

FRIDLEY

OMUNITY

COURSE CATALOG



www.fridleycommed.com

Program Offerings

Adult Enrichment Fridley Senior Program Fridley Event Services Youth Enrichment Aquatics Early Childhood Family Ed **Preschool Programs** Tiger Club Childcare



Adult Enrichment

Youth Enrichment

Fridley Preschool



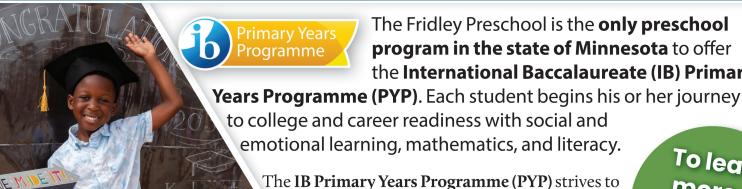




Plus More! Come see what we have to offer!

FRIDLEY PRESCHOOL Register for the 2024-25 school year!





The Fridley Preschool is the **only preschool** program in the state of Minnesota to offer the International Baccalaureate (IB) Primary

to college and career readiness with social and

emotional learning, mathematics, and literacy.

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



THE IB LEARNER PROFILE

Bound

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

DIFFERENT OPTIONS FOR ENROLLMENT:

- 3-year-old **Half-Day a.m. or p.m.** Preschool (*sliding fee*)
- 4-year-old **Half-Day a.m. or p.m.** Preschool (no cost)
- 3- and 4-year-old **Full-Day** Preschool (fee based) For more information on enrollment, call 763-502-5081.

FACILITIES & INFORMATION:

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

FRIDLEY SCHOOLS

FCC – Fridley Community Center 6085 Seventh Street NE

FHS - Fridley High School 6000 West Moore Lake Drive

FMS - Fridley Middle School 6100 West Moore Lake Drive

HES – Hayes Elementary School 615 Mississippi Street NE

SES – Stevenson Elementary School 6080 East River Road

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



OTHER FACILITIES

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

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

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

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

Office Hours:

FRIDLEY COMMUNITY CENTER

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

OFFICE WILL BE CLOSED ON:

November 28, 29, and December 23 - January 2.



ON THE COVER:

Students Amara and Lotanna with Social Worker Jaimie Beran at the Back to School Resource Fair

See Page 28 for more information about our Preschool Program!



Course Catalog FALL 2024

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Free Family Movie Night





Friday, Dec. 6. 2024

Friday, Jan. 3, 2025

Fridley Community Education

presents FREE Family Movie Night at the Fridley District Auditorium

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

Inexpensive concessions are available. Cash Only.

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

Any questions, please call 763-502-5100.

FRIDLEY COMMUNITY EDUCATION CONTACTS:

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

Stephen Keeler, Director of Community Education 763-502-5106

Dr. Aimee FearingDirector of Early Childhood and Family/
Community Engagement
763-502-5101

Community Education Support/Registration 763-502-5100 (option 1 for community eduation)

Community Education Preschool Support 763-502-5105

Facilities Rental Support 763-502-5104 or fridleyeventservices.com

Fridley Senior Center Support 763-502-5150

Lila Mapp, ECFE Coordinator 763-502-5143

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

Sally Leone, Tiger Club Coordinator 763-502-5135

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

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

Sasha Herder, Adult and Youth Enrichment and Aquatics (swimming lessons) Coordinator 763-402-1391

Follow us!

Find class updates, special events and more!



visit www.fridleycommed.com

FINANCE & BUSINESS

WILL TAXES AFFECT YOUR RETIREMENT-

FCC-Rm 109

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

Cost	Class #	Day	Date	Time
Free	6302	Wed	Sept. 18	6-7:30pm

THE FIVE IMPORTANT PEOPLE YOU NEED ON YOUR WAY TO HEAVEN - Online only

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. Held via zoom.

Cost	Class #	Day	Date	Time
\$15	6309	Wed	Sept. 18	6:30-8pm

TECHNOLOGY AND SECURITY FOR EVERYDAY LIFE -

FCC - Room 109

Not sure when you should or shouldn't click on that link? Why is your home wi-fi suddenly so slow? What or where is the cloud, anyway? Learn some basics about how the Internet works, plus simple tips and tricks for keeping your whole family safer online.

Supplies: Attendees should bring a laptop or smartphone or both.

Cost	Class #	Day	Date	Time
\$15	6599	Tue	Oct 8	6:30-7:30pm

SOCIAL SECURITY: TIMING IS EVERYTHING -

FCC-Rm109

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

Cost	Class #	Day	Date	Time
Free	6303	Wed	Oct 16	6:00-7:30pm

THE SPECIAL NEEDS TRUST: ESTATE PLANNING FOR GRANDPARENTS, PARENTS AND FAMILIES WITH SPECIAL NEEDS MEMBER – Online Only

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.

Cost	Class #	Day	Date	Time
\$15	6310	Tue	Oct 29	6:30-8pm

WRITE YOUR OWN WILL –

FCC-Rm 109

Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students will need to bring a working laptop that can connect to Wifi. All work will be completed by the students themselves on their laptops. Some prep work required; packet will be sent prior to class. NOTE: This is a "simple will" class, not appropriate for those who have assets in excess of one million dollars or who need a Trust as well. Couples must register individually.

Cost	Class #	Day	Date	Time
\$60	6307	Tue	Nov 5	6-9pm

THE 5 PHASES OF AN IRA – FCC-Room 109

There's a shift in your mindset when you switch from saving and investing all those years to spending that money – and paying taxes on it. There are many options if your goal is to grow, spend and give more of your wealth. But it takes planning.

Tune in to this on-demand workshop with Thrivent expert, Greg Schraufnagel, for a workshop on the 5 Phases of an IRA and discover strategies for reducing the taxes you and your heirs could pay.

