



SPRING/SUMMER 2024

# FRIDLEY COMMUNITY COURSE CATALOG

## EDUCATION

[www.fridleycommed.com](http://www.fridleycommed.com)

### Program Offerings

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



SCAN ME

**Adult Enrichment**



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**Youth Enrichment**



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**Fridley Preschool**



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**Plus More!**

*Come see  
what we  
have to offer!*



Primary Years Programme

The Fridley Preschool is the **only preschool program in the state of Minnesota** to offer the **International Baccalaureate (IB) Primary Years Programme (PYP)**. Each student begins his or her journey to college and career readiness with social and emotional learning, mathematics, and literacy.

The **IB Primary Years Programme (PYP)** strives to develop caring young people to create a better and more peaceful world through their actions.

To learn more or register, see page 28!



## THE IB LEARNER PROFILE

Through the IB Learning Profile, our students at **Fridley Preschool** are: *Inquirers, Knowledge Seekers, Thinkers, Communicators, Risk-Takers, Principled, Open-Minded, Caring, Balanced and Reflective* of the local and global world around them.

## DIFFERENT OPTIONS FOR ENROLLMENT:

- 3-year-old **Half-Day a.m. or p.m.** Preschool (*fee based*)
- 4-year-old **Half-Day a.m. or p.m.** Preschool (*no cost*)
- 3- and 4-year-old **Full-Day** Preschool (*fee based*)

For more information on enrollment, call 763-502-5081.

## FACILITIES & INFORMATION:

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

### FRIDLEY SCHOOLS

**FCC** – Fridley Community Center  
6085 Seventh Street NE

**FHS** – Fridley High School  
6000 West Moore Lake Drive

**FMS** – Fridley Middle School  
6100 West Moore Lake Drive

**HES** – Hayes Elementary School  
615 Mississippi Street NE

**SES** – Stevenson Elementary School  
6080 East River Road

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

### OTHER FACILITIES

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

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

**UMN Lee Bolstad Golf Course**  
2275 Larpenteur Ave W  
St. Paul, MN 55113

**Gardens of Rice Creek**  
1315 66th Ave NE  
Minneapolis, MN 55432

#### Office Hours:

#### FRIDLEY COMMUNITY CENTER

8 AM - 4 PM (Monday through Friday)  
6085 Seventh Street NE, Fridley, MN 55432

#### OFFICE WILL BE CLOSED ON:

June 19 and July 4.



## ON THE COVER:

Preschool students celebrate their 100th day of school.

See Page 28 for more information about our Preschool Program!

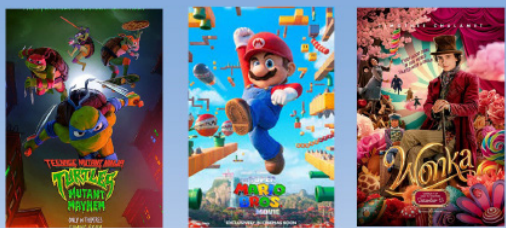




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### Free Family Movie Night



Friday, March 1    Friday, April 5    Friday, May 3

#### Fridley Community Education

presents FREE Family Movie Night at the  
Fridley District Auditorium

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

Concessions are available for \$1 each. Cash Only.

Students without HS ID will not be admitted unless  
accompanied by parent or guardian.

Any questions, please call 763-502-5100.



SCAN ME

### FRIDLEY COMMUNITY EDUCATION CONTACTS:

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

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

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

**Christy Johnson**, Community Education  
Administrative Assistant  
763-502-5102

**Katie Brown**, Half-Day Administrative Assistant  
763-502-5105

**Lila Mapp**, ECCE Coordinator  
763-502-5143

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

**Sally Leone**, Tiger Club Coordinator  
763-502-5135

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

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

**Aisha Mohamed**, Early Childhood Teacher  
763-502-5157

**Courtney Green**, Early Childhood Screener  
763-502-5156

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

**Sasha Herder** Aquatics Program Manager  
763-402-1391

### Follow us!

Find class updates, special events and more!



**FridleyCommEd**

visit [www.fridleycommmed.com](http://www.fridleycommmed.com)



# ADULT ENRICHMENT

## FINANCE & BUSINESS

### PLAN YOUR MOVE – FCC-Room 109

Is it time to think about moving? Need to get rid of things first? Join us and hear from industry experts on the following topics: understanding market conditions, preparing your home for sale, organizing and downsizing, moving and relocating, emotional and psychological aspects and financial considerations. This class will empower home sellers with the knowledge and skills needed to navigate the real estate market, downsize effectively, and make informed decisions throughout the selling and moving process.

Cost	Class #	Day	Date	Time
\$15	6553A	Thurs	May 9	11:30-12:30pm
\$15	6553B	Thurs	June 6	11:30-12:30pm

### 4 STRATEGIES TO PROTECT THE HOUSE, FARM, CABIN OR MORE – Online only

**The concern:** Our family has a cabin, homestead, hunting land, farm or second home: How do we protect this family legacy and move its use and enjoyment into the future? **The problem:** Various sources and forces threaten its very existence: The nursing home and Medicaid (MA), estate taxes, family divorces, creditor and bankruptcy issues, taxes and operating expenses, unequal resources of owners, the in-laws and use and enjoyment equality. **The answer:** We will provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset.

Cost	Class #	Day	Date	Time
\$15	6311	Mon	June 24	6:30-8:00pm

### LETS PROBATE AN ACTUAL MN ESTATE – Online Only

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

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

### MEDICARE EDUCATION: UNDERSTANDING THE BASICS – FCC-Room 109

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

Cost	Class #	Day	Date	Time
\$5	6310C	Tues	April 30	6:30-8:00pm
\$5	6310D	Wed	May 29	6:30-8:00pm
\$5	6310E	Tues	July 23	6:30-8:00pm
\$5	6310F	Tues	Aug 27	6:30-8:00pm

### SOCIAL SECURITY: TIMING IS EVERYTHING – FCC-Rm109

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

Cost	Class #	Day	Date	Time
\$15	6303	Tues	May 14	6:00-7:30pm

### 5 KEYS TO RETIRING FEARLESSLY – FCC-Rm 109

Will I have enough to retire? – Will my retirement income last? – Are my assets protected? Manage five key risks all retirees face to turn retirement concerns into confidence! The five topics covered include outliving income, inflation, unpredictable events, market volatility, and income taxes.

Cost	Class #	Day	Date	Time
\$15	6302	Wed	April 17	6:30-8:00pm

### PREVENTING ELDER FINANCIAL ABUSE – FCC-Rm 109

Elder financial abuse, also known as financial exploitation, is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and act of deception to gain control over a senior's money or property. You will learn about common types of financial abuse, indicators, and signs, how to report and get help. This class is for older adults and their families.

Cost	Class #	Day	Date	Time
\$15	6314	Wed	April 24	10-11:30am



## **QUESTIONS AND ANSWERS WITH A MN WILL AND TRUST PLANNING ATTORNEY** – *Online Only*

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

Cost	Class #	Day	Date	Time
\$15	6313	Wed	Aug 21	6:30-8:00pm

## **SENIOR HOUSING: SHOULD I STAY OR SHOULD I GO?** – *FCC- Room 109*

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

Cost	Class #	Day	Date	Time
\$15	6315	Wed	May 15	10-11:30 am

## **SO YOU'RE THINKING OF LEAVING MINNESOTA, AN ATTORNEY'S PERSPECTIVE ON HOW TO DO IT** – *Online Only*

A vital part of every retirement or resettlement discussion involves the roadmap of issues that help us decide where we want to call home! Is it taxes, the political landscape, the weather, the location of family assets, debt or income concerns in retirement, cost of living, health concerns or ... our friends are already there! When should we start this discussion? Did you know many states do not tax social security, pensions or other qualified retirement income sources? Which are the worst states for estate taxes? How do we establish domicile? How about quality of medical resources and retirement facilities – who is good, who is not-so-good? All these issues will be raised and discussed in an open and friendly manner with questions encouraged.

Cost	Class #	Day	Date	Time
\$15	6309	Thurs	May 23	6:30-8:00pm

## **THE 5 PHASES OF AN IRA** – *FCC- Room 114*

Contributing tax-deferred dollars in Individual Retirement Accounts (IRAs) is a big incentive for investors. But income taxes will come due once they start using the money. The class suggests potential strategies for reducing the taxes attendees and their heirs could pay.

Cost	Class #	Day	Date	Time
\$15	6304	Tues	June 18	6:00-7:30 pm

## **WHY YOU CAN'T ALWAYS TRUST YOUR TRUST** – *Online Only*

The trust is a very popular component and tool to be used in our Estate Planning. However, there is a variety of vastly different Trust options to be used and the question arises: "Am I using the right Trust for my needs and goals?" Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. One common problem that often needs addressing is the over-utilization of the Living Trust for goals or problems that it does not resolve. We will clearly define the strengths and weaknesses of these different types of Trusts and when to use them. Explore your goals and wishes to see where they fall in the realm of Trusts. Class encourages questions and we hope to provide answers that will set your mind at ease or assist you in the decision making in this area.

