting

Do you love animals...especially dogs? Learn how to make extra money by watching dogs or other pets. You will learn how to make a good impression as well as what questions to ask when interviewing for a pet-sitting job. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc.

WL899 | F | Feb 28 | 4-6 PM | Virtual
1 Session | \$39 | Krusemark

REGISTER EARLY!

This ensures your classes will run and you won't miss your chance! Low enrollment will cause courses to be canceled.

Travel Show: Come hear about 3 different AMAZING trips!

Take a trip in 2025 with Community Education! Learn more about these unique, professionally managed and guided trips -Canadian Rockies & Glacier National Park, Iceland Explorer, Alpine Swiss Villages & Rails.

Join us for a FREE informational presentation about these travel opportunities sponsored by Cambridge-Isanti Community Education and managed and guided by Premier World Discovery. Get the inside scoop about the destinations as well as trip details.

Attending a travel show is informational only. It does not commit you to the trip. Feel free to join us even if you are curious!

Travel shows are free but advanced registration is required.

WL461 | W | Feb 26 | 11 AM-12 PM | AEC
1 Session | FREE

Explore more virtual classes by LeeAnne Krusemark!

Visit c-ischools.ce.eleyo.com for full class descriptions.

- **\$Monetize\$ Websites, Blogs and Social Media with Affiliate Marketing**
- **Be a Better Writer: 10 Easy Tips To Improve Your Writing NOW**
- **Beginner's Guide to Using FREE ChatGPT (AI) for Writers**
- **Explore 50 Different Self Publishing Options**
- **Explore the World as a Travel Writer**
- **How to Outline and Write an Irresistible Romance**
- **Intro to Medical Terminology**
- **Introduction to Screenwriting for Television or Movies**
- **Make Money with a Virtual Assistant/Word Processing Business**
- **Meet the Publisher/Agent - Get Your Manuscript Critiqued**
- **Write a Riveting Mystery, Suspense, or Crime Story**
- **Write Your First Novel (in 90 Days!)**
- **Writing for Online Blogs, Magazines & Websites**
- **Using Amazon's Kindle Direct to Self-Publish Your Book For FREE**

Cooking

**Sugar Cookie Decorating** (Ages 10+)

Join this beginner-friendly class to learn the basics of working with royal icing and leave with 6 beautifully decorated cookies. Everything you'll need is provided. The fee includes 6 fresh-baked cookies, 4 icing colors, sprinkles, practice sheet, use of decorating tools, printed recipes and a take home box.

- January 28: Build a Snowman Cookie Set
- February 24: Cats Cookie Set
- March 31: Springtime Cookie Set

CIHS | 1 Session | \$40 | Simply Sweet Bakery MN

WL3069A | Tu | Jan 28 | 6:30-8 PM

WL3069B | M | Feb 24 | 6:30-8 PM

WL3069C | M | Mar 31 | 6:30-8 PM

Breakfast Meal Prep *NEW*

Need new make-ahead breakfast recipes to start your day in a healthy way? Join Kirsten live online from her kitchen where she'll demonstrate Air Fryer Poached Eggs, Instant Pot Steel-cut Oats, Chimichanga Breakfast Burritos, Overnight Breakfast Grain Bowls, Egg Bites 3 Ways, and more! Additional make-ahead breakfast recipes included.

WL3153 | Tu | Jan 28 | 6:30-8 PM | Virtual
1 Session | \$29/participant | Madaus

Fast Family Meals *NEW*

Bring your family together around the dinner table with quick and satisfying meals. Perfect for busy nights, these dishes are packed with flavor and made with simple, everyday ingredients. In this live online class Kirsten will demonstrate Creamy Taco Soup in a pressure cooker, Turkey-stuffed Peppers or Vegetable Lasagna in an air fryer, and more!

WL3156 | Tu | Mar 4 | 6:30-8 PM | Virtual
1 Session | \$29/participant | Madaus

Instant Pot Sweets for your Sweetheart *NEW*

Get ready to impress your loved ones with delectable desserts made in your Instant Pot! In this live online class Kirsten will use pressure cookers to demonstrate several desserts perfect for any occasion, especially when you want to show someone how much you care. This course caters to many dietary preferences, including vegan and gluten-free options, so everyone can indulge in these delightful treats.

WL3154 | Tu | Feb 4 | 6:30-8 PM | Virtual
1 Session | \$29/participant | Madaus

Air Fryer Seafood *NEW*

Transform your kitchen into a seafood haven with the convenience of an air fryer! In this live online class Kirsten will use air fryers to demonstrate Glazed Salmon 3 Ways, Gnocchi with Shrimp and Tomatoes, Mini Tuna Casseroles, and more! You'll also explore creative sauces that complement your seafood creations perfectly.

WL3155 | Tu | Feb 25 | 6:30-8 PM
Virtual | 1 Session | \$29/participant | Madaus

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

During this class, you will learn to make a decadent French pastry known as a Chocolate Éclair filled with pastry cream and covered in chocolate ganache, and another wonderfully rich yeasted dessert known as Paczki (Polish Doughnuts) filled with preserves or pastry cream. The steps for each dessert will be simplified so that any home cook will be able to create professional looking and tasting desserts for Valentine's Day.

WL3062 | Sa | Feb 1 | 4-6:30 PM | Virtual
1 Session | \$35/participant (Fee can include immediate family members living full time in the SAME HOME ONLY)
Georgakopoulos

California Sushi Roll Extravaganza! *NEW*

California "sushi" roll combinations are only limited by your imagination! Make them vegetarian, with or without seaweed, spicy or not, it is totally up to you! Learn the skill of creating delicious seasoned sushi rice, spicy mayo, and how to stuff, wrap/shape the rolls, with wonderful filling ingredients. One of these fillings is a "crab" salad that will be created using crabsticks.

WL3105 | F | Apr 25 | 5-7 PM | Virtual
1 Session | \$30/participant (Fee can include immediate family members living full time in the SAME HOME ONLY)
Georgakopoulos

More Classes Available Online!

Classes are added throughout the year.
See c-ischools.ce.eleyo.com for all class options.

Escape to the Mediterranean *NEW*

Escape to the Mediterranean with the flavors of Greece in this LIVE COOK-ALONG class! ! On the menu: Greek Grilled Chicken Souvlaki (skewers), Tzatziki (traditional Greek yogurt dipping sauce), Greek Veggie Rice, homemade pita bread, drizzle dressing, and Greek Salad Dressing too!

WL3141 | Sa | Jan 18 | 4-6:30 PM | Virtual
1 Session | \$35/participant (Fee can include immediate family members living full time in the SAME HOME ONLY)
 Georgakopoulos

Savor the Season Comfort Food: Shepherd's Pie Twice-Baked Stuffed Potatoes & Chocolate Stout Cake *NEW*

Enjoy a wonderful new spin on the classic meal of Sheppard's Pie Twice-Baked Stuffed Potatoes, and decadent Chocolate Stout Cake with a wonderful almost "froth-like" frosting for dessert!

WL3142 | Sa | Mar 8 | 4-6:30 PM | Virtual
1 Session | \$40/participant (Fee can include immediate family members living full time in the SAME HOME ONLY)
 Georgakopoulos

**Virtual classes will take place on Zoom.
 Zoom link will be sent in advance.*

Understanding Estate Planning & Trusts *NEW*

If you own a business; have real estate in another state; have minor children, or want to avoid probate or protect assets for future generations, a trust may be a great estate planning tool for you. Learn how trusts can protect assets from irresponsible family members, avoid probate, reduce estate taxes, and protect assets from creditors. Question and answer time included.

Estate Planning and Elder Law Attorney from Bolt Hoffer Boyd Law Firm

WL3102 | Tu | Mar 18 | 6:30-8:30 PM | AEC | 1 Session | \$29

Wills, Health Care Directives & Powers of Attorney

If you have a plan, you get to make your own choices. You will leave this class with a valid Will, Health Care Directive and Power of Attorney. This class is appropriate for you if the total of all of your individual assets is less than one million dollars. Basic computer and typing skills are helpful, as you will be typing your official documents on a computer. Please note: There is paperwork that should be completed and brought to class. Paperwork will be mailed to you about a week prior to class.

Estate Planning and Elder Law Attorney from Bolt Hoffer Boyd Law Firm

WL481 A | Tu | Feb 11 | 6-10 PM | AEC
1 Session | \$95/person, \$169/married couple

(Paid Advertisement)



ISANTIGRAPPLINGCLUB.COM

JIU JITSU

KIDS & ADULT CLASSES

CLASS SCHEDULE**ADULT GI**

MONDAY, WEDNESDAY, FRIDAY
 7:00PM - 8:00PM

ADULT NO GI

TUESDAY, THURSDAY
 6:30PM - 7:30PM

KIDS GI (AGES 5-9)

MONDAY, WEDNESDAY, FRIDAY
 4:45PM - 5:30PM

TEEN GI (AGES 10-15)

MONDAY, WEDNESDAY, FRIDAY
 5:50PM - 6:40PM

OPEN MAT SELECT SATURDAYS

11:00AM



MEMBERSHIP SIGN UP
FREE WEEK TRIAL

Social Security for Baby Boomers

Social Security is far more complicated than most people realize. The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime.

This workshop will be presented by Cody Clem and Travis Fisher, North Metro Money Management in St. Francis. Securities offered through Parkland Securities, LLC, FINRA/SIPC. Fee based investment advisory services offered through Sigma Planning Corporation, a registered investment advisor. Northmetro Money Management is independent of Parkland Securities, LLC, and Sigma Planning Corporation.

WL3096 | Tu | Jan 14 | 6:30-8 PM | CMS
1 Session | \$10 | Clem, Fisher

Social Security for Couples

The Social Security decisions spouses make when they are in the 60's will determine the amount of total income they will receive over their lifetime. Learn some little-known rules that can help married couples get more out of the Social Security system.

WL398A | W | Mar 12 | 6:30-8 PM
CMS | 1 Session | \$19/married couple | Clem, Fisher

Savvy Tax Planning

Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over their lifetime.

WL477A | Tu | Feb 11 | 6:30-8 PM | CIHS | 1 Session | \$10 | Clem

Medicare 101

Planning for Medicare is confusing. If you are nearing the age of 65 you should attend this course to learn the basics of what Medicare is, how it works, how to avoid penalties, and how to prepare yourself for enrolling. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and Advisory services offered through World Equity Group Inc., member firm of FINRA/SIPC.

WL356A | Tu | Jan 14 | 6:30-8 PM | CMS
1 Session | \$10/person, \$18/couple | Taylor

WL356B | Th | Mar 13 | 6:30-8 PM | CMS
1 Session | \$10/person, \$18/couple | Taylor

CHARLES TAYLOR
 Licensed Agent
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- Medicare Advantage Plans
- Medicare Supplement (Medigap)
- Medicare Prescription Drug Plans

4325 Pheasant Ridge Drive NE
 Suite 610
 Blaine MN 55449

(612) 470-0150
 chuck.taylor@fourpointsadvisory.com

Social Security Facts & Strategies **NEW**

This course explores claiming rules and strategies for couples, divorcees, and surviving spouses on how to get the most out of your Social Security Benefit. We will discuss the important role Social Security plays in retirement planning and ways to maximize your benefits. You should attend if you're within a few years of retirement.

WL3151 | Th | Feb 13 | 6:30-8 PM | CIHS
1 Session | \$10/person, \$18/couple | Taylor

Banjo, Mandolin, Ukulele, Bass Guitar, or Guitar Lessons (Ages 6+)

Get professional instruction offered through Steve Cekalla's Guitar and Music School. We offer a unique and fun approach, with the ability to teach styles, theory, and techniques to those with instrument experience. Package is for three 30-minute lessons. Your lessons will be scheduled within the month you registered for. Upon completion of registration Steve's Guitar will contact you to schedule your sessions.

WL440 | Jan-May | Virtual | \$39 | Cekalla
Lessons offered each month for each instrument.
Choose your instrument at the time of registration.

Instant Guitar for Hopelessly Busy People (Ages 13+)

In just a few hours, learn enough to give you years of musical enjoyment. Discover how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar, and how to play along with simple tunes. Fee includes online book, a recording of the class and follow-up video lessons.

WL439 A | Tu | Jan 28 | 6:30-9:00 PM | Virtual
1 Session | \$69 | Coffman

Instant Piano for Hopelessly Busy People (Ages 13+)

Learn how to play in just a few hours! While regular piano teachers teach note reading, professionals use chords. Learn all the chords you need to play your favorite songs in no time! Fee includes online book and video instruction.

WL474 A | M | Jan 27 | 6:30-9:30 PM | Virtual
1 Session | \$69 | Coffman

Family Open Gym

WLOpenGymA | Su | Jan 26 | 5:30-7 PM
WLOpenGymB | Su | Feb 23 | 5:30-7 PM
WLOpenGymC | Su | Mar 23 | 5:30-7 PM
\$5/family | CMS Gym

See page 30 for more details.

CPR Health Care Course - Basic Life Support for Medical Staff

This advanced CPR course with AED training is designed for nursing students, physicians, therapists, and EMS personnel. Participants will have to take and pass a test for certification.

WL476A | W | Feb 26 | 6-8:30 PM
CIHS South House Resource Area | 1 Session | \$95
Lee-Johnson

Heartsaver Adult, Child & Infant CPR, First Aid & AED

Students will learn the critical lifesaving skills needed to care for someone until emergency help arrives. Instruction includes Adult, Child & Infant CPR, First Aid, and AED. Perfect for childcare providers, security officers, law enforcement, health and fitness instructors, students, parents, grandparents, and anyone who wants basic knowledge to help save someone's life!

WL475A | M | Feb 10 | 6-10 PM | ESC
CIHS South House Resource Area | 1 Session | \$95
Lee-Johnson

WL475B | W | Mar 5 | 6-10 PM
CIHS South House Resource Area | 1 Session | \$95
Lee-Johnson

Healthy Eating-Education for Caregivers

"You, as a caregiver, can't do your best unless your body has the energy it needs from eating healthy foods three times a day" (Frank Broyles). Identify some healthy eating habits related to stress due to caregiving, how to plan healthy meals and snacks and learn how to reach your goals. This class for caregivers is presented by Collette Colucci, Community Educator/Aging Care Coordinator. There is no charge for this class, but you must preregister so we know you are coming.

WL4801 | Th | Jan 16 | 11:30 AM-1 PM | AEC
1 Session | FREE - preregistration required | Colucci

Dealing with Grief and Loss

These two experiences encompass many things in life: death of a loved one, ending of a relationship, retirement, death of a pet, empty nest, or illness. All of these things are very difficult for most people to deal with, mostly because they are not prepared to do so when the situation arises, common results are shock, confusion, isolation, anger and depressions. This class is designed to be an informative, supportive, coping skills gaining workshop. We will discuss options to process and effectively cope with and improve general well-being through this difficult process.

WL817 | Tu | Feb 11 | 6:30-8:30 PM | Virtual
1 Session | \$20 | Ernst

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

Understanding and Improving Mental Health

Everybody has good mental health days and challenging mental health days. For many people, the challenging days outnumber the good days. This class is designed to be an informative, supportive, coping skills gaining workshop. We will discuss options to help process and manage common troubling mental health concerns like depression, anxiety, phobias, shyness, obsessive compulsive disorder, addiction and dependency. Significant others and family are welcome to attend to support the people they care about.

WL821 | Tu | Feb 18 | 6:30-8:30 PM | Virtual
1 Session | \$20 | Ernst

Inner Well Being *NEW*

Join us as we dive into developing our inner well-being and focus on personal growth. Each night will be a different topic, come to one group discussion or come to all.

WL3171 | Tu | Apr 1-May 6 | 6-7 PM | CIS
6 Sessions | \$49 | Schultz

Creating Sacred Spaces *NEW*

Learn to create a space that allows time for silence, meditation, and prayer. Our busy lives are not always conducive to good self-care. Having a space that offers time to just be is important for our mental and emotional well-being. Come and have some fun as we explore color, sound and lighting to prepare a space just right for you.

WL3169 | W | Jan 15 | 6:30-8 PM | ARC Retreat Center
1 Session | \$35 | Marko

Reaching your Heart Knowledge through Journaling (Ages 13+) *NEW*

This hands-on course is designed for both the novice and seasoned in journalers. Participants will be introduced to "lived experience" (phenomenological) writing and a five-step inquiry (hermeneutic design) to discover their personal heart knowledge embedded in the text. Participants will be encouraged to share their work, but sharing is not required.

WL3168 | Tu | Feb 18 | 6-9 PM | ARC Retreat Center
1 Session | \$35 | Begin

Understanding your Children's Behavior *NEW*

Children and teenagers frequently shock, confuse, frustrate, and surprise their parents. Bring your questions and concerns, and we will discuss them as a group and brainstorm options and corrective actions. Bring a notebook, a couple of pens, and your sense humor just for fun.

WL819 | Tu | Jan 28 | 6:30-8:30 PM | Virtual
1 Session | \$20 | Ernst

Health, Wellness & Safety

Acupressure and Other Tools for Women 55+

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques, nutritional musts, and more.