Cost	Class #	Day	Date	Time
Free	6304	Wed	Nov 13	6:00-7:30 pm

HOW TO RETIRE: AN ATTORNEY'S PERSPECTIVE –

Online Only

You work your whole career with the goal of someday retiring. This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects will include:

- 1. Estate planning while working, during retirement and at the end of life
- 2. When to take your Social Security
- 3. Key financial products and services available in the market
- 4. What to look for in financial advisors and other finance professionals

Cost	Class #	Day	Date	Time
\$15	6311	Wed	Nov 20	6:30-8:00pm

SAVVY TAX STRATEGIES- FCC Room 109

This educational webinar will cut through the jargon and help you avoid common—and costly—mistakes regarding your investments, health care, and estate.

Join to learn:

- How to create an efficient retirement tax strategy.
- Answers to the critical tax questions you must answer before retirement.
- How to help dodge the Social Security "tax trap" and more.

No products will be sold.

Cost	Class #	Day	Date	Time
Free	6305	Wed	Dec 11	6-7:30pm

HOW TO PAY FOR THE NURSING HOME: AN ATTORNEY'S PERSPECTIVE— Online Only

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. We will walk through the following questions and more including: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money?

Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties. *This class will be held online via Zoom.

Cost	Class #	Day	Date	Time
\$15	6308	Wed	Dec 18	6:30-8:00pm

HOBBIES & SPECIAL INTERESTS

OPEN PAINTING FALL SESSION – FCC: Various Rooms

Enjoy this fun and relaxing course to learn about different themes and types of painting. Bring your own supplies and connect with others. No session on November 5.

Cost	Class #	Day	Dates	Time
\$22	6004	Tues	Oct 1 - Dec 17	9:30-11:30am

NEEDLE FELT A 2D SCARECROW - FCC Room 112

Try your hand at creating a 2D Needle Felted Scarecrow! Measuring about 6 inches tall, you will learn techniques of needle felting on a flat surface. Learn how to layer for depth, choosing colors, and how to embellish your Scarecrow. There is a \$12 materials fee payable to the instructor.

Cost	Class #	Day	Dates	Time
\$40	6006	Tu/Th	Oct 8 & 10	6-7:30pm

AN INTRODUCTION TO VOICEOVERS – Online Only

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

Online class. Once registered, someone will contact you to set up an appointment time. Must have personal computer or tablet with Zoom, Skype, (Win/Mac/Mobile) or iChat/Face-Time (Mac/iOS). Please ensure your contact information is complete in your profile.

Cost	Class #	Day	Dates	Time
\$50	6503	TBD	TBD	TBD

HOBBIES & SPECIAL INTERESTS

TRACKING DRACULA - Online Only

This is the story of two men—one a writer, the other a warlord, who lived in different countries in different centuries, and how their lives intertwined to create the most memorable villain of all time—Count Dracula. In 1897 Bram Stoker's novel, Dracula, launched an entire genre of literature and film about vampires. Join him as we track Dracula from a crypt in Dublin to the ruins of Whitby Abbey in England to castles in Romania once frequented by Vlad Tepes, aka "Vlad the Impaler."

Cost	Class #	Day	Date	Time
\$15	6502	Thur	Oct 10	7-8pm

HISTORY AND HAUNTING OF IRELAND – Online Only

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

Cost	Class #	Day	Date	Time
\$15	6533	Tue	Oct 15	7-8pm

HOW TO PUBLISH YOUR BOOK WITHOUT GOING BROKE - Online Only

So, you've written a book. Now what? Whether you've written the great American novel and want to share it with the world, or your memoirs to pass on to family and friends, this class is for you. In these three sessions, you will learn how to prepare your manuscript for publishing, the business of selling your books, and some tips on marketing and promotion. Class includes a guidebook that will be emailed to you prior to class. Zoom link will be sent prior to class. Additional Fees include a \$15 guidebook. Fees are payable to the instructor.

Cost	Class #	Day	Date	Time
\$55	6501	Mon	Nov 18, 25, Dec 2	6:30-8pm

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE -

Online Only

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.

Topics include:

How chords work in a song

How to get more out of sheet music by reading less of it

How to form the three main types of chords

How to handle different keys and time signatures

How to avoid "counting"

How to simplify over 12,000 complex chords

Cost	Class #	Day	Dates	Time
\$60	2400	Mon	Oct 7	6:30-9:30pm

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE –

Online Only

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

Cost	Class #	Day	Dates	Time
\$60	2401	Wed	Oct 9	6:30-9:30pm

COOKING

ASIAN FAVORITES -

FHS Foods Lab, Room 113

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh vegetables, and the secret sauce. Classic pork chow mein follows served with crispy egg noodles along with egg foo young made with both, chicken and shrimp. We'll finish this extravaganza with a delightful lemon custard tort.

Cost	Class #	Day	Dates	Time
\$45	6101	Tue	Oct 8	6:00-9:00pm

VEGAN COOKING CLASS FOR BEGINNERS-

FHS Foods Lab. Room 113

In this course, students will master the art of preparing an economic and delicious vegan lentil coconut curry, served with fragrant rice and tangy chutney. No Fall meal is complete without a perfect beverage, so we'll also be making a comforting Fall Chai Tea to accompany the dish. Join us to explore the joys of simple vegan cooking techniques and create amazing, heartwarming meals to enjoy with your loved ones.