Cost	Class #	Day	Date	Time
\$15	6312	Thurs	July 11	6:30-8:00pm

## **HOW TO USE VENMO SAFELY** – *Online Only*

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

Cost	Class #	Day	Date	Time
\$25	6316	Thurs	June 6	12:00-1:00pm

## HOBBIES & SPECIAL INTERESTS

### **OPEN PAINTING** – *FCC: Various Rooms*

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

Cost	Class #	Day	Dates	Time
\$16	6003	Tues	April 2- May 28	9:30-11:30am
\$22	6004	Tues	June 4- Aug 20	9:30-11:30am

# ADULT ENRICHMENT

## HOBBIES & SPECIAL INTERESTS

### **BEGINNING SCUBA DIVING** – *FMS-Pool*

Are you tired of a two-dimensional life? Do you wish you could be weightless? Have you ever dreamed of breathing underwater? If so, Beginning SCUBA Diving is for you! This six-week class will provide all the technical, safety and skills knowledge to begin your SCUBA journey. Each class will include instruction on the physics, safety, and skills of SCUBA diving as well as time in the pool experiencing weightlessness and breathing underwater. Once this class is completed, five open water dives with the instructor are all that stand in your way from full Open Water SCUBA Certification. Once this certification is achieved you can SCUBA dive anywhere in the world. Come experience the wonder of SCUBA diving.

Cost	Class #	Day	Date	Time
\$200	6532	Wed	April 17- May 22	6:30-8:30 pm

### **NATURAL INTUITIVE AWAKENING**– *FCC-Room 109*

Join Karmik Channels' Team of Holistic Practitioners for a gathering of spiritual seekers. We welcome people of all backgrounds to discuss topics relating to the expansion of our human consciousness. Anyone may participate, just be aware that the spiritual concepts to be discussed and shared are not coming from a place of limitation, fear or dogma. Learn how to tap into the natural gifts you were born with to enhance your own navigational skills in order to make your current life journey a more pleasant and exciting one.

Cost	Class #	Day	Date	Time
\$55	6400	Sat	April 13	4:00-6:00pm

## COOKING

### **BODACIOUS BRUNCH BUFFET** –

*FHS Foods Lab, Room 113*

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

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

### **TANTALIZING THAI CUISINE** –

*FHS Foods Lab, Room 113*

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

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

### **THE ART OF SUSHI**– *FHS Foods Lab, Room 113*

Come explore the world of sushi as you create this Japanese delicacy yourself. We'll begin by preparing the coveted sushi rice then you'll learn the art of "nigiri-sushi" (hand molded rice) topped with shrimp, unagi, and ahi tuna. You'll then learn how to prepare "maki-sushi" using a bamboo mat to roll rice with various fillings in and around Nori (seaweed sheets). Options and accompaniments will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce.

Cost	Class #	Day	Date	Time
\$45	6106	Thurs	June 6	5:30-8:30pm

### **CURRY IN A HURRY** – *FHS Foods Lab, Room 113*

Easy Chicken curry for beginners (vegetarian option also available) with turmeric vegetable rice. Do you love curry but intimidated by all the ingredients involved in making traditional curry? This intro to curry class is catered just for you. You will learn an easy curry recipe that will taste authentic, delicious ingredients you can easily find at the grocery store. What goes best with curry? Rice of course! Instead of plain boring white rice, you will learn how to make turmeric vegetable rice. Welcome to the world of curries.

Cost	Class #	Day	Date	Time
\$60	6105A	Wed	May 22	6:00-8:00pm
\$60	6105B	Thurs	June 20	6:00-8:00pm

## DANCE

### **BARBIE DANCE THE NIGHT AWAY LINE DANCE**– FCC: Gym

Love the movie? Learn those fun Barbie moves to this the inspiring dance with its upbeat disco track by Dua Lipa and Dance the Night away. No partner needed for a night of fun.

Cost	Class #	Day	Date	Time
\$15	6151	Fri	April 19	6:00-7:00pm

### **SHAKE IT OFF TAYLOR SWIFT LINE DANCE**– FCC- Dance Floor (Lower Level)

Taylor Swift's fun, sassy song invites you to move your feet, sing along and ..."Shake it off"! So grab some friends and enjoy an hour of fun that will have you dancing the night away! No Partner needed.

Cost	Class #	Day	Date	Time
\$15	6155	Sat	April 27	10:00-11:00am

### **SOCIAL DANCE WORKSHOP**– FCC- Gym

Looking for a just few moves to use on the dance floor? Convinced you have 2-left feet still...wouldn't it be nice to dance with your partner? This class is for you! For one night you'll learn expert tips on how to dance comfortably as a couple along with fun moves that will have you turning, twirling and moving together in no time. Perfect for weddings, special events or just plain fun! Couples only please!

Cost	Class #	Day	Date	Time
\$30	6154	Mon	June 24	7:00-8:30pm

### **SWING DANCE CLASS**– FCC-Dance Floor (Lower Level)

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

Cost	Class #	Day	Date	Time
\$30	6156	Sat	April 27	11:00-12:30pm

### **WEDDING DANCE CRASH COURSE!**– FCC: Dance Floor (Lower Level)

It's not too late too look great! You thought about it! You wanted to! But where did the time go? Not to worry. In this 2-hour workshop, Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction", will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Couples only please.

Cost	Class #	Day	Dates	Time
\$30	6153	Fri	April 19	7:00-8:30pm

### **BACHATA DANCE FOR ADULTS/SENIORS** – Hayes-Gym & FCC-Gym

Bachata classes are tailored to adults (18 and older) and in this class sequence you will learn salsa basic footwork, arm-work, fluid body movement technique, and musicality. For the structure of each class, we start with a warm up, then solo steps, then we apply the solo steps with a partner, and finish with stretching. No partner needed but encouraged.

Cost	Class #	Day	Dates	Time
\$48	6150A	Tues	May 7-28	7:00-8:00pm
\$48	6150B	Tues	June 4-25	7:00-8:00pm
\$48	6150C	Tues	July 9-30	7:00-8:00pm

### **SALSA DANCE FOR ADULTS/SENIORS**– Hayes-Gym & FCC-Gym

Salsa classes are tailored to adults (18 and older) and in this class sequence you will learn salsa basic footwork, arm-work, body movement technique, and musicality. For the structure of each class, we start with a warm up, then solo steps, then we apply the solo steps with a partner, and finish with stretching. Basic salsa steps are easy to learn and provide a solid foundation for the beginner dance. No partner needed but encouraged.

Cost	Class #	Day	Date	Time
\$48	6157A	Tues	May 7-28	8:00-9:00pm
\$48	6157B	Tues	June 4-25	8:00-9:00pm
\$48	6157C	Tues	July 9-30	8:00-9:00pm



# ADULT ENRICHMENT

## HOME AND GARDEN

### **LANDSCAPING FOR YEAR ROUND BEAUTY** – *Gardens of Rice Creek*

This class will be held outdoors at the nursery and gardens for real-life instruction. Successful landscaping makes our homes more attractive and comfortable. Framing the house with evergreens and flowering shrubs, keeping the yard cool with shade trees and creating privacy with living screens are some of the practical improvements landscaping can bring to outdoor living. Unusual and rare plants can be seen growing here, adding another layer of interest in summer and winter. Two acres of gardens overlook Rice Creek. Participants are encouraged to bring photos of their home from the street and from their favorite window in the back for landscape suggestions to be discussed in the class.



Cost	Class #	Day	Dates	Time
\$15	6411	Wed	May 15	9:00-12:00pm

### **HABITAT AT HOME: USING NATIVE PLANTS TO IMPROVE WATER AND HABITAT** – *FCC-Room 109*

Ecosystems are important for everyone! Learn about the importance of native plants in your yards, gardens, and community spaces. Native plants help protect water quality and create homes for pollinators, birds, and other local creatures.

Cost	Class #	Day	Dates	Time
\$15	6412	Thurs	May 16	6:00-7:00pm

### **PRESERVING THE HARVEST-FREEZING** – *FCC-Room 109*



Each year we look forward to garden-fresh fruits and veg but the peak season goes by so quickly! Preserving the harvest through freezing is easier and maintains the taste and nutrients better than canning, if done correctly. Whether harvesting from your garden or buying at a farmers market, learn the tools and techniques

for freezing fruits, veggies and herbs to enjoy all winter long.

Cost	Class #	Day	Dates	Time
\$20	6413	Thu	July 18	6:30-8:00pm

## FITNESS

### **BASICS OF LEARNING GOLF** – *Lee Bolstad Practice Range Golf Course*

This new golf class will be a combination of range and short game area learning using our unique 3-hole short course with regulation sized tee boxes, bunkers, fairways, rough and greens, to re-create actual playing situations. You will not only "learn to play" but will "play to learn". Classes taught by renowned PGA Master Professional of Player Development Greg Schulze! Clubs are available to use at the classes if needed. Classes will be held at Les Bolstad golf course on the University of Minnesota - St. Paul campus.

Cost	Class #	Day	Dates	Time
\$110	2701B	Tues	July 9 - Aug 6	6:30-7:30pm

### **POUND – ROCKOUT. WORKOUT.** – *FCC: Room 114/116 & Gym*

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

Class #	Day	Dates	Time	Cost
6354A	Thurs	April 4-25	7:00-8:00pm	\$36
6354B	Thurs	May 2-30	7:00-8:00pm	\$36
6354C	Thurs	June 6-27	7:00-8:00pm	\$36
6354D	Thurs	July 11-25	7:00-8:00pm	\$27
6354E	Thurs	Aug 1-29	7:00-8:00pm	\$45

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

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



Class #	Day	Dates	Time	Cost
6352A	Wed	April 3-24	6:00-7:00pm	\$27
6352B	Wed	May 1-29	6:00-7:00pm	\$45
6352C	Wed	June 5-26	6:00-7:00pm	\$36
6352D	Wed	July 3-31	6:00-7:00pm	\$45
6352E	Wed	Aug 7-28	6:00-7:00pm	\$36

# ADULT ENRICHMENT

## YOGA MINDFULNESS – FCC: 114/116 & Online

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



Class #	Day	Dates	Time	Cost
6351A/Online	Sat	April 6-27	10:00-11:30am	\$36
6351B/Online	Sat	May 4-18	10:00-11:30am	\$27
6351C/Online	Sat	June 1-29	10:00-11:30am	\$45
6351D/Online	Sat	July 6-27	10:00-11:30am	\$36
6351E/Online	Sat	Aug 3-31	10:00-11:30am	\$45

## YOGA – FCC: 114/116 & Online



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

comfortable clothes and bring a mat, towel, or rug for floor work.

