

COMMUNITY EDUCATION



*Halloween
Hustle!*
Saturday, October 26



CENTENNIAL

SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

FALL
ACTIVITY GUIDE
September-December 2024

Making connections within the community to provide learners of all ages with accessible and enriching opportunities

Welcome to Community Education

Centennial Schools is proud to offer community education programs for all ages and abilities. We provide true life-long learning to our residents and beyond in Blaine, Centerville, Circle Pines, Lexington and Lino Lakes.



Can you believe the fall months are upon us?

As quickly as June slips into July, so do the first signs of fall appear so quickly. Whether it's the first fall-colored leaf you spot turning on a tree or the stacks of back-to-school supplies filling store shelves, the fall months surely will arrive. As much as I love summer and want the warm weather to last forever, I also chose to embrace the fall season with as much excitement and energy!

Here's just a few things we're really excited about for the fall months:

- ◆ Family Puzzle Challenge
- ◆ St. Paul Ghosts and Gables Haunted Tour
- ◆ Power Tools for Women
- ◆ Monthly Meal Planning
- ◆ Wolf Howl Bonfire
- ◆ Stained Glass 101
- ◆ Sugar Cookie Decorating
- ◆ Buying and Selling in Today's Market
- ◆ Families & Politics hosted by Braver Angels
- ◆ Recreational Fall Soccer
- ◆ Adult Men's 5 v 5 Basketball League
- ◆ Adult Open Volleyball

And this is only the beginning...

There's so much more for you to explore for fall activities.

We encourage you to embrace the fall season with excitement and energy!

Cori Sendle
Director, Community Education

Families & Politics

Skills for Disagreeing Better About Politics
Mon, Oct 14, 6-8:45 pm, Centennial Little Theater

This Braver Angels workshop teaches skills for having respectful conversations that clarify differences, search for common ground, and affirm the importance of relationships.

Hosted by Braver Angels

See page 20 for more information.

So much for you to do... Just look inside!

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Fall Events!



Wolf Howl Bonfire

Friday, Sept 20

Meet and learn about some of Minnesota's most fascinating wildlife during a bonfire program at the area's premiere wildlife facility, the Wildlife Science Center. Then we'll toast marshmallows. Dress for the weather as most of the event is outdoors.

See more details on page 26

#8560 \$20/person 5:30-8 pm
Wildlife Science Center

Adult Tap Dance

Looking to get moving and have some fun? Join our brand new adult tap class! Tap dance sharpens reflexes and improves memory skills and coordination. Classes will work toward establishing fundamental tap movements, vocabulary and will work on basic rhythms and steps that progress into fun dance combinations. Focus will be beginner to intermediate levels, but all levels are welcome.

See page 13 for details.



Halloween Hustle!

Saturday, October 26

Bring the entire family; pets are also welcome to join the run - dress in costume if you'd like, and join us for a fun-filled morning. See page 19.

Adult Sports

Pickleball, Basketball, Tennis, Volleyball and our new Adult Gymnastics. See page 23 for details.

Adult Gymnastics

Discover the joy and excitement of gymnastics at any age. Whether you're looking to improve your fitness, learn new skills, or revisit a childhood passion, our program offers a supportive and encouraging environment. Mondays evenings



Skating

Mon & Wed, Sept 9-Dec 18

Spend some time building balance, coordination, and basic skating skills together. Skating is a great hobby for enjoying our Minnesota winters and for some it may be just the first step to learning more advanced skills. You will also get the chance to see our community rink and have it all to yourselves!

Very limited skate rentals available. Ice Arena staff will be present.

Tot Skates

Ages 2-5 with adult

Join other little ones your own age and their grown-ups for some open skate time. Skating is a great way to burn off extra energy.

Silver Skaters Ages 55+

Grab some friends or neighbors and enjoy some dedicated time in the community rink.

See more details on page 39.

Community Education Offices

The CE main office & Conference Room

4707 North Rd, Circle Pines-door S14
Entrance remains locked for security purposes. Press the doorbell upon arrival.

School Year Hours beginning Sept 3
Mon-Fri: 8 am-4 pm,
closed non-school days and holidays

Summer Hours June 10-August 30,
Mon-Thur: 8 am-4 pm, Friday: 8 am-noon
closed August 20 starting at noon

Adult English Second Language - ESL

4707 North Road, Circle Pines/Door S14

Early Childhood Center - ECC

575 Birch Street, Lino Lakes/Door C
(Rice Lake Elementary)

Facilities

Use of school district facilities outside of the regular school day are coordinated and reserved through Community Education. Rental fees apply.

Call 763-792-6104 or apply online at community.ed.isd12.org/facility-use-rental

Elementaries

BH—Blue Heron Elementary
405 Elm St, Lino Lakes
After hours Door B5

CT—Centennial Elementary
4657 North Rd, Circle Pines/Door S20

CV—Centerville Elementary
1721 Westview Rd, Centerville/Door A

GL—Golden Lake Elementary
1 School Rd, Circle Pines/Door A or B

RL—Rice Lake Elementary
575 Birch St, Lino Lakes
After hours Door B
Follow exterior signs for gym

Middle & High Schools

CMS—Centennial Middle School
399 Elm St, Lino Lakes
After hours Door A12

CHS/West—Centennial High School/West
4757 North Rd, Circle Pines/Door S8/Main
Athletic Entrance Door N40

CHS/East—Centennial High School/East
4881 101st Ln, Circle Pines/Door S3
Most activities will enter through door S4
for offerings this summer (Student Union)

PAC—Performing Arts Center

Community Ed Programs & Staff

For more fun activities, visit us at [Facebook.com/centennial community education](https://www.facebook.com/centennialcommunityeducation)

Directory

Adult/Youth Enrichment

Sharon Sculley, Coordinator
763.792.6106 ssculley@isd12.org

Aquatics & MS Sports

Clare Waddell, Coordinator
cwaddell@isd12.org
Pool Office: 763-792-5240
CE Office: 763-792-6115

Driver Education

Sharon Sculley, Coordinator
763.792.6106 ssculley@isd12.org

ECFE & Centennial Preschool

Sara Ison, Coordinator
763.792.6122 sison@isd12.org

Lynn Dierks, Early Childhood
Specialist
763.792.6133 ldierks@isd12.org

Deb Klausing, Early Childhood
Admin Assist
763.792.6120 dklausing@isd12.org

Brianna Literski,
Early Childhood Specialist
763.792.6111 bliterski@isd12.org

ESL - English as a Second Language

Yue "Pearl" Cheng, ESL Teacher
763.792.5054 ycheng@isd12.org

Facilities

Anne Thomas, Coordinator
763.792.6104 amthomas@isd12.org

Kids Club School Age Child Care

Molly Nelson, Coordinator
763.792.6110 mnelson@isd12.org

Heather Watson, Asst Coordinator
& Inclusion Specialist 763.792.6114
hwatson@isd12.org

Dawn Turnblad

Registration/Billing Admin Assistant
763.792.6193 kidsclub@isd12.org



Community Education Main Office 763.792.6100

Cori Sendle, Director 763.792.6101 csendle@isd12.org
Jennifer Sand, Lead Admin Assistant 763.792.6102 jsand@isd12.org
Erin Berg, Admin Assistant 763.792.6108 eberg@isd12.org
Joy Orcutt, Marketing & Enrichment Coordinator 763.792.6105 jorcutt@isd12.org

Community Education Drop Box

The drop box is available 24/7, and is located directly in front of the visitor parking spaces at the District Offices, just up the ramp on the black door.

Am I registered?

Once registered, you will receive a confirmation receipt in the email tied to your account. If you don't receive a confirmation email, your registration did not go through. You can also find your course details in your Eleyo Account Dashboard under "Current and Upcoming Enrollments!"

Advisory Council Members

Tracie Dewberry, Renee Dietz, Jodi Gadiant, Suzy Guthmueller, Mary Healy, Robyn Hendrickson, Nancy Hiemstra, Thomas Knisely, Peter Knoebel, Gloria Murphy, Clare Montenegro, Susan Modrow Dorothy Rademacher, Jeanmarie Scarr, Kellie Schmidt, Sara Shady, Bruce Woznak

Registration Policies

Five business day notice required for cancellations. Cancellation fee of \$10. No refunds for missed classes. Scholarships available for Centennial School District residents (restrictions may apply) [For full policy and registration info see page 62](#)

Offsite Locations

Bowlero, 11351 Ulysses St NE, Blaine
Bunker Park Stables, 13175 Cty Pkwy D, Andover
Caribou Coffee, 730 Apollo Dr, Lino Lakes
Crex Meadows, 102 E Crew Ave, Grantsburg WI
Francis Kaas Shop, 7155 160th Ln NW, Ramsey
Jim Peterson Athletic Complex, 12302 Cloud Dr NE, Blaine
Nena's Atelier, 434 Hale Ave N, Ste 120, Oakdale
Tamarack Nature Center, 5287 Otter Lake Rd, White Bear Township
Wildlife Science Center, 22830 Sunrise Rd NE, Stacy
William O'Brien State Park, 16821 O'Brien Trail N, Marine on St. Croix



Holiday Events See page 38 for complete details

Santa's Holiday Workshop Gingerbread House Making

Dec 14, 9:30-11 am Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive.

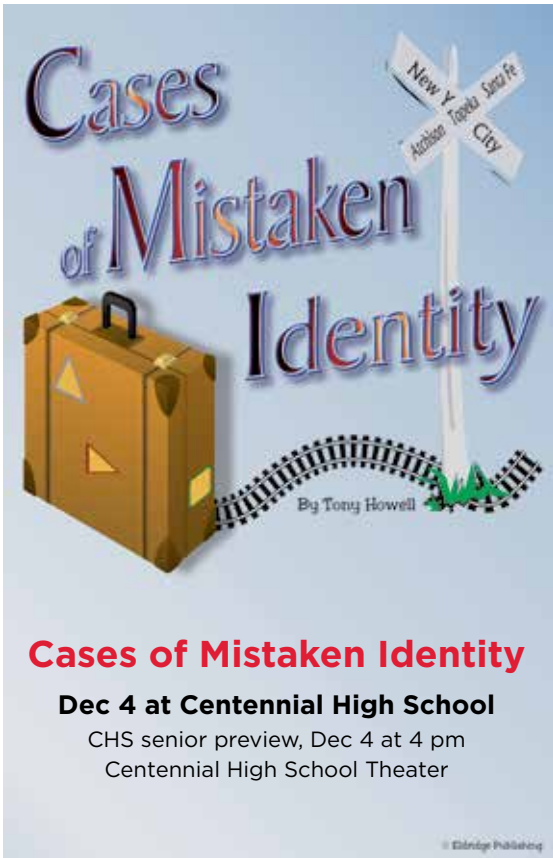
Breakfast with Santa **Sat Dec 7**

Everyone will have a light breakfast of muffins, yogurt, fruit, juice, or coffee. Kids will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am for a visit.

#8507 9-10:30 am CT: Cafeteria & Gym Age 2-10: \$14; Adults: \$4
Family max \$42, includes 2 adults max

Senior free previews

Visit centennialtheatre.org for updated information.



Cases of Mistaken Identity

Dec 4 at Centennial High School

CHS senior preview, Dec 4 at 4 pm
Centennial High School Theater

The Legend of Sleepy Hollow

Nov 6 at Centennial Middle School

CMS senior preview, Nov 6 at 3:30 pm
Centennial Middle School Theater



Save the Date!

**We're headed back to Nashville,
September 20-27, 2025!**

Highlights include:

The iconic Gateway Arch in St. Louis

The Grand Ole Opry

Country Music Hall of Fame

Andrew Jackson Hermitage

Ryman Auditorium

River Showboat

Join us for a robust tour of the "Music City," including four nights in Nashville, guided tours, amazing meals, time for exploring on your own and shopping! We will be staying at the Drury Inn, located just 2 blocks off of Broadway.

Look for more details in the [Winter Activity Guide!](#)

Adult Cooking

Online classes with Kirsten Madaus

Classes will be recorded so you can re-watch at your convenience.
A Zoom link will be sent to the email address designated at registration.



Instant Pot/1 Sheet Pan 1 Skillet Meals

Simplify supper with one pot cooking. Using a sheet pan OR a skillet OR a pressure cooker to make a complete meal saves time and energy. Join Kirsten online in her kitchen as she demonstrates Skillet Gnocchi with Sausage and Peas, Sheet Pan Quesadillas or Pesce Primavera, and pressure cooker Beef Stroganoff Soup or Curried Wild Rice for Two. There's something for a wide spectrum of eaters: additional recipes in the handout range from 2 servings to 8, from vegan to omnivore. Class recording as well as bonus extra recipe videos will be provided to participants afterwards if you'd like to cook along at your convenience.

#4097 Tu Sept 24
\$24 6:30-8 pm **Online**

Air Fryer Advanced

If you thought air fryers were just for making crispy fries or reheating pizza, think again. Get ready to level up your air frying skills as Kirsten's demonstration takes you on a journey through the ins and outs of air fryer cooking, showing you how to create a wide variety of dishes without turning on your stove. Learn how to whip up delicious and healthy meals like Tandoori Salmon & Potatoes and Basque Style Cheesecake in no time. Whether you're an omnivore, a veggie fanatic, or a dessert enthusiast, there are recipes for everyone.

#4084 Tu Oct 1 & 8
\$42 6:30-8 pm **Online**

Festive Appetizers & Boards from your Air Fryer/Instant Pot

Use your kitchen gadgets to create yummy appetizers for holiday gatherings, game nights, or just for fun. Join Kirsten live online from her home kitchen as she demonstrates Instant Pot Hot Crab & Shrimp Dip, Air Fryer Buffalo Cauliflower, Goat Cheese & Garlic Crostini, Jalapeño Rabbit Poppers, Mediterranean Mezze Boards and more. Registration includes extensive recipe handout. No air fryer or Instant Pot, no problem. Recipes include oven/stovetop directions.

#4085 Tu Nov 12
\$24 6:30-8 pm **Online**

Monthly Meal Planning

Are you tired of staring blankly into your fridge, wondering what to make for dinner? Do you find yourself constantly ordering takeout or making the same boring meals on repeat? Fear not, hungry friend, because Megan and Kirsten are here to spice up your kitchen game. Whether you're a beginner or a seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level. From a month of "Meatless Mondays" and "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone. Megan and Kirsten believe that meal planning should be fun. They'll share their favorite tips and tricks for making meal prep a breeze, from grocery shopping to prepping ingredients in advance, in a handout full of recipes.

#4091 Sa Dec 7
\$36 3-5 pm **Online**



Sugar Cookie Decorating



Youth 10 and up are welcome

Interested in learning more about decorated sugar cookies? Tyler from Simply Sweet Bakery is here to help. Join this beginner-friendly class to learn the basics of working with royal icing and leave with six beautifully decorated cookies. Everything you will need is provided; just bring a smile (and maybe an apron).

Tyler Cox, owner of Simply Sweet Bakery. Tyler enjoys bringing more joy, connection, and satisfaction to others through desserts

\$48 Thurs 6:30-8 pm RL/ECC: Rm 101

#4098-A Oct 3 Fall Favorites

#4098-B Nov 7 Thanksgiving
Turkey Treats

#4098-C Dec 5 Christmas Holly Jolly





Adult Create



Power Tools for Women NEW!

Francis Kaas is a Master Carpenter who has built and remodeled homes for over 30 years. Fran's patience and expertise in woodworking have made him a popular instructor.

Part 1 Ages 18+

Explore the world of power tools and woodworking in this introductory, hands-on class. Learn to safely use drills, routers, and saw.

- ◆ **Week 1** Learn the proper ways to use tools and important safety considerations and make a picture frame. Everyone will use all the tools.
- ◆ **Week 2** Complete a small bench.

Long hair must be tied back and no loose clothing for safety. Bring safety goggles, a tape measure, and a pencil. Tips on staining/varnishing at home will be covered. Students will be allowed to leave projects to finish the second night of class. There is plenty of available parking.

Supply cost of \$30 payable to instructor at class.

#2354 W Sept 25-Oct 2 6:30-8:30 pm
2 sessions \$49 + \$30 supply fee
Francis Kaas Shop, Ramsey

Part 2 Ages 18+

Continue the learning and woodworking fun in this sequel to Power Tools 1. We will be making an end table with a bookshelf underneath. Must have taken Power Tools 1 or have permission from the instructor. Long hair must be tied back and no loose clothing for safety. Bring goggles, a tape measure, and a pencil. Tips on staining/varnishing at home will be covered. Supply cost of \$60-\$80 (depending on type of wood chosen)

#2355 W Oct 16-23 6:30-9 pm
2 sessions \$49 + supply fee (\$60-\$80)
Francis Kaas Shop, Ramsey

Intro to TIG Welding & Design

with Greg Kraft, local artist, sculptor, carver

Beginner to Intermediate Age 18+

Learn how to TIG weld and use hand tools used for metal work as you make a sculpture, horseshoe or rose. Safety and concepts for sculpture design will be covered. TIG welding uses an inert gas and bonds metal without a wire feed, rod, or stick and is typically used for thinner materials such as pipe welding or where appearance is more important. Wear a long-sleeved cotton shirt, long-legged jeans or other sturdy long-legged pants, close-toed leather shoes or boots.

Bring leather work gloves, a welding helmet if you have one, a lunch or snack and refillable water bottle. Instructor will provide TIG welder and welding material, welding helmets, safety glasses, extra gloves, cutting and bending hand tools, vise, anvil, electric drill, and angle grinder.



Create a Garden Sculpture

Create a stone and metal sculpture for your garden or patio. Bring a stone about the size of your fist, or one will be provided.

#2839 Sa Oct 5 \$130 10 am-2 pm
CHS/East: Rm 140 (woodshop)

Weld an Iron Fish from a Horseshoe

Your iron fish may be used as a trivet, door stop, or wall art. It may be combined with another horseshoe for a cell phone holder/charging station.

#2841 Sa Nov 9 \$130 10 am-2 pm
CHS/East: Rm 140 (woodshop)

Welding a Steel Rose

You must have some hand strength to use the cutting and bending tools that shape the rose. We'll use three steel discs and a steel rod to create a rose that will last forever. There will be a brief discussion of rose history and art to open the class.

#2838 Sa Dec 7 \$130 10 am-2 pm
CHS/East: Rm 140 (woodshop)

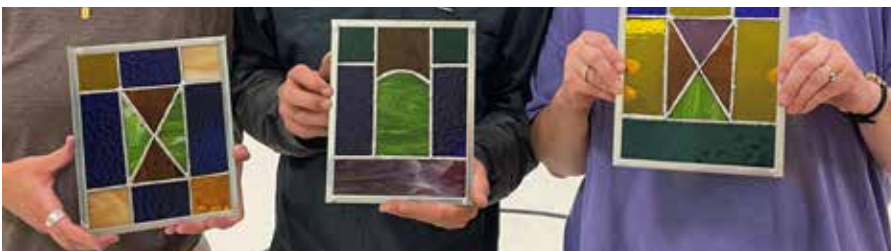


Glass on Glass Mosaic NEW Ages 12-Adult

Join mosaic artist Laura Ruprecht from Laura Liz Mosaic Biz for an engaging workshop where you'll craft your own glass-on-glass mosaic. Participants will select a provided design and learn how to cut stained glass pieces to adhere to a 5x7 shadow-box frame. Once finished, your creation will transform into a stunning miniature stained-glass artwork ready to adore your window. All materials, including a "takeout bag" of grout for finishing touches at home, will be provided. This beginner-level class welcomes participants of all skill levels and abilities.

Laura Ruprecht is a teaching arts and award-winning stained glass mosaic artist

#2359 Tu Oct 15
\$72 5:30-8:30 pm
CHS/East: Rm 140



More Adult/Child Activities

Events pages 26, 38 & 39

Grown Up & Me Farm Animals Painting page 41

Music Together page 43

Stained Glass 101 Cooper Foil Method

Explore the art of stained-glass design and building.

- ◆ Learn to make, cut and use patterns.
- ◆ Cut and grind glass
- ◆ Tape your glass with copper foil
- ◆ Solder your glass
- ◆ Add patina to color the solder
- ◆ Finish the edges with a zinc border
- ◆ Clean and polish the finished window

John will also discuss how to frame your completed window with wood. All tools and materials are provided.

Please wear hard toe shoes, and long sleeves, and bring a pair of safety glasses. No fleece or sweaters that can catch glass chips as you cut.

Bring \$25 cash or check payable to instructor to first class for supply costs.

John Hanson, owner of Longfellow Soap, has been designing, making, repairing, and restoring antique stained-glass windows for 23 years.

2 sessions \$160 + supplies
6-8:30 pm CHS/East: Rm 140

#2333-A Tu/W Sept 17-18
#2333-B M/Tu Nov 11-12



Soap Making

Learn to make soap using the cold process method that has existed for thousands of years. Participants receive a teaching manual that includes an ingredient list, equipment list, recipe, method for soap making, and sources for essential oil, ingredients, and equipment. Participants will also take home a silicone mold and soap to fill the mold.

John Hanson

#2332 W Oct 16
\$60 6-8:30 pm
CHS/East: Rm 140



Mandala Art on Canvas NEW

In this creative mandala art class, learn the basics of creating a mandala design using various dotting tools and techniques. We also will show how to create symmetry and balance design. By the end of class, you will have completed a mandala design on a 12"x12" canvas that you can take home and display.