WL934A | Tu | Jan 14 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Acupressure to Assist Weight Loss

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

WL911A | Tu | Mar 25 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Tips for Downsizing and Preparing your House to Sell! *NEW*

Kari has over 10 years of experience working with seniors and their families in the Senior Living industry. She understands how emotional and challenging making a move can be. She will discuss tips for downsizing and preparing your house to sell whether it is moving to a smaller house, apartment or a Senior Living community. Kari is a licensed Realtor in MN and WI.

WL3149 | Th | Mar 6 | 6-7:30 PM | CIHS
1 Session | FREE - preregistration required | Francois

Buying and Selling Collectible Items for Profit

This class will provide information about what kind of items will likely have the highest return potential value, where to find these items, how to protect and store these items from degradation, selling and marketing these items. Some specific categories that we will discuss will be introduction to coin collecting, stamp collecting, antiques, collecting miniatures, miscellaneous memorabilia items collecting, buying and restoring antiques and other furniture.

WL3079 | Tu | Mar 4 | 6:30-8 PM | Virtual
1 Session | \$20 | Ernst

Acupressure Face Lift & Skin Savvy *NEW*

Here's a face lift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase firming; even decrease headaches, relieve eye strain, soothe nerves, and increase relaxation.

WL935A | W | Mar 19 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Acupressure to Relieve Migraines, Headaches, Nausea & Vertigo *NEW*

Acupressure is a healing technique that works with how energy flows through your body. Just as you have blood that flows through vessels, you have energy that flows through pathways called meridians. Acupressure involves pressing or massaging key points on the body to stimulate energy flow which can offer great relief with no side effects. We will focus on the points that relieve and prevent migraines and headaches as well as nausea and vertigo.

WL3148 | M | Mar 31 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Acupressure to Relieve Stress & Anxiety

Acupressure is an ancient healing art and self-help tool that can offer great relief. Learn the specific pressure points that can help relieve stress, insomnia, anxiety, irritability, and even weight gain.

WL912A | Tu | Feb 25 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

The Art of De-Aging

Your chronological age cannot be changed. Your biological age, however, is measured by how well your body systems work. Peel years off your bio age with simple, scientifically proven techniques. Discover facial acupressure points to erase years from your face naturally. Help yourself look better, feel younger and age with health and vigor.

WL900A | Th | Jan 23 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak



2004 Mahogany Street
 Mora, MN 55051
 (320) 679-4197

807 North Main Street
 Cambridge, MN 55008
 (763) 689-4604

www.ecv.vet

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

Face Yoga

Learn simple exercises that will rejuvenate your face. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing “puppet mouth” lines, lifting and firming neckline, making upper and lower cheeks fuller, reducing puffiness and sagging around eyes, improving circulation and nutrient flow into cells, and improving lymph circulation.

WL941A | M | Feb 24 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Heart Health for Women

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

WL933 | M | Feb 3 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Women, Weight & Hormones

Can't lose that weight no matter how hard you try? This is probably due to your hormones. Learn strategies for fighting fat and losing weight, simple things you can do to keep your metabolism burning brightly, how to tell if your thyroid is an issue and what to do about it, how to lose weight again, and more!

WL907A | Tu | Mar 4 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Avoid the Pitfalls of Perimenopause & Menopause

Perimenopause typically starts around the age of 35 and lasts 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, fibroids, and exaggerated PMS. Discuss hormone replacement options; acupressure for symptom relief; and more. Leave with multiple tools for restoring health and well-being.

WL901A | M | Mar 3 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Seven Steps to Reverse or Prevent Diabetes *NEW*

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.

WL3086 | W | Jan 15 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak



Metabolism Boosters & Busters

You can lose weight, up to 20 pounds in a year, without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 simple things to do every day to boost your metabolism and burn more calories!

WL903A | M | Feb 10 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Overcoming Your Carbohydrate Cravings

Ever had a day that you can't stop eating? Do you crave starches, snack foods and sweets? Do you find the more you eat, the more you want to eat? Discover a two-week plan that will stop your cravings (no kidding!), help you lose weight, and help keep your insulin levels balanced. It is a matter of biology, not willpower. No hype – just the facts.

WL902A | M | Apr 7 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Vitamins & Herbs: Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? Learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. Discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations.

WL909 | Tu | Jan 21 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Soothe Those Achey Joints

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy. Wear loose, comfortable clothing.

WL914A | M | Jan 27 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

See page 22 for courses on mental health well-being including:
 Make it Ok – Let's Talk about Mental Health, Adult Mental
 Health First Aid, Youth Mental Health First Aid

Abdominal Strengtheners That Won't Stress Your Back Or Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor.

WL944A | Tu | Jan 28 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Improve your Health at any Age

Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every SECOND! Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! In this workshop, we'll discuss simple steps you can take now to help make every system in your body as healthy as possible.

WL939A | Tu | Apr 1 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Strong is the New Skinny

Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands at home. There are many benefits to having stronger muscles – they boost metabolism; maintain and increase bone density, make daily tasks easier and will help you age with quality and grace. All levels of fitness welcome.

WL938A | M | Jan 13 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak

Just Breathe! Techniques to Calm, Center & Balance

Breath work is a powerful practice for improving energy, health and well-being. Learn ancient breathing exercises that will: neutralize stress; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and strengthen your back and abs. The simplest and most powerful technique for optimum health of mind and body is literally right under your nose.

WL905A | M | Mar 24 | 6-7:30 PM | Virtual
1 Session | \$29 | Novak



Explore more virtual health classes by Janice Novak!

Visit c-ischools.ce.eleyo.com for full class descriptions.

- Hips, Thighs & Otherwise
- Is Your Waistband Too Tight Today?
- Posture, Get it Straight: Look 10 Years Younger, 10 Pounds Thinner & Feel Better Than Ever
- De-Age Your Brain
- Thyroid Things You Need To Know
- Acupressure for Sinus Relief, Headaches & More
- Posture & Osteoporosis Workshop: Building Better Bones
- Activate Your Brains Creativity Center

Computer Scams and What Not to Click On!

Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets.)

Virtual | 1 Session | \$20/person | Wilson

WL3123 A | Tu | Feb 25 | 12-1 PM

WL3123 B | Su | Mar 30 | 3-4 PM

A Practical Computer Class for Older Adults

This unique class is for those who are looking for simple and practical instructions. Your patient instructor has trained 1000s of older adults, with 4 and 5-star ratings! We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites for seniors, use some shortcut keys, and navigate Google Search to do research and get information.

1 Session | \$20/person | Wilson | Virtual

WL3118 A | Tu | Jan 7 | 12-1 PM

WL3118 B | Tu | Jan 19 | 1-2 PM

WL3118 C | F | Jan 31 | 2-3 PM

WL3118 D | Tu | Feb 18 | 11:30 AM-12:30 PM

WL3118 E | Sa | Mar 15 | 10-11 AM

Save Time and Money with an Easy Computer Tune-up *NEW*

Save money and fix your computer yourself! No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button! Speed up your computer in no time!

WL3178 A | Th | Feb | 6 | 10-11 AM | Virtual
1 Session | \$20 | Wilson

Windows 11 - Starting from the Beginning *NEW*

This is an adult-friendly Windows 11 class! See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized. (Not for Apple/Mac users.) Meet us on Zoom for this informative class!

1 Session | \$20/person | Wilson | Virtual

WL3174 A | Th | Jan 16 | 2-3 PM

WL3174 B | W | Feb 5 | 2-3 PM

WL3174 C | Sa | Mar 22 | 10-11 AM

Microsoft Word: The Very Basics

We will break down the unknown Microsoft Word stuff and present them to you in a clear, sensible, and enjoyable way! The instructor will open and show basic functions in Microsoft Word and go on to explore saving, alignments, bullets, numbering, and indents. (Not for Apple/Mac users.)

Virtual | 1 Session | \$20/person | Wilson

WL3120 A | W | Jan 22 | 3-4 PM

WL3120 B | Su | Feb 9 | 2-3 PM

WL3120 B | Tu | Mar 25 | 3-4 PM

Getting More Out of Microsoft Word *NEW*

Let's make your tasks in Microsoft Word a lot easier! You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature, and using macros to eliminate laborious repetition. See the beauty of working with soft and hard returns and how to easily create and use tables. Get tips and tricks, as well as use shortcuts to save time. Let's look at creating headers/footers and using the Format Painter to easily format existing text. (Not for Apple/Mac users.)

Virtual | 1 Session | \$20/person | Wilson

WL3175 A | W | Jan 29 | 3-4 PM

WL3175 B | Su | Feb 16 | 2-3 PM

WL3175 C | W | Mar 26 | 3-4 PM

Creating Envelopes and Labels in Microsoft Word *NEW*

You will see how to create and print different size computer generated labels in Microsoft Word. These labels can be printed and affixed on envelopes and packages for shipping. In addition, you will learn to create a single letter to use for mass distribution, without having to repeat a list of recipients' names and addresses! Names can easily be saved in a database for future mailings of labels, envelopes and mass mailings.

Virtual | 1 Session | \$20/person | Wilson

WL3176 A | W | Feb 12 | 3-4 PM

WL3176 B | Th | Mar 27 | 3-4 PM

Pictures - Finding, Editing, Organizing

Learn how to manage pictures on your computer. We will take a look at using the Photo Gallery and minor editing of pictures, such as cropping and making enhancements. We will learn to use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other printed materials. (Not for Apple/Mac users.)

Virtual | 1 Session | \$20/person | Wilson

WL3121 A | Sa | Jan 18 | 2-3 PM

WL3121 B | Su | Feb 23 | 2-3 PM

For the Non-Designer: Design Business Cards, Flyers, Invitations and more! *NEW*

Learn to edit beautiful looking template designs for practically any type of print and social media project. No more working from scratch! The instructor will show how to get the free user-friendly Canva program. This class is especially for beginning and novice non-designers. You will be amazed at how professional your projects will look. Why pay designers hundreds of dollars when you can do it yourself in no time?

Virtual | 1 Session | \$20/person | Wilson

WL3172 A | Su | Jan 12 | 2-3 PM

WL3172 B | Sa | Feb 8 | 1-2 PM

Help! I need to Host my First Zoom Session *NEW*

You will see how a host sends an e-mail, invites, and schedules meetings. Even the basic host controls can seem overwhelming, but we will explore those, as well. You'll learn how to Share Screen, invite, and send links to e-mails. This class is a great place to start before hosting your first Zoom meeting!

Virtual | 1 Session | \$25/person | Wilson

WL3173 A | Tu | Jan 14 | 12-1 PM

WL3173 B | Su | Feb 2 | 2-3 PM

East Central Grad Band Looking for Members!

With 66 local musicians, the band has been active for 37 years under Lynn Wedlund's direction. Rehearsals will resume on Sunday, January 19th, at 7 PM in the Cambridge Middle School band room. For more information, please contact Lynn at LlWedlund@yahoo.com. We are in need of percussionists, bassoonists, and trumpet players. Want to check us out before committing? Or, looking for a fun holiday concert to attend with your family?

Sunday, December 15, 2024, 2 pm
Richard G. Hardy Performing Arts Center
Free Event, donations welcome

Technology / 55+ Automobile Accident Prevention

Using Google to Search for Information *NEW*

Understand how to use and get the best out of a search engine such as Google for looking up information and doing research. Find out how to search for practically anything online and limit your searching for more accuracy. Great class to open the power of Google search! Meet us on Zoom for this informative class!

Virtual | 1 Session | \$20/person | Wilson

WL3177 A | Su | Jan 26 | 5-6 PM

WL3177 B | F | Feb 28 | 5-6 PM

WL3177 C | Su | Mar 9 | 3-4 PM

Understanding Your Digital Footprint Online *NEW*

What trail are you leaving online? In this course, you will be introduced to the difference between passive and active digital footprints and how to safely navigate the online world by taking steps to protect what you leave behind. Topics will include web browsing, social media use, downloading/uploading data, phishing scams and ransomware.

**WL3166 | M | Apr 7 | 6:30-8:30 PM | Virtual
1 Session | \$29 | Twaroski**

Beginning Excel Online *NEW*

Dive into Excel with a guided exploration of how to create a new document and use the quick access toolbar, ribbon, and spreadsheet grid. This course will cover the basics of an Excel document including entering and formatting data and numbers, utilizing multiple pages and using Excel productively.

**WL3163 | M | Jan 27-Feb 10 | 6:30-8:30 PM | Virtual
3 Sessions | \$75 | Twaroski**

Intermediate Excel Online *NEW*

Following the Beginning Excel class, this course will cover a more in-depth look at the offerings within Excel, including formulas, tables, calculations and conditional formatting.

**WL3164 | M | Feb 24-Mar 10 | 6:30-8:30 PM | Virtual
3 Sessions | \$75 | Twaroski**

Introduction to Google Suites Online

Explore the offerings and inner workings of Google Suite. This course will dive into data storage using Drive, as well as creating, saving, editing and sharing documents through Google Docs. As learners will be shown how to access Google Suite from a Gmail account, it is recommended that every student has a Gmail account created prior to attending class so they can practice new knowledge in real time.

**WL3165 | M | Mar 31 | 6:30-8:30 PM | Virtual
1 Session | \$29 | Twaroski**

**Virtual classes will take place on Zoom.
Zoom link will be sent in advance.*

55+ Automobile Accident Prevention

Minnesota requires insurance companies to offer a reduction in automobile insurance rates for three years to those who attend an accident prevention course. We offer courses which discuss topics addressing safety, rules, distractions, hazards and driving responsibly. Courses must be taken every three years to continue your insurance discount.

AEC | 1 Session | \$28

WL602A | W | Jan 15 | 12:30-4:30 PM

WL602B | M | Jan 20 | 5:30-9:30 PM

WL602C | W | Feb 12 | 5:30-9:30 PM

WL602D | F | Mar 7 | 12:30-4:30 PM

**VALENTINE'S POOL PARTY
(GRADES K-6)**

Bring your friends and join us for this fun heart themed swim! There will be Valentine themed games, prizes and more! A snack and beverage will be provided. Please register by February 5th. Walk-ins are not accepted at the door. Life jackets are optional. There are a limited number to use during the event. Feel free to bring your own if your child needs one.

Parents are welcome to stay and swim with their child for FREE.

Children younger than 5 years of age are welcome to attend, but must have an adult in the pool and pool area with them at all times.

**WL124 | Sa | Feb 8 | 1-2:30 PM | CIHS Pool
1 Session | \$15/person, \$35 Up to 3 children with parent/guardian**

Community Basketball (Ages 18+)

Do you enjoy basketball and want to get some more time on the courts? If so, then come and play on Tuesday and Friday mornings!

WL354 | Jan-Mar | 6-7 AM | CIHS Gym Center Court
\$29-\$31/month | Madsen

League Volleyball (Ages 18+)

Were you a high school volleyball player? Enjoy playing volleyball from time to time? Come out for some exercise and socializing in this fun competitive league. Teams of six must include at least two people of each gender. If you need an extra to round out your team or are interested but don't have a team, contact Chelsey Marcio at c.marcio22@yahoo.com.

Registration ends January 16, 2025.

WL356 | Th | Jan 23-Apr 10 | 7-10 PM | IMS Gym
\$240/team | Marcio | No Class March 13

Pick Up Volleyball (Ages 18+)

Love to play volleyball but can't find enough players to make a team? Maybe you are new to the Cambridge-Isanti area and looking to meet new people. No matter the reason, enjoy Pick Up Volleyball - for all ages of adults and all levels of play. Participants will be mixed up for play each night. Preregistration required. Come early to warm up, we will start promptly at 6:30pm.

WL355 | W | Jan 8-Apr 16 | 6:30-9 PM | IMS Gym
\$5/day | Reichmann

Pick Up Pickleball

Looking for some fun recreation and social time? Join in on the action of one of the fastest growing sports in America! Players of all ages and experience levels are invited to play. Players will rotate in and out to ensure that all have the opportunity to play. Preregistration required.

WL493 | Tu/Th | Jan 7-Mar 13 | 6-8 PM | IIS Gym
\$6/day | Hunter

Beginner/Intermediate Pickleball Course

Ready to learn pickleball? Last night is a round robin tournament. All ages welcome.

WL3800 | Tu/Th | Mar 18-Apr 3 | 6:30-8 PM | IIS Gym
6 Sessions | \$119 | Daniels

**Top Fuhol Morning Madness**

Increase lean muscle mass, become more mobile, increase cardiovascular endurance, and create a strong core. Learn proper strength training techniques, strategies, and concepts. All fitness levels welcome - class is individualized. Many workouts are designed for partners, so sign up with a friend or make a new friend in class.

WL353 | M/W/F | Jan 3-Mar 31 | 5-6 AM
CIHS Weight Room | \$7/day | Fuhol

Adult Learn to Ski

Are you interested in learning how to cross country ski? Are you a beginning to intermediate skier who would like to improve your technique? Or are you just looking for a good way to deal with winter in Minnesota? Then this class is for you! We will teach both classic and skate skiing techniques. Participants must have their own skiing equipment. Registration includes Mora Ski Club membership for the season. Classes will be held regardless of snow conditions.

WL420 | Su | Jan 5-Jan 19 | 1-3 PM | Nordic Center
3 Sessions | \$20 | Mora Ski Club Volunteers

Women's Self Defense Seminar (Ages 15+)

This self-defense seminar will help you recognize potentially threatening situations, acquire verbal skills, physical techniques, and confidence to effectively defend and escape from an assault. You will also gain insight into the use self-defense devices such as pepper spray, noisemakers, tasers, and many others. Please wear comfortable clothing, as this class is active and hands-on.