Class #	Day	Dates	Time	Cost
6350A/Online	Tues	April 2-30	6:00-7:30pm	\$45
6350B/Online	Tues	May 7-28	6:00-7:30pm	\$36
6350C/Online	Tues	June 4-25	6:00-7:30pm	\$36
6350D/Online	Tues	July 2-30	6:00-7:30pm	\$45
6350E/Online	Tues	Aug 6-27	6:00-7:30pm	\$27

## TAE KWON DO – FCC-Gym

The class is open to ages 8 years old and up. It will provide the basics of Korean Karate. This is a non-competitive program including patterns, self defense and sparring that focuses on the development of the student's daily life skills, problem solving, and personal protection. The class is taught by Robert Frankovich. No class Jan. 2 or Feb. 13.



Class #	Day	Month	Time	Cost
6355 April	Tues/Thu	April	6:00-7:00pm	\$100
6355 May	Tues/Thu	May	6:00-7:00pm	\$100
6355 June	Tues/Thu	June	6:00-7:00pm	\$100

## KOREAN SWORD (HAIDONG) – FCC-Gym

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



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

Class #	Day	Month	Time	Cost
6357A April	Tues/Thu	April	7:00-8:00pm	\$100
6357B May	Tues/Thu	May	7:00-8:00pm	\$100
6357C June	Tues/Thu	June	7:00-8:00pm	\$100

## HISTORICAL MARTIAL ARTS – LONGSWORD – FCC: Gym

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

Class #	Day	Dates	Time	Cost
6955 - April	Sun	April 7-28	10:00am-12:00pm	\$40
6955 - May	Sun	May 5-19	10:00am-12:00pm	\$30
6955 - June	Sun	June 2-30	10:00am-12:00pm	\$50
6955 - July	Sun	July 7-28	10:00am-12:00pm	\$40
6955 - Aug	Sun	Aug 4-25	10:00am-12:00pm	\$40



**Fridley Community Theatre Presents**

# ***Footloose***

*July 19, 20, 25, 26 at 7 pm*

*July 27 at 2 pm*

**Tickets available online at  
[www.FridleyCommunityTheatre.org](http://www.FridleyCommunityTheatre.org)  
or call 763-502-5100**

**Adults \$20, Students through HS \$15**

Fridley District Auditorium  
6000 West Moore Lake Drive

Stage Adaption by Dean Pitchford and Walter Bobbie  
Based on the Original Screenplay by Dean Pitchford  
Music by Tom Snow  
Lyrics by Dean Pitchford

Additional Music by Eric Carmen, Sammy Hagar, Kenny Loggins and Jim Steinman

Footloose is presented by arrangement with Concord Theatricals.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)



**SCAN ME**



# FRIDLEY SENIOR PROGRAM (Fridley Community Center – Door 10)



## Supporting a Balanced and Well Connected Life Through Active Aging

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

### FRIENDS OF FRIDLEY SENIOR PROGRAM

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

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

### CONTACTS



#### HELPFUL CONTACTS:

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

#### STEPHEN KEELER

Community Education Director  
763-502-5106  
[stephen.keeler@fridley.k12.mn.us](mailto:stephen.keeler@fridley.k12.mn.us)

### NEWSLETTER



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

## RESOURCES & SERVICES FOR SENIORS

### SENIOR OUTREACH WORKER

Angie Sable is our outreach worker from Anoka County Community Action Program (ACCAP), she is available in person at the Fridley Senior Center every 2nd Monday of each month from 1:00-3:00pm. Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier. Call Angie Sable at 763-783-4741 to set up an appointment or talk over the phone.

### HEALTH INSURANCE COUNSELING – LINKAGE LINE

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

### LEGAL AIDE FOR SENIORS

The Senior Law Project provides a monthly outreach service for a free, one time, legal advice consultation for common legal issues facing older adults. Appointments are on the first Tuesday of the month between 9am and 10:30am. *Call the Senior Center to set up a 30 minute appointment.*

# FRIDLEY SENIOR PROGRAM *(Fridley Community Center – Door 10)*

## RESOURCES & SERVICES FOR SENIORS

### SOUTHERN ANOKA COUNTY COMMUNITY ASSISTANCE (SACA)

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

### FARE FOR ALL

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

### CHORES AND MORE

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

### HELP AT YOUR DOOR

Help at your door is a non-profit which provides grocery assistance and essential medical transportation for seniors. Once registered, it typically takes 2-5 business days for your first delivery. The cost for delivery is \$15 plus the cost of groceries, though there is a sliding fee scale for individuals over 60 who meet income qualifications. To sign up for services, call 651-642-1892 or email at [information@helpatyourdoor.org](mailto:information@helpatyourdoor.org).

### THE BOOKSHELF

A kind volunteer has offered to organize/curate a bookshelf for our casual book sharing. This initiative is now sponsored by Anoka County Library Recycled Reads Program. We are limited to a few shelves of space, but if you'd like to bring a few books and take a few, the bookshelf is located in the senior lobby. Please do not leave items other than books on this shelf.

### IN-PERSON TECHNOLOGY HELP AT MISSISSIPPI LIBRARY

Book a session and get 1-1 help from a private technology coach. Get help with things like usage of personal devices, basic computer skills, navigating websites, e-mail, social media, and saving/organizing files. Make an appointment with Library staff by call 763-324-1560 or stop by the Anoka County Mississippi Library Tuesdays from 1:00-3:00pm or Thursdays from 4:00-6:00pm. 410 Mississippi St NE, Fridley, MN 55432.

## COFFEE, GAMES & CONVERSATIONS

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



### BRIDGE

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

### SOCIAL 500

Tuesdays | Time: 9-11:30 AM

### CRIBBAGE

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

### HAND & FOOT

*Last Wednesdays of the month*  
1:00-3:00 PM | FCC - Room 114

## PROPERTY TAX ASSISTANCE FOR SENIORS AND PEOPLE WITH DISABILITIES

Trained volunteers are available to help senior citizens and people with disabilities apply for their homeowners/renters Minnesota property tax refund (M1PR) form. This program is offered on a first-come, first-served basis. Any changes to this schedule will be announced on the property tax line, 763-324-1480. Visit the Anoka County website if you need more information.

June 11, 9am-12pm	Mary Ann Young Senior Center	9150 Central Ave. NE, Blaine
June 12, 8am-12pm	Coon Rapids Senior Center	11155 Robinson Dr., Coon Rapids
June 20, 2-4pm	Columbia Heights Senior Center	530 Mill St., Columbia Heights
July 8, 8am-12pm	Coon Rapids Senior Center	11155 Robinson Dr., Coon Rapids
July 16, 9am-12pm	Fridley Community Center	6085 7th St. NE. Door #10
July 17, 9am-12pm	Mary Ann Young Senior Center	9150 Central Ave. NE, Blaine

# FRIDLEY SENIOR PROGRAM *(Fridley Community Center – Door 10)*

## SENIOR ACTIVITIES

### BINGO

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

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

### BOOK CLUB:

Members meet monthly to discuss selected books and authors.

Fourth Tuesdays of the month | 10 - 11am | FCC-Room 112  
Upcoming books: April 23 is *The Book Woman of Troublesome Creek* by Kim Michele. May 28 is *The Drifter* by Nick Petrie. June 25th is *The Exchange* by John Grisham.

### GENTLE STRETCH

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

### FOOT CARE

2nd Thursdays every month, 8-4pm | Appointment only | 30-minute appointment | Cost: \$40 per session Cash or Check, Credit Card accepted with a fee. Upcoming dates are May 9 and June 13. Bring your own bath towel. Laura Newton, RN, will clean and assess feet, trim nails, work on fungal/ingrown nails, and non-invasive treatment to callouses followed by a foot run and practical tips for after-care.

### SENIOR MOVIE THEATER

Tuesdays | 1 PM | FCC-Room 109 | Suggested Donation: \$2  
See senior newsletter for movie selections

## QUILTING GROUPS

### JAMS – JAMMAS ARE MY SPECIALTY

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

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



### FRIDAY QUILTERS

Fridays | 9-11am | FCC-Room 116

### CAMPAIGN OF CHEER

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

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

### SNOWFLAKE STITCHERS/QUILTS OF VALOR

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

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

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

## SPECIAL EVENTS

### MN TWINS VS. TAMPA BAY RAYS GAME

Join us as we board our school bus and head to cheer on the Minnesota Twins in our beautiful Target Field. Attending a Twins game at Target Field is a unique and exciting urban entertainment experience. The Deck seating area is located down the left field line and offers sweeping views of Target Field and the beautiful Minneapolis skyline. Your reserved seats in this area will include your ticket to the game plus all-inclusive ballpark fare for you and your guests to enjoy while cheering on the Twins (alcohol not included). Round trip school bus transportation included. The deck seating is in section S (225-226) has some seating available with little or no stairs. Accessing this section requires walking from bus drop off at Gate 14 (approximately section H (215) arrangements can be made for transportation via cart if necessary. This is a high mobility trip. Register by May 29.

