

South St. Paul

COMMUNITY EDUCATION (PAGES 3-18)

EARLY LEARNING/ECFE (PAGES 19-24)



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REGISTER ONLINE OR
IN PERSON

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

ECFE INFORMATION
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FALL 2024 PROGRAM CATALOG

Questions? Give us a call or stop in!

COMMUNITY EDUCATION

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

EARLY LEARNING

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

SSP COMMUNITY EDUCATION

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

Central Square Community Center

100 7th Avenue North, South St. Paul

Monday - Friday

5:00 am - 8:00 pm

Saturday

7:30 am - 2:00 pm

(651) 306-3632

<https://communityed.sspps.org>

DIRECTOR OF COMMUNITY EDUCATION, ADULT EDUCATION, AND EARLY LEARNING

Jeanne Zehnder

COMMUNITY ED ADMINISTRATIVE ASSISTANT

Amy Trettel

COMMUNITY EDUCATION FACILITATOR

Linda Jacobs-Buse

SSP EARLY LEARNING

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

Family Education Center

104 5th Ave S, South St Paul

Office open during scheduled class times

All other times visit Central Square

ecfe@sspps.org

<https://earlylearning.sspps.org>

DIRECTOR OF COMMUNITY EDUCATION, ADULT EDUCATION, AND EARLY LEARNING

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EARLY LEARNING CULTURAL LIAISON

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PARENT EDUCATOR

Eamon Whiteakder-Smith

EARLY CHILDHOOD TEACHER

Makayla Griffin

CLASSROOM ASSISTANTS

Denise Geldernick

Katie Tigan

**FREE
PRESCHOOL!**
For all 4-year-olds

Schedule your Early
Childhood Screening and be
ready for preschool!

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CENTRAL SQUARE COMMUNITY CENTER

PROGRAMMING AND REGISTRATION

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



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

NOTARY SERVICE

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

FREE WI-FI

Wireless Internet access is available.
No password necessary.

REFUNDS

Requests for cancellations and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

CANCELLATIONS

You will be notified by phone or email and given a refund if Central Square cancels a class or activity.

INCLEMENT WEATHER

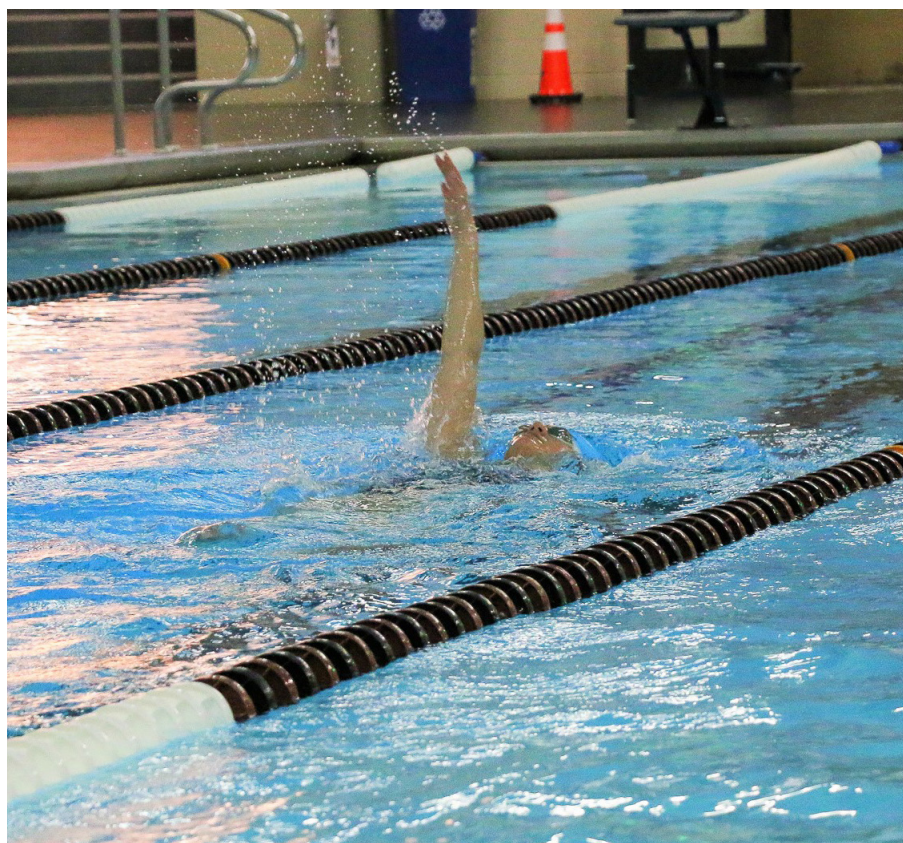
If South St. Paul Public Schools is closed due to inclement weather or cold temperatures, Central Square will also be closed.

VOLUNTEER OPPORTUNITIES

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

MEETING ROOMS

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



communityed.sspps.org



FREE TAKE 'N BAKE MEALS AT CENTRAL SQUARE

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

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

Who: All SSP residents

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

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

When: Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 3:00 pm and are available through Saturday at 1:30 pm while supplies last.

METRO DINING CARDS

The South St. Paul Seniors and Metro Dining are offering you an opportunity to enjoy 2 for 1 or 50% off dining at 138 St. Paul area restaurants each month, for an entire year. Stop by the front desk at Central Square to purchase your set. \$30/set.

FARE FOR ALL

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

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

- September 24
- October 22
- November 19
- December 17

SWIMMING POOL

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

Punch card valid for 10 daily admissions (valid for use at CSCC pool only)
\$40 adult (19-64) \$15 senior (65+)

Punch card valid for 30 daily admissions (valid for use at CSCC pool only)
\$75 adult (19-64) \$30 senior (65+)

Daily Rate
\$5 adult (19-64) \$2 senior (65+)

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

Mon-Fri from 7:30 am-3:00 pm
Sat from 7:30 am-2:00 pm

55+ ENRICHMENT

SENIOR CENTER

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

Learn more about the SSP Senior Center on the website at:
<https://communityed.sspps.org/programs/55-programming>

Become a Member

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

- September 11
- October 9
- November 13
- December 11

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

Out and About Lunches

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

September 11	Woodbury Cafe
October 9	Tavern
November 13	Mallards

Senior Socials

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

September 26	Sliders
October 24	Octoberfest Beer and Brats
November 21	Turkey and Gravy
December 12	Potluck

Happy Feet

Happy Feet is scheduled the second Tuesday of the month from 9:00 am-4:00 pm. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage. \$45 per session. Call to make an appointment: 763-346-3390.

- September 10
- October 8
- November 12
- December 10

Fall Fashion Show

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

Wed, October 2
11:00 am-1:30 pm
\$20

ONGOING ACTIVITIES

Walk the Square

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

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

SSP Buzz

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

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

Cribbage

The classic card/board game.

Mondays from 12:00 - 2:30 pm

Penny Bingo

Be the first to turn all your cards face down.

Mondays from 1:00 - 2:30 pm

Woodcarvers

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

Tuesdays from 9:00 - 11:00 am

Line Dancing

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

Tuesdays from 10:30 - 11:30 am

Craft Day

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

Tuesdays from 1:00 - 3:00 pm

Beginner 500 Cards

Want to learn Five Hundred? Come join us to learn this game. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wednesdays and Fridays from 10:00 - 11:00 am

500 Cards

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

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

Hand & Foot Card Games

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

Thursdays from 1:00 - 3:00 pm



55+ ENRICHMENT

TRIPS AND TOURS

American Swedish Institute

Arrive at Ingebretsen's Scandinavian Gifts and Foods. Shop for gift items, authentic clothing, baked goods, traditional Nordic foods, lutefisk and many more wonderful things. Then arrive at the American Swedish Institute. Spend time in the Bokhandel Gift Shop with Swedish Crystal and Glass, Art and Design, Crafts, Collectibles, Jewelry, Books, Music, Scandinavian Kitchen Items, decorations, candy and more. A traditional Swedish lunch: Smörgåsbord buffet is filled Beet salad, Cucumber Dill Salad, Assorted Bread and Butter, Lingonberries, Mashed Potatoes, Swedish Meatballs, Coffee, and Water. After lunch take a guided tour of The Turnblad Mansion, decorated for the holiday season. Step back in time and experience the exquisite 33-room mansion and learn about the Swedish-American and Nordic culture. Register by Fri, Oct 11.

Thurs, Nov 14

Bus departs Central Square at 9:00 am

1698-SSP-F24

\$98/person, Includes transportation, lunch, and tour

Christmas in Duluth

Our first stop will be a 1:30 pm lunch at the Black Woods Grill: choose chicken pot pie or meatloaf. Afterwards, we'll continue to the famous Glensheen Mansion on the shore of Lake Superior, where the smaller rooms are decorated for the holiday season. This tour will include the family living and work spaces showcasing original interiors, including the basement, first and second floors (elevator not available).

Arrive at Bayfront Festival Park at 5 pm for the Bentleyville Tour of Lights. Volunteers spend weeks assembling this luminary legend. Walk through this outdoor display of lights, Christmas trees, music, gift shop and cozy fire pits. Enjoy complimentary hot cocoa, coffee, popcorn and marshmallows for roasting! Donations accepted. Our drive includes brief comfort stops both ways in Hinckley. Register by Fri, Nov 1.