Cost	Class #	Day	Date	Time
\$55	6103	Tue	Nov 12	4-6pm

TANTALIZING THAI CUISINE -

FHS Foods Lab, Room 113

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

Cost	Class #	Day	Dates	Time
\$45	6102	Wed	Dec 4	6:00-9:00pm

DANCE

SHAKE IF OFF – FCC- Dance Floor (Lower Level)

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

Cost	Class #	Day	Date	Time
\$15	6152	Mon	Sept 16	6-7pm

WEDDING DANCE-IT'S NOT TOO LATE TO LOOK

GREAT! – FCC- Dance Floor (Lower Level)

You thought about it! You wanted to! But where did the time go? Not to worry. In this 2-hour workshop learn fun moves and simple tips to have you feeling comfortable and looking great for any occasion! With the expert guidance of 3-time Ballroom Dance champion, Monica Mohn, you'll be dancing before you know it! Couples only please.

Cost	Class #	Day	Date	Time
\$30	6153	Mon	Sept. 16	7-8:30pm

THRILLER LINE DANCE WORKSHOP-

FCC-Dance Floor (Lower Level)

Get into the spirit of fall and Halloween with this fun line dance version of the "Thriller" a dance that still inspires us all! No partner needed but why not gather friends and family for a

Cost	Class #	Day	Date	Time
\$15	6150	Wed	Oct 30	6-7pm

SOCIAL DANCE WORKSHOP-

FCC- Dance Floor (Lower Level)

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

Cost	Class #	Day	Date	Time
\$30	6154	Wed	Oct 30	7:00-8:30pm

SWING DANCE WORKSHOP-

FCC: Dance Floor (Lower Level)

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

Cost	Class #	Day	Dates	Time
\$30	6155	Wed	Nov 20	7:30-9pm

LINE DANCE: "BEYONCE'S TEXAS HOLD 'EM"-

FCC- Dance Floor (Lower Level)

Are you ready to kick up your heels and expand your line dancing skills? Join us for an exciting evening of country line dancing to Beyonce's new fabulous country song. No partner needed for a night of fun!

Cost	Class #	Day	Dates	Time
\$15	6151	Wed	Nov 27	7:30-8:30pm

FITNESS

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

POUND® is a cardio jam session inspired by the infectious, energizing, & sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, & strength training with yoga & Pilates-inspired movements.

Using Ripstix®, lightly-weighted drumsticks engineered specifically for exercise. POUND® transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels and easy to modify. Bring a yoga mat and water.

Class #	Day	Dates	Time	Cost
6354B	Thurs	Oct 3-24	7:00-8:00pm	\$36
6354C	Thurs	Nov 7-21	7:00-8:00pm	\$27

TAI' CHI CH'UAN - FCC: Room 114/116

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



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

Class #	Day	Dates	Time	Cost
6352B	Wed	Oct 2-30	6:00-7:00pm	\$45
6352C	Wed	Nov 6-27	6:00-7:00pm	\$36
6352D	Wed	Dec 4-18	6:00-7:00pm	\$27
6352E	Wed	Jan 8-29	6:00-7:00pm	\$36

YOGA MINDFULNESS - FCC: 114/116 & Online

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



Class #	Day	Dates	Time	Cost
6351B/Online	Sat	Oct 5-26	10:00-11:30am	\$36
6351C/Online	Sat	Nov 2-23	10:00-11:30am	\$36
6351D/Online	Sat	Dec 7-21	10:00-11:30am	\$27
6351E/Online	Sat	Jan 4-25	10:00-11:30am	\$36

YOGA - FCC: 114/116 & Online



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

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

Class #	Day	Dates	Time	Cost
6350B/Online	Tues	Oct 1-29	6:00-7:30pm	\$45
6350C/Online	Tues	Nov 12-26	6:00-7:30pm	\$27
6350D/Online	Tues	Dec 3-17	6:00-7:30pm	\$27
6350E/Online	Tues	Jan 7-28	6:00-7:30pm	\$36

HISTORICAL MARTIAL ARTS - LONGSWORD - FCC: Gym

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

Class #	Day	Dates	Time	Cost
6955 - Oct	Sun	Oct 6-27	10:00am-12:00pm	\$40
6955 - Nov	Sun	Nov 3-24	10:00am-12:00pm	\$40
6955 - Dec	Sun	Dec 1-29	10:00am-12:00pm	\$50

KOREAN SWORD (HAIDONG) - FCC-Gym

This program is open to ages 12 years old and up or those with permission from the instructor. It utilizes the sword to help students with personal development and leadership skills. It focuses on patterns, fighting drills and target cutting. It is NOT a sport version such as Kendo or Kumdo.

Class #	Day	Month	Time	Cost
6357A Oct	Tues/Thu	Oct	7:00-8:00pm	\$100
6357B Oct	Mon/Wed	Oct	6:00-700pm	\$100
6357A Nov	Tues/Thu	Nov	7:00-8:00pm	\$100
6357B Nov	Mon/Wed	Nov	6:00-7:00pm	\$100
6357A Dec	Tues/Thu	Dec	7:00-8:00pm	\$100
6357B Dec	Mon/Wed	Dec	6:00-7:00pm	\$100

TAE KWON DO - FCC-Gym

This class is open to ages 8 years old and up. The curriculum develops the student's knowledge and self defense. Personal development of the student leads to success in daily life! Leadership development becomes part of the student's growth as they take responsibility for helping junior students.

Class #	Day	Month	Time	Cost
6355A Oct	Tues/Thu	Oct	6:00-7:00pm	\$100
6355B Oct	Mon/Wed	Oct	7:00-8:00pm	\$100
6355A Nov	Tues/Thu	Nov	6:00-7:00pm	\$100
6355B Nov	Mon/Wed	Nov	7:00-8:00pm	\$100
6355A Dec	Tues/Thu	Dec	6:00-7:00pm	\$100
6355B Dec	Mon/Wed	Dec	7:00-8:00pm	\$100

DEFENSIVE DRIVING

DEFENSIVE DRIVING REFRESHER – FCC Room 109

Now you can renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test. Senior discount already applied. These classes are all in person. Active participation in the class is expected. A certificate will be issued upon completion of the course.