Cost	Class #	Day	Dates	Time
\$95	6258	Thurs	June 20	11:00-4:30pm



# FRIDLEY SENIOR PROGRAM (Fridley Community Center – Door 10)

## THE JASON SHOW AND PAVEK BROADCAST MUSEUM

Spend the morning at FOX 9 KMSP Broadcast Center in Eden Prairie to be a part of the live studio audience of The Jason Show. Have lunch at the Scoreboard in Minnetonka (Menu Option will be the special of the day with a beverage). After lunch tour The Pavek Museum with over 12,000 square feet of antique radios, televisions, and broadcast equipment on display. Learn how pioneers in electronic communications created enormous impacts on the evolution of our society! \*Participants must have a valid ID in order to check in at the Jason Show. This is a level 2: moderate walking ability field trip: a moderate amount of walking so be prepared to walk slightly longer distances, climb stairs and tolerate periods of standing like this walking tour portion of The Pavek Museum. Deadline to register is June 12.

Cost	Class #	Day	Dates	Time
\$100	6259	Tuesday	July 16	8:30-3:45pm

## BEAUTIFUL-THE CAROLE KING MUSICAL AT CHANHASSEN DINNER THEATRES

Join us for a day at Chanhassen Dinner Theatre for 'Beautiful-The Carole King Musical' The soundtrack of a generation inspired this Broadway smash hit. Listen along to her greatest hits following her journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the industry, Carole King broke down barriers and became one of the most prolific songwriters of all time. This Tony and Grammy award winning musical is filled with songs you remember and a story you'll never forget! Registration deadline is July 12.

Cost	Class #	Day	Dates	Time
\$130	6260	Wed	Aug 14	9:45-4:45pm

## INSTRUCTIONAL COURSES

### **DEFENSIVE DRIVING REFRESHER** – FCC Room 109

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



These classes are all in person. Active participation in the class is expected. A certificate will be issued upon completion of the course.

Cost	Class #	Day	Dates	Time
\$30	6202A	Thurs	April 18	1:00-5:00pm
\$30	6202B	Thurs	May 16	1:00-5:00pm
\$30	6202C	Thurs	June 20	1:00-5:00pm
\$30	6202D	Thurs	July 18	1:00-5:00pm
\$30	6202E	Thurs	Aug 15	1:00-5:00pm

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*July 27 at 2 pm*

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[www.FridleyCommunityTheatre.org](http://www.FridleyCommunityTheatre.org)  
or call 763-502-5100

**Adults \$20, Students through HS \$15**

Fridley District Auditorium  
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Footloose is presented by arrangement with Concord Theatricals.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)

SCAN ME

# EVENT SERVICES & RENTALS

## LOOKING FOR A PLACE TO HOST YOUR NEXT EVENT?

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

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

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

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

## FACILITY AMENITIES

*Our facilities include the following amenities:*



LCD PROJECTION  
EQUIPMENT & SCREEN



WIRELESS MICROPHONES



SOUND SYSTEM



HIGH SPEED,  
WIRELESS INTERNET

### ATHLETIC FACILITIES

#### GYMNASIUMS AT FRIDLEY HIGH SCHOOL

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

#### GYMNASIUMS AT FRIDLEY MIDDLE SCHOOL

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

#### THE POOL AT FRIDLEY MIDDLE SCHOOL

- Available for private parties & events
- Lifeguards on duty

#### TENNIS COURTS AT FRIDLEY HIGH SCHOOL

- 6 courts available
- Reasonably priced

#### ATHLETIC FIELDS

- Football fields
- Soccer fields
- Baseball fields
- Softball fields
- Multi-use green space
- Reasonably priced

# FRIDLEY EVENT SERVICES

## BOOK YOUR NEXT EVENT

WITH FRIDLEY EVENT SERVICES!

## CONTACT

### INFORMATION, TOURS, AND BOOKINGS

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

STEPHEN KEELER

Facilities & Events Coordinator

763-502-5104

stephen.keeler@fridley.k12.mn.us

### FOR PRICING & BOOKING

[www.fridleyeventservices.com](http://www.fridleyeventservices.com)

763-502-5104

## LOCATIONS

### FRIDLEY COMMUNITY CENTER (FCC)

6085 Seventh Street NE,  
Fridley, MN 55432

*Conveniently located one mile  
north of Hwy 694 on 61st Ave NE*

### FRIDLEY HIGH SCHOOL

6000 West Moore Lake Drive,  
Fridley, MN 55432

*Conveniently located 1/2 mile north  
of Hwy 694 on West Moore Lake Drive*

### FRIDLEY MIDDLE SCHOOL

6100 West Moore Lake Drive,  
Fridley, MN 55432

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

# EVENT SERVICES & RENTALS



## DISTRICT AUDITORIUM & THEATER

### FRIDLEY DISTRICT AUDITORIUM AT FRIDLEY HIGH SCHOOL

- Seating for up to 715
- Proscenium stage with full fly loft
- Orchestra pit
- Lighting and sound system
- Ideal for seminars, conferences, weddings, religious gatherings, musical and theatrical productions

## BANQUET SPACE & PARTY SPACE COMMUNITY ROOMS AT FCC

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

### TIGER TERRITORY (LOWER LEVEL) AT FCC

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

### THE GYM AT FCC

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

### THE CAFE AT FRIDLEY MIDDLE SCHOOL

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

### THE CAFE AT FRIDLEY HIGH SCHOOL

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

## CONFERENCES & MEETING ROOMS

### FRIDLEY COMMUNITY CENTER

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

**FRIDLEY PUBLIC SCHOOLS**

# WE ARE HIRING!

**FIND YOUR CAREER AT FRIDLEY PUBLIC SCHOOLS:**

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

**TO APPLY:**

- Visit: [www.fridleyschools.org/jobs](http://www.fridleyschools.org/jobs)
- Browse all current job opportunities by category or school
- Questions? Contact 763-502-5003

Find our job postings here!

Fridley Public Schools is the only district in Minnesota that offers the full International Baccalaureate Continuum to students in pre-K to grade 12.

We offer magnet school programs within the Northwest Suburban Integration School District - All schools in our district are authorized IB World Schools.



# YOUTH ENRICHMENT

## SPORTS & FITNESS

### **NINJA SUMMER CAMP** – *Conquer Ninja Blaine*

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances. All camps are coached by an experienced Ninja Trainer. This camp runs through the summer.



Cost	Class #	Day	Dates	Time
\$200	2742	Mon-Thurs	June 10- Aug 29	9:00-11:00am

### **INTRO TO CONQUER NINJA CAMP** – *Conquer Ninja Blaine*

A great beginner class! Levels 0 & 1. Ninjas develop strength and agility during these 8 weeklong courses by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances.

Cost	Class #	Day	Dates	Time
\$110	2745	Sun	June 9-30	4:00-5:00pm
\$110	2746	Wed	July 10-31	5:00-6:00pm
\$110	2747	Sun	July 7-28	4:00-5:00pm
\$110	2748	Wed	June 5-26	5:00-6:00pm

### **NEXT STEP UP NINJA** – *Conquer Ninja Blaine*

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! This is 4 weeklong course. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! All camps are coached by an experienced Ninja Trainer.

Cost	Class #	Day	Dates	Time
\$110	2740	Wed	June 5-26	6:15-7:15pm
\$110	2741	Wed	July 10-31	6:15-7:15pm

### **FRIDLEY WRESTLING CLINIC (GR K-12)** – *FHS-WRESTLING*

Join the coaches of Fridley Wrestling for a free clinic. All ages K-12th grade are welcome to attend!

Cost	Class #	Day	Dates	Time
Free	2752	Mon-Thurs	July 22-25	12:00-1:30pm

### **FUTURE TIGER BASKETBALL CAMP (K-4)** – *Hayes*

*Elementary-Gym & FMS-Gym*

This is a great introduction to begin and continue learning the game of basketball. Each student will learn the basic fundamentals of the game: Running, pivoting, passing, ball handling, catching, jumping, and shooting. There will be a lot of shooting and dribbling games along with games of 1 on 1 up to 4 on 4. The High School Boys' and Girls' Varsity Coaches, Bryce Richter and Drew Reiter along with assistant coaches will run camp along with current varsity players.

Cost	Class #	Day	Dates	Time
\$20	2721A (K-2)	Mon-Fri	June 10-14	8-9am
\$20	2721B	Mon-Fri	June 10-14	9:30-11am

### **TIGER BOYS AND GIRLS BASKETBALL CAMP (GRADES 5-8)** – *FHS-Gym*

This is a great introduction to begin and continue learning the game of basketball. Each student will learn the basic fundamentals of the game: Running, pivoting, passing, ball handling, catching, jumping, and shooting. There will be a lot of shooting and dribbling games along with games of 1 on 1 up to 4 on 4. The High School Boys' and Girls' Varsity Coaches, Bryce Richter and Drew Reiter along with assistant coaches will run camp along with current varsity players.

Cost	Class #	Day	Dates	Time
\$20	2722 (Gr. 5-8)	Mon-Fri. No Wed	June 17-21	9-11am

### **TENNIS CAMP (GRADES 3-12)** – *FHS-Tennis Courts*

Come join Fridley Varsity Girls' Tennis Coach, Aaron Quach, for a challenging and fun camp! Compared to club prices, this program is a bargain. Aaron Quach is also a club professional instructor who will instruct students in all aspects of tennis from stroke improvement, agility and fitness to tennis match strategy. This camp will benefit both the beginner and accomplished tennis player. Bring a racket if you have one, if not we can supply one for use. Rainouts will not be rescheduled.

Cost	Class #	Day	Dates	Time
\$90	2715A (Gr. 3-6)	Mon-Wed	Jun 10-Jul 24	9-10am
\$130	2715B (Gr. 7-12)	Mon-Wed	Jun 10-Jul 24	10-11:30am

### **SWIMMING CLUB (GR 6-12)** – *FMS-Pool*

Led by the coaching staff of Fridley Girls' and Boys' Swimming teams, this is a club where competitive swimming is the focus. All competitive strokes will be taught with an emphasis on individual improvement. Attendance is not required.