Wed, Dec 4

Bus departs Central Square at 10:30 am

1699-SSP-F24

\$110/person, Includes transportation, lunch, and tour

Chanhassen Dinner Theater White Christmas

Matinee performance: Irving Berlin's White Christmas - The Musical. 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 en route 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. Register by Fri, Dec 13. Registration 1876-SSP-W25

Wed, Jan 22

Bus departs Central Square at 10:15 am

1876-SSP-W25

\$110/person, Includes transportation, lunch, and show

Mobsters In Minneapolis

Meet a local guide for the Mobsterland Bus Tour of Minneapolis - Hear the fascinating story of how prohibition in the 1920's and 30's propelled Minneapolis to form some of the most powerful mobs in the country. Learn how Mill City mob bosses like "Kid Cann" Blumenfeld and Irish godfather Tommy Banks controlled illegal booze, vice and gambling in Minneapolis for decades through murder, mayhem and manipulation. Find out why being a news editor, like Walter Liggett, was a deadly occupation. See where Public Enemy #1 John Dillinger lived, where the infamous Karpis/Barker gang committed their first of many bank robberies and where the city's most successful Madame ran her organization. Lunch at The Local: Choice of Fish & Chips, Reuben or Shepherd Pie. Register by Fri, Jan 17.

Thurs, Feb 20

Bus departs Central Square at 10:15 am

1621-SSP-W25

\$94/person, Includes transportation, lunch, and tours



55+ ENRICHMENT

SENIOR FITNESS

Silver Sneakers® and Silver & Fit®

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

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

Silver & Fit® Explore

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

Fri, Sept 6 - Oct 25

9:30-10:15 am

9803-F24A

\$55 adult, \$20 seniors

Fri, Nov 1 - Dec 27 (No class Nov 29)

9:30-10:15 am

9803-F24B

\$55 adult, \$20 seniors

Silver Sneakers® Classic

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

Tues, Sept 3-Oct 29

9:30-10:15 am

9801-F24B

\$62 adult, \$22.50 seniors

Tues, Nov 5-Dec 31 (No class Dec 24)

9:30-10:15 am

9801-F24C

\$55 adult, \$20 seniors

Thurs, Sept 5-Oct 31

9:30-10:15 am

9801-F24A

\$62 adult, \$22.50 seniors

Thurs, Nov 7-Dec 26 (No class Nov 28)

9:30-10:15 am

9801-F24D

\$48 adult, \$20 seniors

Senior Circuit

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

Mon, Sept 9-Oct 28 (No class Sept 2)

6:15-7:15 am

9802-F24C

\$55 adult, \$20 seniors

Mon, Nov 4-Dec 30

6:15-7:15 am

9802-F24D

\$62 adult, \$22.50 seniors

Wed, Sept 4-Oct 30

6:15-7:15 am

9802-F24A

\$62 adult, \$22.50 seniors

Wed, Nov 6-Dec 18 (No class Dec 25)

6:15-7:15 am

9802-F24E

\$48 adult, \$20 seniors

Thurs, Sept 5-Oct 31

6:15-7:15 am

9802-F24B

\$62 adult, \$22.50 seniors

Thurs, Nov 7-Dec 26- No class Nov 28

6:15-7:15 am

9802-F24F

\$48 adult, \$20 seniors



ADULT ENRICHMENT

GET FIT AT CENTRAL SQUARE

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

Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the #1 fitness programs in the world. We have been providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class. Instructor: Julia Jugovich. To register go to JAZZERCISE.COM and look for Central Square. Does not have drop-in class pricing.

Mon and Tues, 4:30-5:30 pm

Sat, 9:00 - 10:00 am

Class fee is \$59/month for unlimited Jazzercise classes

HIIT Boot Camp

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

Mon, Sept 9-Oct 28 (No class Sept 2)

5:30-6:30 pm

9913-F24

\$55 adult, \$20 seniors

Mon, Nov 4-Dec 30

5:30-6:30 pm

9918-F24B

\$62 adult, \$22.50 seniors

Yoga Fusion

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

Mon, Sept 9-Oct 28 (No class Sept 2)

6:30-7:30 pm

9902-F24A

\$55 adult, \$20 seniors

Mon, Nov 4-Dec 30

6:30-7:30 pm

9902-F24B

\$62 adult, \$22.50 seniors

Aqua Fitness

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

Tues, Sept 3-Oct 29

10:30-11:15 am

9800-F24A

\$62 adult, \$22.50 seniors

Tues, Nov 5-Dec 31

10:30-11:15 am

9800-F24D

\$48 adult, \$20 seniors

Thurs, Sept 5-Oct 31

10:30-11:15 am

9800-F24C

\$62 adult, \$22.50 seniors

Thurs, Nov 7- Dec 26 (No class Nov 28)

10:30-11:15 am

9800-F24F

\$48 adult, \$20 seniors

Fri, Sept 6-Oct 25

10:30-11:15 am

9800-F24B

\$55 adult, \$20 seniors

Fri, Nov 1-Dec 27 (No class Nov 29)

10:30-11:15 am

9800-F24E

\$55 adult, \$20 seniors

Total Body

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

Tues, Sept 3-Oct 29

5:15-6:15 am

9909-F24C

\$62 adult, \$22.50 seniors

Tues, Nov 5-Dec 31

5:15-6:15 am

9909-F24D

\$55 adult, \$20 seniors

Wed, Sept 4-Oct 30

4:30-5:30 pm

9909-F24A

\$62 adult, \$22.50 seniors

Wed, Nov 6-Dec 18

4:30-5:30 pm

9909-F24E

\$48 adult, \$20 seniors

Thurs, Sept 5-Oct 31

5:15-6:15 am

9909-F24B

\$62 adult, \$22.50 seniors

Thurs, Nov 7- Dec 26 (No class Nov 28)

5:15-6:15 am

9909-F24F

\$48 adult, \$20 seniors

Fri, Sept 6-Oct 25

6:00-7:00 am

9909-F24G

\$55 adult, \$20 seniors

Fri, Nov 1-Dec 27 (No class Nov 29)

6:00-7:00 am

9909-F24H

\$55 adult, \$20 seniors

Cardio Kickboxing

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

Tues, Sept 3-Oct 29

5:30-6:30 pm

9915-F24A

\$62 adult, \$22.50 seniors

Tues, Nov 12-Dec 31 (No class Dec 24)

5:30-6:30 pm

9915-F24B

\$48 adult, \$20 seniors

Mat Pilates

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

Tues, Sept 3-Oct 29

6:30-7:30 pm

9916-F24A

\$62 adult, \$22.50 seniors

Tues, Nov 12-Dec 31 (No class Dec 24)

6:30-7:30 pm

9916-F24B

\$48 adult, \$20 seniors

Aqua Interval

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

Wed, Sept 4-Oct 30

6:00-7:00 pm

9901-F24A

\$62 adult, \$22.50 seniors

Wed, Nov 6-Dec 18 (No class Nov 27)

6:00-7:00 pm

9901-F24B

\$42 adult, \$20 seniors





R.I.P.P.E.D.®

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

Thurs, Sept 5-Oct 31
5:30-6:30 pm
 9908-F24A
 \$62 adult, \$22.50 seniors

Thurs, Nov 7- Dec 26 (No class Nov 28)
5:30-6:30 pm
 9908-F24B
 \$48 adult, \$20 seniors

Yoga

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

Thurs, Sept 5-Oct 31
6:30-7:30 pm
 9911-F24A
 \$62 adult, \$22.50 seniors

Thurs, Nov 7- Dec 26 (No class Nov 28)
6:30-7:30 pm
 9911-F24B
 \$48 adult, \$20 seniors

Friday Night Bootcamp

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

Fri, Sept 6-Oct 25
6:30-7:30 pm
 9903-F24A
 \$55 adult, \$20 seniors

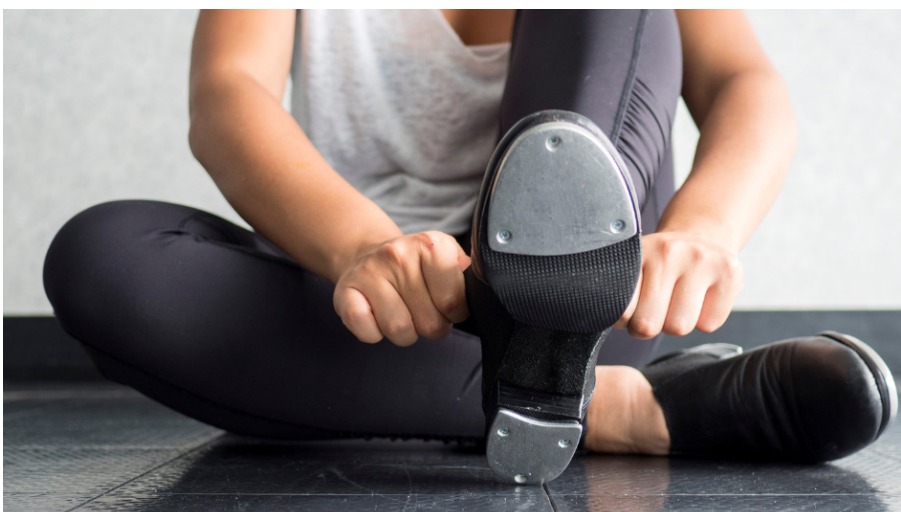
Fri, Nov 1-Dec 27 (No class Nov 29)
6:30-7:30 pm
 9903-F24B
 \$55 adult, \$20 seniors

Kettlebell-TRX® Fusion

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

Sat, Sept 7-Oct 26
10:00-11:00 am
 9906-F24A
 \$55 adult, \$20 seniors

Sat, Nov 2-Dec 28
10:00-11:00 am
 9906-F24B
 \$62 adult, \$22.50 seniors



VIRTUAL FITNESS CLASSES

Visit the Central Square front desk or communityed.sspps.org for class schedules. All virtual fitness classes are hosted via ZOOM. Registration 9913-F24

Strength Cardio

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

Yoga

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

Senior Yoga

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

Senior Strength Cardio

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

Monthly Fees

- 1 time per week - \$25 per month
- 2 times per week - \$35 per month
- 3 times per week - \$45 per month
- Unlimited - \$60 per month



ADULT ENRICHMENT

DANCE AND FITNESS

Let's Tap Dance: Let's Tap 1

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

Wed, Sept 11-Dec 11
6:45-7:45 pm
 7207-F24
 \$95

Let's Tap Dance: Let's Tap 2

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

Wed, Sept 11-Dec 11
5:30-6:30 pm
 7208-F24
 \$95



ADULT ENRICHMENT

FINANCE AND LIFE PLANNING

Writing Your Own Will

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Don't let this happen. Learn about estates and wills, and prepare a legal will in class. Receive instructions and a professionally prepared form, have access to witnesses and a notary public. Prior to class, review the information forwarded to you. The will form is designed for individual use; couples cannot share this form (each person must register individually). Appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Instructor: Kristin Davis.