Cost	Class #	Day	Dates	Time
\$30	6202B	Thurs	Oct. 17	1:00-5:00pm
\$30	6202C	Thurs	Nov. 21	1:00-5:00pm
\$30	6202D	Thurs	Dec. 19	1:00-5:00pm
\$30	6202E	Thurs	Jan. 16	1:00-5:00pm

GREAT DECISIONS

GREAT DECISIONS– FCC: Various Rooms

The Great Decisions Discussion Program is designed to encourage debate and discussion of the important global issues of our time. Developed by the Foreign Policy Association in 1954, the Great Decisions Discussion Program is the longest standing and largest grassroots world affairs educational program of its kind.

The program provides materials that help people reach informed opinions on the issues and participate in the foreign policy process. A Briefing Book places the thematic or geographic issue in historical context and provides background, current policies and alternative policy options. Photographs, maps, charts and editorial cartoons illustrate the text. An opinion ballot for the National Opinion Ballot Report accompanies each topic so that readers can express their views.

This program meets at 10:00 AM at the Fridley Community Center. Topics are listed below. Please note that subjects are subject to change based on speaker availability.

- September 18 Science Across Borders
- October 16 US-China Trade Rivalry
- November 20 High Seas Treaty
- December 18 Pandemic Preparedness
- Substitute topic Climate Technology & Competition

Class #	Day	Dates	Time	Cost
6557 - Sept	Wed	Sept. 18	10:00-11:30am	\$5
6557 - Oct	Wed	Oct 16	10:00-11:30am	\$5
6557 - Nov	Wed	Nov 20	10:00-11:30am	\$5
6557 - Dec	Wed	Dec 18	10:00-11:30am	\$5



Supporting a Balanced and Well Connected Life Through Active Aging

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

FRIENDS OF FRIDLEY SENIOR PROGRAM

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

If you are interested in becoming a Friend to the Fridley Senior Program please call 763-502-5150 or e-mail Stephen Keeler (skeeler@isd14.org)-- any size gift is appreciated and is tax deductible.

RESOURCES & SERVICES FOR SENIORS

SENIOR OUTREACH WORKER

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

HEALTH INSURANCE COUNSELING - LINKAGE LINE

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

LEGAL AIDE FOR SENIORS

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

CONTACTS



HELPFUL CONTACTS:

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

NEWSLETTER



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

RESOURCES & SERVICES FOR SENIORS

SOUTHERN ANOKA COUNTY COMMUNITY ASSISTANCE (SACA)

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

FARE FOR ALL

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

CHORES AND MORE

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

HELP AT YOUR DOOR

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

THE BOOKSHELF

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

IN-PERSON TECHNOLOGY HELP AT MISSISSIPPI LIBRARY

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

COFFEE, GAMES & CONVERSATIONS

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



BRIDGE

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

SOCIAL 500

Tuesdays | Time: 9-11:30 AM

CRIBBAGE

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

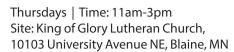
HAND & FOOT

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

QUILTING GROUPS

JAMS - JAMMAS ARE MY SPECIALTY

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



FRIDAY QUILTERS

Fridays | 9-11am | FCC-Room 116

CAMPAIGN OF CHEER

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

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

SNOWFLAKE STITCHERS/QUILTS OF VALOR

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

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

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



SENIOR ACTIVITIES

BINGO

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

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

BOOK CLUB:

Members meet monthly to discuss selected books and authors.

Fourth Tuesdays of the month | 10 - 11am | FCC-Room 112 Upcoming books: September 24th is *The Heaven and Earth Grocery Store* by James McBride. October22nd is *The Berry Pickers* by Amanda Peters. November 26th is *The Little Liar* by Mitch Albom.

GENTLE STRETCH

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

FOOT CARE

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

SENIOR MOVIE THEATER

Tuesdays | 1 PM | FCC-Room 109 | Suggested Donation: \$2

SPECIAL EVENTS

LION'S HOLIDAY DINNER 2024

Join us for the Lion's Holiday Dinner held at the Banquets of MN. Come for lunch and a chance to win some prizes! For Fridley Residents and Fridley Senior Program Participants. No refunds possible.

Cost	Class #	Day	Dates	Time
\$5	6559	Tuesday	Dec 10	1:00-3:00pm

SPECIAL EVENTS

A SWEDISH CHRISTMAS



Step back in time and experience the exquisite 33 - room Turnblad Mansion decorated for the holidays. Learn about the fascinating Turnblad family, the art and architecture of the mansion, and the history of early Minneapolis. In 1908, the Turnblads, a Swedish immigrant family, completed the construction of their castle like mansion. Twenty one years later, they gave it all away to the community, founding the museum and cultureal center that would become the American Swedish Institute where we can experience Swedish, Swedish-American and Nordic culture. We will enjoy a Swedish Smorgasbord buffet including: beet salad, cucumber dill salad, assorted bread and butter, lingonberries, mashed potatoes, swedish meatballs, coffee and water. We will stop at Ingebretsen's Scandinavian Gifts and Foods to admire the beauty, integrity and craftsmanship of imports from throughout Scandinavia. Shop for gift items, authentic clothing, baked goods and tranditional Nordic foods including lutesfisk. This trip will get you in the holiday spirit.

Lunch: Participants don't need to choose a lunch before hand - it is a Swedish Smorgasbord buffet filled with beet salad, cucumber dill salad, assorted bread and butter, lingonberries, mashed potatoes, swedish meatballs, coffee and water.