Cost	Class #	Day	Dates	Time
\$120	2725	Mon-Thu	June 24-Aug 1	4:00-6:00pm

# YOUTH ENRICHMENT

## ENRICHMENT

### SAFeway DRIVER'S EDUCATION – FHS-Rm 171

Learn how to drive with Safeway Driving School. Classroom and behind-the-wheel lessons emphasize defensive driving techniques tailored for the inexperienced teen driver while targeting to influence the invincible teen attitude.



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

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

Class #	Days	Dates	Time
2239C	Mon-Fri	June 7- 21	9:00-12:00pm
2239D	Mon-Fri	Aug. 12-23	1:00-4:00pm

#### Cost

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

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

### WEEKLONG HORSE CAMP – Boulder Pointe Equestrian Center

Campers will get to experience everyday life at a barn! Life in the barn will include activities such as; daily riding, learning how to braid manes and tails with ribbon, groom and care for the horses (including bathing) and care for them at the end of the day. This is a great time for campers to spend time outdoors and build lasting friendships with fellow horse lovers in a structured and positive environment. Campers are broken into smaller groups of similar riding experience, which is perfect for both the new and more experienced riders. At the end of the week, parents and family are invited to a performance to see what their camper has been learning! Please note that riding takes up about 1 hour per day in an arena, no trails and consist of learning to how to steer, stop, turn, and walk/trot on their own. Campers will spend time on the ground with horses throughout the rest of the day.

Cost	Class #	Day	Dates	Time
\$425	2273A	Mon-Fri	June 24-28	9:00-3:00pm
\$425	2273B	Mon-Fri	July 15-19	9:00-3:00pm
\$425	2273C	Mon-Fri	July 29-Aug 1	9:00-3:00pm
\$425	2273D	Mon-Fri	Aug 26-30	9:00-3:00pm

### 3-DAY HORSE CAMP (AGES 6-15) – Boulder Pointe Equestrian Center

Experience a mini-week long camp! Campers will get to experience everyday life at a barn! Life in the barn will include activities such as; daily riding, learning how to braid manes and tails with ribbon, groom and care for the horses (including bathing) and feed them at the end of the day. This is a great time for campers to spend time outdoors and build lasting friendships with fellow horse lovers in a structured and positive environment. Campers are broken into smaller groups of similar riding experience, which is perfect for both the new and more experienced riders. Please note that riding takes about 1 hour per day in an arena, no trails and consist of learning to how to steer, stop, turn, and walk/trot on their own. Campers will spend time on the ground with horses throughout the rest of the day.

Cost	Class #	Day	Date	Time
\$280	2271A	Mon-Wed	June 17-19	9:00-3:00pm
\$280	2271B	Tue-Thu	July 9-11	9:00-3:00pm
\$280	2271C	Mon-Wed	July 22-24	9:00-3:00pm
\$280	2271D	Tue-Thu	Aug 6-8	9:00-3:00pm
\$280	2271E	Wed-Fri	Aug 21-23	9:00-3:00pm

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

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



Cost	Class #	Day	Date	Time
\$110	2270I	Mon	May 27	9:00-3:00pm
\$110	2270J	Fri	June 7	9:00-3:00pm
\$110	2270K	Tues	June 11	9:00-3:00pm
\$110	2270L	Wed	June 12	9:00-3:00pm
\$110	2270M	Thurs	June 13	9:00-3:00pm
\$110	2270N	Thurs	June 20	9:00-3:00pm
\$110	2270P	Mon	July 1	9:00-3:00pm
\$110	2270Q	Mon	July 8	9:00-3:00pm
\$110	2270R	Thurs	July 25	9:00-3:00pm
\$110	2270S	Mon	Aug 5	9:00-3:00pm
\$110	2270T	Tues	Aug 13	9:00-3:00pm
\$110	2270U	Tues	Aug 20	9:00-3:00pm

# YOUTH ENRICHMENT

## ENRICHMENT CON'T

### **MY LITTLE HORSE DAY CAMP (AGES 2-5)** – *Boulder Pointe Equestrian Center*

This 2 hour camp is designed for adults and children. The kids will get to ride a horse, find out about the different horses at the Boulder Pointe Equestrian Center, and how to groom them, all with a focus on safety. Campers will also make horse treats to feed their new friends and will also do an art project. Camps are held rain or shine. Students should dress for the weather and bring a water bottle. One parent is allowed to attend with child.



Cost	Class #	Day	Dates	Time
\$64	2220D	Sat.	April 13	12:00-2:00pm
\$64	2220E	Sat.	May 18	12:00-2:00pm
\$64	2220F	Mon	June 10	9:00-11:00am
\$64	2220G	Fri	June 21	12:00-2:00pm
\$64	2220H	Fri	July 12	9:00-11:00am
\$64	2220I	Fri	Aug 9	9:00-11:00am
\$64	2220J	Mon	Aug 12	9:00-11:00am

### **CHILD AND BABYSITTING SAFETY PROGRAM (GR. 5 AND UP)** – *FCC-Rm 112*

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. 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.

Cost	Class #	Day	Dates	Time
\$60	2255	Fri	June 7	9:00-12:00pm

### **HEY GIRL (AGES 10-13)** – *FMS: Rm. 178/179*

Hey Girl (Growing, Independent, Responsible Leaders) is for girls ages 10-13. Hey Girl Provides a safe and fun space where girls can have freedom of expression. The girls will build long-lasting friendships and share similar experiences through daily group activities centered around leadership, communication and self-confidence. Hey Girl helps to explore and expand all possibilities while having fun and taking on responsibilities. Each participant will receive a journal book, T-shirt and club activity materials. Breakfast & Lunch provided.

Cost	Class #	Day	Dates	Time
\$300	2201	M-Th	Jun 17- Jul 5	8:30-2:30pm

### **HOME ALONE CAMP (GR 2+)** – *FCC-Rm 112*

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. 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 mature and well-prepared child. 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.

Cost	Class #	Day	Dates	Time
\$35	2256	Fri	June 7	12:30-2:30pm

## DANCE

### **WISH UPON A BALLET: MICKEY & MINNIE (AGES 3-6)** – *FCC- Dance Floor/Tiger Territory*



Wish Upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet stories to create a dance class that is more than ballet steps. We will create a complete fairy tale experience while we skip, leap, jump and spin.

This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Children should wear comfortable clothes and ballet shoes are suggested.

Cost	Class #	Day	Dates	Time
\$70	2750	Wed	July 10- Aug 14	6:00-6:45pm

### **HIP HOP DANCE PARTY CAMP (AGES 5-9)** – *FCC-Dance Floor/Tiger Territory*

Get into the Groove! Our Dance Classes will be sure to keep students active. Learn upbeat styles of dance and move to your favorite songs. The students will also learn warm-ups such as stretching, isolations and across the floor exercises! Come learn to leap, turn and shine.



This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere. Ballet or jazz shoes are suggested.

Cost	Class #	Day	Dates	Time
\$70	2751	Wed	July 10- Aug 14	6:45-7:30pm



# YOUTH ENRICHMENT

## THEATRE ARTS

### SEUSSICAL JR. FCT YOUTH PRODUCTION (AGES 9-15) – FHS-Auditorium

Students will learn music, dialogue and choreography for a fully staged production with set, lights and costumes. Everyone who enrolls will perform on stage. Rehearsals will be from 1:00 pm to 5:00 pm June 10-June 28 M-F with no rehearsal on June 19. Performances will be June 28 at 7:00 pm and June 29 at 2:00 pm. Participants will need to audition for cast roles on either Friday, May 17 from 5-8 pm or Saturday, May 18 from 10 am to 1 pm. Expect to participate for the entire three hour period. Bring a water bottle and clothing appropriate for movement to the audition. No Flipflops. Signup information for auditions will be sent to all enrolled participants by the end of April. More information on website when registering for production.



Cost	Class #	Day	Dates	Time
\$130	2805	Mon-Fri	Jun 10-28	1:00-5:00pm

## ARTS AND CRAFTS

### ADULT-CHILD PAINT NIGHT (AGES 10+) – FCC-Rm 112

A parent-child paint date is a fun and creative activity that allows parents and children to bond while exploring their artistic side together. In this type of class, parents and children work together to create a painting. The class is designed to be interactive and engaging, with the instructor providing step-by-step guidance on painting techniques and offering tips and tricks for parents and children to create a cohesive and beautiful painting.



Cost	Class #	Day	Dates	Time
\$60	2600	Mon	June 10	5:30-7:30pm

### TERRACOTTA POT PAINTING (GR. 6-9) – FCC-Rm 112



Let's explore and join our delightful "Blooms in Color" flower pot painting class! This creative workshop is designed for individuals of all skill levels, from beginners eager to explore their artistic side to seasoned painters looking for a new and vibrant project. Materials include a terracotta flower pot, acrylic paints, brushes, and aprons. Just bring your enthusiasm and be prepared to have a blooming good time!

Cost	Class #	Day	Dates	Time
\$40	2601	Tues	May 14	5:30-7:30pm

### JR. ANIMAL CROSSING ENGINEERING CAMP (GR. K-3) – FCC-Rm 124

Get ready for an exciting journey into the world of science, technology, engineering, and mathematics (STEM) with our Jr Animal Crossing Engineering Camp! Inspired by the video game "Animal Crossing: New Horizons", you will hunt down insects, fish in the ocean and make friends on your island. Fun, hands-on activities include building shelters, bridges, making tools like shovels and fishing rods and even a light-up bug!