Tues, Sept 10
6:30-8:30 pm
 7736-F24
 \$40

The Five Important People You Need On Your Way To Heaven- NEW CLASS!

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 the 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. This class encourages questions. We will provide the answers. Instructor: Steve Ledin, Ledin Law PLLC.

Wed, Sept 18
6:30-7:30 pm
 7782-F24
 \$12, Free for SSP Sr Center members

Pre-Planning Cremation Seminar

We invite you to join us for a special informational seminar to learn how pre-planning for cremation services can help you protect your family in the future. Providing peace of mind ensures your wishes are respected and that those you leave behind are cared for in what surely is one of their most difficult times. Protect loved ones from the burden of having to make uncomfortable financial decisions during a stressful and confusing time. Pre-planning is a thoughtful and practical gift. Learn about: the value of pre-planning, current costs, legal aspects, relocation protection, travel protection, Veterans' funeral benefits, social security, cremation options and costs, Medical Assistance and asset protection, and how to avoid common mistakes. All sessions are free. Presenter: Danielle Gore with National Cremation Society.

Thurs, Oct 3
11:00 am-12:00 pm
 7150-F24A
 \$12, Free for SSP Sr Center Members

Thurs, Oct 24
6:30-7:30 pm
 7150-F24B
 \$12, Free for SSP Sr Center Members

Introduction to Senior Housing

Explore alternatives to single family living-from condo & townhomes, cooperatives, subsidized apartments, market rate independent rentals, and housing complexes that offer a continuum of care ranging from independent living to assisted living. Come with your questions to decide what will work best for you and what are your next steps? Instructor: John Mazzara

Tue, Oct 8
6:00-8:00 pm
 7717-F24
 \$12, Free for SSP Sr Center members

Everything You Want to Know About Medicare

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

Wed, Oct 16
6:30-8:00 pm
 7146-F24A
 Free

Tues, Nov 26
6:30-8:00 pm
 7146-F24B
 Free

Senior Housing: Should I Stay or Should I Go?

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

Tues, Oct 22
10:00-11:30 am
 7737-F24
 \$12, Free for SSP Sr Center members

The Special Needs Trust: Estate Planning for Grandparents, Parents and Families with Special Needs Member

One Should Ask: Is it better to have a formal plan in place, or leave things to future family dynamics and the ever changing benefit system? Did you know with proper planning, both while they are alive and after they have passed, grandparents, parents and family can take care of a child, grandchild or family member with special needs in their estate plan? Yes, and such planning will not adversely affect the benefits and programs which the person with special needs has available to them! This class will discuss how to properly protect your assets and provide for the future benefit of the loved one with special needs. Whatever the type of the asset (tangible, income producing or other) there are options you should know. We will discuss how the special needs trust fits into your estate planning, planning for the future of your loved one with special needs, and pros and cons of a special needs trust. Instructor: Steve Ledin.

Tues, Oct 29
6:30-7:30 pm
 7779-F24
 \$12, Free for SSP Sr Center members



Four Successful Strategies to Protect the House, Farm, Cabin & More - Before & After Your Death

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

Wed, Nov 6

6:30-7:30 pm

7780-F24

\$12, Free for SSP Sr Center members

Moving Mom & Dad

5 Common Mistakes Children of Aging Parents Make and How to Avoid Them! Many baby boomers today are facing the tough decision of finding appropriate housing options for their parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. In this class we will discuss and give an overview of the housing market in general for those considering buying or selling a home. We also provide a guide called Moving Mom & Dad, a \$24.95 value. The guide covers the five common mistakes Children of aging parents make and how to avoid them. The guide also includes the following topics: • Conversation's starters for discussing late-life housing choices with aging parents, • Solutions for remodeling homes designed for aging-in-place, • Descriptions of common senior living options and 55+ communities, • Key questions to ask when researching assisted living and long-term care communities, • Tips and criteria for hiring key service providers, Frequently Asked Questions and much more. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable. Instructor: John Mazzara.

Tues, Nov 12

6:00-8:00 pm

7715-F24

\$12, Free for SSP Sr Center members

Let's Probate an Actual Minnesota Estate

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

Mon, Dec 16

6:30-7:30 pm

7781-F24

\$12, Free for SSP Sr Center members

Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus-all attendees receive the Downsizing Made Easy guide PDF- a \$24.95 value. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable. Instructor: John Mazzara.

Tues, Dec 17

6:00-8:00 pm

7714-F24

\$12, Free for SSP Sr Center members



ADULT ENRICHMENT

TRIPS TIPS AND TRICKS

What to Know When Planning a Disney Vacation

A trip to Walt Disney World will create so many memories. This course will go over different things to consider to make your vacation magical. This includes discussing everything Walt Disney World has to offer, resorts and amenities, ticket options, dining options, events that happen throughout the year, and how to minimize your time waiting in lines. While the course will be focused on Walt Disney World, it will also touch on Disneyland and Universal Studios. There will be time for Q & A in the class, and Rebecca will be available for questions after the course as well. Instructor: Rebecca Ruprecht-Barrett.

Wed, Sept 25

6:00-7:30 pm

7654-F24

\$15

What to Know When Planning a Cruise

Cruising has become a very popular vacation for families, friends, young professionals, and retirees alike since it offers something for everyone. Have you wondered about what is all included in a cruise? Come learn about the different types of cruises available, the various amenities available onboard, and what to think about when picking your stateroom and booking your cruise. There will be Q & A in the class, and Rebecca will be available for questions after the course as well. Instructor: Rebecca Ruprecht-Barrett.

Wed, Oct 23

6:00-7:30 pm

7653-F24

\$15

Tips and Tricks for Traveling with Kids

Kids grow up too fast. Do you want to travel with your kids but are nervous on how it will go? While traveling with kids is different from an adults only trip, the memories that you will create are priceless. We have been traveling with our kids since they were 3 months old (our oldest are now in middle school) and we want to share our tips with you. Whether you are flying, driving, or cruising to see major cities, national parks, or theme parks there are little things that can make a big difference. There will be Q & A in the class, and we will be available for questions after the course as well. Instructor: Rebecca Ruprecht-Barrett.

Tues, Nov 12

6:00-7:30 pm

7652-F24

\$15



ADULT ENRICHMENT

WELLNESS, HEALTH, AND SAFETY

Pediatric CPR/1st Aid Blended Learning Skills Check

This class is similar to the Adult/Child/Infant CPR/AED Class with First Aid with the main focus being on children. The class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Pediatric CPR/AED & First Aid course will include; an online link to all of the program videos, as well as an experienced instructor, dedicated to make the class fun and interesting and 2 year certification. This class meets "Pediatric CPR/AED & First Aid" requirements for the MN Child Care Licensing Agency. ** NO WRITTEN TEST REQUIRED - wear comfortable clothing. Instructor: Deb Gutzman.

Sat, Sept 14
9:00-11:00 am
 7104-F24
 \$85

Cracking the Code to Your Dreams

Uncover hidden meanings and invaluable insights in this playful exploration of the symbols in your inner world. Your dreams have stories to tell—unravel their mystery in this one-hour class.

- Deeper self-understanding: Gain profound insights into your subconscious mind through a dream analysis technique based on the works of Carl Jung.
- Empowered Decision-making: Make informed choices and navigate life with a new level of clarity with these dream analysis tools.
- Enhanced Creativity: Discover inspiring and innovative ways of thinking in your personal and professional endeavors.
- Stress Reduction: Reduce your anxiety as you learn how to decipher and understand the messages from your subconscious mind.
- Goal Alignment: Use dream insights as a guide to creating personal and professional goals that align with your deepest desires.
- Enhanced Intuition: Hone your intuitive abilities by recognizing patterns and symbols in your dreams.
- Creative Problem Solving: Tackle challenges in your waking life by using the symbolic language of dreams to find innovative solutions.

Instructor: Daneika Glenn

Wed, Sept 18
6:30-7:30 pm
 7545-F24
 \$39


Self-Care

Self care, it sounds so simple. It can be! When you learn the basics of self care and how using your own energy cycles can optimize your routine. Learn what your priorities are, where you are falling short and how to schedule your self care so that you actually accomplish it. There is no cookie cutter self care here! Let's customize your self care for you! So that it can grow and evolve with you. Instructor: Lily McNamara.

Tues, Sept 24
6:30-8:30 pm
 7478-F24
 \$45

The Art of De-Aging: Peek Years off Your Bio Age

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

 **Mon, Sept 30**
6:00-7:30 pm
 7134-F24
 \$30, virtual


CPR/AED for All Ages Blended Learning Skills Check

Blended Learning is the same program & certification as the classroom course but with the added benefit of watching the videos on your own and at your own pace. This is the "skills" portion of the blended learning. You will meet with the instructor in a group setting and perform the "hands on" training portion of the program. **The online portion must be completed before class and student will bring the "completion certificate with them to class". A valid email is needed at registration. The videos work best on a laptop or tablet. (If you are unable to complete the online portion, you will be asked to attend the next skills test). Instructor: Deb Gutzman.