Swetha Avula, owner of Acrylic Studio Art is an artist who was raised in India and enjoys blending experiences across multiple cultures and geographies

#2358 W Oct 9
\$45 5:30-7:30 pm
CMS: Rm: E108

Easy Oil Painting Using the Bob Ross Method

Ages 12+

Don't think of yourself as an artist? Our Bob Ross style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paints can be. Bob Ross is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s. All materials are provided to create a 16" x 20" canvas masterpiece ready to frame for display at home. Frames will be available for purchase from instructor at class if you are interested.

Jay Rupp, certified Bob Ross instructor in Floral, Wildlife and Landscape

\$70 Sat 10 am-2 pm
CMS: Rm E108

#2145-A Sept 14 Cascades



#2145-B Oct 12 Lake Superior



#2145-C Dec 14 Winter Cabin



Acrylic Canvas Painting Starry Sky All skill levels

Create your own starry sky acrylic painting on a 12"x16" canvas with step-by-step instructions. We will be using a palette knife fan brush and practicing splatter painting techniques to achieve a wide array of stars for the sky. This is a great class to take with a friend or family member. We pride ourselves in excellent fine art instruction in a friendly, laid back atmosphere. Art is our passion, and in each class we strive to help our participants find their voice, become better painters, and gain confidence in their work.

Aryn Lill, The Blue Fox

#2232 F Dec 6
\$56 6-8 pm
CHS/East: Rm 111



Oh Deer Acrylic Painting

Join us for a fun-filled evening as we create an acrylic painting on a 16"x20" canvas. Participants enjoy a no-experience-required art class directed by Your Bearded Artist who guides participants step-by-step through recreating Oh Deer. All supplies provided.

Jeremy Ross, owner artist, Your Bearded Artist

#2370 Tu Sept 17
\$45 6-8 pm
CMS: Rm E108



Hand-Knit Chunky Blanket

During this one-of-a-kind event, Jeremy Ross from Your Bearded Artist will guide you step-by-step through hand knitting your very own soft chunky knit blanket. No needles or knitting experience is required and all supplies will be provided. You will receive 140 yards (5 skeins) of size 7 chunky yarn (100% polyester). Choose one color or multiple colors to complete your blanket. Multiple yarn colors will be available in limited quantities. Your completed blanket will measure approximately 40"x50".

Jeremy Ross

#2372 Tu Dec 10
\$84 6-9 pm
CMS: Rm E108

Alcohol Ink Painting with Kay Anderson of Artistic Designs

Have you ever wanted to try your hand at Abstract Art that is fun and colorful? Alcohol Ink (AI) is a new painting technique that just screams abstract. With so many different techniques, AI will soon become a favorite medium. The best part of using Alcohol Ink is if you don't like a part of your picture, you can wipe it off with ISO alcohol. Just come to have fun and enjoy yourself. **Supply fee is payable to the instructor on the night of class.**



Wine Glass Painting

We know that sometimes you may have a hard time scheduling a time to get together with family or friends. We created this class to get together and have fun. This art form can be used to create personalized gifts, decorative pieces for events or parties, or even add a unique touch to your own glassware collection. Class includes two wine glasses and all supplies. Additional glasses can be purchased for \$8 a piece.

Swetha Avula, owner of Acrylic Studio Art is an artist who was raised in India and enjoys blending experiences across multiple cultures and geographies

#2357 M Nov 11
\$45 5:30-7:30 pm
CMS: Rm E108



Intro to Silver Soldering Stackable Rings Ages 16+

Learn the basics of silver soldering by making a stackable sterling silver ring from scratch. In this beginner class, participants will use a small hand-held butane torch along with other basic jeweler's tools to make a solid sterling silver stackable ring with a bezel set stone. Safety, work area set-up, and how to purchase supplies will also be discussed.

Erin Proctor, earned a BFA in Metals & Jewelry, and has been a passionate metal artist jeweler and instructor for 15 years

#2365 Tu Oct 29
\$120 6-9 pm
CHS/East: Rm 140



Fabulous Fall Alcohol Ink Painting

To make this beautiful picture, you will use real leaves to create the fall background. You will then create the flowers using a hand blower. Your instructor will guide you through each step. You will make one 8"x11" painting in your chosen colors. Given time, you can create a second painting with variations.

#2367 M Oct 7 6-8 pm
\$35 + \$15 supply fee
CHS/East: Rm 111



Roses Alcohol Ink Painting

To make these beautiful roses, you will be using a hairdryer to move the alcohol ink around the edges until the ink dries leaving beautiful roses with abstract petals. To add variations, you can add a background before you add the roses, add leaves or melt the colors. Utilize various colors for your individual painting. Remember this is the fun part, explore your creativity. Your instructor will guide you through each step. You will make one 6" x 9" painting in your chosen colors. Given time, you can create a 2nd painting.

#2368 Th Nov 14 \$35 + \$15 supply fee 6-8 pm CHS/East: Rm 111

Alcohol Ink Glitter Ornaments



Do you want to make gorgeous one-of-a-kind ornaments for your Christmas tree or as an incredible gift? Join us to make four beautiful Alcohol Ink glass glitter ornaments. After prepping the ornaments, the instructor will discuss various processes of working with AI. Then pick colors of your choice to create unique ornaments.

Each ornament can reflect the same color scheme, or each ornament can be a different color scheme, totally your choice. The ornaments are painted on the inside so the colors will last forever. Additional ornaments can be made for \$5/each.

#2369 Th Dec 5 \$35 + \$20 supply fee 6-8 pm CHS/East: Rm 111



Torch-Fired Enameling with Photo Decals New! **Ages 16+**

Create colorful keepsakes with fire and glass in this fun introduction to vitreous enameling that is perfect for makers at any skill level. Participants will be introduced to the use of dry-sifted enamel, paintable enamel, and the application of photo decals to a piece of copper and will come away with at least one finished keepsake piece of wearable art. Participants will be given an overview of safety, tools and supplies, and will have the opportunity to submit their own photo or drawing to use in class if they choose. **To submit a personal photo/image, email the instructor with your image attached at least three days prior to the class.**

Erin Proctor, earned a BFA in Metals & Jewelry, and has been a passionate metal artist jeweler and instructor for 15 years

#2366 Sa Nov 16
\$85 9 am-noon
CHS/East: Rm 140

Acrylic Pouring “Up North” New! **Ages 16+**

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

Art Innovators/KidzArt

#2089 M Nov 11
\$50 7-8:30 pm
CHS/East: Rm 111



Adults With Disabilities



Bunker Stables Hay Ride New!

Join us for a fall hayride at Bunker Stables. Please check in at 3 pm for our 3:30 ride. After the ride we’ll have a bonfire with s’mores. Caregivers that need to attend or would like to join us for s’mores please arrive at 4:15 pm. Please pick up by 4:45 pm. UCare discounts apply.

#4418 Sat Sep 28 \$20
3-4:45 pm Bunker Stable

Paint Party New!

Participants and caregivers will have options to choose from step-by-step instruction with support from a seasoned art teacher. Create a 9”x12” canvas with acrylic paints. A break will be included for rest and for participants to enjoy a snack. UCare discounts apply.

Colleen Skoglund
\$15 10-11:30 am
RL/ECC: Rm 101
#4415-A Sept 28
#4415-B Nov 23

Santa’s Holiday Workshop
Gingerbread House Making

Create unforgettable holiday memories by decorating an enchanted gingerbread house. Have fun creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. UCare discounts apply. Caregivers are welcome to stay and create with their loved one, or participants can be dropped off.

Kayla Little

#4416 Sa Dec 14 \$20
12-1 pm CT: Cafeteria



Halloween Hustle!
Saturday, October 26

Bring the entire family; pets are also welcome to join the run - dress in costume if you’d like, and join us for a fun-filled morning.

[See page 19 for details.](#)



Needle Arts



Quilt Shop Hop

Saturday, October 5



Southern MN - All New Shop Locations

We love to get advice from our hoppers on where to go next. We received a number of suggestions that we consider heading down to the southern part of Minnesota to check out a few shops. They are also places we have not included in a hop yet.

For this fall's carefully selected trip our first stop will be the First National Bank in New Prague, just kidding, it is Sue's Quilt Shop in the old bank building. Sue has loved sewing since she was a child. Her first quilt, made when she was 9 years old, hangs in her shop.

Next we venture off into the beautiful river valley near Mankato for a visit to River City Quilts.

We'll stay in the Mankato area for lunch on your own at Neutral Groundz, (they offer several salad and sandwich options) you may want to grab a specialty drink for the van ride after lunch. Neutral Groundz also sells home goods so you can get in some extra shopping.

After lunch its off to Humble Heart Quilt Shop. They offer quilt supplies along with home décor. On the way home we'll hit Wildflower Quilt Co. said to be a favorite of many.

That's it, what a day, so nice to be back together again on a hop. Looking forward to seeing you all!

Hosts: Sharon Sculley, Jennifer Sand, and Kathy Johnson

#2700 Sa Oct 5 \$35 8 am-5 pm

Classes led by Kathy Johnson

All classes held in RL/ECC: Rm 101

Take 20 Quilt Beginners+

This quick, fun quilt top requires 20 fat quarters to complete. This class will have you well on your way to completing the quilt top (finished size is 70x86, with border 82x98). Cover the basics, design layout and borders. Supply list mailed prior to class. We'll break for lunch.

#2719 Sa Nov 16 \$46 9 am-4 pm



Quilter's Night Out Fri, 6-9 pm

Work on quilting projects away from distractions. Bring supplies, materials and equipment (including a working sewing machine). Help with questions/problems will be provided by facilitator, Kathy Johnson. Participate in show and tell, and fabric/pattern swap if interested.

#2750-A	Sept 6	\$7
#2750-B	Oct 11	\$7
#2750-C	Nov 1	\$7
#2750-D	Dec 13	\$7

Quilter's Day In Sat, 9 am-3 pm

Come spend the day with fellow quilters. Arrive anytime between 9 am and 3 pm. Bring a lunch.

#2751-A	Sept 7	\$15
#2751-B	Oct 12	\$15
#2751-C	Nov 2	\$15
#2751-D	Dec 14	\$15

Quilter's Night Into Day Fri & Sat

Want to extend the time to work on projects, save \$ and have a mini-retreat? Join us for the Friday Quilters Night Out (#2750) leave your set-up and return on Saturday for Quilters Day In (#2751) for the reduced cost of \$20.

#2756-A	F/Sa	Sept 6-7
#2756-B	F/Sa	Oct 11-12
#2756-C	F/Sa	Nov 1-2
#2756-D	F/Sa	Dec 13-14

Sunday Quilter's Day In 12-6 pm

Need more time to work on a quilt or to start a new one? Arrive anytime between noon and 6 pm. Bring a lunch (if you like). Preregistration required.

#2751Su-A	Sept 8	\$15
#2751Su-B	Oct 13	\$15
#2751Su-C	Nov 3	\$15
#2751Su-D	Dec 15	\$15





Adult Dance & Music



Dancing with the Stars-Here We Come Ballroom Dance

Ballroom dancing is a fun way to exercise. Class will cover Fox Trot, Waltz, and Tango steps. Develop and improve leading, following, footwork and partnership connection. Gain confidence on the dance floor. This is a great social/date night venue. If possible, wear shoes without a rubber sole. Partners encouraged.

Carol Brecht-Wiles, over 15 years' experience teaching in a variety of studio and class venues

#5309 M Sept 30-Oct 21 RL: Cafeteria/Gym A
4 sessions \$52/couple or \$32 individual 6:30-7:30 pm

Swing Dance: Level 2

Continue to build your understanding and increase your confidence on the dance floor, with additional footwork, patterns, and partnership connection to the Single Time Swing. Knowledge of some basic swing patterns is helpful but not required. If possible, wear shoes without rubber soles. Partners encouraged.

Carol Brecht-Wiles

#5322 M Sept 30-Oct 21 RL: Cafeteria/Gym A
4 sessions \$52/couple or \$32 individual 7:35-8:35 pm

Adult Tap Dance



Looking to get moving and have some fun? Join our brand new adult tap class! Focus will be beginner to intermediate levels, but all are welcome. Tap dance sharpens reflexes and improves memory skills and coordination. Classes will work toward establishing fundamental tap movements, vocabulary and will work on basic rhythms and steps that progress into fun dance combinations. Tap shoes are required. Lace up oxford style preferred. Wear athletic shoes if you do not have tap shoes for the first class.

Jenny Hansell, Happy Feet Dance Company

#5329 Th Sept 12-Dec 19 CMS:Auditorium/TBD
13 sessions \$189 7:15-8 pm No class Oct 31 & Nov 28



Private Guitar/Ukulele & Vocal Lessons

All ages and skill levels

Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl, in half-hour lessons. Lessons will be tailored to each participant's needs and interests, and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, performance, and music theory. Please identify if a vocal or what instrument when registering. Students need to bring their own instrument.

Brady is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs.

7 sessions \$185 Mon 4-8:30 pm CT: Conf Rm
#5202-A Sept 9-Oct 21
#5202-B Oct 28-Dec 16 No lesson Nov 4

Centennial Community Band Grade 11+ Part of the Centennial Community since 2003

Own a band instrument? Looking for a place to play? Come experience the joy of ensemble music making with a wide variety of symphonic band literature, even if it has been a while since you played.

This non-audition band, under the direction of Barry Zumwalde, is comprised of musicians from the Centennial area and surrounding communities. Instrumentalists are welcome in percussion, low brass, saxophone, flute and double reed sections. Interested musicians are invited to try up to three rehearsals without obligation.

Rehearsals are Tuesdays 7-9 pm in the CHS band room (occasionally in the MS band room). Visit the band website, for further information at centennialcommunityband.org



Adult Education & Finance

For Online classes, please provide email information upon registration so a Zoom link and handouts can be emailed prior to class date.



More to Become, Living an Intentional Life in Your 3rd Act



This class is a four-part exploration of the opportunities for change, growth and authenticity that exists in the third phase of life: The 3rd Act. We will look at how society devalues aging and how that contradicts the value of elders in any society. Classes will be comprised of lectures, group discussion and between-class assignments.

David Carey, is a filmmaker and presenter. David created a documentary based on years of research into life after the adult paradigm of jobs and careers. His workshops help to reveal the opportunities that exist for new development, growth and transformation that exist in longevity

#8581 Th Sept 5-26
4 sessions \$45 1:30-3 pm RL/ECC: Rm 101

Major Changes to the College Process in 2024 Online



Designed for families with students in grades 9-11

This past year has resulted in some of the most significant changes to the college planning process in decades.

- ◆ Admission trends have changed around how colleges admit students
- ◆ There are substantial changes to the FAFSA and financial aid that may make college more expensive
- ◆ Schools have gone ACT/SAT optional, but not necessarily when they award scholarships, and some colleges are going back to requiring standardized tests

Join us to learn how these changes may impact your family, and new strategies to consider, giving your student the best opportunity to be admitted and maximize scholarships and financial aid.

Cozy Wittman from College Inside Track, speaks nationally about college, and is passionate about educating families regarding the process to find the right fit.

#3022 M Sept 30 \$10/family 7:30-8:30 pm

Buying and Selling in Today's Market



Join our interactive home buyer and seller class. Facilitators Rachel and Katie have over 30 years of experience to help guide you through the home buying journey. Whether you're a first-time home buyer, interested in moving up, or curious about downsizing, you'll learn valuable insights into today's market and what it takes to successfully make your next move. Topics for buyers include mortgage and financing options, budgeting, strategies for getting the best deal, the role of credit scores, and inspections and contracts. Topics for sellers include preparing your home for selling, setting a price, marketing strategies and negotiating offers. We'll also discuss market trends, staging your home, legal and financial responsibilities when selling, pricing strategies, and how to buy and sell at the same time. There will be time included for questions and answers.

Katie Strom & Rachel Scarrella, bring years of experience in the mortgage and real estate industry.

\$16 individual or couple
Thurs 6-8 pm CHS/West: Learning Commons
#3023-A Oct 10
#3023-B Dec 12

So You're Thinking About Leaving MN An Attorney's Perspective on How to Do It

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 conversation? Did you know how 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.

Steve Ledin

#3080 Tu Nov 12 \$16 Individual or Couple
6:30-8 pm RL/ECC: Rm 101





How Wills and Trusts Can and Cannot Help You

What is estate planning and why is it crucial? This class explores the purposes for estate planning; basic plans for married couples and single individuals; and reviews wills and trusts in detail. Also reviewed are power of attorney, guardianship, health care directives and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability and will avoid probate and unnecessary fees and delays upon death.

Michelle I. Kelly, private practice attorney focusing on estate planning, probate and trust administration, and elder law

#3046 Th Oct 10 \$26
6:30-8 pm RL/ECC: Rm 101

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

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. You may have questions like: Should I avoid probate? Is a Will good enough? Do I need a Trust? How does my plan deal with a 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.

Steve Ledin, Attorney

#3079 Tu Sept 10 \$16 Individual or Couple
6:30-8 pm

The Five Important Advocates You Should Have to Represent Your Estate

In each Minnesotan's life, there are five people we should be prepared to count on as we age and move into the last stages of our lives. In this class we will learn answers to: What are the roles and responsibilities of these people? How long do they serve and how much of a time commitment are we asking? How much guidance can we give them? Who makes an ideal selection for each of these vastly different roles? Who makes a bad selection for these roles? What pitfalls and problems should we be aware of? Each of these jobs: Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee and Guardian are vastly different jobs that benefit you and they deserve careful thought. Questions are encouraged. We will provide the answers.

Steve Ledin, Attorney

#3024 Th Oct 3 \$16 Individual or Couple
6:30-8:30 pm CHS/West: Learning Commons

What Happens if a Nursing Home is Needed?

What issues does a family need to consider if a member needs long-term care? Learn about the Medical Assistance long-term care program, Veterans Administration long-term care program, Medicare, the look-back period, spend downs, and making gifts.

Michelle I. Kelly, private practice attorney focusing on estate planning, probate and trust administration, and elder law

#3043 Th Oct 24 \$26
6:30-8 pm RL/ECC: Rm 101

Why You Can't Always Trust Your Trust Online

The Trust is a very popular component and tool to be used in our estate planning. However, there are 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. For example, "Does my Living Trust protect my assets against Medicaid and the nursing home?" The answer is probably no. The Irrevocable Trust and the Testamentary Trust each have their strengths and weaknesses as well. 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.

Steve Ledin

#3017 Th Dec 12 \$16 Individual or Couple
6:30-8 pm

Executor, Trustee or Guardian Where do I Start?

As an executor, personal representative, power of attorney, or guardian, this class will help you figure out your responsibilities. Understand the difference between these roles, who you should appoint, and what to do once you are appointed. Question and answer time included.

Riley Sullivan, experienced attorney practicing in the areas of estate planning, elder law and probate

#3054 Tu Oct 1 \$30
6:30-8:30 pm RL/ECC: Rm 101



Social Security Claiming Facts & Filing Strategies

How do I maximize my Social Security benefits? Explore claiming rules and strategies for couples, divorcees, and widowed-surviving spouses to show you how to get the most out of your Social Security benefit. Discuss the important role Social Security plays in your overall retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the "Widow Trap." You should attend if you are within 10 years of retirement.

Charles Taylor, is the owner of Four Points Advisory LLC. Investment and advisory services offered through World Equity Group Inc., member firm of FINRA/SIPC

\$16 Individual or Couple 6:30-8 pm RL/ECC: Rm 101
 #3012-A W Sept 18
 #3012-B W Dec 11

Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65, you should plan to attend to learn the basics of what Medicare is, how it works, how to avoid penalties, and what you need to know to prepare yourself for this process.

Charles Taylor

\$16 Individual or Couple
 6:30-8 pm RL/ECC: Rm 101
 #3061-A W Sept 25
 #3061-B W Dec 18



Write Your Own Health Care Directive/ Power of Attorney

If you become incapacitated who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices. Learn about and draft a Health Care Directive and a Power of Attorney using a computer. Participants will leave with a valid Health Care Directive and Power of Attorney. Packet sent prior to class as some prep work required. You should be comfortable using a computer.

Riley Sullivan

#3053 Tu Nov 12 \$49 6-9 pm
 CHS/West: Learning Commons Computer Rm

Write Your Own Will

Participants should be comfortable using a computer with some typing ability. Prepare a valid will on a computer and learn about probate, estate planning, and wills. Some prep work is required; a packet will be sent prior to class. This is a "simple will" class, not appropriate for those who have assets more than one million dollars or who need a Trust as well. Couples must register individually.

Riley Sullivan

#3010 Tu Dec 10 \$49 6-9 pm
 CHS/West: Learning Commons Computer Rm

Veterans on Medicare

Learn how VA or TRICARE For Life and Medicare A & B Work Together



Thank you for your service. We so appreciate the service and sacrifice that our veterans and military retirees have provided to our country. When it comes to your health, we want to be sure you are not missing any benefits available to you. Come discuss how MN veterans can access additional benefits to complement the coverage you may already have through the VA, or TRICARE For Life along with your Medicare A & B. If you are a veteran, or know a veteran of the Armed Forces, this class is designed to assist our veterans in getting all the health care benefits each is entitled to receive.