WL362A | Th | Jan 30 | 6-8:30 PM | Woodland Campus
1 Session | \$29 | Wood

Is your Eleyo account up to date?

Please remember to keep your contact information current.

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.



Adult Recreation

Taiji Quan

Taiji Quan (T'ai Chi Ch'uan) is a graceful form of exercise and stretching performed in a series of slow focused, gentle movements accompanied by deep breathing techniques. Develop improved balance, flexibility, physical fitness, increased energy, and overall wellness. This class is designed for all ages and fitness levels!

WL346 | Th | Mar 6-May 1 | 5-6 PM | CMS Cafetorium
8 Sessions | \$69 | Wood | No Class Mar 13

Taiji Quan: Moving For Better Balance (Ages 60+)

Taiji (T'ai Chi) is a Chinese martial art that focuses on mental aspects integrated into movement. Benefits include: reduced bone loss in post-menopausal women, arthritis pain relief, reduced blood pressure, enhanced mental capacity and concentration, improved balance and stability, faster recovery from strokes and heart attacks, and symptom improvement of Alzheimer's, Multiple Sclerosis, and Parkinson's.

WL445A | W/M | Jan 6-Mar 17 | 10:45-11:45 AM | AEC
20 Sessions | \$85 | White | No Class Feb 17

Gentle Yoga

Strengthen, stretch, relax, and breathe in this yoga class for men and women. The combination of movement and breath work provides a well-rounded, healing practice for mind, body and spirit. Appropriate for all levels.

WL406A | Tu | Jan 7-Feb 11 | 6-7 PM | IMS Auditorium
6 Sessions | \$52 | Rylander

WL406B | Tu | Feb 18-Apr 1 | 6-7 PM | IMS Auditorium
6 Sessions | \$52 | Rylander | No Class Mar 11

Body & Soul Cardio Dance

Jumps, slides, pivots, and body rolls are not only fun but give you a serious dance workout without feeling like work! This class allows you to go at your own pace so even if you are a beginner you can have fun! Come try this hour of laughing, dancing, and fun and see for yourself how good this class is for your soul!

WL999A | W | Jan 8-Feb 26 | 12-1 PM | AEC
8 Sessions | \$50 | White

WL999B | W | Mar 5-Apr 23 | 12-1 PM | AEC
8 Sessions | \$50 | White

Silver Sneakers

*Taiji Quan: Moving for Better Balance
 and Body & Soul Cardio Dance are
 Silver Sneakers Eligible.*



*Check with your insurance company
 for eligibility.*

Mainstream Square Dancing!

After finishing this class, you are qualified to dance at any Basic/Mainstream dance around the world. Level 2 or previously graduated Basic/Mainstream or SSD lessons required. Fee includes a graduation dance.

WL1000C | Tu | Apr 15-May 20 | 6:45-8:30 PM | IIS Cafeteria
**5 Sessions | \$75/participant, \$125/couple,
 \$50/additional dependent under 19**

Square Dancing! Basic Level 1 (Ages 8+)

Exercise for the mind and body! Square dance lessons for all ages (8-108). Build your repertoire of square dance calls every week. At the end of the 3 levels, you will have learned all of the calls needed to dance at square dances hosted around the world.

WL1000A | Tu | Jan 21-Feb 25 | 6:45-8:30 PM | IIS Cafeteria
**5 Sessions | \$75/person, \$125/Couple,
 \$50/additional dependent under 19**

Square Dancing! Basic Level 2 (Ages 8+)

Continue to build on your square dance skills by learning the next 25 calls. Level 1 or have previously graduated from Basic/Mainstream or SSD lessons required. Fee includes a new dancer dance on April 4. Wear comfortable shoes. We prefer to match each participant up with a more experienced dancer. This will be discussed the first night of class.

WL1000B | Tu | Mar 4-Apr 8 | 6:45-8:30 PM | IIS Cafeteria
**5 Sessions | \$75/person, \$125/Couple,
 \$50/additional dependent under 19**

Beginning Country Two Step and Line Dancing Workshop **NEW**

Country Two Step is a fast, fun partner dance – it's basically a Swing dance that progresses around the floor. It can be danced to a variety of country music and has endless step combinations. We will focus on the concepts of lead and follow, the basic Two Step patterns and several fun turns and cool moves. And we will work one step at a time on one or two of the most popular Country Line dances of the past several years.

WL3075 | Sa | Jan 25-Mar 1 | 12-1 PM | CIS Gym
6 Sessions | \$35/participant, \$49/couple | Smith-Miranda

Join the World Groove Movement **NEW**

On the Groove dance floor, we focus on simple moves, set to an incredible variety of music, where no experience is required to join in the fun. You can't get it wrong. Your way is the right way! Groove benefits: boosts confidence, enhances brain function, boosts memory, encourages creativity, improves endurance and mobility, and creates bonding and a sense of community. Groove is an inclusive environment that any BODY can do.

WL3181 | Tu | Jan 14-Mar 4 | 6:30-7:30 PM | IPS
**8 Sessions | \$65/student, \$10/student/class for Drop in
 Munson**

FIND MORE ONLINE! We offer many more online certification classes in different categories such as Business, Business Communication, Data Science, Human Resources, Leadership, Management, New Media Marketing, Personal Development, Social Media for Business, Technology Skills, Training and Education, and Training for K12 Teachers. [View the complete listing of certification classes online at c-ischools.ce.eleyo.com.](https://c-ischools.ce.eleyo.com)

Bookkeeping Certificate

- Understanding Debits & Credits
- General Ledger & Month End Procedures
- Closing Procedures & Financial Statements

Certificate in Accounting & Finance for Non-Financial Managers

- Accounting & Finance for Non-Financial Managers
- Cash Is King
- Financial Analysis & Planning for Non-Financial Managers

Certificate in Business Writing

- Business Writing
- Effective Copywriting
- Writing News and Press Releases

Certificate in Customer Service

- Keys to Customer Service
- Extraordinary Customer Service

Certificate in Data Analysis

- Introduction to Data Analysis
- Intermediate Data Analysis
- Advanced Data Analysis

Certificate in Mastering Excel

- Mastering Microsoft Excel
- Intermediate Excel
- Advanced Excel

Power BI Certificate

- Introduction to Power BI
- Intermediate to Power BI
- Advanced to Power BI

Certificate in Project Management

- Introduction to Project Management
- Project Management Process
- Project Management Knowledge Areas

Management Certificate

- Management Boot Camp
- Collaborative Management
- Managing Generations in the Workplace

Mastering Video Marketing Certificate

- Video Marketing
- YouTube for Business

Certificate in Web Design

- Introduction to Web Design
- Intermediate Web Design
- Advanced Web Design

Coding Certificate

- Introduction to Coding
- HTML Fundamentals
- CSS Fundamentals

Certificate in Cyber Security *NEW*

- Advanced Cyber Threat Analysis and Mitigation
- Introduction to Cyber Security
- Network Security and Defense Strategies



Attention Participants

We use an online registration system, Eleyo, to communicate about class updates, new classes, weather cancellations, and more. Be sure your contact information is accurate and up to date. Also - opt in to text messaging services so you can receive these important class notifications directly to your cell phone. Contact us at 763-689-6189 for assistance.

Help our students in need this season. Items needed are:

- Athletic pants/leggings: 3T-Adult size XL (male and female)
- Waterproof mittens (preschool-5th grade sizes)
- Winter boots (preschool-5th grade)
- Snow pants (3T-Youth XL)
- Underwear (boys & girls sizes 3T-6)
- Individually-packed snacks

These items go directly to students only within our district and are available for free to students and families. All items can be dropped off at the Education Services Center, 625 Main Street North. Contact us at ceresister@c-ischools.org with questions.

Adults with Disabilities

Bingo and Root Beer Floats! *NEW*

Get your BINGO voice ready! Join us in this fun social game, grab your card, mark your numbers and keep your eyes on the prize because you never know when it'll be your turn to shout BINGO! Of course, what better way to enjoy the game than with some ice-cold root beer floats?

WL4007 | M | Feb 24 | 6-7:15 PM | AEC
1 Session | \$15 | Armstrong

Bowling League! *NEW*

Looking for a fun way to spend some March Monday nights? Grab your friends and join us for some strikes, spares, and a ton of laughs! No experience needed, just a love for good times and friendly competition. Whether you're a pro or a first-timer, everyone's welcome!

WL4009 | M | Mar 3-Mar 24 | 6-7:30 PM | Junction Bowl
4 Sessions | \$75 | Armstrong

Hanging Jeweled Snowflakes! *NEW*

Let's get crafty and cozy! Paint, Create and Indulge! Let your artistic side sparkle as you paint your own jeweled snowflakes! Melt and dip your very own chocolate spoon, perfect for stirring into a mug of delicious hot cocoa.

WL4008 | Tu | Jan 14 | 6-7 PM | AEC
1 Session | \$15 | Armstrong

Movie and Treats! *NEW*

We're heading to the movie theatre with the smell of buttery popcorn in the air, and a group of great friends. Get ready to enjoy a movie that's just as fun as the company. Also, on the agenda, let's enjoy some fun movie theatre snacks!

WL4010 | W | Mar 26 | 5-7:30 PM | AEC
1 Session | \$15 | Armstrong

Valentine's Day Fun! *NEW*

Come for the crafts, stay for the cookies, and leave with memories! Create an adorable Valentine's Day ornament using colorful buttons—perfect for giving as a gift, or adding a special touch to your home décor. Let your imagination run wild as you frost and decorate delicious cookies!

WL4006 | Th | Feb 6 | 6-7 PM | AEC
1 Session | \$15 | Armstrong

Community Education offerings are for all.

We don't want fees to be a barrier to Community Education. If your family is experiencing financial hardship, please reach out to discuss your situation. We offer payment plans as well as a scholarship application process. In addition, all students who qualify for the Federal Free and Reduced Lunch Program, SNAP, or MA are eligible to pay a reduced price for most classes. For more information, email ceresister@c-ischools.org or call the Community Education office at (763) 689-6189.

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Melissa Pierson, DDS



Adon Crook, DDS



At Central Minnesota-East Adult Education, we provide adults with the literacy skills needed to become self-sufficient and to participate effectively as productive workers, family members, and citizens. We welcome all adults 17 or over who are not currently enrolled in a K-12 school program. Central MN-East AE serves Braham, Cambridge-Isanti, Mora, and Princeton school districts. We have classroom sites in Cambridge, Mora, and Princeton. Students have the option of attending the site that works best for them. We also offer online and hybrid programs for people who prefer or need to work from home.

To register for classes, call 763-689-6228 or email adult.education@c-ischools.org.

What We Offer:

- Adult Education/High School Equivalency Classes & Resources
- Postsecondary Education and Career Exploration
- Refinement of math and reading skills
- English as a second language

What is the HSE?

A high school equivalency or HSE is a recognized alternative to a high school diploma. Most employers require applicants to hold either a high school diploma or HSE. Our program currently offers the GED.

Why should you consider Adult Education?

- You decide your class schedule.
- You have the option of distance learning.
- You work at your own pace.
- Our students receive individual help and experience small class sizes.
- Increasing your skills may lead to a better career and increase your earning potential.



Online Statewide Training Courses

Minnesota Adult Education now offers FREE statewide training courses. In these online courses, students can earn industry recognized credentials. Options include:

- Microsoft Office Specialist (MOS) Course
- Paraprofessional Preparation Course
- Test of Essential Academic Skills (TEAS) Preparation Course
- Commercial Driver's License (CDL)
- Personal Care Assistant (PCA)

For more information, call 763-689-6228 or contact adult.education@c-ischools.org

To register for classes, call 763-689-6228 or email adult.education@c-ischools.org.

CAMBRIDGE CLASSES

Tuesdays and Thursdays
10 AM-12 PM
4:30-6:30 PM

Adult Enrichment Center
540 5th Ave Cambridge, MN 55008

Additional classes are offered in Mora and Princeton. Pick the location and time that is convenient for you.

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

Community Resources

Advocacy & Support

| | |
|--------------------------------------|--------------|
| Alzheimer's Support Group | 763-691-6172 |
| Caregiver Support Group | 651-257-7905 |
| Family Pathways, Isanti County | 651-674-8040 |
| Grief Support Group | 651-756-8200 |
| Parkinson's Support Group | 763-325-0100 |
| Senior Linkage Line | 800-333-2433 |

Blind/Reduced Vision Resources

| | |
|------------------------------------|--------------|
| State Services for the Blind | 651-539-2300 |
|------------------------------------|--------------|

Deaf & Hard of Hearing Resources

| | |
|--|--------------|
| Deaf & Hard of Hearing Resources | 651-431-5945 |
|--|--------------|

Food/Meals

| | |
|---------------------------------|--------------|
| Cambridge Food Shelf | 763-552-3663 |
| Cambridge Surplus Foods | 612-402-6100 |
| Isanti County Food Pantry | 763-689-1107 |
| Meals on Wheels | 763-444-7539 |

Jobs

| | |
|---------------------------------------|--------------|
| MN Workforce Center - Cambridge | 763-645-1313 |
|---------------------------------------|--------------|

Mental Health Resources & Support

| | |
|------------------------------------|--------------|
| East Central Crisis Services | 800-523-3333 |
| Peer Support Warmline | 844-739-6369 |
| Salvation Army Care Hotline | 877-220-4195 |
| Suicide & Crisis Lifeline | 800-273-TALK |

Senior Centers

| | |
|--|--------------|
| Cambridge Senior Activity Center | 763-689-6555 |
| Central MN Council on Aging | 320-253-9349 |
| Isanti Senior Center | 763-444-6320 |
| Seven County Senior Federation | 320-679-4700 |

Transportation

| | |
|---|--------------|
| Arrowhead Transit | 800-862-0175 |
| Cambridge Cab | 763-552-8294 |
| East Central Transportation Coordinating Council | 320-679-4065 |
| Family Pathways | 763-689-3523 |
| Medivan | 800-422-0976 |
| Schu-Tran | 320-968-7478 |

Vulnerable Adult

| | |
|-------------------------------------|--------------|
| Isanti County Social Services | 763-689-1711 |
|-------------------------------------|--------------|

Make it Ok - Let's Talk about Mental Health **NEW**

We all have people in our lives that struggle with mental health but sometimes we're not sure what to say or how to help. Or maybe you are struggling alone. The help needed begins by talking about it. Join us for this important discussion where you will learn tools to start the conversation on mental health with your loved ones.

WL3170 | Th | Mar 6 | 6-7 PM | CIS | 1 Session | FREE | Schultz

Adult Mental Health First Aid **NEW**

This inclusive training is open to both professionals and nonprofessionals, providing unique opportunity for all to learn how to effectively support one another. Acquire the skills to intervene and be the catalyst for positive change – your actions could save a life! Explore what signs to look for and understand how to guide others toward the help they deserve. Don't miss the chance to be the difference-maker in someone's life! Both parts are mandatory in order to receive certification.

**WL3150 | Tu | Mar 18-Mar 25 | 4-8 PM | IIS
2 Sessions | FREE | Berkness, Yetman**

Youth Mental Health First Aid **NEW**

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**WL3152 | Th | Mar 20-Mar 27 | 4-8 PM | IIS
2 Sessions | FREE | Dibeler**



Cambridge-Isanti Schools
Here to help
We are here for our community

Let us help fill the gap

- winter gear
- footwear
- school supplies
- personal care needs
- clothing
- and more



Scan QR Code, complete the form.
Information shared remains confidential.

c-i_volunteercoordinators@c-ischools.org



What is ECFE?

Early Childhood Family Education (ECFE) is a public school program for all Minnesota families with children between the ages of birth and kindergarten entrance.

ECFE is based on the idea that the family provides a child's first and most significant learning environment and parents/caregivers are the first and most important teachers.

Together Time: Our classrooms are filled with fun toys, activities and opportunities to explore. Play with your child, follow their lead and watch them learn with excitement!

Family Education Time: Parents/caregivers meet in a nearby room to learn from each other, talk about experiences in parenting and share ideas! Discussions are facilitated by licensed parent educators.

Child Time: While parents/caregivers meet, children remain in the early childhood classroom to play and learn together with a licensed early childhood teacher.

If you would like to learn more about ECFE, call our Early Childhood office at 763-691-6691 or join us for a class and see what ECFE is all about!

Free Infant/Parent Opportunities



Baby Talk (Ages 0-12 Weeks)

A new baby is exciting and sometimes challenging! Join us weekly to talk about the ups and downs of caring for newborns, including sleeping, eating, and attachment. Also, have opportunities to meet other caregivers and develop your community. Weekly weight checks are available.

W25-42525 | Thursdays | 12:30-1:30 PM
Adult Enrichment Center, 540 5th Ave NW, Cambridge



Cambridge-Isanti Early Childhood relies upon the input of parents/caregivers in the district. Those on the council provide leadership, give input on class offerings and help to build a sense of community. It's a great way to be involved in your child's education! Everyone is welcome!

We meet the 3rd Tuesday of the month during the school year (except December and March). For more information about the Early Childhood Program Advisory Council please contact Kim Goodman at kgoodmanson@c-ischools.org or 763-691-6612.