Thurs, Oct 10
5:00-7:45 pm
 7103-F24
 \$60

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 the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional. Instructor: Janice Novak.

 **Mon, Oct 14**
6:00-7:30 pm
 7135-F24
 \$30, virtual



Astrology

We will pack as much into this 2 hour class as possible with such a vast and complex topic as astrology. Learn the 12 different zodiac signs from Aries to Pisces. What the Big Three are and why they rule so much of your life. How the planets and houses interact with your birth chart. Get the basics and watch the patterns of your life become clear. Instructor: Lily McNamara.

Tues, Oct 15
6:30-8:30 pm
7477-F24
\$45

Dementia Friends

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

Tues, Oct 15
10:30-11:30 am
7145-F24
FREE

Tues, Jan 14
10:30-11:30 am
7145-W25
FREE

Acupressure to Relieve Stress, Anxiety & Insomnia

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body. Instructor: Janice Novak.



Mon, Oct 28
6:00-7:30 pm
7136-F24
\$30, virtual

Vision Board Mastery

Master your manifestation skills by learning how to use the power of image to clarify your deepest desires and craft compelling visual goals in this 75-minute vision board class. Instructor: Daneika Glenn.

Wed, Nov 6
6:30-7:45 pm
7546-F24
\$39

Acupressure to Assist Weight Loss

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system. Instructor: Janice Novak.



Mon, Nov 18
6:00-7:30 pm
7137-F24
\$30, virtual

Meet Your Inner Goddess Meditation

Meet and get acquainted with your inner Goddess through a guided meditation. Awakening the inner power of your Goddess. Discern when you are receiving messages from your Goddess. There will be an opportunity to journal about your experience after the meditation. Then the chance for a psychic Q&A to present clarity to the meditation. Instructor: Lily McNamara.

Tues, Nov 19
6:30-8:30 pm
7479-F24
\$45

Techniques to Activate Your Brain's Creativity Center

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



Mon, Dec 9
6:00-7:30 pm
7138-F24
\$30, virtual

Tarot 101

Do you think tarot is complicated? It doesn't have to be. Once you learn the basics it's easy! Ever wondered what the cards have to tell you? In this class you will learn a solid foundation to jump start your journey with tarot. Major and minor arcana, the suits and even a few spreads! Please bring a tarot deck if you have one. Instructor: Lily McNamara.

Tues, Dec 17
6:30-8:30 pm
7476-F24
\$45

ADULT ENRICHMENT

LIFESTYLE

Know Your Muslim Neighbor

Join a lively discussion to learn about Islam and Muslims. You'll learn about the articles of faith, rituals and practices, and how they affect a Muslim's daily life. This event will provide you with a safe room to ask any related questions about your Muslim neighbor. We look forward to seeing you in our journey to break through any stereotypes and misconceptions about each other and build a stronger community together.

Thurs, Sept 26
6:00-9:00 pm
7013-F24
FREE

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, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality! Instructor: Kathleen Povolny.

Tues, Nov 19
6:30-8:30 pm
7403-F24
\$29





ADULT ENRICHMENT

CULINARY ARTS

Burmese Curry Noodles and Salad

Let's have fun and learn how to make Burmese curry from scratch. We'll make a version of Mandalay Mouti Thoke, chicken yellow curry with noodles. We'll start with making egg noodles from scratch and we'll also make curry with chicken from scratch. While the curry is cooking, we'll roll out, cut, and cook the noodles. We'll also have salad as a side dish. Instructor: Ploy Khunisorn.



Tues, Sept 24
6:00-8:00 pm
 7692-F24
 \$35, virtual

Lovely Macarons

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

Tues, Sept 17
6:00-9:00 pm
 7695-F24
 \$29, SSP Secondary

Mon, Oct 14
6:00-9:00 pm
 7695-F24B
 \$29, SSP Secondary

Phyllo Pastry-Appetizers, Main Dishes, Desserts

Did you know you could do so much with phyllo? Don't be terrified any longer of this paper-thin, frozen pastry. We will prepare an assortment of appetizers, main dishes and desserts all made with this amazing pastry dough. We'll begin by preparing Phyllo Kisses, a fast, 5 minute appetizer. Then hot, puffy, feta cheese triangles create a party atmosphere. And they can be made in advance, then frozen to be bakes as guests arrive! Main dishes can use chicken and a vegetable highlight, such as fresh broccoli with cheese sauce, rolled in this golden, crisp pastry. Of course, no class on phyllo would be complete without Baklava, loaded with nuts and saturated with honey syrup! After this evening, you will have conquered your fear plus you will receive an easy tip sheet to create perfect results every time for other phyllo recipes too. You will need to bring \$15. Food fees to the instructor the night of class. Instructor: Laurel Severson.

Thurs, Sept 19
6:00-9:00 pm
 7688-F24
 \$29, SSP Secondary

Hand-Pulled Noodles from Scratch

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup. Instructor: Ploy Khunisorn.



Tues, Oct 8
6:00-8:00 pm
 7693-F24
 \$35, virtual

Scrumptious Pies and Tarts

Nothing beats homemade pie or tart-easy to make too! Served hot or cold, loaded with fruit or bursting with creamy texture, you may combine the filling with a simple food processor-pasty (or make the pastry by hand). A lattice top is not only pretty, but with class tips easy to create. You will mix and match your favorite fruits and berries for artistic/tasty tarts. Expect a number of wonderful recipes featuring fruits, nuts and maybe shiny glaze for tarts to tempt you, your family and friends. There will be tips galore to ensure that you have success every time. Sample creations in class and bring a container to transport more samples home. Expect to master fruit pies, custard/cream pies and spectacular tarts. You will need to bring \$12. Food fees to the instructor the night of class. Instructor: Laurel Severson.

Sat, Oct 12
9:00 am-1:00 pm
 7689-F24
 \$29, SSP Secondary

Mile High Apple Pie

Fall is in the air! With that comes apple season. This is the time of year to make the very best apple pie. If you say, "I can't make pies" then this class is for you. Nancy will take you through all the steps, from making a crust, to preparing all the filling for your pie using the freshest apples from Brand Farms in Farmington. You will be surprised how easy it is! Each student will leave class with a hot apple pie to share with family and friends. Boxes will be provided, but please bring a rolling pin and a potato peeler to class if you have them. Nancy will have some extras, too. Supply fee collected in class 14.00. Instructor Nancy Burgeson.

Mon, Nov 4
6:00-9:00 pm
 7685-F24
 \$29, SSP Secondary

Festive Appetizers and Boards

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 Rarebit Poppers, Mediterranean Mezze Boards, and more! Registration includes extensive recipe handout and link to class recording so you can re-watch at your convenience. *No air fryer or Instant Pot? No problem! Recipes will include oven/stovetop directions too. Instructor: Kirsten Madaus.



Tues, Nov 12
6:30-8:00 pm
 7697-F24
 \$29, virtual

Best Bundt Cakes

Bundt Cakes have become very popular. Learn tips and tricks as we prepare, bake and glaze several types of bundt cakes in class. Students will take home four boxed 5" bundt cakes. We will make Lemon, Triple Chocolate, Cherry Cheesecake and pumpkin. There is an additional \$12 supply fee due at class. Appropriate for ages 16 to Adult. Instructor: Diana Hirte.

Wed, Nov 13
6:00-8:30 pm
 7699-F24
 \$35, SSP Secondary





Lovely Lefse

This Norwegian delicacy is made for all sorts of special occasions. Learn the fine points in making the dough, baking, storing and how to serve lefse. You will begin with real potatoes using a number of authentic recipes and a new, modern recipe using instant potatoes. Plan to sample your fresh, warm creations with traditional fillings. You can take home finished lefse dough to bake and share with your loved ones. There is an additional \$9 supply fee due at class. Instructor: Laurel Severson.

Thurs, Nov 21
6:00-8:00 pm
 7690-F24
 \$29, SSP Secondary

Holiday Cooking and Candy Take-and-Bake

This class is an assembly-line style baking group, creating cookies, and candies for the holidays. Favorites like Russian tea cakes, peanut butter kiss cookies, cranberry-orange shortbread cookies, chocolate fudge and pretzel rods dipped in caramel and chocolate. Head home with ten dozen boxed holiday treats. All packaging is supplied. There is an additional \$25 supply fee due at class. Appropriate for ages 16 to Adult. Instructor: Diana Hirte.

Fri, Dec 6
6:00-9:00 pm
 7698-F24
 \$39, SSP Secondary

Mon, Dec 9
6:00-9:00 pm
 7698-F24B
 \$39, SSP Secondary

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 meal on repeat? Fear not, hungry friend, this class is here to spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or 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" to "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone. Instructor Kirsten Madaus.

Sat and Sun, Dec 7-8
3:00-4:00 pm
 7696-F24B
 \$45, virtual

Japanese Miso Ramen from Scratch

This class is not about instant ramen. In fact, we will be making Japanese miso ramen from scratch. We will start with making ramen noodles from scratch. Then, we'll braise cha shu chicken and make miso broth. We will serve our ramen with marinated soft-boiled eggs and different toppings. Instructor: Ploy Khunisorn.