Juli Bakken, Medicare Agent

#3082 Tu Oct 15 \$16
 10-11:30 am ECC: Rm 101

Red, White & Blue Medicare Card & the Extra Help Program



"Extra Help" is a Medicare program to help people who qualify to pay Medicare drug coverage premiums, deductibles, coinsurance, and other costs. Extra Help is for those who qualify, and have a red, white and blue Medicare Part A & B card. Someone may automatically qualify for Extra Help if you have both Medicare A & B and Medicaid, or if you have Medicare A & B and receive Social Security Disability Insurance (SSDI), or Supplemental Security Income (SSI). This class is designed to discuss all of the benefits available in this program. In addition to prescription drug cost assistance, you will learn more about dental care, vision care, over the counter items, fitness programs and emergency response systems that you may also qualify for, at no additional cost. Do you, or someone you know have a red, white and blue Medicare A & B card, and is enrolled in the Extra Help Program? Or do you, or someone you know with a Medicare A & B card need more information on how to apply for Extra Help services? This Medicare Extra Help information is for people of ANY AGE who may qualify. Please come and join us to better understand the Medicare Extra Help program, and how additional programs may benefit you, or benefit someone you care about.

Juli Bakken, Medicare Agent

#3081 Tu Sept 24 \$16
 10-11:30 am ECC: Rm 101



Age 55+ Driver Discount Program

A new law which took effect July 1 in Minnesota, shortens the amount of time seniors need to spend in safe driving courses from 8 hours to just 4.

Participants of these safe driving courses now only need to take a 4-hour class to be eligible to receive a discount on their car insurance. As of July 1st, 2024, there is no longer a requirement in the state of Minnesota for a participant to take an 8-hour initial course.

The Driver Discount Program is a state approved, accident prevention/insurance discount class. Classes are taught by a MN Highway Safety & Research Center certified instructor.

Participants will be provided the latest information in regards to driver and traffic safety, new vehicle technology and updates with traffic laws. This class has something for everyone.

Those completing the course qualify for a 10% discount on their auto insurance premiums for three years.

MN Highway Safety & Research Center Instructor

#8101-A M Sept 16
\$24 5:30-9:30 pm
RL/ECC: Rm 101

#8101-B Tu Oct 22
\$24 1-5 pm
RL/ECC: Rm 101

#8101-C Tu Dec 3
\$24 1-5 pm
RL/ECC: Rm 101



English as a Second Language

Learn English with our help!

English language classes are offered for free right here at Centennial to support adults who may be immigrants or refugees. The curriculum is designed to fulfill learner's practical needs by teaching everyday language focuses on survival skills and everyday living. Students are welcome to join anytime throughout the year. Contact Centennial Community Education's Adult Basic Education line at, 763-792-5054 for class information.

Adult Basic Education

Centennial Adult Continuing Education has combined with Metro North Adult Basic Education to provide free classes for adults

- ◆ Earn a high school diploma
- ◆ Prepare for the GED test
- ◆ Study for United States citizenship
- ◆ Build basic skills in math, reading and writing
- ◆ Gain basic computer skills
- ◆ Prepare for college
- ◆ Develop workplace skills

For more information For more information and class locations in the north metro area, call Metro North Adult Basic Education at 763-433-4200 or visit

www.metronorthabe.org

DISCOVER CENTENNIAL SCHOOLS

Accepting resident and non-resident (open) enrollment for the 2024-2025 school year for grades PreK-12.

With nine exceptional schools serving 6,500 students, we offer engaging learning opportunities, emotional support, and social development to each of our students to help them prepare for whatever is next and beyond.

Learn more at isd12.org/enroll-today



Adult Health & Fitness

Online classes with Janice Novak

Avoid the Pitfalls of Perimenopause/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured, blood test vs. saliva test and what to do with the results; traditional HRT vs. bioidentical acupuncture points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

#6312 M Oct 7 \$26 6-7:30 pm

Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. We'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured but usually aren't; why the number one thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid medications; environmental triggers and information you need to discuss with your doctor. This is a source of information only and should not be considered a substitute for a qualified medical professional's advice.

#6311 M Oct 14 \$26 6-7:30 pm

Hips, Thighs & Otherwise

If you've noticed hip/thigh/butt spread, you are not alone. This workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. Learn my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupuncture points for lymph circulation and drainage. If you don't have the time, money, or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. **You will need a resistance band, tied in a loop for the '10 Minute Miracle Exercise'.**

#6310 M Oct 21 \$26 6-7:30 pm



Janice Novak, has a master's degree in health & physical education.

Please provide email information upon registration so a Zoom link and handout can be emailed prior to class date.

Acupressure Face Lift and Skin Savvy

Here is a facelift you can do at home. Acupressure is an ancient Chinese healing method that works with energy that flows through your body. Stimulating facial acupuncture points can erase years from your face naturally. It can bring a healthy glow to your skin, increase muscle tone, decrease puffiness and eye bags, reduce lines and prevent new lines from forming. Acupressure can even decrease headaches, relieve eye strain, soothe nerves and increase relaxation. Learn to make your skin as healthy as possible from the inside out.

#6383 M Dec 2 \$26 6-7:30 pm

Overcoming Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want? Is your snacking out of control? Discuss a two-week plan that will stop cravings, help you to lose weight and help keep insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how to stop the vicious cycle of food craving and weight gain. No hype-just the facts.

#6357 Tu Dec 3 \$26 6-7:30 pm

Techniques to Activate Your Brain's Creativity Center



Learn the many things you can do to tap into your brain's creativity center. Discuss and practice ancient breathing patterns to activate the right side of your brain where creativity lives. Experience acupuncture points that offer instant clarity and calm. Learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. Leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

#6321 M Dec 9 \$26 6-7:30 pm



Boot Camp/Core

Morning classes - Open to all fitness levels

Classes will train both cardio and strength using timed, high-intensity intervals. There will also be a focus on building core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Modifications will be offered to assure success for all participants.

Barb Iacarella-Fudali, Personal Trainer, Pilates Reformer Specialist and Instructor

Mon, Wed, Fri 5:30-6:15 am CHS/West: Rm 607

#6932-A	Sept 4-18	7 sessions	\$39	
#6932-B	Oct 7-30	11 sessions	\$61	
#6932-C	Nov 1-29	13 sessions	\$72	
#6932-D	Dec 2-30	12 sessions	\$66	No class Dec 25

Foot Care Clinic

We are hosting Jessica Lyall, a mobile nurse specializing in foot care to provide private, individual, 45-minute foot care sessions. Some of the services Jessica can provide include toenail trimming, filing down thick nails, removing corns, filing calluses, diabetic foot assessment, circulation assessment, fungal nails, non-infected ingrown nails, performing a shoe assessment if needed, and making any recommendations for certain skin conditions or foot ailments. Jessica does not sell any products but can make recommendations for various products if needed. The room we are utilizing will be designed to provide privacy. If you have any questions in advance of registering for a session, please contact Community Education and we can also pass along any specific inquiries to Jessica if needed.

Jessica Lyall, BSN, RN, PHN, CFCN, has obtained additional training in foot and nail care for healthcare providers, Certified Foot Care Nurse, MN Public Health Nurse

Select your 45-minute private session during the time frame listed

#6098	Sa	Sept 28	
		\$66	9 am-1:30 pm
			CHS/West: Rm 707



Join us for the 7th Annual Halloween Hustle

Saturday, October 26

This 5K fun run will start at Centerville Elementary, run out on the trail and loop back. The run is a partnership between Community Education and the Centennial Alumni Association.

Bring the entire family; pets are also welcome to join the run (no pets in school), dress in costume if you'd like, and join us for a fun-filled morning.

There will be a kid turnaround station about a half mile up, so all ages can join. We'll have some fun kid activities in the school after the run until 10:30 am.

Alumni activities and events will take place after the run, so watch for updates on the Centennial Alumni Associate Facebook page.

Participants registered by Oct 10 will receive a long sleeve t-shirt. Registrations after Oct 10 will not be guaranteed a t-shirt. Indicate t-shirt size when registering, youth small through adult 3XL.

Proceeds will benefit the Centennial Community Education Scholarship Fund and the Alumni Association.

The run will take place rain or shine.

#6100 Sa Oct 26
Check in 8:45, run at 9 am at Centerville Elementary
Prizes announced at 10:15 am; inside crafts until 10:30 am

\$25 individual, \$63 family of 3, \$80 family of 4,
\$95 family of 5 children under 2 free
Late Registration \$15 each - no t-shirt

Stay after the run for Trunk or Treat and Touch-a-Truck with the City of Centerville

Adult Special Interest



The Assassination of President John Kennedy An In-Depth Analysis

This course will examine the discrepancies between the Warren Commission, that investigated the assassination for ten months and published their findings in September of 1964; along with the conclusions reached by the United States House of Representatives that investigated the assassination for thirty-one months and published their report in March of 1979. The participants will develop a rounded perspective regarding the many controversies surrounding the assassination of President Kennedy. Each of the sessions will have ample time for participant comments and questions.

David Yorks, has a master's degree in American history, attended many national conferences regarding the assassination, and met with witnesses of the assassination and doctors who attended the President on 11/22/1963.

#8608 W/Th Nov 13-14
2 sessions \$26 6:30-8:30 pm
RL/ECC: Rm 101



Families & Politics Hosted by Braver Angels

Family relationships are becoming casualties of our toxic political environment. Family members are having nasty political arguments, avoiding each other, or even cutting off lifetime relationships. If you want to preserve important family bonds while still being true to your values and political beliefs, this workshop will offer you:

- ◆ Insight into why family differences over politics are uniquely challenging
- ◆ Recognition of common roles that family members play in political conversations (for example, the Gladiator, the Defender, and the Sniper)
- ◆ Strategies and skills for handling family political differences in a constructive way

Although the focus is on family relationships, you can use the lessons in this workshop with any loved one.

Braver Angels moderators (one conservative and one liberal), Braver Angels is a grassroots organization that seeks to strengthen relationships and communities harmed by partisan polarization. It offers effective communication skills as a means to bridge political divides that drive animosity and prevent us from working together on shared problems

#8582 M Oct 14
\$5 6-8:45 pm
CT: Little Theater

How to Start Any Home Business Online + 250 Home Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is probably the most comprehensive business start-up workshop you will ever find.

You will discover:

- ◆ More than 250 legitimate home business ideas
- ◆ Mandatory legal documentation
- ◆ Many ways to market your product/service
- ◆ How to take tax deductions (this workshop included)

Informative handouts for future use are included in the class fee. A Zoom link will be sent to the email used for registration.

LeeAnne Krusemark

#3025 Th Oct 17
\$30 6-8 pm





Write Your First Novel In 90 Days Online NEW

This intensive course provides a schedule of crafting a novel from start to finish, which you can finish in as little as 90 days. This class will also help you stay motivated throughout the journey. You will learn how to:

- ◆ Select your novel genre and develop compelling premise
- ◆ Create multidimensional characters and immersive settings
- ◆ Craft a detailed plot outline
- ◆ Manage your time to keep your writing flow consistent
- ◆ Combat common roadblocks including writer's block
- ◆ Master the art of self-editing: refining your plot, and fixing pacing, dialogue, and characterization problems
- ◆ Receive constructive criticism from beta readers
- ◆ Explore publishing options

By the end of this class, you will know how to complete your novel and have the knowledge and confidence to move forward with the publishing process. A Zoom link will be sent to the email used for registration.

LeeAnne Krusemark

#3027 Sa Oct 19
 \$30 10 am-noon



Ancient Armenia Online NEW

Embark on an armchair tour of this ancient land. After first viewing the Biblical Mt. Ararat from its capital city, Yerevan, we'll explore Areni Cave where archeologists have unearthed a 6000-year-old wine press and an array of fermenting vats and storage pots. We'll follow the trail of prehistoric standing stones, Armenia's Stonehenge, marching across the mountaintop, visit a pagan temple complex, and a monastery carved into a mountain with holy water seeping through its rocky walls. And we will learn the truth about the holocaust perpetrated by the Ottoman Turks in 1915 in which 1.5 million Armenians lost their lives.

June Anderson

#8558 Th Sept 26
 \$15 7-8 pm

Minnesota Medal of Honor Recipients Online NEW

In honor of Veteran's Day, learn the stories of some of the 72 Minnesota men who have been awarded the Medal of Honor, dating from the Civil War to the Vietnam Conflict. Meet the Schoolmaster who took his students to war, dooming their hometown to oblivion; a Hungarian Freedom Fighter who signed up to fight Commies in Vietnam; the Anoka hometown who smothered a grenade and lived to tell the tale, and a host of other brave men who fought and died for their country.

June Anderson, was one of the Minnesota Daughters of the American Revolution, (DAR), who researched and wrote these biographies in response to a request by the National Medal of Honor Committee.

#8537 M Nov 11
 \$15 7-8 pm

Experience History with a Paranormal Twist A Virtual Trip Through Haunted Anoka Online NEW

Through the magic of Poer Point, your guide will take you through forgotten Anoka to hear the stories of the people who once lived there and, according to some, are still hanging around. During this presentation, she will tell you of a long-ago Anoka, of the Jackson Hotel, now Bill's, the old Post Office, Colonial Hall, the Masonic Lodge, and some infamous residences, all haunted, of course.

June Anderson

#8538 Th Oct 24
 \$15 7-8 pm

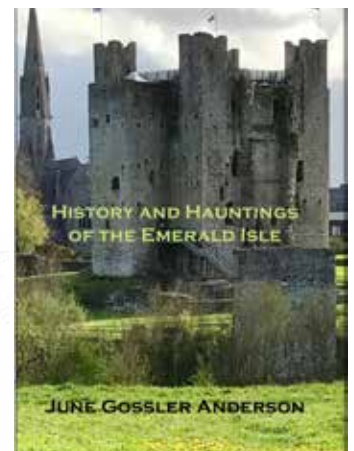


Hauntings and History of the Emerald Isle Online NEW

Experience history with a paranormal twist on an armchair tour through Ireland. Ireland is famous for its "thin places," a membrane or a thin layer between worlds that cross over each other. From pagan times to present, Ireland's dark history had been recorded in its abbeys and churches, forts and castles, jails and graveyards by those who lived during those turbulent times and often perished because of them. Their ghosts are eyewitnesses to this history. Sometimes they are history.

June Anderson

#8557 Tu Oct 15
 \$15 7-8 pm



Technology



Beginner's Guide to Using **FREE ChatGPT (AI) for Writers Online**

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind. No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts?

In this beginner-friendly course you'll learn how to:

- ◆ Register for a FREE ChatGPT account
- ◆ Input effective writing prompts to avoid nonsense responses
- ◆ Build creative content, from stories to marketing copy
- ◆ Determine its capabilities and limitations
- ◆ Understand ethical/legal considerations using ChatGPT

There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now. Informative handouts for future use are included in the class fee.

#3026 Sa Oct 19 \$30 12-2 pm

NEW & Updated* **Photo Organization - Print & Digital**

Imagine all your photos organized and a system in place that allows you to access any photo in literally seconds. This class will address the unique needs of Millennials, Gen X and Baby Boomers as every generation's photo situation is different. This includes slides, negatives, VHS, film movies, prints and old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing and restoration of older photos. You no longer have to imagine; make this your reality.

Kathy Povolny, over 25 years of experience instructing on this topic

#3512 M Nov 18 \$19 6:30-8:30 pm
RL/ECC: Rm 101

AI (Ai) For Older Adults So Easy and Practical Online

Are you curious about AI (AI)? Then this class is for you. (Older adults will find this class very rewarding) We will explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Take your search, research, inquiries, and answers to questions to a whole new level. Also, never worry about grammar and spelling errors again. You will be amazed at how user-friendly this session will be. Take this class; you won't be disappointed. A Zoom link will be sent to the email used for registration.

Mike Wilson, Back On Course Computer Training

#3513-A Sa Sept 21 \$20 4-5 pm
#3513-B M Oct 14 \$20 2-3 pm

Working with and Organizing Your Documents on Windows 10 & 11 Computers Online

Learn how to save files with Microsoft Word and your free installed Windows 10 and 11 word processors. We'll also cover how to create a PDF file and discuss how we would use them. You will see how to view, organize, and find documents, as well as place them on flash drives, external drives, and the cloud. Explore features to preview documents without opening them and attach documents to your e-mail for sending. Learn all these features in the Zoom classroom. Not for Apple/Mac users. A Zoom link will be sent to the email used for registration.

Mike Wilson, Back On Course Computer Training

#3514-A Su Sept 29 \$20 2-3 pm
#3514-B Sa Oct 12 \$20 2-3 pm



Adult Recreation & Sports



Men's 5v5 Basketball League Ages 18+

Officiated men's basketball league. Games played at Centennial Middle School. Includes 10 games plus playoffs. Two officials per game and scorekeeper. Game times vary in the evenings. Register by October 21, no refunds thereafter.

#6806 Su Nov 3-Feb 2 \$700 per team
6-10 pm CMS: Gyms 1 & 2

Adult Gymnastics Ages 16+

Discover the joy and excitement of gymnastics at any age. Our Adult Gymnastics Program is designed for individuals of all skill levels, from beginners to seasoned athletes. Whether you're looking to improve your fitness, learn new skills, or revisit a childhood passion, our program offers a supportive and encouraging environment.

Brittany Schneider - Adult Gymnastic Coach

7 sessions Mon \$70 8:05-9:05 pm
CHS/East: Gymnastics Room

#6037-A Sept 9-Oct 21
#6037-B Oct 28-Dec 16 No session Nov 4



Adult Open Volleyball Ages 18+

Drop in for a night of volleyball at Centennial Middle School. Please bring clean, dry court shoes.

This is a pay-at-the-door drop-in activity.

Fridays Sept 13-May 23 CMS: Gym 1 & 2
No Oct 18, 25, Nov 29, Dec 27, March 14, Apr 18
\$7 Payable at the door 6:30-9:30 pm

Intro to Pickleball Ages 18+

Come join the fun and learn to play pickleball. This is one of the fastest growing sports for adults. If you like tennis or ping pong, you will LOVE pickleball. Learn the rules, vocabulary, increase your skills or just come for the fun. Open to any skill level. Bring equipment if you have it; otherwise, we have equipment to use.

Dean Kramar

2 sessions \$26 6:15-7:30 pm CMS: Tennis Courts

#6028-A W Sept 18 & 25
#6028-B Th Sept 19 & 26

Beginner+ Pickleball Ages 18+

Looking for a bit more pickleball instruction? Ready to take a step beyond beginner? Then this class is for you! Basic information will be covered, but also more advanced concepts and techniques. This class will improve your game!

Dean Kramar and David Erickson

#6070 M Sept 30 CMS: Tennis Courts
\$19 6:15-8 pm

Adult Open Pickleball Ages 18+

All levels welcome!

Can't get enough pickleball? We are now offering drop-in open adult pickleball on select evenings. We supply the courts, nets, and balls. Participants can bring their own paddles, or we do have some to borrow. Those that show up will play matches and rotate. **Preregister for all drop-in dates and secure your spot for a discounted price of \$76. Registration deadline November 1.**

#6013 Tu/Th Nov 7-26 CHS/East: Lower Gym
6 sessions \$76 6:15-8 pm Drop in rate \$14



Tenicity Parent/Child Beginner Group Tennis Lessons

Ages 6-12 with adult See page 48

Trips & Outings

Trips depart from The Rookery Activity Center in Lino Lakes

Unless otherwise listed. All return times are approximate. No refunds after registration deadline.



St. Paul Ghosts & Gables Haunted Tour Tues, September 24



Standing and Walking is minimal. Join your entertaining Victorian ghost guide through historic Saint Paul to hear a thrilling tale of haunting. Designed to give you a bit of tingle, a shiver or laugh while learning some interesting history of our capital city. Locations include Saint Paul's historic Summit Avenue (considered one of the most beautiful streets in the country), charming Rice Park, which is older than Central Park in New York City, and surrounded by several haunted buildings plus more! There are over a dozen sites on this tour and a brief stop for a sip of spirits.

A light lunch will be at the St. Paul Grill and will include the Market Street Sandwich: Grilled chicken breast, thick-cut bacon, Swiss and cheddar cheese with sriracha mayo, hand-cut French fries, coffee and tea are also included.

Registration deadline Sept 4.

#8751 Tu Sept 24 \$97 9:45 am-4:30 pm

Stillwater Fall Colors Boat Ride Tues, October 15



All aboard for a lunch cruise on the St. Croix River! We will be leaving from the Stillwater docks and hope to see lots of beautiful fall colors on our 2-hour cruise. Lunch is served buffet style. Deli sliced ham, turkey breast, roast beef, salami, pepperoni, deli sliced cheeses served with fresh bakery rolls, sandwich trimmings, potato salad, seasonal fruit, cookies. After the boat ride you'll have about an hour to explore the waterfront, grab a treat, or do some shopping. Registration deadline Sept 16.