This weekly informal breastfeeding support group is offered in partnership with Isanti County Public Health. The sessions are co-led by a licensed Parent Educator and professional Lactation Consultant.

W25-41521 | Thursdays | 11-12:30 PM
Adult Enrichment Center, 540 5th Ave NW, Cambridge

Family Coaching

Do you have questions about your child's behavior or development or do you just need some extra parenting ideas and support? Speak with a family educator by phone, email, virtually or in person! This is a FREE service! For more information or to schedule, please call 763-691-6691 or email earlychildhood@c-ischools.org.

New to our area? Have a 0 to 5 year old?

Cambridge-Isanti Schools want to hear from you! Scan the QR code to complete the online census form to connect you to district information.



FUN FAMILY EVENTS

Holiday Lights Bus Tour *FREE!*

Join us for a fun evening aboard a school bus to look at holiday lights around town! We will enjoy some festive fun as we search for the perfect display. Part way through the trip we will stop at Prairie Senior Cottages to have a treat and do an activity with residents, before boarding the bus to make our way back to school. Registration required. There will be limited seats. This is a free event!

Tuesday, December 17, 2024 | 5:45-7:15 PM
Meet at Cambridge Intermediate School in front of door #5 at 5:30, bus will depart at 5:45 PM

New Year's Family Open Swim & Pizza Party!

Saturday, December 28, 2024 | 3:30-5:30 PM
Swim: 3:30-5 PM, Pizza: 5-5:30 PM | CIHS pool

Ring in the new year (a little early) with a family open swim and pizza party! We will swim from 3:30-5 PM, with a fun countdown and glow sticks. At 5:00 PM we will enjoy some pizza together in the CIHS cafeteria. Families must register in advance. \$5/child, \$2 each additional child. \$10/family max. Pizza: \$1/slice. Water available, feel free to bring your own drinks.

Family Fun Night at IIS

Friday, January 17, 2025 | 5:30-7:30 PM
Isanti Intermediate School

Need a place to burn off some energy? Come and join us to play in the gym and jump in inflatables! There will be lots of opportunities to jump, climb, throw, run, and tumble! Suggested donation of \$10/family.

Sweetheart Dance

Friday, February 7, 2025 | 5:45-7:15 PM
Cambridge Intermediate School

Get ready to dance the night away with your family and friends! DJ, games, crafts, cookie decorating! Pizza will be available for purchase. Suggested donation of \$5/child, \$2 each additional child, \$10/family max, Pizza: \$1/slice. Water available, feel free to bring your own drinks.

Open Gym

March 11, 2025 | 9-11 AM | Isanti Intermediate School

Join us over spring break and burn off some energy in the gym at Isanti Intermediate School. Suggested donation of \$5/child, \$2/each additional child, \$10/family max.

ECFE AT A GLANCE

Looking for fee assistance? Give us a call, we can help! 763-691-6691

| Cambridge Intermediate School • 428 2nd Ave NW, Cambridge, MN 55008 | | | | |
|---|-----------------------------|-----------------------------------|---|------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Mixed Ages 8:15-10:15 AM | 2's & 3's 8:15-10:15 AM | Let's Play! Drop-In 9-10:15 AM | 2's & 3's 8:15-10:15 AM | Families Together 8:15-10:15 AM |
| Step Up to Preschool 12:15-2:15 PM | Mixed Ages 12:15-2:15 PM | | Baby Storytime at the Library 9:30-10:30 AM Baby Cafe (AEC) 11 AM-12:30 PM Baby Talk (AEC) 12:30-1:30 PM A Date with Dad 5:45-7:15 PM (Select Dates) | |

| Isanti Primary School • 301 Heritage Blvd NW, Isanti, MN 55040 | | | | |
|--|---|---|----------|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2's & 3's 8:15-10:15 AM | Toddlers & 2's (18mos-2yrs) 8:30-10 AM Young Toddlers (6-18mos) 10:30-11:30 AM Babies (Birth-9mos) 12:30-1:30 PM Sensory Exploration 5:45-7:00 PM (Select Dates) | Families Together 8:15-10:15 AM Mixed Ages 12:15-2:15 PM | | Mixed Ages 8:15-10:15 AM |
| | | | | Saturday Explore & Play (Birth-3) 9:30-10:30 AM (Select Dates) |

Infants & Toddlers

From those first weeks at home to the adventures of toddlers, ECFE is here to support you! Our age-specific classes give you the opportunity to connect with other families with children the same age. A licensed parent educator will share information on various topics related to child development and raising children. We can't wait to meet you!

Baby Talk (BIRTH-12 WEEKS) **FREE!**

*This is a non-separating class. Toys available for older siblings.
Held at the Adult Enrichment Center, 540 5th Ave. NW, Cambridge.*

W25-42525 | Th | Jan 30-May 22
12:30-1:30 PM | AEC | 14 sessions

Babies (BIRTH - 9 MONTHS) **FREE!**

This is a non-separating class. Sibling care is available.

W25-22526 | Tu | Jan 28-May 20
12:30-1:30 PM | Isanti ECCE | 14 sessions

Young Toddlers (6 MONTHS-18 MONTHS)

This is a non-separating class. Sibling care is available.

W25-21526 | Tu | Jan 28-May 20
11:00 AM-12:00 PM | Isanti ECCE | 14 sessions

Toddlers & 2's (Ages 18mos-2yrs)

This is a separating class. Sibling care is available.

W25-21525 | Tu | Jan 30-May 22
9-10:30 AM | Isanti ECCE | 14 sessions

2's & 3's

This is a separating class. Sibling care is available.

W25-11525 | M | Jan 27-May 19
8:15-10:15 AM | Isanti ECCE | 14 sessions

W25-21520 | Tu | Jan 28-May 20
8:15-10:15 AM | Cambridge ECCE | 14 sessions

W25-41520 | Th | Jan 30-May 22
8:15-10:15 AM | Cambridge ECCE | 14 sessions

Baby Storytime at the Library

(Ages Birth-23 Months) **FREE!**

Each storytime will include reading, singing, and playing. No registration necessary.

W25-41522 | Th | 9:30-10:30 AM
Cambridge Public Library



Mixed Ages* (Ages 1-5)

These classes are designed for children and a parent, grandparent or caregiver. Families will enjoy a variety of activities together such as art, puzzles and reading. Separating classes will have discussions on various parenting topics.

W25-11520 | M | Jan 27-May 19
8:15-10:15 AM | Cambridge ECCE | 14 sessions

W25-11520 | Tu | Jan 28-May 20
12:15-2:15 PM | Cambridge ECCE | 14 sessions

W25-32520 | W | Jan 29-May 21
12:15-2:15 PM | Isanti ECCE | 14 sessions

W25-51520 | F | Jan 24-May 23
8:15-10:15 AM | Isanti ECCE | 13 sessions



ECFE @ the Library!

W25-51521 | F | Feb 21 | 11:00 AM-12 PM
Cambridge Public Library | 1 session

Join ECFE for a short tour of the East Central Library in Cambridge, explore the Discovery Center and have a short story time. Afterwards, you are welcome to continue exploring the library and if needed, sign up for a library card. Once children can write their own name, they can sign up for their own library card!

THIS IS A FREE EVENT!

ECFE Classes

Step Up to Preschool (3 years old by Mar 1, 2025)

This is a separating class. Sibling care is available.

Step Up to Preschool is designed to offer age-appropriate activities, focusing on friendship skills, routines, and opportunities to work with preschool materials. This class will run like a traditional ECFE model but with a longer separation time to give children a little more opportunity to become independent with their trusted grown-ups close by! This class is for students who will enroll in preschool in the fall of 2025.

W2512520 | M | Jan 27-May 19 | 12:15-2:15 PM
Cambridge ECFE | 14 sessions

Families Together (Ages 1-5)

This is a separating class. Sibling care is available.

This year-long class will provide the opportunity to dig deeper into the joys and challenges of raising a child while building community with others. Families will have time to play and interact together in the classroom before separating for a time. Parents/caregivers will join our licensed parent educator for discussion and learning about various parenting topics. Families can join the class anytime during the year if space is available. Payment plans available. See sliding fee scale on page 28.

W25-31526 | W | Jan 29-May 21 | 8:15-10:15 AM
Isanti ECFE | 27 sessions

W25-51520 | F | Jan 24-May 23 | 8:15-10:15 AM
Cambridge ECFE | 25 sessions

FULL

Explore & Play (Ages Birth-3)

Spend a Saturday morning with your child in our ECFE classroom, and leave the mess to us! Have some dedicated playtime, and meet other families from the community with children of similar ages! \$5/child, \$2 each additional child, \$10/family max.

W25-615250 | Sa | Dec 14, Jan 25, Feb 22, Mar 22, Apr 26, May 17
9:30-10:30 AM | Isanti ECFE | 1 Session

Let's Play! Drop-In

Can't commit to a weekly class? This class is the perfect way to enjoy some time in our ECFE room to play whenever it works for you. Please register and pay online. \$5/child, \$2 each additional child, \$10/family max.

W25-31520 | W | Jan 29-May 21 | 9-10:15 AM
Cambridge ECFE | 13 Sessions

ECFE Open Gym at NE All Stars

170 Birch St. N, Cambridge, MN 55008
\$5/child, \$2/each additional child, \$10/family max

Join your friends and get your wiggles out at open gym! Slides, mini trampolines, tumbling mats & wedges, giant balls, crawling tunnels and more! Families must register in advance and sign waiver upon arrival.

Time: 9-10 AM

Dates: Dec 16, Jan 13 & 23, Feb 10 & 20, Mar 17 & 27, Apr 7 & 17



EVENINGS

A Date with Dad (Ages Birth-5)

Here is a class for fathers (or another special guy!) and children. Play together, meet other families and have a short discussion time with our licensed parent educator.

W25-23521 | Th | Jan 30-Mar 20 | 5:45-7:15 PM
Cambridge ECFE | 6 Sessions

Sensory Exploration (Ages Birth-5)

Join us as we engage our senses, explore different textures and have some messy fun! Meet other families in the community while we play! This is a non-separating class.

W25-23526 | Tu | Mar 25 -May 6 | 5:45-7 PM
Isanti ECFE | 6 Sessions

Child and Teen Checkups

Protecting what matters most to you

Schedule a Wellness Checkup!

Isanti County Health & Human Services 763-689-1711

REGISTRATION INFORMATION

| Gross Family Income | 6 Sessions | 13 Sessions | 14 Sessions | 25 Sessions | 27 Sessions |
|--|------------|-------------|-------------|-------------|-------------|
| \$120,000+ | \$72 | \$156 | \$168 | \$300 | \$324 |
| \$90,000-\$119,999 | \$66 | \$143 | \$154 | \$275 | \$297 |
| \$75,000-\$89,999 | \$60 | \$130 | \$140 | \$250 | \$270 |
| \$60,000-\$74,999 | \$54 | \$117 | \$126 | \$225 | \$243 |
| \$40,000-\$59,999 | \$48 | \$104 | \$112 | \$200 | \$216 |
| \$20,000-\$39,999 | \$42 | \$91 | \$98 | \$175 | \$189 |
| \$0-\$19,999 | \$36 | \$78 | \$84 | \$150 | \$162 |
| Sibling Care | \$36 | \$78 | \$84 | \$150 | \$162 |
| No family will be denied participation in ECFE due to inability to pay. All major credit cards accepted! Call us at 763-691-6691 to have fees waived. | | | | | |

Important Registration Information

In order to ensure as many families as possible are able to participate, we will be using the lottery system during the first two weeks of registration for most classes. This means that families will indicate a 1st, 2nd & 3rd choice and then office staff will place families in classes. You will be notified by email of your class enrollment, and fees will not be charged until that time. Classes marked with an asterisk (*) are included in the lottery system.

Refund Policy

If you need to cancel, please notify the Early Childhood office as soon as possible so that we may offer your spot to another family. A refund will be issued minus a \$5 processing fee.

Emergency School Closings

If the school district delays the school start time, morning preschool and ECFE classes are canceled. Afternoon classes will run as normal. In the event that an ongoing ECFE class is canceled due to school closing, the class will not be refunded or rescheduled.

IT'S EASY TO REGISTER FOR ECFE CLASSES:

- Online: c-ischools.org/ecfe
- By phone: (763) 691-6691



Sweetheart Dance

Friday, February 7, 2025 | 5:45-7:15 PM
Cambridge Intermediate School

Get ready to dance the night away with your family and friends! DJ, games, crafts, cookie decorating! Pizza will be available for purchase. Suggested donation of \$5/child, \$2 each additional child, \$10/family max, Pizza: \$1/slice. Water available, feel free to bring your own drinks.



Please note: This brochure was accurate at time of printing. Changes or cancellations may occur.
See our online registration system and website for the most up to date information.

Early Childhood Screening



The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a free and simple check of how your child is growing and developing.

Screening at 3 1/2 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by Minnesota state law.

At a screening appointment, a trained professional will check:

- Vision and hearing
- Health history
- Height and weight
- Large and small muscles
- Social and emotional development
- Thinking, language, and communication skills

Visit c-ischools.org/screening, scan the code or call 763-691-6691 to schedule an appointment!



Preschool Tuition Assistance

Cambridge-Isanti Preschool offers a variety of fee assistance options. Each scholarship has a short application process to complete and families must meet specific criteria. Scholarships are awarded based on family size, income and/or identified factors that may impact a child's learning. All information collected for fee assistance is confidential. The Early Childhood office can help you apply for a Pathway I, Pathway II or School Readiness scholarship.

Mark "Yes" if you would like a scholarship application emailed to you when registering. Scholarship applications are filled out electronically allowing a paperless system.

The scholarship application and income verification must be submitted before an award can be made*. Forms of documentation can include most recent 1040 from your Federal tax return, W2's, pay stubs covering a month, statement or letter from another assistance program such as free & reduced lunch program from school or county assistance. Documentation is needed for each parent living with the preschooler.

Documentation can be emailed to earlychildhood@c-ischools.org; faxed to 763-691-6692 or dropped off at the Early Childhood office at Cambridge Intermediate School.

**There are limited funds so please return all necessary forms and paperwork in a timely manner, preferably one week within receiving.*

Cambridge-Isanti Preschool is a Pyramid Model site!



Pyramid Model is a framework for intentionally teaching children social, emotional, friendship, and problem solving skills to help them be successful at school. Families will receive a monthly newsletter about what children are learning!



Welcome To The Cambridge-Isanti Preschool Family!



Early Childhood Programs are a vital part of Cambridge-Isanti Schools. Our preschool team works closely with primary school teams to ensure our students transition smoothly into kindergarten with an eagerness and readiness to learn and a love of school.

C-I Preschool provides children the opportunity of a fun and enriching school that emphasizes development as they prepare for kindergarten, social, emotional, and academic skills.

We use the Big Day for Pre-K curriculum that supports students' individual growth as they learn through play in a teacher-supported environment. Children are exposed to and learn age-appropriate math, writing, music, art, science, and language concepts while making friends and cultivating their growing independence.



Cambridge Intermediate School · 428 2nd Ave NW, Cambridge

| FULL-DAY | AGE | TIME | DAILY RATE |
|-----------------|-----------|------------------|------------|
| M-F | 4-5 | 7:40 AM-2:10 PM | \$38 |
| M/W/F | 4-5 | 7:40 AM-2:10 PM | \$38 |
| T/TH | 4-5 | 7:40 AM-2:10 PM | \$38 |
| HALF-DAY | | | |
| M/W/F | 3-4 & 4-5 | 7:40-10:25 AM | \$17 |
| M/W/F | 3-4 & 4-5 | 11:25 AM-2:10 PM | \$17 |
| T/TH | 3-4 & 4-5 | 7:40-10:25 AM | \$17 |
| T/TH | 3-4 & 4-5 | 11:25 AM-2:10 PM | \$17 |

Isanti Primary School · 301 Heritage Blvd NW, Isanti

| FULL-DAY | AGE | TIME | DAILY RATE |
|-----------------|-----------|------------------|------------|
| M-F | 4-5 | 7:45 AM-2:15 PM | \$38 |
| M/W/F | 4-5 | 7:45 AM-2:15 PM | \$38 |
| T/TH | 4-5 | 7:45 AM-2:15 PM | \$38 |
| HALF-DAY | | | |
| M/W/F | 3-4 & 4-5 | 7:45-10:30 AM | \$17 |
| M/W/F | 3-4 & 4-5 | 11:30 AM-2:15 PM | \$17 |
| T/TH | 3-4 & 4-5 | 7:45-10:30 AM | \$17 |
| T/TH | 3-4 & 4-5 | 11:30 AM-2:15 PM | \$17 |

All class options are available online at www.c-ischools.org/preschool.
Call 763-691-6691 with any questions.

Adventure Center is available before and after school for preschool age students!
See page 32 for details.

Preschool Information Nights

Would you like to learn more about Cambridge-Isanti Preschool? Join us for an informational night to learn about our program, meet teaching staff, tour the facility, and learn how to register! 25-26 Preschool Registration opens February 1, 2025.