Tues, Dec 10
6:00-8:00 pm
 7694-F24
 \$35, virtual

Four Famous Ethnic Cookies

This class covers four Scandinavian cookie favorites. First are rolled Krumkakes, made with cream, butter, and cinnamon. Next up are Italian Pizzelles; a flat, anise-flavored cookie baked on the top of the stove using an iron. Almond Swedish Sandbakkelse are baked in tiny tins to resemble tarts. Finally, you will master deep fried rosettes, the fragile, paper thin Scandinavian delicacies dusted with confectioner's sugar. Please bring containers to take your creations home. There is an additional \$14 supply fee due at class. Instructor: Laurel Severson.

Tues, Dec 17
6:00-9:00 pm
 7691-F24
 \$29, SSP Secondary

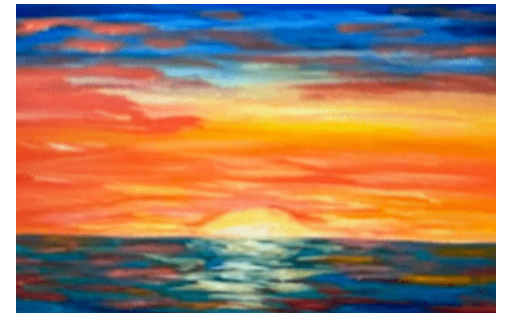
ADULT ENRICHMENT

CREATIVE ARTS

Unleash Your Inner Artist: Step-by-Step Paint & Sip

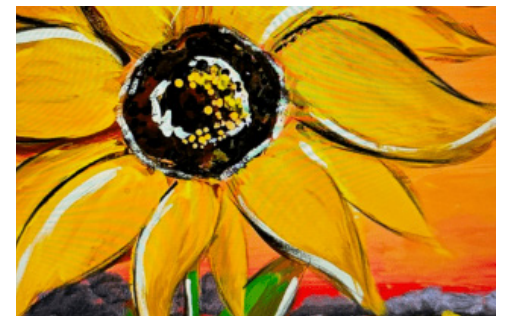
Join us for an enriching painting event designed for all skill levels! Whether you're a seasoned painter or have never touched a brush, this is the perfect opportunity to let your imagination soar. We will paint with acrylic paint on canvas, and the canvas will be pre-drawn and ready to paint! What to expect: step by step instruction, guidance: our friendly instructor will lead you through each stage, no experience needed, a relaxing atmosphere, take home your art at the end. Prices as follows: \$25 8x10 canvas panel, \$35 8x10 stretched canvas, \$45 11x14 stretched canvas. Class is one session at SSP Central Square. Instructor: Linda Rinaldi.

Tues, Sept 17
1:00-3:00 pm
 7548-F24
 Sunset Painting



Wed, Sept 25
6:00-8:00 pm
 7548-F24
 Sunset Painting

Thurs, Oct 10
1:00-3:00 pm
 7548-F24
 Sunflower Painting



Wed, Oct 23
6:00-8:00 pm
 7548-F24
 Sunflower Painting

Thurs, Nov 7
1:00-3:00 pm
 7548-F24
 Pumpkins Painting



Wed, Nov 20
6:00-8:00 pm
 7548-F24
 Pumpkins Painting

Thurs, Dec 5
1:00-3:00 pm
 7548-F24
 Christmas Tree Painting



Wed Dec 11
6:00-8:00 pm
 7548-F24
 Christmas Tree Painting

Voiceover... Now is Your Time

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, video, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. Instructor: Caitlin Deese

Mon, Nov 4
6:30-8:30 pm
 7543-F24
 \$35

YOUTH ENRICHMENT

HEALTH AND SAFETY

One Day Class! Certified Babysitter's Training (ages 11 & up)

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

Fri, Oct 18
9:00 am-12:30 pm
4202-F24A
\$80

Fri, Dec 27
8:00 am-11:30 am
4202-F24B
\$80

Easy CPR for Babysitters and Teens (ages 11 & up)

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

Fri, Oct 18
1:00-3:30 pm
4204-F24A
\$50

Fri, Dec 27
1:00-3:30 pm
4204-F24B
\$50

Safe Kids (ages 8 & up)

The dilemma: Do you feel your child knows what to do in an emergency situation? Do they know what to do if approached by a strange dog, how to use a fire extinguisher, or how to tell if someone is a "stranger"?

The answer: Parents will rest in the knowledge that this course will help their child stay safe at home and in the community. This course will cover important safety principles that ALL parents want their children to know. This DVD program includes a student workbook and hands-on activities providing a superior program that students love and parents appreciate.

Topics Include:

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

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

Sat, Oct 19
9:00-11:30 am
4205-F24
\$45



YOUTH ENRICHMENT

BRAIN BUILDERS

Group Piano Lessons (Grades 2-5)

Join us for piano lessons using Yamaha's Music and Education Program. Piano is offered before school at Lincoln Center and Kaposia Education Center. We will provide the keyboards, instructions and music during class. The music book is included in the fee. Instructor: Lori Lencowski.

Mon, Sept 16-Nov 25
7:30-8:50 am
4500-F24A
\$99, Kaposia Education Center

Tues, Sept 17- Nov 26
7:10-8:10 am
4500-F24B
\$99, Lincoln Center

ACT Prep Class (Virtual On-Line Class)

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



Sat, Sept 21-Oct 12
9:00 am-12:00 pm
4301-F24#926
\$180, Virtual

Sat, Nov 9-Dec 7
9:00 am-12:00 pm
4301-F24#928
\$180, Virtual

Wed, Nov 6-Dec 4
5:45-8:45 pm
4301-F24#341
\$180, Virtual

Self-Paced Online Course
\$80, Virtual
4301-F24#777

Drivers Ed

Our Driver's Education program is offered in partnership with A+ Driving School. The course is approved by the State of Minnesota and meets all requirements for training anyone under the age of 18. The course fee includes 30 hours of classroom instruction and six hours of behind the wheel instruction. Participants missing class must wait for the next session to make up missed time.

For the virtual classroom series, you must attend by logging in to the live broadcast at class time each day on a device that has the ability to be seen as well as heard for the entire class time. Please provide participant's email address during the registration process to send the meeting invite. This email needs to be accessible from the device being used. All sessions are \$420, 2 Payment option: \$235 at registration and \$185 first day of class. More specific schedules can be found on the Driver's Ed registration page of <https://tridistrict.ce.eleyo.com/>.

Mon-Thur, Sept 25-Oct 10
2:45-5:45 pm
4300-F23A

Mon-Thurs, Dec 2-17
2:45-5:45 pm
4300-F23B

VIRTUAL DRIVER'S ED

Mon-Thurs, Sept 9-24
4:00-7:00 pm
4300-F24OLA

Mon-Thurs, Sept 25-Oct 10
4:00-7:00 pm
4300-F24OLB

Mon-Thurs, Oct 14-31
4:00-7:00 pm
4300-F24OLC

Mon-Thurs, Nov 6-21
4:00-7:00 pm
4300-F24OLD

Mon-Thurs, Dec 2-17
4:00-7:00 pm
4300-F24OLE

YOUTH ENRICHMENT

SPORTS AND RECREATION

Ninja classes take place at Conquer Ninja, 707 Commerce St, Woodbury

Intro to Ninja (5-13 years)

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

FALL SESSION 1

Wed, Sept 11-Oct 30

4:00-5:00 pm

4994-F24 5-9

\$190

Wed, Sept 11-Oct 30

5:00-6:00 pm

4994-F24 5-13

\$190

Wed, Sept 11-Oct 30

6:30-7:30 pm

4994-F24 8-13

\$190

FALL SESSION 2

Wed, Nov 6-Dec 18

4:00-5:00 pm

4994-F24B 5-9

\$140

Wed, Nov 6-Dec 18

5:00-6:00 pm

4994-F24B 5-13

\$140

Intro to Ninja (5-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Not only is Ninja one of the fastest growing sports, but it is also the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. The Conquer Rec Team is designed for youth of all experience levels and practices on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders, and more. This eight weeklong Rec Team consists of six practices and two competitions (week 4 and week 8).

FALL SESSION 1

Fri, Sept 6-Oct 25

4:00-5:00 pm

4995-F24 6-9YO

\$199, 6-9 years old

Fri, Sept 6-Oct 25

5:00-6:00 pm

4995-F24 6-9YOB

\$199, 6-9 years old

Fri, Sept 6-Oct 25

6:15-7:15 pm

4995-F24 8-13YO

\$199, 8-13 years old

Sun, Sept 8-Oct 27

9:00-10:00 am

4995-F24 6-13YOB

\$199, 6-13 years old

FALL SESSION 2

Fri, Nov 1-Dec 13

No Camp Nov 15 & Dec 13

4:00-5:00 pm

4995-F24 6-9YOC

\$199

Fri, Nov 1-Dec 13

No Camp Nov 15 & Dec 13

5:00-6:00 pm

4995-F24 6-9YOD

\$199

Fri, Nov 1-Dec 13

No Camp Nov 15 & Dec 13

6:15-7:15 pm

4995-F24 8-13YOC

\$199

Sun, Nov 3-Dec 15

No Camp Nov 15 & Dec 13

9:00-10:00 am

4995-F24 8-13YOD

\$199



Flag Football

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

GRADES K-5

Mon, Sept 16-Oct 7

3:45-4:45 pm

4902-F24

\$80, Kaposia Education Center

AGES 3-6

Mon, Sept 16-Oct 7

5:00-5:45 pm

4902-F24A

\$75, Kaposia Education Center

Soccer Camp

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

GRADES K-5

Tues, Oct 1-22

3:45-4:45 pm

4900-F24

\$80, Kaposia Education Center

AGES 4-6

Tues, Oct 1-22

5:45-6:30 pm

4900-F24 4-6 Y/O

\$75, Kaposia Education Center

AGES 2-3

Tues, Oct 1-22

5:00-5:30 pm

4900-F24 2-3 Y/O

\$70, Kaposia Education Center

Ultimate Sports Games Camp

DASH Sports Ultimate Sports Games Camps provide participants with a fun experience learning and playing your favorite sports games! Games may include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Soccer, and more! Participants will learn teamwork, and values such as Respect, Hustle, & Pride, all in a fun environment while increasing athleticism and learning teamwork and gameplay. Campers should bring a water bottle, and athletic clothing/shoes. All other equipment is provided.