#8755 Tu Oct 15 \$85 10 am-4 pm

More Fun Activities

Quilt Shop Hop Southern MN All New Shop Locations [See page 12](#)

Kayak Adventure Tour Spoon/Gervais/Keller/Phalen Lakes [See page 26](#)

Photo Outings Join professional photographer Don Tredinnick on instructor led photo walks [See page 27](#)

Paramount Theater Concert & Lunch Jukebox Saturday Night The Music of Mancini Tues, October 29



Before we head to the Paramount Theater we will be stopping for lunch at the Coyote Moon Grill. The lunch buffet will have (3) chef-made entrées, potato and vegetable, salad bar with Caesar salad, popovers with honey butter and soup. A light dessert will also be included on the buffet. We are seeing Jukebox Saturday Night: The Music of Mancini. Mancini Centennial pays tribute to the great Hollywood film/tv composer Henry Mancini, who would be celebrating his 100th birthday in 2024. Mancini Centennial takes audiences through Henry's time as one of Glenn Miller's arrangers during World War II to his long and productive career writing music for Hollywood and becoming a chart topper in the "easy listening" genre. This show features Henry's compositions that have become some of America's most memorable melodies (Moon River from Breakfast at Tiffany's, music from The Pink Panther franchise, Peter Gunn television series, The Glenn Miller Story and many more), performed by an 11-piece band and includes a female vocalist.

Registration deadline Sept 26.

#8752 Tu Oct 29 \$99 10 am-4:30 pm

White Christmas at Chanhassen Dinner Theater Wed, November 6 or January 15



Come along with us to see Irving Berlin's White Christmas. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters enroute to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love a Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting, wholesome musical that will delight audiences of all ages. Lunch is included. Dessert and alcoholic beverages are on your own.

\$109 9:45 am-4:30 pm

#8754-A W Nov 6 Registration deadline Oct 4

#8754-B W Jan 15 Registration deadline Dec 12



Bentleyville

Tues, November 26 Age 21+

Billed as America's Largest Free Walk-Through Lighting Display, Bentleyville invites guests to stroll under the glow of over 5 million lights in a 20-acre park situated on the shores of Lake Superior, while enjoying complimentary hot cocoa, cookies, popcorn and roasted marshmallows! Before our stop in Bentleyville, we'll visit Hoops Brewing. A BBQ buffet dinner will be served by OMC Smokehouse, pork or brisket with sides. Bring some additional money along if you'd like to sample beer or have some coffee from the Duluth Coffee Company. We'll arrive at the brewing company around 3:15 pm and head to Bentleyville around 5 pm, with an estimated departure at 6:30 pm. *While at Hoops we'll have a short talk from Dave, master brewer and the owner of Hoops Brewing.*

Bentleyville has gone from a 2-month hobby to a year-round organization that involves planning, repairing, purchasing, fundraising and organizing one of Minnesota's largest events. Food and toy donations are accepted. Price includes transportation & dinner.

Registration deadline Nov 7.

#8753	Tu	Nov 26
	\$70	12:45-9:15 pm



Spring Branson Trip

Monday-Friday, April 21-25, 2025

We heard you! After many requests we are set to travel to Branson.

Monday we will travel to Kansas City for the night, staying at the Drury Inn, we'll enjoy their free Kickback dinner. Lunch in Des Moines is included.

By Tuesday at 2 pm we'll be at our first show, The Amazing Acrobats of Shanghai. Lunch is before the show, just as we get into Branson. Our evening show is The Haygoods, with dinner before at Fall Creek. Our accommodation for two nights in Branson is at the Comfort Inn Thousand Hills, breakfast is included.

Wednesday morning is set aside for shopping at Grand Village or Branson Landings. If you want to view the fountain, head to Branson Landings. Lunch is on your own. Then we'll have a pre-show at Dolly Parton's Stampede, dinner, then the actual show. But we're not done, we'll catch the last show of Six, before going back to the hotel.

Before we start for home on Thursday we'll go to the Grand Country Show at 10 am, and have lunch, before heading back to Kansas City, departing Branson around 1:30 pm. We'll stay at the Drury Inn and enjoy their free Kickback dinner. After dinner we'll have a step on guide for a Kansas City tour.

Friday we'll head for home, lunch included in Des Moines.

Lunch Wednesday, and travel stops are on your own.

Other meals are all included.

First payment will be half the cost, due at registration, with the remaining balance due January 8. No refunds after January 8.

Travel insurance is optional, and offered through an outside company, USI Affinity, you can call 1-855-874-0156. Our account number is 50097.

#8764 Monday we leave around 7 am, and we'll be back Friday around 7 pm. Pick up locations The Rookery, Lino Lakes & MaryAnn Young Senior Center, Blaine

Single Occupancy: \$ 1,685 Double Occupancy: \$1,375

Nashville Trip September 20-27, 2025

We'll stop in St. Louis on the way to see the Arch. Nashville highlights include: The Country Music Hall of Fame, The Grand Old Opry, a River cruise, and lots more!!!

Look for more details in the Winter Activity Guide.

Outdoor Events, Classes & Outings



Wolf Howl Bonfire

Friday, Sept 20 All ages welcome

Meet and learn about some of Minnesota's most fascinating wildlife during a bonfire program at the area's premiere wildlife facility, the Wildlife Science Center. The center's resident wolves, mountain lions, coyotes, foxes, lynx, and raptors will be the focus of this incredible opportunity. At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song (feel free to join in if you like). Dress for the weather as most of the event is outdoors.

#8560 \$20/person 5:30-8 pm
Wildlife Science Center

Mike Lynch Minnesota Star Watch Program

**Tues, Nov 19 All ages welcome
Most appropriate for children
ages six and up**

Make the stars your old friends as we watch the great celestial show in the skies over Rice Lake Elementary. Get to know the constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured. We'll have giant telescopes aimed at Saturn, Jupiter, star clusters, galaxies, and more. An astronomical camera system will also capture breathtaking images. Mike will have books, photos, and cool glow-in-the-dark shirts available for purchase.

Mike Lynch, retired WCCO meteorologist has been hosting star watch parties and teaching astronomy for over 50 years. He also writes a weekly stargazing column for the St. Paul Pioneer Press.

#8506 6:30-8:30 pm
RL/ECC: Rm 101 & under the stars
\$25 individual
\$60 family up to 4

Kayak Adventure Tour

**Saturday, Sept 14 Spoon/Gervais/Keller/Phalen Lakes
Ages 8+ (under age 12 must be accompanied by an adult)**

Why take a drive through the city when you can paddle. Experience a fresh perspective from the lake. Take part in an adventure with other people interested in kayaking and admire 4 adjoining lakes in Ramsey County near Maplewood MN. The experience will offer a calm setting navigating from one lake to another under bridges and through a creek. These locations are known to house abundant wildlife for potential viewing. This adventure is suitable for a beginner with experience paddling 1-2 times or an expert paddler. All related kayaking equipment provided including kayaks, paddles, PDFs and dry bags. Wear comfortable clothing that can get wet, including shoes. Please arrive 20 minutes before launch time.

Christina Finnegan, SilverFinn Kayaking

#6117 Sa Sept 14 9:30-11:30 am (lunch afterwards at Keller Golf Course)
\$70 (includes meal, beverage, & gratuity)



Forest Bathing

This Japanese art form and reflective practice, shinrin-yoku, loosely translates to "taking in the forest through our sense." Are you feeling stressed or overwhelmed? Forest Therapy is a practice of spending time in forested areas to enhance health, wellness, and happiness. Come slow down, de-stress from your daily routine, and deepen your connection to nature. It is different than other nature experiences, in forest bathing, we will be slowing down with intentionality and engaging all our senses through some activities.



Give your mind and body some time to rest, wander and wonder in nature.

Kristen Mastel, Certified Forest Therapy Guide

#6063 Su Sep 15 9-11 am
\$35 (plus park vehicle permit fee: \$7/day or \$35/year)
William O'Brien State Park

And don't forget the Halloween Hustle!

Saturday, October 26 Bring the entire family; pets are also welcome to join the run - dress in costume if you'd like, and join us for a fun-filled morning. [See page 19 for details.](#)



Join professional nature photographer Don Tredinnick on these instructor led photo walks

Don Tredinnick is a professional photographer, and owner of Frozen Hiker Photography.

Please note meeting locations and camera requirements in descriptions below. All levels of experience are welcome.

We are outside so bring water, and dress for the weather.



Early Fall Nature Hike

Join Don as we stroll along the trails at the Tamarack Nature Center where a wide variety of trees, prairie and wildlife make an excellent location for a fall photo hike. We should be able to see some early fall colors, fall flowers, and (if we are lucky) some wildlife.

Don will provide tips and guidance along the way. **You will need a camera that allows for manual camera settings and a lens that can range in focal length from 24mm to 105mm.**

#8705A Sa Sept 21
\$30 10 am-noon
Tamarack Nature Center



Sandhill Crane Migration

Join Don as we capture images of the amazing Sandhill Cranes at Crex Meadows in Grantsburg WI. From Mid-Oct through Mid-Nov thousands of sandhill cranes stop over at Crex Meadows as they make their migration. This is a fantastic opportunity to capture photos of the birds as they return in the afternoon from the area's farm fields. We will meet in the parking lot at the visitor's center where we'll get cameras set up and ready for photographing the birds. We'll cover some basics of photographing birds both in flight and on the ground (some of the most interesting behavior happens on the ground). On the location, Don will spend time with each participant to ensure they can get good shots and don't get frustrated. As the sun gets lower in the sky, adjustments need to be made to ensure that our photos are not getting over exposed.

In this class you will learn:

- ◆ proper techniques to capture great images of any migratory animal
- ◆ how to take photos of moving subjects
- ◆ how to evaluate light to get the best possible exposures
- ◆ how to anticipate wildlife behavior

Dress for the weather. Have a telephoto lens of 400mm or longer, a DSLR or mirrorless camera, extra batteries, extra Memory Cards.

#8705B Sa Nov 2 \$48 2:30-5 pm
Meet at Crex Meadows Grantsburg WI



Holiday Lights Photowalk

Join Don as we capture local holiday lights displays. Meet at Caribou Coffee, where Don will provide some tips on photographing holiday light displays. We will then head over to Cinnamon Teal Ct. to photograph the amazing light displays put on by the neighborhood. Don will spend time helping participants with camera settings, focusing at night, creative camera effects such as zooming with long exposures, and shallow depth of field. We will also work with some of the challenges such as dealing with movement, and sequenced light displays.

You will need a camera that allows for manual settings, and a lens that can range in focal length from 35mm to 105mm and a tripod.

#8705C F Dec 6 \$30 5-7 pm
Meet at Caribou Coffee, 730 Apollo Dr, Lino Lakes then we'll head to Cinnamon Teal Ct

After School Elementary Offerings

For the purposes of safety and security, students may register for after school classes ONLY at the elementary school in which they are enrolled.



Beginning Chess Grades 2-5 America's Fun Science
Learn how to play chess in a fun environment, right after school. Each class will focus on a different piece. The session will culminate with an exciting tournament on the last day with prizes. #7628

Intermediate Chess Grades 2-5 America's Fun Science
Prerequisite: Beginning Chess or equivalent. Expand your knowledge of the game. Learn strategies, moves and counter moves. The session will culminate with an exciting tournament on the last day with prizes. #7625

Bricktopia Racers Grades 1-5 Youth Enrichment League
Join us after school to build Formula 1 racers, land yachts, and more with LEGO® bricks. Explore engineering and problem-solving in an innovative and adventurous way. #7819

Winter Extravaganza Grades K-5 Kidzart
Let's bundle up and dive into the beauty of winter art after school. Using different techniques, we'll create a magical winter wonderland with a penguin parade on ice, an enchanting winter lantern, and a charming snowy cabin landscape. #2364

Fall Fantasy: Multi-Media Art Adventure Grades K-5
A whirlwind of fall creativity awaits you after school with Kidzart! Projects include a chalk pastel fox portrait, a watercolor landscape and patterned stamps on a Sculpey clay garland. #2362

DASH After-School Flag Football Camp Grades 2-5
Experience football in a little-to-no-contact, safe environment. Learn key elements of passing, catching, rushing and defense. Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats and mouth guards are optional). Footballs and flag belts are provided. Participants will check in with the instructor in the gym and then go outside for class, dress appropriately. If it's raining, class will be held inside and players will need tennis shoes. #6956

Masterpiece Makers After School Art Club Grades K-5 Kidzart
Experiment with different materials, new techniques, sharpen your skills and create stunning artistic pieces. From collages and mixed-media to wearable art projects, you are sure to strengthen your creative thinking skills. #2363

Blue Heron Beginning Chess

Grades 2-5
#7628-A Th Sept 19-Oct 10
4 sessions \$65 3:45-4:45 pm
BH: Media Center
(Rm B122 Oct 10)

Bricktopia Racers

Grades 1-5
#7819-B Tu Nov 5-Dec 10
6 sessions \$85 3:45-4:45 pm
BH: Media Center
(Staff Lounge/B120 Nov 19)

Winter Extravaganza

Grades K-5
#2364-B W Dec 4-18
3 sessions \$54 3:45-4:45 pm
BH: Rm B120/Staff Lounge

After-School Flag Football Camp

Grades 2-5
#6956-C W Sept 18-Oct 9
4 sessions \$79 3:55-4:55 pm
BH: Field

Centennial Beginning Chess

Grades 2-5
#7628-C Th Nov 14-Dec 12
4 sessions \$65 3:45-4:45 pm
No class Nov 28
CT: Media Center

After-School Flag Football Camp

Grades 2-5
#6956-A M Sept 16-Oct 7
4 sessions \$79 3:55-4:55 pm
CT: Field

Fall Fantasy Multi-Media Art Adventure

Grade K-5
#2362-A Tu Sept 24-Oct 8
3 sessions \$52 3:45-4:45 pm
CT: Rm 116



Centerville

Intermediate Chess

Grades 2-5

#7625 F Sept 20-Oct 11
4 sessions \$65 3:45-4:45 pm
CV: Rm 157

After-School Flag Football Camp

Grades 2-5

#6956-E F Sept 20-Oct 11
4 sessions \$79 3:55-4:55 pm
CV: Field

Masterpiece Makers After School Art Club

Grades K-5

#2363-A Tu Oct 22-Nov 26
6 sessions \$110 3:45-4:45 pm
CV: Rm 157

Golden Lake

Bricktopia Racers

Grades 1-5

#7819-C W Nov 6-Dec 11
6 sessions \$85 3:45-4:45 pm
GL: Rm 213

Winter Extravaganza

Grades K-5

#2364-A Tu Dec 3-17
3 sessions \$54 3:45-4:45 pm
GL: Rm 213

After-School Flag Football Camp

Grades 2-5

#6956-D Th Sept 19-Oct 10
4 sessions \$79 3:55-4:55 pm
GL: Field

Fall Fantasy Multi-Media Art Adventure

Grade K-5

#2362-B W Sept 25-Oct 9
3 sessions \$52 3:45-4:45 pm
GL: Rm 213

Rice Lake

Beginning Chess

Grades 2-5

#7628-B F Nov 8-Dec 6
4 sessions \$65 3:45-4:45 pm
No class Nov 29
RL: Rm 101

Bricktopia Racers

Grades 1-5

#7819-A M Oct 28-Dec 9
6 sessions \$85 3:45-4:45 pm
No class Nov 4
RL: Rm 101

After-School Flag Football Camp

Grades 2-5

#6956-B Tu Sept 17-Oct 8
4 sessions \$79 3:55-4:55 pm
RL: Field

Masterpiece Makers After School Art Club

Grades K-5

#2363-B W Oct 23-Nov 27
6 sessions \$110 3:45-4:45 pm
RL: Rm 101



Fall Fantasy Art



Masterpiece Makers Art Club



Beginning & Intermediate Chess



Winter Extravaganza

After School Middle School Activities

Activity buses depart at 4:45 pm Mon-Thur. After school supervision is available in the cafeteria until 6 pm at no additional charge. Check the box during registration if you'll be utilize busing or care. All activities are Grades 6-8 unless otherwise listed



Henna Workshop New!

Discover the rich culture of henna. Henna is a dye prepared from the leaves of a henna tree also known as Egyptian Privet. This class uses a natural henna product. Henna is a temporary body art resulting from the staining of the skin from the dyes. After stains reach their peak color, they hold for a few days, then gradually wear off, typically within two to three weeks. Learn the basics of henna tattoos and practice them. The instructor will fill in or finish your henna design and you can take home a henna cone (a henna applicator). All materials are provided. Participants will have a skin test prior to creating their design and a waiver will be required. Our instructor uses only natural henna.

Swetha Avula, owner of Acrylic Studio Art is an artist who was raised in India and enjoys blending experiences across multiple cultures and geographics.

#2356 F Sept 20 \$40 3-5 pm
CMS: Rm B109

Cookies & Canvas

Do you enjoy painting? Are you interested in learning to paint? Come join our "Paint Party" atmosphere, right after school at Centennial Middle School and learn to paint with acrylic paints on a 16" x 20" canvas or two 8" x 10" canvases using the step-by-step method or come with your own idea in mind! We take a cookie break while layers are drying and listen to music, creating a relaxed and fun atmosphere. Beginners and advanced students are welcome to join! All have the option of an "Open Paint Studio."

Sara Koehn, Art Teacher

2 sessions \$49 Mon 3-4:35 pm CMS: Rm E108
#2092-A Sept 16 & 30
#2092-B Oct 14 & 28
#2092-C Nov 11 & 18
#2092-D Dec 2 & 16

Strategy Games Club

Take strategy gaming to the next level. Play challenging games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, Godsforge, role playing and collectible card games, right after school at the middle school. Games are run by participants. Playing games develops analysis, problem solving, communication, and negotiation skills, and it's great fun.

Chess Strategy Game Association

#7786-A M Sept 16-Oct 21
6 sessions \$95 3-4:40 pm CMS: Media Center
#7786-B M Oct 28-Dec 16 No class Nov 4
7 sessions \$111 3-4:40 pm CMS: Media Center



FIRST® LEGO® League Robotics

No experience necessary

During the 2024-25 FIRST season, FIRST DIVE, teams will use their STEM and collaboration skills to explore life beneath the surface of the ocean. Along the way, we'll uncover the potential in each of us to strengthen our community and innovate for a better world with healthy oceans. Join us as we explore the future.

We will embrace FIRST LEGO League Core values:

- ◆ **Discovery:** We explore new skills and ideas.
- ◆ **Innovation:** We use creativity and persistence to solve problems.
- ◆ **Impact:** We apply what we learn to improve our world.
- ◆ **Inclusion:** We respect each other and embrace our differences.
- ◆ **Teamwork:** We are stronger when we work together.
- ◆ **Fun:** We enjoy and celebrate what we do!

If you need to ride the activity bus at 4:30 pm you can leave at that time, or parent pickup at 5.

There is a mandatory parent meeting on Monday, September 16 from 7-8 pm in the cafeteria.

The Centennial Robotics Booster club is able to offer assistance with the fee to those in need. Competition at Prior Lake on Saturday, November 23, 8 am-4 pm.

James Harris & Kjell Johnson

#6635 Tu Sept 17-Dec 17 \$159 3-5 pm
CMS: Rm E135 & E132 No session Nov 12



CoderZ League Grade 7-9

Help launch the next generation of coders in a first of its kind virtual robotics competition. Students practice coding while developing computational thinking and creative problem-solving skills. Join the virtual robotics and competition with thousands of teams across the globe. CoderZ League is an exciting, engaging, and entertaining virtual robotics competition for students of all levels to participate and learn about STEM, robotics, and coding, and to ignite their technology career paths. Build your team of up to six students and pick both a name and flag that will represent your team and carry you to victory. Working as a team to advance through missions, you will compete to unlock new challenges in a quest to get your virtual robots to the finals! Cost includes CoderZ League registration. Participants can also work on projects outside of class time. Basic coding or robotics experience preferred, but not mandatory. To learn more visit:

<https://competition.gocoderz.com/fall-league/>

Pete Crawford

8 sessions \$115 Thur Sept 26-Nov 21 3-4:30 pm
CMS: Rm E132 No session Oct 17

#6623-Beginner Grades 7-8
#6623-Advanced Grades 7-9



Girls Who Code



Club members will learn about computer science concepts, and just as importantly, they'll learn that they have a community in the computer science space! Girls Who Code offers an online program with project-based activities. Our curricula include activities for students with no computer science experience all the way up to college-level concepts. Throughout the club members will learn to see themselves as computer scientists, gain exposure to project management and problem-solving techniques, build sisterhood in a safe and supportive environment, learn the foundational computer science concepts that form the basis for all programming languages, and learn a variety of programming languages, including Scratch, Swift, Python, and JavaScript. Our activities and tutorials offer a range of difficulty for beginner programmers who have little to no experience programming to more advanced learners. Bring a water bottle and a nut-free snack.

Pete Crawford

#6636 W Sept 25-Nov 20 No class Oct 16
8 sessions \$89 3-4:30 pm CMS: Rm E132

Middle School Speech Team

Do you like to talk? Or maybe you want to improve your confidence in yourself? Then you want to be on the Centennial Middle School Speech Team! Speech Team competes in four meets a season against other MS speech teams from the Twin Cities metro area. The Speech Team student researches and writes their own speech OR finds a speech already written depending on the category chosen. Students should try and pick the category you wish to compete in and have a rough draft of your category before the first rehearsal/session. If you want help deciding on your category and how to put together your rough draft, the speech coaches will help in the first scheduled meeting. You will be required to have your category picked and a rough draft by the second meeting/rehearsal session. The list of categories and more details about how Speech Team works can be found at Centennialtheatre.org For questions contact ewebster@isd12.org. Cost includes bussing for away meets.

Rehearsals will be held in December. Speech meets are tentative and subject to change. Final speech meet dates/times/place will be confirmed by fall of 2024.