Mobility Level 1: This tour requires light physical activity. Tour members should expect intermittent walking, with occasional slight inclines and stair climbs, including boarding the motor coach, boat/ferry, tram, etc. There will be some walking to general points of interest. Guests should be able to climb a set of stairs, walk up or down slight slopes and navigate some uneven terrain.

Appropriate for: All participants including those with lower mobility and who are comfortable participating in at least three hours of activity per day.

Cost	Class #	Day	Dates	Time
\$100	6259	Tuesday	Nov 19	9:00am-3:00pm

LA CROSSE ROTARY LIGHTS



Join us for a festive holiday trip to La Crosse, Wisconsin! First we will stop at Ciatti's Italian Grill for dinner. Options are lasagna chicken capellini, or a vegetarian meal. After dinner we will head to the Rotary Lights. Enjoy this holiday display while driving through Riverside Park. There are over 3,000,000 Christmas lights, so you can imagine the breadth and depth of the of exhibition. After the riding tour walk through the park with Santa and a couple of reindeer. There is a splendid 140-foot Christmas tree, s'mores will be available at the fire pits and weather permitting the ice rink will be available. After the lights we will head home! Please bring a credit card or cash if you would like to purchase snacks at the rest stop on the way there and back.

Lunch:

Option 1: Classic Lasagna with bread sticks, side and beverage Option 2: Chicken Capellini with bread sticks, side and beverage Option 3: Vegetarian

Mobility Level 2 Moderate:

Expectations: This tour requires moderate physical activity. Participants should expect a moderate amount of walking. There will be time to rest between activities. To enjoy this tour, you should be prepared to walk slightly longer distances, climb stairs and tolerate periods of standing, for example on walking tours, sightseeing stops, etc.

Appropriate for: Most participants beginning with those who are moderately fit, lead semi-active lives, are comfortable participating in long days of activities and expect some moderate physical activity.

Cost	Class #	Day	Dates	Time
\$99	6260	Tuesday	Dec 10	12:45-10:15pm

CHRISTMAS IN DULUTH



Celebrate the holidays with a day trip! Arrive in Duluth for lunch at The Blackwood Grill. Locally owned and family-operated since the early 90's. Everything is fresh and made from scratch into slow-cooked classic meals. After lunch we will tour the Glensheen Mansion, exquisitely decorated for Christmas. The tour will allow guests to view the family living and work spaces showcasing original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts & Crafts. It reveals the Congdon family and others who lived and worked at Glensheen and brings this magnificent mansion to life. Guests can view the basement, first floor, and second floor. The mansion's central hallway is paneled from floor to ceiling with fumed oak, a process whereby the oak is treated with ammonia fumes to bring out the grain and imbue the wood with an unusual color. Later, at Bentlevville, local volunteers work for weeks to put together a magic place to celebrate the Christmas Holiday Season with the Duluth community. The area usually has fluffy snowflakes and crisp cool temperatures. Walk through the remarkable display with millions of lights, Christmas trees, music and where Santa's helpers are strolling about. There is a gift store inside a warm building, plus an open-air merchandise area with about 15 Fire Pits. Throughout the 20-acre area, there is complimentary hot cocoa, coffee, popcorn, cookies and marshmallows that you can roast over the fire. Watch the little children anticipate an audience with Santa himself. On the way home from Duluth we will stop at Tobie's in Hinkley for a snack.

Lunch:

13

Option 1: Chicken Pot Pie
Option 2: Home-style meatloaf
Option 3: Vegetarian

Mobility Level 2 Moderate:

Expectations: This tour requires moderate physical activity. Participants should expect a moderate amount of walking. There will be time to rest between activities. To enjoy this tour, you should be prepared to walk slightly longer distances, climb stairs and tolerate periods of standing, for example on walking tours, sightseeing stops, etc.

Appropriate for: Most participants beginning with those who are moderately fit, lead semi-active lives, are comfortable participating in long days of activities and expect some moderate physical activityparticipating in long days of activities and expect some moderate physical activity.

(Cost	Class #	Day	Dates	Time
3	\$112	6261	Thursday	Dec 12	10:15am-9:30pm

FALL 2024 CLASS CATALOG

EVENT SERVICES & RENTALS

LOOKING FOR A PLACE TO HOST YOUR NEXT EVENT?

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

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

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

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

FACILITY AMENITIES

Our facilities include the following amenities:



LCD PROJECTION EQUIPMENT & SCREEN



WIRELESS MICROPHONES



SOUND SYSTEM



HIGH SPEED, WIRELESS INTERNET

ATHLETIC FACILITIES

GYMNASIUMS AT FRIDLEY HIGH SCHOOL

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

GYMNASIUMS AT FRIDLEY MIDDLE SCHOOL

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

THE POOL AT FRIDLEY MIDDLE SCHOOL

- Available for private parties & events
- Lifeguards on duty

TENNIS COURTS AT FRIDLEY HIGH SCHOOL

- 6 courts available
- Reasonably priced

ATHLETIC FIELDS

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

FRIDLEY EVENT SERVICES

BOOK YOUR NEXT EVENT

WITH FRIDLEY EVENT SERVICES!