Cambridge Primary School
January 14 | 6-7 PM
Multi-Purpose Room
Enter door #1 and go left

Isanti Primary School
January 23 | 6-7 PM | Cafeteria
Enter door #1 and go left

Priority registration for currently enrolled preschool & ECCE families:
January 25- January 31

Priority registration for Cambridge-Isanti District residents:
February 1-February 8

General registration:
February 9



Scan QR code to register for preschool!

Preschool Enrichment

My Little Horse Camp (Ages 2-5 & Adult)

This parent/child camp features horse safety, learning and fun! Experience feeding, caring for and grooming horses. A signed Boulder Pointe waiver is required the day of camp.

Boulder Pointe Equestrian & Event Center | 1 Session | \$79

WL010A | Sa | Jan 11 | 12-2 PM

WL010B | Sa | Feb 8 | 12-2 PM

WL010C | Sa | Mar 8 | 12-2 PM

WL010D | Sa | Apr 5 | 12-2 PM

Gymnastics: Pre-Beginners (Ages 4-5)

A great introduction to the sport of gymnastics. Students do not need previous experience and for those who have not yet been in kindergarten. Student must be 4 or turning 4 during the session in order to be eligible for this class. Please register at least one week prior to the class start date. Classes are filled on a first-come, first-served basis. Registrations are not accepted at the gym. Students need to be fully potty trained.

WL031A | W | Mar 19-May 21 | 3:30-4:15 PM

CIHS Gymnastics Gym | 10 Sessions | \$90 through Mar 11, \$100 after Mar 12 | Rooney

Little Wilderness Nature Nuts!

(Ages 3-5 with adult)

Join us for our monthly events and let your little Nature Nuts connect with the outdoors in a fun, safe, and educational setting. We will play outside (weather permitting), read a story, make a project together, and leave time for open play. This program is for children ages 3-5 and an adult.

10-11:30 AM | AEC | 1 Session | \$15 | Londgren

WL2127 A | F | Jan 24 | Hibernation

WL2127 B | F | Feb 21 | Winter Wonderland

WL2127 C | F | Mar 14 | All About the Birds

WL2127 D | F | Apr 25 | Spring Flowers

Family Open Gym

Family Open Gym is a time for games of basketball, soccer, catch, hula hoops, or simply running off steam. There will be a space that is coned off for our youngest Bluejackets. Youth must be accompanied by an adult while the gym is open for use.

WLOpenGymA | Su | Jan 26 | 5:30-7 PM

WLOpenGymB | Su | Feb 23 | 5:30-7 PM

WLOpenGymC | Su | Mar 23 | 5:30-7 PM

\$5/family | CMS Gym

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.



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ONE SMILE AT A TIME**



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763-689-3134



CAMBRIDGE

join our cheer family

CHEERLEADING

Boys & Girls Age 4-18!

ONLY
\$10
PER WEEK

About CFA Cheer

To learn more about our awesome recreational and elite cheer opportunities check out our website at championforce.com! To sign up for one of our classes go to championforce.com and click register. To sign up for this class use class code **(13807)**.



www.facebook.com/ChampionForceMN

[@championforceMN](https://www.instagram.com/championforceMN)

Class Information

Cambridge Intermediate School
(small gym) 428 Second Ave. NW
Cambridge, MN 55008

Classes held every MONDAY
Starting February 24th, 2025

D1 (AGES 4-6) @ 6:00PM

D2 (AGES 7-8) @ 6:45PM

D3 (AGES 9+) @ 7:30PM

have fun & make friends





Adventure Center offers an inclusive, safe, engaging, and fun space for students to play, learn, and grow during out-of-school time. The program is youth-focused and choice-based, offering students the opportunity to develop strong social skills and positive relationships with mostly similar-aged peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities will be developmentally appropriate and include health and fitness, arts and crafts, creative play, literacy, science, and much more.

Questions? Contact us at adventurecenter@c-ischools.org or 763-689-6180.



PRESCHOOL AGE

Children ages 3-5 years
Monday, Sept 9, 2024-Thursday, June 5, 2025

HOURS

Before C-I Preschool
6 AM-Start of Half-Day AM & Full-day C-I Preschool

After C-I Preschool
End of Afternoon & Full-day C-I Preschool-6 PM

Adventure Center is not available mid-day. Closed on non-school days and summer.

LOCATIONS

Cambridge Intermediate School
(428 2nd Ave, NW, Cambridge)

Isanti Primary School
(301 Heritage Blvd NW, Isanti)

SCHOOL YEAR REGISTRATION OPENS FEBRUARY 1, 2025.

**CCAP & Childcare Aware of America for Military Families funding is accepted.*

SCHOOL AGE

Children Grades K-5
Tuesday, Sept 3, 2024-Thursday, June 5, 2025

HOURS

Before School
Monday-Friday, 6 AM-Start of School Day

After School
Monday-Friday, End of School Day-6 PM

LOCATIONS

Non-School Days & School Year
Cambridge Primary School
(310 N Elm St, Cambridge)

School Year
Isanti Primary School
(301 Heritage Blvd NW, Isanti)

School Year (After School Only)
Isanti Intermediate School/C-I STEAM School
(101 9th Ave NE, Isanti)

SUMMER REGISTRATION OPENS MARCH 1, 2025

SCHOOL YEAR REGISTRATION OPENS APRIL 1, 2025

Registration Fee: \$40/child, \$65/family (Military families: \$0)

Consistent Contract (2 day minimum)

| Option | Time | Daily Rate* |
|----------------------------|------------------------|-------------|
| Before School | 6 AM-School start time | \$11.00 |
| After School, Early Pickup | School end time-4 PM | \$11.50 |
| After School | School end time-6 PM | \$19.50 |

Pick Your Days Contract (No minimum days)

| Option | Time | Daily Rate* |
|----------------------------------|------------------------|-------------|
| Before School | 6 AM-School start time | \$12.75 |
| After School, Early Pickup | School end time-4 PM | \$13.25 |
| After School | School end time-6 PM | \$21.25 |
| Non School Day (School age only) | | \$43.00 |

Spring into Art (Grades 1-5) *NEW*

Spring into art and unleash a world of creativity! In this class, you will create spring inspired art using watercolors and paints. Together we will create a melting snowman watercolor, a carrot house painting and much more! We will decorate each piece with glitter and pom-poms. Come join in on the fun!

WL2113 | Th | Mar 6-Mar 27 | 2:20-3:50 PM | IIS
4 Sessions | \$59 | deStefano

Squishmallows Art (Grades 1-5) *NEW*

In this class, you will create art inspired by the adorable Squishmallows plushies. Step by step, you will learn how to draw various plushies, including a strawberry, bumblebee, cat and more! Together we will decorate each art piece with glitter and gems. Your art is sure to shine bright! Come and join us in the fun!

WL2137 | W/Tu | Jan 29-Feb 26 | 2:20-3:50 PM | IIS
4 Sessions | \$59 | deStefano | No Class Feb 19

Super Mario Bros Art (Grades 1-5) *NEW*

Come and power up your creativity in this class! Step-by-step, you will learn how to draw the famous Super Mario Bros. characters. We will be using watercolors and paints to unleash your creative mind. Come and join in on the fun!

WL2114 | Tu | Jan 7-Jan 28 | 2:20-3:50 PM | IIS
4 Sessions | \$59 | deStefano

Country Music Guitar Camp for Beginners

(Ages 9-Adult)

Learn how to strum chords, pick melodies, and play an easy classic country song on the acoustic guitar. Student sized acoustic guitar provided or you're welcome to bring your own. For youth ages 9-11 a parent needs to attend with their child(ren). Enrollment is limited to one family per camp.

WL145A | F | March 21 | 6:30-7:15 PM | CPS
1 Session | \$55 | Pleau

Piano & Guitar Camp for Beginners (Ages 8-12)

Explore notes and rhythm on the piano and then learn how to play the same exercises and an easy song on the guitar! Instruments provided. A parent needs to attend with their child(ren) to help with instrument placement if needed. Enrollment is limited to one family per camp.

WL2127 | F | Mar 21 | 5:30-6:15 PM | CPS
1 Session | \$55 | Pleau

Piano & Ukulele Camp for Beginners (Ages 7-12)

Explore notes and rhythm on the piano and then learn how to play the same exercises and an easy song on the ukulele! Instruments provided. A parent needs to attend with their child(ren) to help with instrument placement if needed. Enrollment is limited to one family per camp.

WL2126 A | F | Feb 21 | 5:30-6:15 PM | CPS
1 Session | \$55 | Pleau

Cambridge-Isanti Grand Slammers Competitive Softball

Summer 2025 Travel Season

Registration Open: Jan 1—Feb 15

Travel Season—April-July/August 2025

Ages: 8U—High School (18U)

Save the Date: Travel Tryouts

Sunday, February 16, 2025

Please check registration website for make-up date and/or changes to schedule

In-House Program

For new and beginner players

July-August 2025

Ages: Kindergarten—6th Grade

Fall Program

August—September 2025

Ages 8U—High School (18U)

Look for more information in Spring/Summer brochure out in March on **In-House** and **Fall Programs**

Winter Hitting/Pitching Clinics

Registration Open: Now—Feb

Saturdays: November—February

Location: Isanti Middle School

See registration site for dates and times

Visit www.cigrandslammers.com for more information and registration links or email jacketfastpitch@gmail.com with questions.

Music / Special Interest

Piano/Violin Camp for Beginners (Ages 5-12)

Explore notes and rhythm on the piano and then learn how to play the same exercises and an easy song on the violin! Instruments provided. A parent needs to attend with their child(ren). Enrollment is limited to one family per camp.

WL142A | F | Jan 31 | 5:30-6:15 PM | CPS
1 Session | \$55 | Pleau

WL142B | F | Apr 4 | 5:30-6:15 PM | CPS
1 Session | \$55 | Pleau

Ukulele Camp for Beginners (Ages 7-Adult)

Learn short instrumental solos and a variety of strumming patterns. Ukuleles provided or bring your own Ukulele - size: soprano, concert or tenor. For youth ages 7-11 a parent needs to attend with their child to help with instrument placement if needed. Enrollment is limited to one family per camp.

WL143A | F | Feb 21 | 6:30-7:15 PM | CPS
1 Session | \$55 | Pleau

Violin Camp for Beginners (Ages 5-Adult) **NEW**

Join Musician Pierre for a fun intro to the violin which is also known as a fiddle! Learn basic fingering and bowing techniques and a couple of easy songs. No previous music experience necessary! Violins/Fiddles will be provided or you're welcome to bring your own. For youth ages 5-11 a parent needs to attend with their child to help with instrument placement if needed. Enrollment is limited to one family per camp.

WL2081A | F | Jan 31 | 6:30-7:15 PM | CPS
1 Sessions | \$55 | Pleau

WL2081B | F | Apr 4 | 6:30-7:15 PM | CPS
1 Sessions | \$55 | Pleau

Junior Veterinarian - Level 1 (Grades 2-5)

Do you have a child who is crazy about animals? Veterinary medicine is an exciting field. Helping keep animals healthy and happy is very rewarding. Learn what goes on behind the scenes in veterinary medicine, including x-rays and general care. Parents are encouraged to stay and learn with their child. Space is limited so sign up early.

WL000A | Tu | Jan 14 | 5:30-6:30 PM
East Central Veterinarians Clinic | 1 Session | \$20 | Byers

WL000B | Tu | Feb 4 | 5:30-6:30 PM
East Central Veterinarians Clinic | 1 Session | \$20 | Byers

Junior Veterinarian - Level 2 (Grades 3-6)

Did your child take our Junior Veterinarian class (Level 1) and now wants to know even more about veterinary medicine and animals? If so, then this Level 2 Junior Veterinarian class is just what the doctor ordered! Learn even more about what happens behind the scenes at the vet clinic. Parents are encouraged to stay and learn with their child. The \$35 fee includes a \$15.00 supply fee for items required for the class. Space is limited so sign up early!

Prerequisite - Junior Veterinarian - Level 1.

WL133A | Tu | Feb 25 | 5:30-6:30 PM
East Central Veterinarians Clinic | 1 Session | \$35 | Byers

WL133B | Tu | Mar 18 | 5:30-6:30 PM
East Central Veterinarians Clinic | 1 Session | \$35 | Byers

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

VALENTINE'S POOL PARTY (GRADES K-6)

Bring your friends and join us for this fun heart themed swim! There will be Valentine themed games, prizes and more! A snack and beverage will be provided. Please register by February 5th. Walk-ins are not accepted at the door. Life jackets are optional. There are a limited number to use during the event. Feel free to bring your own if your child needs one.

Parents are welcome to stay and swim with their child for FREE.

Children younger than 5 years of age are welcome to attend, but must have an adult in the pool and pool area with them at all times.

WL124 | Sa | Feb 8 | 1-2:30 PM | CIHS Pool
1 Session | \$15/person, \$35 Up to 3 children with parent/guardian



Child and Babysitting Safety (CABS) Program (11+ yrs)

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute provides everything you need to know for safe and successful babysitting. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete the achievement of the core learning objectives to receive certification valid for two years. Students attend this class independently and should come prepared with a notebook and pen.

WL023A | Sa | Feb 8 | 8:30-11:30 AM | CIHS
1 Session | \$59 | Bromberg

Home Alone

Is your child ready for the independence of being home alone? Whether it is for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a child who is mature and well prepared. This class for children will address several topics relating to being "Home Alone," including age guidelines, safe habits, house rules, after school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders, and first aid tips. Students attend this class independently and should come prepared with a notebook and pen. Parents are encouraged to review the take-home information and discuss it with their child.

WL0231A | Sa | Feb 8 | 12-2 PM | CIHS
1 Session | \$39 | Bromberg

Home Alone & Safe (Ages 7-10)

Is your child going to be home alone for short periods of time? If so, this class is a must. The instructor will focus on safety issues dealing with answering the telephone and door, stranger safety, where to keep keys and emergency information, basic first aid including choking, bleeding, burns and CPR. You will receive a participation certificate and instructional book. Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child.

WL017A | Sa | Feb 22 | 10 AM-12 PM | CIHS
1 Session | \$49 | Lee-Johnson

Intro to RC Car Racing (Grades K-8)

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. There will be an RC learning portion and participants will leave with a better understanding of the hobby and get some time testing out their driving skills with a few different types of RC Cars. Participants can use the RC Cars provided or use their own on approval.

WL2010 A | Th | Mar 27 | 6-7 PM | CIS Gym
1 Session | \$25 | Party Crashers RC Racing

RC Car Racing (Grades K-12) *NEW*

Want to drive RC Cars on a track? Then come join us and you can test your driving skills on a few different types of RC Cars. Participants can use RC Cars provided or use their own on approval.

WL3131 | Th | Mar 27 | 7:15-8:15 PM | CIS
1 Session | \$25 | Party Crashers RC Racing

Intro to Mushing! (Grades 6+) *NEW*

Meet local mushers and their dogs while learning what it takes to run a dog sled team. Rides available pending weather. Liability waiver will need to be signed to ride the sled. These will be emailed to you prior to the event. Kids 12 and under must have an adult present (adult needs to register as well).

WL2130 A | Sa | Feb 15 | 10-11:30 AM | LOCATION: TBD
1 Session | \$29/person | Carpenter

WL2130 B | Su | Feb 16 | 10-11:30 AM | LOCATION: TBD
1 Session | \$29/person | Carpenter

Where Spanish Comes Alive! "Vamos con los Animales" (Grades K-5) *NEW*

The best way to spark enthusiasm for a language is with a topic that students love - ¡Vamos con los animales! (Let's go with the Animals) is just that! For eight LIVE virtual action-packed weeks, students will blaze new trails "visiting" a pet store, a family farm, the zoo, the ocean, and even the rainforest --All the while learning brand new Spanish vocabulary, conversation skills, useful phrases, and culture topics. Let your student explore where the wild things are in our interactive bilingual classroom.

WL2118 | W | Feb 19-Apr 9 | 4:15-5 PM | Virtual
8 Sessions | \$149 | Hoffman, Stapel

Care Closet

The Care Closet at Cambridge-Isanti Schools offers students access to essential items like hygiene products, clothing, and school supplies. Supported entirely by donations, the Care Closet helps students focus on learning rather than their basic needs. Learn more or contribute by contacting Volunteer Services at c-i_volunteercoordinators@c-ischools.org.

Parties / STEM

Kid's Night Out Party *NEW*

Join us for a KIDS NIGHT OUT PARTY! Party includes 2 hour play pass, 1 free adult, free drink for adults & kids (from Little North Sweets), free popcorn, free kids ice cream (from Little North Sweets), activity & prize, and giveaway drawings. Spots are limited!

1 Session | \$23/participant | Buzzell

WL2133 A | F | Jan 31 | 4-7 PM | Little North Playland

WL2133 B | F | Feb 14 | 10 AM-7 PM | Little North Playland

WL2133 C | F | Feb 28 | 4-7 PM | Little North Playland

Kid's Pajama Party *NEW*

Join us for a kids pajama party! Party includes: 2 hour play pass (you pick the 2 hours on the day you come), 1 free adult - free coffee/drink for adults (from Little North Sweets), free snack, free kids craft (pumpkin painting), scavenger hunt & prize, kids movie, and giveaway drawing. Spots are limited!