Meets will be in January and on a Tuesday or a Thursday at Minnetonka Middle School West, Minnetonka Middle School East, Eden Prairie (Finals Meet) and a Centennial Home meet. Meets are after school leaving around 2:30 or 3 pm and returning back to Centennial around 7:30-9 pm. Dates and times will be announced once the schedule is set.

Eric Webster

#7565 Dec 9, 13, 16, 17, 18, 19, 20 & meets in January
\$155 3-4:40 pm CMS: Auditorium



Middle School Improv

The Middle School Improv team is in its 23rd year! Improvisation is likely to be known as a performance form that allows for audience participation, is based on comedy, and is only for the very quick-witted. Improvisation, however, is a truly adaptable art form that has proven to be an effective tool onstage and off for many different age groups and levels of experience. In other words, while it can be highly entertaining, improvisation is much more than “being funny.” The tenets of improvisation - namely saying yes or accepting ideas without judgement, creating a safe atmosphere, and listening - have made this form important to actors and non-actors alike. For actors, improvisation is crucial to being in the moment and learning to trust your instincts onstage, particularly in auditions. For non-actors, improvisation is an effective tool for sharpening focus, evolving creative ideas, improving communication skills and teamwork. Students who participate in improvisation greatly improve their listening skills, focus, and schoolwork. For more info visit Centennialtheatre.org

Eric Webster

Fall Middle School Play 2024 The Legend of Sleepy Hollow: A Middle School Mystery

The harvest moon casts an eerie glow over Sleepy Hollow as the town readies for its 100th Harvest Festival. But within the creaky halls of Sleepy Hollow Middle School, a different kind of drama unfolds. Their annual production of the Headless Horseman legend faces a pre-show meltdown. Tensions simmer during the crucial overnight rehearsal, fueled by unsettling mishaps. Scripts vanish, props levitate, and whispers of the horseman himself echo through the halls. Is it just theatrical jitters, or has a touch of the supernatural seeped into the production? Ms. Tassie Kendrick, the determined director, and her organized student assistant, Felance McBeth, must navigate this theatrical nightmare.

Don't miss The Legend of Sleepy Hollow: A Middle School Mystery, where the curtain rises on a hilarious whodunnit with a chilling twist that will leave you guessing until the very last pumpkin rolls. For more detailed information visit Centennialtheatre.org

Mandatory Meeting: All cast and crew

September 6, 3-4:30 pm (there is no activity bus available after meeting)

Auditions: MUST ATTEND ONE September 9 or September 11, 3-4:40 pm

Rehearsals: Begin September 16 Shows: November 6-9

Online registration will open on Friday, September 13 at 3 pm once the cast/crew is posted

Registration deadline Tuesday, September 17

#6621 \$155: Cast and Stage Manager
\$85: Booth Crew, Costume Crew, Set and Props



Register for all 3 sessions now for \$175.

#6605-A Tu/Th Sept 10-26
6 sessions \$75 3-4:40 pm
CMS: Auditorium

#6605-B Tu/Th Feb 6-27
7 sessions \$75 3-4:40 pm
CMS: Auditorium and Gym 5

#6605-C M/W/F May 5-21
8 sessions \$75 3-4:40 pm
CMS: Gym 5

End of year show on May 23,
5 pm call, 6 pm show at CMS Auditorium



Middle School Debate Club

Debate is a fun, interactive activity about using evidence, reasoning, and public speaking to win your argument. We will debate topics relevant to the school, your life, and society in general. We want debaters who are excited about arguing, practicing public speaking, and being part of a team community. If you have any questions, talk with Jonathan. After winter break, we will be participating in three debate tournaments against students from all over the Twin Cities. Let's show them what Centennial Middle School can achieve!

The Minnesota Urban Debate League, Augsburg University. Facilitator Jonathan Kohan

Pizza Kickoff Event Oct 28

3:15-4:15 pm (anyone interested is welcome to attend)

#7790 M/W Nov 6-March 5 (approximate end date dependent on tournament schedule.) CMS: Rm C202

No class Dec 9, 16, 18, 23, 25, 30, Jan 1, 20, Feb 17

\$240 (financial assistance available for eligible families).

3:15-4:15 pm (activity bus and after school care available at no cost)

3 tournament dates to be announced. Pizza provided at tournaments.

We do ask that students attend most if not all of the sessions as this is a team experience that depends on its members to prepare for the tournament experiences.

Ultimate Outdoor Cooking Grades 6-10

Impress your friends and family by earning the title of Cast Iron Chef! Join Centennial area scouting units as they teach a wide variety of outdoor cooking skills, tips, and tricks right after school at the middle school. Those who camp or spend time outdoors know that eating is a necessity. Meals should be fun to prepare and the highlight of a trek. Food will brighten a stretch of stormy weather, energize trekkers striving toward a destination, and revive many a weary soul. In this course, you will learn about the gear necessary as well as how to plan and cook meals for a variety of outdoor activities. This is a hands-on series of classes that will allow the youth (with adult guidance and supervision) to do actual food prep and cooking over wood fires, camp stoves, Dutch ovens, and lightweight backpacking stoves. Most importantly, they will get to enjoy the results when the food is done.

Scouts BAS Leaders

#6617 Tu Sept 17-Oct 15
5 sessions \$45 3-4:30 pm
CMS: Outside the Cafeteria

Middle School Cougar Strength Grades 7-8

Cougar Strength is designed for ALL CENTENNIAL STUDENT ATHLETES who want to develop explosive power, absolute strength, muscular endurance, speed, quickness, agility, flexibility, and cardiovascular fitness. The program achieves these measured athletic qualities by introducing our middle school athletes to the base movements and their variations along with other movement preparatory exercises; high-intensity, strength-building exercises; exercises containing plyometric properties; proper technique and teaching progressions; and researched program design and periodization.

Cougar Strength is the only program in the school that connects ALL of our athletes and brings them into one room with a common goal - developing themselves as an athlete to help their teams be successful.

Cougar Strength will challenge you and bring your game to the next level. If you are ready to invest in your future success and more importantly, Centennial athletics future success, sign up today!

Due to the low cost, sessions missed for weather or emergency cancellations will not be rescheduled.

Tues/Thurs 3:10-4:10 pm
CMS: Weight Room

#6607-A Sept 17-Nov 21 \$60
No session Oct 17, Nov 12

#6607-B Dec 3-Feb 27 \$75
No session Dec 24, 26, 31 & Jan 21





Middle School Tennis

The CMS Tennis Program will introduce and develop participants in the lifelong game of tennis. Each lesson will have a plan and progressively build the fundamental athletic skills, stroke play technique, and understanding of the game's structure. Our coaching methods will strive to positively develop youth via sports. Classes will mainly be outside with some inside gym use. This program will provide the fundamental training and preparation for JV tennis.

Program Skill Levels: New beginners and those with prior beginner training experience. Players will be placed in sub-groups by skill level.

The program is led by Harsh Mankad and supported by his team of dedicated and trained coaches.

#6613 Tu/Th Sept 10-Oct 10
10 sessions \$217 3:05-4:30 pm
CMS: Tennis Courts & Gym 1 & 2

Middle School Archery

Thanks to our avid outdoors, certified NASP (National Archery in the Schools Program), and MN DNR Hunter Education instructors, this 5-week program is the perfect opportunity for students to learn and gain confidence in the sport of competitive archery. In each class, students will learn safety, proper technique, and receive plenty of archery shots and games in the sport dating back hundreds of years. AKASports provides all the equipment necessary.

AKA Sports

#6634 M Sept 23-Oct 21
5 sessions \$84 3:05-4:30 pm
CMS: Gym 3

Middle School Wrestling

No experience necessary! Welcome to Centennial Middle School Wrestling. Come join us this season! Wrestling builds endurance, strength and agility, improving athlete performance in all other sports. Wrestlers develop self-confidence and discipline as they work toward individual and team goals. Come see what all the excitement is about! Competitions will start mid-November with typically one per week. Busing will be provided from the middle school to meets. Parents will need to set up rides home if not attending the meet. Practice is Mon-Fri, 3-4:45, but those taking the activity bus home will be dismissed at 4:30, and are excused from Friday practices, as the activity buses run Monday through Thursday.

Centennial Wrestling Association

#6209 M-F Oct 28-Dec 20
35 sessions \$265 3-4:45 pm
No practice Nov 1, 4, 12, 28, 29
CMS: Gym 3

Middle School Boys & Girls Traveling Soccer

Both new and experienced Centennial players are welcome. Learn some new skills and stay active after school. Experienced coaches will lead soccer. Game schedule is pending; we will update game schedule ASAP. We hope to have between 6-8 games during the season, both home and away. Busing is provided to away games to and from the middle school. For away games students can ride with a parent home from the game, or will need transportation home from the MS. For practice nights, student can ride the activity bus home at 4:45 pm, or stay at school in the cafeteria with supervision until 6 pm. If you need after school supervision until 6 pm, please make note on your registration.

Please wear appropriate clothing for the weather, soccer cleats or tennis shoes, shin guards, and bring a water bottle (kids will not be allowed back into the building for additional water).

Mason Skede

#6602 M-Th Sept 11-Oct 15
20 sessions \$269 3:05-4:30 pm
CMS: Field 6

Middle School Cross Country

For any Centennial Middle School student - no experience required. Do you enjoy being outdoors? Do you want to meet new people? If the answer is yes, please consider joining the middle school cross-country running team. This activity is for everyone. Best of all - no experience required.

The goal of the cross-country program is to introduce kids to running, and to provide a venue for kids to meet and interact with other kids in a team setting. We have found that our cross-country athletes gain self-confidence and improve their ability to compete against themselves and others in their own age group. As a team, we celebrate individual improvements and achievements throughout the season.

The season will consist of after-school practices and meets, 5 away and 1 home meet at Centennial. The race distance is 1.2 miles over varying terrain including grass, dirt, gravel, and pavement. Practices will include stretching, running games, and distance runs.

Sports physicals are highly recommended for 7th and 8th grade students prior to registration. Sixth grade students currently do not need a physical. Physicals are good for three years unless restrictions exist.

Students have the option to ride the activity bus on Mondays through Thursdays, which departs at 4:45 pm. Otherwise, students can be picked up after practice, or after-school supervision is available at no additional cost for students participating in cross country.

There is no activity bus on Friday. For this reason, Friday practices are not mandatory if transportation is an issue.

A shirt/uniform to wear for meets is included. Practices may cancel due to inclement weather.

#6618 M-Th Sept 11-Oct 15
20 sessions \$189 3:05-4:30 pm
CMS: Track

Middle & High School Activities



Fall Volleyball League Grades 6-8

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, as well as game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Please indicate t-shirt size when registering. Wear comfortable clothes, dry athletic shoes, and bring a water bottle. No street shoes.

Season: Practices will start the week of September 16. Monday is always a practice night. The first two Tuesdays are practices, then games will begin on Tuesday, October 8. Games and practices generally happen between 6-8:30 pm. Games will be played at Centennial Middle School or other district locations depending on the number of teams. Wed, October 9 & 16 we will be playing in Forest Lake.

#6347-A Mon/Tues Sept 16-Oct 29 6-8:30 pm CMS: Gyms
Wed Oct 9 & 16 Forest Lake
Tournament: Sat, Nov 9 TBD

No practice on Tuesday, October 1, we encourage all families to attend youth night at the varsity volleyball match.

\$119 Registration deadline is August 25.
Registrations accepted thereafter if space permits for \$139.
No refunds after August 25.

We are looking for volunteer coaches.

Coaches will receive instruction and support. If you are interested in coaching, please contact csendle@isd12.org.

Stock Market & Personal Finance Club Grades 6-12 Online

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Create four investment portfolios to compare risk vs return on investment. Understand how an Initial Public Offering (IPO's) could become the next blue-chip company of tomorrow. Track and trade your stocks, mutual funds, and cryptocurrency to build wealth, not just savings. Use a personal finance simulator to see how improving your education and experience can raise your income if you can budget your resources and pay your bills. Learn how difficult it is to finance post-secondary education while still holding down your simulated job. Finally, if participants have interest, they can attempt to build and grow a simulated business. [A Google Meet invitation will be sent to the email entered upon registration.](#)

CSGA Enrichment

#7791 Th Sept 12-Dec 19 \$117 6:45-7:30 pm
13 sessions No club Oct 17 & Nov 28



Centennial Ski/Snowboard Club Grades 6-12

All levels welcome. Lessons and rentals available. Bus departs from CMS at 3 pm. Priority given to students registering for all five trips - registration deadline Dec 1.

Individual trips will open for enrollment Dec 2 at noon for remaining availability at \$69 each. Registration deadline is the Tuesday before the trip, space permitting. See more details at isd12.ce.eleyo.com.

Wild Mountain Dec 14, Feb 1, Feb 22
Trollhaugen Jan 18, Feb 8

#6515-A1 All five trips: \$279 3-9 pm

Check out more fall opportunities

Online Tech Academy: Dungeons & Dragons, Video Production, 3D Printing Jewelry page 40
Intensive Sewing page 41 Private Guitar, Ukulele or Voice Lessons page 43
Ninja, Archery, Bowling Club, Fencing, Soccer Academy & Tennis page 45-48

High School & Middle School



ACT Prep Seminar Grades 11-12

Gain valuable insight into the ACT through a close examination of each type of question. Discover strategies necessary for attacking the questions the tests cover and exploring general test-taking tips. Suggestions given for post-seminar test preparations. Bring a calculator and two pencils.

Doorway to College

#7550 M/Tu Oct 14-15
2 sessions \$104 3:30-6 pm
CHS/West: Learning Commons

Centennial Bowling Club

Grades 5-12



Bowling Club is a fall co-ed sport. Come try it out. Beginners welcome! New bowlers may attend up to two practices before committing to join. Fees include practices and regular season competitions. 5th and 6th graders are eligible for practice only. Bowlero Blaine is the sponsoring bowling center for the Centennial High School bowling team. Conference meets will take place one day per week, either on Thursday or Friday afternoons at bowling centers in the North Metro area. Meet dates are TBD. Students are welcome to join at any time, no equipment is needed and a t-shirt is provided to those that register by September 12. **The club end dates are estimates and will depend on the meet schedule.****

Practices Mon/Wed at Bowlero
Aug 12-Nov 13 4-5:30 pm
Meets Thur or Fri at bowling centers
#6631-A Grades 5-6 \$65
#6631-B Grades 7-12 \$65



Driver Education

Learn to drive safely and with confidence in preparation for your Minnesota provisional driver's license

Participants begin with 30 hours of in-class instruction to prepare for the knowledge (permit) test. Next step is to enroll in a behind-the-wheel program. Participants will then receive a certificate of enrollment and classroom completion card (blue card) allowing them to take their knowledge test. Pass the test and finish the process by completing 6 hours of behind-the-wheel instruction. All instructors are licensed teachers and licensed driver education teachers.

Due to high demand and the need for advanced registrations, any changes or cancellations once registered will incur a \$20 charge per occurrence. Missed driving sessions will be charged \$93 per occurrence.



Driver Education Classroom Ages 14 ½+

The first phase of driver education consists of 30 hours of in-class instruction that prepares students for the knowledge (instructional permit) test. Students will increase their understanding of basic skills, principles, and processes of responsible driving. Areas of concentration include driver's rights and responsibilities, alcohol and other drugs, signs-signals-road markings, rules of the road, safe driving tips, Minnesota traffic laws, and limitations for teen drivers. The AAA Driver Training Program curriculum emphasizes the latest concepts in driver safety. Participants who miss a class must wait for the next classroom series to make up for missed time. *Instructor: Matt Fenno*

Students who are age 15 by the end of classroom and already registered for BTW will receive their Certificate of Enrollment and Classroom Completion card (blue card) the last day of class.

#8550 \$175 CHS/West: Rm 409 **Must attend all 10 classes**
12:30-3:30 pm Tu-F, Aug 13-16 & M-Tu, Aug 19-20
3:30-6:35 pm M-Th, Sept 16-19

Driver Education Behind-the-Wheel *BTW*

Prerequisite: Must have completed 30 hours of classroom instruction, be at least 15 years of age. The second phase of driver education consists of 6 hours of hands-on instruction. Students **MUST** have passed their knowledge test and have their permit to start BTW lessons. Only once you have your permit will you be assigned to an instructor for lessons. Lessons are either one-on-one for three, 2-hour lessons or two-on-one for six, 1-hour lessons. All lessons begin and end at the front of the Centennial High School West campus building. Visit isd12.ce.eleyo.com for availability. Spots are limited.

Instructors: Craig Sturlaugson, Mickey Bluedorn & Matt Fenno

Need a 2-hour refresher before taking your driver's test?

Call Community Ed at 763-792-6100



Plan your Birthday or Special Day with Us!

The last half hour is reserved for refreshments you would like to provide or a gift opening.

Chairs and tables provided with decorative table coverings. All participants must have a signed waiver to participate.

Party host must remain on site for the duration of your party.



DASH Sports Themed Party NEW

Looking for a fun sports-themed birthday party? DASH Sports can help! Ages 5-12

Book a DASH coach for an hour to facilitate a fun, structured sports-themed party with games/scrimmages. Then spend the last 1/2 hour in the cafeteria. You provide your own food (no red beverages and no food in the gyms). Book an additional 30 minutes of structured sports time for an additional \$100.

Sport options: basketball, soccer, flag football, floor hockey, dodgeball and volleyball. Choose up to three sports. All equipment provided. Max of 20 participants.

Saturdays 1:45-3:15/3:45 \$210/\$310 BH: Gym & Cafeteria

- #6970-A Sept 21
- #6970-B Sept 28
- #6970-C Oct 5
- #6970-D Oct 12



Pool & Gymnastics Parties

Ages 4-12, For up to 15 children

1½ hours in length Saturday Afternoons

Spend the first hour doing gymnastics or playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening.

Pool Parties

Swim, relax and enjoy your child's birthday or special occasion in our indoor pool that is especially reserved for your child. Certified lifeguard on duty but parents/guardians must accompany swimmers who cannot swim the width of the pool with front crawl, non-stop with rhythmic breathing. Contact the Aquatics Coordinator, Clare Waddell by email cwaddell@isd12.org for availability.

Gymnastics Parties

Throw an energized party where guests will tumble, flip, swing and dangle in a safe, fun gymnastics environment. Start with a short warm up and then choose from three combinations of activities to customize your party. Gymnastic staff on hand at all times to supervise and lead gymnastic activities. Reserve your date today! Call Community Education main line for availability 763-792-6100.

\$175 CHS/East: Lower Level

Have a special date or time to request outside those listed? Please contact us and we'll see if we can make it work.

Youth & Family Events & Special Interest



Family Puzzle Challenge 12 and under with adult

Calling all jigsaw puzzle enthusiasts! Compete with other teams to put together a 500-piece puzzle! The fee includes the puzzle (yours to keep), pizza, drinks, and prizes. Register as a beginner if you have a younger/less experienced team, or advanced if you are up for the challenge! There will be different puzzles for beginning and advanced.

Team must consist of 1-2 adults and 2-3 youths 12 years of age or younger. Hands only. No cutting devices, flashlights, phones, or other aids. No interference, distractions, or assistance from contestant onlookers. Feel free to bring a gently used, complete puzzle to trade. Pizza and beverages served at 5:45 pm. The contest begins at 6:15 pm. Families will have until 7:30 to work on their puzzle.

#8590 F Nov 8 \$50 5:45-7:30 pm
CMS: Cafeteria



Little Nature Adventures!

Preschoolers ages 2-5 with parent/adult

Fall is a great time to get outside. Bring your preschooler and join Naturalist, Jon, at Wargo Nature Center, for a story and a hike! Adults and children will have the opportunity to work and learn together in the woods of Wargo. We'll explore with our senses and see what we can find. Come dressed for the weather, these classes will be primarily outside.

Jon Stordahl

\$15 adult with child pair Mon 10-11 am
Wargo Nature Center

#1056-A	Sept 9	Fall in the Prairie
#1056-B	Oct 14	A Mighty Migration
#1056-C	Nov 18	Great Big Leaves



Santa's Holiday Workshop: Gingerbread House Making Ages 3-11 with adult

Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. All children must attend with an adult. Come anytime from 9:30-11 am. Project will take approximately 30-45 minute to complete.

Kayla Little

#2028-A Sa Dec 14 9:30-11 am
\$25 child/adult pair CT: Cafeteria

Breakfast with Santa Ages 10 & under with adult

See Santa before he heads back to the North Pole. Everyone will have a light breakfast of muffins, yogurt, fruit, juice, or coffee. The children will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am for a visit.

#8507 Sa Dec 7 9-10:30 am CT: Cafeteria & Gym

Age 2-10: \$14; Adults: \$4
Family max \$42, includes 2 adults max
Contact Community Ed to register to receive special pricing.

More Family Friendly Activities

Wolf Howl Bonfire on Friday, Sept 20

Mike Lynch Minnesota Star Watch Program on Tues, Nov 19

See page 26 for details



Spark Equestrian Day Camp

Ages 6-12

Participants will learn the basics of horse care, grooming and riding. Take turns riding and leading horses for other riders while learning the techniques to walk, steer and stop a horse properly. Camp also includes games, crafts, and making treats for the horses. We will spend time both indoors and outside so wear multiple layers. Long pants and close-toed shoes are required. Helmets will be provided. A waiver will be provided upon registration, completed waivers must be handed in at camp. Please bring a peanut-free lunch and beverage.