CONTACT

INFORMATION, TOURS, AND BOOKINGS

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

STEPHEN KEELER

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

FOR PRICING & BOOKING

www.fridleyeventservices.com 763-502-5104

LOCATIONS

FRIDLEY COMMUNITY CENTER (FCC)

6085 Seventh Street NE, Fridley, MN 55432 Conveniently located one mile north of Hwy 694 on 61st Ave NE

FRIDLEY HIGH SCHOOL

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

FRIDLEY MIDDLE SCHOOL

6100 West Moore Lake Drive, Fridley, MN 55432

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

EVENT SERVICES & RENTALS



DISTRICT AUDITORIUM & THEATER

FRIDLEY DISTRICT AUDITORIUM AT FRIDLEY HIGH SCHOOL

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

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

BANQUET SPACE & PARTY SPACE

COMMUNITY ROOMS AT FCC

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

TIGER TERRITORY (LOWER LEVEL) AT FCC

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

THE GYM AT FCC

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

THE CAFE AT FRIDLEY MIDDLE SCHOOL

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

THE CAFE AT FRIDLEY HIGH SCHOOL

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

CONFERENCES & MEETING ROOMS

FRIDLEY COMMUNITY CENTER

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



YOUTH ENRICHMENT

SPORTS & FITNESS

INTRO TO CONQUER NINJA CAMP - Conquer Ninja Blaine

A great beginner class! Levels 0 & 1. Ninjas develop strength and agility during these 8 weeklong courses by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers,



tilted ladders; all Ninja inspired obstacles! Increase flexibility, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances.

Cost	Class #	Day	Dates	Time
\$120	2748	Sun	Nov 3 - Dec 15	4:00-5:00pm

ENRICHMENT

SAFEWAY DRIVER'S EDUCATION - FHS - Rm 171

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

Classroom instruction prepares the student to take the Minnesota permit test and behind the responsibility of driving. The 30 hours of classroom is structured



into 10 dependent lessons. Students can take the class at age 14, but cannot take their permit test until age 15.

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

Class #	Days	Dates	Time
2239	Mon-Thur	Sept. 16 - Oct. 1	3:15-6:15pm

Cost

Pay in full: \$414 Includes classroom, behind-the-wheel lessons, and \$49 CE registration fee.

Payment Plan:

- \$234 (includes \$49 CE Registration Fee)
- 1st Behind The Wheel Payment: \$90.00 Payment due at 1st class
- 2nd Behind The Wheel Payment: \$90.00 Payment due at 2nd class

Scholarship Assistance Notice: The typical scholarship assistance is to waive the \$49 Community Education fee assistance cost. Safeway driving school also has a payment plan. If you have a need for community education to waive the registration fee or if you need additional assistance, please call or email the community education office to fill out a scholarship application.

MY LITTLE HORSE DAY CAMP (AGES 2-5) -

Boulder Pointe Equestrian Center

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



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

Cost	Class #	Day	Dates	Time
\$69	2220A	Sat.	Oct 5	12:00-2:00pm
\$69	2220B	Sat.	Nov 9	12:00-2:00pm
\$69	2220C	Sat.	Dec 7	12:00-2:00pm

HORSE BACK RIDING SINGLE DAY CAMP (AGES

6–17) – Boulder Pointe Equestrian Center

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

Cost	Class #	Day	Date	Time
\$109	2270A	Wed	Oct 16	9:00-3:00pm
\$109	2270B	Thur	Oct 17	9:00-3:00pm
\$109	2270C	Fri	Oct 18	9:00-3:00pm
\$109	2270D	Fri	Nov 29	9:00-3:00pm
\$109	2270E	Mon	Dec 23	9:00-3:00pm
\$109	2270F	Fri	Dec 27	9:00-3:00pm
\$109	2270G	Mon	Dec 30	9:00-3:00pm

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

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success.

Cost	Class #	Day	Dates	Time
\$60	2255	Fri	Oct 18	9:00-12:00pm

YOUTH ENRICHMENT

HOME ALONE CAMP (GR 2+)-

FCC-Rm 112

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether it is for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a mature and well-prepared child. This class for children will address several topics relating to being "Home Alone," including age guidelines, safe habits, house rules, after school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders and first aid tips.

Cost	Class #	Day	Dates	Time
\$35	2256	Fri	Oct 18	12:30-2:30pm

ARTS AND CRAFTS

TOON TIME- FCC-Rm 109

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action,



and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters. Sign up today! Beginners are welcome.

Cost	Class#	Day	Dates	Time
\$125	2511	W/Th/F	Oct 16-18	9:00am-12:00pm

SCIENCE & ENGINEERING

DUNGEONS & DRAGONS 101 WITH CHARACTER CREATION (3RD-6TH) - Online Only



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

character, and embarking on an amazing roleplaying game.

Additional Technical Requirement:

PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones

Cost	Class #	Day	Dates	Time
\$79	2525	Tue	Oct 1 & 8	6:00-8:00pm

VIDEO PRODUCTION: YOUTUBE SHORTS, IG REELS & TIKTOK (3RD-7TH) - Online Only

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

Additional Technical Requirement:

Cell Phone video camera or external webcam

Wondershare Filmora (free download)

PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Cost	Class #	Day	Dates	Time
\$59	2526	Fri	Oct 18	9:00am-12:00pm

GOSOLAR! KIDZ: SOLAR CARS-FCC: Rm 109

Stimulate your child's creativity by designing and building epic, solar-powered cars from easy-to-assemble toy construction kits. In addition, your young tikes will build solar powered cars, while redesigning into their own car designs. Let your little engineers explore the world of solar energy while learning how to problem solve and stretch their imagination. Go solar kidz-green learning for a greener tomorrow. Transportation to the Fridley Community Center is provided upon request. Scholarships available upon request.

Cost	ost Class # Da		Dates	Time
\$125	2510	Mon	Nov 4-25	4:15-5:15pm

MUSIC

MUSIC TOGETHER CLASSES - FCC-Rm 109

Discover the joy of making Music Together! Sing, laugh, dance and learn along with your baby, toddler or preschooler in these award-winning classes. BOND more closely with your child through song. MAKE NEW FRIENDS for both you and your little ones. SUPPORT your child's overall development, knowing that music learning supports all learning. HELP YOUR CHILD learn to sing and dance as naturally as they learn to walk and talk. HAVE LOADS OF FUN because children teach themselves through play! Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music-makers—just by having fun making music themselves. Classes are mixed-age so the siblings can be together. Infants under eight months on the first day of the session attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook and parent education materials.