GRADES K-5

Mon, Oct 14-Nov 4

3:45-4:45 pm

4910-F24

\$80, Kaposia Education Center

AGES 3-6

Mon, Oct 14-Nov 4

5:00-5:45 pm

4910-F24B 3-6 Y/O

\$75, Kaposia Education Center

Floor Hockey Camp

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

GRADES K-5

Tues, Oct 29-Nov 19

3:45-4:45 pm

4906-F24

\$80, Kaposia Education Center

AGES 3-6

Tues, Oct 29-Nov 19

5:00-5:45 pm

4906-F24 3-6 Y/O

\$75, Kaposia Education Center

Basketball Camp

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

GRADES K-5

Tues, Nov 26-Dec 17

3:45-4:45 pm

4904-F24

\$80, Kaposia Education Center

AGES 4-6

Tues, Nov 26-Dec 17

5:45-6:30 pm

4904-F24 4-6 Y/O

\$75, Kaposia Education Center

AGES 2-3

Tues, Nov 26-Dec 17

5:00-5:30 pm

4904-F24 2-3 Y/O

\$70, Kaposia Education Center



YOUTH ENRICHMENT

GYMNASTICS

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

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

Wed, Sept 18-Oct 30
3:45-4:15 pm
 4000-F24A
 \$59

Sat, Sept 21-Oct 26
8:00-8:30 am
 4000-F24B
 \$51

Tumble Bees (3-4 years old)

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

Tues, Sept 17-Oct 29
4:00-4:30 pm
 4001-F24A
 \$71

Sat, Sept 21-Oct 26
8:30-9:15 am
 4001-F24B
 \$61

Sat, Sept 21-Oct 26
9:15-10:00 am
 4001-F24C
 \$61

Mini Stars

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

Tues, Sept 17-Oct 29
4:00-5:00 pm
 4013-F24A
 \$71

Sat, Sept 21-Oct 26
11:00 am-12:00 pm
 4013-F24B
 \$61

Mini Stars 2 (Coach Approval)

Further development of Mini Stars. We will focus on perfecting the skills progressions and development in Mini Stars 1 and continue working at a slightly faster pace and higher difficulty level. Our focus will be the basic elements of each event. Floor: splits, bridges, cartwheels, and handstands. Bars: pullovers and back hip circles. Beam: jumps and dismounts. Vault: footwork for the spring board and pop-ups.

Thurs, Sept 19-Oct 24
4:00-5:00 pm
 4014-F24A
 \$61

Beginners (4-14 years old)

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

Mon, Sept 16-Oct 28
3:30-4:30 pm
 4002-F24A
 \$71

Thurs, Sept 19-Oct 24
4:00-5:00 pm
 4002-F24B
 \$61

Sat, Sept 21-Oct 26
11:00-11:50 am
 4002-F24C
 \$61

Sat, Sept 21-Oct 26
11:40 am-12:30 pm
 4002-F24D
 \$61

Sat, Sept 21-Oct 26
12:15-1:15 pm
 4002-F24E
 \$61

Intermediate Beginners

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

Tues, Sept 17-Oct 29
6:00-7:00 pm
 4009-F24A
 \$71

Thurs, Sept 19-Oct 24
7:00-8:00 pm
 4009-F24B
 \$61

Advanced Beginners (Coach Approval)

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

Thurs, Sept 19-Oct 24
6:00-7:00 pm
 4003-F24A
 \$61

Sat, Sept 21-Oct 26
1:15-2:15 pm
 4003-F24B
 \$61

Flips (Coach Approval)

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

Tues/Thurs, Sept 17-Oct 29
7:00-8:15 pm
 4004-F24A
 \$129

Sat, Sept 21-Oct 26
1:15-2:30 pm
 4004-F24B
 \$62

Open Gym

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

Sat, Sept 21-Oct 26
10:00-11:00 am
 \$10/session

Private Lessons

Private lessons offer your child an opportunity to work on specific skills they have been trying to improve. Working 1 on 1 with our experienced coaches will help them achieve their goals and boost their confidence in the gym. Private lessons must be arranged and approved with the lead gymnastics instructor prior to registration.

Email kaiatautges@gmail.com to schedule. **1-hour \$65**



Pre-Team (Coach Approval)

Gymnasts proficient in the basic skills needed to form routines will join our preteam. Gymnasts will learn more difficult skills and create routines on all four events. Pre-team is a year round course and wraps up with 2-3 competitions in the late spring. Pre-team is the starter program for the Central Square Competitive Gymnastics Team. Coaches approval is required.

Tues/Thurs, Sept 17-May 29
(no class when Central Square is closed)
4:30-6:30 pm
 4022-F24A
 \$140/month or \$1,680 for one year

Optional Fri Practice, Sept 20-May 30
(no class when Central Square is closed)
4:30-7:00 PM

NEW- MAGA Team 1 and MAGA Team 2

The Gymnastics - MAGA Team program is open to all interested students who have achieved the required skills. The intention of the program is to prepare the gymnast for their high school gymnastics program by allowing them to gain valuable competitive experience as well as strength, flexibility, and confidence to pursue other activities. Skills will be based on requirements as well as ability. Tryouts are required. Try outs Aug 26 and 28 from 5:00-8:00 pm, \$5/night.

TEAM 1

Mon/Wed, Sept 16-May 30
(no class when Central Square is closed)
5:30-8:30 pm
 4023-F24A
 \$220/month or \$1,980 for one year

TEAM 2

Mon/Wed, Sept 16-May 30
(no class when Central Square is closed)
4:30-6:30 pm
 4024-F24A
 \$215/month or \$1,935 for one year

Optional Fri Practice for both teams, Sept 20-May 30
(no class when Central Square is closed)
4:30-7:00 PM

YOUTH ENRICHMENT

AQUATICS

Parent/Tot and Preschool: 1 (6 months-3 years)

Parents accompany their child in the water. Children will become comfortable in the water and begin to learn basic skills.

Every other Saturday, Sept 7-Dec 21
9:00-9:25 am
 4600-F24A
 \$75

Preschool Lessons: 2 (Ages 3-5 yr)

In level 1 the child is introduced to basic skills, safety & fun in the water. Parents do not accompany their child in the water. In level 2 we will continue to challenge and increase skills. Parents do not accompany their child in the water.

Every other Saturday, Sept 7-Dec 21
10:25-10:55 am
 4601-F24A
 \$85

Every other Saturday, Sept 7-Dec 21
11:00-11:25 am
 4601-F24B
 \$85

Learn-to-Swim Lessons: Level 1

Introduction to Aquatics Skills. Introduces floating, kicking, gliding arm & leg action & breath control. Focus on becoming safe & comfortable in water & work on beginner skills.

Tues/Thurs, Sept 3-Oct 15
(no class Sept 12)
6:15-7:00 pm
 4608-F24A
 \$125

Tues/Thurs, Sept 3-Oct 15
(no class Sept 12)
7:05-7:50 pm
 4608-F24B
 \$125

Every other Saturday, Sept 7-Dec 21
9:30-10:15 am
 4608-F24C
 \$125

Tues/Thurs, Oct 17-Nov 14
6:15-7:00 pm
 4608-F24D
 \$125

Tues/Thurs, Nov 19-Dec 17
(no class Nov 28)
6:15-7:00 pm
 4608-F24F
 \$125

Tues/Thurs, Nov 19-Dec 17
(no class Nov 28)
7:05-7:50 pm
 4608-F24G
 \$125

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

Fundamental Aquatic Skills. Introduces fundamentals of front crawl & elementary backstroke. Must pass level 1 or be able to float on their front & back for 3-5 seconds.

Tues/Thurs, Sept 3-Oct 15
(Sept 10, 12, 24, Oct 3, 10)
6:15-7:00 pm
 4607-F24A
 \$125

Tues/Thurs, Sept 3-Oct 15
(Sept 10, 12, 24, Oct 3, 10)
7:05-7:50 pm
 4607-F24A2
 \$125

Every other Saturday, Sept 7-Dec 21
9:30-10:15 am
 4607-F24B
 \$125

Tues/Thurs, Oct 17-Nov 14
(no class Nov 5)
6:15-7:00 pm
 4607-F24C
 \$125

Tues/Thurs, Oct 17-Nov 14
(no class Nov 5)
7:05-7:50 pm
 4607-F24D
 \$125

Tues/Thurs, Nov 19-Dec 17
(no class Nov 28)
6:15-7:00 pm
 4607-F24E
 \$125

Learn-to-Swim Lessons: Level 3

Stroke Development. Builds on skills of level 2. Focus on stroke development as participants learn to survival float, swim front crawl, diving skills & elementary backstroke. Scissors & dolphin kicks are introduced. Learn the fundamentals of treading water.

Tues/Thurs, Sept 3-Oct 15
(Sept 10, 12, 24, Oct 3, 10)
7:05-7:50 pm
 4604-F24A
 \$125

Every other Saturday, Sept 7-Dec 21
11:00-11:45 am
 4604-F24B
 \$125

Tues/Thurs, Nov 19-Dec 17
(no class Nov 28)
7:05-7:50 pm
 4604-F24D
 \$125

Learn-to-Swim Lessons: Level 4

Stroke Improvement. Introduces fundamentals of front crawl & elementary backstroke. Must pass level 1 or be able to float on their front & back for 3-5 seconds.