Kate Goodpaster, Hardwood Creek Farms

\$140 9 am-2 pm Hardwood Creek Farms

#6960-A	Th	Oct 17
#6960-B	F	Nov 1
#6960-C	Tu	Dec 31

Tot Skates & Silver Skaters

Mon & Wed, Sept 9-Dec 18



Skating is a great way to exercise, socialize and have fun. Spend some time building balance, coordination, and basic skating skills together. Skating is a great hobby for enjoying our Minnesota winters and for some it may be just the first step to learning more advanced skills. You will also get the chance to see our community rink and have it all to yourselves! Bring your own skates if you have them.

Very limited skate rentals available at this time.

Ice Arena staff will be present.

10:30 am-noon No open skating Nov 4

PAY DIRECTLY AT THE ARENA

\$5 per adult or \$5 per adult/child pair



Tot Skates Ages 2-5 with adult

Join other little ones your own age and their grown-ups they have brought along for some open skate time.

Don't forget it's okay to fall, in fact, learning to do it safely is a great skill to have. Skating is a great way to burn off extra energy for little ones.

Silver Skaters Ages 55+

Grab some friends or neighbors and enjoy some dedicated time in the community rink.

Food Truck & Fun Festival

Join us Thursday, August 15, Centennial Middle School, 4-8 pm for an evening of food, performances, demonstrations and more.

Enjoy delicious foods from these vendors

- North Star Donuts
- Mik Mart Ice Cream
- D & D Goodies Vietnamese Cuisine
- Chili Lime Tacos and & Tots
- PJ Grill
- Nothing Bundt Cakes
- Fat House BBQ
- DJ Brewz



Youth **Academics** Tech Academy Online

All New Classes! Additional Technical Requirement: PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones. A Zoom link will be sent to the email used for registration.



Dungeons & Dragons 101 One Shot Campaign

Grades 3-6

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

#7596 Sa Sept 14 & 21
2 sessions \$69 9-11 am

Dungeons & Dragons 101 One Shot Minecraft Adventure

Grades 2-6

Learn the basics of Dungeon and Dragons. Pick and develop your character and join us for a Minecraft one shot campaign.

#7607 M Dec 30 \$53 9 am-noon

Dungeons & Dragons 101 with Character Creation

Grades 3-6

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

#7598 Tu Oct 1 & 8
2 sessions \$69 6-8 pm

Video Production "Top" List Creator

Grades 3-6

Learn how to create YouTube content. YouTube is the top destination for online videos. Learn tricks that pro filmmakers use to create top 10 or favorite list videos. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world. **Additional Technical Requirement: Cell phone video camera or external webcam. Wondershare Filmora (free download).**

#7606 F Dec 27 \$49 9 am-noon

Video Production Podcasting

Grades 3-8

Learn the ins and outs of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world. **Additional Technical Requirement: Cell phone video camera or external webcam. Wondershare Filmora (free download). Audacity free software download.**

#7605 Th Nov 7 \$34 6-8 pm

3D Printing Dungeon & Dragon Die Design

Grades 3-7

Learn the ins and outs of 3D Design with Tinkercad. Participants will design custom D&D D4 (4-Sided) and D10 (10-Sided). Dies will be printed and mailed home. **Additional Technical Requirement: Tinkercad (login information provided during class).**

#7604 Sa Oct 19 & 26
2 sessions \$66 10:30 am-noon

3D Printing Jewelry Design

Grades 2-6

Bring your creations to life in this 3D printing class. The ancient craft of jewelry making is brought to the modern world using Tinkercad. Participants will learn to build 3D models on the computer using CAD software. They will design a pair of earrings, and a ring. Participants can pick one project to be printed.

Additional Technical Requirement: Tinkercad (login information provided during class).

#7597 Th Sept 26 \$49 6-8 pm

Stock Market & Personal Finance Club

Grades 6-12 Online

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator.

Create four investment portfolios to compare risk vs return on investment. Understand how an Initial Public Offering (IPO's) could become the next blue-chip company of tomorrow. Track and trade your stocks, mutual funds, and cryptocurrency to build wealth, not just savings. Use a personal finance simulator to see how improving your education and experience can raise your income if you can budget your resources and pay your bills.

Learn how difficult it is to finance post-secondary education while still holding down your simulated job. Finally, if participants have interest, they can attempt to build and grow a simulated business.

A Google Meet invitation will be sent to the email entered upon registration.

CSGA Enrichment

#7791 Th Sept 12-Dec 19 \$117
13 sessions 6:45-7:30 pm
No club Oct 17 & Nov 28



Youth Create



Intensive Sewing Class Ages 8-13

Participants will learn basic sewing techniques and will create projects from scratch. Hand and machine techniques will be used. Projects will include a headband, bookmark, snack bag, and iPad cover. All supplies and tools provided. Bring a nut-free lunch/snack and beverage.

Nena Tinoco, owner

\$88 9 am-1 pm Nena's Atelier, Oakdale
#2500-A F Oct 18
#2500-B M Dec 2

Grown Up & Me Farm Animals Painting Ages 6+ with Adult or Age 16+ Sibling

Join us for a fun-filled morning as we create an acrylic painting on two 8"x10" canvases. This class is designed for two painters each painting one-half of a masterpiece. Enjoy a no-experience-required art class - all supplies included - directed by Your Bearded Artist who guides participants step-by-step through recreating Farm Animals Duck/Pig - My Grown Up & Me.

*Jeremy Ross, owner artist,
Your Bearded Artist*

#2371 Sa Nov 9 \$48
10 am-noon CMS: Rm E108



LEDs, Circuits & Conductivity with KidScientific Ages 5-12

Spark up curiosity in our illuminating science camp. Join us for a thrilling blend of learning and fun where young scientists will dive into fascinating theories while getting delightfully messy. Experience the excitement of paint bombs, uncover the mysteries of magic sand, and unleash your creativity by building a mini spin art machine. This camp is designed to engage curious minds in a hands-on exploration of scientific concepts while fully immersing them in the joy of experimentation. Don't miss out on this incredible opportunity to spark your child's love for science. Please pack a nut-free snack and drink for your child.

KidScientific

#2377 Sa Dec 14-21
2 sessions \$97 9 am-noon
CMS: Rm E106



Kidcreate Studio

Please pack a nut-free snack and drink for your child.

Teddy Time Ages 3-6

BYOT - Bring Your Own Teddy. Come create accessories for your favorite stuffed toy, all sized to fit just right. This is one artsy good time your kids and their teddies will not want to miss. Participants should bring a stuffed toy from home for this class.

#2373 Sa Oct 12 \$44 9 am-noon CMS: Rm 106



DIY Pinball Machine Ages 5-12

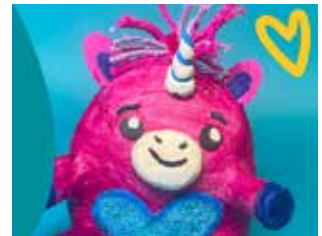
Ignite creativity in our DIY Pinball Machine class. Participants design and construct their own pinball masterpieces, combining fun and engineering in this thrilling hands-on art experience. But that's not all. You'll also get to design and construct your own kaleidoscope. What fun!

#2375 Sa Oct 12 \$44 1-4 pm CMS: Rm 106

3D Dino World Pajama Party Ages 3-6

Come to class in your jammies! That's right; we'll be doing art in our pajamas. Why? Because we believe everyone is more creative while wearing their slippers. Don't bring a pillow; there will be no time for napping. We'll be too busy creating.

#2374 Sa Nov 9 \$44 9 am-noon RL/ECC: Rm 101



Rainbicorn Surprise Ages 5-12

Kids embark on a whimsical journey as they sculpt and paint their very own adorable Rainbicorn, blending imagination with vibrant colors. Join us for a fantastical experience where art and fun collide, creating cherished memories for your little artists.

#2376 Sa Nov 9 \$44 1-4 pm RL/ECC: Rm 101



Centennial Dance Clinic

Grades K-6

Join the CHS Dance Team for an evening of dance, pizza and fun. Learn a dance routine to perform during a Centennial home FOOTBALL game on Sept 13. Registration fee includes a t-shirt, pizza on Thursday, game entry fee for dancer and dance instruction. Indicate t-shirt size when registering. Registration closes Sept 3.

#5553

Practice: Thur, Sept 12 5:30-7:30 pm CHS/East: Lower Gym

Performance: Fri, Sept 13 CHS/West: Cafeteria drop off 6:30 pm

Kids Dance

These high-energy classes focus on improving rhythm, balance and coordination

Younger children will use props: tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. Older children will continue to learn more advanced steps in Jazz, tap and ballet along with dance choreography and technique.

Dancers should wear clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes which can be ordered through the instructors the first day of class (tap \$35, ballet \$25).

We'll end this session with a short recital at Centennial Middle School on December 19.

Miss Jenny, Happy Feet Dance Co.

12 sessions \$169 Th Sept 12-Dec 19

CMS: Gym 5/Studio No class Oct 17, 31 and Nov 28

Hop N' Tots Preschool 3+

#5001-A 5-5:45 pm

Creative Dance Kindergarten

#5001-B 5:45-6:30 pm

Intermediate Dance Grades 1-2

#5001-C 6:30-7:15 pm

Tap, Jazz & Ballet Grades 3-5

#5001-D 7:15-8 pm

Mayer Arts Musical Theater

Learn how to properly speak your lines, block a scene, develop your character and more. We will also play fun, creative games. No experience necessary. Everyone will learn how to put together a professional show from start to finish. Wear comfortable clothing and lightweight tennis or dance shoes. Friends and family are invited to observe a special performance beginning the final 30 minutes of the final class.

8 sessions Tues Oct 1-Dec 3 \$90

CT: Rm 30-Little Theater No class Oct 15, Nov 26

Trolls Band Together Ages 4-8



We are Better Together! Everyone will choose their own characters, learn songs and dances from the new Trolls and put on a show.

#2360 6-7 pm

Descendants: The Rise of Red Ages 7-11



Travel back in time to save Auradon. Learn lines, songs and dances from the new Descendants and put on a show.

#2361 7-8 pm

Consider donating to our financial assistance program

Thank you for supporting additional learning opportunities for those in the Centennial community!

Join us in our mission of making connections within the community, removing barriers and providing learners of all ages with accessible and enriching opportunities... by making a financial gift to our financial assistance program. In showing your support, you are helping to ensure that all families in the community have access to learning and enrichment opportunities.

Last year Community Education provided over \$10,000 in financial assistance to families in our community

We are on pace to have a need that will surpass that number this year. Through this program participants are able to experience a wide variety of high-quality enrichment offerings such as STEM/STEAM and academic classes, swimming lessons, driver education, health and wellness, sports and recreational camps and so much more. Participants enjoy improved abilities, knowledge and social skills. In turn, the community gains greatly as a whole when all are able to pursue quality learning and enrichment opportunities. When checking out, you can make a financial donation by enrolling in course #50 and help make offerings possible for everyone in our community.

In addition to monetary support, we also welcome the gift of your time and talents through volunteerism.

Scan the QR Code to contribute & get more information





Music Together Newborn-PreK with adult

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes.

BOND more closely with your child through song.

MAKE NEW FRIENDS for both you and your little ones.

SUPPORT your child's overall development, knowing that music learning supports all learning.

HELP YOUR CHILD learn to sing and dance as naturally as they learn to walk and talk.

HAVE LOADS OF FUN (because children teach themselves through play!)

We bring families together in a warm, supportive environment with the goal of having everyone feel comfortable singing, dancing and jamming. Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music makers just by having fun making music themselves. Classes are mixed age so siblings can be together.

Infants under eight months on the first day of the session attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook, and parent education materials.

Music Together Instructor

10 sessions Th Sept 26-Dec 12 ECC: Rm 101 No session Oct 17 & Nov 28
 #1017-A 9:45-10:30 am
 #1017-B 10:45-11:30 am

\$199 first child/*\$119 additional child. No charge for children under 8 months old with registered sibling. *Discount in rate applies towards siblings in the same household. Infants attending without a registered older sibling pay the full class fee.

Visit a FREE demonstration class to see if this program is a good fit for your family. Please register separately for the demo events.

Demo classes are free but registration is required. One demo per family please.

Thurs Sept 12 ECC: Rm 101
 #1017-Demo A 9:45-10:30 am
 #1017-Demo B 10:45-11:30 am

Youth Cougar Choir

Grades 3-5

Students will have fun learning how to sing in a two-part harmony using proper vocal technique. Experience harmonizing and blending with those around you by singing songs with 1-3 vocal parts. We will sing a variety of music genres and share our prepared pieces during a concert at the end of our session on Nov 26. The concert will be held in the Little Theater at Centennial Elementary. Participants should arrive at 6 pm for practice and parents are invited to come at 6:40 pm for the performance.

Beth Althof, former elementary music teacher and professional choral musician

#5240 Tu Oct 1-Nov 26
 9 sessions \$99 6-7 pm
 CHS/West: Choir Room,
 CT: Media Center & Little Theater

Private Guitar/Ukulele & Vocal Lessons

All ages and skill levels

Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl, in half-hour lessons. Lessons will be tailored to each participant's needs and interests, and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, performance, and music theory. Please identify if a vocal or what instrument when registering. Students need to bring their own instrument.

If classes fill, please add your name to a waitlist. Instructor may add a day.

Brady is a full-time musician with over 15 years of professional experience teaching lessons and performing live gigs.

7 sessions \$185 Mon
 4-8:30 pm CT: Conf Rm

#5202-A Sept 9-Oct 21

#5202-B Oct 28-Dec 16
 No lesson Nov 4

Gymnastics

Gymnasts of all ages and abilities will learn the basics of gymnastics while improving strength, coordination, flexibility, balance, agility, confidence, and social skills for children of all ages and abilities.

Lead Instructor Kelly Border. All classes are held at the Centennial High School East Building in the gymnastics room across from pool locker room, use entrance N52. **With the exception of Wiggle Time, parents/guardians asked to wait for children near the gymnastics room; you may want to bring a chair.**



Wiggle Time-Parent/Child Ages 2-3

Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment. Children run, tumble, and spend time with you, while developing their gross motor skills. Class consists of 10 minutes of group time, 30 minutes of open (semi-structured free time) and five minutes of group time at the end of class.

Little Tumblers Ages 3-4

Must be potty trained, able to follow basic instructions and be comfortable in a group without parent Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment. No tights. Socks or bare feet only.

Tumblers Ages 5-7

Gymnasts will learn basic tumbling skills (forward and backward rolls, cartwheels, handstands, basic jumps and locomotor skills) and discover the basics on bars, balance beam, and vault. More advanced Tumblers will work on: Intermediate skill progressions on floor, bars, balance beam and vault. New skills introduced include: back bends, front and back handsprings on floor, back hip circles, and stride circles on bars and cartwheels on low beam.

Twisters Ages 8+ All Gymnastic levels

Gymnasts will work on skills according to ability. After initial group warm-up, gymnasts will be divided each session according to skill level from Beginner I to Intermediate.

Advanced Gymnastics Invitation only

Contact us if you believe you may be eligible. Gymnasts invited to this class will be required to have advanced skills on most events, have a strong work ethic, and desire to excel at a faster pace.

Gymnastics Open Gym

Entering Grades 1-6, all skill levels

Open gymnastics is a non-structured, supervised time to practice gymnastics skills and have fun. All participants must sign in upon arrival. \$5/person at the door. No pre-registration required.

Session I

No classes Oct 17, 19, 20

Mondays	Sept 9-Oct 21	7 sessions
Tumblers	#6000-A 4-5 pm	\$70
Little Tumblers	#1401-A 5-5:45 pm	\$53
Twisters	#6034-A 5:25-6:55 pm	\$105
Tumblers	#6000-B 5:55-6:55 pm	\$70
Open Gym	7-8 pm	\$10
Tuesdays	Sept 10-Oct 22	7 sessions
Little Tumblers	#1401-B 5-5:45 pm	\$53
Tumblers	#6000-C 5:50-6:50 pm	\$70
Twisters	#6034-B 7-8:30 pm	\$105
Wednesdays	Sept 11-Oct 23	7 sessions
Tumblers	#6000-D 5-6 pm	\$70
Little Tumblers	#1401-C 6:05-6:50 pm	\$53
Wiggle Time	#1400-A 6:55-7:40 pm	\$53
Thursdays	Sept 12-Oct 24	6 sessions
Tumblers	#6000-E 5-6 pm	\$60
Twisters	#6034-C 6:05-7:35 pm	\$90
Open Gym	7:35-8:05 pm	\$5
Saturdays	Sept 14-Oct 26	6 sessions
Wiggle Time	#1400-B 9-9:45 am	\$45
Little Tumblers	#1401-D 9:55-10:40 am	\$45
Tumblers	#6000-F 10:45-11:45 am	\$60
Twisters	#6034-D 10:45-11:45 am	\$60
Sundays	Sept 15-Oct 27	6 sessions
Little Tumblers	#1401-E 5:15-6 pm	\$45
Tumblers	#6000-G 6:10-7:10 pm	\$60
Twisters	#6034-E 6:10-7:10 pm	\$60
Open Gym	7:10-7:40 pm	\$5





Session II

No classes Nov 4, 5, 27, 28, 30, Dec 1

Mondays	Oct 28 -Dec 16	7 sessions
Tumblers	#6000-H 6-7 pm	\$70
Twisters	#6034-F 6-7 pm	\$70
Open Gym	7-8 pm	\$10
Tuesdays	Oct 29-Dec 17	7 sessions
Little Tumblers	#1401-F 6-6:45 pm	\$53
Tumblers	#6000-J 6-7 pm	\$60
Twisters	#6034-G 6:55-8:25 pm	\$105
Tumblers	#6000-K 6:55-7:55 pm	\$60
Wednesdays	Oct 30-Dec 18	7 sessions
Wiggle Time	#1400-C 6:40-7:25 pm	\$53
Little Tumblers	#1401-G 5:45-6:30 pm	\$53
Thursdays	Nov 7-Dec 19	6 sessions
Twisters	#6034-H 6-7:30 pm	\$90
Open Gym	7:30-8 pm	\$5
Saturdays	Nov 2-Dec 14	6 sessions
Wiggle Time	#1400-D 9-9:45 am	\$45
Little Tumblers	#1401-H 9:55-10:40 am	\$45
Tumblers	#6000-L 10:45-11:45 am	\$60
Twisters	#6034-J 10:45-11:45 am	\$60
Sundays	Nov 3-Dec 15	6 sessions
Little Tumblers	#1401-J 5:15-6 pm	\$45
Tumblers	#6000-M 6:10-7:10 pm	\$60
Twisters	#6034-K 6:10-7:10 pm	\$60
Open Gym	7:10-7:40 pm	\$5

Conquer Ninja Training All activities held at Conquer Gym-Blaine.

See full descriptions online at isd12.ce.eleyo.com



Intro to Ninja Ages 5-13

8 sessions	\$160
#6210-A	Su Sept 8-Oct 27 4-5 pm
#6210-B	W Sept 11-Oct 30 5-6 pm
6 sessions	\$120
#6210-C	Su Nov 3-Dec 15 4-5 pm No class Dec 1
#6210-D	W Nov 6-Dec 18 5-6 pm No class Nov 27

Ninja Day Camp Ages 5-13

#6215	Th Oct 17 \$109 9 am-3 pm
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Next Step-up Ninja Ages 5-13

Wed	6:15-7:15 pm
#6217-A	Sept 11-Oct 30 8 sessions \$160
#6217-B	Nov 6-Dec 18 6 sessions \$120 No class Nov 27

Conquer Ninja Rec

Ages 6-13

8 sessions	\$199	5-6 pm
#6213-A	Su	Sept 8-Oct 27
#6213-B	Tu	Sept 10-Oct 29
6 sessions	\$150	5-6 pm
#6213-C	Su	Nov 3-Dec 13
#6213-D	Tu	Nov 5-Dec 17

Advanced Conquer Ninja

Ages 6-13

8 sessions	\$199	6:15-7:15 pm
#6218-A	Su	Sept 8-Oct 27
#6218-B	Tu	Sept 10-Oct 29
6 sessions	\$150	6:15-7:15 pm
#6218-C	Su	Nov 3-Dec 13
#6218-D	Tu	Nov 5-Dec 17

Youth Recreation & Sports



Archery Grades 2-8

Explore archery as a lifetime sport while developing National Archery in the Schools Program (NASP) target archery skills. Learn safe techniques and practices; acquire skills related to effective communication, cooperation, rules, and respect in a group; use practice to improve skills and reach goals; rehearse good sportsmanship and gain exposure to the value of natural resources and the outdoor community. Equipment provided (Genesis Compound bows) via the Minnesota Department of Natural Resources (NASP), National Wild Turkey Federation (Struttin' Toms Chapter), Minnesota Deer Hunters Association (Lakes Chapter), Minnesota Bowhunters, Inc, Centennial Community Ed and Anoka County Youth Initiatives Grant.