Cost	Class #	Day	Dates	Time
\$199	2512-A	Fri	Sept 27 - Dec 6	9:15-10:00am
\$199	2512-B	Fri	Sept 27 - Dec 6	10:15-11:00am

AQUATICS



SWIM CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

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

Fall 2024: EVENING LESSONS - Wednesdays

September 18 to November 13. No classOctober 16

Regular Lessons (Ages 5 and up)						
Class Time: 45 min	Group/Section	Cost				
6:30-7:15pm	Level 1 #3001B Level 2 #3002C	\$100				
7:15-8:00pm	Level 2 #3002D Level 3 #3003C	\$100				

Young Swimmer Lessons (Ages 6 months - 5 years old)					
Class Time: 25 min	Group/Section	Cost			
6:15-6:45pm	Pre-K Beginner #3008A	\$80			
6:45-7:15pm	Pre-K Intermediate #3008B	\$80			
7:15-7:45pm	Pre-K Advanced #3008C	\$80			

Fall 2024: DAYTIME LESSONS - Saturdays

September 21 - November 23. No class October 19 & 26.

Regular Lessons (Ages 5 and up)						
Class Time: 45 min	Group/Section	Cost				
10:15-11:00am	Level 1 #3001A Level 2 #3002A	\$100				
11:00-11:45am	Level 1 #3001B Level 2 #3002B	\$100				
11:45-12:30pm	Level 3 #3003B Level 4 #3004A	\$100				
12:30-1:15pm	Level 4 #3004B Level 5/6 #3056A	\$100				

LOCATION

FRIDLEY MIDDLE SCHOOL POOL

6100 West Moore Lake Drive, Fridley, MN 55432

FRIDLEY AOUATICS COORDINATOR

SASHA HERDER

sherder@isd14.org (primary form of communication) 763-402-1391 (text or call)



ST. ANTHONY/NEW BRIGHTON SWIMMING LESSONS

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

ST. ANTHONY- NEW BRIGHTON AOUATICS MANAGER

KRISTEN MORRIS

kmorris@isd282.org 612-706-1185



To register for Fridley classes, please scan the QR code!

SCAN ME

EARLY CHILDHOOD FAMILY EDUCATION









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

WELCOME TO ECFE!

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



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

Come for your child... Stay for yourself!

ECFE/PRESCHOOL ADVISORY COUNCIL

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

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

CONTACTS &

DILELIA (LILA) MAPP ECFE Coordinator 763-502-5143 mapp@isd14.org

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

ABOUT FRIDLEY ECFE:

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

SLIDING FEE SCALE ECFE CLASSES			SLIDING FEE SCALE 3-YEAR-OLD PRE-K (HALF DAY)			
Separating			Non-Separating 2024-25: 3-3		2024-25: 3-year-old Preschool	
Family Income	7/8 wks	Sibling Care	7/8 wks	Family Income	4 days/wk (half day)	
\$110,000 +	\$125	\$94	\$53	\$110,000+	\$340/mo	
\$100-109,000	\$117	\$77	\$44	\$100-109,000	\$315/mo	
\$90-99,000	\$108	\$66	\$35	\$90-99,000	\$315/mo	
\$80-89,000	\$99	\$55	\$29	\$80-89,000	\$290/mo	
\$70-79,000	\$90	\$44	\$24	\$70-79,000	\$265/mo	
\$60-69,000	\$88	\$39	\$20	\$60-69,000	\$220/mo	
\$50-59,000	\$80	\$33	\$18	\$50-59,000	\$195/mo	
\$40-49,000	\$63	\$28	\$15	\$40-49,000	\$165/mo	

EARLY CHILDHOOD SCREENING



HELP ME GROW

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

SCHEDULE AN EARLY CHILDHOOD SCREENING

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

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

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

Appointments are necessary!

To schedule a screening, please call 763-502-5105

"NEW KIDS IN TOWN!" HOME VISITS

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



FRIDLEY PRESCHOOL 2024-25









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

WELCOME TO FRIDLEY PRESCHOOL, AN IB WORLD SCHOOL!

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

Here at Fridley Public Schools, we focus on developing the whole child, and that starts with our district's earliest learners. Both 3- and 4-year-old preschool programs are designed to provide your child with the necessary learning experiences as related to the MN Departement of Education Successful Learner Equation for all young learners. Utilizing our transdisciplinary IB curriculum framework, your child will be a step ahead when it comes to preparing for success

WHY CHOOSE FRIDLEY PRESCHOOL?

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

• IB Primary Years Programme

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

Caring and nurturing teachers

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

Parent Aware Four-Star Rating

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

High-quality and Aligned Curriculum

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

CONTACT

Preschool Program Questions:

JORDAN WRIGHT

Secretary (full-day) 763-502-5107

4-year-old enrollment:

LORI O'DOWD

Enrollment Coordinator 763-502-5081

Additional contacts:

DR. AIMEE FEARING

Director of Early Childhood & Family-Community Engagement 763-502-5101 (half-day)

STEPHEN KEELER

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

KARIN BECKSTRAND

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

SALLY LEONE

Tiger Club Coordinator 763-502-5135 (full-day)

Preschool Location:

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

3- & 4-YEAR-OLD CLASS OPTIONS

2024–25 school year





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

Class Options:					
AM SESSION	Monday - Thursday Mornings 8:15 - 11:00am 9 monthly payments of \$340/mo or \$3060 annually A Sliding Fee Scale is also available. See page 26.				
PM SESSION	Monday - Thursday Afternoons: 12:00 -2:45pm 9 monthly payments of \$340/mo or \$3060 annually A Sliding Fee Scale is also available. See page 26.				
FULL DAY OPTION	Monday - Friday Full Day: 7:30am - 4:30pm \$290 per week Needs-based scholarships available				

To Register:

To register, you must submit an application:

- Online at: https://fridley.ce.eleyo.com
- By phone at 763-502-5117 with Visa/MasterCard/Discover
- In-person at the Enrollment Center in the FCC
- For more information about half-day preschool Please call Karin Beckstrand at 763-502-5117.
- For more information about the full-day preschool option Please call Jordan Wright at 763-502-5107.