Every other Saturday, Sept 7-Dec 21
11:00-11:45 am
 4610-F24A
 \$125

Tues/Thurs, Sept 3-Oct 15
(no class Sept 10, 12, 24, Oct 3, 10)
7:05-7:50 pm
 4610-F24A2
 \$125

Tues/Thurs, Oct 17-Nov 14
(no class Nov 5)
7:05-7:50 pm
 4610-F24B
 \$125

ADULT EDUCATION

FREE CLASSES FOR ADULTS

English Language Levels- 6

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

English Language Online-Conversation Class

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

Citizenship

This free class helps non-native speakers prepare for the citizenship process. Areas include: developing English language skills, civic content knowledge, learning about the N-400 form, and the citizenship interview.

General Education Degree (GED)

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

General Education Degree (GED) Online

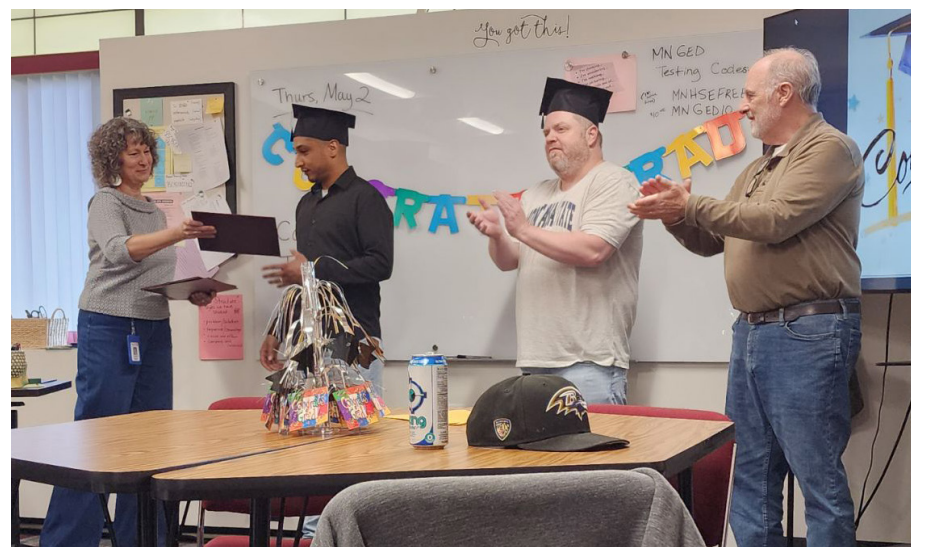
For students needing flexible study schedule options, this online class allows student to use free digital course materials to prepare for any one of the four GED tests - language arts, mathematical reasoning, social studies, and science. Individuals are first tested to determine levels of testing readiness and attend an initial in-person orientation to determine goals, materials and to create an individual learning plan. Students study remotely and connect regularly with a teacher via in-person office hours, appointments or virtual conferencing.

TEAS (Tests of Essential Academic Skills)Preparation

We offer in-person and online class options to provide pre-nursing students, dually enrolled at Inver Hills Community College, with the skill-building opportunities necessary to master TEAS tests. Students have access to targeted learning materials to build skills in the areas of physiology, as well as testing strategies and practice.

IHCC Developmental Math Partnership

In collaboration with Inver Hills Community College (IHCC), we offer a pre-Algebra math course designed for students new to the college experience and/or needing additional support to master basic mathematical concepts. This class is co-taught by an Inver Hills instructor and an SSABE instructor. Our ABE instructor works closely with the IHCC instructor, and largely one-on-one with students to help students master the required concepts and skills. Students are tested at the start of the course to determine individual areas of strength and where additional support is needed. They are re-tested at the conclusion of the course to determine progress.



KIDS' CHOICE

SCHOOL-AGE CARE

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

Non-refundable registration fee of \$45 per child.

Kaposia Education Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30 - 8:50 am	5	\$13/day
Before School - Part-Time	6:30 - 8:50 am	1-4 days	\$16/day
Before School Drop-in	6:30 - 8:50 am	--	\$21/day
After School - Full-Time	3:35 - 6:00 pm	5 days	\$14/day
After School - Part-Time	3:35 - 6:00 pm	1-4 days	\$17/day
After School Drop-in	3:35 - 6:00 pm	--	\$23/day
School Release Day Before Deadline	6:30 am - 5:30 pm	--	\$42/day
School Release Day After Deadline	6:30 am - 5:30 pm	--	\$46/day

Lincoln Center

Type of Care	Hours	Days/Week	Cost
Before School - Full-Time	6:30 - 8:20 am	5	\$11/day
Before School - Part-Time	6:30 - 8:20 am	1-4 days	\$13/day
Before School Drop-in	6:30 - 8:20 am	--	\$19/day
After School - Full-Time	3:00 - 6:00 pm	5 days	\$16/day
After School - Part-Time	3:00 - 6:00 pm	1-4 days	\$20/day
After School Drop-in	3:00 - 6:00 pm	--	\$25/day
School Release Day Before Deadline	6:30 am - 5:30 pm	--	\$42/day
School Release Day After Deadline	6:30 am - 5:30 pm	--	\$46/day

- Full-Day – Full-Time registrations will receive priority.
- Fees are based on enrollment, not attendance. Tuition refunds or credits will not be given for emergency school closing days, absences, illness (including covid related), or vacations.
- Fees are subject to change.

SOUTH ST. PAUL EARLY LEARNING

EARLY CHILDHOOD/FAMILY EDUCATION & PRESCHOOL



EARLY LEARNING OFFICE

Family Education Center

104 5th Ave S- Door 1, South St. Paul

Office open during scheduled class times

All other times, visit Central Square

651-457-9418

earlylearning@sspps.org

<https://earlylearning.sspps.org>



Director of Community Ed and Early Learning: Jeanne Zehnder

Early Learning Coordinator: Kristen Sammartano-Weeks

Administrative Assistant: Lu Campbell

Early Learning Cultural Liaison: Tere Castellanos

Parent Educator: Eamon Whiteakder-Smith

Early Learning Instructor: Makayla Griffin

Early Learning Assistants: Denise Geldernick and Katie Tigan

Early Childhood and Family Education

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

Program Goal

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

ECFE Is...

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

Programs Include:

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

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

Separating Classes

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

Non-Separating Classes

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

EARLY LEARNING

ECFE CLASSES

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

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

Mon, Sept 9 - Jan 27 (No class Dec 2, 23, 30, Jan 20)

10:15 - 11:15 am

Ages birth - 12 months

8000Fall 24

Sibling Care Available

Tiny Tots *(non-separating)*

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

Mon, Sept 9 - Jan 27 (No class Dec 2, 23, 30, Jan 20)

9:00 - 10:00 am

Ages 12 - 24 months

8002Fall 24

Sibling Care Available

Single Parenting *(separating)*

Raising a child(ren) alone is a challenge. Join other parents with young children for support, information, and sharing. All families are welcome.

Mon, Sept 9 - Jan 27 (No class Dec 2, 23, 30, Jan 20)

5:30 - 7:00 pm

Ages 2.5 - 5 years

8246Fall 24

If childcare is needed call the Early Learning Office 651-457-9418

Mixed Ages *(separating)*

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

Tues, Sept 10 - Jan 28 (No class Dec 24, 31)

9:00 - 11:00 am

Ages 18 - 30 months

8245Fall 24

Sibling Care Available

Family Learning *(separating)*

Family Learning is an educational program for parents and their children.

Adult Basic Education: Build your skills in reading, math and writing; improve your english speaking and writing skills.

Parent Education: Hands-on learning through fun activities together; gain ways to support your child's learning; focus on parenting strategies with other parents.

Children 2.5 to 5 years old: Explore and participate in readiness activities, stories, songs, snack time and large muscle games and activities.

Class meets on both Tuesdays and Thursdays, families must attend both days.

Tues/Thurs, Sept 10 - Jan 30 (No class Oct 17, 31, Nov 28, Dec 24, 26, 31, Jan 2)

12:00 - 2:30 pm

Ages 2.5 - Kindergarten enrollment

8014Fall 24

Sibling Care Available

Young Toddlers *(separating)*

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

Wed, Sept 11 - Jan 29 (No class Oct 16, Nov 27, Dec 25, Jan 1)

9:00 - 11:00 am

Ages 18 - 30 months

8003Fall 24

Sibling Care Available

Story Adventures! *(non-separating)*

Join us for featured stories, songs, puppets, activities, and more! Story times will teach social skills, listening comprehension, letter and number recognitions and vocabulary, all while learning through play.