Matt Doth

3 sessions \$48 CHS/East: Lower Gym

Grades 2-4 Mon Dec 2-16
 #6360-A 6-7 pm
 #6360-B 7:15-8:15 pm

Grades 5-8 Tues Dec 3-17
 #6360-C 6-7 pm
 #6360-D 7:15-8:15 pm

Intro to Basketball Ages 4-9

Classes will be age appropriate, with the younger group focusing on more introductory skills, learning the very basics of basketball and just being with friends and having fun. Older children will work on skills and drills too, possibly moving into friendly competition. We will work on dribbling, passing, shooting, and working with teammates. Bring a water bottle and carry in dry shoes to wear in the gym.

Vincent Murphy

3 sessions \$18 Sun Nov 3-17 CV: Gym
 #6140-A Ages 4-6 6-6:40 pm
 #6140-B Ages 7-9 6:50-7:35 pm

Centennial Bowling Club Grades 5-12

Bowling Club is a fall co-ed sport. Come try it out. Beginners welcome! New bowlers may attend up to two practices before committing to join. Fees include practices and regular season competition, 5th and 6th graders are eligible for practice only. Bowlero Blaine is the sponsoring bowling center for the Centennial High School bowling team. Conference meets will take place one day per week, either on Thursday or Friday afternoons at bowling centers in the North Metro area. Meet dates are TBD. Students are welcome to join at any time, no equipment is needed and a t-shirt is provided to those that register by September 12.

The club end dates are estimates and will depend on the meet schedule.**

Practices Mon/Wed at Bowlero
 Aug 12-Nov 13 4-5:30 pm
 Meets Thur or Fri at bowling centers
 #6631-A Grades 5-6 \$65
 #6631-B Grades 7-12 \$65



Fencing Grades 2-8

Join this fast-paced, inclusive (everyone participates), Olympic sport. YEL's Teach it, Practice it, Play It approach teaches fencers new skills each class, practices those skills in kid-friendly fencing games, and then encourages participants to use those skills in fencing bouts (matches). All equipment provided.

*Youth Enrichment League
 trained instructor*

#6029 Th Oct 24-Dec 19
 6 sessions \$88 5:30-6:30 pm
 No class Oct 31, Nov 28, Dec 12
 RL: Gym B/C

Golf Squad Grades K-5

Everything needed to participate for on campus classes is provided (all instructional equipment, Golf Squad Handbooks, training equipment, junior golf clubs, etc.) and each student receives a Golf Squad Handbook and hat or visor to keep. Registrants receive a weekly email detailing what students are learning. Simply register, show up and build the foundation to enjoy golf for a lifetime!

Golf Squad Instructor

#6168 Tu Oct 1-29 CT: Gym
 4 sessions \$159 6:15-7:45 pm
 No session Oct 15





Soccer

For safety and cleanliness, please carry your tennis shoes. Bring water. (no sports drinks or food allowed in the gym.)
Instruction and training provided by Centennial retired boys' varsity coach Jeff Ottosen and players

Mini Kickers Soccer Ages 3-5

Mini Kickers is a high-energy FUN, age-appropriate and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these newfound skills in a daily scrimmage. Bring a size 3 soccer ball. Shin guards optional. Tennis shoes only (no cleats).

#6379-A	M	Sept 23-Oct 14	
4 sessions	\$45	6-6:40 pm	CHS/East: Upper Gym
#6379-B	Th	Sept 19-Oct 3	
3 sessions	\$35	6-6:40 pm	CV: Gym
#6379-C	M	Nov 25-Dec 16	
4 sessions	\$45	6-6:40 pm	BH: Cafeteria
#6379-D	Th	Dec 5-19	
3 sessions	\$35	6-6:40 pm	RL: Gym A

Fall Soccer Skills Grades K-2

Learn how to "Defend the Den" with the Centennial Cougar recreational soccer program. This program is open to boys and girls of all levels of ability. We strive to provide an environment of wholesome, competitive fun, developing good character and sportsmanship, team play, and an education in the rules and skills of soccer. Small sided games are used to teach and equip our youth with the fundamentals of soccer. This program will focus on individual skills and help players improve their balance, control, and agility. To utilize full space, parents will be asked to stay outside the gym. Please bring a size 3 soccer ball, and shin guards to each session.

#6376-A	M	Sept 23-Oct 14	
4 sessions	\$49	6:45-7:30 pm	CHS/East: Upper Gym
#6376-B	Th	Sept 19-Oct 3	
3 sessions	\$38	6:45-7:30 pm	CV: Gym
#6376-C	M	Nov 25-Dec 16	
4 sessions	\$49	6:45-7:30 pm	BH: Cafeteria
#6376-D	Th	Dec 5-19	
3 sessions	\$38	6:45-7:30 pm	RL: Gym A

Cougar Soccer Academy Grades K-6

Serious about your soccer development? Then we want you in Cougar Soccer Academy - the highest level of technical and tactical advancement, for boys and girls, with curricular-based learning at its best. Start with 60 minutes of training followed by a 30-minute futsal game for friends and family to watch. We're building a pathway to excellence in our community.

4 sessions	\$109	Sun	Sept 22-Oct 13	CMS: Gym 3
#6193-A		Gr. K-3	4:30-6 pm	
#6193-B		Gr. 4-6	6:15-7:45 pm	
4 sessions	\$109	Sun	Nov 24-Dec 15	CMS: Gym 3
#6193-C		Gr. K-3	4:30-6 pm	
#6193-D		Gr. 4-6	6:15-7:45 pm	

Fall Youth Recreational Soccer Program Starting soon!

Grades K-5

Kickoff Saturday, August 17. Registration deadline August 8.
#6381 Aug 17-Oct 9 \$140
Practices Wednesdays, games Saturdays

Volleyball

Volleyball Intro Skills & Games Grade 3

Join us for a fun introduction to volleyball. We'll learn the basics and have lots of fun with skills and drills, and then at the end we'll invite parents for some games to show off what we've learned. T-shirts are included.

#6348 Th Oct 3-Nov 21
6 sessions No Oct 17 & 31 \$94
Practices on Oct 3, 10, 24, & Nov 7 6:15-7:30 pm CMS: Gym 1
Games: Nov 14, 21 Times TBD

Youth Fall Volleyball League Grades 4-5

A fun and instructional league emphasizing basic skills such as passing, setting, and serving, as well as game concepts and strategies. Learn through games and drills used to develop skills, increase knowledge of strategy, and a love of the game. Numbers permitting, teams will be formed by school. Please indicate school, grade, and t-shirt size when registering. Wear comfortable clothes, dry athletic shoes and bring a water bottle. No street shoes.

Practices will start the week of September 16. Monday nights are always practice nights. The first two Tuesdays are practices, then games will begin on Tuesday, October 8. Games will be played at Centennial Middle School or other district locations depending on the number of teams. Space is limited at all schools.

Mon/Tues Sept 16-Oct 29 Between 6-8:30 pm \$109.
No refunds after Aug 25. Registration deadline Aug 25.
Registrations accepted thereafter if space \$129.

No practice Tues, October 1, we encourage all families to attend youth night at the varsity volleyball match.

#6349-A	Blue Heron Elem
#6349-B	Centennial Elementary
#6349-C	Centerville Elementary
#6349-D	Golden Lake
#6349-E	Rice Lake Elementary

We are looking for volunteer coaches.

Coaches will receive instruction and support. If you are interested in coaching, please contact csendle@isd12.org. Player fees are waived for volunteer coaches.

Fall Youth Volleyball League for grades 6-8

See page 35



Tenicity Tennis

Tenicity is led by Harsh Mankad, a former professional player and award-winning tennis program leader

For questions, please contact Harsh Mankad at harsh@tenicity.com or at 651-285-7280. Visit Tenicity.com to learn more about our program. Makeup Policy: If half or more of a group lesson or match play is completed, or if weather interrupts the last hour of the camp, the session will be deemed as complete and no makeup will be offered for the remaining time.

Tenicity Beginner & Intermediate Group Tennis Lessons Ages 5-16

We invite you to join our group lessons and learn the lifelong game of tennis! The Tenicity coaching team will progressively develop players through the three stages in their beginner development pathway and at the intermediate level. Players will learn the game's different strokes, develop their coordination and fitness, gain character skills from working in a group, and learn the game's structure and rules in preparation for higher levels of play. Their coaching methods strive to positively develop youth via sports.

Outdoor Group Lessons

Skill Level: Beginner stages 1-3 and Intermediate or JV players. Players will be placed in sub-groups as per age range and skill level.

10 sessions \$158 Mon/Wed Sept 4-Oct 7

Jim Peterson Athletic Complex: Tennis Courts

#6204-A1 Ages 5-8 4:45-5:45 pm

#6204-A2 Ages 9-12 5:45-6:45 pm

#6204-A3 Ages 13-16 5:45-6:45 pm

Indoor Group Lessons

Skill Level: Lessons are for beginner stages 1-2, which includes new beginners and those with prior training. Players will be placed in the appropriate stage of training and in sub-groups by skill level.

To maximize space, parents are not allowed in the gym during lesson time. Please follow a drop off, pick up process whenever possible.

6 sessions \$115 Sun Oct 27-Dec 8 No lesson Dec 1

CHS/East: Lower Gym

#6220-A1 Ages 5-8 3-4 pm

#6220-A2 Ages 9-12 4-5 pm

Tenicity Team Tennis Match Play Program Ages 9-16

Match play ready players are invited to join our unique Team Tennis Match Play Program. Players will be placed in teams and will gain experience in different match formats and against a variety of players. Tenicity's coaches will provide players with coaching and feedback on their strokes and strategy to guide their learning and development.

Skill Level: Players ages 9 and older who are match play ready with the ability to serve and rally on the full court for their age group, have developed foundational net play technique, and know the rules and scoring for singles and doubles play. Strong JV and Varsity level players at the intermediate and advanced level. The program's coaches will create teams and matchups based on age range and skill level.

5 sessions \$208 Sat Sept 7-Oct 5 CMS: Tennis Courts

#6201-A Ages 9-12 10 am-noon

#6201-B Ages 13-16 10 am-noon

Tenicity Junior Tennis Training Camps Ages 5-17

The training camps will provide players with an immersive training experience to develop their game. Players will make new friends and be part of a positive group training environment. Players are requested to bring a snack.

Skill Level: These training camps are suitable for players at all skill levels. Players will be assessed and placed within a group at their age range and skill level.

5 sessions \$389 Sun Sept 8-Oct 6 CHS: Tennis Courts

#6203-A Ages 5-10 2-6:30 pm

#6203-B Ages 11-17 2-6:30 pm

Tenicity Parent/Child Beginner Group Tennis Lessons Ages 6-12

Learn and enjoy tennis with your children in a fun, positive, and well-structured coaching program created by Tenicity.

5 sessions \$143/pair Sat Sept 7-Oct 5 CMS: Tennis Courts

#6221-A Ages 6-8 12-1 pm

#6221-B Ages 9-12 12-1 pm



DASH Sports Camps

DASH Sports Camps introduce players to the key elements of the sport in a fun, positive environment

Please bring water to all camps. For younger ages, parent participation is either required or recommended as needed where noted. For a full camp description, please visit isd12.ce.eleyo.com



Flag Football Tykes

Ages 2-6

Spikes/cleats are optional.
Footballs and flag belts provided
4 sessions W Sept 18-Oct 9
BH: Baseball Field

#6957-A Ages 2-3 5:20-5:50 pm \$69
#6957-B Ages 4-6 6-6:45 pm \$75

Floor Hockey Tykes

Ages 2-5

Wear athletic clothing and shoes.
Sticks and pucks are provided.

4 sessions Sa Nov 23-Dec 21
No camp Nov 30 GL: Gym

#6255-A Ages 2-3 9:30-10 am \$69
#6255-B Ages 4-5 10:10-10:55 am \$75

Floor Hockey Ages 6-10

Wear athletic clothing and shoes.
Sticks and pucks are provided.

#6257 Sa Nov 23-Dec 21
4 sessions \$79 11:05 am-12:05 pm
No camp Nov 30 GL: Gym

Volleyball Ages 6-10

#6955 Sa Sept 21-Oct 12
4 sessions \$79 12:30-1:30 pm
BH: Gym

Multi-Sport Non-School Day Camp Grades K-5

9 am-4 pm CMS: Gym \$79
#6216-A Th Oct 17
#6216-B F Nov 1
#6216-C M Nov 4



T-Ball Tykes Grades 2-5

Bring a baseball glove.
Balls and bats provided.

4 sessions \$75 Sa Sept 21-Oct 12
BH: Baseball Field

#6961-A Ages 2-3 9:30-10:10 am
#6961-B Ages 4-5 10:20-11 am

T-Ball Ages 6-8

Bring a baseball glove.
Balls and bats provided.

#6969 Sa Sept 21-Oct 12
4 sessions \$79 11:10 am-12:10 pm
BH: Baseball Field

Basketball Tykes Ages 2-5

4 sessions Sa Sept 21-Oct 12 BH Gym

#6953-A Ages 2-3 9:30-10 am \$69
#6953-B Ages 4-5 10:10-10:55 am \$75

Basketball Ages 6-10

#6954 Sa Sept 21-Oct 12
4 sessions \$79 11:05 am-12:05 pm
BH: Gym

After-School Flag Football Grades 2-5

4 sessions \$79 3:55-4:55 pm Fields

#6956-A CT M Sept 16-Oct 7
#6956-B RL Tu Sept 17-Oct 8
#6956-C BH W Sept 18-Oct 9
#6956-D GL Th Sept 19-Oct 10
#6956-E CV F Sept 20-Oct 11



Skyhawks Sports Camps

Experience the thrill of team sports with Skyhawks! These well-rounded camps are designed for players ages 2-11 and teach all the skills needed from beginners to mastering the essentials. For a full camp description, please visit isd12.ce.eleyo.com.



Baseball Tots

Ages 2-4 with parent

4 sessions Tu Sept 17-Oct 8
\$69 BH: Baseball Field

#6165-A Ages 2-3 4:30-5 pm
#6165-B Ages 3-4 5:10-5:40 pm

T-Ball

Ages 5-7

#6173 \$85 5:50-6:50 pm
4 sessions Tu Sept 17-Oct 8
BH: Baseball Field

Hoopster Tots Basketball

Ages 2-4 with parent

4 sessions Sa Oct 26-Nov 16
\$69 RL: Gym B/C

#6160-A1 Ages 2-3 9-9:30 am
#6160-A2 Ages 3-4 9:40-10:10 am

Basketball

Ages 5-11

4 sessions Sa \$85 RL: Gym B/C

Ages 5-7

#6160-A Oct 26-Nov 16 10:20-11:20 am
#6160-B Nov 23-Dec 21 11:30 am-12:30 pm
No camp Nov 30

Ages 8-11

#6160-C Nov 23-Dec 21 12:45-1:45 pm
No camp Nov. 30

Volleyball

Ages 5-11

4 sessions Sa Nov 23-Dec 21 \$85
No camp Nov 30 RL: Gym B/C

#6157-A Ages 5-7 9-10 am
#6157-B Ages 8-11 10:15-11:15 am

Pickleball

Ages 5-11



4 sessions Sa Oct 26-Nov 16 \$85 RL: Gym B/C
#6199-A Ages 5-7 11:30 am-12:30 pm
#6199-B Ages 8-11 12:40-1:40 pm



Mini Hawk Flag Football

Ages 5-7

#6166 Sa Sept 21-Oct 12
4 sessions \$85 10:20-11:20 am Jim Peterson Athletic Complex

Flag Football

Ages 8-10

4 sessions \$85 Jim Peterson Athletic Complex
#6158-A Sa Sept 21-12 11:30 am-12:30 pm
#6158-B W Oct 23-Nov 13 6:25-7:25 pm

1st Down Tots

Ages 2-4 with parents



4 sessions Sa Sept 21-Oct 12 \$69 Jim Peterson Athletic Complex

#6417-A Ages 2-3 9-9:30 am
#6417-B Ages 3-4 9:40-10:10 am

4 sessions W Oct 23-Nov 13 \$69
#6417-C Ages 2-3 5:15-5:45 pm
#6417-D Ages 3-4 5:50-6:20 pm



For more sports camps for young children

see DASH sports on page 49



Aquatics

Lessons, training and recreational opportunities for people of all ages

When registering your children for swim classes, please remember to do so based on their current skill level and their ability to be appropriately challenged.

A class level too difficult or too easy will hinder the progress of the swimmer and possibly distract others in the class as well. Your child will benefit most being in the appropriate class level, based on their ability. We're here to guide your swimmers to confidence and success. Don't put your children in the same swim class for convenience. The Centennial Community Pool is in the high school east building.

Enter through door N52 accessible from stadium parking lot from 103rd Lane NE.



Our Aquatics program provides swim lessons aimed at teaching relaxation and comfort in the water, stroke skill development, diving, lifeguard training, open swim and more to area youth and adults. Programs run year round with limited class time in the fall and winter due to swim team use of pool.

Cancellation & Makeup Classes

Make-up swim lessons are not available when participants are unable to attend their scheduled lessons. In case of emergency closure, lessons will be extended at the end of the session.

If your child has special needs or you have concerns

If your child has special needs or you have concerns about your child, talk to the instructor on the first night to help the instructor better adapt and/or understand the needs of your child with the focus on continued growth in developing their swimming skills.

Diaper-aged children or participants experiencing habitual accidents are required to wear a swim diaper covered by a swimsuit, as recommended by the Minnesota Department of Health.

For swim questions call 763-792-6100 or email cceonline@isd12.org.
For general swim questions email cwaddell@isd12.org

Learn to swim in progressive classes

When choosing lesson skill levels, choose the one that most closely fits, making note of any prerequisites.

It is common for some children to repeat a level several times before mastering all skills and advancing to the next level. Help your child's progress by making sure they attend each class, as each new skill builds on those learned in previous classes. All instructors are American Red Cross certified in water safety instruction and/or lifeguarding.

Unsure of what level you should register your child?

Email CWaddell@isd12.org to arrange an appointment for testing.

Pool Temperatures

Centennial Community Pool is a multi-purpose pool serving all ages. It's impossible to maintain a temperature suitable for all swimming activities. Some may find it too warm, and others too cold. Size, depth of facility and required chemical treatment impact the overall temperature. The water temperature cannot be raised beyond a certain degree as chlorine-based disinfectants become less effective and increase the possible multiplication of bacteria and other microorganisms.

Pool Temperatures

84 degrees - End of February to the 1st week of August

80-82 degrees - 1st week of August to end of February

During high school competitive swim season, Minnesota State High School League requires all pools to be 82 or below. In comparison, surrounding community pools are set at the same temperatures; hotel pools, 80-83 degrees; college competitive pools, 78-80 degrees; and therapeutic pools, 94-96 degrees.

Parents of children up to five years old may want to add a T-shirt or a wet suit to increase body insulation. Increased movement will also increase body temperature.





Swim Class Levels

Bobber Ages 5-6

Introduction to swimming for children who are not comfortable in the water or have no previous lesson experience Participants will develop comfort with water, correct body position and be introduced to swimming on their front and back. Advance to Poly Beginner 1. Limit 4.

Poly Beginner 1 Ages 5-7

Children who are comfortable in water and have some lesson experience (Poly Wog, Tiny Tot, etc. or equivalent skills) Children will wear flotation 'belts for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner 2. Limit 6.

Poly Beginner 2 Ages 5-7

Prerequisite: passed Poly Beginner 1 or have equivalent skills. Skills taught: review of Poly Beginner I skills, plus front and back glides in the streamline position, and one pool width of front crawl while blowing bubbles with face submerged. Introduced to rhythmic breathing. Children will wear flotation belts for maximum of two classes to review correct body position. Advance to Poly Beginner 3. Limit 6.

Poly Beginner 3 Ages 5-7

Prerequisite: passed Poly Beginner 2 or have equivalent skills. Skills taught: review of Poly Beginner II skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Beginner Ages 8+

Introduction to basic swimming skills. Skills taught: general comfort in the water, correct body position, and one pool width each of puppy paddle and monkey airplane soldier. Introduced to front crawl with rhythmic breathing. Advance to Advanced Beginner. Limit 6.

Advanced Beginner Ages 8+

Prerequisite: passed Beginner or have equivalent skills. Skills taught: review of Beginner skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Red Cross Level 3

Prerequisite: passed Advanced Beginner, Poly Beginner III, or have equivalent skills. Skills taught: 25 yards each of front crawl, back crawl, and elementary backstroke, diving using the sitting, kneeling, and standing position, and treading water. Introduced to dolphin kick and breaststroke. Advance to Red Cross Level 4. Limit 10.

Red Cross Level 4

Prerequisite: passed Red Cross Level 3 or have equivalent skills. Skills taught: review of Red Cross Level 3 skills, plus 50 yards each of front crawl, back crawl and elementary backstroke, 25 yards of breaststroke, 15 yards of butterfly, scissors kick, treading water, and rescue breathing. Advance to Red Cross Level 5. Limit 10.

Red Cross Level 5

Prerequisite: passed Red Cross Level 4 or have equivalent skills. Skills taught: review of Red Cross Level 4 skills, plus 100 yards each of front crawl, back crawl, and elementary backstroke, 50 yards of breaststroke and sidestroke, 25 yards of butterfly, turns, standing dives from the board, and surface dives. Advance to Red Cross Level 6. Limit 10.

Red Cross Level 6

Prerequisite: passed Red Cross Level 5 or have equivalent skills. Skills taught: review Red Cross Level 5 skills, plus 200 yards each of front crawl, back crawl, and elementary backstroke, 100 yards each of breaststroke and sidestroke, 50 yards of butterfly, approach and hurdle from the board, pike and tuck dive from the board, general swimming etiquette, and CPR.