1 Session | \$23/participant | Buzzell

WL2132 A | M | Jan 20 | 10 AM-7 PM | Little North Playland

WL2132 B | M | Feb 17 | 10 AM-7 PM | Little North Playland

WL2132 C | M | Mar 24 | 10 AM-7 PM | Little North Playland

Playland Craft Party *NEW*

Join us for a playland craft party! Stop in anytime for a fun day of crafts! Party includes 2 hour play pass, 1 free adult, free coffee or drink for adult (from Little North Sweets), 3 crafts to do, free snacks, and prize drawings.

WL2135 | F | Mar 14 | 10 AM-7 PM | Little North Playland

1 Session | \$23/participant | Buzzell

Princess & Super Hero Party *NEW*

Join us for a PRINCESS & SUPERHERO PARTY! Stop in whenever works best for you to start your 2 hours of FUN! Wear your favorite superhero or princess outfits! Party includes: 2 hour play pass, 1 free adult, free coffee or drink for adult (from Little North Sweets), create your own princess crown or super hero mask, free kids ice cream (from Little North Sweets), activity & prize, and prize drawings.

1 Session | \$23/participant | Buzzell

WL2131 A | Th | Jan 9 | 10 AM-7 PM | Little North Playland

WL2131 B | Th | Feb 6 | 10 AM-7 PM | Little North Playland

WL2131 C | Th | Mar 6 | 10 AM-7 PM | Little North Playland

St. Patrick's Day Party *NEW*

Join us for a ST. PATRICK'S DAY PARTY!!! Join us anytime between 10 AM-7 PM to celebrate St. Patrick's day with us! Party includes: 2 hour play pass, 1 free adult, free drink for adults & kids (from Little North Sweets), free snack, free kids craft, activity & prize, and giveaway drawing.

WL2134 | M | Mar 17 | 10 AM-7 PM | Little North Playland

1 Session | \$23/participant

3D Printing: Dungeon & Dragon Die Design (Grades 3-7)

Learn the ins and out of 3D Design and with Tinkercad. Students will design a custom D&D D4 (4-Sided) and D10 (10-Sided). Dies will be printed and mailed home.

**WL2046 | Tu | Jan 7-Jan 14 | 6-7:30 PM | Virtual
2 Sessions | \$70 | Tech Academy**

3D Printing: Harry Potter (Grades 2-5) *NEW*

Learn 3D design and modeling skills using Tinkercad while creating a Deathly Hallow model, then creating you own magical pendant. Students will be able to pick one design to be printed and mailed home.

**WL2041 A Gr 2-5 | Sa | Mar 8 | 9-11 AM | Virtual
1 Session | \$59 | Tech Academy**

3D Printing: Pokemon (Grades 2-5)

Design your own 3D pocket monster using TinkerCad. This course will give students an introduction to using CAD modeling & design software. Student designed Pokemon will be printed and mailed home.

**WL2050 | Th | Jan 23 | 6-7:30 PM | Virtual
1 Session | \$55 | Tech Academy**

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

Girl Scouts.

gsrv.gs/join

FIND YOUR Fun

girl scouts
river valleys

D&D - One Shot Campaign (Grades 1-5 & 3-6)

Go on an epic adventure for all ages and experience levels. D&D is a timeless roleplaying game that helps kids develop math skills, storytelling, and collaboration skills. Work in small groups of 4-7 students to complete this one-shot campaign.

**WL2043 A Gr 3-6 | Sa | Sep 14-Sep 21 | 9-11 AM | Virtual
2 Sessions | \$75 | Tech Academy**

**WL2043 B Gr 1-5 | Tu | Nov 19-Nov 26 | 9-11 AM | Virtual
2 Sessions | \$59 | Tech Academy**

Dungeons & Dragons 101 with Character Creation (Grades 1-5)

What's it like to play Dungeons and Dragon? Dungeons and Dragons, a timeless game of fantastical elements such as magic, mythical creatures, and fairies, offers great opportunities to develop problem solving skills, team-building abilities, and creative thinking that cannot be replicated elsewhere. Start by learning its basics, creating your own character, and embarking on an amazing role playing game.

**WL2073 A Gr 1-5 | Sa | Jan 11-Jan 18 | 8-9:30 AM | Virtual
2 Sessions | \$95 | Tech Academy**

Extreme Coding: Artificial Intelligence (Grades 3-6)

Dive into more advanced computer science topics, including augmented reality, artificial intelligence, and machine learning. Computers are getting smarter every day due to advances in machine learning algorithms. Coders can teach computers to recognize faces, play games, and find patterns. In our class, we will create a chatbot, Rock Paper Scissors game, and more.

**WL2071 | Sa | Mar 1 | 9-11 AM | Virtual
1 Sessions | \$45 | Tech Academy**

Game Coding: Nintendo Characters (Grades 2-4)

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. Inspire your student to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like Legos.

**WL1256 | W | Jan 29 | 6-7:30 PM | Virtual
1 Session | \$29 | Tech Academy**

Game Coding: Super Mario (Grades 3-7)

In this class, we introduce student's programming concepts using Scratch. Scratch is a drag and drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart style game. Then pick custom characters, and track, to customize their games.

**WL1250 | Tu | Feb 4-Feb 116 | 6-8 PM | Virtual
2 Sessions | \$70 | Tech Academy**

Intro to Video Game Design with Nintendo Characters (Grades 1-4)

Create YOUR OWN VIDEO GAME! Choose your storyline with popular Nintendo characters as your stars. Add challenges and difficulty levels. .

**WL2069 A | Tu | Feb 18 | 6-8 PM | Virtual
1 Session | \$55 | Tech Academy**

**Engineering in Minecraft** (Grades 3-7) *NEW*

This course introduces students to Minecraft circuit-building and engineering concepts using Redstone. We will build 2-3 electrical contraptions in this course.

**WL2112 | Sa | Jan 11-Jan 18 | 10 AM-12 PM | Virtual
2 Sessions | \$75 | Tech Academy**

Minecraft Game Coding with Scratch (Grades 2-4)

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Minecraft characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse).

**WL2052 | Sa | Feb 8-Feb 15 | 8-9:30 AM | Virtual
2 Sessions | \$59 | Tech Academy**

Minecraft Mod Development: Biomes (Grades 2-6)

Dig deeper into Minecraft with this Minecraft Modding class! Create a new custom biome for this exciting new class! MCreator is an excellent tool for learning Minecraft Modding and software programming concepts. Students will need to have Minecraft and mod creation software (free download) installed prior to class. Video instructions will be sent prior to class.

**WL2056 A | W | Jan 22 | 6-8 PM | Virtual
1 Session | \$29 | Tech Academy**

**WL2056 B | Sa | Feb 1 | 10:30 AM-12:30 PM | Virtual
1 Session | \$29 | Tech Academy**

Minecraft Mod Development: Custom Sword (Grades 2-6)

For Minecraft enthusiasts that want to learn how to create their own custom sword. Learn how to make mods! Students will need to have Minecraft and mod creation software (free download) installed prior to class. Video instructions will be sent prior to class.

**WL2038 | Sa | Jan 4 | 10-11:30 AM | Virtual
1 Session | \$40 | Tech Academy**

STEM

Multiplayer Minecraft: Block Hunter *NEW*

(Grades 3-6)

Join us in this new multiplayer Minecraft class as we play this hide-and-seek game. Hunters will work together to find the hidden blocks and animals on our new adventure map. Get ideas to create your own Block Hunter mini-game.

WL2057 | Sa | Mar 15 | 8-10 AM | Virtual
1 Session | \$39 | Tech Academy

Multiplayer Minecraft: Master Builders (Grades 1-5)

Join us in this new multiplayer Minecraft class. We will go over basic, and not so basic building techniques. Then work alone or collaboratively to complete building challenges on our Tech Academy Minecraft server.

WL2055 | Th | Jan 30 | 6-8 PM | Virtual
1 Session | \$55 | Tech Academy

Multiplayer Minecraft: Theme Park Builder

(Grades 1-5)

Work as a team to create a custom theme park in Minecraft. Use Creative and Redstone to create this world. Projects include roller coasters, water rides, a trampoline park, an obstacle course, a boat race, bumper boats, a dunk tank, and many more rides and attractions! Students will get a copy of the world map to take home and expand on.

WL2039 A | Th | Jan 9 | 6-8 PM | Virtual
1 Session | \$45 | Tech Academy

WL2039 B | Tu | Apr 1 | 6-8 PM | Virtual
1 Session | \$45 | Tech Academy

Video Production: Special Effects (Grades 3-6)

Learn film editing basics and how to use Hollywood-style special effects techniques. We will be teaching students how to create magical special effects.

WL2136 | W | Jan 8-Jan 15 | 6-7:30 PM | Virtual
1 Session | \$55 | Tech Academy

Video Production: TikTok, YouTube Shorts & IG Reels (Grades 2-6)

Learn the art of production video shorts for TikTok, YouTube Shorts, and Instagram Reels. Edit the video, add motion graphics, and special effects to your own video short, while practicing storytelling and film production techniques.

WL2075 A (Gr 2-6) | W/Sa | Feb 5-Feb 15 | 6-7:30 PM | Virtual
2 Sessions | \$55 | Tech Academy

Virtual Reality Coding (Grades 1-5 & 3-7) *NEW*

3D games and other virtual reality for kids on Metaverse's new platform Hatch. Hatch is an incredibly fun and stimulating way to learn STEM! Parents will receive information on how to register for a Hatch VR account. VR programs can be viewed on most mobile phones, and VR Systems like Oculus or Google cardboard. You only need a laptop/computer to get started.

GRADES 1-5

WL2070 | W | Mar 19-Mar 26 | 6-7:30 PM | Virtual
2 Sessions | \$58 | Tech Academy

GRADES 3-7

WL2080 | W | Feb 19-Feb 26 | 6-8 PM | Virtual
2 Sessions | \$75 | Tech Academy

**Virtual STEM Classes**

Visit c-ischools.ce.eleyo.com for technical requirements.

**Winter Fest**

Located at Central Green Park • 1450 East Rum River Dr.
 February 22, 2025 from 12:00-4:00 pm

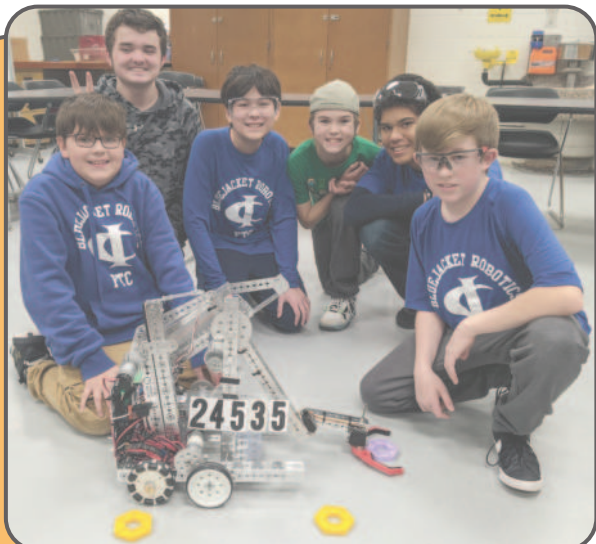
**Snowman and Snow-Sculpture Contest**

begins January 1 and
ends February 21 at 4 pm



CAMBRIDGE
 Minnesota's Opportunity Community
 300 3rd Avenue NE
 Cambridge, MN 55008
 763-689-3211





Beginners Dungeons and Dragons (Grades 6-8)

In this class students will learn the basics and begin to play the hit role-playing game Dungeons and Dragons with others that are also interested in the game. Students get to create a character using their imagination and then play in a fantasy world where they become the hero.

**WL2093 | W | Feb 5-Feb 26 | 3:40-5:30 PM | IMS
4 Sessions | \$29 | Lukes**

Dungeons and Dragons Club (Grades 6-8)

Enter back into the world of Dungeons and Dragons with others who have played before! Here, you will play a higher level D&D game and dive deeper into your character and play with others. Students need to have either played in the beginner group before or be able to confirm that they have played D&D in the past.

**WL2115 | Tu | Feb 4-Feb 25 | 3:40-5:30 PM | IMS
4 Sessions | \$29 | Lukes**

Dungeons and Dragons Club (Grades 6-8)

Enter back into the world of Dungeons and Dragons with others who have played before! Here, you will play a higher level D&D game and dive deeper into your character and play with others. Students need to have either played in the beginner group before or be able to confirm that they have played D&D in the past.

**WL2091A | Various Wednesdays | Jan 8-Mar 19
3:30-4:30 PM | CMS | 1 Session | \$5 | Oeltjen**
No Class Jan 15, Jan 29, Feb 12, Feb 26, Mar 12

Here to Help

Let us support you and your family! We can help meet needs for school supplies, outdoor gear, and more.

www.c-ischools.org/community/volunteer or
c-i_volunteercoordinators@c-ischools.org

Middle School After School Hangout!

At Middle School Hangout students will be given a safe space to spend time with peers playing games, getting outside, cooking, doing arts and crafts, and enjoying each others' company away from technology. It is a great opportunity for students to meet with friends after school and try new things.

**WL2066 | Mondays | Jan 6-Mar 31 | 3:40-5:30 PM | CMS
\$9/person/day**

Spanish Prep: A Foundation Course!

(Grades 6-8) **NEW**

In this engaging class, middle school students will learn essential fundamentals to build a strong base in the Spanish language. Months of the year, telling time, present tense verb conjugations, and sentence structure building are just a few of the topics covered. Lessons are dynamic with interactive activities and visuals, along with cultural lessons. Participants will get a jump start preparing for future middle school or even traditional high-school Spanish classes. Open to new and previous middle school prep participants. (Online portal resources and practice tools included.)

**WL2121 A | M | Feb 24-Apr 14 | 3:30-4:15 PM | Virtual
8 Sessions | \$139 | Hoffman, Stapel**

**WL2121 B | M | Feb 24-Apr 14 | 4:45-5:30 PM | Virtual
8 Sessions | \$139 | Hoffman, Stapel**

CMS Cooking Club (Grades 6-8)

CMS Cooking Club is for students who have a passion for cooking. In these sessions we will make quick and easy meals for kids!

**WL2090 | Wednesdays | Jan 15-Mar 26 | 7:15-8:15 AM | CMS
\$11/person/day | White**



Driver Education



We offer Classroom and Behind-the-Wheel driving instruction required to become a licensed driver in the State of Minnesota through a curriculum designed by professional educators and taught by licensed teachers. The State of Minnesota requires potential drivers under the age of 18 to complete and pass a minimum of 30 hours of classroom instruction.

Students are required to be registered for Behind-the-Wheel (6 hours) instruction before they are eligible to take their permit test. To take their permit test, students must be at least 15 years old.

For information on the steps to become a licensed driver, visit c-ischools.org/community-ed.

Classroom instruction only: \$165

Behind-the-Wheel instruction only: \$295

**Classroom AND
Behind-the-Wheel instruction:
\$409 - over \$50 savings!**

*Savings will be reflected in your online cart
when you register for both classes.*

A reduced rate is available for students
who qualify for free/reduced lunch.

Refund Policy

Classroom: To receive a refund (minus a \$5 processing fee), you must cancel 3 business days before the class begins.

Behind The Wheel: To receive a refund (minus a \$50 processing fee), you must cancel your registration within six months of the date of registration. Registrations after six months will not be refunded and cannot be transferred.

CLASSROOM INSTRUCTION

| In-person at CIHS | Virtual* Instructor-led |
|---|---|
| <ul style="list-style-type: none"> Jan 6- Jan 28 3:20-5:50 PM No class Jan 20 & 21 Mar 17-Apr 3 3:20-5:50 PM May 5-May 22 5-7:30 PM Jun 9- Jun 24 8:30-11:30 AM or 12-3 PM No class Jun 19 & 20 | <ul style="list-style-type: none"> Feb 3- Feb 26 5:30-8 PM No class Feb 13, 17 & 18 April 7-30 5:30-8 PM No class Apr 17, 21, & 22 |
| <p>All 3 choices include 30 hours of required classroom instruction.</p> | Virtual* At Your Own Pace |
| | <p>This is a fully online class that will allow students to work at their own pace through. This option is a video based class and will cover all of the material needed for the written exam for students to get their permit.</p> |
| <p><i>*Students are required to have a school-issued or personal laptop or Chromebook, a stable internet connection, webcam, and microphone available for all virtual classes.</i></p> | |

Point of Impact: Teen Driver Safety Parent Awareness

Attention Parents: You are the biggest influence on your teen's driving behavior. Involved parents reduce crashes. Discover helpful ways to talk to your teen and be a better resource for your student driver. Increase your awareness of the most common risks for teen drivers (you may be surprised!) and teen driver laws.

New drivers are required to log 50 hours of driving while they have their permit. Attending this class will reduce the total number of driving hours by 10, requiring only 40 hours of driving.

DEPO12 | M | Dec 16 | 7-8:30 PM | AEC | 1 Session | FREE

WLPO1109 | M | Mar 24 | 7-8:30 PM | AEC | 1 Session | FREE



Our instructors are licensed teachers, all of whom have taught in C-I Schools for a decade or more.

Register at c-ischools.ce.eleyo.com

Soccer - Winter Training & Futsal (Grades K-12)

Looking to learn or improve your soccer skills indoors during the chilly weather? Futsal is a modified form of soccer played on smaller, indoor "fields". The first hour focuses on foot skills and ball handling. The second hour is organized futsal scrimmage for grades 6-12. All classes are co-ed and will be grouped by age and skill level.