You must submit all required documents listed below:

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

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

Class Options: Monday - Friday **AM** Mornings 8:15am - 11:15am **SESSION** No cost to families Monday - Friday <u>PM</u> Afternoons: 12:00pm - 3:00pm **SESSION** No cost to families Monday - Friday **FULL** Full Day: 7:30am - 4:30pm DAY \$290 per week **OPTION** Needs-based scholarships available

To Register:

- Online at: www.fridleyschools.org/preschoolregistration
- In-person at the Enrollment Center in the FCC
- For more information about enrolling into our half-day preschool program Please call Lori O'Dowd at 763-502-5081.
- For more information about the full-day preschool option Please call Jordan Wright at 763-502-5107.

You must submit all required documents listed below:

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

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



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

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

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

FALL 2024 CLASS CATALOG



LEARN MORE!



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

Get a Head Start on your First Steps!

LEARN MORE ABOUT OUR 2024-25

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

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

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



Register Today!

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

FRIDLEY TIGER CLUB

TIGER CLUB SCHOOL-AGE CHILDCARE









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

LEARNING & CURRICULUM:

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

ABOUT OUR STAFF:

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

CHILDREN WILL ENJOY:

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

SCHOOL YEAR 2024-25 SEASON:

DAYS & DATES:

Monday through Friday; September 4 – June 4 *Closed and non-school days schedule available

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

Non-school days: 7 a.m. to 5:30 p.m.

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

TUITION RATES:

Elementary Tuition:

- AM & PM \$39 per day (Drop-In rate: \$50)
- AM or PM \$23.50 per day (Drop-In rate: \$26.50)

Middle School Tuition:

- AM & PM \$39 per day (Drop-In rate: \$50)
- AM ONLY \$21 per day (Drop-In rate: \$24)
- PM ONLY- \$26 per day (Drop-In rate: \$29)

Non-School-Day Tuition:

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

*We accept County Childcare Assistance Program (CCAP)

TUITION INCLUDES:

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

SCHEDULE OPTIONS:

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

TRANSPORTATION:

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



REGISTER ONLINE: <u>fridley.ce.eleyo.com</u>

SCHOOL YEAR REGISTRATION DEADLINE: **AUGUST 2** or until full

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

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



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

HOW TO REGISTER



Online

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

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



Phone

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



By Mail or In-Person

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

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

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



Fax

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

763-502-5140

DISTRICT POLICY

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

CLASS REGISTRATION POLICIES

FEES

Fees must accompany your registration. You may pay with cash, check (Please make all checks out to ISD #14), or Visa/MasterCard/Discover credit cards. Effective October 1st, 2024 there will be an additional 3.7% fee for all electronic payment transactions. This includes Credit/Debit cards and ACH Checking payments.

CANCELLATIONS

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

REFUNDS

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

CLOSINGS DUE TO WEATHER

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

SAFETY DISCLAIMER

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

SPECIAL SERVICES

Persons with disabilities are welcome in any class or activity and may bring a helper at no extra charge in most cases (please call first). If you need a reasonable accommodation,

please contact the Community Education Office at 763-502-5100.

CONFIRMATION

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

PHOTO AGREEMENT

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

FEE ASSISTANCE

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

UCARE DISCOUNT

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

SENIOR CITIZEN DISCOUNT

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



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

CLASS REGISTRATION FORM



Name			
Address			
City	ZIP _.		
Home Phone		Work	«/Cell
E-mail Address			
Class Number Class	s Title		Price
			Total \$
Registering: Self Please provide names and	d ages of child/children	being registered:	t name:)
Name		Birthdate	Grade
PAYMENT INFORM Check enclosed (paya Fridley Community C 6085 Seventh Street N	able to ISD #14) enter		
Charge My*: O Visa	○ MasterCard	ODiscover	
There will be an addition	al 3.7% fee for all electro	onic payment transa	actions
Card Number	Expir	ration Date	3 Digit Security Code
Signature			

CONFIRMATION

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



6085 Seventh Street NE. Fridley, MN 55432

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ECRWSS POSTAL CUSTOMER

FUTURE FOCUSED: ADDRESSING KEY NEEDS IN FRIDLEY PUBLIC SCHOOLS

REFERENDUM | NOVEMBER 5, 2024

While the Fridley Public Schools are a big source of district pride, our has operational facility and require needs that attention of our community. We must address these needs to position our schools and students for success now and in the years ahead.







On Tuesday, November 5, 2024, our community will vote on two questions.

A voter-approved **operating referendum** of \$424 per pupil unit. If approved, the operating referendum will have a preliminary tax impact of \$163 per year on a home with an estimated market value of \$313,780, the average home value in Fridley.

2

A \$30 million facility bond referendum to address our deferred maintenance needs. An approved bond would have no tax impact on district residents. This is possible due to other district bond levies ending.





by scanning the QR code or visiting FridleySchoolsReferendum.org

PREPARED AND PAID FOR BY INDEPENDENT SCHOOL DISTRICT NO. 14 (FRIDLEY PUBLIC SCHOOLS), WWW.FRIDLEYSCHOOLS.ORG