Private or Semi-Private

Lessons Personalized high-quality swim instruction for those with special needs where class settings are challenging, or if your child cannot be independent in a group setting These lessons offer 1:1 for private or 2:1 for semi-private swim instruction. These classes are to help you improve on your skills and be successful eight 30-minute lessons for \$300. Our coordinator will work with you to determine the dates and times of each lesson. Email CWaddell@isd12.org and leave a day and evening phone number and you will be called after registration deadlines. Notice of any cancellation must be given 24-hours in advance, or you will forfeit the lesson with no option to make up.



Fall Swim Lesson Schedule

Registration deadline is Monday, September 9 at noon Late registrations accepted at the pool first day of lessons.

Check isd12.ce.eleyo for a more up-to-date listing as additional classes may be added after publication.



SUNDAY

Sept 15-Nov 3

8 Lessons

Bobber	#9009-A1	2-2:30 pm	\$99
Bobber	#9009-A2	3-3:30 pm	\$99
Bobber	#9009-A3	4:30-5 pm	\$99
Poly Beginner 1	#9010-A1	2:30-3 pm	\$99
Poly Beginner 1	#9010-A2	3:30-4 pm	\$99
Poly Beginner 1	#9010-A3	4:30-5 pm	\$99
Poly Beginner 2	#9020-A1	2-2:30 pm	\$99
Poly Beginner 2	#9020-A2	4-4:30 pm	\$99
Poly Beginner 3	#9030-A1	3-3:30 pm	\$99
Poly Beginner 3	#9030-A2	4-4:30 pm	\$99
Beginner	#9100-A1	3:30-4 pm	\$99
Beginner	#9100-A2	5-5:30 pm	\$99
Adv Beginner	#9200-A1	2:30-3 pm	\$99
Adv Beginner	#9200-A2	5-5:30 pm	\$99
ARC Level 3	#9300-A1	2-2:50 pm	\$100
ARC Level 4	#9400-A1	3-3:50 pm	\$100
ARC Level 5	#9500-A1	4-4:50 pm	\$100

No open or lap swim available
for fall season.

Tiny Tots & Poly Wogs for ages 18 months
to age 5 will return in the spring of 2025

Check out our Pool Birthday Parties

Swim Relax and enjoy your child's birthday or special occasion in our indoor pool that is especially reserved for your child. Spend the first hour playing in the pool. The last half hour is reserved for refreshments you would like to provide or a gift opening. See page 37.

MONDAY

Sept 16-Nov 4

8 Lessons

Bobber	#9009-B1	6:30-7 pm	\$99
Bobber	#9009-B2	7-7:30 pm	\$99
Poly Beginner 1	#9010-B1	6:30-7 pm	\$99
Poly Beginner 2	#9020-B1	7-7:30 pm	\$99
Poly Beginner 3	#9030-B1	7:30-8 pm	\$99
Beginner	#9100-B1	7:30-8 pm	\$99

TUESDAY

Sept 17-Nov 5

Bobber	#9009-C1	7-7:30 pm	\$99
Poly Beginner 1	#9010-C1	6:30-7 pm	\$99
Poly Beginner 2	#9020-C1	7:30-8 pm	\$99
Poly Beginner 3	#9030-C1	7-7:30 pm	\$99
Beginner	#9100-C1	6:30-7 pm	\$99
Adv Beginner	#9200-C1	7:30-8 pm	\$99

Cougar Adaptive Swim Lessons

Ages 5-18

Program is for children who are challenged to participate independently in a standard group lesson. The program uses techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs and goals. Lessons are created for, but not limited to, those with anxiety, physical, sensory, communication or behavior challenges. This is a 1:1 ratio of student to instructor.

Sun, Sept 15-Oct 6 4 Lessons \$80

CAL #9880-A1	2:30-3 pm
CAL #9880-A2	3-3:30 pm
CAL #9880-A3	5-5:30 pm

Sun, Oct 13-Nov 3 4 Lessons \$80

CAL #9880-A4	2:30-3 pm
CAL #9880-A5	3-3:30 pm
CAL #9880-A6	5-5:30 pm



Kids Club School Age Child Care

Centennial Kids Club is a fee-based school age child care program serving families and their children before and after school, at each of our elementary schools. Non-school day and summer care is offered at convenient locations. We are certified by the Department of Human Services.



Kids Club - where we build, we tinker, we paint, we work together, and we create friendships in Centennial Community Education's choice-based school-age care program.

Waitlists

At this time there are wait lists at Blue Heron, Centerville, Golden Lake and Rice Lake before school and Blue Heron, Centerville, and Rice Lake after school. To be placed on the waitlist, please submit a registration through your Eleyo account. If space allows, we will contact you to accept your child's registration. County assistance is accepted.

For more information

visit isd12.org and using the left sidebar, click on Kids Club, or contact our Billing and Information Administrative Assistant, Dawn Turnblad at 763-792-6193, email kidsclub@isd12.org.

Kids Club families value our program Here's what they have to say...

- ◆ *My son loves to go to kids club and gets mad when I pick him up early. He wants to stay late!*
- ◆ *We feel that Kids Club is a very safe and fun environment for our son. He loves going there each day and there is a great variety of activities offered.*
- ◆ *Knowing that the staff loves being with all the children and interact with them all the time. In my opinion when you see all the children coming in and they are excited to be there and not wanting to leave yet at pick-up times tells me the children feel very comfortable and safe while there.*
- ◆ *The staff are so great with the kids. They genuinely make my kids feel special every day.*
- ◆ *It seems dramatic but Kids Club has been life-changing for our child. He was sad, anxious and had very big emotions at school when he attended another area childcare center. Since being in Kids Club, starting in January he is a different kid. Happier, less anxious, more confident and there are no bullying situations.*

Do you enjoy working with children?

Kids Club is looking for quality morning staff and before & after school substitutes to work at all five elementary schools

We offer competitive pay and additional compensation quarterly, based on the number of hours you worked. Must be 16 years of age.

For more information

call 763-792-6110 or email mnelson@isd12.org

Apply online isd12.org/join-our-team

Pre-K Kids Club

Full-day Centennial Preschool classes may be combined with before and/or after school care through Pre-K Kids Club.

Care is available from 6:30-9:30 am and 4-6 pm and Kids Club Non-School Days. Space is limited. Note that Pre-K Kids Club fees are in addition to preschool tuition. For more information, visit communityed.isd12.org/kids-club

For questions about Pre-K Kids Club, contact the Kids Club office at 763-792-6193 or email kidsclub@isd12.org.



Centennial Preschool **Ages 3 & 4 by September 1**

Fees are income-based, but tuition discounts and scholarships may be available.

Part-day and full-day spots are still available for the 2024-25 school year!

We have availability for all full-day schedules at Golden Lake and Rice Lake, and for part-day afternoon classes at the Early Childhood Center.

Centennial Preschool aims to help students

- ◆ Develop social-emotional skills
- ◆ Develop and express imagination and creativity.
- ◆ Express feelings and energy in healthy ways.
- ◆ Build strength and control of their bodies.
- ◆ Increase ability to focus in a classroom setting.
- ◆ Develop a positive attitude toward learning.



Play-Based Learning

Centennial Preschool weaves a learning-through-play philosophy into each class. Since students learn by doing, we focus on the process of creating rather than the product created. Learning happens when children are given space, materials, and time to play. Students engage in teacher and student-selected activities that are designed to grow their imagination, as well as large-muscle, fine-motor, social-emotional, and problem solving, and critical thinking skills.

Visit earlychildhood.isd12.org for brochure and registration information, or call 763-792-6120. Classes begin September 4.

Program Options

Part-day classes for children 3 and older are offered mornings and afternoons at the Early Childhood Center.

Full-day classes for children 4 and older are offered at each of the elementary schools. Please see the brochure for schedule details.

Need more information?

For questions about preschool registration, tuition, and enrollment options, call the Early Childhood office at 763-792-6120 or email earlychildhood@isd12.org.

Girl Scouts.

gsvr.gs/join

FIND YOUR **Curiosity**



P.L.A.Y.

Preschool Enrichment

P.L.A.Y. is an opportunity for your child to expand and reinforce their learning outside their world or preschool classroom. Join us for **Preschool Learning After-hours** to answer the burning question of **Why?** Financial assistance is available to those who qualify. See pages listed or call 763-792-6100 for more information.



Little Nature Adventures!

Preschoolers ages 2-5 with parent/adult

Fall is a great time to get outside. Bring your preschooler and join Naturalist, Jon, at Wargo Nature Center, for a story and a hike! Adults and children will have the opportunity to work and learn together in the woods of Wargo. We'll explore with our senses and see what we can find. Come dressed for the weather, these classes will be primarily outside.

Jon Stordahl

\$15 adult with child pair Mon 10-11 am

Wargo Nature Center

- | | | |
|---------|--------|---------------------|
| #1056-A | Sept 9 | Fall in the Prairie |
| #1056-B | Oct 14 | A Mighty Migration |
| #1056-C | Nov 18 | Great Big Leaves |



Tot Skates Ages 2-5 with adult



Join other little ones your own age and their grown-ups they have brought along for some open skate time. Skating is a great way to burn off extra energy for little ones.

See page 39.

Music, Dance & Theater

Hop N' Tots Kids Dance Preschool 3+

These high-energy classes focus on improving rhythm, balance and coordination. Children will use tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. See page 42.

Music Together

Newborn to PreK with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. See page 43 for details.

Mayer Arts Musical Theater

Trolls Band Together Ages 4-8

Dance and sing music from Frozen and put on a musical. Everyone will learn to put together a professional show from start to finish. We'll also play fun creative games.

See page 42 for details.



Creative with Kidcreate Studio

Teddy Time Ages 3-6



BYOT - Bring Your Own Teddy. Come create accessories for your favorite stuffed toy, all sized to fit just right.

This is one artsy good time your kids and their teddies will not want to miss. Participants should bring a stuffed toy from home for this class.

#2373 Sa Oct 12 \$44 9 am-noon CMS: Rm 106

3D Dino World Pajama Party Ages 3-6



Come to class in your jammies! That's right; we'll be doing art in our pajamas. Why? Because we believe everyone is more creative while wearing their slippers. Don't bring a pillow; there will be no time for napping. We'll be too busy creating.

#2374 Sa Nov 9 \$44 9 am-noon RL/ECC: Rm 101



Wolf Howl Bonfire Friday, Sept 20

Learn about some of Minnesota's most fascinating wildlife during a bonfire program at the area's premiere wildlife facility, the Wildlife Science Center. The center's resident wolves, mountain lions, coyotes, foxes, lynx, and raptors will be the focus of this incredible opportunity. At the conclusion of the program, sit fireside and toast marshmallows while the wolves fill the darkness around you with their incredible wild song. [See page 26.](#)



Holiday Events [See page 38 for details](#)

Santa's Holiday Workshop: Gingerbread House Making Ages 3-11 with adult

Create unforgettable holiday memories with your child by decorating an enchanted gingerbread house. Have fun with your little chef while creating pretzel picket fences or majestic holiday trees to make your little gingerbread village come alive. All children must attend with an adult. Come anytime from 9:30-11 am. Project will take approximately 30-45 minute to complete.

Breakfast with Santa Ages 10 & under with adult

See Santa before he heads back to the North Pole. Everyone will have a light breakfast of muffins, yogurt, fruit, juice, or coffee. The children will make some fun crafts and decorate a cookie. Santa's reindeer will have him at the school by 10 am.



Sports

DASH Tykes Varies from Age 2-6

Basketball, Baseball, Flag Football, T-Ball, Floor Hockey [See page 49.](#)

Skyhawks Sports Camps Ages 2-4

Hoopsters, Baseball, 1st Down Tots [See page 50.](#)

Gymnastics Ages 2-5 [See pages 44-45.](#)

Mini Kickers Soccer Ages 3-5

Mini Kickers is a high-energy FUN, age-appropriate and professionally guided introduction to the game of soccer. Boys and girls from novice to competent learn soccer skills through fun games and get to use these newfound skills in a daily scrimmage. [See page 47.](#)



Early Childhood Family Education - ECFE

Programming for families with children ages birth to kindergarten

Learn and grow together through parent and child interaction, guided play and learning experiences, parent education, and special events. All classes are held at the Early Childhood Center at Rice Lake Elementary. earlychildhood.isd12.org



ECFE Drop-In Classes

Come late, leave early, come once, come every week - we're casual and will be happy to see you whenever you can join us.

FREE Explore With Baby



Mon, 1-2 pm / Tues, 4:30-5:30 pm

Begins Sept 9 & 10

Have a new baby? Need to get out of the house without anyone judging the spit-up on your shirt? Are you a grandparent or friend who wants to give a new parent a break? Explore With Baby is for you! Drop by the Early Childhood Center and meet other new parents/grandparents/caregivers and our parent educator to chat, play, and get support.

Drop-In & Play Fridays, 9-10:30 am

Agens birth-5 years Begins Sept 13

Come any week for some playtime! We'll sing songs, read a story, play with toys, and go to the gym or playground. \$3/child or \$5/family (with adult caregiver, no charge for infants)

Early Childhood Screening

Minnesota law requires Early Childhood Screening before a child can enter kindergarten. This FREE screening checks hearing and vision, weight and height, health history, immunizations, speech and language, general development, and motor skills. Screening is NOT a readiness test for kindergarten. A child can be screened anytime after age 3, but the district recommends screening your child before their fourth birthday. Screenings take place the first Thursday of the month, October - May. For more information or to make an appointment, call 763-792-6120 or visit earlychildhood.isd12.org.

Parent Advisory Council

The Parent Advisory Council (PAC) is a group of Early Childhood parents who provide input for programming, help plan fun family events, and assist with program fundraising. Interested in joining PAC? New members are always welcome! Monthly meetings are held on Fridays from 9:30-10:30 am at the Early Childhood Center. Child care is provided. Please call the office at 763-792-6120 for more information.

Classes begin the week of Sept 9

Register via Eleyo at isd12.ce.eleyo.com

Year-long or short-term classes for children ages birth to 5. Visit earlychildhood.isd12.org for brochure and registration information or call 763-793-6120 to inquire about class openings.

Young Explorers



Select Tuesdays, 1-2:30 pm Ages 2-½-5 years

\$30 per child with adult caregiver

Sibling care is available for an additional \$10 per child

The Young Explorers series allows for play and learning focused on a different theme for each class. Classes meet Tuesdays for 2 or 3 weeks from 1-2:30 pm. Sign up for one, two, or take the entire series! Parents go to a separate room for some of the class period for discussions of theme-related topics as well as general joys and concerns

Young Naturalists September 17, 24, October 1

Let's get outside and learn about the world around us!

We'll be taking a field trip to a nature center.

Young Farmers October 22, 29, November 5

We'll learn about farms, farmers, crops, and animals.

It wouldn't be complete without a visit to a working farm!

Little Nature Explorers Ages 3-5 years

Saturdays, Sept 14, Oct 12, Nov 9 10-11:15 am

\$5 per child with adult caregiver

Dress for the weather, because we're going outside! We will sing songs, read a story, and explore the outdoors for the entire class time. Discover new ways to play with what you can find in nature. Come once or come multiple times to experience the change of the seasons.



All BOYS and GIRLS grades K-5 are invited to join



CUB SCOUTS



What is Cub Scouts all about?

Outdoor adventures, camping, family outings, games with friends, and character development

Scan to JOIN TODAY!



Learn more at [GoScouting.org](https://www.goscouting.org)

 **NORTHERN STAR SCOUTING**

Scholarships available. No child will be turned away due to inability to pay.



NORTH STAR SWIM TEAM



Are you looking for the next step after swim lessons? Does your child have a passion for swimming and wants to explore being part of a local team?

North Star Swim Team is a club swim program based in the Centennial school district, offering programs for ages 5-18. We offer engaging practices to create well-rounded swimmers, with technique-focused coaching and a team environment that encourages leadership, dedication, and fun!

To learn more about our team, check out our website or scan the QR code!

JOIN OUR TEAM!

[NORTHSTARSWIM.COM](https://www.northstarswim.com)





Centennial Wrestling

**PRESEASON CAMP AND SEASON
REGISTRATION NOW OPEN!**

www.centennialwrestling.org

Who: PreK - 8th Grade (Girls and Boys)

Recommendation: Never too late to start wrestling! Check out our \$20 Preseason Camp to give wrestling a try before signing up for our normal season!



Financial Scholarships Available

Questions: Contact Justin Kruse at jukru32@hotmail.com or at 715-338-2113



CENTENNIAL BASKETBALL ASSOCIATION



REGISTER NOW!

Traveling Program Grades 3-8

Play competitive basketball outside the Centennial district
Weekend tournaments with 2-3 practices per week
Required tryouts held in September
Season runs October through early March

In-House Program Grades 1-8

Grades 1-6 play basketball within the Centennial district
Grades 7-8 play within the Mounds View league
Games and practices on the weekends
Season runs November through January
End of season Celebration



For more information and registration visit
www.centennialbball.org

Financial Aid available for those who qualify

Registration, Information & Policies



Registration

Online

isd12.ce.eleyo.com

Register online for any class. Secure registration for classes is available 24 hours/day using an electronic form of payment. Apple Pay now available for iPhone users!

Mail or Drop Off

Complete a registration form and return with payment to:

Centennial Community Education
4707 North Road
Circle Pines, MN 55014

Make checks payable to District 12
24-hour drop box, located on the main campus near the District Administrative Offices.

Community Education office hours

Mon-Fri: 8 am-4 pm
closed non-school days and holidays

Summer Hours June 10-August 30
Mon-Thur: 8 am-4 pm
Friday: 8 am-noon

By Phone

763-792-6100

Using an electronic form of payment (credit card or ACH)

By Fax

763-392-7743

Complete a registration form, including credit card information

For online registrations: You will know you have successfully completed your online registration when you have received an email confirmation to the email address you have provided.

**Scan this code
to register!**

No News is Good News!

Assume the class is a go

Unless we contact you, assume that you are enrolled and the course will be held at the time and place indicated. We do not mail out confirmations, but an automated email receipt will be sent if you provide your email address upon registration.

Cancellations

Community Education reserves the right to cancel a class due to insufficient enrollment. Classes are filled on a first-come, first-serve basis. Some class sizes are limited, so early sign-up is suggested. If a class is canceled or full, you will be notified and your fee will be refunded.

Inclement Weather & Emergencies

When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities may also be canceled. You may receive an emergency messenger system message. Also watch or listen to local TV stations, or visit the district website at isd12.org.

Refunds

A refund, minus a \$10 administrative fee, will be made if you cancel at least five business days prior to the start of an activity unless otherwise noted such as with sport leagues, adult trips and driver education classes. No refunds thereafter.

Registration Deadlines

Deadline for most activities is one week before they begin

Classes are filled on a first-come, first-serve basis. Many classes fill quickly and instructors may need to order supplies. Some classes cancel due to low enrollment, so please don't hesitate to register.



Make-Ups

There are no make-ups for a missed class (*with the exception of Driver Ed classroom*). Check your schedule prior to registration for potential conflicts.

No transportation provided unless otherwise noted

Discounts

Financial assistance is available to those who qualify. For an application please call 763-792-6100.

Current UCare Minnesota members may take up to a \$15 discount per class on most classes. Include UCare ID number on registration form.

Discounts must be applied by a staff member at the time of enrollment.

Special Needs

Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Indicate needs on registration form. Contact Community Education with questions or if you need assistance in an activity.

Check Collection Service

Centennial School District uses PayTek Solution's services when a check is returned due to insufficient funds. If collection is made electronically, the district receives the face value of the check plus a \$3 per check rebate. PayTek charges an NSF fee to the party that issued the bad check. The use of a check for payment is the check writer's acknowledgment and acceptance of this policy and its terms. After two NSFs, fees must be paid using a money order.

Photo Policy

There are occasions when representatives of District 12 and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the Community Education office.

Please use a separate form for each person

Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014;
In lieu of form call 763-792-6100 or go online at isd12.ce.eleyo.com

Name _____ Male___ Female___ Birthdate_____

If minor, guardian name/s_____

Address_____ City_____ Zip_____

Phone: primary (_____) _____ other (_____) _____

E-mail address_____

Special needs/additional information_____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Financial assistance (application on file) -\$25 **Total Fee** _____

UCare member ID# _____ -\$15 _____ T-shirt size (if applicable)

MasterCard___ VISA___ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT___ CANC___ RET___

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Special needs/additional information_____

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_____	_____	_____	_____
_____	_____	_____	_____
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OFFICE USE ONLY: ENT___ CANC___ RET___

REGISTRATION DEADLINE IS ONE WEEK PRIOR TO THE START OF CLASS

Centennial Community Education offers activities with the purpose of enrichment. Information obtained in Community Education activities is not intended for use as advice, endorsement or recommendations from the instructors, his/her business or Centennial Community Education.

ECR WSS
Postal Customer

“Let’s Get Together!”

Gather family members or friends and make memories
participating in an activity together!



**Grown Up & Me Farm
Animals Painting** Page 41



Sat, Oct 26
Page 19



Family Puzzle Challenge

Page 38



Tot Skates & Silver Skaters

Page 39

**Wolf Howl Bonfire
& Minnesota Star
Watch Program**

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