**WL049A Winter Training (Grades K-2) | Tu | Jan 7-Feb 11
6:15-6:55 PM | CIS | 6 Sessions | \$75**

**WL049B Winter Training (Grades 3-5) | Tu | Jan 7-Feb 11
6:15-6:55 PM | CIS | 6 Sessions | \$75**

**WL049C Winter Training only (Grades 6-8) | Tu | Jan 7-Feb 11
6:15-6:55 PM | CIS | 6 Sessions | \$75**

**WL049E Winter Training & Futsal (Grades 6-8) | Tu | Jan 7-Feb 11
6:15-8 PM | CIS | 6 Sessions | \$95**

**WL049D Futsal only (Grades 6-12) | Tu | Jan 7-Feb 11
7-8 PM | CIS | 6 Sessions | \$75**

Spring Bluejacket Basketball School (Boys Grades 6-8)

Bluejackets Spring Basketball School will focus on individual basketball skill development, dribbling, passing, footwork, shooting and decision making. Competitive 1 on 1, 2 on 2, and 3 on 3, and full court drills will be used to have players continue to improve their basketball skill set in the off-season.

**WL2060 A | Th | Mar 27-May 15 | 7-8 AM | CMS
8 Sessions | \$60 | Carstenson**

Junior Bluejacket Speed & Strength Baseball (Grades 3-8)

Baseball Speed and Strength is a skill based camp for serious baseball players looking to bring their skills to the next level. Players can expect to learn pitching, fielding and hitting techniques along with advanced baseball strategies. Doug Schmitz along with local baseball coaches and players will be coaching the sessions. These sessions are for students with some baseball experience and for those who hope to try out for a travel team. Sessions are geared for 3rd-5th and 6th-8th grade students.

**IIS: Monday, CIS: Tuesday, CMS: Wednesday,
IMS: Thursday**

**WL2061 IMS January | Th | Jan 2-Jan 30 | 7-8:15 AM
IMS | 5 Sessions | \$59 | Schmitz**

**WL2061 IIS January | M | Jan 6-Jan 27 | 2:20-3:30 PM
IIS | 3 Sessions | \$39 | Schmitz | No Class Jan 20**

**WL2061 CIS January | Tu | Jan 7-Jan 28 | 2:05-3:20 PM
CIS | 4 Sessions | \$49 | Schmitz**

**WL2061 CMS January | W | Jan 8-Jan 29 | 7-8:15 AM
CMS | 4 Sessions | \$49 | Schmitz**

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.

Cambridge-Isanti Competitive Baseball

REGISTRATION OPEN NOW - FEBRUARY 14

In-House: April-June

Tournament: Cambridge, MN - June 27-29, 2025
8U: 6-8 years, Kindergarten, and current 1st and 2nd Grade (Kindergarten players must be experienced and have played one year of CICB t-ball)

10U: Current 3rd and 4th Grade

12U: Current 5th and 6th Grade

13-15U: Rec League (Formerly Northstar) 7th-9th Grade

Travel Season: April-July

10U-14U - Currently 4th-8th Grade

Tball - July/August

Ages: 4-6 (Pre-K through Kindergarten - New to the sport)

SAVE THE DATE: Sunday, January, 26, 2025

Cambridge Primary School Gymnasium
Tryouts & Evaluations for all players currently 3rd grade and older

Any player wishing to play travel ball MUST tryout.
Player evaluation for in-house help to create even teams.

Visit www.cicompbaseball.com to learn more and register
Email: cicompbaseball@gmail.com with questions

Youth Recreation/Camps

LAX! Skill Development (Ages 8-17) **NEW**

Cambridge-Isanti Lacrosse is presenting a skills development for ages 8-18. We will be working indoors on drills and stick skills to enhance our muscle memory. Come elevate your game within a community that welcomes players of all skill levels. Join us for some fun and strengthen your bond as future teammates.

**WL2111 | Th | Jan 9-Feb 27 | 6-8 PM | CMS
12 Session | \$45 | Alm**

Beginning Fencing (Ages 6-Adult)

Fencing is for all ages and skill levels. Learn at a comfortable pace and fence with others at your level. Emphasis is placed on a fun environment while learning the fundamentals of safe swordplay and fencing. All equipment is provided!

**WL024 | W | Mar 12-Apr 9 | 6-7 PM | IIS Gym
5 Sessions | \$85 | Minnesota Sword Play Staff**

BMX Pedal Bike Racing (Grades K+)

BMX riding is a great way for kids and adults to stay active, build confidence, develop important life skills, connect with others, and have fun. This session will cover BMX fundamentals, terminology, and safety. Students will receive hands-on riding instructions and will practice their new skills on the BMX track. This course is designed for new riders.

**WL150A | Th | Jan 2 | 6-7:45 PM
Rum River BMX Track | 1 Session | \$15 | Backsen**

**WL150B | Th | Feb 6 | 6-7:45 PM
Rum River BMX Track | 1 Session | \$15 | Backsen**

**WL150C | Th | Mar 6 | 6-7:45 PM
Rum River BMX Track | 1 Session | \$15 | Backsen**

C-I Archery League (Grades 4-12)

Not sure if you're ready to join the competitive archery team or don't qualify for the competitive team? Join the archery league which will focus the fundamentals of archery along with honing the technical skills such as aiming and consistency. This program uses Genesis equipment which is provided.

**WL2108 | Th | Jan 9-Mar 6 | 7:10-8 PM | CIHS
8 Sessions | \$69 | Schroeder | No Class Jan 23**



C-I Competitive Archery Team (Grades 4-12)

Become a member of the Cambridge-Isanti Competitive Archery Team! Students will represent Cambridge-Isanti Schools at National Archery in Schools Program (NASP) tournaments throughout the area. A minimum of 4 tournaments are required and are an additional cost of \$10-\$20 each. This program uses Genesis equipment which is provided. Students must attend one the ISD #911 schools or have completed the homeschool/online school course. A mandatory parent meeting will take place virtually on January 3rd, 2025 at 6:30 PM. You can use our equipment or bring your own Genesis Equipment.

**WL019 A | Tu/Th | Jan 7-Mar 25 | 5:30-6:15 PM
CIHS | 17 Sessions | \$129 | Schroeder**

**WL019 B | Tu/Th | Jan 7-Mar 25 | 6:20-7:05 PM
CIHS | 17 Sessions | \$129 | Schroeder**

No Class Jan 21, Jan 23, Feb 18, Mar 11, Mar 18 & Mar 20

Young Americans Schools of Self-Defense (Ages 5+)

Students learn non-aggressive, self-defense techniques, and safety awareness. Personal esteem, respect for others, self-discipline, and physical fitness are promoted. Students will be eligible to earn a certified belt. Returning students can earn a higher rank belt. On the first night of class, the instructor will explain the Young Americans expectations. Parents are strongly encouraged to attend.

BEGINNER AGES 5+

**WL007A | Th | Feb 6-May 1 | 6-6:40 PM
CMS Cafetorium & Stage | 12 Sessions | \$89 | Wood**

INTERMEDIATE - RETURNING STUDENTS YELLOW BELT TO PURPLE BELT AGES 5+ OR BEGINNERS AGES 8+

**WL007B | Th | Feb 6-May 1 | 6:45-7:25 PM | CMS Gym
12 Sessions | \$89 | Wood**

ADVANCED - RETURNING STUDENTS PURPLE BELT OR HIGHER OR AGES 10+

**WL007C | Th | Feb 6-May 1 | 7:30-8:10 PM
CMS Cafetorium & Stage | 12 Sessions | \$89 | Wood**

No Class Mar 13 for all 3 classes

Intro to Kid's Ninja/Fitness Class (Ages 5-12 Yrs) **NEW**

This class combines exciting obstacle challenges, stretching, short workouts, kid's games, a rock wall, and time for open play. Lessons cover: muscular strength/endurance, flexibility, aerobic fitness/ninja fitness, fitness games/dodge ball. Kid's get a great workout while having a ton of fun!

5-6 PM | My Jungle Gym | 4 Sessions | \$70 | Boecker

WL2122 A | M | Jan 6-Jan 27

WL2122 B | Tu | Jan 7-Jan 28

WL2122 C | M | Feb 3-Feb 24

WL2122 D | Tu | Feb 4-Feb 25

WL2122 E | M | Mar 3-Mar 24

WL2122 F | Tu | Mar 4-Mar 25



Conquer Ninja: Ninja Day Camp

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.

**WL2087 A | M | Jan 20 | 9 AM-3 PM | Conquer Ninja Blaine
1 Session | \$125 | Napel**

**WL2087 B | M | Feb 17 | 9 AM-3 PM | Conquer Ninja Blaine
1 Session | \$125 | Napel**

Conquer Ninja: Intro to Ninja

Ninjas develop strength and agility during these 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. A great beginner class.

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

**WL2085 A | Su | Jan 8-Feb 26 | 5-6 PM | Conquer Ninja Blaine
8 Sessions | \$190 | Napel**

**WL2085 B | W | Jan 5-Feb 23 | 4-5 PM | Conquer Ninja Blaine
8 Sessions | \$190 | Napel**

**WL2085 C | Su | Mar 5-Apr 30 | 5-6 PM | Conquer Ninja
Blaine 6 Sessions | \$190 | Napel | No Class Mar 9**

**WL2085 D | W | Mar 2-Apr 27 | 4-5 PM | Conquer Ninja Blaine
6 Sessions | \$190 | Napel | No Class Mar 12**

Conquer Ninja: Next Step-up

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

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

**WL2086 A | W | Jan 8-Feb 26 | 6:15-7:15 PM
Conquer Ninja Blaine | 8 Sessions | \$190 | Napel**

**WL2086 B | W | Mar 5-Apr 30 | 6:15-7:15 PM
Conquer Ninja Blaine | 8 Sessions | \$190 | Napel
No Class Mar 12**

Conquer Ninja: Rec Team (Ages 6-12)

Ninja Obstacle Training is the fastest growing cross-training sport. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Rec Team is designed for youth of all experience levels. Our Rec Team will practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their Ninja skills with over 40 different obstacles! This 8 week Rec Team consists of 6 practices and 2 competitions.

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

**WL2084 A | Su | Jan 5-Feb 23 | 5-6 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel**

**WL2084 B | Tu | Jan 7-Feb 25 | 5-6 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel**

**WL2084 C | Su | Mar 2-Apr 27 | 5-6 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel
No Class Mar 9**

**WL2084 D | Tu | Mar 4-Apr 29 | 5-6 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel
No Class Mar 11**

Conquer Advanced Ninja: Rec Team (Pre Competitive 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. Our Conquer Advanced Rec Team is designed for youth who have already done Rec Team, and are past the beginner level. NO basics are taught. This 8 week Rec Team consists of 6 practices and 2 competitions.

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

**WL2107 A | Su | Jan 5-Feb 23 | 6:15-7:15 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel**

**WL2107 B | Tu | Jan 7-Feb 25 | 6:15-7:15 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel**

**WL2107 C | Su | Mar 2-Apr 27 | 6:15-7:15 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel
No Class Mar 9**

**WL2107 D | Tu | Mar 4-Apr 29 | 6:15-7:15 PM
Conquer Ninja Blaine | 8 Sessions | \$225 | Napel
No Class Mar 11**

Every Meal

Every Meal provides weekend food for children. Each week, 4-5 pounds of nutritious food are discreetly placed in students' backpacks to take home from school. If you would like your child to participate in the program, please visit www.c-ischools.org/community/volunteer.

C-I Ski & Snowboard Club



Join your friends and classmates to ski or snowboard down the slopes of Wild Mountain. Both high school and middle school students are invited to join in on the FUN. There are various options to choose from, including transportation for those with a Wild Mountain season pass. Fees includes transportation, lift ticket (if needed), and supervision.

Please visit c-ischools.ce.eleyo.com for more information.

SPACE IS LIMITED AND BUSES FILL UP QUICKLY!

CIHS CLUB

ONE TIME PROGRAM

Pick any scheduled trip to attend
FL700G | Th | Dec 12-Feb 6 | 3:15-9:45 PM
No Class Dec 19, Dec 26, Jan 9 & Jan 23

\$65

CMS CLUB

ONE TIME PROGRAM

Pick any scheduled trip to attend
FL701C | Th | Dec 12-Feb 6 | 3:15-9:15 PM
No Class Dec 19, Dec 26, Jan 9 & Jan 2

\$65

IMS CLUB

ONE TIME PROGRAM

Pick any scheduled trip to attend
FL701F | Th | Dec 12-Feb 6 | 3:15-9:15 PM
No Class Dec 19, Dec 26, Jan 9 & Jan 23

\$65

Horse Camp

Horse Day Camp: One Day Option (Ages 6-17)

Learn how to groom, tack-up, lead, and ride a horse. Plus, have fun making crafts, giving a horse a bath, feeding, and other horse care. Camps run rain or shine.

Mandatory online waiver must be completed prior to the first camp date.

Dates Offered: M Jan 20, F Feb 14, M Feb 17, F Mar 7,
W Mar 12, F Mar 14

Time: 9 AM-3 PM

Location: Boulder Pointe Equestrian and
Event Center

Fee: \$109/day



See page 31 for My Little Horse Camp!

**Interested in animal care?
See Jr. Vet classes on page 34.**

Get ready for 2025-2026

Kindergarten and Preschool

We have been busy preparing for our youngest Bluejackets! Kindergarten enrollment begins January 2, 2025. Cambridge-Isanti Preschool and Adventure Center Preschool enrollment begins February 1, 2025. Always find the most current information at c-ischools.org. It's going to be a big year!

Beginners (Grades K-7)

For boys and girls who have no previous experience or are not proficient in front roll, back roll, straight-arm bridge, handstand, or cartwheel. Gymnasts will also work on the beam, bars, and vault. Must be able to do all Beginner floor skills. Learn handstand roll-downs, one armed cartwheels, back bend kick-overs, pull-over on bars, cartwheels, and handstands on low beam. Continue to work progressions on the vault.

WL101A | Tu | Jan 7-Mar 4 | 6:15-7:15 PM

CIHS Gymnastics Gym | 8 Sessions

\$72 Early Bird Discount through Dec 30, \$82 starting Dec 31

No Class Feb 4

WL101B | W | Mar 19-May 21 | 4:30-5:30 PM

CIHS Gymnastics Gym | 10 Sessions

\$90 Early Bird Discount through Mar 11, \$100 starting Mar 12

WL101C | Sa | Mar 22-May 17 | 8:45-9:45 AM

CIHS Gymnastics Gym | 8 Sessions

\$72 Early Bird Discount through Mar 14, \$82 starting Mar 15

No Class Apr 19

WL101D | Sa | Mar 22-May 17 | 9:50-10:50 AM

CIHS Gymnastics Gym | 9 Sessions

\$72 Early Bird Discount through Mar 14, \$82 starting Mar 15

No Class Apr 19

Advanced Beginners (Grades K-7)

Students must be able to do all Beginner floor skills. Will learn handstand roll-downs, one armed cartwheels, back bend kick-overs, pull-over on bars, cartwheels, and handstands on low beam. Will continue to work progressions on the vault.

WL033A | Tu | Jan 7-Mar 4 | 7:15-8:30 PM

CIHS Gymnastics Gym | 8 Sessions

\$85 Early Bird Discount through Dec 30, \$95 starting Dec 31

No Class Feb 4

WL033B | W | Mar 19-May 21 | 5:30-6:45 PM

CIHS Gymnastics Gym | 10 Sessions

\$106 Early Bird Discount through Mar 11, \$116 starting Mar 12

WL033C | Sa | Mar 22-May 17 | 11 AM-12:15 PM

CIHS Gymnastics Gym | 8 Sessions

\$85 Early Bird Discount through Mar 14, \$95 starting Mar 15

No Class Apr 19

Intermediates (Grades 1-8)

Gymnasts must know all of the Advanced Beginner skills. Will learn back walkover, front limbers, back handsprings, glides on bars, cartwheels, and handstands on high beams and handspring vaults.

WL1030A | W | Jan 8-Mar 5 | 5:45-7:45 PM

CIHS Gymnastics Gym | 8 Sessions

\$128 Early Bird Discount through Dec 31, \$143 starting Jan 1

No Class Jan 15

WL1030B | Tu/Th | Mar 18-Apr 17 | 6:15-8:15 PM

CIHS Gymnastics Gym | 10 Sessions

\$160 Early Bird Discount through Mar 10, \$175 starting Mar 11

WL1030C | Tu/Th | Apr 22-May 22 | 6:15-8:15 PM

CIHS Gymnastics Gym | 10 Sessions

\$160 Early Bird Discount through Apr 14, \$175 starting Apr 15

**Advanced** (Grades 1-10)

Gymnasts must know all intermediate level skills and demonstrate good strength and flexibility. Instructor permission required.