Wed, Sept 11 - Jan 29 (No class Oct 16, Nov 27, Dec 25, Jan 1)

12:00-2:00 pm

Ages 2.5 - 5 years

8006Fall 24

Sibling Care Available

Terrific Twos and Threes *(separating)*

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

Thurs, Sept 12 - Jan 30 (No class Oct 17, Nov 28, Dec 26, Jan 2)

9:00 - 11:00 am

Ages 2 - 3 years

8005Fall 24

Evening Fun *(non-separating)*

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

REGISTRATION REQUIRED FOR EACH SESSION

All sessions are 5:30 - 7:00 pm for ages 2.5 - Kindergarten

SESSION 1

Sensory Fun

Tues, Sept 10 - Oct 29

8001Fall 24 Thursday 3

SESSION 2

Sensory Fun

Thur, Sept 12 - Nov 14

(no class Oct 17, 31)

8001Fall 24 Tuesday 1

SESSION 3

Music and Movement

Tues, Nov 12 - Jan 28

(no class Dec 3, 24, 31)

8009Fall 24 - Tuesday 2

SESSION 4

Music and Movement

Thur, Nov 21 - Jan 30

(no class Nov 28, Dec 26, Jan 2)

8009Fall 24 Thursday 4

Drop-In Play *(non-separating)*

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

Wed, Sept 11 - Jan 29 (No class Oct 16, Nov 27, Dec 25, Jan 1)

5:30-7:00 pm

Fri, Sept 13 - Jan 31 (No class Oct 11, 18, Nov 1, 29, Dec 27, Jan 3, 17)

9:00 - 11:00 am

EARLY LEARNING

INFORMATION & REGISTRATION

Class Cancellation and Refunds

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

Immunization Requirement

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

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

SSPPS School census

Have you registered your baby, toddler, or preschooler with SSPPS? Having your child's name on the census helps us keep you informed of:

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

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

Early Learning Advisory Council

The Early Learning Advisory Council (ELAC) is a volunteer organization that supports and assists the SSP early learning programs: Community Preschool and ECFE. ELAC sponsors family events, community outreach programs, engages with local government, and raises funds that are used to purchase classroom supplies and eliminate student lunch debt. ELAC is always looking for volunteers to lend their voice to this important work. If you are interested in the Early Learning Advisory Council, please email earlylearning@sspps.org.

Minnesota Reading/Math Corps

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



EARLY LEARNING

FAMILIAS LATINAS

Comienzos Sanos

¿Embarazada? ¿Un bebé recién nacido?

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

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

Regístrese en su distrito escolar

Todos los residentes del distrito escolar deben registrarse incluyendo:

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

llamar para registrarse en la clase 651-306-3644

Clases Para Las Familias Latinas

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

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

Las Familias Latinas - Lunes

Lunes, Septiembre 9 - Enero 27 (dec 2, 23, 30, enero 20)
12:00 pm - 2:00 pm
8016Fall 24

Evaluación del Desarrollo del Niño

La evaluación se realiza entre los 3 1/2 y 4 años de edad, antes de entrar al Kinder. Son gratis y se ofrece una variedad de horarios para las citas.

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

REGISTRATION

Online registration is available at <https://tridistrict.ce.eleyo.com> (or scan the QR code). If you need a hard copy of the registration form, stop by Central Square Community Center (100 7th Ave N, SSP) or the Family Education Center (104 5th Ave S, SSP).



Bring a completed immunization record to class or fax to our office 651-552-3108.



Sibling Care

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

There is a fee of \$10 per child per time for the extra child and this is payable to ECFE office or to the teacher.

Fees

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

Sliding Fee Scale

Household Size and Total Yearly Household Income			
2	Up to \$36,482	\$36,482 - \$65,009	\$65,009 and up
3	Up to \$45,991	\$45,991 - \$74,518	\$74,518 and up
4	Up to \$55,500	\$55,500 - \$84,027	\$84,027 and up
5	Up to \$65,009	\$65,009 - \$93,536	\$93,536 and up
6	Up to \$74,518	\$74,518 - \$103,045	\$103,045 and up
7	Up to \$84,027	\$84,027 and up	--
8	Up to \$93,536	\$93,536 and up	--
Class Length	FREE	50% Discount	Full Price
1 hour	\$0	\$65	\$130
90 minutes	\$0	\$92	\$185
2 hours	\$0	\$120	\$240
8-week class	\$0	\$45	\$90
Sibling Care (per child)			
1 hour	\$0	\$25	\$50
2 hour	\$0	\$35	\$75

EARLY LEARNING

EARLY CHILDHOOD SCREENING

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

WHY IS THIS VISIT IMPORTANT?

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

HOW IT HELPS YOUR CHILD

- Get their hearing, vision, height, and weight checked.
- Find out more about how they play, talk, and develop.

MAKE YOUR EARLY CHILDHOOD SCREENING APPOINTMENT TODAY, 651-306-3641

HELP ME GROW

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



HelpMeGrowMN.org
1-866-693-4769

Ages Birth to Three: 651-306-3682

Ages Three to Six: 651-457-9497

LA EVALUACIÓN DEL DESARROLLO DEL NIÑO:

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

La evaluación consiste en los siguientes exámenes:

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

Recibirá información de:

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

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

EARLY LEARNING

2024-25 SCHOOL YEAR INFORMATION

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

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

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



Kaposia Education Center

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

Lincoln Center

ALL DAY	8:30 am - 2:45 pm
HALF DAY AM	8:30 am - 11:15 am
HALF DAY PM	12:00 pm - 2:45 pm

4-Year-Old Preschool- FREE

Thanks to a grant from the State of Minnesota, students who are four years old by September 1, 2024 can attend SSP Preschool for **FREE**. This includes both all-day and half-day options for school year at both Lincoln and Kaposia.

3-Year-Old Preschool

Monday, Wednesday, Friday- \$190/month*

For children who will be three years old by September 1, 2024
Monday, Wednesday, Friday half days, \$45 registration fee

**Class offerings and fees are subject to change*

Scholarships

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

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



HORARIOS Y TARIFAS DE PREESCOLAR

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

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

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

Kaposia Education Center

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

Lincoln Center

TODO EL DÍA	8:30 am - 2:45 pm
MAÑANA	8:30 am - 11:15 am
TARDE	12:00 pm - 2:45 pm

Preescolar de 4 años - GRATIS

Thanks to a grant from the State of Minnesota, students who are four years old by September 1, 2024 can attend SSP Preschool for **FREE**. This includes both all-day and half-day options for school year at both Lincoln and Kaposia.

Preescolar de 3 años

Lunes, Miércoles, Viernes - \$190/mes*

Para niños que cumplirán tres años antes del 1 de septiembre de 2024
Lunes, Miércoles, Viernes medio día, Hay una cuota de inscripción de \$45

**Class offerings and fees are subject to change*

Becas

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

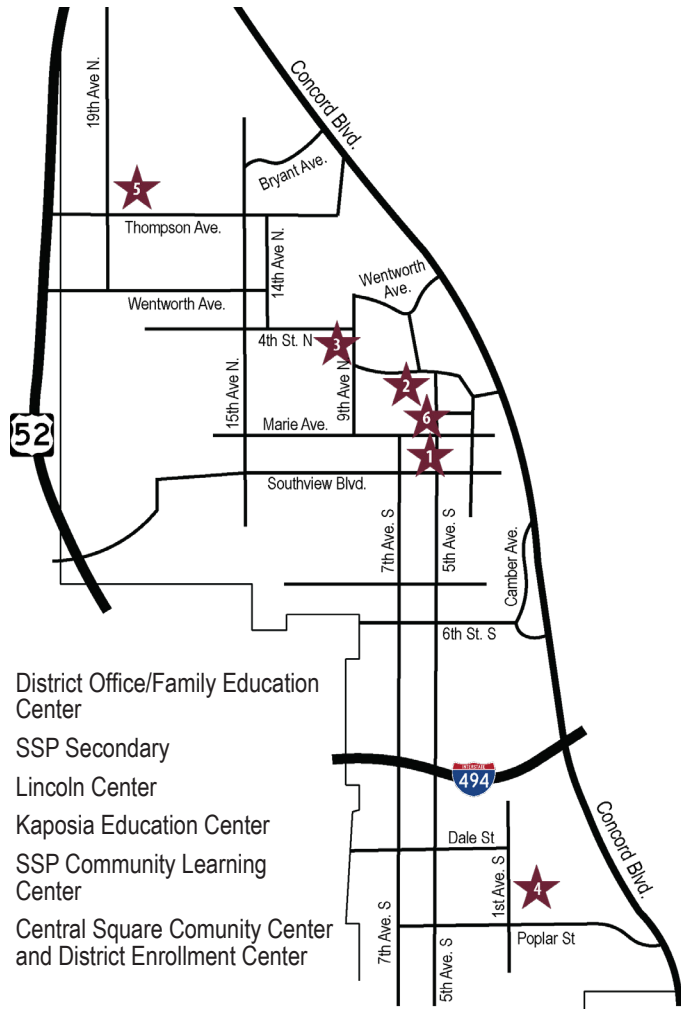
Los niños deben saber ir al baño por completo y ser independientes en el baño para poder asistir al preescolar.

South St. Paul
Public Schools



104 5th Avenue South
South St. Paul, MN 55075

Nonprofit organization
US postage Paid
SOUTH ST. PAUL, MN
PERMIT #134



ECRWSS
Current SSP Resident

1. District Office/Family Education Center
2. SSP Secondary
3. Lincoln Center
4. Kaposia Education Center
5. SSP Community Learning Center
6. Central Square Community Center and District Enrollment Center

SOUTH ST. PAUL PUBLIC SCHOOLS COMMUNITY EDUCATION AND EARLY LEARNING



Community Baby Shower!

Parents, expectant parents, guardians,
Grandparents and babies up to one year old are
invited to this FREE event!

FRIDAY, OCTOBER 11

9:30 - 11:00 am

Family Education Center

Each family will receive a complimentary gift bag. Register by calling 651-457-9418, scan the QR code, or visit: <https://tridistrict.ce.eleyo.com/> to ensure we have gift bags for everyone.



¡Baby Shower de la Comunidad!

Los invitamos al baby shower de South St. Paul si están esperando un bebe o tienen un nuevo bebe.

VIERNES, OCTUBRE 11

9:30 - 11:00 am

Family Education Center

Cada familia recibirá una bolsa de regalos. Por favor registrarse 651-306-3644 o <https://tridistrict.ce.eleyo.com/> así tendremos suficientes bolsas de regalo.