Cost	Class #	Day	Dates	Time
\$175	2300	Mon-Thu	Jun 24-27	9:00-12:00pm



**Fridley Community Theatre  
Youth Production  
presents**

# Seussical JR.

**June 28 at 7 pm  
June 29 at 2 pm**

**Fridley District Auditorium - Door 12  
6000 West Moore Lake Drive**

**Tickets purchased at the door on day of performance**  
Adults \$10 - Youth through High School \$5

For information call 763-502-5100

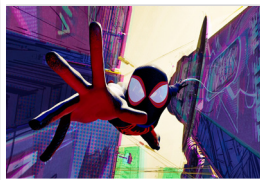
**www.FridleyCommunityTheatre.org**

Seussical JR is presented through special arrangement with Music Theatre International (MTI)  
All authorized performance materials are also supplied by MTI.  
www.MTIShows.com



# YOUTH ENRICHMENT

## SPIDER-VERSE ENGINEERING CAMP (GR. 4-8) - FCC-Rm 124



Calling all aspiring web crawlers! Welcome to Spider-verse Engineering Camp, where science, technology, and imagination collide. Join us for an action-packed week as we delve into the incredible Spider-verse and explore the concepts

behind their super-abilities. Make your own spider slime, web shooter, spider-bot and more!

Cost	Class #	Day	Dates	Time
\$175	2301	Mon-Thu	June 24-27	1:00-4:00pm

## 3D PRINTING: JEWELRY AND WEARABLES (GR. 4-8)-FCC-Rm 124

3D Printing introduces students to a new world of possibilities! This class is for students who have no or limited experience with 3D Printing and is ideal for students who like to draw, design and see their creations come to life. Students will learn the ropes of 3D modeling and printing using Tinkercad to design their jewelry or wearables creations from scratch, 2 of which they get to print and take home. Students must be comfortable with using a laptop and mouse to design their creations.

Cost	Class #	Day	Dates	Time
\$175	2302	Mon-Thu	July 8-11	9:00-12:00pm

## JR. POKEMON ENGINEERS CAMP (GR. K-3) -FCC-Rm 124

In this exciting camp, young campers will follow their Pokémon trainers in daily STEM (Science, Technology, Engineering and Math) projects revolving around the fantastic world of Pokémon! Make a fizzing Poke Ball, light up Pikachu, Poke Ball catapult and more! You'll be on your way to becoming a Pokémon master by the end of the camp!



Cost	Class #	Day	Dates	Time
\$175	2307	Mon-Thu	July 29-Aug 1	1:00-4:00pm

## 3D PRINTING: MINECRAFT CREATIONS (GR. 4-8) -FCC-Rm 124

3D Printing and Minecraft are 2 of the most exciting things around. This class is for students who have no or limited experience with 3D Printing and is ideal for students who like to draw, design and see their creations come to life. Students will be learning the ropes of 3D modeling and printing. They will use Tinkercad to design basic Minecraft creations from scratch using the Engineering Design Process, and choose 2 to print in class to take home. Students must be comfortable with using a laptop and mouse to design their creations.



Cost	Class #	Day	Dates	Time
\$175	2303	Mon-Thu	July 8-11	1:00-4:00pm

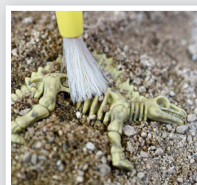
## JR. CAMP FANCY (GR. K-3) - FCC-Rm 124

Who loves being fancy? Fancy is for everyone. Turn plain into exquisite. Make blah things something chic. Just add a little fancy...And voila, life's fantastique. Go glamping indoors while being introduced to STEM (science, technology, engineering and math) - build a fort, LED light stick, lip-gloss, fancy slime and more in this fun and fabulously fancy camp. On the last day, we'll have a pajama party and enjoy some fancy s'mores!



Cost	Class #	Day	Dates	Time
\$175	2304	Mon-Thu	July 15-18	9:00-12:00pm

## JR. DIGGING FOR DINOS (GR. K-3) - FCC-Rm 124



There has been an amazing discovery! Paleontologists have just uncovered a million-year-old dig site that is full of fossils! These fossils include dinosaur bones, imprints, eggs, and more! Your help is needed to excavate these fossils and move them to museums for kids all

over the world to learn about. In these lessons, students will learn about engineering, mathematics, dinosaurs and fossils as they work as paleontologists and engineers.

Cost	Class #	Day	Dates	Time
\$175	2305	Mon-Thu	July 15-18	1:00-4:00pm

## ESCAPE TO HOGWARTS (GR. 4-8) -FCC-Rm 124

The Ministry of Magic is inviting all aspiring wizards to this extraordinary camp. Each day, students participate in engineering challenges to earn points for their houses like creating the farthest-reaching Golden Snitch Launcher and the fastest Gringott Cart to reach the vaults. At the end of the week, the house with the most points is awarded the house cup, a great honor!



Cost	Class #	Day	Dates	Time
\$175	2306	Mon-Thu	Jul 29- Aug 1	9:00-12:00pm

## CAMP INVENTION-ILLUMINATE (K-6)- Hayes El-Media Center

Camp Invention-Illuminate is an inspiring weeklong summer experience that provides opportunities for open-ended, hands-on exploration of science, technology, math and more for students in K-6th grade. Take on a variety of exhilarating activities each day, collaborate with friends, think creatively and invent their own solutions to real-world challenges. Some activities include developing your own sports ball and creating a game, build a glow-box, and star as a contestant on a game show.

Cost	Class #	Day	Dates	Time
\$270	2309	Mon-Fri	Jul 29- Aug 2	9:00-3:30pm

# AQUATICS



## Summer 2024 - Fridley Community Education Aquatics

### SWIM CLASS DESCRIPTIONS

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

**PRESCHOOL- INTERMEDIATE:** Students will learn how to submerge head completely underwater and hold breath, blow bubbles through mouth and nose for 5 seconds, float on front and back, roll from front float to back float, swim on front and back with arm and leg movements, and water safety. Recommended for children 5-6 years old.

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

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

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



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

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

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

**LEVEL 7:** Level 7 prepares participants for a competitive swim team structure. The lesson will consist mainly of swimming sets created by the instructor, as well as learning skills to help better each swimming stroke. Students will be expected to know how to do: each swimming stroke, flip turns and open turns, and standing dives from the wall. Each stroke will be swam for a long distance, so students should be prepared to swim for long distances.



**Session 1: EVENING LESSONS**– Tuesdays/Thursdays  
June 18-July 18. No class July 2 or 4.

Regular Lessons (Ages 5 and up)		
Class Time: 45 min	Group/Section	Cost
6:15-7:00pm	<a href="#">Level 1 #3001E</a> <a href="#">Level 2 #3002E</a> <a href="#">Level 3 #3003D</a> <a href="#">Level 4 #3004D</a>	\$100
7:00-7:45pm	<a href="#">Level 1 #3001F</a> <a href="#">Level 2 #3002F</a> <a href="#">Level 4 #3004E</a> <a href="#">Level 5/6 #3056B</a>	\$100

Young Swimmer Lessons (Ages 6 months - 5 years old)		
Class Time: 25 min	Group/Section	Cost
6:15-6:45pm	<a href="#">Parent/Child #3000A</a>	\$80
6:45-7:15pm	<a href="#">Pre-K Beginner #3008D</a>	\$80
7:15-7:45pm	<a href="#">Pre-K Intermediate #3008E</a>	\$80

**Session 1: DAYTIME LESSONS**– Tuesdays/Thursdays  
June 18-July 18. No class July 2 or 4.

Regular Lessons (Ages 5 and up)		
Class Time: 45 min	Group/Section	Cost
9:30-10:15am	<a href="#">Level 1 #3001A</a> <a href="#">Level 2 #3002A</a> <a href="#">Level 3 #3003A</a> <a href="#">Level 4 #3004A</a>	\$100
10:15-11:00am	<a href="#">Level 1 #3001B</a> <a href="#">Level 2 #3002B</a> <a href="#">Level 3 #3003B</a> <a href="#">Level 4 #3004B</a>	\$100
11:00-11:45am	<a href="#">Level 1 #3001C</a> <a href="#">Level 2 #3002C</a> <a href="#">Level 4 #3004C</a> <a href="#">Level 5/6 #3056A</a>	\$100
11:45-12:30pm	<a href="#">Level 1 #3001D</a> <a href="#">Level 2 #3002D</a> <a href="#">Level 3 #3003C</a> <a href="#">Level 7 #3007A</a>	\$100

Young Swimmer Lessons (Ages 6 months - 5 years old)		
Class Time: 25 min	Group/Section	Cost
9:30-10:00am	<a href="#">Pre-K Beginner #3008A</a>	\$80
10:00-10:30am	<a href="#">Pre-K Intermediate #3008B</a>	\$80
10:30-11:00am	<a href="#">Pre-K Advanced #3008C</a>	\$80

## LOCATION

### FRIDLEY MIDDLE SCHOOL POOL

6100 West Moore Lake Drive, Fridley, MN 55432

**Session 1: FEMALE ONLY LESSONS** Friday Evenings  
Only at Fridley! Dates: June 21-July 19

Female Only Swimming Lessons		
Class Time: 45 min	Group	Cost
8:30-9:15am	<a href="#">Beginner #3100A</a> <a href="#">Intermediate #3100B</a>	\$100
9:15-10:00am	<a href="#">Beginner #3100C</a> <a href="#">Intermediate #3100D</a>	\$100

**Session 2: FEMALE ONLY LESSONS** Daytime Only at  
Fridley! Dates: July 26-August 16

Female Only Swimming Lessons		
Class Time: 45 min	Group	Cost
8:30-9:15am	<a href="#">Beginner #3100E</a> <a href="#">Intermediate #3100F</a>	\$100
9:15-10:00am	<a href="#">Beginner #3100G</a> <a href="#">Intermediate #3100H</a>	\$100