WL1040A | M/Th | Jan 6-Jan 30 | 6-8:30 PM

CIHS Gymnastics Gym | 7 Sessions

\$131 Early Bird Discount through Dec 29, \$151 starting Dec 30

No Class Jan 20

WL1040B | M/Th | Feb 3-Mar 6 | 6-8:30 PM

CIHS Gymnastics Gym | 9 Sessions

\$169 Early Bird Discount through Jan 26, \$189 starting Jan 27

No Class Feb 17

WL1040C | Tu/Th | Mar 18-Apr 17 | 4-6:30 PM

CIHS Gymnastics Gym | 10 Sessions

\$150 Early Bird Discount through Mar 10, \$170 starting Mar 11

WL1040D | Tu/Th | Apr 22-May 22 | 4-6:30 PM

CIHS Gymnastics Gym | 10 Sessions

\$150 Early Bird Discount through Apr 14, \$170 starting Apr 15

Junior Jackets (Grades 2-9)

For young gymnasts who have passed the Advanced level and want to learn more difficult skills to prepare for a future as a competitive high school gymnast. Instructor permission is required.

WL105A | M/Th/F | Jan 6-Jan 31 | 6-8:30 PM

CIHS Gymnastics Gym | 10 Sessions

\$188 Early Bird Discount through Dec 29, \$208 starting Dec 30

No Class Jan 20 and Jan 24

WL105B | M/Th/F | Feb 3-Mar 6 | 6-8:30 PM

CIHS Gymnastics Gym | 12 Sessions

\$225 Early Bird Discount through Jan 26, \$245 starting Jan 27

No Class Feb 14 and Feb 17

WL105C | M/Tu/F | Mar 17-Apr 15 | 4-6:30 PM

CIHS Gymnastics Gym | 14 Sessions

\$263 Early Bird Discount through Mar 9, \$283 starting Mar 10

WL105D | Tu/F/M | Apr 22-May 23 | 4-6:30 PM

CIHS Gymnastics Gym | 14 Sessions

\$263 Early Bird Discount through Apr 14, \$283 starting Apr 15

High School (Grades 7-12)

Gymnasts must be a member of the CIHS Gymnastics Team. Instructor permission is required.

WL106A | M | Mar 17-May 19 | 6-8:30 PM

CIHS Gymnastics Gym | 9 Sessions

\$169 Early Bird Discount through Mar 9, \$189 starting Mar 10

No Class Apr 21

Aquatics



Private Swim Lessons

Our private swim lessons offer one-on-one instruction with a certified American Red Cross Water Safety Instructor. Ideal for those who desire individual instruction, those who need to "catch up" on swimming skills, or adult learners.

Semi-Private Swim Lessons

Learn to swim with a friend or sibling. Students should be at a similar swimming skill level.

Fee: 1 person: \$149, 2 people: \$219, 3 people: \$294

6 Sessions | W | Jan 15-Feb 19 | CIHS Pool
6:30-7 PM or 7:10-7:40 PM or 7:50-8:20 PM

Adult Lap Swim

Achieve your fitness goals with the whole body workout provided by lap swimming. A great cardiovascular exercise for people of all ability levels. Preregistration required.

M/W/F | Jan 6-Mar 31 | 6-7:30 AM
\$6/person | CIHS Pool

Family Open Swim

Family fun open to all ages. Youth under 10 must be accompanied by an adult. Preregistration is required.

Sa | Feb 1, Feb 22, Mar 1, Mar 22, Mar 29, Apr 5, Apr 12
11:15 AM-12:45 PM | \$5/person



Small Group Swimming Lessons (Ages 5+)

Each level of "Learn to Swim" includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below.

Level 1: Introduction to Water Skills: This class is designed to help first-time swimmers become comfortable in the water. Students will learn skills in water entry/exit, breath control, floating and, alternating arm action.

Level 2: Fundamental Aquatic Skills: Students will learn fundamental skills of propelling themselves in the water.

Level 3: Stroke Development: Skills covered include coordinated front crawl, elementary backstroke, and treading water. Safe diving skills will be introduced.

Level 4: Stroke Improvement: Students will develop endurance and coordination of crawl and elementary back stroke, introduction to breast stroke and turns.

Level 5: Stroke Refinement: Students will improve on previously learned strokes and will be introduced to butterfly, open turns, springboard diving, and distance swimming.

Level 6: Swimming & Skill Proficiency: Stroke refinement is learned so students swim with ease, efficiency, power, and smoothness over greater distances.

SMALL GROUP MONDAY EVENING LESSONS

8 Lessons | M | Jan 13-Mar 24 | CIHS Pool | \$89
No Class Jan 20, Feb 17, Mar 10

| 6:15-6:45 PM | 6:50-7:20 PM | 7:25-7:55 PM |
|---------------|---------------|---------------|
| Lvl 1: WB605A | Lvl 1: WB605B | Lvl 1: WB605C |
| Lvl 2: WB606A | Lvl 2: WB606B | Lvl 2: WB606C |
| Lvl 3: WB607A | Lvl 3: WB607B | Lvl 3: WB607C |
| Lvl 4: WB608A | Lvl 4: WB608B | Lvl 4: WB608C |

SMALL GROUP SATURDAY LESSONS

8 Lessons | Sat | Feb 1-April 12 | CIHS Pool | \$89
No Class Feb 15, Mar 8 & 15

| 8:45-9:15 AM | 9:20-9:50 AM |
|---------------|----------------|
| Lvl 1: WB601A | Lvl 1: WB601B |
| Lvl 2: WB602A | Lvl 2: WB602B |
| Lvl 3: WB603A | Lvl 3: WB603B |
| Lvl 4: WB604A | Lvl 4: WB604B |
| 10-10:30 AM | 10:35-11:05 AM |
| Lvl 1: WB601C | Lvl 1: WB601D |
| Lvl 2: WB602C | Lvl 2: WB602D |
| Lvl 3: WB603C | Lvl 3: WB603D |
| Lvl 4: WB604C | Lvl 4: WB604D |

Here to Help Campaign - Supporting our Students and Families

At Cambridge-Isanti Schools, we are committed to ensuring every student has the resources they need to succeed, both in and out of the classroom. Through community-supported initiatives like Every Meal, Here to Help, and the Care Closet, we provide essential support to students and families facing challenges. Whether it's weekend food, basic necessities, or confidential assistance, we're here to help ensure that no student goes without.

Indoor Walking

Don't let cold weather disrupt your walking routine! You can walk at your own pace in the hallways of Cambridge-Isanti High School. To participate in this FREE activity, register online or in person at the Education Services Center. Please remember to pick up your Walking Badge at the Education Services Center, as it grants you access to the building.

UCare accepted here!

Members can get up to a \$15 discount on most community education classes.

Silver Sneakers

Taiji Quan: Moving for Better Balance, and Body & Soul Cardio Dance are Silver Sneakers Eligible. Must be 65 or older.

Please note: This brochure was accurate at time of printing. Changes or cancellations may occur. See our online registration system and website for the most up to date information.



*Thank you,
donors!*

Choose one of our party packages
for a fun and easy way to throw an
awesome party!

Gym Parties

Check out our great indoor options and
leave the clean up to us!

Basketball, Dodgeball,
Flag Football, Floor Hockey,
Pickleball, Soccer, Pool Parties

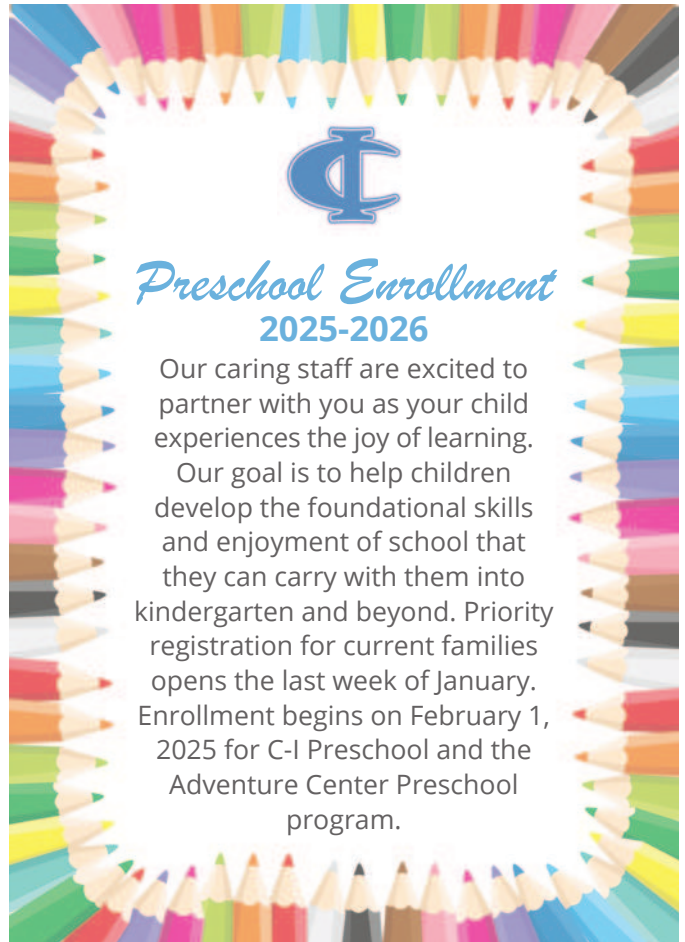
Please check out these great ways
to celebrate on our website at
c-ischools.ce.eleyo.com.



Preschool Enrollment 2025-2026

Our caring staff are excited to
partner with you as your child
experiences the joy of learning.

Our goal is to help children
develop the foundational skills
and enjoyment of school that
they can carry with them into
kindergarten and beyond. Priority
registration for current families
opens the last week of January.
Enrollment begins on February 1,
2025 for C-I Preschool and the
Adventure Center Preschool
program.



Class Registration & Information

Registration Options: Online at c-ischools.ce.eleyo.com, at the Community Education office, or 763-689-6189.

Payments Accepted: Cash, check, Visa, MasterCard, Discover, or American Express.

Cancellations and Refunds: Please notify us immediately if you need to withdraw from a class. Full refunds or credits are given if a class is canceled. Refunds are not issued after a class has begun. There are no prorated fees. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity.

Waiting Lists: Please consider registering early for your class. This is one way to ensure classes will run. Some classes fill up quickly. We offer wait lists for many, and encourage you to be added to the waitlist.

Accessing Online Classes: Our live classes are accessed via Zoom or Google Meet. Our learn-at-your-own-pace classes are offered through the UGotClass online platform. For all online classes, login information will be sent to you prior to the class start date.

UCare: Members can get up to a \$15 discount on most community education classes.

Scholarships and Payment Plans: It is important for all community members to have access to our opportunities. For a payment plan or scholarship, please contact our office. Additionally, students who qualify for Educational Benefits, SNAP, or MA are eligible to pay a reduced price for most classes. You must provide a copy of a current qualification confirmation letter. Please contact our office for these reduced rates.

Do you have a disability?: Do not let that be a barrier to participation in our many opportunities. Contact the Community Education office at least 10 days prior to your class or event to discuss options for accommodations.

Photo Consent: Unless you notify Community Education in advance, photos taken during Community Education activities may be used in Cambridge-Isanti Schools publications.

Please Note: The views expressed by instructors do not necessarily reflect those of the administration or the district. The intent of our classes is to provide a means for the community to learn about ideas and services. For information specific to your situation, consult your physician, financial advisor, or other trusted service provider.

Class Confirmations: Please check your email for class confirmations, which contain information you'll need to prepare for your class.

Please note! Modified Hours at the Education Services Center Office Hours Over Winter Break: The Community Education office is open Monday through Friday from 7:30 AM-4:30 PM. Holiday hours (8:30 AM-3:30 PM) will be in effect on December 23, 26, 27, and 30. The office will be closed and no activities will take place on December 24, 25, 31, January 1, and February 17.

Class Locations

Cambridge-Isanti Schools Building Key & Locations

| | | |
|--------|--------------------------------|--------------------------------|
| AEC | Adult Enrichment Center | 540 5th Ave. NW, Cambridge |
| CIS | Cambridge Intermediate | 428 NW 2nd Ave., Cambridge |
| CIS-EC | C-I Early Childhood, Cambridge | 428 NW 2nd Ave., Cambridge |
| CIHS | C-I High School | 430 NW 8th Ave., Cambridge |
| CMS | Cambridge Middle | 31374 Xylite St. NE, Cambridge |
| CPS | Cambridge Primary | 310 N. Elm St., Cambridge |
| CE | Community Education | 625B Main St. N, Cambridge |
| ESC | Education Services Center | 625A Main St. N, Cambridge |
| IPS-EC | C-I Early Childhood, Isanti | 301 Heritage Blvd NW, Isanti |
| IIS | Isanti Intermediate | 101 9th Ave. NE, Isanti |
| IMS | Isanti Middle | 201 Centennial Dr., Isanti |
| IPS | Isanti Primary | 301 Heritage Blvd NW, Isanti |
| WLC | Woodland Campus | 1700 305th Ave. NE, Isanti |

Off Site Location Addresses & Key

| | |
|-----------------------------------|---------------------------------|
| Boulder Pointe Equestrian Center | 6612 189th Ln., NW, Anoka |
| Conquer Ninja Gyms | 1467 101st Ave. NE, Blaine |
| East Central Veterinarians Clinic | 807 Main St N, Cambridge |
| GTI Theater | 123 2nd Ave. NE, Cambridge |
| Junction Bowl | 123 Cajima St NE, Isanti |
| Little North Playland | 291 5th Ave. NE Ste 104, Isanti |
| My Jungle Gym | 16 Main St W, Isanti |
| Rum River BMX Track | 101 Isanti Pkwy NW, Isanti |
| Quilterati Shop | 236 Adams St S, Cambridge |

Community Use of Facilities

We encourage the use of Cambridge-Isanti facilities by individuals, groups, and organizations. Classrooms, cafeterias, media centers, auditoriums, and gyms are available for rental. To reserve a facility or field, a completed request must be submitted through the Eleyo Facility Request System. Find the link at www.c-ischools.org/facilities.

Please note:

- Facility requests must be submitted at least 10 days in advance.
- Renters are required to carry liability insurance.
- In some circumstances, such as large rentals, a deposit may be required.

Questions? Call 763-689-6214 or email facilityuse@c-ischools.org.

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DR. MATTHEW J. PETERSON, DDS, PA**

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CAMBRIDGE, MN 55008**

Strategic Focus Areas

FOR 2024-2025

Expanding Academic Opportunities

We're creating a variety of academic programs to help students follow their paths—whether through career training or earning college credits—so they're ready for life after high school.

Supporting Students' Well-Being

Through *The Bluejacket Way*, we foster respect and belonging so every student can thrive, with mental health support, after-school activities and opportunities, and numerous ways to connect that meet their unique needs.

Building Connections Across the Community

We excel through collaboration with families, community members, and local organizations, creating inclusive environments and expanding opportunities for all students.



Our work centers around educating, empowering, and inspiring **every student, every day.**

Celebrating and Planning for Our Future



Dr. Nate Rudolph
Superintendent

What a fantastic start to the school year! It's inspiring to see the work happening in our buildings as students tackle new skills and strengthen others, guided by dedicated teachers and staff. Thank you families for your ongoing support and partnership in this journey.

We are in year two of our Strategic Plan. Developed in 2022-23, in partnership with our community, it includes four primary objectives:

- Ensure student academic growth and success.
- Build and foster positive relationships with families and the community.
- Partner with families and our community to improve the mental health and well-being of all students and staff.
- Broaden community partnerships to maximize resources, support the growth of the district, and provide opportunities for students.

In addition to focusing on student success and well-being for all, we are committed to forward-thinking planning that meets the needs of our students and community.

This year, we're focusing on creating a comprehensive facilities master plan (Strategy 4.1). By working together with community members, families, and partners, we can support growth, maximize resources, and offer new opportunities for students. This plan will shape our district's future, with priorities including:

- Addressing capacity issues
- Reimagining learning spaces

- Addressing deferred maintenance
- Improving athletics and activities spaces

Watch for more information in the coming months, both by mail and on our website. To get involved, contact us at dist-communications@c-ischools.org.

We are grateful to have such a committed and engaged community as we continue the important work of serving every student, every day. With your involvement, we're creating a solid foundation for student success and continued district growth.

Keeping Our Referendum Promises

We are proud to have used referendum dollars as we promised:

- hire and retain high-quality staff,
- lower class sizes, and
- enhance career and technical education and college readiness.

We are committed to making the most of every dollar to continue supporting our students and schools with excellence. Thank you for your ongoing support as we work to meet our referendum promises, and find ways to enhance opportunities for all students well into the future.



2025
A Big Year
for
KINDERGARTEN

Is your child turning 5 before September? It's time to enroll in Kindergarten!

Sign up online or visit one of our primary schools for assistance.

Learn more at
c-ischools.org/kindergarten.



Community Education
625 Main St N
Cambridge, MN 55008
763-689-6189
ceregister@c-ischools.org

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Classes for Adults of All Ages

We have so many opportunities for adults of all ages, these are just a few! Be sure to check out full classes and programs inside the brochure.

- **Adult Education:** Earn your GED, various certificates, and learn English with us!
- **Adults with Disabilities:** Join us for Bingo & Root Beer Floats, Bowling, and so much more.
- **Adult Enrichment:** From computer to Spanish classes and baking to Heartsaver courses, we have something for everyone.
- **Adult Recreation:** Join us for pick-up games or league play, plus try our NEW Dog Sledding Training course!
- **Volunteer with Us:** Support learners and teachers by completing take home projects, serving at school events, and providing learner support. We need you!