**Female Only Open Swim:**  
Weekly on Fridays 10am-12pm

**Open Swim: Mondays and**  
Wednesdays weekly 1-3pm  
\$5 per person. \$15 for a family up  
to 6 people



## FRIDLEY AQUATICS MANAGER

### SASHA HERDER

sasha.herder@fridley.k12.mn.us 763-402-1391



## Session 2: EVENING LESSONS- Tuesdays/Thursdays July 23- August 15

Regular Lessons (Ages 5 and up)		
Class Time: 45 min	Group/Section	Cost
6:15-7:00pm	<a href="#">Level 1 #3001K</a> <a href="#">Level 2 #3002K</a> <a href="#">Level 3 #3003H</a> <a href="#">Level 4 #3004I</a>	\$100
7:00-7:45pm	<a href="#">Level 1 #3001L</a> <a href="#">Level 2 #3002L</a> <a href="#">Level 4 #3004J</a> <a href="#">Level 5/6 #3056D</a>	\$100

Young Swimmer Lessons (Ages 6 months - 5 years old)		
Class Time: 25 min	Group/Section	Cost
6:15-6:45pm	<a href="#">Parent/Child #3000B</a>	\$80
6:45-7:15pm	<a href="#">Pre-K Beginner #3008I</a>	\$80
7:15-7:45pm	<a href="#">Pre-K Intermediate #3008J</a>	\$80

## Session 1: DAYTIME LESSONS- Tuesdays/Thursdays July 23- August 15

Regular Lessons (Ages 5 and up)		
Class Time: 45 min	Group/Section	Cost
9:30-10:15am	<a href="#">Level 1 #3001G</a> <a href="#">Level 2 #3002G</a> <a href="#">Level 3 #3003E</a> <a href="#">Level 4 #3004F</a>	\$100
10:15-11:00am	<a href="#">Level 1 #3001H</a> <a href="#">Level 2 #3002H</a> <a href="#">Level 3 #3003F</a> <a href="#">Level 4 #3004G</a>	\$100
11:00-11:45am	<a href="#">Level 1 #3001I</a> <a href="#">Level 2 #3002I</a> <a href="#">Level 4 #3004H</a> <a href="#">Level 5/6 #3056C</a>	\$100
11:45-12:30pm	<a href="#">Level 1 #3001J</a> <a href="#">Level 2 #3002J</a> <a href="#">Level 3 #3003G</a> <a href="#">Level 7 #3007B</a>	\$100

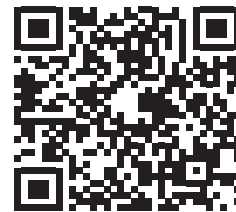
Young Swimmer Lessons (Ages 6 months - 5 years old)		
Class Time: 25 min	Group/Section	Cost
9:30-10:00am	<a href="#">Pre-K Beginner #3008F</a>	\$80
10:00-10:30am	<a href="#">Pre-K Intermediate #3008G</a>	\$80
10:30-11:00am	<a href="#">Pre-K Advanced #3008H</a>	\$80



## ST. ANTHONY/NEW BRIGHTON SWIMMING LESSONS

Fridley and St. Anthony-New Brighton School District have combined into a consortium to create more availability for families in our community to attend swim lessons. If the options at Fridley do not work in your family's schedule we strongly suggest looking at St. Anthony-New Brightons Aquatics Programs for swim lessons.

Click here to view [St. Anthony-New Brighton's Aquatics Offerings](#) or scan the QR Code below.



## ST. ANTHONY- NEW BRIGHTON AQUATICS MANAGER

**KRISTEN MORRIS**

kmorris@isd282.org 612-706-1185





# EARLY CHILDHOOD FAMILY EDUCATION



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

## WELCOME TO ECFE!

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

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

***Come for your child... Stay for yourself!***



## ABOUT FRIDLEY ECFE:

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

## ECFE/PRESCHOOL ADVISORY COUNCIL

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

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

## CONTACTS



**DILELIA (LILA) MAPP**

*ECFE Coordinator*

763-502-5143

[Dilelia.Mapp@Fridley.k12.mn.us](mailto:Dilelia.Mapp@Fridley.k12.mn.us)

**AISHA MOHAMED**

*ECFE Teacher, Early Childhood Screener*

763-502-5157

[aisha.mohamed@fridley.k12.mn.us](mailto:aisha.mohamed@fridley.k12.mn.us)

**COURTNEY GREEN**

*Early Childhood Screener*

763-502-5156

[courtney.green@fridley.k12.mn.us](mailto:courtney.green@fridley.k12.mn.us)

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

## REGISTER NOW!



**SCAN ME**

# EARLY CHILDHOOD FAMILY EDUCATION



## HELP ME GROW

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

## SCHEDULE AN EARLY CHILDHOOD SCREENING

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

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

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

### *Appointments are necessary!*

To schedule a screening, please call  
763-502-5156 or email  
[courtney.green@fridley.k12.mn.us](mailto:courtney.green@fridley.k12.mn.us)

## "NEW KIDS IN TOWN!" HOME VISITS

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

### SLIDING FEE SCALE ECFE CLASSES

Separating			Non-Separating	2024-25: 3-year-old Preschool	
Family Income	7/8 wks	Sibling Care	7/8 wks	Family Income	4 days/wk (half day)
\$110,000 +	\$125	\$94	\$53	\$110,000 +	\$340/mo
\$100-109,000	\$117	\$77	\$44	\$100-109,000	\$315/mo
\$90-99,000	\$108	\$66	\$35	\$90-99,000	\$315/mo
\$80-89,000	\$99	\$55	\$29	\$80-89,000	\$290/mo
\$70-79,000	\$90	\$44	\$24	\$70-79,000	\$265/mo
\$60-69,000	\$88	\$39	\$20	\$60-69,000	\$220/mo
\$50-59,000	\$80	\$33	\$18	\$50-59,000	\$195/mo
\$40-49,000	\$63	\$28	\$15	\$40-49,000	\$165/mo
\$30-39,000	\$39	\$22	\$13	\$30-39,000	\$105/mo
\$20-29,00	\$23	\$17	\$11	\$20-29,000	\$70/mo
\$19,999 or less	\$11	\$11.00	\$9.00	\$19,999 or less	\$40/mo
Chart A			Chart B	Chart C	



# EARLY CHILDHOOD FAMILY EDUCATION

## ECFE CLASSES

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

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

Class #	Day	Dates	Time
6630-SS	Tues	April 9- May 21	9:45am-11:45am
Cost			
Sliding Fee, Chart A (Separating)			

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

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

Class #	Day	Dates	Time
6605-SS	Mon	April 8- May 20	3:00-4:30pm
6625-SS	Fri	April 12- May 24	10:00-11:30am
Cost			
Sliding Fee, Chart A (Separating)			

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

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

Class #	Day	Dates	Time
6610-SS	Wed	April 17- May 29	9:45am-11:45am
Cost			
Sliding Fee, Chart A (Separating)			

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

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

Class #	Day	Dates	Time
6615-SS	Thurs	April 11- May 23	6:00-7:30pm
Cost			
Sliding Fee, Chart A (Separating)			

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

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

Class #	Day	Dates	Time
6600-SS	Mon	April 8- May 20	9:45am-11:45am
Cost			
Sliding Fee, Chart A (Separating)			

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

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

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

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

Class #	Day	Dates	Time
6620-SS	Jueves	Abril 11- Mayo 23	9:45-11:45am
Cost: \$10			
Sliding Fee, Chart A (Separating)			

## FRIDLEY ECCE

Serving parents and children  
from birth to five years

**We offer many  
opportunities to learn  
and grow with your child!**



# FRIDLEY PRESCHOOL 2024-25



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

## WELCOME TO FRIDLEY PRESCHOOL, AN IB WORLD SCHOOL!

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

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

## WHY CHOOSE FRIDLEY PRESCHOOL?

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

- **IB Primary Years Programme**

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

- **Caring and nurturing teachers**

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

- **Parent Aware Four-Star Rating**

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

- **High-quality and Aligned Curriculum**

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

## CONTACT

*Preschool Program Questions:*

**KATIE BROWN**

Secretary (half-day)  
763-502-5105

**JORDAN WRIGHT**

Secretary (full-day)  
763-502-5107

*4-year-old enrollment:*

**LORI O'DOWD**

Enrollment Coordinator  
763-502-5081

*Additional contacts:*

**RENEE VAN GORP**

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

**STEPHEN KEELER**

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

**KARIN BECKSTRAND**

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

**SALLY LEONE**

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

*Preschool Location:*

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



# 3- & 4-YEAR-OLD CLASS OPTIONS

2024-25  
school year



## 3-YEAR-OLD PRESCHOOL CLASS OPTIONS – Children must be 3 years old by Sept. 2, 2024.

Class Options:		To Register:
<b>AM SESSION</b>	Monday - Thursday Mornings 8:15 - 11:00am 9 monthly payments of \$340/mo or \$3060 annually <b><i>A Sliding Fee Scale is also available. See page 26.</i></b>	<b>To register, you must submit an application:</b> <ul style="list-style-type: none"> <li>Online at: <a href="https://fridley.ce.eleyo.com">https://fridley.ce.eleyo.com</a></li> <li>By phone at 763-502-5105 with Visa/MasterCard/Discover</li> <li>In-person at the Enrollment Center in the FCC</li> <li><b>For more information about half-day preschool -</b> Please call Katie Brown at 763-502-5105.</li> <li><b>For more information about the full-day preschool option -</b> Please call Jordan Wright at 763-502-5107.</li> </ul> <b>You must submit all required documents listed below:</b> <ul style="list-style-type: none"> <li>Child's birth certificate</li> <li>Up-to-date immunization records</li> </ul>
<b>PM SESSION</b>	Monday - Thursday Afternoons: 12:00 - 2:45pm 9 monthly payments of \$340/mo or \$3060 annually <b><i>A Sliding Fee Scale is also available. See page 26.</i></b>	
<b>FULL DAY OPTION</b>	Monday - Friday Full Day: 7:30am - 4:30pm \$290 per week <b><i>Needs-based scholarships available</i></b>	

## 4-YEAR-OLD PRESCHOOL CLASS OPTIONS – Children must be 4 years old by September 2, 2024.

Class Options:		To Register:
<b>AM SESSION</b>	Monday - Friday Mornings 8:15am - 11:15am <b>No cost to families</b>	<ul style="list-style-type: none"> <li>Online at: <a href="http://www.fridleyschools.org/preschoolregistration">www.fridleyschools.org/preschoolregistration</a></li> <li>In-person at the Enrollment Center in the FCC</li> <li><b>For more information about enrolling into our half-day preschool program -</b> Please call Lori O'Dowd at 763-502-5081.</li> <li><b>For more information about the full-day preschool option -</b> Please call Jordan Wright at 763-502-5107.</li> </ul> <b>You must submit all required documents listed below:</b> <ul style="list-style-type: none"> <li>Proof of address (driver's license, utility bill, rental/purchase agreement) OR Open Enrollment Form</li> <li>Child's birth certificate</li> <li>Up-to-date immunization records</li> <li>Preschool screening documents if screened outside our district</li> </ul>
<b>PM SESSION</b>	Monday - Friday Afternoons: 12:00pm - 3:00pm <b>No cost to families</b>	
<b>FULL DAY OPTION</b>	Monday - Friday Full Day: 7:30am - 4:30pm \$290 per week <b><i>Needs-based scholarships available</i></b>	

*Copies will be made of each document and originals returned to you.  
Registration is not complete until we have received all of the above documents.*

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

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

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

Families are required to complete and submit an NWSISD online application. The priority application time period starts mid-October and goes through December 31. NWSISD will conduct a lottery based on its policies and procedures if the number of applicants exceeds the number of available seats. For more information and to submit an application, go to [www.nws.k12.mn.us](http://www.nws.k12.mn.us).

[LEARN MORE!](#)

# FULL DAY 3 – & 4 – YEAR – OLD FRIDLEY PRESCHOOL

## Get a Head Start on your First Steps!

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

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

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



## Register Today!

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





**Fridley Community Theatre  
Youth Production  
presents**

# **Seussical<sup>TM</sup> JR.**

**June 28 at 7 pm**

**June 29 at 2 pm**

**Fridley District Auditorium - Door 12  
6000 West Moore Lake Drive**

**Tickets purchased at the door on day of performance**

**Adults \$10 - Youth through High School \$5**

**For information call 763-502-5100**

**[www.FridleyCommunityTheatre.org](http://www.FridleyCommunityTheatre.org)**

**Seussical JR is presented through special arrangement with Music Theatre International (MTI)**

**All authorized performance materials are also supplied by MTI.**

**[www.MTIShows.com](http://www.MTIShows.com)**

# TIGER CLUB CHILDCARE



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

### WELCOME TO FRIDLEY TIGER CLUB SCHOOL-AGE CHILDCARE

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

### LEARNING & CURRICULUM

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



### ABOUT OUR STAFF

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



### CHILDREN WILL ENJOY:

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

### CONTACT

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

JORDAN WRIGHT  
Tiger Club Secretary  
763-502-5107  
[jordan.wright@fridley.k12.mn.us](mailto:jordan.wright@fridley.k12.mn.us)

### LOCATION:

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

### REGISTRATION

REGISTER ONLINE AT:

[fridley.ce.eleyo.com](https://fridley.ce.eleyo.com)

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

*The deadline for Summer 2024 is May 17.*



WELCOME TO

## FRIDLEY TIGER CLUB

TIGER CLUB SCHOOL-AGE CHILDCARE



Are you looking for a summer program that will keep your kids entertained, challenged and moving all summer long? A program in your neighborhood where they'll be greeted by old friends and definitely make some new ones?

Look no further! **Tiger Club Summer Program** is for children ENTERING grades K-6. Come join our 2024 summer program and check out all we have to offer!

## CHILDREN WILL ENJOY:

- Daily gym and playground time
- Daily creative and dramatic play time
- Daily guided group activity time
- Daily planned activities incorporating art, literacy, math and science, and more
- Daily meals: breakfast, lunch and snack
- Weekly open swim
- Weekly fieldtrips and/or on-site presenters

SUMMER 2024 THEME: *It's a Fairytales & Fables Summer!*

Each year, Tiger Club summer activities and curriculum are planned around an overarching theme. Join us for **It's a Fairytales & Fables Summer** as we explore units on Once Upon a Time storytelling and reoccurring characters in them, like fairies, mermaids, villains and tricksters from around the world.

We'll let fairytales be our guide as participants enjoy trips, events and activities full of adventure and wonder in this enchanting summer.

***A touch of whimsy will be offered every day of the week:***

- Mini-Adventure Mondays
- Open Swim Tuesdays
- Fieldtrip Wednesdays
- Open Swim Thursdays
- Summer Fun Fridays

REGISTER ONLINE AT:  
[fridley.ce.eleyo.com](http://fridley.ce.eleyo.com)

Register today! To begin the first week of summer, registration deadline is May 17!

Classroom schedules, menus, and special events calendar available as summer start approaches.



REGISTER HERE

## SUMMER 2024 REGISTRATION:

## DAYS &amp; DATES:

Monday through Friday; June 17 - August 23

\*CLOSED JUNE 19, JULY 4 and 5

HOURS OF OPERATION: 6:30 a.m. to 6 p.m.

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

## SCHEDULE OPTIONS &amp; TUITION RATES:

Consistent weekly set schedules, Minimum 3 days per week; Minimum 8 weeks registration to join summer program.

- 5-day / \$260 per week
- 4-day / \$208 per week
- 3-day / \$156 per week

\*We accept County Childcare Assistance Program (CCAP)

## TUITION INCLUDES:

All daily activities and meals (breakfast, lunch and snack)



## REGISTRATION DETAILS:

New registration required every summer regardless of school year attendance.

## ESCORTING:

Tiger Club staff will escort children to and from FPS Learning Academy (bus provided for elementary age) and Fridley Youth Enrichment activities within walking distance from the Fridley Community Center that are scheduled during their time with us. It is parent/guardian responsibility to communicate enrollments in these programs with Tiger Club so that coordination of care and safety measures can be in place.

SUMMER  
REGISTRATION  
DEADLINE:  
MAY 17

For information or questions regarding Tiger Club Summer program, contact:

Jordan Wright (Tiger Club Secretary) at 763-502-5107 or [jordan.wright@fridley.k12.mn.us](mailto:jordan.wright@fridley.k12.mn.us)





# HOW TO REGISTER



## Online

Register online at:

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

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



## Phone

Register by phone by calling

**763-502-5100**

with Visa, MasterCard or Discover



## By Mail or In-Person

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

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

Office Hours:

Monday – Friday, 8:00 am – 4:00 pm



## Fax

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

**763-502-5140**

## DISTRICT POLICY

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



## CLASS REGISTRATION POLICIES

### FEES

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

### CANCELLATIONS

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

### REFUNDS

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

### CLOSINGS DUE TO WEATHER

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

### SAFETY DISCLAIMER

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

### SPECIAL SERVICES

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

### CONFIRMATION

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

### PHOTO AGREEMENT

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

### FEE ASSISTANCE

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

### UCARE DISCOUNT

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

### SENIOR CITIZEN DISCOUNT

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



**Satisfaction  
Guaranteed**

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

## A graphic featuring a stylized globe in the upper left corner, with three wavy, horizontal lines in shades of blue and green extending from its base across the width of the page.

E-mail Address\_\_\_\_\_



6085 Seventh Street NE.  
Fridley, MN 55432

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Twin Cities, MN  
Permit No. 2613

ECRWSS  
POSTAL CUSTOMER

## Summer 2024 Fridley Community Theatre Productions



Fridley Community Theatre  
Youth Production  
presents

# Seussical<sup>TM</sup> JR.

**June 28 at 7 pm**  
**June 29 at 2 pm**

**Fridley District Auditorium - Door 12**  
**6000 West Moore Lake Drive**

Tickets purchased at the door on day of performance  
Adults \$10 - Youth through High School \$5

For information call 763-502-5100

**[www.FridleyCommunityTheatre.org](http://www.FridleyCommunityTheatre.org)**

Seussical JR is presented through special arrangement with Music Theatre International (MTI)  
All authorized performance materials are also supplied by MTI.  
[www.MTIShows.com](http://www.MTIShows.com)

*Tickets for Seussical Jr. can be purchased at the door on the day of performance.*

Fridley Community Theatre Presents

# Footloose

*July 19, 20, 25, 26 at 7 pm*  
*July 27 at 2 pm*

Tickets available online at  
[www.FridleyCommunityTheatre.org](http://www.FridleyCommunityTheatre.org)  
or call 763-502-5100

**Adults \$20, Students through HS \$15**  
Fridley District Auditorium  
6000 West Moore Lake Drive

Stage Adaption by Dean Pitchford and Walter Bobbie  
Based on the Original Screenplay by Dean Pitchford  
Music by Tom Snow  
Lyrics by Dean Pitchford  
Additional Music by Eric Carmen, Sammy Hagar, Kenny Loggins and Jim Steinman

Footloose is presented by arrangement with Concord Theatricals.  
[www.concordtheatricals.com](http://www.concordtheatricals.com)



**SCAN ME**

*Tickets for Footloose are available online by scanning the QR code above or visiting [FridleyCommunityTheatre.org](http://FridleyCommunityTheatre.org)*

